



Saint John Wall Catholic School

A Catholic School For All



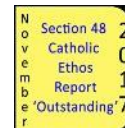
Issue: 28

Friday 12 June 2020

Oxhill Road, Handsworth, Birmingham B21 8HH • Tel: 0121 554 1825 • www.sjw.bham.sch.uk • enquiry@sjw.bham.sch.uk



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'

Headteacher's Message

Partial re-opening of school for invited pupils only

I am pleased to let you know that we have successfully trialled our risk assessment and safety measures and are now in a position to be able to invite selected Year 10 pupils into school from 15 June. You will have been contacted by post or telephone if this applies to you.

For Year 10 pupils only, we will be operating a Week A and Week B with reduced numbers of pupils invited to attend each week. If you are in Year 10 please check which week you are invited to attend and carefully read the safety flyer and COVID 19 agreement. Another copy of the Year 10 safety flyer is attached to this newsletter.

Whilst at school you will have some socially distanced face to face contact with your subject teachers who will be able to assess what progress you have made at home, and support you with further work to supplement your remote learning. There will also be time to talk about the impact of coronavirus on you and your wellbeing. We look forward to seeing Year 10 pupils in the coming weeks.

Pupils in Years 7, 8 and 9 can access new development homework on the school website for the next 4 weeks from 15 June until 17 July. We will also be posting home a copy of this new development homework for those of you who prefer a paper version.

Thankyou for your patience as we continue to follow government guidance regarding partially re-opening the school.

Sanitise Here Board Outside School Entrance



Catholic Life

Prayer for Solidarity

Almighty and ever-living God, empower your one human family to join hands on our journey of faith. Send us your spirit of hope, so that we may work to alleviate human suffering and foster charity and justice in our world. Amen.

Solidarity: Love the World

Last Sunday, the Catholic Church celebrated Trinity Sunday. This is celebrated a week after Pentecost and marks the end of the Easter season.

The Catholic teaching of the Trinity is the belief that God is three in one: God the Father, God the Son and God the Holy Spirit.

You might remember these as words we say when we make the Sign of the Cross. A sign that we make to show that we are joining in prayer as a 'Catholic school for all'.

It is a sign of unity; a sign of solidarity. We as a community, join together in prayer to remember the needs of people all around the world.



St. Teresa of Calcutta (Mother Teresa) said 'Prayer is putting oneself in the hands of God'. During this strange time, where life may be difficult and stressful for many of us... pause, take a moment to say a prayer and put yourself in the hands of God.

Remember the words of *The Footprint Prayer*:

'When you saw only one set of footprints, it was then that I carried you.'

By Mr Price

SJW Values

Eloquent & Truthful

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

Wellbeing support

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 wellbeing@sjw.bham.sch.uk.

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

Kooth- Free, safe and anonymous online support for young people

www.kooth.com

Keep your mind as active as possible whilst at home.

Do you need any support?

We are one SJW
family

Pentecost



This is my attempt at a Pentecost cake decorated with flames to represent the Holy spirit.

By Mrs Harms

Dougal



Hello everyone, Dougal has been to Saint John Wall today helping to prepare to welcome Year 10 back into school next Monday. We have organised the Chapel so that we can socially distance safely and is looking forward to seeing some of you next week. Stay safe everyone x

By Mrs Clayton

Remember: To stay 2 metres away from other people

Working at Home English

For Years 7-8-9, as you know, Miss Flynn sends 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.

The booklets on the development homework page have changed, they are also attached on the emails Miss Flynn or your class teachers have sent home.

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)
3. Weekly updated Seneca assignments.
4. Independent reading- this should be a daily activity!

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.

**WEEK BEGINNING:
27.4.2020**

<p>TASK ONE: A CHRISTMAS CAROL</p> <p>How much do you remember about Stave 1? 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 PEEZL paragraphs on a short extract from Macbeth. 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.leamingtonschools.co.uk/images/homework/development/2019-2020/English/year10/Anthology_Poetry_Suite_SG18_English_Literature.pdf</p> <p>Now read the poem A Wife in London (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
---	--	---	---

Year 10

Your lessons each week are all focused on your poetry and Language skills, key for us when we are back in school. Make sure you keep your work safe if you are working on paper or email your teacher if you are able to.

Remember to keep in touch with your English teachers, we look forward to hearing from you and how you are getting on.

If you are looking for something different to read/listen to, Audible currently have books you can listen to free on their site, there are many to choose from and you can listen straight from your phone/device.



<https://stories.audible.com/start-listen>

Remember that your Accelerate Reader texts are also available here: <https://readon.myon.co.uk/> so you can keep up with your daily reading online.

Take care and stay safe!

By Mrs Hillier

Working at Home Health and Well-Being Family

Year 10 Child Development

- I will be sending out (email and post) a work sheet that looks at part of the RO18 (examination) content. It is about a TV documentary called 'The Baby Borrowers'. It is a social experiment in which 5 teenage couples each look after a baby for three days. Follow them as they take a crash course in parenthood. <https://www.youtube.com/watch?v=uBFG-OeRwh4>

Year 10 Health and Social Care

- I will be sending out (email or post) the booklet that you need to look at for Component 2-Care Values. This leads on from the work I set last week- identifying the care values demonstrated in the award winning series- Inside the Ambulance.

Year 10 Hospitality and Catering

- I will be sending out (email and post) a PLC checker. It will include all of the criterion that needs to be included in your pre-assignment work. I also need you to start practising the recipes you have included in your assignment - email me the photographs so I can wow other staff with your talents and creativity. Miss Marston will judge, there will be a £10 Costa/Starbucks Voucher for the best/aesthetically pleasing dish.

