



ST. CATHERINE'S
COLLEGE

A CHURCH OF ENGLAND ACADEMY

CONTACT



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



It never ceases to amaze me just how quickly time passes – this week is absolutely no exception! It does not seem possible that our students have completed their first full week back post lockdown. I am delighted with their seamless transition back to St Catherine's College and how quickly all students have settled back into school life.

I am very privileged to be able to visit lessons on a regular basis to see how students are getting on with their learning and I have been so impressed with what I have seen! It overwhelms me how adaptable and resilient our students are.

On this note, I would like to say a huge thank you to all parents for supporting St Catherine's College with home schooling. We know that during the lockdown period, times were challenging. The support we have received from parents and carers has been overwhelming. Encouraging students' learning, whether this be academic, social or personal, always works best when both the College and home are working in partnership. We recognise that every parent and carer wants the absolute best for their child and likewise, we want the very best for our students.

Since being back in school, our students have said:

'I am relieved to be back at school, lockdown and being at home was stressful'

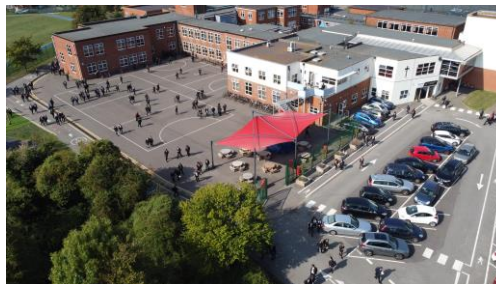
'I've really missed my friends so it was nice to see everybody'

'So good to talk to people again'

'I am very happy, I can see all my friends and play football'

'It's nice to be doing work on paper again'

Lee Watts, Assistant Headteacher



COLLEGE WORSHIP

This week, Mr Berhane welcomed back all students in College Worship. The focus was on school culture, including how we treat others and how we treat our surroundings. Mr Berhane thanked the students for being responsible by picking up litter; keeping school a 'gum free zone'; leaving their classrooms tidy; and being respectful to the College. Lots of works have been completed during lockdown and we shared some photos with the students, as pictured below.



Mr Berhane also introduced our wonderful cleaning and site team who work so hard behind the scenes.

We are so very proud of our school and would like to give a special thank you to our fantastic site team who continually make improvements and provide us all with such a beautiful place to learn and work.



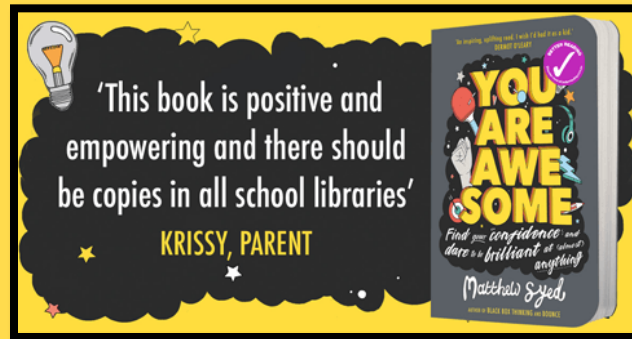
'YOU ARE AWESOME' PROJECT

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 5 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

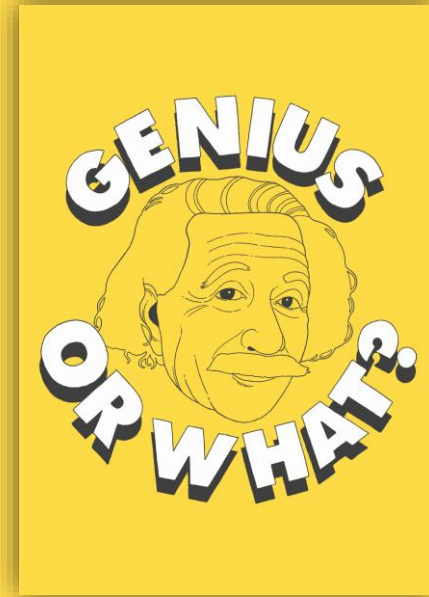
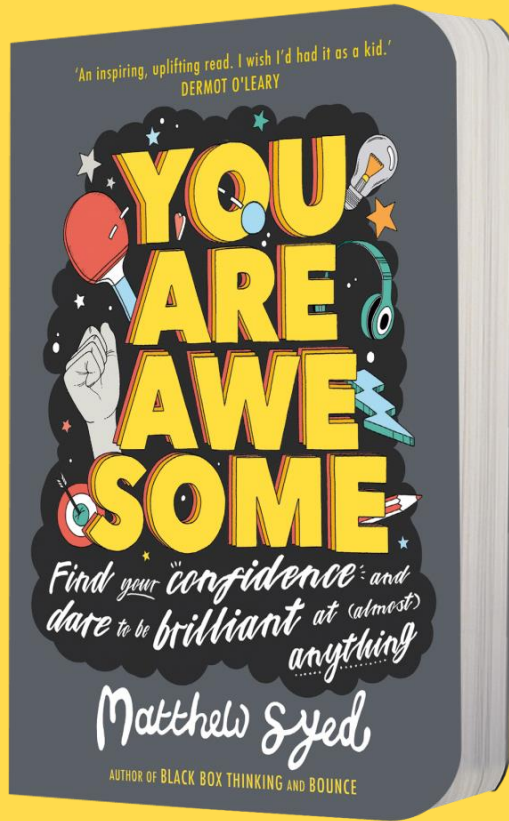
Family Activities:

After reading **chapter 5**,
pick an activity to discuss.

You could try all of the activities!



Read **Chapter 5** of
'You Are Awesome'.



QUESTION: When you see a top musician or sportsperson, do you ever think about the many times they failed before they eventually achieved success?

Nobody hits a perfect note on the first attempt at singing or finds they can effortlessly weave a football straightaway. It's a question of learning from experience and recognising that any learning experience involves making plenty of mistakes.

When we witness someone performing at a high level, it doesn't make for very good viewing if the pianist we paid to see can't remember the notes, or the racing driver repeatedly stalls the car. As a result, when it comes to success, we don't often see the whole story, from the hours that have gone into that amazing performance to the times they have landed face-first or hit the wrong notes.

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Start

“It is not always people who start out the smartest who end up the smartest.”

Carol Dweck.

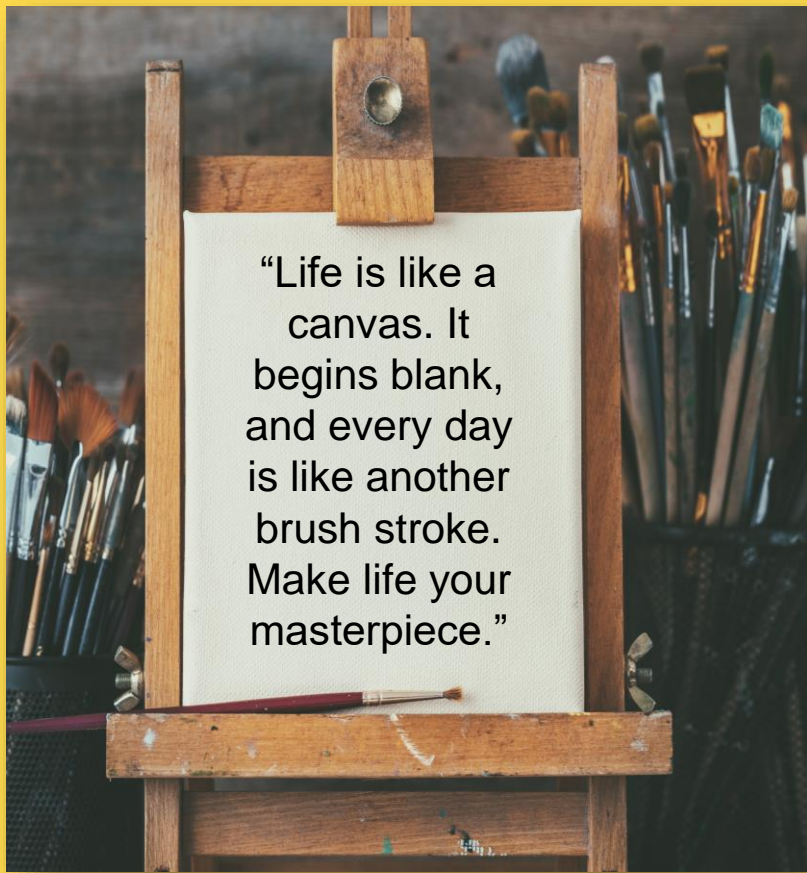
QUESTION:

Do you agree with this comment?

Why *or* why not?

FINISH





QUESTION:

Do you agree with this comment?

Why *or* why not?



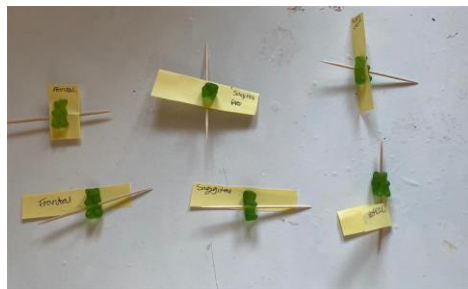


WHAT NEXT?

