



ST CATHERINE'S
COLLEGE

A CHURCH OF ENGLAND ACADEMY

12 February 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.



“Persistence and determination are always rewarded” (Christine Rice). It is always great to receive recognition when we put effort into any part of our lives. A ‘thank you’, a smile or a little reward makes you realise that your efforts are appreciated and that someone recognises them. At St Catherine’s College, we want our students to know that we appreciate their hard work and dedication in and out of lessons, as well as in the school community. So, it is our time to say thank you to all the students, parents and carers for their incredible hard work over this very difficult and unique term.

The return to live lessons has been hugely successful with over 95% of students attending all live lessons this term. Over 5000 house points and 1500 certificates have been issued by members of staff for the incredible work students are doing across all lessons. The prize draw for pupils with 100% attendance and 100% work completion can be seen later in the newsletter.

So again, thank you to you all for your incredible punctuality, hard work and resilience during these tough and challenging times. Enjoy a rest from the screen and we look forward to seeing you again in Term 4.

Mr Watts, Assistant Headteacher



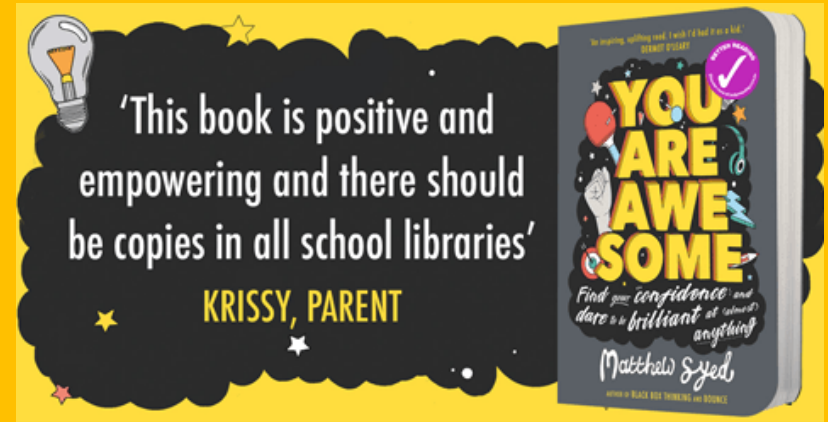
'YOU ARE AWESOME' PROJECT

We are encouraging all students 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 of the book using the home activities** to be sent to you each week (activities based on chapter 1 follow this slide).

Further details about the project 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 being ambitious, hardworking, resilient and responsible.



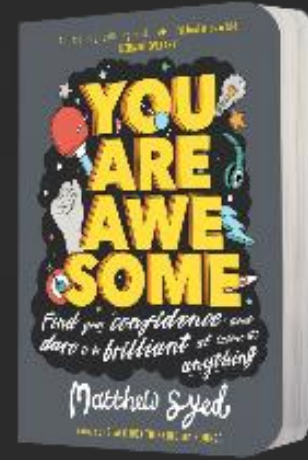


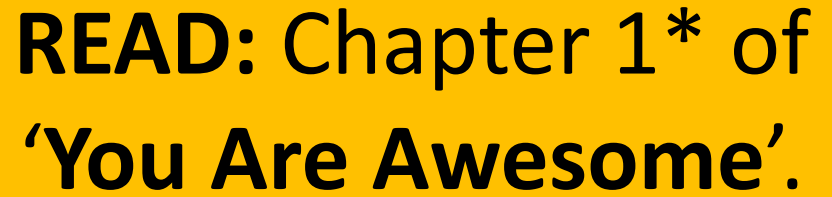
YOU ARE AWESOME

Family Activities:

Read chapter 1 then pick an activity to discuss.

You could try all of the activities!





**pages 6-32*

QUESTION: What is the difference between Kid Average and Kid Awesome?

