



Keeping in touch with

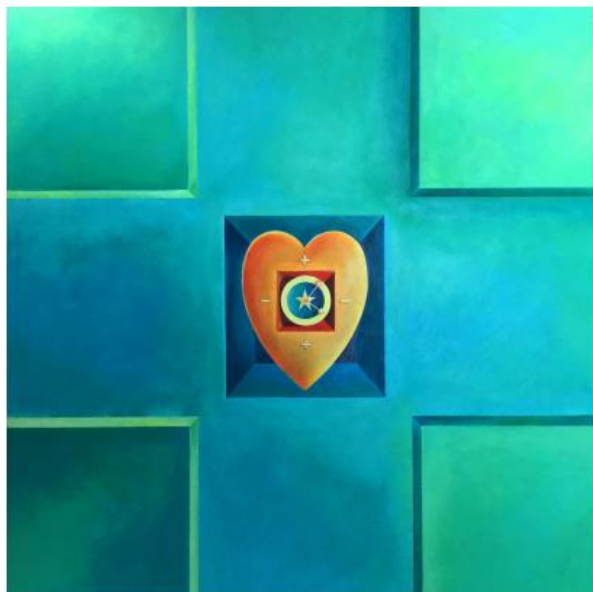
‘NON-CONTACT’

one small
positive thought
can change your
whole day

RESPONSIBLE	AMBITIOUS	HARD WORKING	RESILIENT
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JESUS SAID, 'I HAVE COME THAT YOU MIGHT HAVE LIFE,
AND HAVE IT TO THE FULL' JOHN 10:10



AMBITIOUS



HARD-WORKING



RESILIENT



RESPONSIBLE

Weekly Worship

We are St Catherine's College

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

This week's reflection

"For better or worse, this lockdown will be memorable as that time when we..."

We encourage everyone to reflect on their lockdown. How are we keeping ambitions on track, or perhaps re-focusing them? Are we working hard, meeting the challenges of new circumstances? Are we holding those we love closer to us?

May our gratitude for what is in the past, our ability to manage our fears for the present and our hopes for the future be in all our prayers this week.



ST CATHERINE'S
COLLEGE
A CHURCH OF ENGLAND ACADEMY

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

Our staff are really missing our students and would like to say hello:

<https://youtu.be/jnCdlLj16sE>

Take a look at this 'Thank you Keyworkers' video which is made up of wonderful artwork produced by our wonderful students:

<https://youtu.be/vjm3MTuzfKw>



CHECK OUT THESE STEM COMPETITIONS YOU CAN DO FROM HOME!

If you have any questions, please email Mrs Crilly: scrilly@stcatherines.college

THE STEMCREW SUMMER CHALLENGE

Calling all prospective sailors, boat builders, elite athletes, environmental scientists, sport scientists, sports coaches and computer scientists! Can you answer one of the Big 6 Questions set by the **INEOS TEAM**? [Click here](#) for the questions and more information on how to enter! Closing date: 6 July 2020.

THE BIG IDEAS GREAT EXHIBITION AT HOME CHALLENGE

If someone asked you: “How can engineering help the planet?” What would you say? [Click here](#) to find out more and upload your video answer! Closing date: July 2020.

THE VIRTUAL FARADAY CHALLENGE IN PARTNERSHIP WITH AIRBUS

Airbus (a global aviation company) are looking for you to design a product which could be flown out to people in times of need.

- ❖ Could you turn a plane into a mobile hospital?
- ❖ Could you use a plane to carry an invention you have made to supply disaster areas with clean water?
- ❖ Could you come up with an invention which could be used to drop supplies from a plane if it isn't able to land?

If the answer is YES, then [click here](#) to find out more!

Closing date: None! Entries are judged on a weekly basis.

For a list of other competitions you can enter from home [click here](#). They include portrait competitions; bug hunts; inventing a new species of animal; computer coding; and robotics!



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Uni Connect Programme

Have you received an EduLink message about a higher education survey?

Several pupils in **Years 9, 10 and 11** have been sent a message including a hyperlink, to a Uni Connect **online survey**. The survey asks pupils to say what they know and think about **higher level (university level) education**. Completing the **tick box questions** takes about **20 minutes**.

St Catherine's College pupils benefit from Uni Connect funding, and **we are extremely thankful to our pupils for completing the survey before Sunday 30 May**.





The elderly people in the care home are being shielded, so they don't get any visitors.

One of our past students, Maria, works at the care home. Maria contacted us and asked whether students at St Catherine's College would like to correspond with the ladies and gentlemen at Mortain Place.



