



Thank you to our NHS HEROES

Keeping in touch with

# ‘NON-CONTACT’

one small  
positive thought  
can change your  
whole day

RESPONSIBLE

AMBITIOUS

HARD WORKING

RESILIENT



We made it to the end of the academic year! Without a doubt, it has been the most memorable school year of our lives, as well as being the most challenging. We know how hard it has been for our teachers, students and their families. It is sad that students have not been able to properly say goodbye to their friends and our year 11 students have had to delay their usual celebrations.

Despite the difficulties faced this year, every member of our community has persevered and continuously demonstrated their commitment to education. We are overwhelmed and truly grateful for all the efforts that have gone into the transition from classroom-based learning, to live online lessons. We are humbled by the way the community has pulled together to support our students, and we look forward to being together again.

We believe that St Catherine’s College is a special place due to our strong Christian foundations. It is a community of hope, and one that we can depend on during times of need. There are many days of uncertainty still to come. We are unsure how long we will have to limit social contact and take additional precautions. Whatever happens, we are determined to make St Catherine’s College a beacon of hope; a school community within which we all feel safe, nurtured and of which we are all proud to be part of

We don’t know exactly what school will look like in the new term. However, we want to assure you that we are working on detailed plans and will continuously review them during the summer as more information is released to us. As we have previously quoted, Vladimir Lenin said “There are decades where nothing happens, and there are weeks where decades happen.” In light of this, we will be writing to you before the start of the new term to share our final detailed plans for reopening.

This week we say farewell to Mrs Dicker, Ms Simpson, Mrs Ellis and Miss Hollobone. We would like to thank them for all their hard work and dedication and wish them the best for the next journey in their careers.

Once again, we want to say thank you for all you have done to support St Catherine’s College this year. We look forward to seeing you again in September, for what we hope will be an incredible school year. We sincerely hope you have a relaxing and peaceful summer. Stay safe and healthy.





*Romans 15:13 “May the God of hope fill you with all joy and peace in believing”*

*Solomon Berhane, Headteacher*

## YEAR 8 DUKE OF EDINBURGH AWARD

St Catherine's College is launching the Bronze Duke of Edinburgh Award a few months early. Normally, students start DofE in year 9, but it has been recognised that, during lockdown, they may have been completing activities that could contribute to DofE sections, so it has been decided that the award can be started earlier. This is great news!

Your DofE programme is a real adventure. You achieve a Bronze Award by completing a personal programme of activities in four sections:

-  **Volunteering:** undertaking unpaid service to individuals or the community
-  **Physical:** improving in an area of sport, dance or fitness activities
-  **Skills:** developing practical and social skills and personal interests
-  **Expedition:** planning, training for and completion of an adventurous journey in the UK

Each section must be completed for one hour a week over three months. You will then choose ONE section to complete for a further three months. The expedition section will be delivered at school.

Think about what you have done over the past few months – have you learnt a new skill? Have you been helping out around the home or with younger sibling's schoolwork? What did you do for your daily exercise? All these activities can count towards your award. Achieving a DofE Award will help you to develop many skills and it is recognised around the world. It is an amazing experience that you will never forget!

If you are interested, please email Miss Haggart saying why you would like to do it and what you hope to gain from it. Places are limited and very sought after so send your email as soon as possible - [nhaggart@stcatherines.college](mailto:nhaggart@stcatherines.college)



# St Catherine's College Zero-Waste STEAM Competition

**Winner: Kira Robertson (Y10)**

**Runners up: Ethan Treleven-Miles (Y9) and Ludovica Knight (Y9)**

**10 house points awarded to all pupils who entered!**



Kira came up with a great idea for an app to engage people with the reality of how much plastic they are using. She called her design **"PlasticPoints"** and it would allow users to track how much plastic they use on a day-to-day basis; set themselves targets to reduce their plastic use; and join challenges with friends and family. She also included an option where users could donate money to help plant trees worldwide, which would offset the carbon dioxide released during plastic production. A great idea, Kira!

Ethan had an innovative idea to encourage people to throw their rubbish away, called "Slam Dump". This involves adding basketball hoops above bins to make throwing rubbish away into a game instead of throwing it on the floor! Simple, yet effective! Well done, Ethan!



Ludovica made a composter from an old plastic barrel she got from a farmer and has managed to reduce her family's waste to less than one bin liner per week for a family of four, just by composting their food waste, used coffee grinds and tea bags! A great effort, Ludovica!



## FRENCH ESCAPE ROOM

For the past two years we have been working closely with Voyager School Travel to organise language trips to enable our pupils to experience the amazing countries in which their language of study is spoken. Sadly, due to Covid-19, a large number of trips had to be cancelled this year so, in order to be able to continue to offer immersive language experiences for UK school pupils, Voyager decided to create an exciting online offering...a French Escape Room! We were asked if we would like to help with the development and trialling of this experience and, last week, a group of four pupils from year 10 took part in the first live pupil-trial.