KS3- Year's 7-9

I will send work out via email or post for you to work through on a weekly basis for the next four weeks.

Year 7 Food - You will be working through a Nutrients booklet.

Year 8 Food - You will be working through a Multi-Cultural Foods booklet.

Year 9 Hospitality and Catering - You will be through a Healthy Restaurant booklet.

Year 9 Child Development - You will be working on Safety in the Home.

Year 9 Health and Social Care - You will be working on types of communication (verbal & non-verbal)

Stay safe and Be Kind.

By Miss Williamson

Working at Home Humanities and MFL Focus on History

There are lots and lots of fun ways to keep up your interest of History at home. One great example is the Horrible Histories series. This is available on freeview and the BBC I player.

Also, we all need to remember that it is really important that we keep up with our school work. All **Year 9 and 10 pupils** now have access to GCSE text books. This is available on-line and your log in details have been e-mailed to you by Miss Guest. There are four books that you can access and these will really help you with your learning at home.

The topics are:

1. Crime and Punishment and Whitechapel
2. Early Elizabethan England
3. Superpower Relations and the Cold War
4. Weimar and Nazi Germany.

Year 10 pupils should be receiving lesson e-mails from your history teacher. These need to be completed and all work e-mailed back to either Mr John or Miss Guest. There are still some pupils that are not completing these, this needs to change if you want to progress in your school work.

Years 7, 8 and 9 should all be receiving a weekly e-mail from Miss Lally or Miss Guest. The e-mail will have activities for you to complete and then to send to your history teacher.

I hope to see you all soon, when we can learn from and re-live the past together.

By Mr John

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.

Active learn have just granted access to their KS3 online textbooks, I have granted access to all Year 7, Year 8 and Year 9 pupils. KS3 Pupils can now use the active learn books online.

By Mr Rahman

Work for next week

Year 7

Please login to Seneca to complete your pressure assignment if you have not yet been able to do so.

We will also be starting a new topic Electricity. Next week we will look at Static Electricity and Circuits. Please look out for my email on Monday morning with activities to support your learning.

Year 8

Please login to Seneca to complete your Acid and Alkali assignment if you have not yet been able to do so.

We will also be starting a new topic Reactions of Metals. Next week we will look at Properties of Metals and the reactions between Metals & Oxygen. Please look out for my email on Monday morning with activities to support your learning.

By Mrs Adams

Instructions to access:

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.

Work: I send out e-mails to my classes at the beginning of each week, plus additional e-mails with tips, clarification and more suggestions on activities during the week. If you have lost any, just send me an e-mail and I will send you instructions again.

By Dr Consonni

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

Work for next week

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

Next week, Year 7 will be working on Electricity safety topic, Year 8 on Metal and their reactions, Year 9 on Forces and Year 10 on reversible Reaction and equilibrium

Please continue to send in completed Homework. Stay alert and be in control

By Mrs Habibullah

Making Science Fun

How much do you know about science topics?

- Test your knowledge of science facts and applications of scientific principles by taking the 11-question quiz.

Think you can pass our famous inventors quiz?

- Test your knowledge to see if you know the minds behind the innovations.

General Science Facts Quiz

- See How Well You Understand General Science.

I will be emailing you the links next week for you to complete these tasks.

Competition!!!

"Let's Face It" Mask design competition

Artists, designers, and creatives of all types and ages have been passionately responding to the current need to cover our faces. So why not create your own and send your designs into:

aforbes@sjw.bham.sch.uk

The winner will be announced in next week's newsletter.

Inspirational Bible Verses (CATHOLIC)

Read inspirational quotes and Scripture from the Bible that can help encourage you in times of doubt, loss, mourning, sadness, or hopelessness.

Isaiah 40:28-31

28 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. 29 He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Mark 10:27

"Jesus looked at them and said, 'With man this is impossible, but not with God; all things are possible with God.'"

By Ms A Forbes

Isolation activities

This week I suggest exploring vision through a couple of practicals: you might be surprised!

Why not trying some fiction books? Harry Potter, The Philosopher's Stone was the first full book I read in English when I was in school myself, so great place to start if you speak English as an additional language. Very nice read even if you are a native speaker though!

If you want to watch a great adventure sci-fi movie I suggest Interstellar: a story about a team of explorers travel through a wormhole in space in an attempt to ensure humanity's survival. Directed by legendary Christopher Nolan, featuring actors Matthew McConaughey and Anne Hathaway the movie was also produced, among others by Kip Thorne, Nobel prize for physics in 2017. Which means it contains some pretty good physics. **If you are under 13, parental guidance is required.**

SCIENCE ACTIVITY for pupils to do at home. Please see attached documents at the end of this newsletter.

By Ms A Forbes and Dr Consonni

Working at Home RE

Hello from the RE Team!

Year 7 & 8 - Your teachers are continuing to set you new pieces of work every Monday. From next week onwards, there will be brand new work for you to complete. You can still find this on the website in the Development Homework section.

Year 9 - Your teachers have been setting you work on our new topic of Judaism. Keep an eye out next week for new Seneca assignments- it is great to see how many of you are getting 100% on these assignments.

Year 10 - We are looking forward to seeing some of you next week. You should be completing **pages 1-8 in your Sin & Forgiveness booklet**. Many of you have emailed your completed work to your teacher- thank you for this! If you have the booklet at home because it was posted to you, then **please bring it with you to the session** you are asked to attend.



