

Saint John Wall Catholic School

A Catholic School For All



Mission Statement

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



Issue 34

Weekly Information Bulletin

Date: Friday 17 June 2022

Catholic Life - This year 's theme is based on the Parable of the Sower (Matthew 13)
Termly theme: Respect (thorny soil)
Termly SJW values – Compassionate and Loving

Dear God, Thank you that you are a loving, gracious God. Thank you that you've offered us forgiveness and the gift of new life in you. Thank you that your love is perfect, it never fails, and that nothing can separate us from your love. We pray that our lives would be filled and overflowing with the power of your love so we can make a difference in this world and bring honour to you. Amen

Important Dates to Note

- **Year 7 and Year 10 Assessment Week**
Monday 13 June 2022 to Friday 24 June 2022
- **James Watt College (Year 10 – 122 Pupils)**
Wednesday 22 June 2022 – 9am to 3pm
- **Year 11 Leavers' Mass**
Friday 24 June 2022 – 2pm (All other year groups to finish at 12.45pm)
- **Royal Air Force Museum (Year 10 - 34 Pupils)**
Thursday 30 June 2022 – 8.45am to 4pm
- **Weston Super Mare Trip (Year 10 – 55 Pupils)**
Wednesday 6 July 2022 – 8.15am to 5pm
- **Year 6 Induction Day**
Wednesday 6 July
- **Year 7 and 10 Parents' Afternoon**
Friday 8 July 2022 – 1pm to 3.30pm
- **Tipton Sports Academy - (Years 7, 8, 9 & 10)**
Wednesday 15 July 2022 – 9.30am to 3pm
- **National Justice Museum Trip (Year 9 & 10 – 100 Pupils)**
Wednesday 20 July 2022 – 8.15am to 3.30pm
- **Birmingham Hippodrome (Year 9 & Year 10 – 37 Pupils)**
Wednesday 20 July 2022 – 12.40pm to 6pm

Year 11 Leavers' Mass

Next week Friday 24 June, we shall be celebrating mass for Year 11s as this will be the final day they will be at Saint John Wall.

In order for this to take place, school will finish early to all other year groups at 12.45pm.

Year 7 & 10 Assessment Week

Year 7 and 10 assessment examinations will start next week, please ensure your child has all the correct equipment for each of their assessments.



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Catholic Life

Year 7 Trip to Saint Chad's Sanctuary

On Friday, pupils from Year 7 visited Saint Chad's Sanctuary to learn more about the work that they do in our local area for those seeking asylum and refuge. Pupils were amazed at the work that went into looking after those more vulnerable than us, and took on board the message of Jesus when he asked us to 'love thy neighbour.'



"We should donate more food and clothes to help people in need because lots of people go every week to get the things they need, but there isn't enough to give everyone. There are so many families in need." **By Harrum Sajid 7GRE**

"What we did was we took a tour of St Chad's Sanctuary. We talked about how people go there to get food and clothes. All the food is gone, because so many people need it." **By Erika Dovleag 7HAY**

"If we donate food we can help people in need. Anything can help. You can help by donating food, giving clothes, toiletries or shoes. If you donate, more people can be helped." **By Rayna Jassal 7GRE**





“St Chad’s Sanctuary helps refugees by giving them food, clothes, and toiletries. I learned a lot about refugees.”

By Maya Borkowska 7GRE

“We were first shown the food room and were told that refugees do not get any dignity. They live like cattle, being moved around and given food like chips every day until the Government decide they are ok to stay. We were also shown a room with clothes in that were donated. Asylum seekers are not allowed to work or earn their own money, they only have £8 a week to live on. That’s not a lot. Today we went to St Chad’s Sanctuary. We had a tour around the building and donated some clothing, toiletries and clothes.”

By Harit Kumar 7GRE

“We went to Saint Chad’s Sanctuary and saw the manager Abbie. Then we went to the basement where they keep the food supplies for the asylum seekers and refugees. We went upstairs to see what they can wear. The charity was low on supplies but were lucky that a Church had sent a food delivery that day so people could eat.”

