



ST CATHERINE'S  
COLLEGE

A CHURCH OF ENGLAND ACADEMY

5 March 2021

# 'NON-CONTACT'



RESPONSIBLE

AMBITIOUS

HARD WORKING

RESILIENT

one small  
positive thought  
can change your  
whole day



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

## DID YOU ENJOY YOUR PANCAKES?

A report from Mr Jewell:

Over half term many of us would have recognised Shrove Tuesday by eating pancakes. I love mine with chocolate spread; what's your favourite topping? I wonder how many of us know the background to this February pancake tradition.

### What is Shrove Tuesday?

The day before Lent, which is a period of fasting. Eating pancakes on Shrove Tuesday is associated with using up luxury ingredients before Lent.

### What is Lent?

Lent is the period of time in the Christian calendar which leads up to Easter. It represents the 40 days Jesus spent fasting, praying and preparing before commencing work. Lent starts on Ash Wednesday which immediately follows Shrove Tuesday.

### So Lent is 40 days?

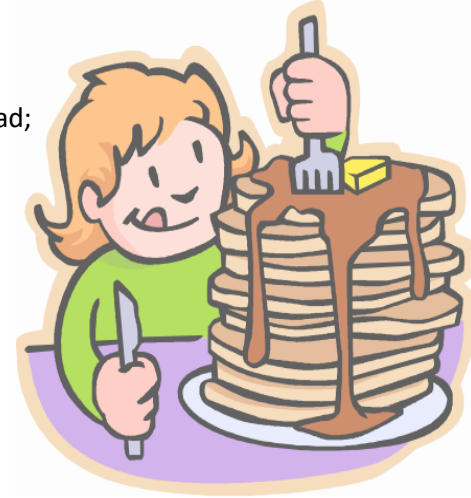
No! For years, I have given up chocolate for Lent thinking that I had to suffer for 40 days. I recently found out that the Sundays in Lent do not count, so I could have had a weekly fix of chocolate instead of stretching my abstinence for 46 days.

### Did Jesus really survive 40 days in the desert?

Probably not. In the Bible, 40 days is not to be taken literally, it means an extended period of time. There are multiple references to 40 days: Jesus' fast in the desert; the length of Noah's flood; the time between the resurrection of Easter and Jesus' ascension into Heaven, to name but a few.

### Why fast today?

Many faiths encourage us to go without. However, this is not to impress others as stated in the Bible: *"do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others"* (Matthew 6v16), it should be used as an opportunity to give to others. Therefore, if you're tempted by chocolate in the supermarket, buy it anyway... but then drop it into the Foodbank collection point before you leave.



## YEAR 8 RE

A report from Mrs Preston:

I thought I would share the excellent essay below which was written by Jason, Year 8 student. Students were asked to respond to the statement 'Religious people should never be rich' from different religious viewpoints that we had looked at throughout Term 3, and justify their own response:

### **'RELIGIOUS PEOPLE SHOULD NEVER BE RICH'**

A Christian might agree with this statement because they believe that greed and wealthiness can lead to selfishness and injustice. Whereas, if you are humble and have a stable amount of money you can understand what those who are struggling, are going through and are able to help them. Using the Parable of the 'Sheep and Goats', Christians may be able to perceive this point of view. Charities like Christian Aid are examples of this since they use the resources, they must aid those suffering, and help fight poverty which is a major issue of today's society. The main idea of this is that you shouldn't strive to earn more money, but try and use money to good use and not get steered of the wrong path

A Muslim might disagree with the statement because they believe that the more money that one is able to have is good since they are then given the privilege to donate more money to the poor. A teaching which can help support this idea is, Zakah. Zakah, which directly translates to cleanse, is the idea that people who can live stably with the money they withhold, should donate 2.5% of their income. Those who earn a bit more may be able to donate more which benefits the poor which is amazing for the whole world. To rid the world of poverty is an amazing goal and idea and one that has no consequences.

I believe that this quote is inaccurate to my beliefs of religious people. I believe that being rich is a bonus since they are then able to have the privilege to help more of those in need. A world without poverty is a much better place since then we can all live happily rather than some people being neglected and left alone. The idea of Zakah is a very strong and powerful way of trying to help those suffering and I believe if the whole world- or only those who are very able to donate money- were to adopt the idea of it, the world would become very much unified.