- 1. Think:** Think of somebody who is excellent at what they do.
(a sportsperson, a singer, an author, a dancer, a musician, a chef, a magician).
- 2. Explore:** Research their childhood and their experience.
What led them to be so good at what they do?
How often do they practise?
What training did they have?
Who helped them?



PE DEPARTMENT: What we have been doing this week



Year 7 - Planes and Axes

Students have looked at the actions of movement and rotation in theory PE lessons. They used gummy bears or jelly babies to highlight this. This is one from Isla in Mrs Newnham-Reeve's PE class.



Year 7 - Practical

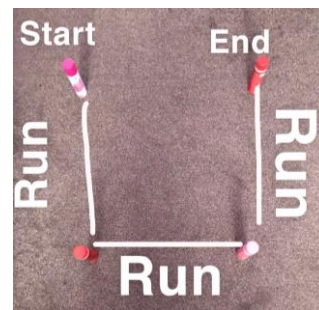
Students have been working on different ways to test balance at home. They were asked to create ways to test their balance and here is an example from Miss Rix's PE Class.

Aerobics Photo Board - 6 Basic Steps



Year 7 - Aerobics

Year 7 were shown an aerobics routine and were then given the task to create their own routine based on six basic moves. They could either submit a video or photos. This is a pupil from 7QG2, taught by Mrs Matthews.



Year 7 Practical

This term, KS3 students have been learning about the components of skill related fitness. Students were shown a range of agility drills to complete at home and were then given the task to create their own. These two drills were created by Bethany in Miss Bedford's PE class.







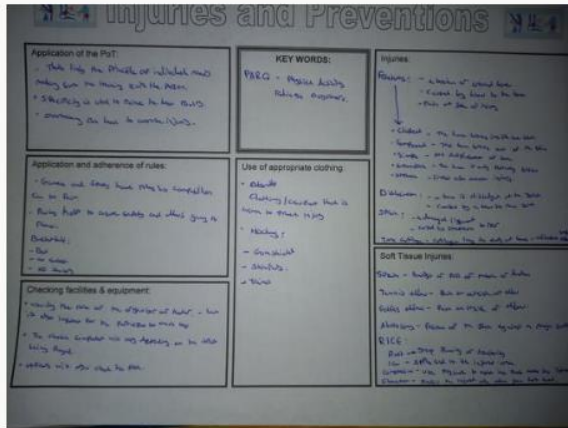
KS3 Practical


Mr Williams' KS3 practical work has involved some physical challenges as well as Joe Wicks style work-outs with a focus on core stability. In response to the challenges, one pupil completed their first ever 10km run. Others completed 20 active days in January and the Sussex Virtual School Winter Games in February.



PE DEPARTMENT: What we have been doing this week

Name of Balance / Flexibility Pose	Photo of Balance / Flexibility Pose	Counts
Child's pose		4 breaths in and 4 out.
Downward dog		4 breaths in and 4 out.
Racing pose		4 breaths in and 4 out.
Tree pose		4 breaths in and 4 out.





Components of Fitness – Learning Grid

Name the 11 Components of Fitness	Give a definition for each one
Agility	The ability to change your body position quickly without losing balance.
Balance	Maintaining your centre of mass over a base of support.
Co-ordination	The ability to move two or more body parts to move smoothly and accurately.
Power	The ability to use strength at speed.
Reaction time	The time it takes for a performer to respond to a stimulus.
Speed	The ability to put body parts into action quickly.
Cardiovascular endurance	The ability of the heart and blood vessels to work for a long period of time.
Muscular endurance	The ability to use your muscles over a period without tiring.
Strength	The maximum force that can be generated by a group of muscles.
Flexibility	A complete range of movement.
Body composition	The percentage of your body which is fat muscle or bone.

Importance of Fitness Testing [Complete the paragraph below.....]
 Scores are recorded at the start of a training programme. These scores are called

Give a sporting example for any 5 components

<p>1.In football you can drop your shoulder quickly without losing your balance.</p>	<p>Agility</p>
<p>2.In football you can stay upright whilst dribbling.</p>	<p>Balance</p>
<p>3.In football a goalkeeper needs flexibility to dive.</p>	<p>Flexibility</p>
<p>4.In football you will need speed to run down the wing.</p>	<p>Speed</p>
	<p>Power</p>

Year 9 Practical – Students in Year 9 have been learning about different components of fitness. They were asked to create their own flexibility and balance routine and photograph themselves performing each movement. Pictured above was a routine created by Lauren, in Miss Bedford's class.

