

Newsletter 23rd January 2026



St Joseph's Catholic High School Newsletter

Head Teachers Message

Dear Parents and Carers,

Hope you are all safe and well. Link to the latest video is: [Head Teachers Message 23rd January 2026](#)

Please like and subscribe to be made aware of all new and exciting St Josephs content.

St Joseph, pray for us.

20. Theme of the week 25th January 2026

The Word of God

Weekly Reflections
25th January 2026
3rd Sunday of Ordinary Time



From the Gospel of Matthew (4: 12-23)

When Jesus heard that John had been arrested, he withdrew into Galilee. And leaving Nazareth he went and lived in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: 'The land of Zebulun and the land of Naphtali, the way of the sea, beyond the Jordan, Galilee of the Gentiles — the people dwelling in darkness have seen a great light, and for those dwelling in the region and shadow of death, on them a light has dawned.' From that time Jesus began to preach, saying, 'Repent, for the kingdom of heaven is at hand.'

While walking by the Sea of Galilee, he saw two brothers, Simon (who is called Peter) and Andrew his brother, casting a net into the sea, for they were fishermen. And he said to them, 'Follow me, and I will make you fishers of men.' Immediately they left their nets and followed him. And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them. Immediately they left the boat and their father and followed him.

And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people.



Gracious God,

We thank you for the many ways we hear your voice - through scriptures, the world around us, and the people we meet' through prayer and reflection; through the experiences of life. Speak to us now and give us the ears to hear.

Through Christ our Lord
Amen

Prayer for the Week

Day 1

Who did Jesus invite to follow Him?
What did they leave behind?
Why do you think they followed Him?

Day 2

Let us take this day to light a candle and pray for all those who have died through Holocausts, because of their faith, culture, nationality, gender, sexuality and identity

Day 3

How can you be more **Attentive** in listening to the Word of God? How can you then **Discern** this in your own ministry?

Theme of the Week - The Word of God

If you went to Mass yesterday and the priest read from the shorter Gospel reading, you would have heard up to Jesus starting to preach saying 'Repent, for the kingdom of heaven is at hand.' However, the longer Gospel reading also tells us that Jesus invites two sets of brothers to follow him. Not only do the two sets of brothers leave everything they own, James and John leave their father in the boat! How many of us would have done this? And how do you think Zebedee, the father of James and John felt? Probably an oldish man having his sons work with him doing a difficult job; then to be left on his own to pick up the pieces. We will come back to this on the third day. The Gospel announces the beginning of Jesus' public ministry and follows Jesus' baptism and proclamation from John the Baptist that Jesus is the Lamb of God.

Tuesday 27th January, we mark National Holocaust Memorial Day. A day we remember the 6 million Jewish men, women and children murdered during the Holocaust as well as victims of other Holocaust atrocities that have occurred around the world. The theme for this year is 'Bridging Generations'. Let us reflect firstly on the last testament from David Gruber from Warsaw on 3rd August 1942 before he was murdered. *"I want no thanks. For me [it is] enough if future generations remember our times and if [...] our sufferings and our pain are mentioned. And also that in this time of decline people were found who had courage for such work. [...] I would love to live to see the moment in which the great treasure will be dug up and shriek to the world proclaiming the truth. So the world may know all. So the ones who did not live through it may be glad, and we may feel like veterans with medals on our chest. We would be the fathers, the teachers and educators of the future. We would be the grandfathers of the bards who tell to the grandsons, to the young the story of victories and defeats, of keeping alive and perishing. [...] But no, we shall certainly never live to see it, and therefore do I write my last will. May the treasure fall into good hands, may it last into better times, may it alarm and alert the world to what happened and was played out in the twentieth century. [...] We may now die in peace. We fulfilled our mission. May history attest for us."*

As Jesus carried on and expanded on the message of John, showing that his voice was not lost, let us **Bridge generations** by being a voice for those like David Gruber. To those who have lost their lives for no reason. Let us use our voice to speak out against the injustices in the world.

