



# Mount St Joseph Catholic School

*A Community of Learners, Believers and Friends*



Weekly Newsletter: Friday 16th October 2020

## Dear Mount St Joseph community,

We hope you and your families are keeping safe and well at the end of this first half-term, and what an amazing half-term it's been. We've welcomed our new year 7 cohort; seen our other year groups prove themselves resilient in adapting to their zonal bubbles; introduced the new MSJ values; celebrated our stars and competition winners; begun delivering live lessons via Microsoft Teams; raised lots of money for MacMillan Cancer Relief, and, just last week, got behind the #HelloYellow initiatives for World Mental Health Day. This week has been no less busy, with the focus on Black History Month many lessons, especially in history and music, have been devoted to this theme. We also welcomed Father David to celebrate our year 7 mass, which was live-streamed into all year 7 classrooms from our conference suite, and shared on our website presentations from each year 7 form showcasing some of the events and work they have undertaken in the last few weeks. Parents can view these by visiting:

<http://www.msj.bolton.sch.uk/page/?title=Year+7&pid=364>

We hope you enjoy the next two weeks and have a relaxing and enjoyable time with your families.

Have a lovely half-term break!

## Home Learning Update

Well done to all our fantastic year 9 and year 11 students who have attended numerous live lessons this week. We have delivered 56 live lessons this week – an amazing number! Well done to all the staff for these fabulous lessons and to all our students for getting to grips with new technology and for taking some ownership of their own learning. 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.



## Letters to Parents

You will receive a letter from Mrs Devany about the upcoming half-term. Please can we reiterate to parents the importance of self-isolation: if your child is not attending school because they are self-isolating, they must remain at home and not socialise with others before or after school. Thank you for your support and cooperation.

## Mental Health and Wellbeing

Hopefully everyone managed to DoOneThing in support of world mental health day. If you would like to share any of the ways you celebrated this or any of the activities you have tried to boost your family wellbeing, please let us know at school (another connection)!

This week we will look at the fifth factor for wellbeing. **Give!**

Most people would agree that giving to others is good in itself. But it can also improve your mental wellbeing. Small acts of kindness towards other people, or larger ones such as volunteering in your local community can give you a sense of purpose and make you feel happier and more satisfied about life. Cooperation is associated with enhanced response in reward areas of the brain, which indicates that social cooperation is highly rewarding. Feelings of happiness and life satisfaction have been strongly associated with active participation in social and community life. For adults, volunteering is associated with more positive affect and more meaning in life, while offering support to others has been shown to be associated with better all round health. Committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing!

Helping others and working with them can give us a sense of purpose and build feelings of self-worth. Giving our time to others in a constructive way also helps us strengthen our relationships and build new ones, building our connections (factor 1).

People who have a greater interest in helping others are more likely to rate themselves as happy.

In short being kind to others and helping in any way no matter how small will improve our wellbeing greatly!

So be kind. Do something nice for a family member or a friend. This might include a thoughtful gesture such as creating a card or ringing up a friend or a relative to check how they are. A friendly voice and a chat always helps. Share your positivity. Being positive and sharing your optimism can be a big help to some people. Why not take the time out to create a poster? Display a positive message on it like keep smiling or be happy. Just like the posters many of us display in support of the NHS over the past months. This also links with being creative, one of the factors we covered earlier. Do some volunteering to help someone vulnerable in these difficult times or just do something kind for someone.

Over the next few weeks try these random acts of kindness and see the benefits to your wellbeing.

## House and School Competitions

This week is healthy eating week and so we have got a number of challenges for you to complete, to help YOU make healthy choices!

- Take a look and attempt the 5 challenges (one for each day!)
- Tweet @ MSJ\_CAT or email your work to Mrs Morris or Miss Sheffield by Friday 16th October @3pm! Morri-sa@msj.bolton.sch.uk or Sheffielddn@msj.bolton.sch.uk
- Keep up to date by checking out SMH or Twitter @MSJ\_CAT
- Every entry receives a point
- Complete all 5 challenges for a bonus 5 points
- The house with the most points WINS
- For more information visit Twitter or Show My Homework



## 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 that they do not socialize with others until the end of their period of isolation.

## Upcoming Events and Reminders

- Remember that if your child is not in school for whatever reason, they will receive work through SMH and live lessons through Teams
- Remembrance Day, Weds 11th November
- Y7 form presentations: <http://www.msj.bolton.sch.uk/page/?title=Year+7&pid=364>

## Careers

This link is for an online service from GM Higher for parents or students to ask anything about college, post 16 choices, further and higher education. It's all online and the advisor will rely to any question asked: <https://gmhigher.ac.uk/askus/>



## Star of the Week

This week's Value of the Week has been **RESPONSIBILITY** and all of the students below have been awarded the accolade of "Star of the Week". But, like the Highlander, there can be only one, and our overall SCHOOL STAR OF THE WEEK is....

**Mukti V of 8S!** An extra house point for Shakespeare!



The house with the most Stars of the Week is **MANDELA**, who win an additional point.

### LEADERBOARD

**Jenner 16**

**Mandela 10**

**Shakespeare 7**

The house with the most PB points for **RESPONSIBILITY** this week is **JENNER** with 937, who win an additional three house points; Shakespeare are second with 813 and win two points; Mandela come third with 816 for one point.

Subject	Student	Reason
MATHS	CAITLIN C 100	Showing maturity in maths and offering answers in class
GEOG	BISMILAH M 7E	Always being pleasant and helpful
LANGUAGES	HAYDEN J 100	Responsibility for learning, behaviour, attendance, uniform
PE	MUKTI V 8S	Taking responsibility for her learning in rounders this week
HISTORY	MAAME A 8E	Always being hard working and having an excellent book
ART	EMILY B 7E	Responsible and helpful pupil in all her art lessons
DRAMA	SHRFALDEN 9J	Excellent work over the last half term, brilliantly creative
ENTERPRISE	CONNOR M 11M2	Hard work in enterprise
YEAR 7	MAALAV K 7H	Demonstrating responsible attitude
YEAR 8	Sneha P 8J	Absolutely brilliant week in, week out
YEAR 9	FREYA S 9O	Excellent punctuality, attendance and doing the right thing
YEAR 10	JEFFIN V 10H	Demonstrating responsible attitude
YEAR 11	Armani C 11S2	Superb ATL, 100% attendance

House system