Follow us: **sjw_re**

Working at Home Performing Arts

Drama

Digital Youth Theatre: Follow the link below to see how you can get involved with joining a theatre group via Zoom to develop your acting and performance skills.

https://mailchi.mp/aea4f553b7e7/prime-theatre-launches-uk-wide-digital-youth-theatre-ages-9-25?fbclid=IwAR0LcimpTfj_1x-3RvnJnI_JiOJa05yAy4vhdsjY1H0--wu4UzOieFB9OmQ

Creative Task:

Write a 300 word monologue using the following image that was emailed to you:

Please email a document or picture if hand written to **lbreslin@sjw.bham.sch.uk**

This week's pick of performances:

Streaming of Macbeth by Shakespeare's Globe:

<https://www.youtube.com/watch?v=PFwHmgA9nno>

By Mrs Breslin

Music

<https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-at-home/ziy3382>

This week: Learn and perform Cuban rhythms inspired by Bernstein's 'Mambo'...

Learn Cuban rhythms, create a kitchen percussion section and perform along to the lively 'Mambo' from 'West Side Story' with percussionist Stephen Whibley from the **BBC Concert Orchestra**.

Pixie Lott also does an interview.

By Mrs Crooks

Working at Home Maths

Hi Everyone,
Maths **Development Homework** – Each Year group have got their own homework packages on MathsWatch which covers all topics for the Autumn/Spring & Summer terms. Details of which topics are covered for every Year group in each term can be found on the school web site in the Development Homework folder - Maths.

Autumn 1st Half Term Topics: Algebra 1: Sequences, Functions. Geometry 1: Units Area, Perimeter, Surface area. Statistics & Probability 1: Collecting data, Probability scale, Curves. Number 1: Place value, Decimals, Rounding, Negative numbers, Calculators, Estimation. Homework package: "Y7 Autumn 1" (c. 3 hrs)	Autumn 2nd Half Term Topics: Number 2: Place value, Decimals, Rounding, Negative numbers, Calculators, Estimation. Algebra 2: Expressions, simplifying, expanding, substitution. Geometry 2: Lines, Angles, Properties of shapes. Number 3: Fractions, Decimals, Percentages. Homework package: "Y7 Autumn 2" (c. 3 hrs)	Spring 1st Half Term Topics: Number 3: Multiples, Factors, prime, Triangular numbers, Squares and maths, Divisor operations, BIDMAS, Calculation methods. Algebra 3: Functions, Coordinates, Linear graphs, Real life graphs. Geometry 3: Drawing & Measuring, Constructing triangles, Nets. Homework package: "Y7 Spring 1" (c. 3 hrs)
Year 7 Maths Development Homework Tasks Homework Packages on www.ck12.org Please check you are doing the correct package for your set!		
Spring 2nd Half Term Topics: Statistics & Probability 2: Simple charts, Pie charts, Comparing charts, Mean, Median, Mode & Range. Number 4: Ratio & proportion, Simplifying ratios, Sharing in a ratio. Algebra 4: Terms and expressions, Equations, Solving equations. Homework package: "Y7 Spring 2" (c. 3 hrs)	Summer 1st Half Term Topics: Geometry 4: Reflections, Translations, Rotations, Symmetry. Statistics & Probability 3: Frequency data, Average & range, Classifying charts, Probability scale, Outcomes, Estimating probabilities. Number 5: Mental calculations, Multiplying & dividing, Calculators, BIDMAS, Estimation, Checking. Homework package: "Y7 Summer 1" (c. 3 hrs)	Summer 2nd Half Term Topics: Number 5: Times calculation, Multiplying & dividing, Calculators, BIDMAS, Estimation, Checking. Algebra 5: Solving equations, Formulae, Substitution. Geometry 5: 2D shapes, Coordinates, Angle properties, Quadrilaterals. Homework package: "Y7 Summer 2" (c. 3 hrs)
Year 9 Maths Development Homework Tasks Homework Packages on www.ck12.org Please check you are doing the correct package for your set!		
Autumn 1st Half Term Topics: Foundation: Fractions and place value, Decimals, Fractions, Percentages and ratios, Ratios, multiples and primes. Higher: Calculators, checking and rounding, Indices, roots, reciprocals and hierarchy of operations, Fractions, multiples and primes, Standard form and surds. Homework package: "Y9 Autumn 1" (c. 6 hrs)	Autumn 2nd Half Term Topics: Foundation: Algebra: the basics, Expanding and factorising simple brackets, Expressions and substitution into formulae. Higher: Algebra: the basics, Setting up, rearranging and solving equations, Sequences. Homework package: "Y9 Autumn 2" (c. 6 hrs)	Spring 1st Half Term Topics: Foundation: Tables, Charts and graphs, Pie charts. Higher: Averages and range, Representing and interpreting data, Scatter graphs. Homework package: "Y9 Spring 1" (c. 6 hrs)
Year 9 Maths Development Homework Tasks Homework Packages on www.ck12.org Please check you are doing the correct package for your set!		
Spring 2nd Half Term Topics: Foundation: Scatter graphs, Fractions, Fractions, decimals and percentages. Higher: Fractions, Percentages, Ratio and proportion. Homework package: "Y9 Spring 2" (c. 6 hrs)	Summer 1st Half Term Topics: Foundation: Percentages, Equations, Inequality. Higher: Ratio and proportion, Pythagoras' Theorem and similar figures, Trigonometry. Homework package: "Y9 Summer 1" (c. 6 hrs)	Summer 2nd Half Term Topics: Foundation: Sequences, Properties of shapes, parallel lines and angle facts. Higher: Pythagoras' Theorem and trigonometry, Graphs, the basic and real life graphs, Linear graphs and coordinate geometry. Homework package: "Y9 Summer 2" (c. 6 hrs)
Year 10 Maths Development Homework Tasks Homework Packages on www.ck12.org Please check you are doing the correct package for your set!		
Autumn 1st Half Term Topics: Foundation: Angles of Polygons, Perimeters and area, Averages, Perimeter and area. Higher: Quadratics, cubic and other graphs, Perimeter, area and circle, 3D forms and volume, cylinders, cones and spheres. Homework package: "Y10 Autumn 1" (c. 6 hrs)	Autumn 2nd Half Term Topics: Foundation: Perimeter and Area, 3D forms and volume, Real life graphs. Higher: Accuracy and bounds, Transformations, Descriptions, sets and bearings. Homework package: "Y10 Autumn 2" (c. 6 hrs)	Spring 1st Half Term Topics: Foundation: Straight line graphs, Translations, Reflections & Rotations, Enlargements & Combinations. Higher: Solving quadratic and simultaneous equations, Descriptions, Probability. Homework package: "Y10 Spring 1" (c. 6 hrs)
Year 10 Maths Development Homework Tasks Homework Packages on www.ck12.org Please check you are doing the correct package for your set!		
Spring 2nd Half Term Topics: Foundation: Enlargements & Combinations, Ratio, Proportion. Higher: Probability, Multiplication, Reasoning, Similarity & Congruence. Homework package: "Y10 Spring 2" (c. 6 hrs)	Summer 1st Half Term Topics: Foundation: Pythagoras & Trigonometry, Probability 2, Probability 2L. Higher: Graphs of Trigonometric Functions, Further Trigonometry, Collecting data. Homework package: "Y10 Summer 1" (c. 6 hrs)	Summer 2nd Half Term Topics: Foundation: Probability 2L, Multi probability reasoning, Area & Circumference. Higher: Collecting data, Converters, Probability & Area, Quadratics, expanding, sketching graphs, graphs of circles, rates & gradient. Homework package: "Y10 Summer 2" (c. 6 hrs)