By Jaspar Kumar 7GRE

“We went to Saint Chad’s Sanctuary and talked about how people from other countries, called asylum seekers, look to seek safety in another place. At the charity people who need safety can go and get food and clothing and toiletries.”

By Ella Prescott-Hopkins 7GRE

Year 7 SVP Group

This week the SVP groups have met to discuss our Collective Worship which they are organising for our Refugee Week. The groups focus will be on the work of St Chad’s Sanctuary. Pupils have given their own testimony which they will read out during the Collective Worship, and launch an appeal for food, toiletries and clothing which will be donated to the Sanctuary which is based in our city. There are further details of what can be donated at the end of our newsletter today.

Year 8 One World Group

The One World Group have put together an action plan for the school to enable pupils and staff to participate in the ‘Live Simply’ awards. Pupils have discussed and decided on our charity focus for next year, both internationally and locally, as well as plans for our school to become more environmentally friendly.

Year 7 Pupil Leadership Opportunities September 2022

This term pupils from Year 7 have been given the opportunity to apply for two new Pupil Leadership Groups which will run from July 2022 through until July 2023. Entry for our Sanctuary Team is now closed.

One World Group

Our CAFOD One World Group focusses on Living Simply. You need to have a drive to be a steward of the world, with an interest in climate change, living in solidarity with those in need and charity work.

We received so much interest for the group this year, and so each pupil was invited to complete a small task by Monday 20 June. We shall announce the new team in next week’s newsletter. Good luck!

Year 8 Pupil Leadership Opportunities September 2022

This term pupils from Year 8 have been given the opportunity to apply for a new Pupil Leadership Group which will run from July 2022 through until July 2023.

Wellbeing Ambassadors

Our Wellbeing Ambassadors will receive wellbeing lead training during July and work alongside other pupils in their year group from September in organising, creating and leading on events throughout the school year, such as Mental Health Awareness Week. There are still spaces available on the team. Please speak to Mrs Ellis if you are interested in becoming a Wellbeing Ambassador by Friday 24 June.

One World- Live Simply Corner

One way to live simply is to reduce the amount of meat that we eat each week.

Here is a great recipe to try at home:

<https://www.bbcgoodfood.com/recipes/roasted-aloo-gobi>

Suggested by Francisca Idemudia 8BRK

By Mrs Ellis



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Healthy Eating Week

Stay hydrated – fill up from the tap. Have about 6-8 drinks (glasses or cups of fluid) a day and choose reusable or recyclable drinks containers. Our bodies lose water throughout the day in urine and sweat, as well as breathing. If we do not drink enough fluids, we can become dehydrated over time. To stay hydrated we need fluid from foods and drinks. We should have about 6-8 glasses or cups of fluid each day, and more if the weather is hot, we are exercising or being active. Water is a great choice as a main drink because it keeps you hydrated without adding calories to the diet, or sugars that can potentially damage teeth. Other healthier choices include unsweetened tea, coffee or herbal infusions, and lower fat milk. Unsweetened 100% fruit or vegetable juices and smoothies can provide vitamins and minerals but should be kept to a maximum of one small glass (150ml) per day. Sugary soft drinks and energy drinks should be limited - swap these for water or soft drinks without added sugars. Sports drinks can be useful when exercising at high intensity for over an hour, but they are high in sugar so should only be consumed if needed. Using reusable or recyclable drinks containers will help reduce waste, and keeping them handy, is a good way to remember to drink more throughout the day.

You can find more information on the Healthy hydration for adults and teenagers poster.

Top Tips: Make tap water your main drink (other sugar-free drinks count too!) • Keep a bottle of tap water handy during the day. • Infuse tap water with different fruit and vegetables for extra flavour – try strawberries, cucumber, and mint. • Have a glass of lower fat milk after exercising for protein and hydration, instead of sugary soft drinks or energy drinks. Choose reusable bottles and cups, or drinks in recyclable containers (and recycle them correctly): • Keep a reusable bottle with you so you can re-fill and hydrate regularly. • Use a reusable flask for tea and coffee on the go.

