



Mount St Joseph Catholic School

A Community of Learners, Believers and Friends



Weekly Newsletter: Friday 27th November 2020

Dear Mount St Joseph Community,

Thank you all for another fantastic week at MSJ. This week have been collecting our tins for the Destitution Project food collection in form time, and held our second virtual parents' evening, this time for year 9. We are now looking ahead to our drop down day on the 17th, which will be based around mental and emotional wellbeing and entitled "It's OK Not to be OK". We will also be launching our MSJ SIMS Parent App! Exciting times!

Mental Health and Wellbeing

This week we asked Mr Osborne, head of embattled Shakespeare house, to share his tips for mental and emotional wellbeing.



For my well being I will ensure I go to the gym at least 3 times a week. On the days I am tired I will just do a light session as it always helps me create a positive ad healthy mindset. I completely switch off and often train alone. I will try to compete in Tough Mudders or Born Survivor at least once a year.

The emotional benefits of exercise are:

- Reduced stress. The ability of exercise to reduce mental and physical stress has been well documented
- Better sleep. Because of the body's need to recover from exercise, your brain will make you tired earlier and help you sleep more soundly throughout the night
- Increased happiness. Exercise can increase the release of "happy chemicals" called endorphins.
- Improved self confidence. Exercise improves your positive self-image and increases the perception of your self-worth

See the NHS website for further ideas and tips:

- <https://www.nhs.uk/live-well/>
- <https://www.nhs.uk/conditions/#M>
- <https://www.nhs.uk/apps-library/category/mental-health/>

Please tell us if you use any of the wellbeing tips and advice and let us know how you got on.



Upcoming Events and Reminders

-MSJ Parent App launch:

Monday 7th Dec

- **Destitution Project:** students are invited to bring donations of tinned food for local charities the rest of this term

- **Year 8 Mass:**10th Dec 11am

- **Drop Down Day:**17th Dec: 'It's OK Not to be OK'

- **Year 9 Mass:**17th Dec 11:20am



Remote Learning Update

Show my Homework will continue to be used and 'live' lessons will be delivered through Microsoft Office 365 - Teams. Students should follow their normal school timetable, on SMH and attend 'live' lessons when specified. Our updated website includes a 'remote learning' tab, for more Information. The live lesson timetable can be found on the tab to the left. Should you have any difficulty, please see the frequently asked questions tabs to the left of the remote learning page.

If you are unsure about remote learning and require further information, or your child does not have a computer, laptop or iPad to take part in live lessons please email

MSJ SIMS Parent App

Please look out for an email with instructions on how to download and use our brand new MSJ SIMS Parent App, which will be going live on Monday. There will also be instructions and helpful video links on our website.



The Destitution project

Mount St Joseph Christmas food Appeal 2020



Staff and pupils at MSJ this month will be donating food items to the Destitution Project (DP). DP aims to provide a safe environment for asylum seekers and refugees where they can find friendship, food and practical help. Food donations for example, tins of tomatoes, tuna, sweetcorn, soup, sardines. And toilet roll, tea bags, rice, pasta, along with toiletries such as soap, toothpaste, shampoo, shower gel.

All donations will be greatly welcomed!

In the Event of a Positive COVID19 Test

If you are reporting a positive COVID19 result for your child please email reception@msj.bolton.sch.uk

If your child is self-isolating, please ensure they do not socialise with others until the end of their period of isolation. They must stay at home—please do not allow



MSJ Library News



This month (**December**) we will be starting a **NEW** reading challenge.

We will be reading a lovely, winter-warming story called 'The Night I met Father Christmas' by Ben Miller.

The first chapters have been published on Show My Homework – so get involved!

Send your answers to Miss Wright .

AFTER A STORMING WEEK, JENNER HAVE TAKEN THE LEAD IN THE BALL TOTALS!!!

VOW = **RESILIENCE**: 3 pts: JENNER (216); 2 pts: SHAKESPEARE (169) 1 pt: MANDELA

LEADERBOARD

Jenner 28

Mandela 27

Shakespeare 19

MATHS

Kamil T 8B1

Simply a superstar ALL THE TIME in maths!

SCIENCE

Abdullah H 10b1

Consistent effort and working beyond expectations in science - superstar!

TECH

Diana K 8A2

Excellent effort with homework in tech

GEOG

Ryan G 9B1

Positive ATL and applying 100% to his assessment in geography

PE

Jodie K 8B3

Lots of resilience demonstrated in her PE football lesson.

HISTORY

Raihan A 8B2

For an outstanding piece of work on civil rights in history

COMPUTING

Maissa A 8B1

Excellent effort in lessons

The houses who share a point for having the most Stars of the Week are SHAKESPEARE and JENNER!!!

Overall Star of the Week:
Kamil T in Y8! Extra point to Shakespeare

