

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 6 Weekly Information Bulletin

Date: Friday 14 October 2022

Catholic Life - This year we are focusing on 'The Year of Sanctuary'.

Termly theme: Solidarity (The Good Samaritan)

Termly SJW values – Compassionate and Loving

O God, the strength of all those who put their trust in you, mercifully accept our prayers and, because through the weakness of our mortal nature we can do no good thing without you, grant us the help of your grace, that in the keeping of your commandments we may please you both in will and deed. We pray for those whose spirits and communities have been weighed down by division. Guide us as we strive to ensure everyone has equal dignity. Amen

Important Dates to Note

- **Remote learning contingency planning afternoon**
Tuesday 18 October 2022
- **Cultural Heritage Day**
Thursday 20 October 2022
- **Inset Day - School closed to all pupils. Remote learning form time for pupils 8.50 – 9.50am**
Friday 21 October 2022
- **Half Term**
Monday 24 October 2022 to Friday 28 October 2022
- **Year 11 Mock 1 Examinations**
Monday 31 October 2022 to Friday 4 November 2022
- **Year 7 and Year 9 Assessment Week**
Monday 28 November 2022 to Friday 2 December 2022

Black History Month, Cultural Heritage Day

Next week Thursday 20 October, Black History Month will conclude with a celebration of the diverse community of pupils and staff at our 'Catholic School For All'. Pupils and staff are invited to wear a traditional outfit or an item of traditional clothing that represents their culture. Our canteen will also be serving a variety of cultural foods to celebrate the occasion.

Remote Learning Contingency Planning Day

During the afternoon of Tuesday 18 October, pupils in Years 8 to 11 will be dismissed from school at 12:40pm. Pupils will be able to get something to eat from the canteen before they leave school. Pupils are expected to go straight home and to join their period 4 lesson on Microsoft Teams at 2.00pm until 3.00pm. Pupils will need to log into their school email, access teams and check their calendar.

For Year 7, parents are warmly invited into school to practice logging into Microsoft Teams at 1.00pm. Year 7 pupils will have lunch at school, meet with parents for the training, and will then be dismissed from 1:30pm ready to get home to log into their period 4 lesson 2:30-3.00pm.

If you need any technical support on Tuesday 18 October please contact the school on 0121 554 1825. If you need some support with a device please contact your child's Head of Year.

We shall have another remote learning practice during the morning of Friday 21 October which is a training day. All pupils will be expected to join their form teacher and form on Microsoft teams from 8:50-9:15am.

By Mrs Crooks



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Safety Notice

The small bottles shown below contain THC.



THC is the psychoactive form of cannabis. The concentration of THC permitted in liquids and sweets is controlled by the law, and side-effects can be dangerous. School staff cannot easily identify these concentrations so we will have to take a blanket approach and ban all sweets and coloured liquids from the premises.

To ensure the safety of all of our pupils here at Saint John Wall, only clear and colourless water bottles will be allowed from Monday 10 October. Pupils will only be allowed to have a clear liquid such as water in their drinking bottle. Any coloured liquids will be disposed of. If a coloured or metal bottle is brought into school it will be confiscated and returned at the end of the school day. Pupils will not be allowed to bring sweets on to the school premises. If sweets are found they will be disposed of.

Sanctions for the possession of drugs, and drugs-related items, in school include a permanent exclusion.

By Miss Timmins

Duke of Edinburgh Award

"As part of my Duke of Edinburgh Award, Skills section I have been doing work with the young rep theatre. We have acted in a play called to anyone who's there. The young rep theatre and Duke of Edinburgh has helped me develop my confidence and acting ability and I have made lots of new friends."

By Tobi Babalola 11BAT



Make UK Future Makers Show

If you are in Year 10 or Year 11 and would like to come along to the event below please see Mrs Breslin or sign up on T6 door by Tuesday 18 November. The event is free you will just need to pay for the bus. More detail will follow after signing up.

By Mrs Breslin

MAKE UK
FUTURE MAKERS
SHOW

Thursday 10th November
Millennium Point, B4 7XG, Birmingham City Centre
9.45am - 12pm or 12.45pm - 3pm

Do you want to find out more about manufacturing and engineering apprenticeships?