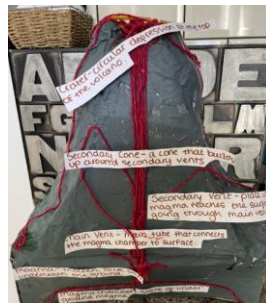
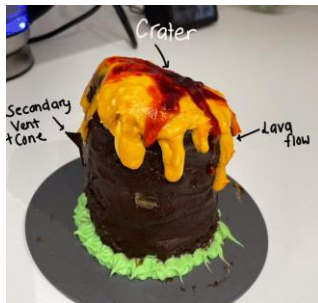


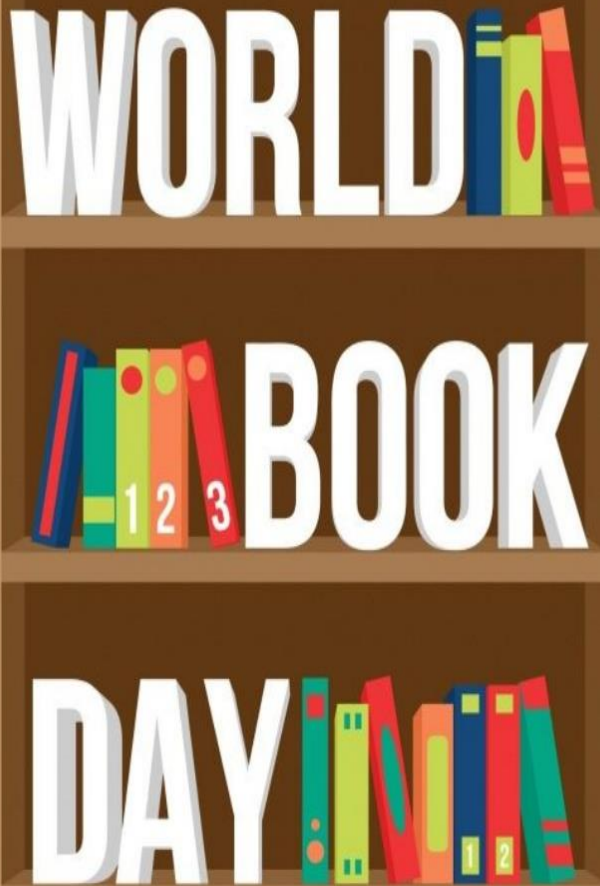


## YEAR 9 GEOGRAPHY VOLCANOES

A report from Mrs Pavey:

Year 9 students have been studying tectonics and were set the task to make a model of a composite volcano. They had to be as creative as possible and there were some amazing models. Some made cakes, some used lego, some did Minecraft, and others made mini eruptions using bicarbonate of soda and vinegar and sent me some very entertaining videos! Well done Year 9, I just wish I could have had a taste of all the cakes! Some examples of the amazing creations are pictured below.





# WORLD BOOK DAY

**WORLD BOOK DAY**

**4 MARCH 2021**

World Book Day is an event celebrated across the world and designed to promote the enjoyment of books and reading.

Promoting reading has never been as important as it is at the moment so at St Catherine's College, we decided to celebrate World Book Day during period 2 on Thursday 4 March.

During this lesson, we discussed our favourite books and shared book titles recommended by the World Book Day organisation.

All students have been asked to enter our World Book Day competition with the chance of winning a prize. (Information on the next slide).

Each year group will be awarded one £20 voucher, first place prize and one £10 voucher, second place prize.

*"Once you learn to read, you will be forever free."*

*Frederick Douglass*



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## WORLD BOOK DAY COMPETITION DETAILS

**Option 1:** Choose a recognisable book character and create a copy of them using a potato or a wooden spoon!

**Option 2:** Choose a favourite book and design a new front cover for it.

**Option 3:** Choose a favourite book and write a book review for secondary pupils recommending the book.

If you choose **Option 3:**

Include a catchy title

**What is it about?**

Write a BRIEF summary about the book.

**What is good about it?**

Include details about why you enjoyed the book and why you would recommend it.

**What could be improved?**

Even our favourite books can have bad points and it's important to acknowledge them.

**Star rating:**

Give your book up to 5 stars.

### COMPETITION DEADLINE DATES:

Please send your pictures/entries to your  
World Book Day teacher (teacher who taught you p2, Thursday 4 March)  
by **12 March 2021**.

**PLEASE ENSURE YOUR FULL NAME AND YEAR GROUP IS MARKED  
CLEARLY ON YOUR ENTRY**

Winners will be announced on 26 March 2021.