Reduce food waste – know your portions: Aim for the right amount when you shop, cook, and eat to avoid throwing food away. In the UK, households are responsible for 70% of UK food waste. According to Waste and Resources Action Programme (WRAP)*, the three most commonly wasted foods are fresh potatoes, bread, and milk. So much goes into producing our food - water, energy, land, and transport. Reducing the amount of food we waste, is therefore, important to make diets more sustainable, helping you save money but also helping to save wasting the planet's resources.

Making small changes can help reduce food waste, such as: • Checking the food storage information on food labels when unpacking the food shop • Checking the fridge temperature at home is set to 0-5°C and freezer to -18°C • Storing food in airtight containers to keep it fresh.

Top Tips: Know your portions and use these when you choose, cook and serve food and drinks (to stop buying or cooking too much) • Use the Get Portion Wise! guide to help get food portions right. • Measure out the portion sizes using weighing scales, spoons, and hands. Plan ahead – plan your meals for the week, write a shopping list, batch cook for later, use up leftovers: • If you buy more food than is needed, freeze for another time. Did you know that butter, cheese, milk, coconut milk, chilli and herbs can all be frozen? • Choose foods with the latest 'use by' date to maximise the time you have to use it. • Write a shopping list of ingredients to get the right amount of food for meals and snacks during the week. • Plan to eat leftovers, or use them as part of other dishes, the next day.



By Mrs Crooks





Year 11 External Examination Timetable

Exam Date	Exam Board	Qualification	Subject	Title	Exam Time	Exam Duration
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Week 5

20/06/2022	Pearson	GCSE	Combined Science	Paper 5: Chemistry 2 Foundation Tier	AM	1h 10m
20/06/2022	Pearson	GCSE	Combined Science	Paper 5: Chemistry 2 Higher Tier	AM	1h 10m
21/06/2022	WJEC	VOC	Hospitality	Hospitality & Catering	PM	1h 30m
23/06/2022	Pearson	GCSE	Combined Science	Paper 6: Physics 2 Foundation Tier	AM	1h 10m
23/06/2022	Pearson	GCSE	Combined Science	Paper 6: Physics 2 Higher Tier	AM	1h 10m

Week 6

27/06/2022	AQA	GCSE	Polish	Polish Paper 4	AM	1h 05m
27/06/2022	Pearson	GCSE	Persian	Paper 4: Writing in Persian Higher Tier	AM	1h 25m
28/06/2022	AQA	GCSE	Panjabi	Panjabi Paper 4	AM	1h 20m
29/06/2022		GCSE		CONTINGENCY DAY		
30/06/2022	Pearson	BTEC O/S	SPORT	SPORT Y10 Fitness for Sport & Exercise Y10	PM	(1H 15M)





Year 7 Assessment Week Timetable

Week Commencing 20 June

	Mon:1	Mon:2	Mon:3	Mon:4	Tue:1	Tue:2	Tue:3	Tue:4	Wed:1	Wed:2	Wed:3	Wed:4
7x			7XJ/Gg	7XS/Mf 7XW/Mf	7XW/Gg		7XS/Hi		English	7XJ/Co	RE	Maths
7y		7YJ/Mf 7YS/Co					7YS/Mf			7YJ/Hi 7YS/Gg		

Thu:1 Thu:2 Thu:3 Thu:4 Fri:1 Fri:2 Fri:3 Fri:4

				7XJ/Mf				7XW/Hi
	7YJ/Co 7YS/Hi 7YW/Mf	7YW/Co		7YJ/Gg 7YW/Hi				

Week Commencing 27 June

Mon:1 Mon:2 Mon:3 Mon:4 Tue:1 Tue:2 Tue:3 Tue:4 Wed:1 Wed:2 Wed:3 Wed:4

			Science					7XJ/Hi 7XW/Co		7XS/Gg	7XS/Co
									7YW/Gg		



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Year 10 Assessment Week Timetable

