



ST. CATHERINE'S COLLEGE

A CHURCH OF ENGLAND ACADEMY

CONTACT

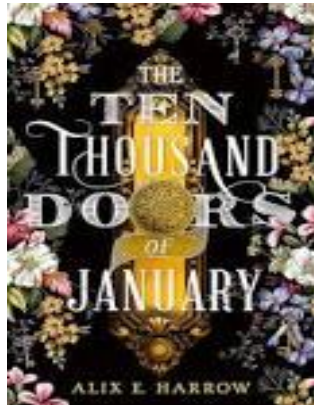


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I love a good book, don't you? I've just finished reading 'The Ten Thousand Doors of January', an enchanting tale which took me, through the protagonist January, to lots of exciting places hidden, maybe not surprisingly, by several doors. The novel took me away from my jobs at home – the cooking, the washing and the seemingly never-ending cleaning up after my children – to a completely different world; it was bliss!



I can't express how important or how exciting reading is. You will know from previous editions of Contact, that if you read for just 20 minutes a day you will have read, over the course of a school year, approximately 1,800,000 words in comparison to someone who will have read a mere 8,000 words if they only read for 1 minute a day. But, not only that, there are other benefits too, please **[CLICK HERE](#)**.

Susan Williams, Assistant Headteacher



After one of the most difficult years many of us have ever faced, we find ourselves looking towards another Easter, over a year now since the first national lockdown. In this year we may have been affected by grief, loneliness, health issues, financial challenges, and many other difficulties that arrived unexpectedly in our lives.

Our school values are probably very familiar to us now, but without question, putting these values into practice has been far more difficult for all of us this year. Ambitions feel limited, and hard work feels more challenging during lockdown. Resilience is tested when our world feels so small and acting responsibly by looking out for the needs of others is tough when we feel so much pressure ourselves.

Just as restrictions are beginning to be lifted, spring is on the way and Easter is here again.

Easter is a door onto new possibilities in life, love, purpose, hope and everything else positive that we want in this world. It is a story of how, when all these things were taken away from Jesus, and instead he was buried under hatred, pain, hopelessness, injustice, fear, anxiety and all the wrongs in the world, he overcame and pushed through to the other side. Jesus rose above them in resurrection, proving that good will triumph over what is not. His disciples' job was then to share this hope with whoever would receive it, something churches around the world have been doing ever since.

Understanding the Easter hope can be like a change of season in our lives. It's like moving from winter to spring. It says, try a new start, a different approach. Get a new vision for your future! It says there is a new, powerful hope in the world, where seemingly difficult or even impossible situations need not defeat us, but rather be changed into something ultimately positive and good for us and for others.

Father Danny, the priest at St Richard's Church, reminded us in college worship, of that whole week that led up to Jesus' death and resurrection. You can remind yourself of the most momentous week in history, and learn a little of some of the ceremonies and celebrations in churches by sharing in his worship [HERE](#).

Rev David Garratt



SCC COVID UPDATES

This term has seen the one-year anniversary of the first lockdown and the re-opening of schools after the second national lockdown. It has been a pleasure to welcome the pupils back into school. Learning seems more natural when it is face-to-face and the School has come alive with children playing outside during their break and lunchtimes.

Thank you to our volunteers for their assistance in our Covid testing lab. The response from governors, parents, former pupils and staff was overwhelming. We could not have conducted the mass testing of our community (over 3000 tests in two weeks) without their support.

Thank you parents and carers for your support in home-testing. Further test kits have been sent home and we ask that you continue to test your children twice a week, preferably on a Wednesday and Sunday.

At the time of writing, we are still awaiting guidance from the Government on the future of testing. However, to try and provide the safest possible environment here at St Catherine's College, we have obtained another 1000 laboratory test kits so that **we can provide a round of in-school testing immediately after the Easter holiday**. We will presume that each family's position on consent remains the same as this term unless we hear otherwise.



Pictured above: Father Danny Pegg of St Richard's Church, and one of our governors, carrying out Covid tests at St Catherine's College.

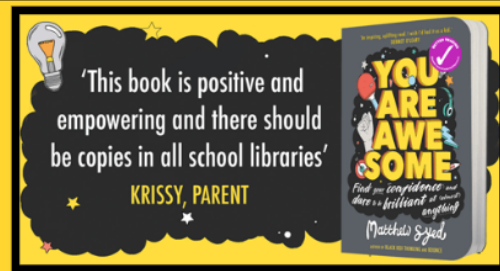
'You Are Awesome' Project

We are encouraging all pupils and families to get involved with our 'You Are Awesome' Project. To become even more awesome than you are already ...

...obtain a copy of 'You Are Awesome' by Matthew Syed and read it (individually or as a family)...

...then as a family, talk about the messages in the book using the home activities to be sent to you each week (**activities based on chapter 7** follow this page).