QUOTE: 'While Kid Average has decided he's no good, given up completely and gone to bed, Kid Awesome is determined and sticks to it. Kid Awesome really wants to improve. Not just by a little bit, but as far as he can take things. Kid Awesome is set on becoming the best table-tennis player he can, and he realises that this all comes down to how often he can get in the garage to practise. He starts to love the game. So much so that he has even started thinking about asking his brother to help him practise.'

page 20



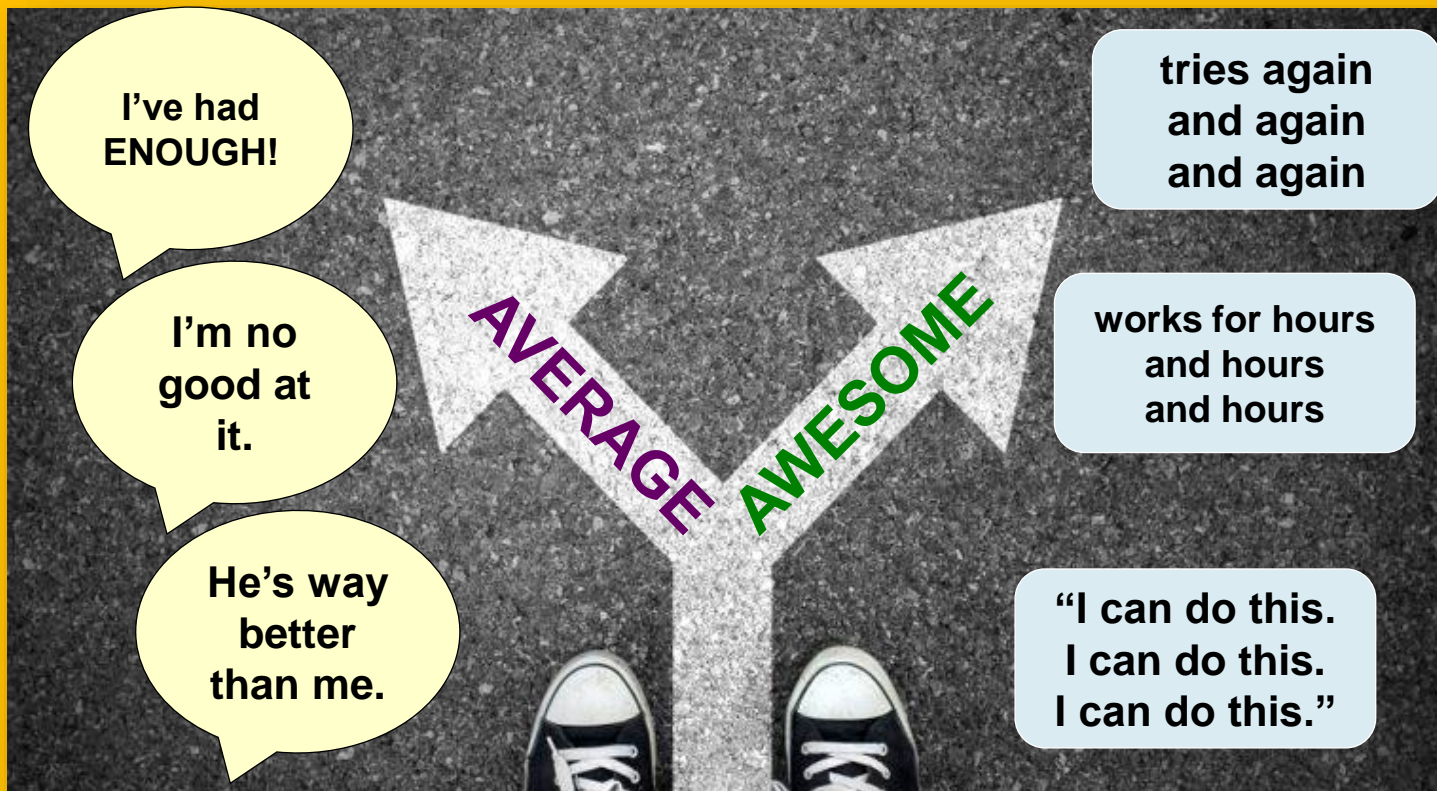
QUESTION: How much do you agree or disagree with these statements?



