



Saint John Wall Catholic School

A Catholic School For All



Issue: 20

Friday 27 March 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'

Catholic Life

Prayer

Generous and Merciful God, fill us with compassion and concern for others, young and old; that we may look after each other in these challenging times, especially those among us who are vulnerable. May your example give us the courage we need to go to the margins, wherever they may be. Heal us of our fear.

Amen.

Wellbeing Support

This can be a worrying & concerning time for all of us, one of the most important things is looking after our mental health whilst at home. Here are some links to help you & your family do this:

www.kooth.com - Free, safe and anonymous online support for young people

www.youngminds.org.uk - If the current news on coronavirus is making you feel anxious, concerned or stressed, this website has tips to help.

BBC Radio 1: My Mind & Me- Advice on a variety of topics.

www.mind.org.uk - Tips & guidance on a variety of things that might be concerning you at the moment.

By Mr Price

Important Notice

School is now fully closed to all pupils

Please note that this is a national closure. We will re-open as soon as we can and will keep you updated on the school website and via text message.

- Pupils in Years 7 to 10 should complete [development homework](#) found on the school website.

- Pupils in Year 11 should complete examination/revision/coursework/[development homework](#) using the materials provided by their subject teachers.

Weekly free school meals can be collected on Monday 30 March between 11.45am and 12.15pm. Walk down the lane to the pupil entrance and go to the canteen side door.

Free school meal voucher codes will be issued to parents after Monday 30 March so you can then purchase food for future weeks.

SJW Values

Compassionate and Loving

Stars of the Week

Manjot Kaur

Dina Issac

Hasan Muhammad

Julia Zayla

Zohaib Sheikh

By Mrs Breslin

Julita Wruckowska - for creating a poster all about the Black Death.

Leon Nowak, Alexandra Feraru & Darren Nzoukeu - for being learned and wise.

By Miss Guest

Ali Mirshekarikazerouni, Harinder Lagha & Warren Bouwise - for the high quality of work they have sent to me from home.

By Miss Moyo

All of the Year 11 pupils who have shown great maturity since the news of school closures and the cancellation of exams. Staff have been very impressed by the number of emails they have received from pupils showing gratitude and sending in work they have been doing at home to keep their minds occupied.

By Miss Lally

Well done to the following pupils that are actively working at home:

Year 11

Iqra Sajid
Nunoo Ibrahim
Igor Tomczyk

Year 10

Merveille Diansambu
Amandeep Bhamra
Mohammed Ehsan
Samah Khan
Olivia Suchocka

Year 9

Tomasz Czech
Shantae Campbell
Chandani Chana
Joel Wren
Jemima Malundama
Mohammed Adam
Zainab Bouterse
Shiv Patel
Linh Hoang
Chenai Price-Andrade
Anthony Clarke
Simran Kaur
Malick Jarju
Adnan Tariq
Trish Kohli

Year 8

Theo Shelley
Amrita Gill
Sahar Stosray
Dina Isaac
Leah Badhan
Julia Zyla

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

Stars of the Week

Year 7

Peter Pham
Rhodasia Welch
Ashpreet Kaur
Rayyaan Afzal
Hasan Muhammad
Marquise Harris
Haider Nawaz
Yuvraj Singh
Visham Shinh
Malcolm Ngandu
Rohit Din
Fatou Ndow
Laaiba Akhtar

Daniaal Ahmed
Sami Sami
Daniel Wainer Kodua
Tiandre Wade
Jessica Martin
Warren Bauwise
Natalia Frackowiak
Faria Khan
Aman Luggah
Marvellous Aziqebemhin
Krystian Mendrykiewicz
Fabrice King
Natalia Budna

By Ms Timmins

Malika Rahman - for completing History work at home and emailing me to ask for RE work.

By Miss Lally

11H2- Prabin Yadav, Faith Essome, Simranjit khehira
9F4- Mariam Ali
7X1- Sebastian Paul, Rohit Din, Hasnain Khurram

By Mrs Gandhi

Isolation Activities

Hello everybody. Just to let you all know that Dougal is taking good care of the greenhouse produce and also some sunflowers, helped along by his playmate "Ginge". God bless everyone.



By Ms Clayton

Plant Growing Competition

The Year 7 pupils that have been attending school this week have re-potted the plants for the competition.



By Miss Timmins

It is nice to see 9WOO plant is striving in the sunlight and hopefully in the next week or so it will grow bigger.

I have been filling my quarantine with lots of running in the beautiful weather.

By Mr Woodward

Isolation Activities - Baking

I have made salt dough with my children. Easy to make, then bake then paint!

Recipe:

1/2 cup salt

1 cup flour

1/2 cup water and mix!

Bake in the oven on the lowest heat for 3 hours. Once cooled you can paint them! Enjoy!!