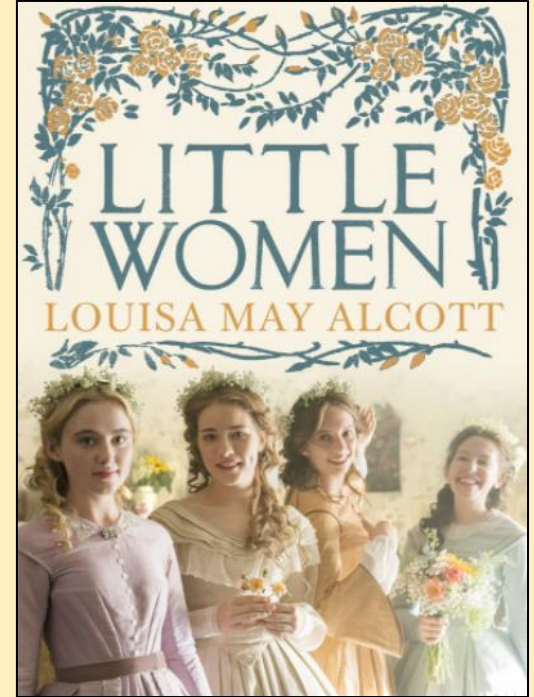


**Mrs Ward**

## MY FAVOURITE BOOK

My favourite book is Little Women. Little Women was written by Louisa May Alcott and was first published in 1868.

The story is based on the lives of four sisters: Meg, Jo, Beth and Amy. They live with their mother in fairly poor circumstances while their father is away working during the American Civil war. The story is based on their lives and relationships as they grow up into young women.



### Why do I like it?

I first read the story when I was growing up myself so it was relatable whilst offering a good dose of escapism. It is exciting, inspiring and incredibly emotive.



## MY FAVOURITE BOOK



**Mr Minall**

### Why do I like it?

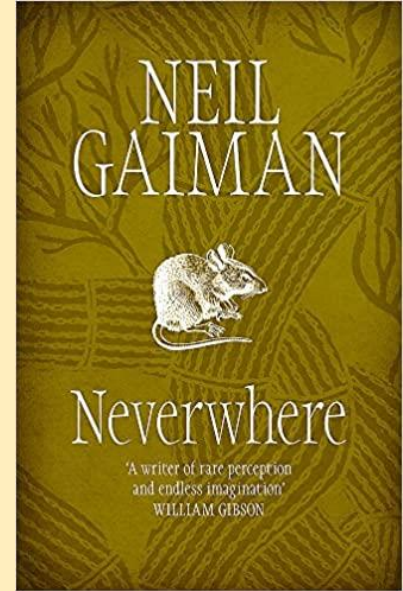
I don't really pick up fantasy books, so this was a first for me. The magic and mystery compelled me to read on and on. Being able to picture the numerous parts of London whilst reading them described in such an unfamiliar way, did it for me.

I loved how a parallel world -'London Below', is made up of people who are invisible to the people in 'London Above' (normal London). These 'invisible people' live in the sewer system and are homeless people and people from other times i.e., a Roman soldier and a medieval monk.

The best bit for me was when a character visited the Angel of Islington tube station to speak with the actual Angel of Islington, who turned out to be rather dangerous!

'*Neverwhere*' is an urban fantasy by Neil Gaiman and was released as a novel and television series in 1996.

The book is set under the streets of London where there's a world most people could never even dream of. A city of monsters and saints, murderers and angels, and pale girls in black velvet. The lead character is called Richard Mayhew and through his single act of kindness to a stranger, he is catapulted out of his safe and predictable life and into a world that is both eerily familiar and yet utterly bizarre. There's a girl named Door; an Angel called Islington; an Earl who holds Court on the carriage of a Tube train; a Beast in a labyrinth,;and dangers and delights beyond imagining.



'*Neverwhere*' has been made into a radio broadcast starring Benedict Cumberbatch, James McAvoy and Natalie Dormer.







**Mr Jewell**

## MY FAVOURITE BOOK

Spitfire is a history book. It's non-fiction rather than a story. It's written by an RAF veteran who served in the first Gulf War during the 1990s.

