



Keeping in touch with

‘NON-CONTACT’

one small
positive thought
can change your
whole day

- | | | | |
|-------------|-----------|--------------|-----------|
| RESPONSIBLE | AMBITIOUS | HARD WORKING | RESILIENT |
|-------------|-----------|--------------|-----------|



Weekly Worship

We are St Catherine's College

There is a range of brief videos on the home page of our website (under Latest News) exploring what each of our values – **ambitious, hard working, resilient and responsible** – mean to us. Please take a look! <https://www.stcatherines.college/>

This week's reflection: we are together!

Recent news events linked to the death of George Floyd have exposed a truth in global society - that there are many people who still suffer from racial discrimination, injustice and abuse.

It is important to speak out and to stand in solidarity with each other, whatever our circumstances. Our vision talks about '*standing shoulder-to-shoulder*' with peers. This week we would ask everyone to reflect on what that means to us. Do we recognise the equal value in everyone, whatever their race, colour, creed, gender, age, disability or circumstances? Do we treat everyone by the Golden Rule, to "*do to others what you would have them do to you?*" (Matthew Chap 7 v 12).





Positivity Calendar: June 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CONFIDENCE

1 Draw yourself as a superhero

2 Share a happy memory of an achievement with a friend

3 Ask a friend what they think makes you a positive person

4 Write down 3 ways you could make a difference to the world

5 List 3 people you think are confident and why

6 Write a note to your future self and tell them how amazing they are

7 Remember to smile if you look in the mirror

COMMUNICATION

8 Make a plan to do something nice with your family tonight

9 Say something positive to everyone you meet today

10 Step outside and listen. What communication in nature can you hear?

11 Spread kindness by reminding someone of their strengths

12 Learn to say thank you in 4 different languages

13 Read a poem out loud

14 Take 5 minutes to be silent

RESILIENCE

15 List 3 things you want to do this week which will make you feel happy

16 Dance to as many songs as you can until you're tired

17 Stretch your arms and legs as far as possible

18 Take 5 deep breaths

19 Remember a time you overcame a challenge in a positive way

20 Think of 3 people who you could talk to if you were finding something difficult

21 Be thankful for the small things in life

SELF AWARENESS

22 Use one of your strengths to do something positive today

23 Discover your creative side - draw a thank you card for someone

24 Write down 3 things you are grateful for

25 Ask somebody what they think your greatest strength is

26 Find a positive response to something you are worried about

27 Note down 3 things you are feeling right now

28 Think about a quick positive action you can take everyday. Write this down

29 Send a positive letter or message to a friend or family member

30 List all the positive things that have happened this month

"Try these activities at home with a young person and watch their strengths grow!"



ST CATHERINE'S
COLLEGE
A CHURCH OF ENGLAND ACADEMY

Preparing students to stand shoulder to shoulder with their peers: locally, nationally and globally.

LIVE LESSONS

Due to the success of Year 10 live lessons, Year 9 lessons will be going live commencing Monday 15 June. Year 7 and Year 8 will be following shortly.

**PLEASE SEE [PDF ATTACHMENT](#) FOR YEAR 10 AND YEAR 9
LIVE LESSON TIMETABLE**



St Catherine's College Zero-Waste STEM Competition



Are you into science, technology, engineering, art and maths?

Are you good at problem solving and being creative?

If the answer is yes, then this is the competition for you!

How much waste have you and your family produced since going into lockdown?

Can you think of a way to encourage people to reduce their waste?

It could be:

- An app on your phone where you can get points for recycling and compete with your family or neighbours
- A recipe which uses parts of the food which are usually thrown away (like the green leaves from cauliflower, the stem of a broccoli, or bread which is starting to go stale, etc)
- Finding a new use for plastic or glass bottles, such as using them for decorations, making a plastic bottle greenhouse, or reusing them for something else
- Making a composter for your kitchen waste
- ANYTHING ELSE YOU CAN THINK OF – the possibilities are endless!

Rules:

1. Open to all year groups
2. Your entry can be submitted as a photo of something you have made, a drawing/design, a video, a presentation, or anything else you can think of to get your idea across.
3. Send your entry to Miss Crilly at scrilly@stcatherines.college by 5pm on Friday 26 June 2020.