Would you like to take part and send our elderly neighbours an uplifting letter?

If you would, please read the advice on how to write your letter, attach it to an email and send it to Mr Pittman who will forward the letters to the care home.

npittman@stcatherines.college

You can include drawings or decoration, but please don't include photographs.

HOW TO WRITE YOUR LETTER

Start the letter, 'Dear Friend'

Take care with the spelling and punctuation.

You could tell them about yourself (family, hobbies, what you like), or what life is like doing schoolwork from home.

Ask questions for the person reading your letter to respond to.

Sign the card, 'Best Wishes' and use your first name only
Don't provide details of your address



COVID 19 IS WORLDWIDE

Every country in the world is being affected by this virus and we are all learning from each other how best to tackle the problem. In The Gambia, our friends of the Gunjur Project Association have been helping the community. There is a shortage of food and employment due to an early lockdown. The Gambia has very few hospitals and only seven ventilators, so they are aware of the importance of avoiding the virus.

Most families do not have running water in the compounds where they live. The association launched an appeal and St Catherine's Collegese sent the money we had originally raised for shipping books and clothes to this appeal. The four students we sponsor have each been given a sack of rice and hand washing stations have been set up outside their compounds.

Friends of the association in the UK set up a Facebook video bingo night to raise funds to feed the wider community. This was a great success. Mrs Dolan took part with over 180 people across the world all paying bingo online. The top prize was donated by Davina McCall and a total of £3,500 was raised. This money has been used to buy 175 sacks of rice, which will each feed a family for a month. The local people are very grateful for the help and support they have been given by their friends in Europe and across the world.



MUSICLAB COMPETITION

A message from Mr Healey:

Thank you so much for all the entries for the MusicLab competition. Some of the creativity you have shown has blown me away. Please keep on using the Chrome Music Lab app if you have enjoyed making music at home (and keep sending bits to me so I can hear what you're up to!).

Huge Congratulations to Ethan Treleven-Miles for his excellent remix of Clubstep by DJ Nate. An Amazon voucher is in the post to you.

Check out Ethan's project here: <https://musiclab.chromeexperiments.com/Song-Maker/song/6337842302156800>





Our Duke of Edinburgh students have been very busy! They have been working hard on their DofE skills section and produced some lovely dishes as pictured right.

In light of the current situation, DofE have changed some criteria to support students in completing their sections. For example, volunteering at home is now accepted and participants can change their activity more than once.



AMAZING ART WORK

by Alice Ovens, Year 7

Alice has been keeping very busy during the lockdown period. She has produced these wonderful pictures, using chalk, on the paving in her back garden.



SHARE YOUR PET WEEK

A message from Miss McQueen and Mrs Clegg:
This week at St Catherine's College, we would like you to share pictures of your fabulous pets.

Pictured left is Miss McQueen's dog, Ruby. She is an 11 year old Springer Spaniel and is a retired working sniffer dog. She has spent most of her life finding drugs and cash at Gatwick Airport.

Pictured right is Lunar, one of Mrs Clegg's many pets. Apparently, this is her favourite! Before Lunar came to live with Mrs Clegg, she was kept in a tiny cage indoors. As a result of this awful treatment, she has a few trust issues, but Mrs Clegg is working on these!

Send pictures of your pets and a little information to emcqueen@stcatherines.college and we will put together a collection of all your furry (or non-furry) friends.



THE BRIGHT IDEAS CHALLENGE!

Imagine it's the year 2050 and you're living in a busy highly populated city (how old will you be in 30 years time?). What will it look like and how will it be powered to become a vibrant healthy and clean place to live? As populations grow and thrive, demand for energy grows - energy to refrigerate food and medicines, to build roads and hospitals, to transport goods around the world and to enable access to better education and job opportunities. But this increasing demand for energy is contributing to rising pressure on our climate.

That's why, for the Bright Ideas Challenge, we are looking for your creative ideas to power these future cities more efficiently. Now, it's time for you to decide on the challenge you would like to solve. You could think about some of the information I just shared or do your own research. Feel free to make it specific to a particular city, even your own, here are just some examples of the amazing ideas we've seen from previous years' winners:

- Flooring that captures the connective energy of people walking on it, in busy high trafficked areas.
- High rise buildings with rooftop allotments and bioreactors that process waste into energy.
- Man-made waterfalls that divert existing rivers and harness the hydropower created.