Further details about obtaining the book can be found in a letter sent to parents / carers via Edulink.



Within the book, Matthew Syed offers his very best advice on how all children can help themselves to become better at anything they put their hand to. Divided up into stories, visuals, charts and brief inspirational messages, Matthew Syed is inspiring and uplifting as he addresses his readers. He stresses the importance of creating a confident mindset and argues that, armed with self-belief, anyone can achieve amazing things, both mentally and physically. We believe this book reinforces our strongly held College values of Ambition, Hard-Work, Resilience and Responsibility.





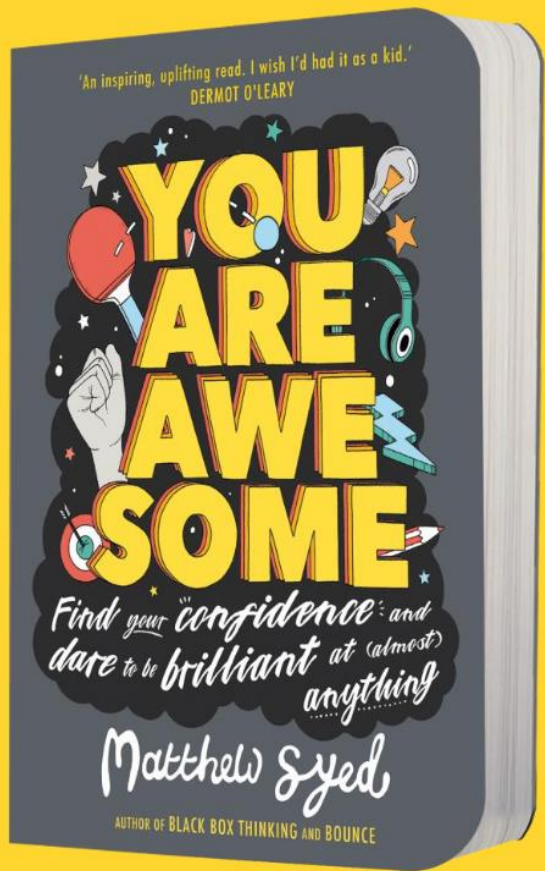
YOU ARE AWESOME

Family Activities:

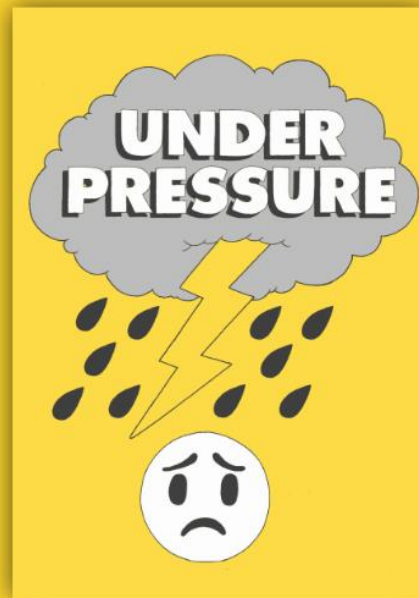
After reading **chapter 7**,
pick an activity to discuss.

You could try all of the activities!





Read Chapter 7 of
'You Are Awesome'.



QUESTION: Can you think of times when you have experienced the effects of adrenaline?

When it comes to a surprise collapse in performance, at a time when it matters most, 'choking' is a term often used to describe the experience. It may not leave you gasping for air, but it's a deeply unpleasant thing for anyone to go through.

The first thing to note is that nervousness is natural. When faced with a threat, from a sporting opponent to an exam paper, our brain floods our body's system with a naturally occurring hormone called adrenaline.

Our heart beats faster, we breathe more quickly. Adrenaline is designed to prepare us for one of three physical responses. Either we take on the threat, or run away, or get frozen to the spot. We call this a 'fight, flight, freeze response', and it's designed to help us survive. The trouble is, such a state of **HIGH ALERT** can also trigger a choke.

pages 138-139



THINK: Think of a time when you have felt a lot of pressure to do something well.

(e.g. exams, sport, music, a play, school event)

a) Did it go well, or did you 'choke'?

b) Why? How did it make you feel?



QUESTION: *Can you remember...*

What the 6 top tips to prevent '**choking**' are?



POETRY IS A FORM OF EXPRESSION – COMPETITION TIME!

Writing it lets us communicate our feelings and thoughts on a subject while reading it encourages us to connect and find meaning in our experiences.

Poetry can have a positive impact on our social and emotional learning. It may offer us a new way of thinking about something.

The English Department has asked students to write their own poem to express their feelings and thoughts, as below.

It should be free verse: this means YOU can choose the length of each line and whether you have 1, 2, 3 or more stanzas. However, if you would prefer to write an acrostic poem or sonnet or any other type of poem, that is up to you!