GCSE PE - The GCSE PE groups have worked on sports injuries this week and put all their notes and learning onto a learning grid. They will be starting their Component 4 Fitness Plan this week, and Mrs Newnham-Reeve and Miss Bedford can not wait!

KS3 Theory - Mr Williams' KS3 theory work has covered the warm-up and cool-down, components of fitness; the principles of training; and the methods of training.

FOOD AND NUTRITION

Below are examples of some of the amazing work that pupils have done throughout the second lockdown. They have followed photo step-by-step instructions and watched TikTok videos created by Mrs Matthews. To view Mrs Matthews' TikTok videos, please [CLICK HERE](#) for more recipe ideas. I am sure you will agree, that the work pupils have submitted is fantastic!



A MESSAGE FOR YEAR 11 PARENTS FROM MR HOWE



We are very pleased to announce that we plan to go ahead with a Year 11 Leavers Prom on Thursday 15 July 2021. If we stay on track with the Government's Covid-19 Roadmap, we are confident that this event will take place. We know that for many this is a rite of passage, and a great way to celebrate a student's time at St Catherine's College. That being said, please exercise caution when making arrangements for the prom and purchasing outfits, etc. If the infection rate were to rise and social distancing restrictions are not lifted or are reintroduced by the Government, then we may not be able to go ahead with the event. The cost of the prom ticket itself will be 'refund guaranteed'.

Additionally, we are also pleased to announce that we will be producing a Year 11 Leavers Yearbook, as a parting gift to our fantastic Year 11 cohort. The book will be completely free of charge and will be provided to all students. It will include individual photographs; every student's personal message to the year group; and parting messages from Mr Berhane, Year 11 Tutors, and various other staff members. Please can all students be reminded to complete the photo and name consent form found on the link sent via email.

Leaver's hoodies. The most exciting part of moving on to the next stage of a Year 11's life (for some) is the milestone of receiving a leaver's hoodie! The cost of a hoodie is £18.50 and includes a printed nickname. Please ensure payments are made via ParentPay before Sunday 18 April. Orders must be made on the link sent via email to students.

IMPORTANT: Students can register interest for the prom; photograph and name consent; a message for the yearbook; and order a leaver's hoodie, all on one link sent to their college email address. The link can also be found on the Year 11 Teams page. Please make sure this form is completed by Sunday 18 April.

I would like to say well done to Year 11 for all of the hard work and determination they have shown in the last twelve months. We are incredibly proud of what they have achieved. I urge all Year 11s to push hard to do their best in every lesson for the remainder of their time at St Catherine's College. Every lesson counts towards GCSE results and remember, every member of staff is in awe of the diligence and resilience Year 11 have shown. Keep up the great work!



RELIGIOUS STUDIES

A report from Mrs Preston:

The students listed below were nominated by their teacher for exceptional effort and work during their religious studies lessons whilst in lockdown. It was a difficult term for everyone, but they rose to the challenge by fully engaging; overcoming any issues that came about with live lessons; and ensuring they produced the work required.

As a department, we wanted to congratulate them for their efforts and determination during this time with a card and gift. The gift is a book which relates to the parts of the curriculum we have studied in the past two terms. Well done!

Year 7- Batya

Year 8- Jason

Year 9- Tobi and Cameron

Year 10- Isabelle and Ludovica

HELPING IN THE COMMUNITY



Well done to Ben, Year 9, and Elouise, Year 11, who have spent their spare time volunteering at the Bexhill Covid Vaccination Centre. They have both received a Certificate of Recognition and have been thanked personally by the MP for Bexhill and Battle.

CYCLE HELMETS

We are really pleased that so many of our students choose to cycle to school each day. It is a mode of transport that has multiple benefits for students' health and wellbeing, as well as the environment in general. However, we grow increasingly concerned about the number of students who are not wearing helmets. At St Catherine's College we insist that students wear a helmet to and from school and at all times when they are cycling. This is essential for their safety. Thank you for your support.

COVID HOME TESTING

When logging your Covid home test result, you may be asked for the School Centre Code. It is **SJSZ**. Please [CLICK HERE](#) to read the letter sent to parents regarding COVID home testing.