Those who heard Jesus preaching among them needed to make a stand on whether they believed in him. And these accounts were written down in the Gospels, the Acts of Apostles, from the letters of Paul and many others so the Christian community could grow and allow others to be part of it. Jesus chose fishermen and told them that he would teach them how to bring in people both Jews and gentiles instead of fish. They had to leave everything behind to follow him. And if we go back to James and John leaving their father Zebedee behind. How might Zebedee have felt? I don't think angry or sad, more willing and joyous. Every parent wants the best for their children, what can be greater than seeing your sons go off in their new role; to catch people for Christ, to bring them into Christ's family. One of our key Catholic Social Teachings is Human Dignity and the respect of this. How can you be more **Attentive** and **Discerning** this week especially as we mark National Holocaust Memorial Day to those who have and are continuing to suffer? What exactly does the voice of Jesus call you to do? How can we ensure that future generations live in a world of Peace and Love?

Year 7 News

All Year 7 Students have received a letter regarding Parents Evening on March 26th, this should also have been received via ClassCharts, please ensure that attendance is done as soon as is possible. Please do let me know if attendance is not possible prior to February Half-Term

Have a lovely weekend

Mr Cooper-Santos – Head of Year 7

Year 8 News

It has been a positive week for Year 8. Homework XH's have decreased, which is encouraging to see. Students are reminded to continue completing homework to a good standard. Well done to Peter House for winning the Musical Chairs House Competition this week.

Today, Year 8s participated in a careers assembly designed to provide guidance on future pathways, including apprenticeship opportunities and other post-school options. It was encouraging to see students engage attentively and show interest in the topics discussed. I encourage all students to log on to Unifrog and complete the career quiz to further explore their career interests. Should you have any questions or require additional guidance, please do not hesitate to contact me.

Have a lovely weekend.

Mrs Viegas - Head of Year 8

Year 9 News

Firstly, I would like to thank all students and parents who attended the CIAG evening yesterday. It was fantastic to see so many of you engaged and excited about the opportunities ahead. If you have any further questions regarding the options process, please do not hesitate to get in contact with me, or Mr Gibbons

Parents' Evening is fast approaching and provides the perfect opportunity to speak with subject teachers and discuss next year's options, particularly where subjects offer both GCSE and vocational pathways.

Please can you confirm your attendance for Parents' Evening on ParentPay by Thursday 5th February.

The window to submit options will open on Thursday 5th February (the day of Parents' Evening). **I would like to stress that this is not a first-come, first-served process, so please take your time and consider your choices carefully.**

Please find attached Powerpoint from the CIAG Evening and also a digital version of the booklet that was handed out.

I am very excited by the prospect of seeing you all settled into your option choices next year.

Have a fantastic weekend and please take care of your loved ones.

Mr Hunt – Head of Year 9

Year 10 News

This week Year 10 achieved an 88% positive ratio. Our main focus going into next week is talking in lessons and Homework Xs, as these have been our most prominent issues. Your support from home—reinforcing expectations around focus in class and completing homework on time—makes a real difference.

Please also ensure you are able to log in to ClassCharts so you can regularly check your child's homework and deadlines. This is crucial for keeping students on track and making strong progress through their GCSE courses.

A well done to all Year 10 students who took part in this week's house competition—Musical Chairs! Great energy and team spirit.

Have a great weekend. God bless.

Mr Whiteside - Head of Year 10

Year 11 News

Well done to all Year 11s, over the past 2.5 weeks, you have completed an intense PPE series and conducted yourselves with maturity, resilience and focus. I am incredibly proud of the effort and determination you have shown throughout this period.

After school Interventions will resume from Monday to Wednesday for Maths, English and Science. Your continued attendance and engagement will make a real difference as we move closer to the final exams.

A letter has been sent out via ClassCharts regarding **Parents' Evening on Thursday 25th February**. Please ensure you confirm your attendance as soon as possible so appointments can be organised.

Have a lovely weekend. Rest up, recharge and enjoy yourselves; you have absolutely earned a well-deserved break!

Miss Joseph – Head of Year 11

Year 12 News

Year 12 have had an absolutely cracking week and it has shown in the amount of positive points they have earned this week. Not only have they been completing good work in the classroom but many teachers have been impressed by homework standards and study ethic outside of class.

This week also saw many of the Year 12 students begin their role as student coaches. The time that they have given up in training for this role and now meeting with younger students and supporting them is commendable. I have been privileged to see some of the meetings take place and the students who are being coached are absolutely in awe of their coaches. The impact these meetings will have on the lives of these young people will be felt for years to come and the students should be really proud of the difference they are making.