Want to start your engineering career in 2023?
Come along to find out more and meet local employers looking for their very own Future Maker.

Schools, book your students from year 10 - year 13 on to this targeted event!
We will be showcasing the opportunities available in this sector and the benefits of apprenticeships.

Please book online today to ensure your students gain access to this event.

Morning session:
9.45am - 12pm

Afternoon session:
12.45pm - 3pm

Sessions format:

- Info session in IMAX theatre followed by...
- Opportunities to meet employers looking for their next apprentice.
- A great opportunity for students to get an understanding of Apprenticeship opportunities and pathways in this sector in a fun and informative way.

This is a targeted event and we expect spaces to go quickly so please book ASAP.

BOOK TICKETS > **OR SCAN**

PLACES ARE FREE

Central location with easy access, Millennium Point, B4 7XG

September intake this year:
240
ENGINEERING APPRENTICES

Do you know who would be perfect for 2023 or 2024?

MAKEuk
The Manufacturers' Organisation



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Catholic Life

Visit to Saint Mary's Church Coffee Morning

Another enjoyable morning at Saint Mary's has flown by. Pupils were able to split up and take part in today's quiz activity which was difficult to say the least. Well done to Jakub though for knowing which world leader was imprisoned for 27 years. Do you know? Well done also to Alicja for answering some tough maths questions. Next week is Tai Chi which is always a firm favourite.

By Mrs Clayton



Chapel News

I have thoroughly enjoyed working with pupils during my first full week here at Saint John Wall. This week in the chapel, we have carried out many activities. Pupils reflected on the Gospel from last Sunday and thought about the importance of always being grateful for what God has given them and being thankful for those around them. They completed a thank you exercise and wrote some messages for their teachers which will be delivered to them. As well as this, pupils reflected on the importance of solidarity when completing a crossword on the story of Jesus and Zacchaeus. Pupils thoroughly enjoyed taking part in CAFOD's Climate Change Game, learning some top tips on how to become more climate friendly.

Thank you to all the pupils for coming along at break and lunch and for making me feel so welcome in my first full week!

By Mr Lysaght





Saint Bernadette Relics Tour

Last Friday the relics of Saint Bernadette travelled to Saint Chad's Cathedral in Birmingham. The tour of the relics serves as a reminder to all Catholics of the importance of pilgrimage in our lives, journeying to find truth and purpose, seeking direction from God. Mrs Nash and Mrs Ellis represented Saint John Wall by volunteering as ushers during the relics visit to the Cathedral. Between 7-10pm they helped pilgrims around the Cathedral, prayed with them, lit candles and watched over the relics. Fr Tim Menzies who is the Dean of Saint Chad's Cathedral wrote to the school and said:

'On behalf of the Cathedral staff, I want to express our deepest gratitude and admiration for the role that you played - and I freely admit that there were aspects of this that I don't even know about. I rarely made it outside the Cathedral and never made it down to the car park.

The dignity of those of you who stood alongside the relics (you will always have an appreciation of the guards outside Buckingham Palace!); the gentle guidance of those of you who steered people around the Cathedral; the way in which nothing was too much trouble for you either when asked by our staff or in seeing and responding to the needs of pilgrims and visitors was wonderful to witness. We could not have done it without you.'

Mrs Nash and Mrs Ellis both commented on how wonderful the experience was to not only support, but to share with each other and with the pilgrims who came to pray and bear witness. Saint Bernadette, Pray for us. Our Lady of Lourdes, Pray for us.

Saint Bernadette Relics Tour



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Black History Month

In Science



"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." Nelson Mandela

Black History Month Is, An Opportunity To Educate And Learn About Black Heritage. During our KS3 and KS4 science lessons our pupils had the opportunity to look at black inventors and scientists from the past and present day who helped to change our world. Pupils were informed about how access to the past empowers individuals to build better futures.

