



Saint John Wall Catholic School

A Catholic School For All



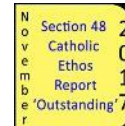
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Weekly Information Bulletin



Mission Statement

'To educate each and every unique child in our care to hear and respond to what God calls them to be'


Catholic Life

Solidarity: Love the World

This week, we continue our theme of Solidarity: Love the World. We have had a week of more updates and changes to our 'day to day' life- keeping up with all of this can be confusing...! What is great to see though, is how members of local communities in our country are showing solidarity with each other. For example, you may have seen some of your neighbours gathering for a VE Day Street Party on Friday. Some of your teachers have shared examples of this in the newsletter!

Solidarity can be shown worldwide too... some of the SJW staff joined Pope Francis with religious leaders and believers across the world in a virtual Day of Prayer on Thursday. He called for 'believers of different faiths and traditions, to pray, fast, and perform works of charity together.' It is so very important at this time for all people to put aside different beliefs and backgrounds and come together to pray for our world.

In Sunday's Gospel, we heard Jesus tell his followers 'do not let your hearts be troubled'. The same message applies to now. It may be a strange and difficult time but God is with us through it all, walking beside us on our journey of life. However, we must still take time to focus on our own wellbeing and reduce stress and worry where possible. Here are some tips:



MANAGING STRESS: SELF-CARE DURING THE CORONAVIRUS CRISIS

<https://www.edpsychinsight.com> | Twitter: @EdPsychInsight

Prioritise

Break up the stress into smaller and more manageable chunks.

- Make "To do" lists - divide items into Must vs Should vs Could.
- Forgive yourself if you don't achieve something - priorities can change quickly.

Focus

Disrupt negative thinking by paying attention to the present moment.

- Look at and listen to the sights and sounds in the garden or driveway.
- Notice how your feet hit the floor when walking from room to room.
- Tune in to the smell and texture of your food as you eat.

Connect

Maintain support networks to promote belonging, safety and emotional regulation.

- Get in touch with friends or family that you haven't spoken to in a while.
- Use text, email, video chats or letters to check in and share news/gossip.
- Prioritise positive social media and avoid too much news coverage.

Breathe

Take control of your breathing to settle panic.

- Slow and rhythmic breathing in and out.
- Consider movement and vocalisations from the Breath-Body-Mind approach: <https://tinyurl.com/sk4tdag>

Exercise


Find creative ways of being active when indoors.

- Perform star jumps, lunges, planks and chair/wall push-ups during TV adverts.
- Learn a dance routine from YouTube.
- Schedule toning and bodyweight exercises each day: <https://tinyurl.com/y67dbcf7>

Gratitude

Take more notice of the pleasures in life.

- Thank others for what they do and say more often.
- Get into the habit of listing or reflecting on three good things which you are grateful for each day.



By Mr Price

SJW Values

Eloquent & Truthful

School Update

School is still fully closed to all pupils but you may have heard in the news that the government is asking schools to begin to plan for some partial re-opening for priority pupils and also some face to face contact for Year 10 pupils. At Saint John Wall School, the safety of all our pupils and staff is our paramount concern so we are beginning to consider ways that we can follow the latest government plans whilst ensuring that high levels of safety can be met. We are, of course, waiting for clarification on a number of the government proposals and we are receiving daily updated guidance about this. So, in order to help with any planning, some pupils and parents will be asked next week for their opinions and feelings about a possible return to school. Any communication with selected pupils and parents will take place via school email, or telephone conversations. Your responses will help us to get a picture of the likely numbers of pupils who may consider coming into school, and that in turn will help us to plan for adequate health and safety measures. Thankyou in advance for your help with this.

In the meantime pupils in Years 7, 8 and 9 should continue to complete development homework from the school website along with extra work set by your teachers. From next week, Year 10 will be set subject work in line with their school timetable. This will help to ensure that you are completing work from your full set of subjects and start to prepare you for any face to face contact that may be put in place, as per government plans.

This continues to be a difficult time for all of us but it seems that there are some positive changes beginning to take place. I am sure that many of you are grateful for what your teachers have tried to do to keep you motivated, to provide you with work, and to check on your wellbeing. If you would like to send a particular thankyou message to any teachers or other staff from Saint John Wall, then you can download a thankyou teacher poster and display it at home, or email it to your teacher next Wednesday 20 May which is a national thank a teacher day.

<https://thankateacher.co.uk/wp-content/uploads/2020/04/TATD-Poster-A4.pdf>

By Miss Marston

Headteacher

Remember: Wash your hands regularly with soap and water for at least 20 seconds



National Thank a Teacher Day – Wednesday May 20th 2020

#ThankATeacher

#HowWillYouSayThankYou



NATIONAL THANK A TEACHER DAY
MAY 20TH

Teacher I would like to thank is

From -----

#HowWillYouSayThankYou

Download your copy at:

<https://thankateacher.co.uk/wp-content/uploads/2020/04/TATD-Poster-A4.pdf>

Remember: To stay 2 metres away from other people

Working at Home Humanities and MFL Focus on Geography

Year 9 and 10 Geography students last week should have received a booklet with a variety of different tasks: The focus for year 9 was on Urban issues and Challenges and Ecosystems, for Year 10 there was an additional focus on Rivers and Coasts and Natural Hazards. Please complete the work in these booklets and email it to your Geography teacher.

Year 7, you should this week have received an email off Mr Warrington with some work on climate change. You can complete this and send it to your Geography teacher.

Year 8, you should this week have received an email off Mr Warrington with some work on food miles. You can complete this and send it to your Geography teacher.

Years 7 and 8, once this work is complete you should continue to be working on the development homework on the schools website, please also continue to send this work to your Geography teacher to mark! Please ask Mr Warrington or myself if you need help!

Geography in the news

Plastic in the ocean: An international research project has revealed the highest levels of microplastic ever recorded on the floor of the ocean, with up to 1.9 million pieces in a thin layer covering just 1 square metre! **Remember to recycle as much as you can to help save the planet!**

Eruptions in Iceland: Scientists have warned that a volcanic region of Iceland is waking up, with more than 8000 earthquakes recorded since January 21. The Reykjanes area, south of Iceland's capital, Reykjavik, where the earthquakes have occurred, has also had 10cm of land rising, as the ground gets pushed up from below by magma. Reykjanes' last active period began in the 900s (the 10th century) and lasted for about 300 years!

Discovering the ocean: An Australian Company is preparing to send hundreds of mini-sub marines into the world's oceans, lakes and waterways to create an underwater version of Google Street View. The tiny submarines could also discover shipwrecks, crashed planes and possibly even try to solve other mysteries such as whether the Loch Ness monster really exists. The Melbourne-based technology start-up, UAM Tec, promises: "If it's under the water, we plan on being able to find it." Fascinating stuff!