The content of the experience is "top secret" so I can't tell you too much about it. However, Ailsa, Catherine, Ellie and Naomi had to work together as a team to answer clues and come up with a way to beat the clock. We signed in via a secure link on Teams and our host was there waiting for us, live from France. The pupils were only allowed to communicate with the host in French and had a guidebook, written in French, to assist them in solving the puzzles. Our intrepid team worked fantastically well together, solving the clues and coming very close to beating the clock...all whilst communicating in French.

Thanks to their participation and feedback, the experience has been "tweaked", and we are looking forward to running further trials with additional groups in the next week or two. Well done to Ailsa, Catherine, Ellie and Naomi for taking part so willingly and enthusiastically and for being such great representatives of St. Catherine's College.





## RGS YOUNG GEOGRAPHER OF THE YEAR COMPETITION

We have had some amazing entries for the RGS Young Geographer of the Year competition. The standard of the work has been exceptional. The theme was 'The world beyond your window' and our students have really explored what that means to them. You will all receive a certificate by email. Good luck and well done!

Mrs Pavey



# SOME WONDERFUL YEAR 8 MARC POWELL STYLE PORTRAITS



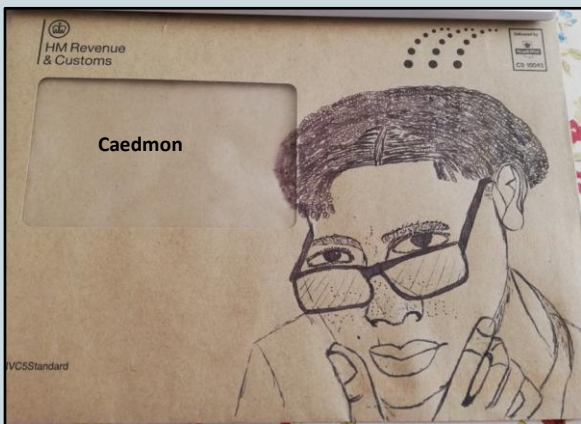
Oscar



Vicky



Lauren



Caedmon



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

## HERE ARE SOME AMAZING YEAR 8 STAMP DESIGNS

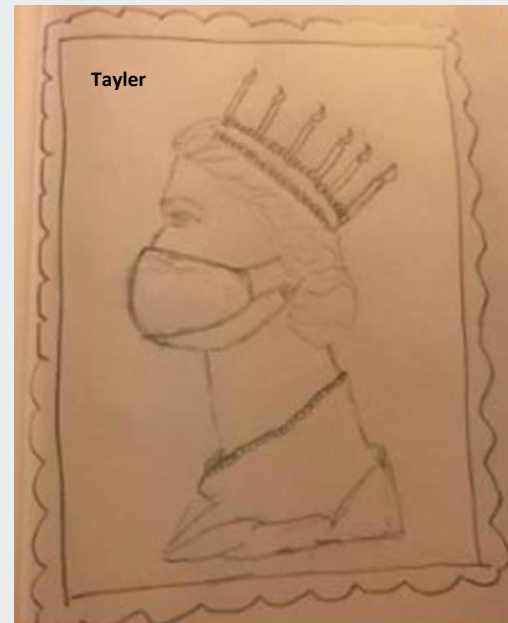
Paige



Oliver



Taylor





# Friends of the South Downs PHOTO COMPETITION



The Friends of the South Downs invite you to enter its 2019/20 photographic competition celebrating the beauty of the South Downs National Park – its landscape, wildlife, buildings and other man-made structures contributing to the cultural heritage of the area. The Park stretches from Eastbourne to Winchester, covering the chalk downs of Sussex and East Hampshire and the sandstone country of the Western Weald. The boundaries of the National Park can be found on the Friends of The South Downs website: [www.friendsofthesouthdowns.org.uk/photo-competition](http://www.friendsofthesouthdowns.org.uk/photo-competition)

**ADULT CLASS - 1st PRIZE - £150!**

**2nd PRIZE: £100, 3rd PRIZE: £50**

**JUNIOR CLASS -1st PRIZE - £100!**

**2nd PRIZE: £50, 3rd PRIZE: £25**



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# RAFFLE WINNERS FOR 100% ATTENDANCE AND OUTSTANDING WORK ACROSS ALL SUBJECT AREAS

1<sup>st</sup> Prize = £50 Amazon Voucher; 2<sup>nd</sup> prize = £20 Amazon Voucher; 3<sup>rd</sup> prize = £20 Amazon Voucher; Runners-up = £10 Amazon Voucher.

£10 vouchers will be posted home. Other amounts are waiting in reception ready for collection. Well done to you all!