STARTERS FOR STEM

Starters for STEM are ten activities that parents can use at home to help children develop their science, technology, engineering and maths skills. These activities are easy to resource and provide children with the stimulus to talk about the world around them. If you see a link, you can explore how to extend these activities. You will need to sign up, for free, to access these materials. Don't forget to share your work on social media [#ScienceFromHome](#)

Fantastic fruits,

Collect a selection of fruits. Are they all the same? Do you know what they look like inside?

Look inside—what patterns do you notice?

www.stem.org.uk/rx64ki

Garden/home treasure hunt

Create a rainbow collage by collecting coloured materials from your garden or home.

www.stem.org.uk/rx33ho

What's in your house?

Find 5 things in your house. What are they made from?

Can you name the properties of the different materials?

www.stem.org.uk/rxa2rt

Growing plants from the things you throw away

Collect the seeds from the fruit that you eat. Including tomatoes and squash.

Do they all look the same? Plant them and observe how they grow.

www.stem.org.uk/rx32mi

Imagine what your life would be like without plastic

Write a story or create a comic strip for 'a life without plastic'.

Are all plastics the same? Do they all float

www.stem.org.uk/rx355t

How does our body work?

Go outside and use chalk to draw around someone's body.

Can you draw what is inside your body? What does each part do?

www.stem.org.uk/rx34f3

Spooky sounds

Sit quietly for 60 seconds, make a list of everything you can hear. Try this in different places, indoors, outdoor or even in the bath.

What do you think it would sound like in space?

www.stem.org.uk/rx2um

Excellent electricity

Make a list using words/drawings to find all the things in your home that use electricity.

If you could keep only one item which would it be? Why?

www.stem.org.uk/rxxxr

Fun with flight

Design and make a paper aeroplane that will travel the furthest.

Does changing your design make it go further?

www.stem.org.uk/rxfiv7

Who would live in a house like this?

Design a creature that would live in the boot of your car, or the bottom of your bag.

What special adaptations/characteristics would it have?

www.stem.org.uk/rxg7nj



TINNED FOOD CHALLENGE

TASK 1

- Consider how you would use a tin of beans in a dish. Present the food in a creative, appetising and appealing way (think how a posh restaurant would use them).
- Email your creation to your food technology teacher or upload on Teams in your year group # happycooking
- Don't like beans? Choose a tin of peas, sweetcorn, or tomatoes instead.

TASK 2

- Using the empty bean/tomato tin, create something for the house or the garden. Possible ideas: candle holder; desk tidy; vase; plant holder; bird feeder; garden ornament.



BRITISH NUTRITION FOUNDATION HEALTHY EATING WEEK @ HOME

The *BNF Healthy Eating Week @ Home* comprises of seven daily health challenges, which people can take part in at home, or in schools and workplaces where social distancing measures allow. The challenges will be supported by a range of evidence-based, easy to access resources on a dedicated area of the BNF's website, as well as a series of cook-a-longs each day. This year's challenges include:

1. Eat well
2. Eat more wholegrains
3. Have 5 A DAY
4. Drink plenty of water
5. Get active
6. Be mind kind - help a friend or neighbour
7. Try something new and keep going

Get cooking!

From Monday to Friday, BNF will be hosting two cooking sessions each day - 10am and 2pm. They will provide the recipe so, just watch and then get cooking with BNF!

- Quick and easy perfect pizza / quorn, mushroom and chickpea curry
- Breakfast fruit wholegrain crunch / tuna and spinach wholewheat pasta bake
- Veggie sticks with mackerel dip /mini crustless quiches
- Pea soup with quick flatbread / kofta lollypops
- Blueberry wedges / fish fingers and bro-chips

For more details please visit <https://www.nutrition.org.uk/healthyliving/hew/bnfhew20.html>



LOCKDOWN COOKING

I have been so impressed with all the cooking which is taking place at home during lockdown. I'm really looking forward to being back in the classroom where we can develop these skills even further. Please keep sending me your fantastic photos.