This is where **you** come up with a creative innovative solution to an energy problem. For example:

- Could an app be developed to help people change their behaviours to save energy?
- Could buildings be designed to be more efficient?
- Could travel be made more efficient, how might people go to school, work, shopping and holiday?
- Could new farming techniques like aquaponics, vertical farming and sustainable agriculture be used to stock our supermarkets more efficiently.

**Entries to Mrs Crilly
by 17 June 2020!**

Watch the [video](#), check your school emails and message Mrs Crilly scrilly@stcatherines.college for more info!



COOKING CHALLENGE

The Holy Trinity

- Research The Holy Trinity and the symbols
- Make a dish that uses just three main ingredients
- Think about how you might use the symbols to decorate your dish
- Please email your creations to hpearce@stcatherines.college
- # happy cooking



THE ST CATHERINE'S COLLEGE CHALLENGE

Choose ONE of the following three challenges:

LEGO BUILDING ROUND 2 PHOTO CAPTION CONTEST CREATIVE DESSERT

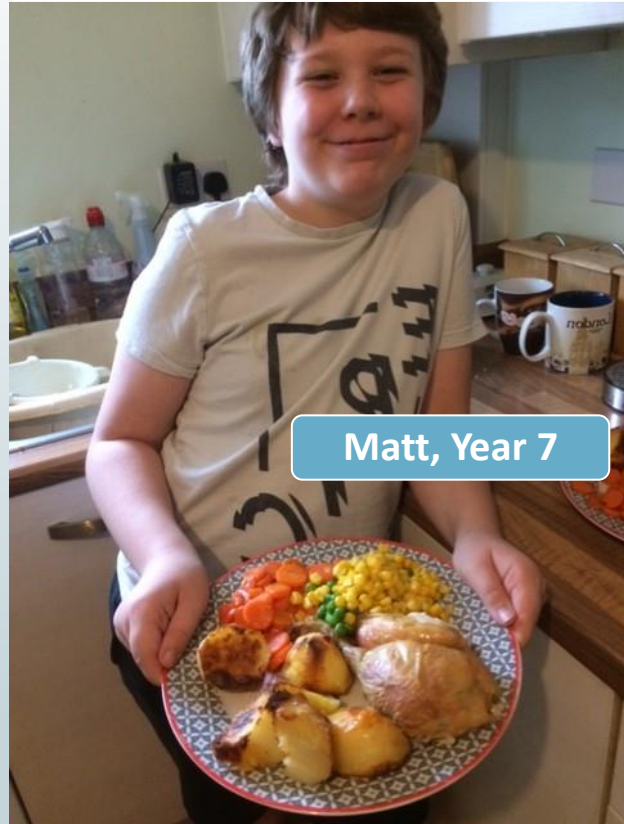


The student who produces the best of the above will win a
£10 Amazon voucher.

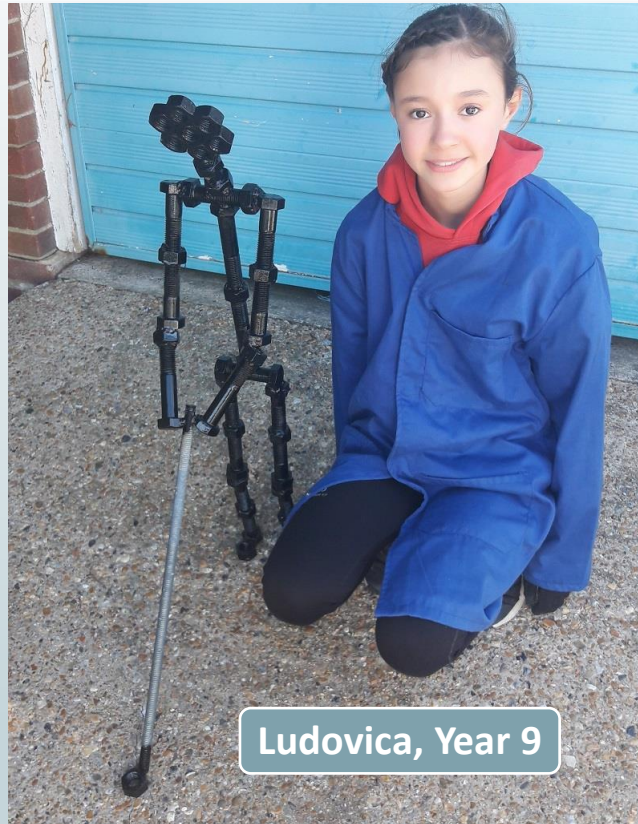
For your chance to win, please send a picture of your creation to Mr Watts at lwatts@stcatherines.college. The winner will be announced in our next bulletin.