1. People are born with a certain amount of intelligence.
2. You cannot change your level of intelligence very much by learning.
3. You cannot be more intelligent than your parents.
4. New information can always be learned, however old you are.
5. Not everybody has the ability to learn a musical instrument to a good standard.
6. Maths and Science are easier to understand if you are male.
7. Females are better suited to creative subjects such as English and Art.
8. Some people are born bad and they cannot be changed, however much they try.
9. It is impossible to learn something new after the age of 70.
10. I'll never be very good at sports because none of my family have been.
11. The harder you work at something, the better you will get.
12. I don't like people to know when I fail or struggle with something.
13. I'm quite open about my mistakes.
14. Making mistakes is a good way to learn when I'm studying.
15. Geniuses (e.g. Albert Einstein, your most clever teacher) do not need to try very hard to be smart; it comes naturally to them.



QUESTION: Which of these paths leads to success (and awesomeness!) and why?





TASK: Make a list of your hopes and dreams. These might be ones you could achieve this week, perhaps later on this year, or a bigger dream to strive for and achieve at a later point in your life. It could be something like playing an instrument, teaching, tennis, vlogging, chess, cooking, reading.



QUESTION: What are the first steps you need to take to achieve your dream?



QUIZ YOUR FAMILY

1. Find out what big choices members of your family have had to make in their lives.
2. When have they taken the tougher route?
3. What did the tougher road look like?
4. What did their success look like at the end?



PE CHALLENGE: CAN YOU BE THE FIRST YEAR GROUP TO BEAT THE ST CATHERINE'S COLLEGE STAFF TO GAMBIA?

Why Gambia?

Due to the school trip being cancelled this year, we thought it would be nice for students to do something 'virtually'.



How far is it?

From St Catherine's College to the Gambia, it is 5,794 km!

When does it start?

Wednesday 10 February through to Friday 5 March – every step counts.

Are you the best year group?

Well let's see... try to travel the furthest distance and get to the Gambia before the other year groups... and the staff!



What can I do to help?

Walk, run, cycle, scoot or skate :) Find a way to track your kilometres and add them to the Form link (right).

How can I travel?

Walk, run, cycle, etc, and log your distance (in km) on your year's Form on the right:

YEAR 7 - [CLICK HERE](#)
YEAR 8 - [CLICK HERE](#)
YEAR 9 - [CLICK HERE](#)
YEAR 10 - [CLICK HERE](#)
YEAR 11 - [CLICK HERE](#)
STAFF - [CLICK HERE](#)



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PE CHALLENGE



[Click Here](#)

CLICK HERE to take part in the St Catherine's College PE challenges with family and friends. Record your attempts and send to your PE teacher. Click on the right to see Mr Berhane, Mrs Thomas and Mr Jewell in action!





PE LESSONS

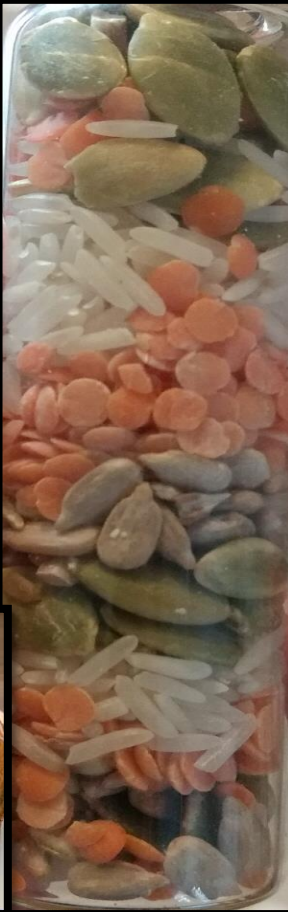
Students have been creating their own aerobics routines and learning how to lead aerobic sessions in their PE lessons. We have been so impressed with the videos that have been sent in, alongside choreographies and photos (a few examples pictured left). A huge thank you to students for all their hard work in both theory and practical lessons!