By Mrs Crooks

Poem

The poem below is by Ricky Sanger Year 9.

By Miss Jones

*Drop to the ground and it's all pale,
this is how you know it's snow and not hail.*

*It can be mistaken,
Like Cheetahs and Leopards.
But they are both dangerous
Even with your safety measures.*

Staff Isolation Activities

This week has been a funny old week. Thank you to those of you who have replied to my email asking how you all are. Please make contact and keep me up to date on your progress, studies and what you are up to at home. Remember doing your studies at home will help you to stay on track for when we return to school. Reading, English, Maths, Science, RE and something creative every day if you can.

I have started growing a plant with my boys. It's making good progress and my oldest son is really enjoying watering it and the plants in our garden. Here's a picture:



We're not sure that the seeds are, we think they are cress so we'll have to wait and see what grows.

On Sunday evening, as we could not go to Church, we joined in with Christians all over the country and said our prayers and lit a candle at 7pm before bedtime. Here's a picture of our candle and my little boys saying their prayers:



We've also made homemade pizza and my youngest son tried pepperoni for the first time - he loved it! There isn't a picture because it was eaten too fast!

Something to try:

Joe Wicks is running a PE session every morning at 9am on YouTube- it's only 20 mins a day!

I have found this lovely short prayer you may wish to use in absence of saying prayers in school:

Holy Mary, mother fair,
Filled with love for God,
Pray for us in all our needs
Help us to be kind and helpful.
Pray for us today.
Amen.

By Mrs Breslin

Isolation Activities

- I have enjoyed weeding in the garden and reading a book.
- I also enjoyed watching a BBC2 programme called 'back in time for the corner shop' which follows the Arden family going back in time to run a corner shop from the Victorian period to the 1990s. The episodes are available on BBC iPlayer.
- I am currently reading the Peter James' Detective Superintendent Roy Grace series - I am on book 3 and there are many more to read.

By Miss Guest

Action in the School Pond

Here is a photo of frogs who have made their home in our school pond which is located by the entrance of our school reception.



Staff spotted many frogs in the school pond on Monday. They have been mating and there is now lots of frogspawn. I will keep you updated with progress on whether any baby frogs develop.

True or false?

1. Frogs return to the same place every year to mate.
2. Frogspawn turns into caterpillars.
3. Frogs are androgynous.
4. Frogs are vegetarian.

You can email me your answers.

By Miss Marston

Recommended Viewing

The third and final episode of Growing up Gifted, featuring a pupil from Saint John Wall Catholic School, will be shown on BBC2 at 9.00pm on Wednesday 1 April.

Staff Isolation Activities

One of the things that has really struck me over the last few days is the importance of looking after ourselves physically and mentally. It is really important for us all to maintain a good routine while we are off and not look to bury our heads in gadgets like our phones or televisions.

This week, while sending emails, lesson planning and ensuring my two children have completed any work set by their school and nursery, we've decided to do things that make us happy.

On Mother's Day I finally got around to painting my new cupboard, it took a few hours but it was time well spent thinking and reflecting upon everything that has gone on recently. I popped on a podcast from Fearne Cotton's 'Happy Place' which was recommended to me some months ago by Mrs Breslin. Fearne has lots of guests on and discusses mental health and well-being topics.



My daughters have spent a morning earning coins through simple chores such as making their beds, dusting, hoovering, peeling vegetables, then used the money earned on treats in the sweet store. They realised quickly that they got more for their money buying the fruit than the dairy free chocolate!



We've baked something every day, it's one of my favourite things to do and I love being able to pass recipes onto my children. These coconut crisp biscuits are really easy to make. You should give them a try! (Please make sure there is a responsible adult in the house to help!)

To make 12:

Preheat the oven to Gas mark 5 or 190C
115g Butter (we use dairy free)
85g Caster sugar
1/2 Beaten egg

2tsp Lemon juice
15g Desiccated coconut plus some for rolling
140g Self raising flour
6 Glace cherries cut in half (We didn't have any in, and to be honest, we didn't miss them either!)

Cream the butter and sugar together then beat in the egg. Add the lemon juice, sift then fold in the flour and coconut. Pop a little flour onto your hands if the mixture feels sticky and roll into 12 equal balls. Roll into the additional coconut and pop onto a greased tray. Pop half a cherry into the top of each ball. If you aren't using cherries then flatten slightly with your thumb. Into the oven for 12-15 minutes, make sure they don't catch! They should be lightly browned. Leave to cool when ready, then enjoy!



Stay safe, and send an email with a picture of your delicious biscuits to brighten my day! God bless,

By Mrs Ellis

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

- Complete a jigsaw puzzle: The more pieces the better! Feeling extra confident? Take on a Rubik's Cube. More of a word person? Crossword puzzle!
- Write poetry.
- Watch all the really long movies you've avoided until now.
- Download Duolingo, and teach yourself a foreign language.