And the winners of our last challenge are



Matt, Year 7



Ludovica, Year 9

Matt made an incredible roast dinner for his whole family. Well done Matt!

Ludovica made a sculpture of a golfer from old nuts and bolts. It took her six days to complete! Wow, this is fantastic!

Both Matt and Ludovica will receive a £10 Amazon voucher in the post. Well done!

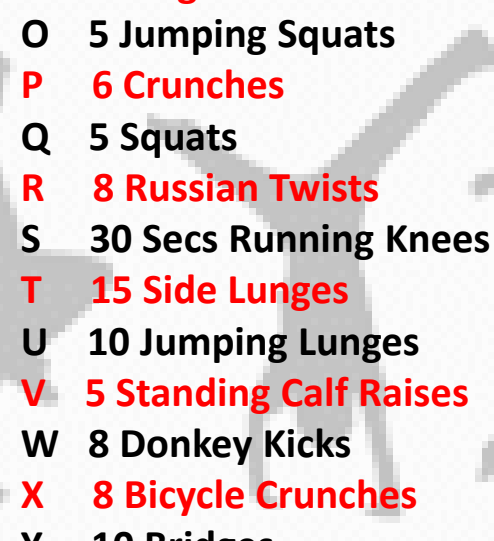


MR WATTS' FITNESS CHALLENGE

Atlas Adventure Workout

What's Your Name?

- 
- A 5 Burpees
 - B 10 Arm Circles
 - C 30 Second Jog
 - D 10 Mountain Climbers
 - E 5 Jumping Jacks
 - F 8 Sit Ups
 - G 5 Leg Raises
 - H 30 Hop (15 secs on each leg)
 - I 5 Lunges
 - J 5 Push Ups
 - K 10 Second Plank
 - L 15 Second Wall Sit
 - M 10 Toe Taps

- 
- N 14 High Knees
 - O 5 Jumping Squats
 - P 6 Crunches
 - Q 5 Squats
 - R 8 Russian Twists
 - S 30 Secs Running Knees
 - T 15 Side Lunges
 - U 10 Jumping Lunges
 - V 5 Standing Calf Raises
 - W 8 Donkey Kicks
 - X 8 Bicycle Crunches
 - Y 10 Bridges
 - Z 10 Tricep Dips



SELF COMPASSION AS CAREGIVERS

'She has her ups and downs like all of us at the moment'

This was said to me by a parent in one of the support calls I made this week. It's really important to recognise that we all have ups and downs – particularly at the present time.

This week has been **Mental Health Awareness** week and the theme has been **Kindness**. As parents or carers, it is important that we are kind to ourselves and allow ourselves some self compassion. We are then able to offer the same to our children if they struggle.



BRITAIN'S GOT SKILLS - LET'S SHARE THEM!

NATIONAL
**SKILLS
DAYS**

LAUNCHING
20.05.20

01

Choose your skill *

02

Show your skill with a
20 second video

03

Post your video with the #MySkills tag
to @NCWSkillsDays on Twitter/
Instagram/TikTok



* ... choose from demonstrating:

Creative



(writing , arts, drama & dance, music)

Languages and Creative writing (show us your poetry/ spoken word /creative writing skills , are you good at languages?)

Art (incl. digital) show us your art skills

Drama & Dance (show us your acting and/or dance skills)

Music and Film (show us your musical and film making skills - what can you play , what films do you make?)

Tech



(knowing, making, demonstrating)

Tell us what you know (includes all STEM subjects - crazy formulas.etc.)

Show us a technical skill you have (could include gaming skills, building, coding, repairing)

Sporting



(any sporting skills)

Demonstrate your sporting skill with a 20 second video - any sport !

Other



You may have Skills that are not listed above - like juggling, magic tricks, doing puzzles... if you think it's a skill, share it!

National Careers Week

#MYSKILLS

NCW



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TO FINISH WE HAVE A GREAT POEM BY SPIKE MILLIGAN ABOUT SMILING

**Smiling is infectious
You catch it like the flu**

**When someone smiled at me today
I started smiling too**

**I walked around the corner
And someone saw me grin**

**When he smiled I realised
I had passed it on to him**

**I thought about the smile
And then realised its worth**

**A single smile like mine
Could travel round the earth**

**So if you feel a smile begin
Don't leave in undetected**

**Start an epidemic
And get the world infected**