Look after yourselves and stay safe.

By Mr Woodward

Working at Home English

ATTENTION ASPIRING POETS OF SJW!

This week has seen the launch of the English Department's 'Lockdown' poetry competition open to Years 7-9. So far, we have received some fantastic entries revealing some fabulous SJW talent! If you haven't already entered, don't panic: there is still time!

Get creative – we want to see your isolation stories turned into poetry. This is your poem, so own it! No specific ingredients, no word count, no key vocab & it doesn't even need to rhyme if you don't want it to. Feel free to make it your own unique creation.

The closing date for entries is Friday 22 May. Please email your poem direct to your English teacher. Prizes will be awarded to 1st, 2nd and 3rd place winners in each year group (7-9).

Please don't forget how important it is to carry on reading. Accelerated Reader have kindly provided a link to hundreds of free online books available to school pupils.


Happy reading!

<https://readon.myon.co.uk/library/browse.html>

Miss Flinn and Miss Moyo send you a weekly PowerPoint with your tasks for the week. You can complete the work on Word if you can, or you can write on paper. If you are able to send your work to your class teacher, email it to them and they will send you feedback.

Each year group has a set of tasks, these cover:

1. Tasks using the home learning booklets on our school website.
2. A creative writing task (on the PP too) or poetry task for Year 10.
3. Weekly updated SENECA assignments.
4. Independent reading - this should be a daily activity!

<p>Hello Year 10, to help keep you focused and working on your English skills, we have put together a selection of tasks that you can access and work through independently. You can complete the work in your red book if you have it, on a Word document and save it or on lined paper.</p>		<p>WEEK BEGINNING: 27.4.2020</p> 	
<p>TASK ONE: A CHRISTMAS CAROL</p> <p>How much do you remember about <i>Stave 1</i>? Open the quiz attached in the email and complete all sections. Answers will be sent out next week.</p>	<p>TASK TWO: MACBETH</p> <p>This week you will be writing PEEEL paragraphs on a short extract from <i>Macbeth</i>. Follow all of the steps provided in slides 4-15 to complete this.</p>	<p>TASK THREE: Poetry</p> <p>You need to access the Poetry document on our development homework site: http://www.spsbliss.sch.uk/images/01neworkdevelopment/2019-2020/English/Year10/Anthology_Poetry_Guided_SCLS_English_Literature.pdf</p> <p>Now read the poem <i>A Wife in London</i> (you can revise it online as well- lots of revision videos on YouTube).</p> <p>Complete the tasks on slide 3.</p>	<p>TASK FOUR: Subject Terminology</p> <p>Write down a definition and an example of the following techniques:</p> <ul style="list-style-type: none"> • Alliteration • Simile • Personification • Onomatopoeia

By Miss Flinn

Working at Home Science

I thank all our pupils for completing the tests from our online platform (Seneca and Century tech). Please also remember to complete your development homework. To log into seneca or century tech, please note the following:

seneca - username: pupil's school email address, password: own password

century tech: username: pupil's school email address, password: sjw2020

Please also use these **websites** to do additional independent work: BBC bitesize edexcel KS3 science (Years 7-8), BBC bitesize edexcel KS4 science (Years 9-11) Physics tutor website. Free science lessons website.

This week the Year 9s have been asked to **continue the assignments on Seneca**. They have also been given some **past paper Biology questions and chemistry**. In addition, work set for CP1-2 which is new content.

The class code for seneca is:

<https://app.senecalearning.com/dashboard/join-class/qtwfwxi1qs>

By Ms Johnson

Work Update

7X2 – look out for my email on Monday 18 May 2020, this will direct you back to our class Seneca group, and have work set on our new topic 'Pressure'.

My Year 8 groups, look out for my email on Monday 18 May 2020, this will direct you back to our class Seneca group, and have work set on our new topic 'Acids and Alkalis.'

By Mrs Adams

Work due on Friday 15 May:

- Seneca: Physics revision 2
- Century: Chemistry revision 3

Work for next week

- 7X1 and 8X2: to follow instructions that will be given by e-mail on Monday 18 May. Work will consist of Seneca and Century assignments, electronically issued worksheets and practical activities, possibly other electronic resources. Please let me know about any access issues as soon as possible.
- 9SC4: to follow instructions that will be given by e-mail on Monday 18 May. Work will consist of Seneca, Century and ActiveLearn assignments, electronically issued worksheets and practical activities, possibly other electronic resources. Please save your access details to ActiveLearn now, as there are going to be updates to the website. Please let me know about any access issues as soon as possible.

- 10SC5: work will be assigned lesson by lesson following the school's timetable. Work will consist of Seneca, Century and ActiveLearn assignments, electronically issued worksheets and practical activities, possibly other electronic resources. Please save your access details to ActiveLearn now, as there are going to be updates to the website. Please let me know about any access issues as soon as possible.

Instructions to access:

Century

Use [this link](#) to login in, your school e-mail and the password is sjw2020

You will find your assignments in the bottom left part of your dashboard, click on them.

Seneca

Use your normal Seneca account. If you still need to sign up, remember to use your real name and your school's e-mail address. To join the class, use [this link](#).

ActiveLearn (Year 9 and Year 10 only)

Access at [this link](#). Usernames will be sent out by e-mail. You can reset your password if you cannot remember it using your school e-mail address.

By Dr Consonni

Attention, attention 7X3, 8X1, 9SC6 and 10SC4 please look out for your Seneca activities starting on Monday 18 May 2020.

You will also be receiving some worksheets that you need to complete and send back to me.

7X3 next week you will be focusing on physics/ Pressure,
8X1 Chemistry/Acids and Alkali
9SC6 Physics CP1 Motion
10SC4 Chemistry CC9 Calculations involving mass.

By Ms A Forbes

Work for next week: Monday 18 May 2020 (See my email)

11SC2 Seneca test - Chemical bonding and measurements
10SC6 Please look out for powerpoints, worksheets and quizzes for you to complete next week.

9SC1 Please look out for worksheets and quizzes for you to complete next week.

8Y2 Please look out for worksheets and quizzes for you to complete next week.

7Y3 Please look out for worksheets and quizzes for you to complete next week.

I will email all further details to individual classes by email.

By Mr Rahman

Remember: Wash your hands regularly with soap and water for at least 20 seconds

Work for next week: Monday 18 May 2020 (See my email)

Year 10 will be working on CC9

Year 9 will be working on CP1

Year 8 will be working on Acid and alkali topic

Year 7 will be working on Electricity topic

I will email all further details to individual classes by email.