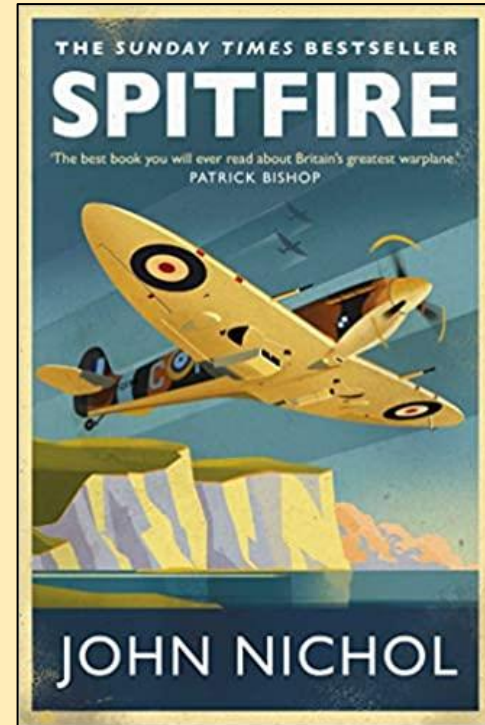
The subtitle of the book is '*A very British love story*' and the book is dedicated to "all those men and women who designed, built, serviced, flew and loved the Spitfire". I had the privilege of knowing a Battle of Britain pilot. This book told me a lot about the courage and bravery of those, like him, who flew the Spitfire, and were willing to sacrifice everything for the freedom we enjoy today. The book tells the story of this most famous of planes from its design and first flight in 1936, through its constant service and evolution in World War 2, until its retirement in the 1950s.

### Why do I like it?

- I struggle to get into story books. Each chapter in this book can be read as a stand-alone piece, so if I put the book down for a few weeks, it's not difficult to get back into.
- This type of book suits my preference for reality and for facts.
- My late Grandfather never wanted to talk about the war. The chapter on the WW2 campaign in North Africa told me more about his war service than he ever felt able to share.



**Mr Jewell's Grandfather  
(1940) in his WW2 desert  
army uniform**





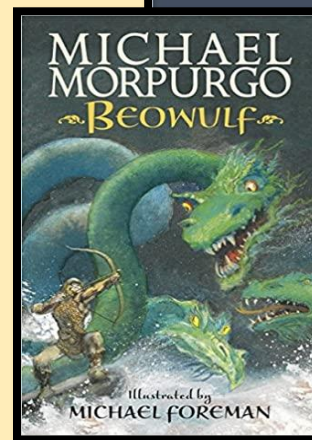
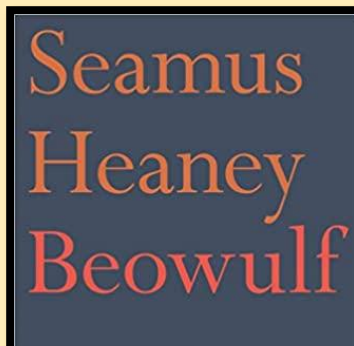
Mr Pittman

## MY FAVOURITE BOOK

Set in the 6th century, **Beowulf** is an epic poem about a warrior who goes to the aid of a Danish King. He defeats a monster called Grendel and later kills Grendel's mother in her lair with a great sword. Later in his life, when he has been a king himself, Beowulf fights and kills a dragon. The story ends with Beowulf's body being burnt on a great funeral pyre and a monumental mound being built that can be seen from the sea.

### Why do I like it?

- It's an exciting story of adventure and courage.
- The story was written by Anglo-Saxon people in Old English and gives an insight into the Anglo-Saxon world.
- It's available in different translations (as a poem and as storybooks, many suitable for young people).
- You can see an 11<sup>th</sup> century copy of the poem on display in the British Library, London.



# 'You Are Awesome' Project

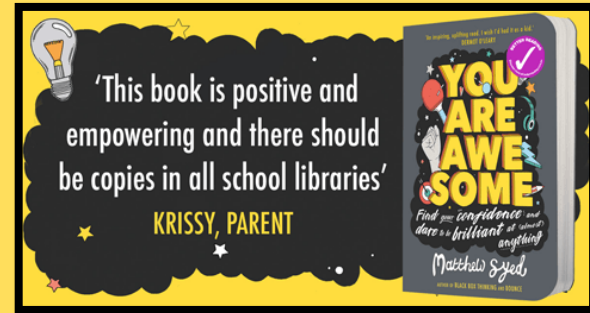
We are encouraging all pupils and families to get involved with our 'You Are Awesome' Project. To become even more awesome than you are already ...

**...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 3** follow this page).

Further details about obtaining the book can be found in a letter sent to parents and 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.



