

# Mount St Joseph Catholic School

A Community of Learners, Believers and Friends



Weekly Newsletter: Friday 13th November 2020

## Dear Mount St Joseph Community,

We have had great fun this week celebrating Anti-Bullying Week. On Monday we wore our odd socks for Odd Socks Day and, as you will have seen on Twitter, many lessons have raised awareness of this issue. A huge thanks to all our staff and students for getting behind this. We have also held our first virtual parents' evening for year 8 using SchoolCloud. It was a great success and we look forward to seeing all of our year 9 parents and carers at the next parents evening, also on SchoolCloud, on the 3rd of December.

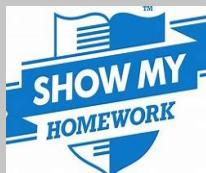
Looking ahead, year 9 vaccinations will take place on the 24th and 25th next week. Finally, we are, along with the rest of the country, getting ready for Christmas already, with the Advent assemblies going on next week and lots of other festive masses and carol services planned — look out for more information over the coming weeks.

Have a lovely weekend!

## Remote Learning Update

Remember: live lessons are available to those students who are self-isolating. If you have any issues please contact your child's head of year or

[homestudy@msj.bolton.sch.uk](mailto:homestudy@msj.bolton.sch.uk) Other lessons, homework and revision work is all still going onto SMH so please keep checking every day. Remember to delete things from your 'To do' lists and to use the calendar function to help you navigate your day to day tasks more easily.



## Mental Health and Wellbeing

The latest month long lockdown is the perfect time to get into good habits and practice the five ways to wellbeing. So make sure you take time to connect, to be active, to be creative, to learn and to give to boost your wellbeing and mental health during this time.

There is a huge amount of information available online to give us ideas and tips to look after our wellbeing and mental health, and that of our families. One excellent source of ideas and tips is the NHS website. The live well section, <https://www.nhs.uk/live-well/>, gives advice, tips and tools to help us all make the best choices about our general health and wellbeing.

The section on mental health and wellbeing, <https://www.nhs.uk/conditions/#M>, provides a whole host of activities and guides on wellbeing and mental health, from mood assessments to audio guides about common issues with mental health and ways to tackle them, to exercises for our brain such as mindfulness. It also provides a lot of information and help for parents and carers who are concerned about their children's wellbeing providing ideas to support your child and ways to get help if needed, such as ways to combat exam stress.

You can also find a number of apps for use on your smartphone or tablet if you have one. These have been trialled by the NHS and are of great quality. They are trusted health and wellbeing apps and are clinically safe and secure to use. There is a wide range available from Student Health App and ThinkNinja for young people to catch it, Cove and eQuo for adults. Check them out at <https://www.nhs.uk/apps-library/category/mental-health/>.

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



**NATIONAL COVID ALERT**

# STAY HOME

**5 NOV – 2 DEC**

Only leave home for food, medical reasons, exercise, education or work

You must work from home if you can

Avoid travel unless essential

Schools and essential shops will remain open

Remember: wash hands, cover face, make space

Find the latest guidance and exemptions at [gov.uk/coronavirus](http://gov.uk/coronavirus)

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

London Borough of Redbridge 

## House and School Competitions

It was a tough decision, but the winner of our Odd Socks Day competition, as judged by our heads of house, was Gemma of 7H for these rather splendid Rick and Morty numbers. We had an equally difficult time choosing a winner from among the staff, but after much deliberation we awarded the accolade to Mrs Fish, whose haute couture hosiery was carefully chosen to reflect her French roots with tricolor colours. Bien joué, Mme Fish, bien joué!



## IMPORTANT CORONA VIRUS

### 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](mailto: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 them to collect siblings from school.



HANDS



FACE



SPACE

### Upcoming Events and Reminders

- Year 9 vaccinations 24th/25th November
- Advent Assembly next week
- Year 9 Parents' Evening 3rd December
- Light Fever: November is a time when we remember those we have lost, and we do this through our Light Fever activities



### LEADERBOARD

Mandela 23

Jenner 21

Shakespeare 13

### VOW = RESPECT

3 pts: JENNER (439)

2 pts: MANDELA (432)

1 pt: SHAKESPEARE (344)



THANK YOU!

Jenny and the catering team

This week we say a special thank you to Jenny, Jane, Philip, Julie, Ann, Kristy,

Stacy and Michelle who go above and beyond catering for our students and staff each week, providing food parcels and themed lunches—and always with a smile!

### Overall Star of the Week:

**Maissa A 8b1 who wins an extra house**

**The house with the most Stars of the Week is MANDELA, earning them an additional house point**