If I could just ask one small thing, when you contact us to report an absence for your child could you please be specific about their illness, it helps us keep a track of any bugs or illness that might be going through the school.

Have a lovely weekend,

Mrs Finn – Head of Year 12

Year 13 News

This week saw the final PPE exams completed by Year 13 students. It has been for many a busy and somewhat anxious few weeks, however the students have conducted themselves impeccably. Their dedication to study has not gone unnoticed and I am sure all of their hard work will pay off in their results.

We will have a results assembly on the 9th February, however the students should already be getting feedback from their classroom teachers on areas of improvement.

Next week we will hold a session with the students on picking their firm and insurances choices for university. On Thursday this week we also had a visitor in school who spent sometime with the students who had not applied to university to provide some advice on apprenticeships and other avenues following completion of their A Levels.

Have a fabulous weekend,

Mrs Finn - Head of Sixth Form

Students of the Week

Year 7: Shyde Carvalho for demonstrating resilience through hard times & Leya Yonkio for having another excellent week!

Year 8: Keith Ahabwe and Emilia Cinense- Soloducha for a great week achieving high positive points.

Year 9: Aiden Dourado & Rachel Yamlinga

Year 10: John Cartwright and Dominika Marczuk for a great week achieving high positive points.

Year 11: Tymon Zygmuntowicz for an amazing result in a Cross-Country competition and Phoebe Tomar for receiving the most positive points

Year 12: Aleksander Wojciechowski for working hard in Physics and Daniel Karczewski for outstanding effort in Business and Economics

Year 13: Cameron Fyfe for receiving an offer from Oxford University and Amelka Zak for continual improvement in Business Studies

House Competition

Yesterdays House Competition was musical chairs. Lots of students signed up to take part and much fun was had. Well done to Brianne and Bartosz for organising it. The overall winners were Peter House, a massive well done to them. Keep your eyes peeled for next weeks competition and make sure you sign up in true St Joseph's spirit.

Have a great weekend everyone

Mrs Dunleavy







Design and Technology News

Food.

Year 7 chefs have been making delicious oat cookies. It has been wonderful to see pupils be so pleased with their dishes that they then also recreate them at home! Please do share your successes with us :)







DT Club

Make It Monday!

If you love a challenge; enjoy solving problems and Designing and Making; consider joining our D&T team!

This week we explored making our own recycled materials, using bottle tops to create new products

We are hoping to start new projects soon :) Please see or message **Mrs Stacey on Teams** and join us **in A3 for DT Club on a Monday afterschool until 4.15**



1 - Some of the marvellous pupils on Make It Monday



2 - recycling HDPE lids.





D+T Stars

Hubert Zemelka, Logan Davies, Justyna Brzezinska for being Active and Curious in D&T and food lessons

Dates for the diary

Monday 26th January- Newmarket trip

Tuesday 27th January- Newmarket trip

Tuesday 27th January- Bowling

Thursday 29th January- Yr 10 basketball vs St Bernards (A)

English Addition Language

The Importance of Mother Tongue Language in Education



The Importance of Mother Tongue Language in Education



Research indicates that having a strong mother tongue foundation leads to a much better understanding of the curriculum as well as a more positive attitude towards school, so it is vital that children maintain their first language when they begin schooling in a different language.

Developing the mother tongue is very important because when children develop their mother tongue, they are simultaneously fostering a whole host of other essential skills, such as **critical thinking and literacy skills**. It is this skill-set that they take with them into formal education, and research tells us that any skills and concepts gained in the learner's home language do not need to be re-taught when they transfer to a second language. For example, if a child has developed the ability to guess the meaning of a word through its context or to infer meaning by reading between the lines, these skills are easily transferred when they begin studying in a second language.

It is much harder, however, to teach these abstract skills directly through a second language.

Language and mother tongue also play a huge role in the development of personal, social and cultural identity. Children with a strong foundation in their first language often display a **deeper understanding of themselves and their place within society**, along with an increased sense of **wellbeing and confidence**. Certainly, this flows down into every aspect of their lives, including their academic achievement.

It is crucial to note that it is through language we learn **about culture**, whether it is someone else's language or our own. To deprive children of their mother language literacy is to deprive them of understanding his or her **cultural identity**, and for children growing up in UK society understanding one's cultural identity can become compromised or changed inevitably. Children who become balanced bilinguals and develop mother language proficiency (ideally from an early age), in addition to acquire languages such as English, are equipped to become global citizens. In conclusion, Languages, with their complex implications for identity, communication, social integration, education and development, are of strategic importance for both people and the planet.