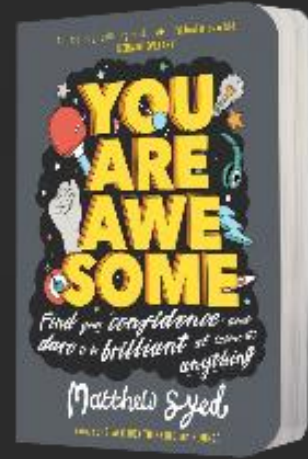


# YOU ARE AWESOME

Family Activities:

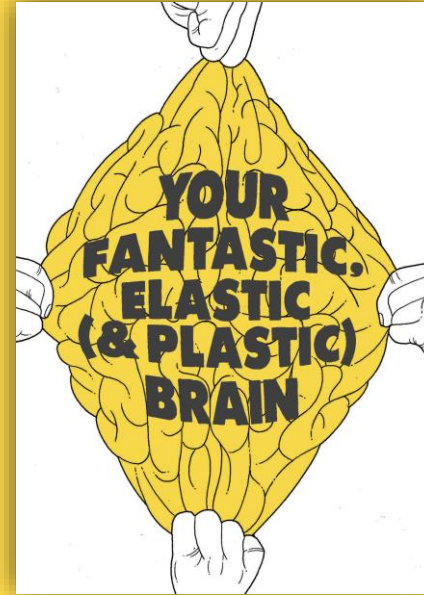
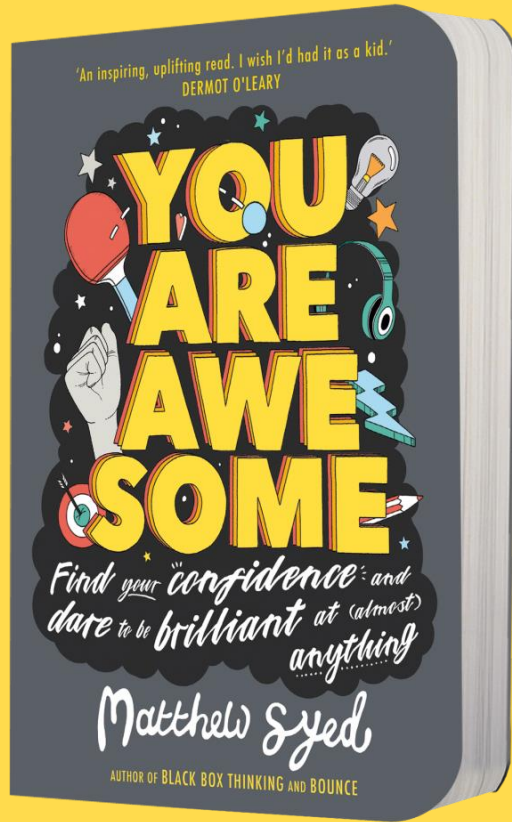
After reading **chapter 3**,  
pick an activity to discuss.

You could try all of the activities!





# Read Chapter 3 of 'You Are Awesome'.



**QUESTIONS: How can we get our brain into shape?  
What would a gym for the brain involve?**

This means we can shape up our brain just like we can shape up our body. Think of it as a mental muscle. If we put the brain through a fitness programme that helps to build neural pathways, we can mould it into something truly incredible. And the more we push ourselves, the more connections we make and the stronger they become. Scientists have a name for this. Wait for it... it's called...

**NEURO-PLASTICITY.**

*page 65*





**NEUROPLASTICITY PROVIDES US WITH  
A BRAIN THAT CAN ADAPT NOT ONLY  
TO CHANGES INFLICTED BY DAMAGE,  
BUT ALLOWS ADAPTATION TO ANY AND  
ALL EXPERIENCES AND CHANGES WE  
MAY ENCOUNTER...**

### **REMINDE YOURSELF OF THESE BRAIN FACTS:**

Your brain will adapt to **any learning** you do, in school, in clubs, at home... anywhere!)

### **BRAIN CHARACTERISTICS:**

- Neural connections; if you don't use them, you lose them!
- The tougher the practice, the more neural connections you build.
- The more you return to a particular piece of information (e.g. a road or route), the bigger the hippocampus - this part of your brain – grows.
- For bigger and better adapted brains, keep practising – don't stop!



## NEW CHALLENGES - Try some of the brain teasers below



New challenges can be difficult. Your brain must work hard when learning new information or trying new things. But practice builds neural connections, and the brain then finds the challenge easier.

1. Rub your belly and pat your head. Now swap arms!
2. Make a clockwise circle with your right foot, while drawing a number '6' in the air with your right hand!
3. Have both index fingers pointing towards each other. The right index finger turns clockwise, and the left finger turns anti-clockwise!







## KEEPING A TRACK OF WHEN YOU BUILD AND LOSE NEURAL CONNECTIONS

1. **Reflect:** What neural connections have you lost this year, due to changes in routine or lack of practice?
2. **Track:** Keep a diary of all the habits you repeat every day (and the connections you are making). How many of them are building knowledge / skills you need to develop your passions for the future?