You all have your own individual logins to the site, if you have forgotten or lost your login details contact your Maths teacher or Mrs Forde (dforde@sjw.bham.sch.uk) who will be able to remind you of your details.

There are **new** Paper based learning activities that you can complete in addition to the online set work. They will be added to each year groups development homework folder on the school website. These are weekly based tasks that will cover the next four weeks of this term. They are filled with lots of different activities for you to try. Basic maths skills, literacy tasks, problem solving, investigations, dice puzzles, functional skills, and lots more.



I hope you enjoy the new resources your Maths teachers have created for you, and continue to engage with all the other fantastic online platforms that are available for you to use whilst you are at home.

Best Wishes & Stay safe

By Mrs Forde

Stars of the Week

Shantae Mendy and Stephan Ifulu - for excellent effort with working from home.

By Miss Allen

Aman Luggah	Jakub Borawski
Azhan Faisal	Wiktoria Przerwa
Sara Baranowski	Sebastian Paul
Pavan Kumar	Malcolm Ngandu
Rohan Sehjail	Rayyaan Afzal
Jaskarn Sampla	Himna Mustafa
Samule Milligan	Aryan Mann
Pamela Sidhu	Ricky Sangar

For Geography.

By Mr Warrington

Jakub Borawski	Pavan Kumar
Sebastian Paul	Julia Moszczynska
Shantae Campbell	Simran Kaur
Randul Fernando	

For being extremely hard working in English.

Gabriela Krupa	Piotr Zapolny
-----------------------	----------------------

For excellent effort and achievement in Polish.

By Mrs Wieremiewicz

Rohan Luggah	Ricky Sangar
Pamela Sidhu	Milly Rahman
Samuel Milligan	Alisha Shafiq

For their completion of some fantastic English work this week-really well done!

Year 10
Natesh Phagania

Year 9	
Chandani Chana	Kosi Nwananochi
Pamela Sidhu	Ricky Sangar
Ranaw Hamad	Sunil Sehjail

Year 8	
Alisha Shafiq	Armarni Christie
Ivie Imadonmwinyi	Jaskarn Sampla
Milly Rahman	Natalia Moszczynska
Samuel Milligan	Upen Rohilla

For completing work on Seneca this month-Well done everyone!

By Miss Jones

Stars of the Week

Year 10	
Salaar Muhammad	Fanus Yowhannes
Stephan Igulu	

Year 9	
Bless Takoh	Chana Chandani

Year 7 -	
Chelle John Omozee	Warren Bauwise
Samra Mohamed	Fatou Ndow
Teya Davidson-Harris	Sebastian Paul
Daniel Wainer Kodua	

For completing work at home either on Seneca or emailing completed work.

By Ms Johnson

Sophia Balaghova

By Mrs Adams

Jakub Borwaski	Aman Luggah
Moses Johnson	Safir Butt

For great engagement with work set.

By Dr Consonni

Shahab Butt	Janelle Ajayi
Alya Khan	Aundre Ramgolam-Singh
Jaskirat Singh	Sadiq Miah
Natalia Moszczynska	Asher Rogers
Dylan Masih	Theo Shelley
Alvin Titah	Simran Tiwana
Amelia Baldyga	Maika Rahman
Navien Khangura	Vanesa Brenkacova
Nevar Mahmood	Nhat Hoang

By Ms A. Forbes

Year 9

Ricky Sangar	Shiv Patel
Alexandra Tatomir	Aleksy Chmura
Sanvir Kaur	Aryan Mann
David Kurek	

Well done Year 9 for excellent effort.

Year 8	
Himna Mustafa	Alisha Shafiq
Ravjot Singh	Connie Grant

Well done for excellent effort.