Science Club



3 - Science club-Students enjoyed making lava lamp!

I Can do Maths

Solution to last Week's Puzzler



A The triangle is isosceles when one of the following three equations is true:

$$n^2 + n = 2n + 12; \quad (1)$$

$$n^2 + n = 3n + 3; \quad (2)$$

$$2n + 12 = 3n + 3. \quad (3)$$

When equation (1) is true, we have $n^2 - n - 12 = 0$, so that $(n - 4)(n + 3) = 0$. Hence either $n = 4$ or $n = -3$. However, when $n = -3$ then $3n + 3 < 0$, so that no triangle can be formed. There is, though, an isosceles triangle when $n = 4$, as the sides of the triangle are then 12, 18 and 12.

When equation (2) is true, we have $n^2 - 2n - 3 = 0$, so that $(n - 3)(n + 1) = 0$. Hence either $n = 3$ or $n = -1$. However, when $n = -1$ then $3n + 3 = 0$, so that no triangle can be formed. There is, though, an isosceles triangle when $n = 3$, as the sides of the triangle are then 12, 18 and 12.
When equation (3) is true, we have $n = 9$. But then $n^2 + n = 90$ and $3n + 3 = 30 = 2n + 12$, so that no triangle can be formed at all in this case, because $90 > 30 + 30$. Hence the required sum is $3 + 4 = 7$.

Solution to the Break-time Teaser:

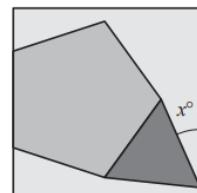
A From the given information, the sum of Megan's first three numbers is -9 , the sum of her first four numbers is 16 , and the sum of her first five numbers is -25 .

Therefore the fourth number is $16 - (-9) = 25$, and the fifth number is $-25 - 16 = -41$. The difference between them is $25 - (-41) = 66$.

Puzzler of the week

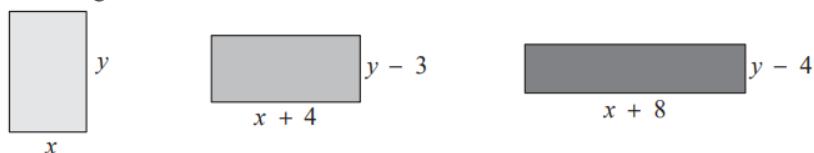
The diagram shows a regular pentagon and an equilateral triangle placed inside a square. What is the value of x ?

A 24 B 26 C 28 D 30 E 32



Break-Time Teaser

The three rectangles shown below all have the same area.



What is the value of $x + y$?

A 4 B 6 C 8 D 10 E 12

Send your answers to Mr Allinson. Complete answers will get positive points on Class Charts.

Menu: To see the dinner choices and price list please click [HERE](#)

WEEKLY MENU				
St Josephs Catholic High School - Week Three				
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Lasagne	Pork Sausages served with Mashed Potatoes & Gravy	Volcano Chicken Pasta	Cottage Pie	Battered Fish served with Chips & a Lemon Wedge
Quorn & Vegetable Enchilada	Black Bean & Sweetcorn Nachos served with Sour Cream & Cheese	Quorn Meatball & Tomato Pasta Bake	Vegetable Korma served with Rice	Spinach, Tomato & Red Onion Pizza
Vegetables & Freshly Prepared House Salad	Vegetables & Freshly Prepared House Salad	Vegetables & Freshly Prepared House Salad	Vegetables & Freshly Prepared House Salad	Vegetables & Freshly Prepared House Salad
Red Pesto Pasta	Hoi Sin Vegetable Noodles	Pasta Bolognese	Ham & Sweetcorn Pasta	-
Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	-
Syrup Sponge with Custard	Chocolate Brownie	Blueberry Muffins	Toffee Apple Crumble with Custard	Salted Caramel Banana Cake

Baguettes, Sandwiches, Bagels & Wraps.
Assorted Cold Desserts & Fruit Pots.
Salad Bar.

HARRISON
food with thought

Clubs

DESIGNeers- DT club - Monday afterschool 3.20-4.15

KS3 D&T CLUB

Make it Monday!