Just make sure your poem fits one the themes: **KINDNESS PERSEVERANCE**



GET
EXCITED
IT'S
COMPETITION
TIME

Teachers will select their top three entries and send them to the year group judge by Friday 23 April.
The winners will be announced by Friday 30 April.

In each year group, there will be one winner who receives a £20 Amazon voucher, and two runners up, each of whom will receive a £10 Amazon voucher.

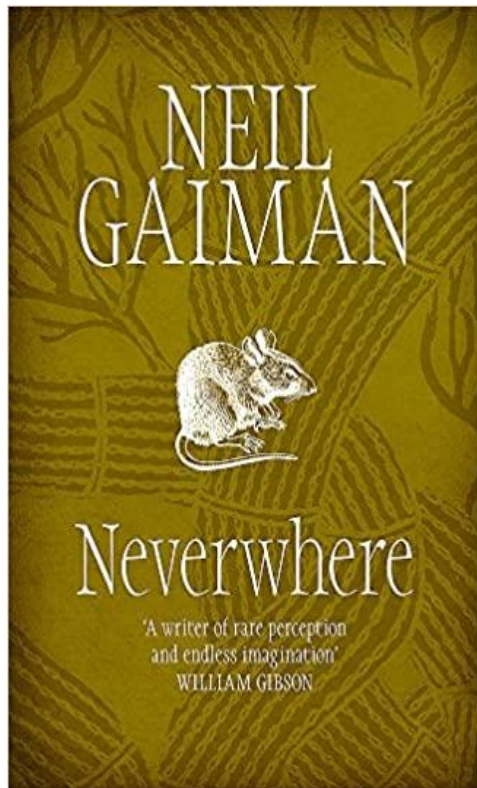
Good luck, everyone!

amazon.com
Gift Card



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YEAR 7 BOOK CLUB

Under the streets of London there's a place most people could never even dream of. A city of monsters and saints, murderers and angels, knights in armour and pale girls in black velvet. This is the city of the people who have fallen between the cracks.

Richard Mayhew, a young businessman, is going to find out more than enough about this other London. A single act of kindness catapults him out of his workday existence and into a world that is at once eerily familiar and utterly bizarre. A strange destiny awaits him down here, beneath his native city: Neverwhere.

Sign up now by writing your name on the sign-up sheet outside your Head of Year office.

**Join Mr Minall and Mrs Ward every Tuesday
lunchtime in Ma6 when they will be reading
'Neverwhere'.**

Bring your lunch with you!



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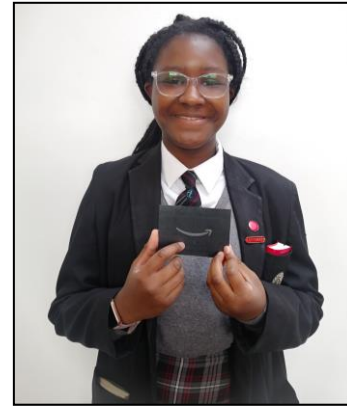
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WORLD BOOK DAY COMPETITION WINNERS

Year group	First place	Runner up
7	Joseph	Batya
8	Amanda	Bethany
9	Lauren	Jasmine
10	Lily	Ludovica
11	Aaron	Berrie



CONGRATULATIONS TO OUR WORLD BOOK WINNERS WHO ALL RECEIVED AN AMAZON VOUCHER. WELL DONE!

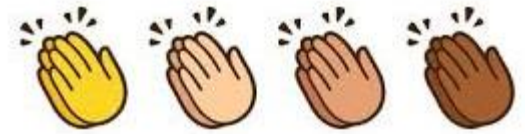


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TOP HOUSE POINT ACHIEVERS



YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Rebecca C 854	Logan A 776	Lauren D 778	Jade D 623	Aaron A 782
Sophie C 776	Jack D 772	Caedmon M 697	Solen S 604	Berrie R 761
Isla C 737	Eva B 744	Millie B 688	Isabelle W 565	Ailsa C 760
Archie M 711	Teriza W 711	Isabelle L 660	Naiem Z 535	Amber M 640
Max T 694	Jasmine G 678	Daniella B 655	Cyrine E 518	Samuel H 570



Creative Clubs - Term 5

All clubs are after School (3.05 – 4pm)

MONDAYS

- Year 11 MUSIC Catchup

TUESDAYS

- MUSICALS CLUBS (Years 7 & 8)
 - Drama – Drama Studio
 - Band – Mu I
 - Singing – Dance Studio
- Year 10 PHOTOGRAPHY catchup (week A)

THURSDAYS

- Year 10 GCSE MUSIC Club

Speak to your teacher about getting involved in these clubs 😊



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MUSICALS!

FREE MUSICAL WORKSHOPS

St Catherine's College is so excited to be able to offer Year 7 and Year 8 students a selection of free workshops next term.