By Mr Rahman

Remember: To stay 2 metres away from other people

Stars of the Week

Kameron Chem
Mohammed Musa
Marvellous Oselvoemen Aziegbemhin

Kyra Mills
Azhan Faisal

Timothy Renju
Sashae Black
Jarhle Ingram

Shaweta Banga,
Amrita Gill

Julia Moszczynska
Jannat Begum
Jannatpreet Singh
Victoria Omozee Ufumwen

Jaskarn Sampla,
Varlin Kaur
Kymani Harvey

Irene-Rose Jain
Singh, Vidhu

Shantae Mendy
Khinda, Simran

For completion of the homework to a high standards.

By Mrs Habibullah

Piotr Zapolny
Donat Yonas
Natesh Phagania
Sara Akhtar
Ben Ejiofor
Callum Khan
Kabanza Simamba
Esha Kumari
David Lemvoka

Merveille Diansambu
Kyras Masih
Mishaal Madubuko
Ryan Ashford
Ehsan Mohammed
Talullah Wagenfuhrer
Samah Khan
Saksham Dadhwal
Fritz Bayong

Chandani Chana
Rahima Riya
Joseph Ajayi
Zohaib Sheikh
Randul Fernando
Tomasz Czech

Eisa Hasnain
Grace Ihaza
Linh Hoang
Shantae Campbell
Pamela Sidhu

By Ms Timmins

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

Year 7 & 8

Warren Bauwise
Marvellous Aziegbemhin
Victoria Omozee Ufumwen

Natasha Phagani
Ronny Nkuidjeu

Year 9 & 10

Linh Hoang
Mariam Rahman
Vanesa Brenkacova

Mariam Ali
Nevar Mahmood
Esha Kumari

Well done, keep up the good work!

By RE Department

Stars of the Week

Well done to the following pupils for completing 'History at Home' tasks:

Grace Ihaza
Shiv Patel

Connie Grant
Jakub Borawski

Well done to the following Year 10 pupils for completing their History lesson activities:

Kabanza Simamba
Donat Yonas

Iqra Begum
Piotr Zapolny

By Miss Guest

Ehsan Mohammed
Mariah Bibi

Esha Kohli
Linh Hoang

For completing their home learning to a high standard this week.

By Mrs Hillier

7X1 Darren Omali Okonkwo - for completing Developmental Homework in Maths.

By Mrs Gandhi

Randul Anton Fernando 9H1
Jacob Miligan 10F1

For very hard work in Maths lessons.

By Mrs Pawlowska

Isolation activities

Hello everyone!

We've been very busy getting our daughter ready to go back to primary school this week. We have done a lot of work around feelings as well as some well-being exercises to help with the transition back to school.

During the week we were given two new additions for our garden. Meet Pip the Pumpkin and Bertie the Butternut squash plants! We are hoping to replant them in the coming weeks and help them to grow. Gardening is a great way to help build resilience and you don't need a lot of space! Take a look at this link of how to grow your own vegetables.

<https://www.google.co.uk/amp/s/amp.theguardian.com/lifeandstyle/2016/jun/11/how-to-grow-vegetables-on-a-balcony-alya-fowler>



We also focused on one of the BIGGEST and most EXCITING parts of going back to school. School lunches! It was the first time for us on sandwiches so we came up with lots of healthy foods that could go in a lunch box to keep them interesting. We created a menu and talked about the importance of making healthy choices and portion sizes. We also discussed 'mindful eating' and it's benefits. You can find out more from the Headspace website About this. They do a great app too to help with meditation and wellbeing.

<https://www.headspace.com/mindfulness/mindful-eating>

We then made some tasty flapjacks to add to the lunch box. They went down a treat!



Flapjack recipe:

Ingredients

150g ready-to-eat stoned date
100g low-fat spread (We used dairy free)
3 generous tbsp agave syrup (we used honey)
50g ready-to-eat stoned dried apricot, finely chopped
50g chopped toasted hazelnut (We left this out due to nut allergies at the primary school)
3 tbsp mixed seed
50g raisin
150g porridge oat

Method

Heat the oven to 190C/170C fan/gas 5. Line an 18cm square tin with baking parchment. Put the dates into a food processor and process until they are finely chopped and sticking together in clumps.

Put the low-fat spread, agave syrup and dates into a saucepan and heat gently. Stir until the low-fat spread has melted and the dates are blended in. Add all the remaining ingredients to the pan and stir until well mixed. Spoon the mixture into the tin and spread level.

Bake in the oven for 15-20 mins until golden brown. Remove and cut into 12 pieces. Leave in the tin until cold. Store in an airtight container.
190cal per portion.

(Taken from BBCgoodfood.com)

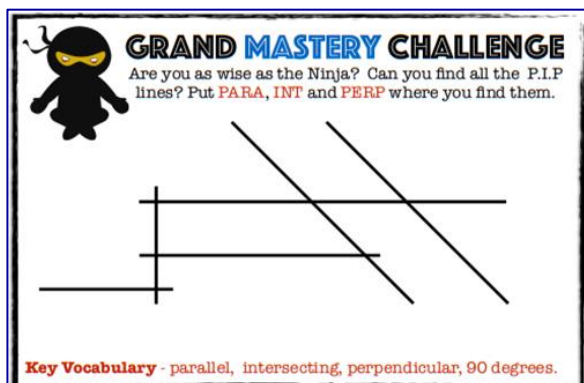
Hope you all have a brilliant week!
Stay safe and keep in touch.

By Mrs Ellis

Numeracy Ninja

Hallo my Ninja!!!

There is this week task for super Ninjas, Find parallel, perpendicular and intersecting lines.



Stay Safe.

By Mrs Pawlowska

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

Making Science Fun

How much do you know about science topics?