By Mrs Habibullah

Working at Home RE

Another week has gone by, with even more examples of excellent work, including an increasing amount of RE work being submitted which is great!

Year 7 & 8, keep going with your development homework. Be as creative as you possibly can - we would love to include some examples in the newsletter of the work you've completed. Special mention to Fabrice King for creating an excellent quiz for Mrs Ellis & I to take part in. (I won of course!)

Year 9 & 10, there have been some excellent results on your assessments. Mrs Harms has set up a new SENeca class for Year 9 which focuses on Judaism. She will be sending out lessons for you to have a look at next week. Year 10, I will be in touch on Monday to explain your next set of work- it is very important that you keep checking your emails and keep up the hard work!

Some pupils have been chosen as the **RE stars of the week**, they are:

Year 7 & 8

Kameron Chem
Malika Rahman
Jannatpreet Singh

Fabrice King
Asher Rogers

Year 9 & 10

Tomasz Czech
Sarah Ishma
Regina Mukuangu
Kosi Nwananochi
Ricky Sangar
Ehsan Mohammed
Albert Stan

Eisa Hasnain
Charnae Duffield
K'Shea Stennett
Yuseph Mufti
Kai Chand
Jacob Milligan
Oliwia Janiszewska

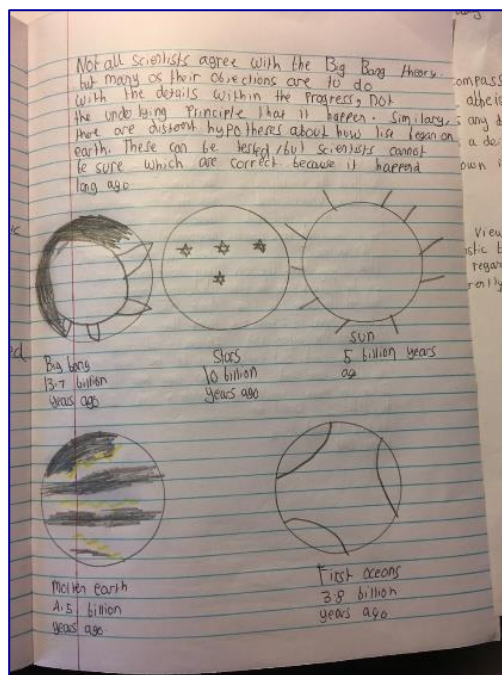
Well done, keep up the good work!

Miss Fox-Roberts and I are trying to post as much as we can on the RE/Catholic Life Instagram to keep in touch with you all. Follow us now to see our 'Motivational Mondays', 'Trivia Tuesdays' and more!

Follow us: sjw_re

By Mr Price

Well done to Kameron Chem - has produced some detailed work about creation in RE.



Working at Home Performing Arts - Drama

Year 9 & 10 you need to continue with your booklets. Next week I will be calling each of you to discuss your work and provide feedback to make improvements. Please use the support sheets folder for examples and writing frames and email me any questions you have.

Year 10 I expect you have completed:
The intentions of each of the plays
Job roles

Year 9 I expect you have completed
Job roles
First impressions

Remember to use your onedrive document so I can see your work.

Take care, stay safe and God bless you.

By Mrs Breslin

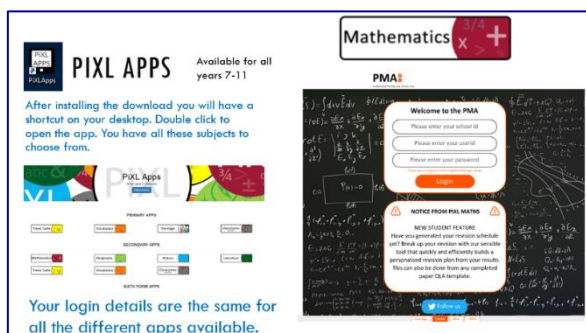
Working from Home Maths

Hi Everyone, each week I will focus on an online maths site that is available for you to use at home.

This week it is **Pixl Maths Apps** just like the other sites we use it will provide video's and step by step instructions to help you.

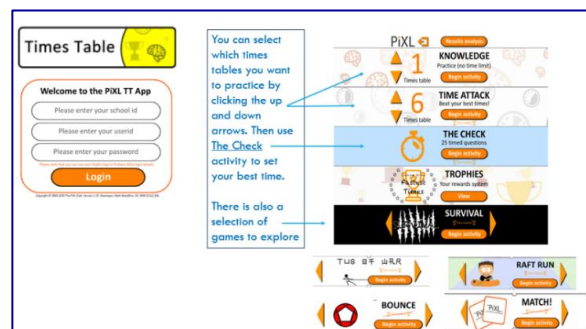
Everyone will have been given their individual login and password details from their maths teacher. If you cannot find them just contact your maths teacher who will be able to help.

You will need to download the App to either your PC or mobile.

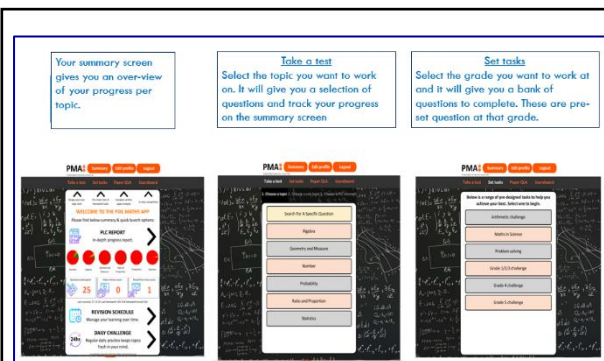
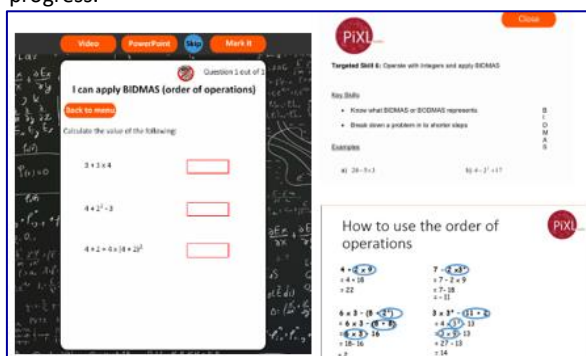


Pixl offers two great platforms for maths. The Mathematics App & Times Table App.

The Times Table App offers a range of activities to practice your mental maths. You can challenge yourself to beat your best score or play against other pupils in the games section. The Mathematics App allows you to practice all curriculum topics and is set to your Key Stage target level. You can choose which topic you want to practice or take the daily challenge!



