

Mount St Joseph Catholic School

A Community of Learners, Believers and Friends



Weekly Newsletter: Friday 11th September



WELCOME BACK, EVERYBODY!

Hello everyone! My name is Christey and I am a head prefect here at MSJ. It's amazing to see how you have all settled back into school with such maturity and understanding of the various changes that have been put in place. Remember the three Rs - Resilience, Respect, Responsibility - as they will be used throughout the whole school year and will play a significant part in our premium banking system, so keep those points coming in!!

Hello, my name is Madison Jones and I am one of the head prefects here at MSJ. I feel honored and privileged to be able to help guide and support you as you embark on a brand new year of education, and want to thank and congratulate you all for making the most out of your time back at school. You have demonstrated respect, responsibility and resilience, and the prefect team and I are amazed by your attitude and team spirit. Well done.

“ The Three ‘Rs’ ”

At Mount St Joseph we pride ourselves on being a community of learners, believers and friends, and nowhere is this more evident than in our three, brand new school values of “Respect, Responsibility, Resilience”. A great deal of time and reflection has gone into the development of these values, and it has been a real team effort. Staff and students have all had their say through a series of online surveys and focus groups, and students themselves have contributed to the design of the fantastic logo, which truly captures the values’ interconnectedness. Premium Banking Points are still the main way that we reward students, and in praising and rewarding students, teachers are now explicitly relating positive behaviours back to these three overarching ideals. Each week we will have a different push on one of the values with our “Value of the Week” (VOW), and in this first week we are focusing on **respect**. Many students have already earned lots of PB points for demonstrating respect for their learning, their teachers, their peers and their environment. Respect, responsibility and resilience really is what we at MSJ are all about.



Mental Health and Wellbeing

We all know how important it is to look after our physical health, but our wellbeing and mental health is just as important. If our wellbeing is low we can experience mental health issues, but we may also get physical symptoms. We will, even when our wellbeing dips, feel unhappy and that is never good for any of us.

For this reason we will be looking at weekly wellbeing tips to keep us all in a positive frame of mind and the best of state of wellbeing. To ensure that we all remain healthy and happy. These tips and ideas are useful for everyone and will boost our wellbeing further.

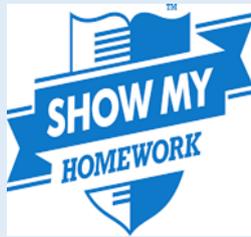
Research tells us that there are five key factors for wellbeing. The first is to **connect**.

Connecting with the people around us is a great way to remind ourselves that we’re important and valued by others. There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

It’s clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. So put some time aside to talk over the day with your children and family. Talk about the good parts of the day and discuss anything that went wrong and how it could have been handled in a better way. Try to spend time with friends and family, difficult at this time I know, but you can always catch up on apps like facetime or zoom until lockdown is lifted. Studies show that 7% of people who connect with others regularly have low wellbeing compared to over 25% of those that do not. So it’s good to talk things over and connect. Try and make more of an effort to do this and watch your wellbeing further improve.

Home Learning Update

All our pupils are working hard in their computing lessons, making sure that they can: log onto Office 365; use their Outlook email accounts; and know how to log onto Show My Homework and how to use it. Year 7 students will be fully logged on to everything by the end of next week. Teachers will then be setting homework via our Show My Homework platform. Our year 7 students will also be bringing pin numbers home so parents can set up their own Show My Homework account and see what their children should be learning at home. Exciting times for everyone!



House Stars of the Week

Each week, teachers will nominate students as stars of the week based on their contribution to the school community and how well they reflect that week's "Value of the Week". This week's "VOW" has been "RESPECT", and the following students have won the accolade of "House Star of the Week". Well done everybody!



- * **Codie A (100)** for respectful, focused learning in maths (**Mandela**)
 - * **Jak P (10E)** for demonstrating excellent manners and helping others in science (**Shakespeare**)
 - * **Cianna A (70)** for being well mannered and asking politely for help in RE (**Jenner**) ★★★
 - * **Lewis B (110)** for respecting staff and his own learning in humanities (**Mandela**)
 - * **Muhammad Zain T (10J)** for respecting staff and students and helping others in languages (**Mandela**)
- ★★★ = Overall School Star of the Week for making a fantastic start at MSJ! Well done **Cianna**. You win an extra ball in the house tally for **Jenner**!

Wake Up Wednesday

We support National Online Safety, and the [#WakeUpWednesday](#)

focus this week is trolling and online abuse. With the free [#OnlineSafety](#) guide parents can learn how to spot the warning signs, report hateful comments & tackle trolls. Please find the link on our Twitter feed.



Therefore, with the most nominations for house star, this week's winning house is MANDELA!!!!!!

Chaplaincy

On Friday 2nd October MSJ will be having our annual MacMillan cake sale. Details will follow but the event is one where we can truly do as Christ commands us to "love thy neighbour". It's also a great opportunity for students to earn PB points for **responsibility** by engaging in an activity that will benefit the wider community.



Value of the Week

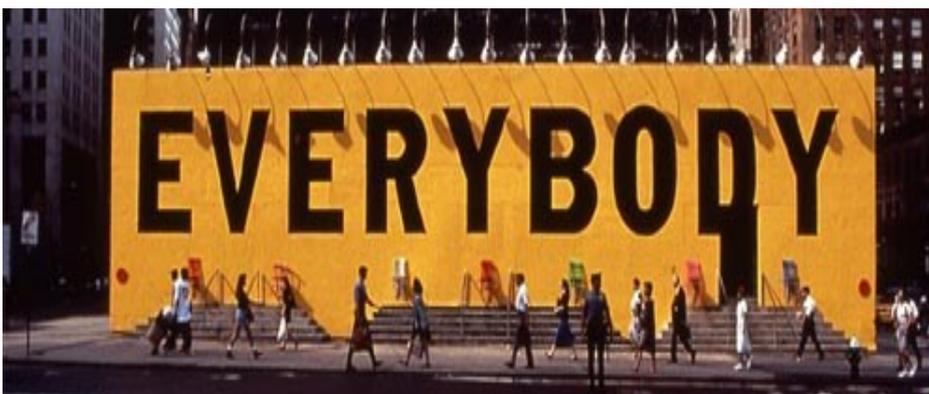
Next week our Value of the Week is going to be "RESPONSIBILITY". Think about ways in which you can make a difference to our school community by being more **responsible**.

You could, for example, try your hardest in your lessons, be punctual, bring all the correct equipment every day, assist your teachers with resources or pick up litter in the classroom or around school. Earn PB points for responsibility and maybe you could be next week's star!



Thank You EVERYBODY...

...for a fantastic, seamless, enjoyable, (and respectful, responsible and resilient) return to school!



House Competitions

As well as the weekly VOW competition, students are invited to celebrate Roald Dahl Day on September 13th. There will be a competition on Show My Homework, but why not use your private reading time to read one of the great man's books or listen to an audio book?