	YEAR 7	YEAR 8	YEAR 9	YEAR 10
<b>1st</b>	Ebony Peel	Ola Ademola	Jorja Boundy	Amber Matthews
<b>2nd</b>	Josh Port	Lauren Didsbury	Rubee Thompson	Lizzie Bedford
<b>3rd</b>	Logan Adams	Amberley Connor	Connor Dain	Samira Hussain
<b>Runners-up</b>	Maddix Bowns Eva Bramley Kye Davies Shaun D'Souza Josh Fitzwilliams Jasmine Gallop Matthew Lacey Ruben Mowle Sansai Yogalingham Max Wallace	Niki Tsim Izzy Steer Grace Phelps Vicky Tsim Caedmon Myeni Ella Kendall Amelia Finbow Evie-Grace Dell Ellie Cameron Ben Brink	Ben Bowman Ty Bewick June Maunga Beth Turtle Charlie Turner Naïem Zaman Elizabeth Finn Naomi Fraï Olivia Gwalter Abigail Jones	Bronwyn Kraft Aaron Adams Beth Hennesy Saad Said May Williams Oliver Patterson Dan Kovacik James Jewell Berrie Robertson Josh Fraï





## **WE HAVE MORE WINNERS .....**

Congratulations to the following students who achieved the highest number of house points during the two weeks from Monday 29 June to Friday 10 July, for their year group. They will receive a £10 Amazon voucher in the post:

**Year 7: Logan Adams**

**Year 8: Caedmon Myeni**

**Year 9: Ludovica Knight**

**Year 10: Samira Hussain**

Also, congratulations to Henry Boxall, year 7, who is the winner of our last challenge. Henry created an amazing Tik Tok with his dad 😊 Well done! A £10 Amazon voucher is on the way!





## SOME RECOMMENDATIONS .....

CAMHS have updated their website with a wealth of mental health resources that are well worth a look - [CLICK HERE](#)

A parent has recommended the 'MeeTwo' app - [CLICK HERE](#)

Another parent has recommended the 'Covid specific' mindfulness and activity book - [CLICK HERE](#)

i-Rock is a service available in Eastbourne, Hastings and Newhaven which offers advice and support on emotional and mental wellbeing, jobs, education and housing. i-Rock has a Facebook page or there is information available on our school website - [CLICK HERE](#)



## HOLIDAY MINDFUL MOMENT

During the summer holiday, make sure that you have the following in your virtual wellbeing suitcase:

1. The basics: balanced diet and enough water. Ensure that you are eating enough, especially if you are having lie-ins – take the time to get yourself some ‘proper’ food.
2. Exercise and fresh air.
3. Mood boosters – plan some fun things that make you laugh or boost your mood – creative things especially are good for mental health
4. R&R – rest and relaxation, including good sleep.
5. Connect with people

If you need wellbeing support during lockdown please see the resources on our [wellbeing page](#) for many resources, apps and websites or email Mrs Guppy or Mrs Poston





# KINDNESS CALENDAR JULY 2020



## CONFIDENCE

## COMMUNICATION

## RESILIENCE

## SELF - AWARENESS

### MONDAY

"The level of our success is limited only by our imagination and no act of kindness, however small, is ever wasted." - Aesop

6

Make a smiling face out of a meal today

13

Go through the alphabet. Think of a kind word for each letter

20

Forgive yourself if you do not succeed at first

27

Consider 3 ways you could care for yourself more

### TUESDAY

7

Give yourself a big hug

14

Say thank you to a stranger if they help you today

21

Help a friend or family member set a goal

28

Think of how your favourite character in a story you like shows kindness

### WEDNESDAY

1

Hide a gift for yourself to collect at the end of the month

8

Make a new dance to your favourite song

15

Be kind to nature

22

Share what you have learnt recently with a teacher

29

Remember a time when someone was kind to you. How did it make you feel?

### THURSDAY

2

Make a list of all the different ways you can be kind

9

Find a quote you like. Write it down and stick it on your wall

16

Send someone you've not seen for a while a virtual hug

23

Get active outdoors. If someone falls over, help them up

30

Think about what you could do every day to be kind

### FRIDAY

3

Ask an elderly relative or neighbour if they need any help

10

Have a talent show with your friends or family

17

Leave kind messages around the house for others to see

24

If you're struggling, take a break and try again later

31

Collect the gift you hid for yourself and celebrate!

### SATURDAY

4

Speak to a family member about what it means to be kind

11

Dress up as someone you think is a kind person for the day

18

Invent a new way to be kind

25

Make a treasure hunt for your family

31

Collect the gift you hid for yourself and celebrate!

### SUNDAY

5

Ask your family or friends how their week went and listen closely

12

Treat yourself to 1 hour of doing something that makes you really happy

19

Spend some time doodling

26

Praise someone for achieving their goal



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[www.yesfutures.org](http://www.yesfutures.org)

#HomeGrownSkills



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