## EGG DROP CHALLENGE ENGINEERING DESIGN COMPETITION

Gatwick Airport Engineering Department is running an Egg Drop Challenge for schools.

If you would like to enter, please [CLICK HERE](#) for details.

Closing date is 25 April and there are some great prizes to be won. Good luck!



## LAPTOP LOAN SCHEME

We are delighted that our Laptop Loan Scheme has worked so well during the past year. We have worked hard to ensure that families without internet, or households where devices are shared, have not been disadvantaged. Loaned laptops and iPads have enabled our students to access remote education, and this has supported their learning during both lockdowns.

We are preparing to return to school next week and laptops and iPads are crucial resources to support our students' learning during lessons. Please can we, therefore, ask that all loaned devices are returned to school reception by **Friday 12 March**.



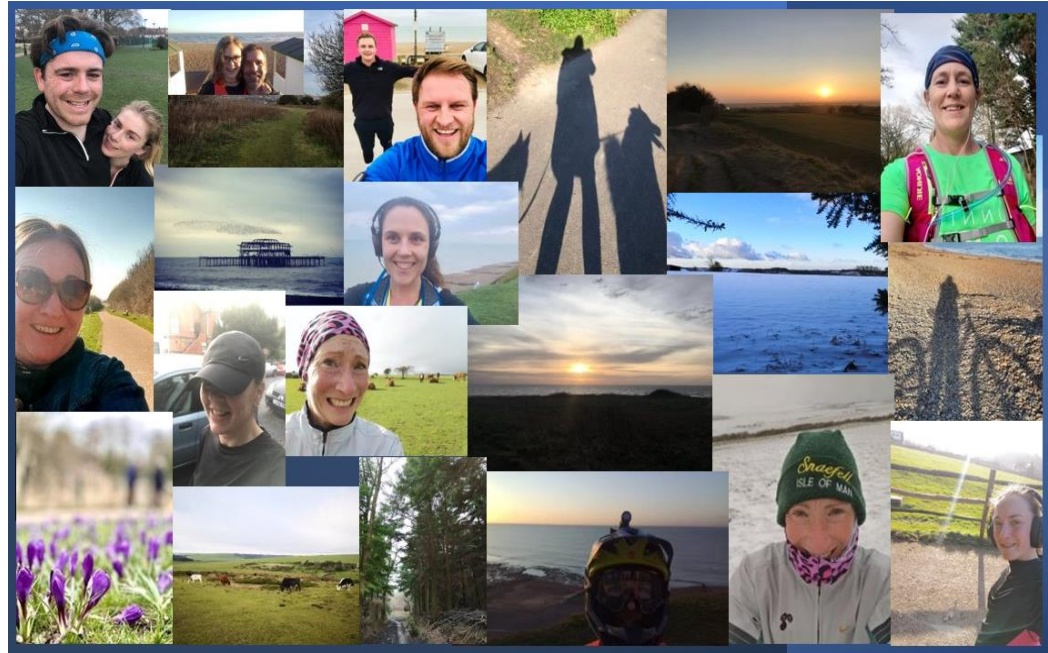
## ST CATHERINE'S COLLEGE GETS ACTIVE

During February, 26 staff members joined together on STRAVA to motivate one another in covering as many kms as possible during this month . This could be walking, running, or cycling and during the 28 days we managed to achieve over 3700km! This total also went towards the staff versus pupils Gambia Challenge.

It was great to see how supportive and encouraging staff were to one another, be it walking or cycling, using the couch to 5k, mountain biking in mud or completing half marathons. Several members of staff completed over 100km! There were also some more unique activity contributions too with Mr Millen roller blading and Miss Hampson kayaking.

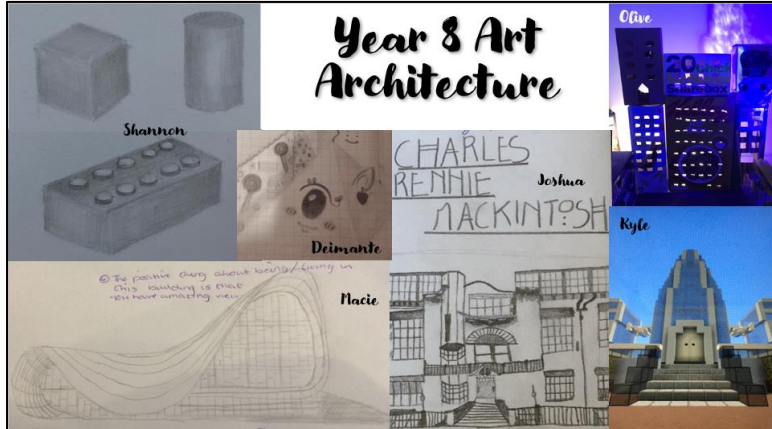
Staff also donated to Mental Health UK and have currently raised £189 . If anyone else would like to contribute to this much needed cause, please [CLICK HERE](#).