WELLBEING AFTERNOON

Mr Watts would like to thank all students, parents and family members who took part in last week's fancy dress Friday Workout. The response and participation was amazing; we hope everyone enjoyed it!

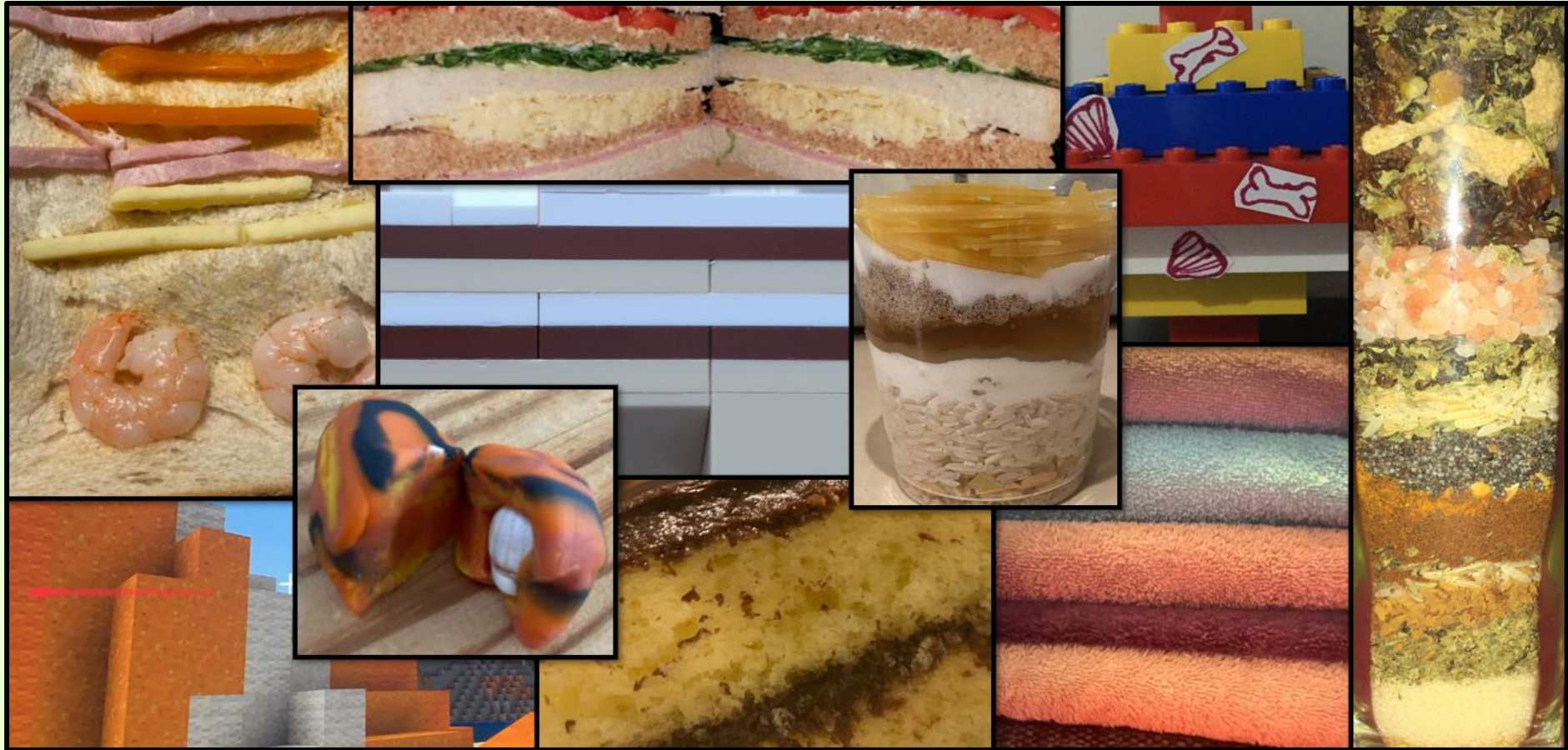


Year 7 have been creative during 'lockdown' and made models of sedimentary rocks: soft, grainy, in layers and contain fossils.