When you select a topic, you can watch a video or a PowerPoint that will help you with that topic. Answer the questions and click mark it, it will keep a track of your progress.



I hope you enjoy exploring this site and take advantage of the fantastic support it offers in each topic area.

By Mrs Forde

Isolation Activities you can do at Home

Would you like to be featured in our weekly newsletter? If yes, then why not attempt one of the activities below. Write a sentence about what you did or take a photo and email it to pmull@sjw.bham.sch.uk

- Learn the words to different Tongue Twisters. Get them so ingrained in your brain that you can rap them fast and impress everyone.
- Learn origami.
- Follow the Body Coach Joe Wicks PE lesson every morning to keep fit.

By Miss Lally

Stars of the Week

A big well done to the following pupils for being learned and wise and engaging in the assigned SENECA tasks. There have been some fantastic results!

Sara Akhtar	Aryan Mann
Darren Nzoukeu	Harshdeep Singh
Jenny Tran	Mariam Ali
Nehemiah Fuller	Shiv Patel
Tamar Weir	Alya Khan
Amelia Baldyga	Andre Ramgolam-Singh
Julia Zyla	Ria Droch
Simran Tiwana	Asthon Noussi
Cairo Herbert	Hannah Khan
Hasan Muhammad	

Well done to the following pupils in my classes for submitting work online this week. I have been very impressed with the standard of work that I have received.

Rohit Din	Cairo Herbert
Hannah Khan	Yanis Miguel Nchang
Alya Khan	Amelia Baldyga
Simran Tiwana	Julia Zyla
Aryan Mann	Jenny Tran
Harshdeep Singh	Mariam Ali
Shiv Patel	Sara Akhtar
Donat Yonas	Awais Younis

By Miss Flinn

Geography

Amelia Wrukowska	Natasha Phagania
Daniel Wainer	Aleksy Chmura
Mohammed Hasnain	Ricky Sangar
Chetan Sohal	Anay Parekh
Sophia Baloghova	Sakshi Mahey
Hasan Muhammad	Sebastian Paul

By Mr Woodward

Chenai Pryce-Andrade – for showing dedication and hard work in Art.

By Miss Dowling

Kleopatra Cieslak	TiAndre Wade
Cairo Herbert	

For active learning on mathswatch.

By Mrs Gandhi

Chelle John Omozee	Hashem Hassan
Aleksy Chmura	Alexandra Tatomir
Tobi Babalola	Ria Droch
Moses Johnson	Szymon Wrukowski
Rahima Riya	Linh Hoang
Amelia Baldyga	

By Miss Lally

Stars of the Week

Aryan Mann	David Kurek
Chenai Price-Andrade	Eisa Hasnain
Emmanuel Baruti	Grace Ihaza
Joel Wren	Linh Hoang
Mariam Ali	Mariam Rahman
Nehemiah Fuller	Ricky Sangar
Safiya Butt	Shiv Patel
Simran Kaur	Sunil Rai Sehjail
Tomasz Czech	

For completing work on Seneca.

Julita Wrukowska
Sebastian Paul

For completing homework.

By Ms Johnson

Year 7 Century Stars

Emmanuel Ifeosame	Cairo Herbert
Sebastian Paul	Hasan Muhammad
Fabrice King	Zaida Khanom
Ashpreet Kaur	Bartosz Jan Hamela
Jakub Borawski	Sophia Baloghova
Marvellous Oselvoemen	Aziegbemhin
Yanis Miguel Nchang	Haider Nawaz
Rahma Samia Miah	Mandlenkosi Ndlovu
Jessica Martin	

Year 7 Seneca Stars

Allyn Utomwen	Amelia Wrukowska
Asthon Noussi	Azhan Faisal
Cairo Herbert	Daniaal Ahmed
Gabriel Sylva	Haider Nawaz
Hasan Muhammad	Jakub Borawski
Jessica Martin	Kameron Chem
Keiron Mokanda	Laaiba Akhtar
Manmeet Singh	Marquise Harris
Marvellous Aziegbemhin	Natasha Phagania
Rayyaan Afzal	Sara Baranowska
Warren Bauwize	Yanis Miguel Nchang

By Mrs Adams

Seneca best achievers:

Jaspreet Kaur	Natalia Moszczynska
Ravjot Singh	Kiet Nguyen

Century best achievers:

Amelia Baldyga	Ivie Imadonmwinyi
Jaspreet Kaur	Varlin Kaur

Special mention for carrying out a science practical at home: Amelia Baldyga

By Dr Consonni

Remember: Wash your hands regularly with soap and water for at least 20 seconds

Stars of the Week

Guruleen Hundal **Essam El Dagher**
Mohammed Tuyyib

By Ms A Forbes

Kwaku Nyarko **Hurun Hasan**

For achieving 100% on Seneca chemistry test. Well done!

By Mr Rahman

Zubair Mahmood	Natesh Phagania
Donat Yonas	Jacob Milligan
Fanus Yowhannes	Ben Ejiofor
Mankaran SinghSodhi	Kabanza Simamba
Khadija Nyarko	Salaar Muhammad
Samah Khan	Kemystery Wright

For achieving top scores on Seneca.

By Mrs Habibullah

Well done to the following pupils who are my stars of the week for completing 'History at Home' activities:

Shiv Patel	Ashpreet Kaur
Julita Wrukowska	Mikhail Ayoub
Jakub Borawski	

By Miss Guest

Sara Prica	Chenai Price Andrade
Simran Kaur	Linh Hoang

Ehsan Mohammed	Haddy Njie
Trisharni Jack	Esha Kumari

For their excellent focus on Seneca.

By Mrs Hillier

Health and Well-being Family

Year 10 Child Development

Mariah Bibi	Sara Akhtar
Nevar Mahmood	Khadija Nyarko
Irene-Rose Jain	

Year 10 Hospitality & Catering

Rayhan Ali

Please keep emailing me your coursework, ask for guidance if you need it. I will send more tasks on Monday's.

Year 8 Food & Nutrition

Malika Rahman
Leona Kollavova

Stars of the Week

Year 7 Food and Nutrition

Anay Parekh

By Ms Williamson

Gabriela Krupa **Aleksy Chmura**

For showing an amazing effort and completing extended writing task in Polish to the highest standards.

By Mrs Wieremiewicz

Malika Rahman - for experimenting with recipes at home.

By Mrs Breslin

David Kurek - has completed an outstanding level of work at home.

By Ms Allen

Samah Khan	Mishaal Masubuko
Kemystery Wright	Timothy Renju
Japinder Singh	Himna Mustafa
Kiet Nguyen	Mohit Badhan
Lilian Ofori	Tanya Sajid
Saima Akhtar	

For excellent commitment to their Maths studies.