Well done to all who participated and here's to lighter mornings and evenings helping us all to stay active!

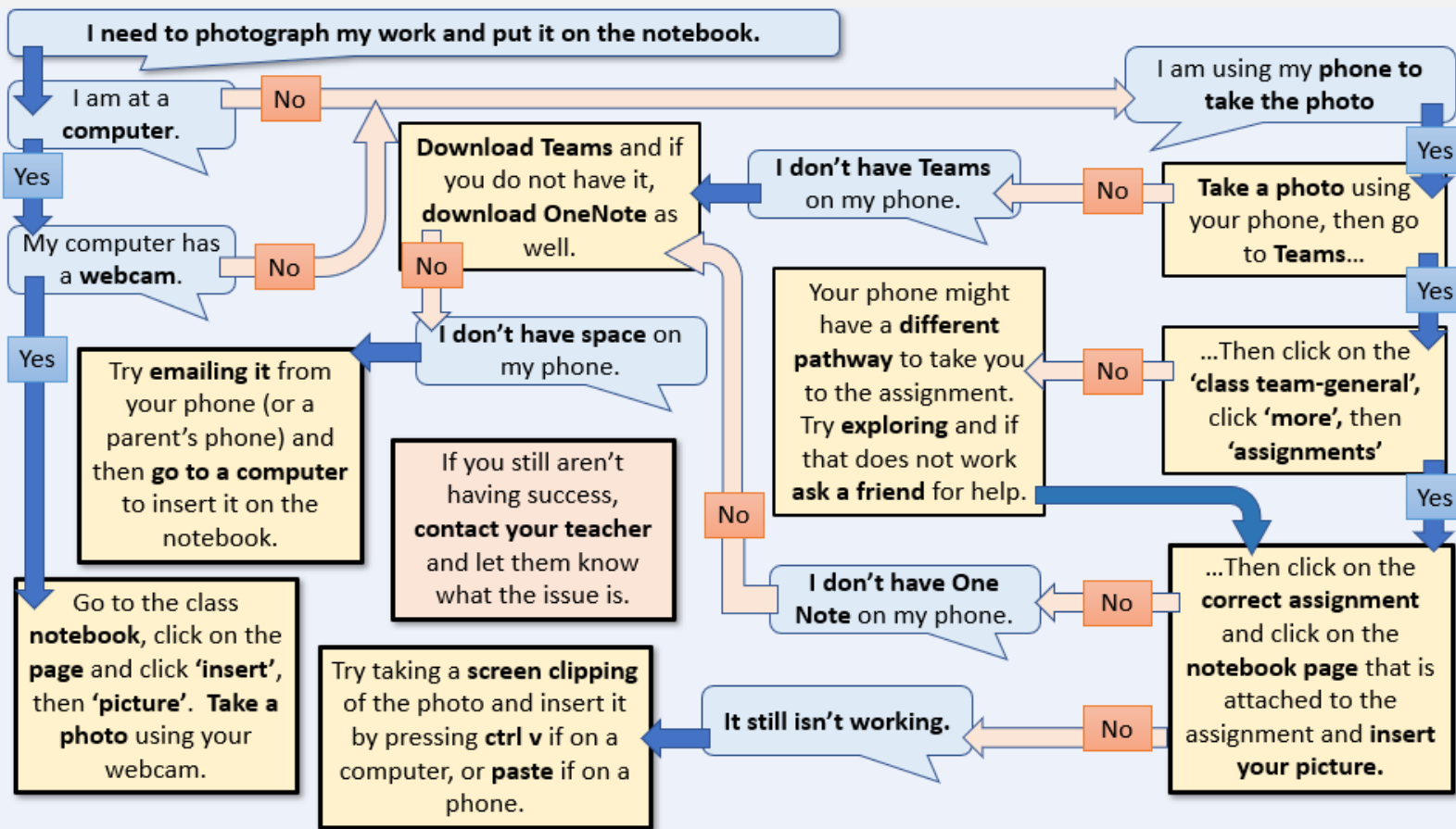




# ARTWORK FROM OUR YEAR 7-9 STUDENTS







# JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S  
BEST YOUNG BAKERS  
AGED 9 - 15

[WWW.APPLYFORJUNIORBAKEOFF.CO.UK](http://WWW.APPLYFORJUNIORBAKEOFF.CO.UK)

**APPLICATIONS CLOSE  
SUNDAY 28TH MARCH 2021**

Enquiries:  
[applyforjuniorbakeoff@loveproductions.co.uk](mailto:applyforjuniorbakeoff@loveproductions.co.uk)



## CHANNEL 4 JUNIOR BAKE OFF COMPETITION

The Junior Bake Off Team is looking for young budding bakers between **9 -15 years old**. If you're bonkers about bread or have a passion for pastry then you could be baking in the famous white tent! Filming will take place from July 2021, and **applications close on Sunday 28 March 2021**.