Period	Monday 13 June	Tuesday 14 June	Wednesday 15 June	Thursday 16 June	Friday 17 June
1 9:00 Start		Art Exam All Day	Science Biology Year 10		
Break			Break		
2 and 3 10:45 Start					
Lunch 12:00 for those in Exams			Lunch 12:00 for those in Exams		
4 13:15 Start	Creative iMedia Exam Year 10		Punjabi Listening Year 10	Health and Social C Year 10	Polish Listening Year 10

Period	Monday 20 June	Tuesday 21 June	Wednesday 22 June	Thursday 23 June	Friday 24 June
1 9:00 Start		French Writing 1 hour 15 mins			RE 1 Hour 30 mins
		Spanish Writing 1 Hour 15 mins			
Break					
2 and 3 10:45 Start		Maths 1 hour 30 Mins Calculator		Period 3 Performing Arts	History 1 Hour 45 mins
Lunch					
4 13:45 Start	Science Combined 1 hour 10 Mins			English Lit 1 Hour	





Exam Timetable WC 27 June

Period	Monday 27 June	Tuesday 28 June
9:00 Start	1 GCSE Polish Writing	GCSE Panjabi Writing
		French Reading 1 Hour
		Spanish Reading 1 Hour
Break		Break
2 and 3 10:45 Start	Resistant Materials 1 hour 30 mins	Geography 1 hour 30 mins
	Hosp. and Catering Period 3 and Period 4 Lunch at 12:00 3 hours	
Lunch		Break
4 13:45 Start	Hosp. and Catering Period 3 and Period 4	PE 1 Hour





Year 11 Yearbook

Memories of
your time
at SJW

Only
£12

Includes
Comments
and
Photographs

Class of 2022

Final deadline to place your order is
Friday 24 June 2022

The overall cost of the yearbook is **£12**

Payment can be made via Parent Pay or Pay Point.
If you need another letter, see Ms Hanson in the school office.

Place your order ASAP!



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HEALTHY HYDRATION

for adults and teenagers

We should drink about 6-8 glasses of fluid each day. This can be from a variety of drinks

Water

Water is a good choice throughout the day because it hydrates you without providing extra calories or harming teeth.

Drink plenty

Tea, coffee and other hot drinks

Provide some nutrients (if milk or fortified plant-based alternatives are added) and some contain caffeine*. To limit calories, drink without sugar or sugary syrups and with lower fat milks.

Drink to suit (can contain caffeine; limit if pregnant*)

Milk

Is a useful source of nutrients including calcium, iodine, B vitamins and protein. Adults and older children should choose lower-fat varieties.

Have regularly, but choose lower fat

Sugar-free drinks

Provide fluid without extra calories. Drinks like squashes and fizzy drinks are acidic, which can harm teeth.

Drink in moderation

Fruit and vegetable juices and smoothies

Provide some vitamins and minerals. One small glass (150ml) counts as a maximum of one portion of your 5 A DAY. However, they also contain sugars and can be acidic, which can harm teeth so it's best to drink them with a meal.

Can have once a day

Sugary drinks

Provide fluid but contain calories from sugars, usually without other nutrients, and can be acidic. Sugars and acidity can both be harmful to teeth. Some of these drinks also contain caffeine*.

Limit

Sports drinks

Are generally only needed if training at high intensity for over an hour. Can be high in sugars.

Only if needed

Energy drinks

Can be high in sugars and may contain high levels of caffeine* and other stimulants. These drinks are not good choices for those under 18 years.

Limit

*If pregnant, limit caffeine to no more than 200mg per day. Visit NHS Choices page on caffeine in pregnancy for more information.

Note: alcoholic drinks don't count towards your fluid intake.