By Mrs Forde

Ranaw Hamad	Ricky Sangar
Pamela Sidhu	Alisha Shafiq
Samuel Milligan	Milly Rahman
Amrita Gill	Leah Badhan

For fantastic high quality work completed this week, well done everyone!

By Miss Jones

Shanay Graham **Sashae Black**

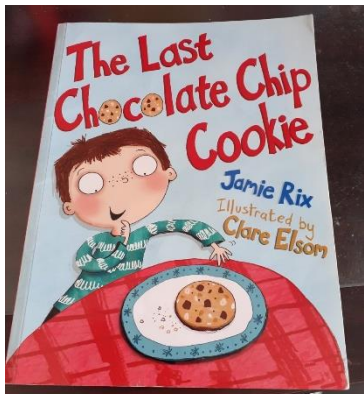
For RS work.

By Mrs Ellis

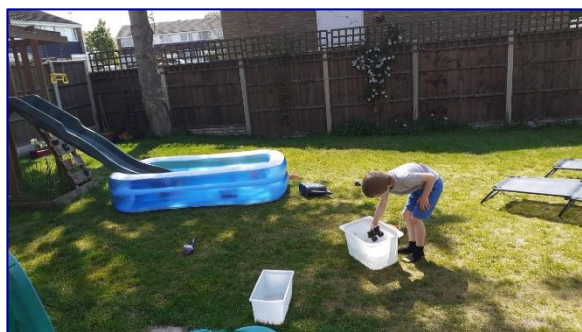
Remember: To stay 2 metres away from other people

Isolation activities

During the past week I have baked cookies with my 6 year old (he loves a book called the last chocolate chip cookie and we used the recipe from the back of the book - they were delicious!)



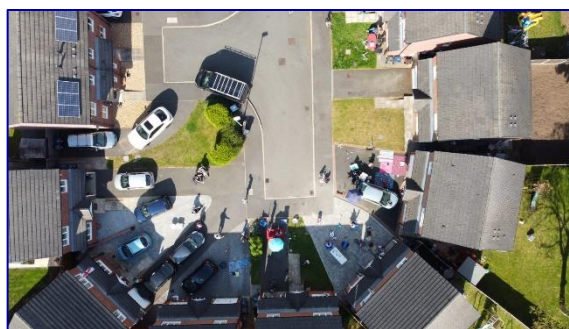
He got his paddling pool out, completed some home schooling with both of my children, gone on a scooter and bike ride!



My eldest son had a birthday in April so we used some birthday money to buy some lego, I'll post a picture when it is finished!



We had a lovely day celebrating VE day with my road. It was lovely to just be together even though we were 2 metres apart!



I must also report on the growth of my sunflower.... It has been in the ground now for 2 weeks and it is now 27 cm tall!

By Mrs Crooks

Isolation Activities

This Mars Bar recipe was found in a really old cookbook in the house and it was so easy to make with only a few ingredients. It was that moreish, that I ended up making another 2 batches!! I highly recommend the recipe if you have a sweet tooth!

I have been doing lots of other baking too, such as Lemon Drizzle, Sugar Doughnuts, Chocolate Cake and Pancakes!

Mars Bar cake



100g softened Butter
4 Mars Bars (Chopped)
1½ tbsp Golden Syrup
150g Rice Krispies
350g Milk Chocolate

melt 3x mars bars, golden syrup and butter in a large bowl

add rice krispies

pour into a lined baking tray and press down firmly

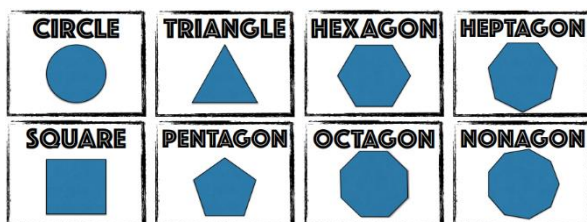
melt the chocolate in a separate bowl and pour over the krispie mixture

let it set in fridge

By Miss Dowling

Numeracy Ninja

Hello my Ninjas!!! Here is another task for super Ninjas, Match the properties to the shapes below.



PROPERTIES PAIRS - MATCH PROPERTIES TO THE SHAPE

One flat face, One curved edge
No Corners

Six sides
Six corners

Three sides
Three corners

Seven sides
Seven corners

Four equal sides
Four corners
Four right angles

Eight sides
Eight corners

Five sides
Five corners

Nine sides
Nine corners

By Mrs Pawlowska

Isolation Activities

This week I have attempted to learn how to make a traditional Indian dessert.

Sponge Rosgulla (Indian dessert)

Firstly, I put 1 litre of milk in a saucepan until completely boiled. Then, I reduced the flame on the saucepan (reduced the heat). In a separate cup, I then placed 3 tablespoons of vinegar and water, which I mixed together. This mixture was then added to the milk while being slowly stirred. This allows the solid curd to separate from the milk, the curd is then drained with a sieve to separate the curd from the liquid. The curd is then washed thoroughly in order for the scent of the vinegar to go away. The excess water is then removed. The curd is put in a separate dry bowl for it to be kneaded, until soft and smooth. These are then shaped into spherical balls. The sugar syrup was made for the balls to be placed into. The syrup and balls are then boiled in a saucepan for around 30 minutes. After boiled, it is then left to cool down, making it ready to eat. It tasted amazing as well as it looks. See the picture below to see how it turned out.



If you require a full recipe then please email me.

By Mr Rahman

Baking at Home

While in this lockdown I've made a new hobby baking and experimenting on recipes. Yesterday I made biscoff and terry chocolate cheesecake!! And they tasted brilliant when we go back to school I'll have to make you some!! It's my birthday next month, so I'm going to be making more things with my new gadgets.



By Malika Rahman – Year 8

Remember: Wash your hands regularly with soap and water for at least 20 seconds

Recipe of the Week

Thank you to everyone who has emailed me with your suggestions on what they would like to see in the newsletter this week. The winning recipe is cornflake tart. I did some online grocery shopping and have got some substitutes, I didn't expect 1kg of Cornflakes. So, this is something I tried earlier this week, I was rather impressed with this dessert.

