



Mount St Joseph Catholic School

A Community of Learners, Believers and Friends



Weekly Newsletter: Friday 18th September

VIRTUAL OPEN EVENING—THURSDAY 24TH SEPTEMBER FROM 4PM

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

Dear Mount St Joseph community,

I hope you and your families are keeping safe and well. We have had a fantastic start to the year here at MSJ. Our new values - the "3Rs" - are really taking root, with house competitions thriving and all our students settling into their bubbles brilliantly. The corridors are quieter than usual but classrooms are as busy and productive as ever, and our students have shown great resilience by adapting to the restrictions that have been implemented for the safety of all. We, as a staff, would like to thank them and you for your support in all of these measures.

Some important dates for your diary: Year 11 have had their Introduction to Year 11 parents' evening on the 17th, and this video is still available on our school website. We will also be releasing our Virtual Open Evening at 4pm next Thursday, the 24th, again through our website. Please keep an eye on Twitter for further updates and news.

Mental Health & Wellbeing

Last week we looked at the first of the five key factors for good wellbeing; Connect. Hopefully you managed to spend time connecting with family and friends and have seen the benefits of this. The second key



factor is to be active. Evidence shows that physical activity is good for our wellbeing and mental health. This is in addition to the physical benefits, such as a healthy heart and improving your joints and bones.

At a very basic level, physical activity means any movement of your body that uses your muscles and expends energy. One of the great things about physical activity is that there are endless possibilities and there will be an activity to suit almost everyone! Any activity that raises your heart rate, makes you breathe faster, and makes you feel warmer counts towards your physical activity/ exercise! Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins and serotonin, powerful chemicals in your brain that energize your spirits and make you feel good improving your mood. Physical activity also gets you out into the world and puts you in touch with others, helping you to connect. So try to be active for a short time every day, and maybe connect with family and friends too.

HM Government NHS

We must keep on protecting each other.

HANDS FACE SPACE

STAY ALERT CONTROL THE VIRUS SAVE LIVES

ONLINE CONTENT
10 tips to keep your children safe online

- 1 MONITOR VIEWING HABITS
- 2 CHECK ONLINE CONTENT
- 3 CHECK AGE SETTINGS
- 4 CHOOSE FAMILY SETTINGS
- 5 SPEND TIME ON THE APP
- 6 LET CHILDREN KNOW YOU'RE THERE
- 7 ENCOURAGE CRITICAL THINKING
- 8 LEARN HOW TO REPORT & BLOCK
- 9 KEEP AN OPEN DIALOGUE
- 10 SEEK FURTHER SUPPORT

National Online Safety #RateUpWednesday

Events This Week

- Year 11 Virtual Induction 17th— Video still available on the school website

Chaplaincy

In these difficult times there are still communities getting together. Many local churches, and even the Vatican, are live streaming masses:

- <https://www.stcuthberts.org.uk/live-streaming-of-masses/>
- <https://schoenstatt.org.uk/>
- <https://holymassonline.in/>



Home Learning Update

Students have been working hard in their computing lessons, using Outlook to send and receive emails, using Office 365, and logging on and using Show My Homework (SMH). They all know their email addresses, how to access their accounts and log in and use SMH. Students who are working from home need to check their SMH accounts every day for lessons. Students should submit work to class teachers directly by email with work attached. If any student is struggling, they can send their teacher a message via SMH or email. Parents can create their own SMH account to check what homework is being set and deadlines.



Students self-isolating—it is important for students to use Show My Homework when self-isolating—if your child has any problems using school email or Show My Homework—please contact school as soon as possible to ensure this is resolved.

House Stars of the Week

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



- * **Blessing O (10H)** for resilient learning in maths
- * **Isla C (7H)** for positive effort and attitude in technology
- * **Edwin A (100)** for positive attitude and maximum effort in humanities
- * **Kiya E (7P)** outstanding effort & attitude in creative arts
- * **Alicia G (10E)** for positive attitude and maximum effort in history
- * **Trisha P (9E)** outstanding work based on feedback in art ★
- * **Khaleel K (9P)** for persevering and making improvements
- * **Aman P (100)** for giving his best even when he finds things difficult
- * **Elis B (10P)** for demonstrating resilience in sports studies

★ = *Overall School Star of the Week: Trisha P (9E), for outstanding work based on feedback in art. An excellent demonstration of resilience. You win a much-needed ball in the house tally for **Shakespeare!***

Value of the Week

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



Students need to think about ways in which they can make a difference to our school community by being more **RESPONSIBLE**. They could, for example, ensure they are fully prepared for every day, be a good friend, or help others with their learning.

A great place to begin might be in PE, where **Mrs Ingham**

and her team will be promoting the development of **sporting character**. This has a huge impact on individual and team performance and promotes a range of transferable skills.

Earning PB points for **RESPONSIBILITY** could mean students will be next week's star! ★

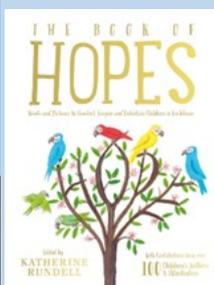
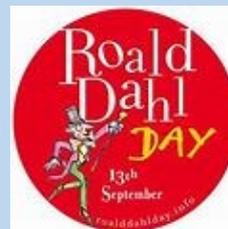
So with the most Star of the Week nominations, this week's winning house is JENNER, which puts them in the lead!

Overall Tally:

Jenner = 2; Mandela = 1; Shakespeare = 1

House and School Competitions

Mrs Gow would like to thank all students who entered the Roald Dahl competition. She received lots of entries and these will be in a prize draw with the winner announced next week.



Congratulations to all those pupils who have already joined in the online Reading Challenge! You too can join in the fun by going to: <https://literacytrust.org.uk/family-zone/9-12/book-hopes/> There are weekly reading tasks to complete on Show-My-Homework. Email answers to **Miss Wright** at wright@msj.sch.uk to earn lots of Premium Banking Points!



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

Mrs Fish would like to encourage students to enter the Bolton Inter-School MFL competition. Students just need to send their teacher a poster highlighting the importance of learning languages.

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