Interested bakers can apply online at:  
**[WWW.APPLYFORJUNIORBAKEOFF.CO.UK](http://WWW.APPLYFORJUNIORBAKEOFF.CO.UK)**.

Please contact The Junior Bake Off Team on **0207 067 4833** if you have any questions.



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1

Activity

Chat

06

Teams

Assignments

Calendar

Calls

Files

Power BI

...

Apps

Help


Teams

Your teams

TEAMS TIPS


Your teachers might continue to use Teams to set assignments for **homework** when we return to school.

If your teacher has set up a **Class Notebook** for you, you will still have access to it.

  
SCC-2020-7SNE-Ar


Your lessons will still show up on the **calendar**, so you will be able to check your **timetable** easily.

Many companies use Teams or similar software, so using Teams prepares you for your **future career**.

  
SCC-2020-7JMU-Ar


If you are stuck on a piece of homework you will be able to use the **chat** function to ask your teacher for help.


Typing / in the search tool bar at the top gives you access to lots of **shortcuts**.

  
SCC-2020-7SBD-Ar

The **files** section in each team are a really handy place to store work for each class.

Teams is great for **collaborating** with both your teachers and your class mates.

  
SCC-2020-7CBW-Ar



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# THE RAINBOW FLAG AWARD

This year, St Catherine's College has embarked on a year-long process to meet the six standards of the Rainbow Flag Award.

The award encourages a whole organisation approach to LGBT+\* inclusion, as well as developing strategies to effectively challenge and combat bullying of LGBT+ pupils and staff. By completing the standards of the Rainbow Flag Award, we aim to further meet our legal and statutory requirements to ensure that LGBT+ people are not excluded from full participation in college life.

So far, we have successfully achieved the Student Voice Standard. The awarding body recognised that the pupils of the College had actively improved the lives of LGBT+ young people by making facilities more inclusive and accessible, and that there was really good evidence of how pupils can influence and change policies.

*\*The term LGBT+ is a term used to represent the diversity of sexual and gender identities i.e. Lesbian, Gay, Bisexual and Transgender. The '+' refers to other identities of sexuality and gender identities).*

# THE RAINBOW FLAG

## STUDENT VOICE

A W A R D 20  
21





## ENTRY AND EXIT POINTS

SCHOOL	ENTRY AND EXIT POINT
<b>Year 7 School</b>	Key Stage 3 playground gate. In the mornings students should line up and remain in the Key Stage 3 playground until tutors arrive. (Old year 8 zone)
<b>Year 8 School</b>	Vehicle gate next to Key Stage 3 playground. Use the delivery road to get to the playground on the outside of the MFL department. In the mornings students should line up and wait in this area until tutors arrive. (Old year 9 zone)
<b>Year 9 School</b>	Priory Road picnic area gate and head right. In the mornings students should line up and remain in the basketball courts until tutors arrive. (Old year 10 zone)
<b>Year 10 School</b>	Bedewell Priory Road pedestrian gate. In the mornings students should line up and wait in the Bedewell outdoor area until tutors arrive. (Old year 7 zone)
<b>Year 11 School</b>	Main entrance in front of reception. Walk through gate to picnic area. In the mornings students should line up and remain in picnic area until tutors arrive.



## LOCATION OF YEAR GROUP BUBBLES

SCHOOL	Area	OUTDOOR SPACE	FOOD SERVICE	TOILETS
Year 7	Main site Maths/IT area	Key Stage 3 playground	Food servery in Key Stage 3 playground	Art corridor
Year 8	Humanities area	Playground on the outside of the MFL Department	Café (inside)	RE and Music corridor
Year 9	MFL/Art/Library area	Café canopy and basketball courts	External café servery by basketball courts	RE and Music corridor
Year 10	Bedewell	Outside of Bedewell and the field	Drama hut	Bedewell
Year 11	English area	Picnic area	Picnic area servery	PE

