



# 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 we have begun our Light Fever remembrances, launched the Destitution Project food collection in form time, seen our year 9s brave their vaccinations, and continued to build up to our year 9 virtual parents' evening next Thursday. We have also updated our school website to support parents and students with remote learning—more on this below.

Have a lovely weekend!

## Mental Health and Wellbeing

There are many things we can do to improve our mental health and wellbeing, and the things we enjoy will be different for everyone. This week we asked Mrs Coote, head of Mandela house, to share her number one tip for mental and emotional wellbeing: yoga!

My tip to share would be yoga!

After teaching dance until I was 8 months pregnant, I was used to being really active and noticed a huge difference in my stress and fitness



levels when I had to

stop to be a mum and full time teacher.

I found yoga when someone nominated me for the **30 day yoga challenge with Adrienne** on Youtube....a must try for all.

Yoga is for everyone! Some days I need to just sit and complete breathing and stretching activities, other days I need something a little more challenging and complete harder exercises.

### The benefits for me are:

- Time out to myself to be mindful and thankful for better posture
- Less fatigue and pains
- Improved breathing/anxiety pains
- It's an activity I can do with my children
- There are differentiated activities depending how I am feeling
- You can spend as little or as long as you like on it
- You don't need any equipment to start

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.



## Remote Learning Update

Remote learning is designed to support all students who are required to self-isolate over the COVID pandemic. **Show my Homework** will continue to be used and 'live' lessons will be delivered through **Microsoft Office 365 - Teams**. Students are advised to follow their normal school timetable, completing tasks from Show My Homework and attending 'live' lessons when specified. Please see our **updated website**, which now includes a 'remote learning' tab, for more information. The live lesson timetable can be found on the tab to the left. Please check Show My Homework for all home based tasks set by teachers. Should you have any difficulty using Show My Homework or Microsoft Office 365 - Teams, 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, please email [homestudy@msj.bolton.sch.uk](mailto:homestudy@msj.bolton.sch.uk) and we will be more than happy to support you with this. If your child does not have a computer, laptop or iPad to take part in live lessons please notify [homestudy@msj.bolton.sch.uk](mailto:homestudy@msj.bolton.sch.uk)



## House and School Competitions

### The Destitution project Mount St Joseph Christmas food Appeal 2020



This week we launched our annual **Destitution Project food appeal**. Please, if you are able, donate tins of food so that we can all, as a community, help those less fortunate than ourselves. Tins can be donated by passing them to form teachers during form time every morning. Most in-demand are tins of fruit, tinned vegetables (not beans), and tinned fish.



The English department are launching their Y7 Christmas competition this week. Using ideas from the persuasive letter written earlier this term, students just need to present a speech to the class persuading people to enter into the true spirit of Christmas.

### 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**



### Upcoming Events and Reminders

- **Year 9 Parents' Evening** 3rd December
- **Light Fever** activities in form all week
- **Destitution Project** launched in form—students are invited to bring donations of tinned food for local charities—rest of this term
- **Year 8 Mass** 10th December 11am
- **Drop Down Day** 17th Dec— It's OK Not to be OK

Subject	Name	Reason
<b>MATHS</b>	<b>Brandon T 100</b>	Huge improvements in effort and concentration in maths lessons!
<b>SCIENCE</b>	<b>Daniel Z 10S</b>	Excellent ideas and answers in science
<b>RE</b>	<b>Ruqayya K 10P and Mukti V 8b3</b>	Superb effort throughout the year in RE
<b>GEOG</b>	<b>Vaughne R 10P</b>	Fantastic academic achievement on exam paper in geography
<b>PE</b>	<b>Felicia D 7O</b>	For demonstrating resilience in her learning in PE
<b>History</b>	<b>Elisha C 11M2</b>	Working hard on history revision
<b>Art</b>	<b>Haayat BP 8a1</b>	Taking responsibility for own learning and producing strong artwork
<b>DRAMA</b>	<b>Grace W 9A1</b>	She was exceptional in the anti bullying online live lesson showing maturity and consideration to really serious issues.
<b>English</b>	<b>Hamid S 10J</b>	Always works hard and does his best. He shows great resilience and determination to succeed.

### LEADERBOARD

**Mandela 26**

**Jenner 24**

**Shakespeare 15**

**VOW = RESPONSIBILITY**  
**3 pts: MANDELA (1327)**  
**2 pts: JENNER (955)**  
**1 pt: SHAKESPEARE (630)**



**Overall Star of the Week:  
Daniel Z 10S who wins it  
for Shakespeare!**

**The house with the  
most Stars of the Week  
is JENNER!!!**