By Miss Lally

Remember: To stay 2 metres away from other people

France Trip

Dear Parent/Carer

At this time of uncertainty, it is our aim to continue to support you during this difficult period. The decision has therefore been made to suspend any further payments for the Year 7 & 8 trip to Paris France in 2021 for the time being. We hope that you will all agree that whilst the current international restrictions are in place, this decision will allow us all to focus on the task in hand to deal with the challenge presented by COVID-19.

Please be assured your deposit payment is secure so that when your child returns to school we shall be able to update you further about the trip.

Thank you for your continuing support.

By Ms J Hanson

Year 7 Saints League

Hello Year 7, I hope that you are all staying safe looking after your families at home. Our current standings for our Saints League based upon attainment, behaviour, attendance and effort can be found on the next page.

This however can still all change! When we return to school your final standing to go into Year 8 will be based upon work completed on your developmental homework AND evidence of the life-skills that you have worked on at home.

Evidence of work completed can be sent to me online or brought into school when we return on paper or in a book.

Your life-skills project can be in the form of a diary kept each day of what you have been getting up to, or a project created on power point. It can include photographs, pictures, quotes from family... pick something that suits you and your individual talents. I want to see how you are looking after your own wellbeing while you are away, are you reading for pleasure? Gardening? Helping with chores? Listening to podcasts? Meditating? Praying? Cooking? Baking? Painting? Drawing? Crafting? Playing board games?

I can't wait to see your projects, who knows where you could be on our league when we return?

Good luck!

By Mrs Ellis

Isolation Activities

I hope you are all staying safe and busy during this uncertain time, I just wanted to give you a quick update on what I have been doing. During this week I have been taking part in the #PEWITHJOE which is on YouTube every morning at 9am for half an hour, this is a fantastic and fun way to keep fit, you don't need much space at all, no equipment and you can access it from your phone/tablet/tv, so why not give it a go?! Other than that, I am using my one opportunity to exercise each day as a way of hitting my target of running 5 kilometres every day for a month, wish me luck!!!! Any motivational emails would be very beneficial! Please let me know and keep me updated if you're doing anything or need any motivation/ideas.

Every few days I am using my time to check in on my family and friends over the phone, this is a great way to speak to and update everyone on the current situation at home, it also brings me lots of laughter and happiness.

My target for this next week is to take lots of photos of what I am doing so I am able to share this with you and hopefully give you an insight into what I am doing and maybe some motivation for those that need it!

Top boardgames for this week have been Scrabble and Qwirkle (google it, it's a great game)!!!!

House challenge for the week is: try one of the #PEWITHJOE workouts and see how energised you feel afterwards.

By Miss Burdick

Year 7 Saints League

Gold Pupil

Muhammad Esa (7JOS)	Amelia Wrukowska (7HUS)	Azhan Faisal (7HUS)
Jakub Borawski (7HUS)	Anay Parekh (7HUS)	Peter Pham (7WIO)
Muhammad Atif Hussain (7HUS)	Adam Hannan (7HUS)	Julita Wrukowska (7JOS)
Daniel Wainer Kodua (7JON)	Dhiraj Ram (7WIO)	Kyle Niemiec (7JOS)
Krystian Mendrykiewicz (7OWE)	Pavan Kumar (7OWE)	Wiktorja Przerwa (7JOS)
Ali Mirshekarikazerouni (7JON)	Tiffany Ung (7JOS)	Sebastian Paul (7JOS)
Fidele Randy Kelian Huyge (7JON)	Thang Chim (7WIO)	Darren Okonkwo (7HUS)
Zaida Khanom (7OWE)	Anes Omar (7JON)	Hassan Muhumed (7JOS)
Rohan Sehjaili (7JOS)	Jasmeet Kaur (7HUS)	Janelle Ajayi (7OWE)
Sakshi Mahey (7JON)	Ranveer Mali (7JON)	Meher Saeed (7OWE)
Maria Bacelan (7JOS)	Hasan Muhammad (7HUS)	Laiba Shahzadi (7OWE)
Shera Khinda (7JON)	Jessica Martin (7OWE)	Fabrice King (7OWE)
Natasha Phagania (7WIO)	Maja Tchorek (7JOS)	Kameron Chem (7JOS)
Mohammed Musa (7JON)	Nikola Dawicka (7HUS)	Sanamdeep Kaur (7JOS)
Stefan Dahorea (7JON)	Modou Njie (7WIO)	Valerica Tofei (7JOS)
Chelle John Omozee (7WIO)	Manmeet Singh (7OWE)	Nathan Jiang (7OWE)
Derrek Okonkwo (7JOS)	Mohammed Abdi (7JON)	Rayaan Nawaz (7WIO)
Keiron Mokanda (7HUS)	Gabriel Sylva (7JON)	Mohammed Hasan (7WIO)
Marquise Harris (7JOS)	Dylan Bhandari (7JOS)	Asthon Noussi (7HUS)
Sami Miah (7HUS)	Gerrard Mendoza (7JOS)	Rohit Din (7OWE)
Mandlenkosi Ndlovu (7JON)	Bartosz Jan Hamela (7HUS)	Warren Bauwize (7WIO)
Rahma Samia Miah (7HUS)	Christiana Ngobeh (7WIO)	Laaba Akhtar (7WIO)
Cairo Herbert (7JOS)	Paulina Michalowska (7JON)	Fatou Ndow (7HUS)
Faisal Ahmedzai (7WIO)	Robertina Nae (7WIO)	Tayjuan Seivwright (7OWE)
Benjamin Bujur (7OWE)	Sara Baranowska (7JON)	Rayyaan Afzal (7WIO)
Teya Davidson-Harris (7OWE)	Henry Nguyen (7JON)	Aman Luggah (7OWE)
Malcolm Ngandu (7JON)	Kyi Givans (7OWE)	Amari Stewart (7JOS)
Allyn Utomwen (7OWE)	Shamari Feurtado (7WIO)	Vaughtntiner George (7WIO)
Holly Kiely (7OWE)	David Tran (7JON)	Sara Rebeca Savastita (7JOS)
Samun Stosray (7OWE)	Faria Khan (7JOS)	Akeyo Cunningham (7WIO)
Maria Simona Constantin (7JON)	Julian Omenna (7WIO)	Emmanuel Ifeosame (7OWE)
Mohammed Hasan (7WIO)	Sophia Baloghova (7WIO)	