- Test your knowledge of science facts and applications of scientific principles by taking the 11-question quiz.

Think you can pass our famous inventors quiz?

- Test your knowledge to see if you know the minds behind the innovations.

General Science Facts Quiz

- See How Well You Understand General Science.

I will be emailing you the links next week for you to complete these tasks.

Competition!!!

“Let’s Face It” Mask design competition

Artists, designers, and creatives of all types and ages have been passionately responding to the current need to cover our faces. So why not create your own and send your designs into:

aforbes@sjw.bham.sch.uk

The winner will be announced in next week’s newsletter.

Inspirational Bible Verses (CATHOLIC)

Read inspirational quotes and Scripture from the Bible that can help encourage you in times of doubt, loss, mourning, sadness, or hopelessness.

Isaiah 40:28-31

28 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. 29 He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Mark 10:27

“Jesus looked at them and said, ‘With man this is impossible, but not with God; all things are possible with God.’”

By Ms A Forbes

Safe Social Networking

You can avoid these risks and enjoy using social networking sites by following a few sensible guidelines:

- Do not let peer pressure or what other people are doing on these sites convince you to do something you are not comfortable with.
- Be wary of publishing any identifying information about yourself – either in your profile or in your posts – such as phone numbers, pictures of your home, workplace or school, your address or birthday.
- Use strong passwords.
- Keep your profile closed and allow only your friends to view your profile.
- What goes online stays online. Do not say anything or publish pictures that might later cause you or someone else embarrassment.
- Never post comments that are abusive or may cause offence to either individuals or groups of society.
- Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.
- Don't post your holiday dates - or family photos while you are away - as social networking sites are a favourite research tool for the modern burglar.
- <https://www.getsafeonline.org/social-networking/social-networking-sites/>

I am worried about a friend....

Talking to a friend about a difficult issue

If you're worried about a friend, talking to them about it can be a real help.

It can be really tricky – even a bit nerve wracking - to know how to start a conversation.

Remember - people often want to talk about a problem but wait until they're asked.

What if they don't want to talk?

If they are bottling things up inside it might be because they are scared of talking about what's going on. Sometimes people find it hard to talk because:

- They think they'll get in trouble
- They think you or other people will judge them
- They are being told by someone not to talk about a problem

Remember: To stay 2 metres away from other people

You should never force someone to talk about a problem. If they don't want to talk, let them know you're always there to listen. Maybe they'll change their mind later on.

Remember – you can support your friend by listening to them but a lot of problems you won't be able to solve on your own.

Always seek support from an adult you trust if you think your friend is unsafe.

You can email your teachers and Head of Year if you are worried about anything.

By Mrs Crooks

Isolation Activities

Watching Black Lives Matter Protests in Isolation

Recently, there has been global public outrage about racial injustice and police brutality, sparked by the murder of George Floyd and other civilians in the United States.

Unfortunately, these incidents are not a new or recent problem but reflective of a much larger, far-reaching, long-lasting and systemic problem as highlighted by Naomi Osayamwen, Ruth Mumba and Asher Rogers so poignantly in last week's Newsletter.

Last Thursday, Birmingham joined other places around the world in an anti-racist protest in solidarity with United States citizens and all those around the world who have been victims of explicit racism, racial profiling or implicit prejudice. I did not attend. However, many of my friends, family and former work colleagues did. Here are some of their pictures:

Despite the devastation many of us feel about still having to explain that black people are human beings who deserve basic human rights in 2020, this has also been, in a bittersweet way, an inspiring time. My friends were able to report that not only were there staggering numbers in attendance last Thursday - 14,000, but also that there were people of all ages and races demanding change. I have attended similar protests in the past where there have been very few people of non-black ethnicity present to offer support and solidarity, so this news was incredibly heart-warming.

The unity of all ethnic groups demanding an end to institutionalised racism is what it will take for any real change to occur. This unity in diversity has been seen not only during that protest and on social media but in Parliament with members of the UK Labour party taking a knee in honour of George Floyd and as far as Palestine, where people suffer their own injustice, but still took time to memorialise George Floyd.

Despite being unable to attend the protests myself, I was, in fact, lucky enough to have the peaceful protest come to me! The pictures below were taken from my window as towards the end of the march, the protestors arrived on Bristol road and stopped traffic to insist their voices and message was heard.

I was overwhelmed by the loving display of solidarity from drivers who honked, waved, and applauded with some displaying signs from their car windows. A couple of drivers even parked their cars in the car park opposite to join the protestors! The crowd sensibly and seamlessly moved back to allow an ambulance to continue its important journey before resuming the protest in this thought provoking display.

I hope that this unity grows rather than dissipates in the months and years to come and that society, in the words of a shared post on social media, will no longer be comfortable turning a blind eye to racism and intolerance whether it takes place in jokes, casual conversation or even immigration policy! And that we will all see that it is not enough to not be racist, instead we must all be unapologetically and actively anti-racist.

I am the daughter of a Jamaican woman, born in Britain, who was told that she was not welcome by her white female class mates when she wanted to study Literature in the early 1980s. She was mocked by her university professors as being there by accident - they informed her that they only allowed one black student on their course each year (there were two including my mum that year due to an admin error, to their dismay).

The fact that I not only studied Literature but teach it today is a reminder to me and hopefully all of us that things will, with God's grace, continue to change for the better.

One thing we can all do, is check ourselves and our personal biases. Another thing we can do is educate ourselves on the experiences of others through reading and other avenues. Lastly, we can continue to love and accept each other with all of our similarities and differences, as I believe this is one of the greatest expressions of resistance there is.