Ingredients:

For the Pastry
180g Plain White Flour
80g Unsalted Butter
30ml Water (Cold)

For the Filling:

135g Golden Syrup
65g Butter (Unsalted)
30g Dark Muscovado Sugar
1 Pinch Salt
100g Cornflakes
100g Strawberry Jam

Equipment:

Food processor
Rolling Pin
23cm fluted tart tin
Baking beans or rice for blind baking
Parchment Paper
Spoon

Method:

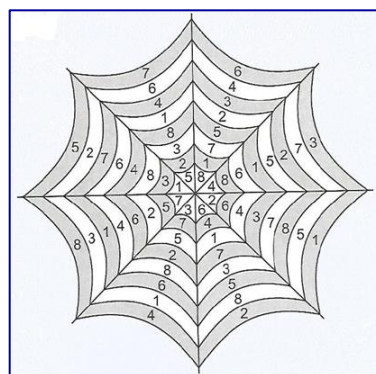
1. Begin by making the pastry. Place the flour and butter in a food processor and blitz until the mixture becomes like breadcrumbs. Then add water and blitz until you have a soft dough.
2. Turn out onto a floured surface and bring together with your hands. Wrap in cling film and chill for about an hour.
3. When you are ready to roll out your pastry, we recommend rolling out between two large pieces of baking parchment as your pastry will be easier to move about. You can lift the paper and add a little flour to ease its progress.
4. When your pastry has a diameter of about 28cm, gently remove the paper and roll up over your rolling pin and drape it over the tin, pressing gently to form the shape. Don't trim the pastry completely yet.
5. Place the lined tin in the fridge and chill again for at least 30 minutes.
6. Preheat your oven to 180°C (160°C fan)
7. When you are ready, bake the pastry blind. Line the pastry with baking parchment and fill with baking beans. Bake blind for 15 minutes then remove the paper and the beans.
8. Quickly and carefully trim the edges if you need to then return the pastry case to the oven to dry out for 5-10 more minutes. If it looks like it will brown too much, protect the edges with foil.
9. When cooked, remove from the oven and allow to rest while you make the filling.
10. For the filling, melt the butter, syrup, sugar and salt in a large pan. Once it is completely melted, stir in the cornflakes and mix gently to ensure that each one is coated.
11. Using a spoon, mix the jam so it is even and not lumpy before Spread the jam over the base of the pastry case and then top with the cornflake mixture and gently spread out evenly.

12. Put the tart back in the oven for another 5 minutes, then leave to one side to harden slightly before serving.

By Ms Kaur

Maths

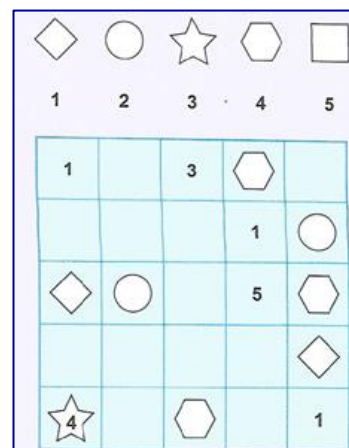
Last week's answer:



New Puzzle:

Each horizontal row and vertical column should contain different shapes and different numbers.

Every square will contain one number and one shape and no combination may be repeated anywhere else in the puzzle.



Good luck
By Mrs Forde

Remember: To stay 2 metres away from other people






Isolation Activities

Go on a minibeast hunt

Spring is well and truly kicking in now, and the warmer weather will bring lots of creepy crawlies out. So, get your kids out in the fresh air and take a closer look at your garden. You'll soon notice it's teeming with wildlife! Can you find...

- a worm after a spring shower
- a bumblebee looking for nectar
- a spotty ladybird exploring the grass
- a slimy snail in a dark damp spot
- a butterfly basking in the sunshine?

Minibeast Hunt

	Minibeast	Number Found
	ant	
	bee	
	beetle	
	butterfly	
	caterpillar	

Make a loo roll bird feeder

This is messy fun that both adults and children will love to get stuck into. And it will help you learn about the birds in your neighbourhood.

You can make this simple feeder with items you probably already have at home:

Smother a cardboard tube in peanut butter (no added salt and sugar versions are suitable for birds).

Roll it in bird seed and thread some string through the hole.

Tie it up in your garden where birds will feel safe eating.



By Ms A Forbes

Creative Writing Work

Well done to Esha Kumari and Linh Hoang for sending in some superb work on their creative writing and Macbeth work over the last couple of weeks.

This is Linh's creative writing that she sent in recently:

A pigeon pandemic (200 words).

Among the vast view of a busy Saturday afternoon, I settled my precious wings down on top of a gigantic building. The office, which had crystal clear windows escalating from the bottom, was the perfect place for me to observe skyscrapers. From building to building, my piercing eyes detected hundreds of people working in their offices. Further in the distance, the sun's blistering rays reflected upon the river as the ripples elegantly danced along. Just the look of mountain like bridges standing alone made me feel mesmerised at such ease. I wonder why people pass by but never notice it?

Everything is different. After 3 weeks, I arrive in the same spot again. This time, there is not a single person in sight. The landscape is so beautiful at night, buildings full of people as glistening lights dominate over the darkness of the sky. On Saturday nights, the streets are usually packed with groups of people going down to the clubs and pubs ready to enjoy their awaited break. However, now all I see is shadows. I could no longer make out the silhouettes of the office buildings despite the street lights being on. The sound of deep, calming and silent chirps always puts me in relaxation but today I hated it! All I wanted was to hear the chaos of earthlings again...

But I took it all for granted.

Inclusion Plant Update

Our Inclusion plants James and Kevin are now growing day and night in a sunny spot in my garden. As you can see they have grown in height and width and there are lots of small white flowers. They are watered twice a day and given a plant food drink once a week. Luckily our cat has shown no interest in them. He seems to prefer eating some of my herbs instead! I am looking forward to seeing how James and Kevin develop further and there will be another update in a few weeks.



By Miss Slee

Isolation Activities

In last week's newsletter Miss Guest recommended 'The Darkest Hour' film that was showing on BBC1 on Saturday evening. As it was the 75th anniversary of VE Day on Friday, there were many events over the weekend marking this special event.

The film follows the government led by Winston Churchill during WWII and at the end of the film it featured one of his most famous quotes.

Miss Guest and I, who had both been watching the film in our own homes, immediately messaged each other to comment on how relevant that quote was for the current situation in our country during the coronavirus pandemic. This is a very troubling time for everyone and it has affected people in many different ways but we felt what Winston Churchill stated about the war, equally applied to the courage we must all show at this point in time in order to ensure we all remain safe and work towards returning to normality.

There is another modernised take on WWII in the film 'Dunkirk' which is currently on Netflix. I really would recommend this film to get a perspective of the difficult choices that were made during the war and how the country had to come together to ensure the safety of many.

Aside from enjoying VE Day related activities, I have been spending some time on writing poems as keepsakes for my family and friends. I will get around to writing one for the newsletter in the next couple of weeks, so look out for it! I have also been clearing out the garage in my garden and trying to stay occupied by sewing - I find this very therapeutic.