THE ST CATHERINE'S COLLEGE CHALLENGE

Choose ONE of the following three challenges:

LEGO BUILDING ROUND 3
BAKING A CAKE ROUND 2
ART WORK ROUND 2



The student who produces the best of the above will win a
£10 Amazon voucher.

For your chance to win, please send a picture of your creation to Mr Watts at lwatts@stcatherines.college. The winner will be announced in our next bulletin.



And the winner of our last challenge is

Abigail Jones, Year 9, for this photo and caption

A £10 Amazon voucher is on its way to Abigail. Well done Abigail!



MR WATTS' FITNESS CHALLENGE

The aim of the game is to generate as many peri points as you can. If you start an activity, you must finish. You cannot do the same spice twice in a row and you must complete at least 20 exercises on the grid. Once you have completed one, tick it off so you can calculate your points.

30 burpees	30 push ups	20 hall sprints	1 minute wall sit	1 minute of mountain climbers	1 minute of sit ups	1 minute squat bounce	1 minute plank
20 super man push ups	30 high knees high arms together	30 lunge bounces	30 v sits	20 hall sprints	2 minute punches	3 minute constant jog	25 burpees
1 minute skipping	10 Hall sprints	1 minute punches	1 minute of speed jumps over line	6 punches followed by a 6 press ups in a minute	20 jumping jacks	40 high knees	1 min 30 seconds of spotty dogs
1 minute speed walk	1 minute lunges	30 second punches	30 second side plank	10 head, shoulders, knees, toes	10 second wall sit	10 V sits	8 squats

Extra Hot	20 Points
Hot	15 Points
Medium	10 Points
Mild	5 Points



Well Done, Ellie!

During the weeks of May, Year 9 student, Ellie, ran an amazing 200km and raised £1500 for local charity, The Matthew 25 Mission. The Matthew 25 Mission is a Christian charity offering practical assistance and support to anyone in need. Ellie (and her mum) wanted to raise money to give something back to the community. What a fantastic achievement, well done!



A message for parents of SEND students from Mrs Nicholson:

The Government has announced funding to assist SEND with social distancing/lockdown. Funding of £37m is expected for SEND families to access equipment including computers, specialist equipment and educational toys. £10m has been committed specifically in response to the unique difficulties presented by the coronavirus pandemic, helping parents educate and look after disabled or critically ill children who are staying at home more than usual. Please [CLICK HERE](#) here to see if you are eligible.

A message for Year 10 and Year 11 students from Mrs O'Connor:

I hope you are all keeping well. Your views are always really important so I thought you may be interested in the following:

RateMyApprenticeship are looking for YOUR thoughts on how COVID-19 has affected your career plans. By taking their quick two minute survey, you will be in with the chance of winning a **£100 Amazon or ASOS voucher**. Enter now: [CLICK HERE](#)

A message from Mr Pittman:

If you have received a **BAME questionnaire** from me, via EduLink, I would be very grateful if you would please complete and return it to the email address supplied (bameresponses@gmail.com) by **Friday 19 June**.

Don't forget there is a **£50 Amazon voucher** to be won!



WIDENING PARTICIPATION TO MEDICINE

If you are between Year 8 and Year 11 and are interested in becoming a doctor, you could be eligible to take part in BrightMed, a scheme run by Brighton and Sussex Medical School. Applications will close at midnight on the 5 July 2020. For more information and to apply online please visit: www.bsms.ac.uk/brightmed.



MINDFUL MUSIC

This week's Mindful Moments have been about listening to music more mindfully. Each day we have had a different focus for when listening to a piece of music – lyrics, instruments, emotions, colour and finally singing out loud to the chosen track.

It's been demonstrated that listening to music also releases a powerful compound called dopamine, which is one of the happiness neurochemicals.

Music is a powerful tool for our mental health as it stops our incessant mental chatter when we concentrate fully on the piece.

We might often have our favourite tracks in the background but when was the last time we sat and just listened to the music?

Maybe take 5 minutes today to fully listen to a song? If you're having a difficult day, choose your playlist carefully and choose music you know can lift your mood.