By Miss Moyo

Why Not Watch...

'Dan Snow: The Tutankhamun Mystery'. I watched this programme last night at 9pm on channel 5 and I was hooked, I couldn't take my eyes off the TV. I learnt so many new things and found it very interesting. You can watch it on demand.

If you watch it, send me an email and let me know what you thought of it.

Take care and stay safe.

By Miss Guest

Education and Covid19 – Survey

Researchers at the University of Birmingham are working with Birmingham City Council to understand pupils' and parents/carers' experiences of education during the COVID-19 closures. We'd really appreciate it if parents could complete this survey. Please select the link below:

- https://bham.qualtrics.com/jfe/form/SV_clRyewzEWEZvf9z

By Miss Marston

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

SJW Year 10 SAFETY MEASURES

Do not come to school if you have any symptoms or are shielding

The main symptoms of coronavirus are:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

When attending school

- Stay 2 metres apart at all times.
- Clean your hands regularly (hand gel, hand washing and hygiene stations are available).
- Catch a cough or sneeze in a tissue, and bin it – bins are provided in every classroom.
- Make sure your behaviour does not endanger the health of others.



Travelling to school

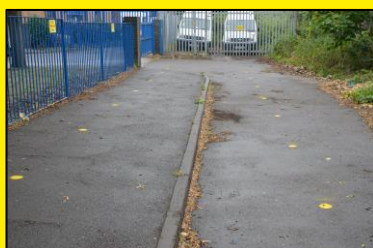
- Walk, cycle or come in a car.
- Avoid public transport if you can.
- If you have to use public transport, you must wear a face covering, and you could get off earlier and walk, so you spend less time on the bus.

Equipment and uniform

- You will be provided with a free packed lunch and bottled water, bring your own if you do not want a school lunch.
- Bring your own bag, pencil case, medication (e.g.inhaler) and spare bottled water.
- Wear a school shirt and school trousers/ skirt – no blazer, no tie.
- Wear school shoes. No bare legs, wear short socks/ tights if you wear a skirt.
- Do not bring any other items into school.
- If possible wash clothes overnight, or wear different clothes the next day.

Entering the school site, 8.45am to 9.00am.

- Wait outside and queue on the lane until the school gates are opened.
- Use the dots to socially distance whilst queueing.
- Clean your hands on entry.
- Remove face coverings and dispose, or safely store in locker.
- Follow the marked one-way system past the lockers to the yard.
- Clean your hands after visiting locker.
- Line up on the yard, and wait outside until collected by a teacher.



Learning sessions, 9.00am to 2.00pm.	<ul style="list-style-type: none"> You will be in small groups with your subject teacher, in your subject classroom. Sit at the same desk for the whole session. Use your own equipment. If you use a textbook do not share it. Stay with your teacher for breaks.
Toilets/ breaks/ food	<ul style="list-style-type: none"> Your teacher will take you for short breaks, and supervise you during this time to ensure social distancing and hygiene measures are followed. You will be provided with a free packed lunch.
Leaving school, around 2.00pm Monday, Tuesday and Thursday. Friday finish 11.30am	<ul style="list-style-type: none"> School will finish with a staggered exit for each group. You will be escorted past the lockers off site. Stay 2m apart, do not mingle – go straight home. Avoid public transport if you can.
Enhanced cleaning	<ul style="list-style-type: none"> School will be cleaned daily from 2.00pm. Frequently touched surfaces will be cleaned throughout the day. School will be closed to Year 10 pupils all day on Wednesdays, and on Friday afternoons for deep cleaning.
Latecomers	<ul style="list-style-type: none"> Wait at reception until you are admitted. Follow the hygiene measures for entering the school site (listed above). You will be escorted to your classroom by a member of staff.



A NASA/DESIGN SQUAD CHALLENGE

ROVING ON THE MOON

Can you imagine driving an all-terrain vehicle (ATV) on the moon? NASA can. It's building a fleet of ATVs (called rovers). Some can be driven by astronauts. Others are remote-controlled. All of them can handle the moon's dusty, rugged terrain. Talk about off-road adventure!

WE CHALLENGE YOU TO...

...design and build a rubber band-powered rover that can scramble across the floor.

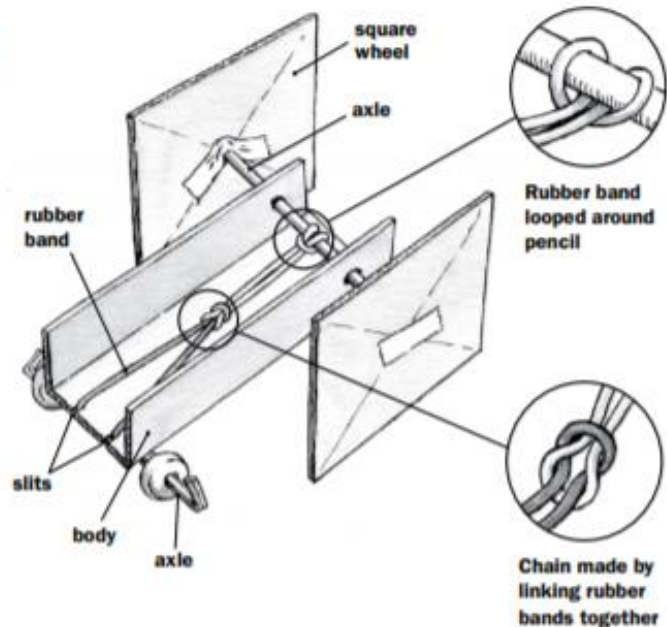
BUILD

- First, you have to make the body.** Fold the cardboard into thirds. Each part will be about 2 inches (5 cm) across. Fold along (not across) the corrugation (the tubes inside a piece of cardboard).
- Then, make the front wheels.** On the two 5-inch (13-cm) cardboard squares, draw diagonal lines from corner to corner. Poke a small hole in the center (that's where the lines cross). On the body, poke one hole close to the end of each side for the axle. Make sure the holes are directly across from each other and are big enough for the pencil to spin freely.
- Now attach the front wheels.** Slide the pencil through the body's axle holes. Push a wheel onto each end. Secure with tape.
- Next, make the rear wheels.** Tape the straw under the back end of the rover. Slip a candy onto each end. Bend and tape the axle to stop the candies from coming off.
- Finally, attach the rubber band.** Loop one end around the pencil. Cut small slits into the back end of the body. Slide the free end of the rubber bands into the slits.

