



Mount St Joseph Catholic School

A Community of Learners, Believers and Friends



Weekly Newsletter: Friday 25th September

VIRTUAL OPEN EVENING—THURSDAY 24TH SEPTEMBER FROM 4PM

★ Please visit www.msj.bolton.sch.uk ★

Dear Mount St Joseph community,

We hope you and your families are keeping safe and well. We've had another fantastic week of news and events: on Thursday we released our Virtual Open Evening video, which you can still watch on our website along with our Introduction to Year 11 video; year 7 forms continue to enjoy their wellbeing retreats with Father Gerald; our Tree of Hope was unveiled in the school library; the winners of the Roald Dahl Day competition were revealed, and all our nominees for Star of the Week demonstrated tremendous responsibility (turn over to see which house is victorious this week). As always, keep checking our Twitter feed for further updates and news.

New start time for Year 8 and Year 10

As of Thursday we welcomed year 8 back into school at the original start time of 8:30am. Year 10 will also start the day at 8:30am as of Monday 28th. This will bring all year groups in at the same time. Students are reminded that they must use the gate and entrance allocated to their year group. The end of the school day will remain staggered until further notice.

Letter for Parents

A letter was emailed to parents on the 22nd September outlining the process that the school follows when there is a confirmed case of COVID-19.

Should you feel that your child, in the event of a year group/class closure, would be at risk if travelling or walking home alone, please complete the form on the school website

<http://www.msj.bolton.sch.uk/form/?pid=51&form=19>

Please ensure you complete the online form by **Tuesday 29th September.**

Mental Health and Wellbeing

We discussed last week how being active can help promote good wellbeing, and I hope you managed to get involved and do some physical activity even if it was just going for a walk. Remember Being active joined connecting with others as two of the five key factors for wellbeing. Hopefully you will have been doing both these things and everyone's wellbeing is reaching new heights. The third key factor is to be creative and play. As humans we are naturally imaginative and creative, particularly in our earlier years. Sadly as we get older, unless it is nurtured we lose this ability. However it is really easy to be creative. This could be something artistic such as drawing, some baking or cooking or even some gardening. It could be playing games or activities that link to physical activity. All these things encourage us to have fun which is the purpose of creativity, which in turn releases the hormones serotonin and endorphins which raise our mood and make us feel good. The internet is full of ideas to be creative so if you have none of your own, have a look and see what you could do. It is always good to try something new.

Try and be creative with your children or family members, you could make a family meal together or bake cakes. Whatever you choose to letting your creative side loose will fill you with a sense of achievement and further improve your wellbeing. Maybe you could share your experiences with us all at school!

Year 7 Wellbeing Retreats

Our year 7 students have been enjoying getting to know one another in their wellbeing sessions in the conference suite. Our school chaplain, Mr Haughton, and Father Reginald from the Schoenstatt Shrine have thoroughly enjoyed meeting each and every one of our new students.



Chaplaincy

As a school we are holding the Macmillan Coffee Morning on 2 October 2020. Students will be given the opportunity to purchase a variety of biscuits and cake bars in order to raise money for this worthwhile charity. We will keep you updated on the money we raise!



Home Learning Update

Students should continue to log on to Show My Homework, especially if, for whatever reason, they are not in school. Students are reminded to use the calendar function to view their tasks for each day. If you have any questions please contact your child's form teacher or Miss Reynolds at reynoldsg@msj.bolton.sch.uk



House Stars of the Week

This week's "VOW" has been "RESPONSIBILITY", and the following students have won the accolade of "House Star of the Week". Well done everybody!



- * Ben M (10O) Maturity and responsibility in maths
- * Jeffin V (10H) Responsible attitude in science
- * Codie A (10O) Exceptional attitude in technology ★
- * Aaron P (10P) Fabulous exam response and effort, history
- * Zaina J (10S) High standards in English
- * Samuel F (9E) Exceptional attitude in technology
- * Daisy M (7P) Hard work and maximum effort, geography

= Overall School Star of the Week:

Codie A (10O), who has received several nominations in the last three weeks across different values. Well done Codie. You receive an extra house point for **Mandela!** ★

Value of the Week

Next week our Value of the Week is going to be "RESPECT".



Students need to think about ways in which they can make a difference to our school community by being **RESPECTFUL**.



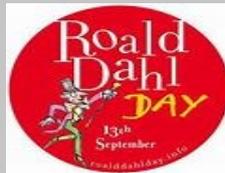
Congratulations!

Well done to Lisa who represented MSJ at Salford 100 and won! An extra house point for Jenner!



Roald Dahl Competition Winners

Well done to all the pupils who entered the Roald Dahl English Competition. The winners are: Rida Z 7H, Kiya E 7P, Tia P 8H, Ruqayyah N 8J, Samuel F 9E and Andrew C 9H



Once again, with the most Star of the Week nominations, this week's winning house is **JENNER**. They continue to extend their lead!

LEADERBOARD & CORRECTION

Unfortunately, last week's Star of the Week, Trisha P, is a member of Jenner house and not, as was erroneously reported in last week's newsletter, Shakespeare. Therefore, the readjusted totals after this week are...

Jenner = 5; Mandela = 2; Shakespeare = 0

We must keep on protecting each other.

HANDS FACE SPACE

House and School Competitions

Mrs Fish would like to remind students to enter the Bolton Inter-School MFL competition by 02/11.

BOLTON INTER-SCHOOL COMPETITION

Design a poster to highlight the importance of learning languages!

Submit your poster electronically to your class teacher by 2.11.20

1st Prize - £25 voucher
2nd Prize - £10 voucher
3rd Prize - £5 voucher

Upcoming Events

- Year 11 Virtual Induction 17th— Video still available on the school website
- Virtual Open Evening 24th at 4pm
- European Day of Languages 26th September

Tree of Hope

Ms Wright has overseen the creation of our magnificent Tree of Hope, which is on display in the school library. Students and staff have been writing their own personal hopes for the future and tying them to the branches.



OVERWATCH 12+

STAY ALERT CONTROL THE VIRUS SAVE LIVES

What parents & carers need to know about...

Safety Tips

- Monitor their Gameplay
- Enable Parental Controls
- Meet our expert
- Avoid headsets
- Spot the Signs
- Limit their Spending
- Discuss the Risks



Well done Trisha!
Winner of last week's school Star of the Week for **Resilience!** ★