ROAD SAFETY

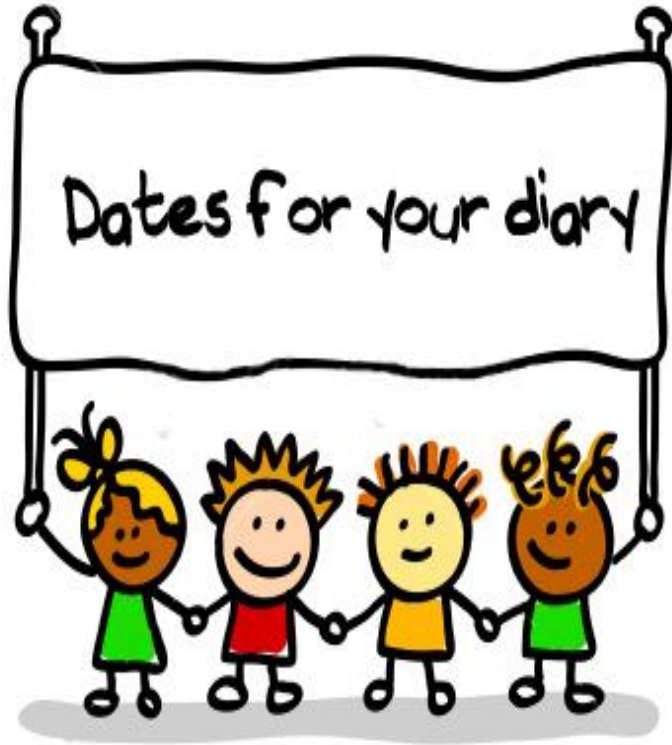
St Catherine's College has the highest regard for the safety of the children in our care, from the moment they arrive to the moment they depart at the end of the school day. It is imperative that when parents drop off or pick up their child from school, they do so with due care and attention and do not put others at risk.

We would like to politely remind you of the following:

- Please drive slowly and with consideration at all times. The speed limit outside school is 5mph.
- Please do not drive into the school grounds when dropping your child off or collecting your child from school.
- Please do not stop on the zigzag lines.
- Please do not park in front of the Bedewell gates at the end of the day. Access is needed to and from the building at all times.

Thank you for your support.





Thursday 1 April

Last Day of Term 4

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



Young Carers: Who are they? What do they do?

carerstrust
action · help · advice

700,000
reasons to
support
Young Carers
Awareness Day

Who are young carers?

A young carer is someone **under 18** who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

How many young carers are there?

- There are about **700,000 young carers in the UK**. (BBC 2010)
- That's about **1 in 12 secondary aged pupils**.
- There are likely to be young carers in every school and college.

*The Census identified over 500,000 young carers, but many remain hidden.



Who do young carers care for?

Young carers care for someone:

- With an illness or disability.
- With a mental health condition.
- Who misuses drugs or alcohol.

What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring, which can cause pressure and stress.
- In a survey, 35% said that nobody in their school was aware of their caring role.
- 20% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.

But young people can learn lots of useful skills by being a young carer.

1 in 3 young carers spend between 11–20 hours each week caring.



Information
Carers.org



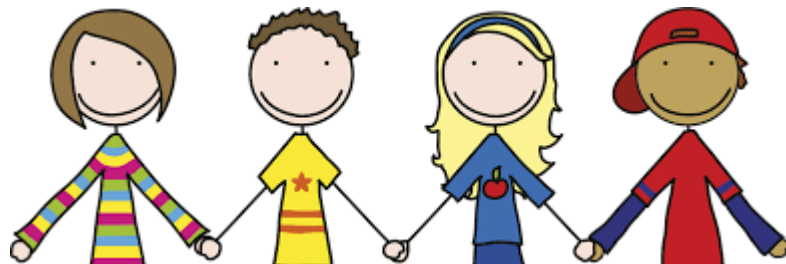
Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7097170. Registered office: 32–38 Leman Street, London SE1 0EN. © Carers Trust 2018.

PROTECT YOUNG CARERS' FUTURES

We are aware that we have a number of young carers here at St Catherine's College and will also have some young carers in school that we aren't yet aware of.

We would like to reassure you that we know how hard it can be for families who are living with a health condition, a disability or other challenges that might mean their children take on additional responsibilities at home.

If you are in this situation, please let us know, by contacting your child's Head of Year or Mrs Guppy at kguppy@stcatherines.college. We will ensure that we do our best to support these amazing children at our school.



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NHS EVERY MIND MATTERS

[CLICK HERE](#) for some self-care videos for young people. Topics include: self care and social media; dealing with change; how to deal with unhelpful thoughts; The Worry Tree; Sleep; and exercise.

ALL ABOUT SLEEP



When it's dark our bodies produce a hormone called **melatonin** which tells our bodies it's time to sleep.



A good night's sleep has a positive impact on the **brain** and body, improving performance and productivity.



11-16 year-olds are recommended to get **8 to 10 hours sleep a night**.



It is recommended to not use any **screen technology** one hour before bedtime.



Physical activity during the day improves your sleep.



Sleep affects your **physical appearance** as well as your mood, **mental health** and your memory.