Silver Pupil

Ubaid Akhtar (7HUS)	Tanvir Ridwan (7JON)	Natalia Budna (7HUS)
Elizabeth Mpesi (7HUS)	Kleopatra Cieslak (7JON)	Yuvraj Sidhu (7WIO)
Davarnay Arlington (7WIO)	Daniaal Ahmed(7HUS)	Kyra Mills (7OWE)
Bilal Ul Hasan (7WIO)	Renato Dinu (7OWE)	Rhodasia Welch (7OWE)
Ricardo Daniel Dinca (7OWE)	Lovinnia Rose (7JOS)	Emanuel Dinu (7WIO)
Talhah Munawwar (7OWE)	Natalia Frackowiak (7HUS)	Joyce Makumba (7JOS)
Ashpreet Kaur (7WIO)	Hasnain Khurram (7JON)	Jasmeet Kaur (7JOS)
Tjahari McDonald (7OWE)	Haider Nawaz (7HUS)	Ti Andre Wade (7HUS)
Hashem Hassan (7WIO)	Hannah Khan (7JON)	Danyana Henry (7OWE)
Khadijah Ceessay (7JON)		

Bronze Pupil

Hasnain Hussain (7JON)	Samra Mohamed (7HUS)	David Sali (7OWE)
Yanis Nchang (7JON)	Safiya Rice (7HUS)	John Kushehin (7JOS)
Rebeca Alexandra Dobrin (7OWE)		Ezekiel Osazemwinde (7HUS)
Marvelous Oselvoemen Aziegbemhin (7JOS)		Prince Isiah Brou Henry (7JOS)
Tahani Mohammed Sutherland (7WIO)		Joseph Daniel Chanda (7HUS)
Shaneka Carter (7JON)		

Educational Psychology

Educational psychologist telephone helpline for parents and carers

Do you as a parent or carer at home with your children during the school shut down, feel that you need someone to talk to about how you can cope with this challenging time for families?

Birmingham Educational Psychology Service is providing a telephone helpline for any parent or carers of children, who feel they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families.

Areas of concern you may wish to discuss could include:

- Anxiety around the current situation and its impact on your children and family.
- Supporting you to support your children's emotional needs.
- Concerns about family relationships.
- Concerns about friendships, learning, daily structure and activities.
- How to best look after yourself so you can support your children.

The concerns can be related to school or family life.

You will be offered an initial telephone consultation of 30 minutes with a psychologist and a potential follow up session of another 30-minute consultation at a later date. These will be Monday-Friday, within standard working hours.

If you would like to access this service please email: Isabel.Gregson@birmingham.gov.uk with the following information:

- Your name
- The telephone number you would like to be contacted on.
- The name of your child's school.
- Times and dates you are not available for a consultation.
- Whether an interpreter is required for you to access this service.

We will aim to get back to you within 2 working days to confirm a time and date for your consultation.

This service will, as far as possible, be confidential.