TEST, EVALUATE, AND REDESIGN

Test your rover. Wind up the wheels, set the rover down, and let it go. Did everything work? Can you make your rover go farther? Engineers improve their designs by testing them. This is called the design process. Try redesigning the wheel setup or rubber band system. For example, if:

- the wheels don't turn freely—**
Check that the pencil turns freely in the holes. Also, make sure the wheels are firmly attached and are parallel to the sides.



MATERIALS (per rover)

- corrugated cardboard body (6-inch/15-cm square)
- 2 corrugated cardboard wheels (5-inch/13-cm square)
- 1 sharpened round pencil
- 2 rubber bands
- ruler
- tape
- 2 round candies (the hard, white, mint ones with a hole in the middle)
- 1 plastic drinking straw
- scissors

- **the rover doesn't go far**—Wind up the wheels more. Try wheels of different sizes or shapes. Or, add another rubber band or use a rubber-band chain.
- **the wheels spin out**—Add weight above the square wheels; put more wheels on the pencil; use bigger wheels; or cut open a rubber band and use only a single strand of elastic.
- **the rover won't travel in a straight line**—Check that the pencil is straight and the front wheels are the same size.

CUSTOM WHEELS

The moon doesn't have an atmosphere—there's no air there! So air-filled tires like the ones on a bike or car would explode—the air inside would push through the tire to escape into outer space (where there's no air to push back against the walls of the tire). Imagine you're a NASA engineer who has to design a tire that:

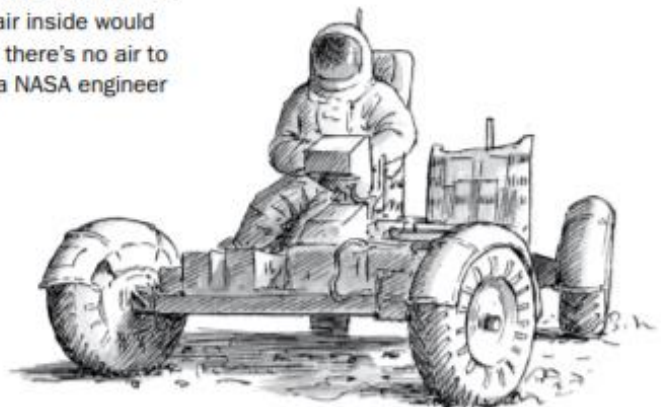
- works in space, where there's no atmosphere
- withstands extreme hot and cold temperatures—on the moon, they range from roughly 250° to -250° Fahrenheit (121° to -157° Celsius)
- weighs 12 pounds (5.5 kg), which is half the weight of an average car tire
- won't get clogged with the fine dust that covers the moon

Despite these challenges, engineers designed a tire that worked perfectly when it was used on the moon. It's made of thin bands of springy metal. That helps it be lightweight, have good traction, and work at any

temperature the moon can throw

at it. Plus, it flexes when it hits a rock, and it doesn't need to be pumped up.

Dependability is important. There's no roadside service when you're on the moon, 250,000 miles (400,000 km) from home.



RIDE IN "STYLE"?

A rover may not be the hottest-looking vehicle around, but with a price tag of over ten million dollars, it's one of the most expensive. And it sure is convenient to bring along. Rovers can be folded and stored in a landing module the size of a small room. Look at the picture of the rover. Which features are also found on cars designed for use on Earth?

Answers: Chassis, wheels, fenders, motor, seats, seat belts, antenna, battery, camera (some cars), and steering controls.

The farthest trip anyone has ever taken on the moon with a rover is 2.8 miles (4.5 km).

Watch **DESIGN SQUAD** on PBS or online at pbs.org/designsquad.

Major funding for Design Squad provided by



A private corporation funded by the American people



Additional funding for Design Squad provided by



Design Squad is produced by WGBH Boston. Design Squad, AS BUILT ON TV and associated logos are trademarks of WGBH. All rights reserved. This NASA/Design Squad challenge was produced through the support of the National Aeronautics and Space Administration (NASA).



For more information about NASA missions and educational programs, visit nasa.gov.

DOING PHYSICS

Pinhole Image

Poke a tiny hole in a piece of paper or card. Hold it in front of your eye close to this page. Whether or not you normally wear glasses, you'll see the print clearly. Because you're close, the print will seem magnified. Why is bright light needed? What advice do you have for someone who wears glasses and misplaces them, and can't see the small print in a telephone book?

Activity

DOING PHYSICS

Retinal Fatigue

When you stare at a colored object for a while the color receptors in your eyeballs become fatigued. Try the following activity to see what happens. Stare at the flag for a minute or so. Now look at a white area. The afterimage you see is comprised of the complementary colors! This occurs because the fatigued receptors send a weaker signal to the brain. White minus a color produces the complementary to the missing color. Try this with other colors also.



Activity