If you love a challenge: enjoy solving problems and Designing and Making: consider joining our D&T team!

Please see or message **Mrs Stacey on Teams**

Join us in A3 for DT Club on **Monday afterschool. 3.20-4.15.**

This week we are planning a bit of CAD/CAM

DESIGNEERS

 **Ham Radio Club**

Most Fridays 15:15-16:15, at the top of the Tower Block,
An interesting club for everyone.
For any questions, please message Mr Allinson



 Radio Society of Great Britain
Advancing amateur radio since 1913

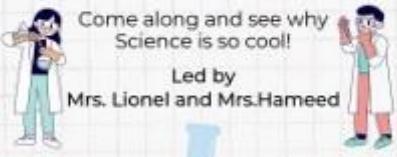


**KEY STAGE 3
AFTERSCHOOL
SCIENCE CLUB**

WEDNESDAYS FROM 3:15PM TILL 4PM

Come along and see why Science is so cool!

Led by
Mrs. Lionel and Mrs. Hameed



For more information please contact Mrs. Lionel!

Welcome to Geography Club



Aims

- 1) To appreciate nature and its resources.
- 2) To create awareness of the environmental problems and adopt various measures to protect the earth.

Geography club meetings will be held every week after school on Fridays, 3.20-4.00pm. Open to year 7 to year 9.

In these sessions we will have geography quizzes, competitions (Waste out of Waste, poster competition), paper bag making, creating coastal landform models and planting herbs.

The first Geography Club meeting will be held on Friday, 3rd October 2025 in T-15 at 3:20 - 4:00 p.m.



St Josephs Dance Club

Starting Monday 12th January in the Assembly Hall

Move. Groove. Repeat.
 Dance Club — Mondays after school
 Fun routines • New skills
 No experience needed!

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 1	Badminton and Basketball	GCSE Students Badminton	Badminton and Table tennis	Badminton and Basketball	Basketball and Volleyball
Lunch 2	Badminton and Basketball	GCSE Students Badminton	Badminton and Table tennis	Badminton and Basketball	Basketball and Volleyball
Afterschool	Netball Year 7-13 AAN and MJO Football Year 7-13 boys FWA and THU Volleyball/ Badminton Year 7-13 JRO Fitness KBR Year 7-13 Dance Year 7-13 HST	Basketball Year 7-13 JCO Fitness Year 7-13 THU	Fitness KBR Year 7-13 Badminton Year 7-13 AAN Girls Football Year 7-13 MJO		

Term Dates

School Year 2026- 2027

Autumn Term	
Inset Day	Tuesday 1 st September 2026
Year 7 + 12	Wednesday 2 nd September 2026
Whole school returns	Thursday 3 rd September 2026
Inset Day	Friday 18 th September 2026
Half Term	Monday 19 th October 2026 to Friday 30 th October 2026
Term Ends	Friday 18 th December 2026 (12:30pm finish)

Spring Term	
Term Begins	Monday 4 th January 2027
Half Term	Monday 15 th February 2027 to Friday 19 th February 2027
Term End	Thursday 25 th March 2027 (12:30pm finish)

Summer Term	
Term Begins	Monday 12 th April 2027
Half Term	Monday 31 st May 2027 to Friday 4 th June 2027
Term Ends	Friday 16 th July 2027 (12:30pm finish)

Term Dates

School Year 2025 - 2026

Autumn Term

Inset Day	Monday 1 st September 2025
Inset Day	Tuesday 2 nd September 2025
Year 7 + 12	Wednesday 3 rd September 2025
Whole school returns	Thursday 4 th September 2025
Inset Day	Friday 19 th September 2025
Half Term	Monday 20 th October 2025 to Friday 31 st October 2025
Term Ends	Friday 19 th December 2025 (12:30pm finish)

Spring Term

Term Begins	Monday 5 th January 2026
Half Term	Monday 16 th February 2026 to Friday 20 th February 2026
Term Ends	Friday 27 th March 2026 (12:30pm finish)

Summer Term

Inset Day	Monday 13 th April 2026
Term Begins	Tuesday 14 th April 2026
Half Term	Monday 25 th May 2026 to Friday 29 th May 2026
Term Ends	Friday 17 th July 2026 (12:30pm finish)