Singing with Lavinia Salisbury – Tuesday 3.15 - 4pm

Band with Mr Healey – Tuesday 3.15 - 4pm

Drama with Ms Farrier & Mrs Gwynne – Tuesday 3.15 - 4pm

Dance with Miss McQueen – Wednesday 3.15 - 4pm



Sign up information on Teams or [CLICK HERE](#)

Starts straight after Easter



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Preloved Prom

We are thrilled to be able to host a prom for our Year 11 students this year (Covid permitting).

Due to the pandemic, we know that there has been a huge impact on families and we would like to avoid adding any further financial strain at this time.

Therefore, we are reaching out to our local community to ask for your help! If you have any dresses/suits/prom attire you would be willing to donate or sell for less than £20, please could you get in touch with us?

lfilsell@stcatherines.college



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Sunday 27th June 2021



**2021
Brighton
Half Marathon**



WOULD YOU LIKE TO TAKE PART IN THE BRIGHTON HALF MARATHON?


You Raise Me Up is a local charity that supports families after the death of a child aged 16-25. Some families whose children have attended St Catherine's College have been very lucky to receive support from this charity. If you would like to take part in the Brighton Half Marathon to help with their fund raising, please see the information below.

Book your place for just **£25 registration** via our website & **raise at least £300**, which will run our helpline for a week **OR 2 support groups**. Registration fee includes running vest and supporters pack.


For further information contact: lesley@youraisemeup.co.uk

24hr Helpline 01323 482772

www.youraisemeup.co.uk

 [youraisemeupcharity](https://www.instagram.com/youraisemeupcharity)

 [youraisemeupcharity](https://www.facebook.com/youraisemeupcharity)

 [@youraisemeupuk](https://twitter.com/youraisemeupuk)

You Raise Me Up Limited. Charity No.: 1147534

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Company No. 07711231



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FORMER STUDENTS ON THE FRONTLINE

We are so proud of former students, Rita and Gita, who left us nine years ago. They have both qualified as junior doctors and are currently working at Ealing Hospital in London. The Pandemic has certainly put them through some tough times, and they have experienced things in the last year that many will not experience in their whole careers. We are very excited to welcome Rita and Gita back into school, when their work schedules allow, when they will talk to our students about their journeys to becoming doctors.

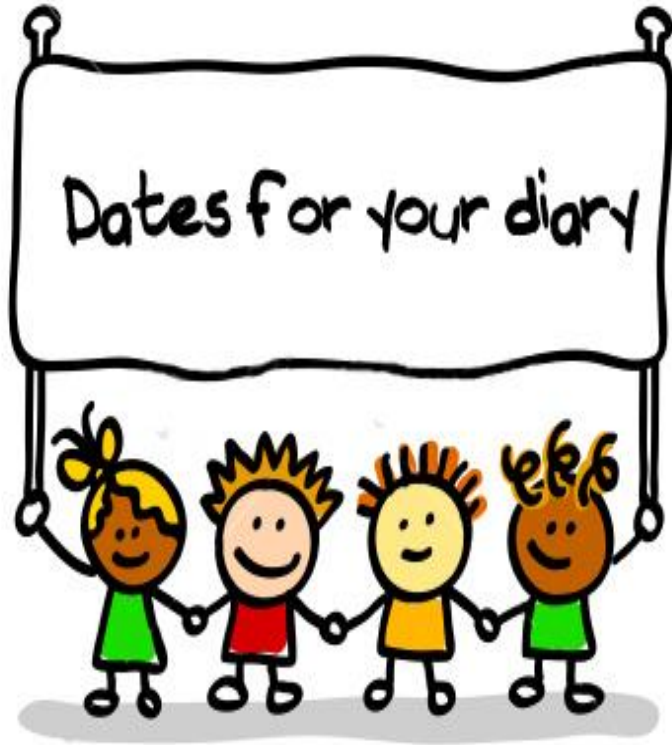


THE EASTER CAREERS HUNT: FIND YOUR FUTURE

Looking for some inspiration about your future this Easter? **[CLICK HERE](#)** to take part in a bespoke careers quiz specially designed to help determine your ideal career type. Once completed, you will gain access to a host of exclusive career-coaching resources and actionable steps to enhance your future.

For each student that takes part, a donation will be made by InvestIN to BookTrust, one of the world's largest reading charities!





Monday 19 April

First Day of Term 5

Friday 28 May

Last Day of Term 5

Monday 7 June

Inset Day

Tuesday 8 June

First Day of Term 6 (for pupils)

Friday 25 June

School Closed (re-arranged from 1 February)

Thursday 15 July

Year 11 Prom

Wednesday 21 July

Last Day of Term 6

Thursday 22 July

First Day of Summer Holidays

Thursday 12 August

GCSE Results Day