By Miss Lally

VE Day Celebrations

On Friday we decorated our house with the paper and card bunting that we made earlier in the week.



We then set about making lots of cakes, sandwiches and other items for our afternoon tea. We paid our respects at 11am with a 2 minute silence as a family and prayed together for the lives lost during WWII. At 3pm we watched the address originally given to the nation by then Prime minister Winston Churchill. We played some party games like 'The Ministers Cat', sang songs by Vera Lynn, then sent cake around to our neighbours as a special treat from us to them.



By Mrs Ellis

Remember: Wash your hands regularly with soap and water for at least 20 seconds

VE Day baking at Saint John Wall School
Congratulations to the following pupils who managed to make the chocolate cake
that was featured in the VE Day 'cookbook' last week. I am so proud of you all.
Stay safe. Best wishes, Miss Williamson.



By Chetan Sohal



By Jaskarn Sampla



By Malika Rahman



By Mariam Rahman



By Visham Shinh



By Zainab Bouterse

Pupil Work

Well done to Oliwia Suchocka Year 10 who has completed a task describing differences and similarities about how Easter is celebrated in different countries. This extended writing task is absolutely amazing and really meets A-Level standards.

By Mrs Wieremiewicz

WIELKANOC W RÓŻNYCH KRAJACH - RÓŻNICE I PODOBIENSTWA

Zacznę od tego że co kraj to inny obyczaj. Dla nas Polaków Święta Wielkanocne kojarzą się ze świątecznym śniadaniem, święconką, mazurkiem, babką i dyngusem. W Niemczech Święta Wielkanocne są obchodzone inaczej niż u nas w Polsce ale też w tym kraju są regiony które mają inne obyczaje niż w reszcie kraju, a to wynika ze zróżnicowania wyznań. Charakterystyczne są u nich ozdoby I bardzo ważne. Wielkanocne drzewka czyli gałązki o zielonych listkach udekorowane są wiszącymi kolorowymi pisankami lub wyduszkami. Wkładane one są do wazonów lub wieszane na drzewach przy domu w ogrodach lub balkonach. W niektórych częściach Niemiec święcony jest natomiast ogień ze świecy paschalnej, zabieranej później do domu i zapalanej podczas spożywania posiłków. Wśród potraw spożywanych w święta przez Niemców są potrawy podobne do naszych Polskich jajka, kielbasa, babki drożdżowe z rodzynkami, sernik. Można również spotkać u nich chleb orzechowy, owoce musli, barania pieczeń oraz biały ser formowany w kształt jaj. Również można obejrzeć znane na całym świecie przedstawienie pasyjne, jakie odgrywane jest co dziesięć lat. Na przedstawieniu można obejrzeć odgrywane sceny z Nowego Testamentu.

We Włoszech jest bardziej religijny charakter świąt.

We Włoszech tak jak w Polsce Wielkanoc jest poprzedza 40-dniowy post, a tydzień przed Wielkanocą w wielu miasteczkach włoskich odbywają się misteria męki pańskiej, procesje, procesje, zabawy ludowe. Na placach miasteczek odbywają się Rezurekcje. W Wielki Piątek w niektórych włoskich regionach o świcie kobiety idą do kościoła modląc się, przesuwają się po posadzce nagimi kolanami. Nocą tego samego dnia organizuje się procesje.

W Czechach tylko jeden dzień w tygodniu wielkanocnym nosi miano "Wielki Piątek". Pozostałe dni określane są kolorami i tak środa jest czarna, zielony czwartek i biała sobota. W Niedzielę Palmową Czesi święcą bazie nazywając ten dzień niedzielą kwiatową. Popularną tradycją jest organizowanie w wielkim tygodniu świątecznych jarmarków. Kupić można wtedy drewniane figurki, pisanki, cukierki oraz "pomlaskę" czyli różgę splecioną z wierzbowych gałązek. Tymi różgami w Poniedziałek Wielkanocny chłopcy uderzają dziewczyny, w zamian dostają pisanki lub słodycze. Do tradycyjnych czeskich potraw należą "judasze" (są to ciasteczka z mąki pszennej, podawane z miodem).

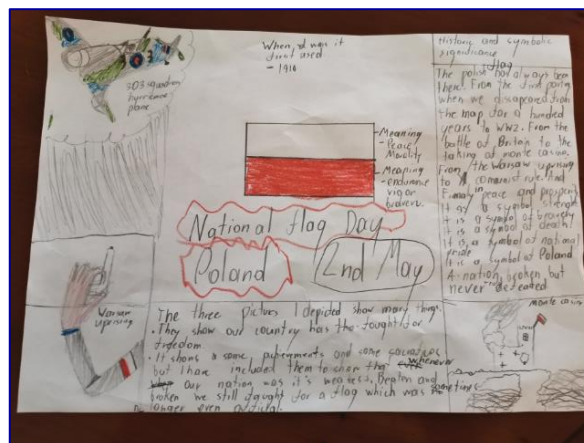
Grecy są jednym krajem z najbardziej przestrzegających zasad świąt. Czwartek jest dniem postnym, podczas którego jeść można tylko warzywa, oliwki i chleb. W sobotę całe rodziny malują jajka na czerwono, żeby dodać je do tradycyjnego wielkanocnego wypieku który nazywa się Tsoureki (jest to świeżo upieczony chleb ozdobiony wcześniej przygotowanymi jajkami). O północy na stołach w greckich domach stawia się zupę z baraniny (podobna zupa do polskich flaków) w której skład wchodzi płuca jak i serce "wielkanocnego baranka" oraz połamany wielkanocny chleb. Natomiast, specjalnością kuchni wielkanocnej jest baranina z różną przygotowaną z ryżem i warzywami.

Jak widać w każdym kraju jest coś co w swoich tradycjach łączy się z Polską tradycją.

Jednak niezależnie, gdzie przywitają nas święta i co zagości na wielkanocnym stole pamiętajmy, że to wspólna okazja spędzania radosnego wiosennego czasu z rodziną i przyjaciółmi.

MFL - Polish National Flag Day Competition

Well done to Aleksy Chmura who has put lots of effort to create a Polish National Flag Day poster. Well done Aleksy!



By Mrs Wieremiewicz

Online Safety Tips to keep your child safe

This week I have sent out to Years 7-9 a link to a website called: <https://www.thinkuknow.co.uk/parents/>

It is a website with loads of information about online safety - activities, videos, information etc...

There is a really interesting film called 'first to a million' which follows the character making different choices online and what the outcomes are.

Please use it to support the work you are doing at home and keep safe!