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YEAR 7 HAVE BEEN BAKING!

Year 7 keyworker students have been busy cooking. Last week they made some delicious pancakes which they thoroughly enjoyed eating. Yum!





RAFFLE PRIZE WINNERS

Congratulations to students who have achieved 100% attendance and outstanding work across all subject areas this term. All names were entered into a prize draw and we are delighted to announce the winners as below. Prizes will be awarded when students return to school. Well done!

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
1st Prize Amazon Tablet	Lola C	Farah A	Lucy W	Elizabeth F	Joshua C
2nd Prize £40 Amazon Voucher	Lottie B	Jasmine G	Konstantin S	Aaron C	Beth H
3rd Prize £20 Amazon Voucher	Eva C	Logan A	Ola A	Ty B	Joshua B
Runner Ups x 5 £10 Amazon Voucher	Mia C Declan R Louise P Alfie C Jessica H	Isabell C Sophie B Henry B Shaun D Liam D	Alex H Zephaniah A Ella K Chiamaka N Sophie R	Lucie D George J Josh C Harry H Nelson J	Dan K May W Katie S James J Rocco B



WOULD YOU LIKE TO SUPPORT?

We are incredibly proud of Year 11 pupil, Shay, for his efforts in fundraising this month. Shay has undertaken the challenge of running 100km in February in order to raise money for Testicular Cancer Awareness and Support Charity - checkmclads.com.

We wish Shay all the best for his endeavour. If you would like to support Shay in his fundraising, please visit <https://www.gofundme.com/f/shays-100k>



YOUTH SPEAK

Please **CLICK HERE** for the termly Youth Officer Newsletter from Neighbourhood Youth Officers, PC Lee Willsher and PC Rachel Bourne.

PC Willsher and PC Bourne would love most of the information in the next newsletter to be requested by young people. If you would like anything to be included or have any questions, please contact either PC Willsher or PC Bourne:

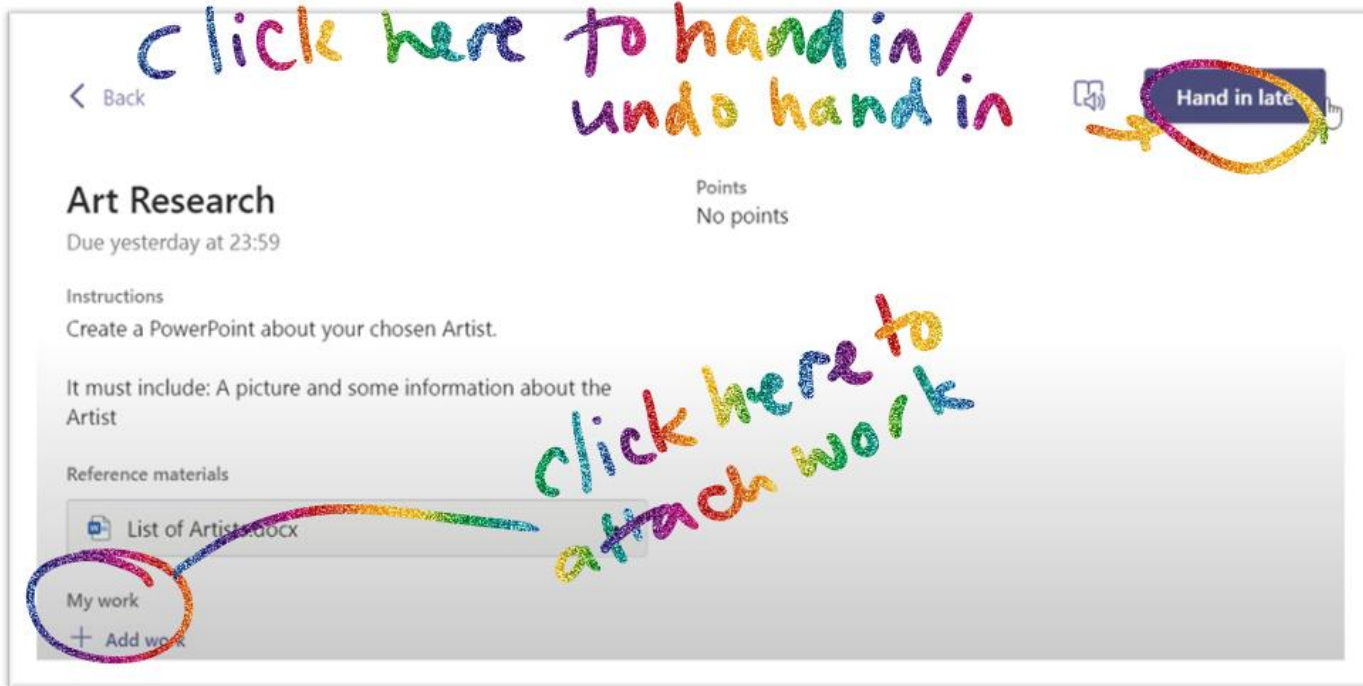
rachel.bourne@sussex.pnn.police.uk or

lee.d.willsher@sussex.pnn.police.uk



TEAMS TIPS

If you are finding that you can't add work to a Class Notebook page, it might be that you have already clicked 'hand in' on the assignment it is attached to. You simply need to go to assignments and click 'un-hand in'.



If this does not work, you could also try **attaching work to the assignment** if you cannot get it on the notebook page.



CONFUSED BY THE NOTEBOOK?

The image consists of two screenshots of the Microsoft OneNote application interface, with colorful arrows and callout boxes explaining its structure.

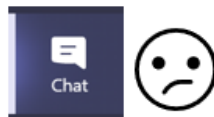
Left Screenshot: Shows the 'Welcome to Class Notebook' screen. A blue arrow points to the 'Home' tab in the ribbon. A rainbow arrow points from the 'Home' tab to a callout box that says: "Click the bookshelf, then on your name to reveal your sections, pages and workspace." A purple arrow points from the 'Class Notebook' icon in the top right corner to the same callout box.

Right Screenshot: Shows the 'SCC-2020-8CSA-Ar Notebook' interface. A rainbow arrow points from the 'Class Notes' section in the left sidebar to a callout box that says: "Sections (like a folder)". A blue arrow points from the 'Class Notes' section to a callout box that says: "Pages (like a piece of paper in a folder)". A purple arrow points from the 'Architecture' page in the right pane to a callout box that says: "Work space (like the current piece of paper you are working on)."

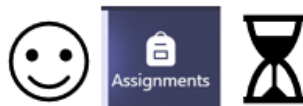
WHY DO I HAVE TO PUT WORK IN A CLASS NOTEBOOK FOR SOME TEACHERS?

Why do I have to put work in a class notebook for some teachers?

It is easy for pupils to send work in the chat or on an email, but it is not easy to receive it that way for the teachers. Sending your work in the chat would be the equivalent of hiding a piece of paper with your work on it in the teacher's classroom...You can tell them it is there but the teacher has to search for it...Imagine having to do that for 300 pupils!



Attaching work to the assignment is OK and many teachers are happy with this method...but if the teacher has asked for it to be on the notebook, and you only attach it to the assignment, the teacher has to insert it into the notebook for you. This is the equivalent of the teacher having to glue your work into your exercise book.



When you put work in the notebook it is much easier for the teacher to mark the work. It is the equivalent of the teacher collecting in exercise books in alphabetical order with all the books open on the correct page. This means they can spend more time giving you quality feedback.



Some teachers might not use the notebook or assignments at all. It is important to read the instructions from each teacher and try to submit work in the way they have asked to save time for everyone. Remember, trying something for the first time might be tricky but with a bit of resilience you will learn some new digital skills that you will be able to use in the future.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2



Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3



Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4



Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5



Keep children learning

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6



Limit screen time and mix up activities

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7



Help your child manage stress

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8



Expressing feelings doesn't have to be face-to-face

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