By Mrs Crooks

Remember: To stay 2 metres away from other people

BBC YOUNG REPORTER

The video is now available to view by selecting the 'BBC Young Reporter' link from the 'Pupils' drop down menu on our school website.

Well done to our BBC Young Reporters who put together their stories as they joined hundreds of schools from around the country in this major BBC project in. The group of Year 7 pupils have taken to journalism in their stride, researching, scripting and conducting interviews.

By Mr Mull



Pupil comments:

"My overall review on this project was that it was a really fun to do. We got to meet new people and interview them, I built more confidence in front of the camera because of this project. However, we did miss some of our classes, I had a lot of fun making interviews. I also learnt a new skill which was working a camera".

By Amelia Wrukowska

"Doing the BBC project was an amazing experience for me as it built up my courage to speak to people who I am not very familiar with.

I have interviewed our Headteacher Miss Marston about climate change and famous athlete Laura Samuel about her life as an athlete.

Overall, my experience has been amazing and has taught me lots of new skills like speaking and listening and much more".

By Laaiba Akhtar

"Doing the BBC project was an amazing experience, I built up courage and the journalists skills will help me get a job. I interviewed Chris Bright and I was helpful to learn about diabetes and how you can still do things to help others and I interviewed Ms Levine about climate change.

Overall this was a great experience and will definitely help me with future jobs and career".

By Marvellous Oselvoemen Aziegbemhin

"The BBC Young Reporter project was a way for me to show my ability of news reporting. It gave me a chance to meet new people and learn about the background of their life. Particularly, I enjoyed meeting Chris Bright, a Futsal player. He has Type 1 diabetes and it is classed as a disability. I, myself, have a disabled sibling and in my opinion it, is very hard to cope with. Overall, I enjoyed the BBC project and I would definitely try it again".

By Muhammad Esa

"I interviewed Miss Marston with Laaiba where we were talking about climate change and we asked her few questions. On news day I was doing the script on a laptop while Laaiba was reading off it. It was really fun because all of us made mistakes which told us that we are not perfect however Amelia and Teya wanted everything perfect which was pretty annoying however most of the things there were good. The whole project thing was really good because I learned new skills".

By Natalia Frackowiak

"This project is good because we can learn to be journalists also this could potentially help us to get a job using these skills we learn while doing this project. This was helpful because I learnt how to use a computer and a camera.

I helped Esa and Marvellous interview Chris Bright by being the camera man. Also, I interviewed Ms Levine and it helped me because I learned more about climate change. Overall, I think this is a great experience for the future".

By Rohit Din

"The BBC Young Reporter was a real experience for me we have reported on a footballer with type 1 diabetes his name was Chris. BBC Young Reporter has been really amazing and fun to experience because we have had the chance to experience what we always watch on our television thank you for this experience!"

By Tayjuan Seivwright

In general, the BBC project that I have done has been either: exciting, interesting, enjoyable, amazing etc... I enjoyed the interview with Laura Samuels because we got to see someone very famous for her triple jump and she is many people's idols! It was lovely to meet her! She really interested me and when I heard her name I thought: "Wow! I've never heard of this famous athlete, but I'm willing to meet her!" And boy! learning stuff about her and her lifestyle was very exciting. Apparently, she's always wanted to be an athlete from when she was a little girl. And that was really a good thing because she had inspiration to do what she loved. Thank you for reading this report, I am glad to be here to do this kind of projects".

By Teya Davidson-Harris

Science Activities

By Dr Consonni

MARVIN AND MILO

012

#12 DO TRY THIS AT HOME

Featuring: Marvin and Milo

What you need: • piece of foil • scissors
• washing-up liquid • sink or bath

Ahoy there me land lubbers! Today we are going to race my metal boat against Milo's ship.

To make a boat like mine, cut this shape...



... out of the foil.

Gently place your boat into a sink full of clean water.

Carefully place a drop of washing-up liquid into the boat's hole.

IT MOVES!

Water molecules are attracted to each other, creating "surface tension". The soap disrupts the surface behind the boat but the molecules in front are still pulling together, so the boat is pulled forward.

www.physics.org keywords: surface tension

#17 DO TRY THIS AT HOME

Featuring: Marvin and Milo

What you need: • a glass of water • a piece of paper
• a marker pen

This is my reversing machine.

Draw a column of short arrows.

Hold the paper a little way behind the glass.

The water acts like a glass lens, bending the rays of light and reversing the image of the arrows.

Stoopid Person

www.physics.org keyword: lens

Do you need any support?

Food:

Food Parcels collections 5-6pm Daily (hunger relief)

Midland Langar Seva Society

Dale End Bus Stops (Stall)

Birmingham City Centre

B4



Food Bank Centres

New Life Weslyn Church

Holyhead Road

Handsworth

Birmingham

B21 0RA

0121 507 0734

(Thursdays 1-3pm)

Salma Food Bank Project

Unit 8

Ash Court

Crystal Drive

Smethwick

B66 1Q

07767164246

If you qualify for Free School Meals, please check your emails every Monday morning. A member of staff from school will have emailed you a code to use, follow the instructions in the email to claim your money. (Check your junk email folder if you cannot find it).

Healthy Mind

Headspace- an app providing a range of meditations & resources to help you relax, sleep and more.

www.headspace.com

YoungMinds- Mental health support for children of all ages

www.youngminds.org.uk

Pixel thoughts- A relaxing meditation tool for those moments when you need support

www.pixelthoughts.co

YoungMinds- Advice and mental health support

www.youngminds.org.uk

Keep your mind as active as possible whilst at home.

Bereavement & Loss:

If you or anyone in your family suffers the loss of a family member or friend at this difficult time, there are some websites below that may help & comfort you:

Winston's Wish

Website: <https://help2makesense.org/>

Email: ask@winstonswish.org

Cruse Bereavement Care

Website: <https://www.hopeagain.org.uk/>

Phone: 0808 808 1677

Childline

Website: www.childline.org.uk

Phone: 0800 1111

Grief Encounter

Website: <https://www.griefencounter.org.uk/young-people/>

Phone: 0808 802 0111

Please remember you are not on your own- if you need more support, please email Miss Marston, Mr Price or Mrs Crooks.

Healthy Body

PE with Joe Wicks- every weekday at 9am on Joe's YouTube channel- www.youtube.com/thebodycoachtv

Yoga- A great way to look after your body whilst also helping you focus your mind-

www.doyogawithme.com/yoga-classes

Shake it with Oti Mabuse- live dance classes from the professional dancer's living room- follow her on Facebook & Instagram @OtiMabuse

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continuously keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online: sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

FAKE NEWS

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited videos, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 27% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.