By Ms Forbes

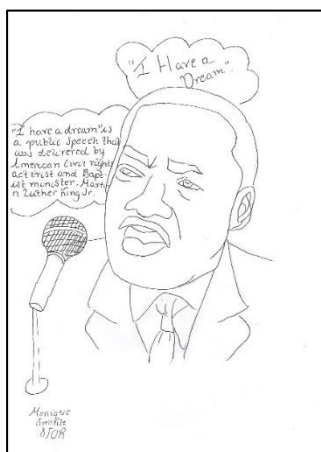
Quote

Where there is no vision, there is no hope." "Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly." "Truth is powerful and it prevails." "Somebody once said we never know what is enough until we know what's more than enough."

Sojourner Truth

"Black History Month is a time for cheer of a change of no racism and equality and solidarity, we celebrate it with love of what our heroes did. These names could be Rosa Parks – equality on buses. Martin Luther King Jr did a famous speech, 'I have a dream', he said it in front of 250,000 people. We celebrate 'actions not words' to make a change in the world."

By Monique Smikle 8FOR



"Black History Month to me is learning about what people have been through and what they have to face everyday. We can change the issue of racism by not discriminating people on the colour of their skin. Everyone should just be able to live and not worry about being called racist names and be happy." **By Jade Middleton 10WIO**

"Black History Month means a lot to me as I am a black person and have been looked down at and not given the same opportunities as other people from different races. This should be a celebration to do with confidence of knowing who we are and where we come from." **By Janelle Ajayi 10HAL**

From the minds of Black Inventors, 'What if there were no black people in the world?'

We need everyone to help to create stuff for example: Sarah Boone a black woman invented the ironing board and Jan E Mathzelinger a black man who invented the shoe lasting machine. Walter Sammons who invented the comb. Lloyd P Ray was the inventor of the dust pan. So, you can see we should use our race, knowledge to create inventions.

By Erica Agyemang Fosua 8FOR



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Black History Month

In Science



'TIME FOR CHANGE:
ACTION NOT WORDS.'



"I can accept failure. Everyone fails at something. But I can't accept not trying."

Michael Jordan

Year 7 work on Black History Month – Mrs Habibullah

Year 7 work on Black History Month – Mr Rahman

Black history and science Thursday 6th October 2022
Q: How different race contributed towards science?
Marie Maynard Daly
Marie Maynard Daly was an influential biochemist and the first Black woman to earn a PhD in Chemistry in the US. Born in 1913, Daly completed her undergraduate degree at Queens College, then master's at New York University and her PhD at Columbia University. She then worked with Owen D. Davies on arsenical metabolism, exploring the links between high cholesterol, clogged arteries and increased risk of heart attacks. She also worked on protein synthesis and the chemistry of histones. I believe that Marie Maynard Daly should get the prize because she was the first Black woman to earn a PhD in Chemistry and is talented and beautiful and she kept on working hard and nothing stopped her to run after her dreams. This is why I believe she should get the prize!
By Wendy Thompson 7Xs Science

Black History Month
Black history month is important. This is important because this is when black people stood up for their rights. For example, Nelson Mandela. He fought for black lives which matter.

Thursday 9 October 2022
Black History and Science
Q: How different race contributed towards science?
Marie M. Daly
1921 - 2003
Field: Chemist, Researcher and Adventurer
Known for: Marie Daly was the first African American woman to receive a PhD in Chemistry in the United States. She worked closely with scientist Dr. Owen D. Davies and their work opened up a new understanding of how foods and diet can affect the health of the heart and the circulatory system.
Hon. Carol Jensen
October 17, 1968
Field: Physicist, Physician and NASA astronaut
By Kamina Chinn 7Ks Science

Black history Month
Black history Month is When we take Time out and appreciate What every black Person has done for us so that we can live the way we live today

Thursday 6th October 2022
Black history and science
Q: How different race contribute towards science?
From Marie Maynard Daly to Maggie Aden - Pascoe, Grace Blackshaw explores the work of ten Black female scientists. You might not have heard of, but definitely should have.
Shirley Ann Jackson is an influential American Physicist. In 1964, Jackson started studying Physics at the Massachusetts Institute of Technology and in 1973, she completed her PhD in Nuclear Physics, becoming the first black woman.
I think that Marie Maynard Daly should win because she's the person that explored the 10 black female scientists. That's why she should win the Nobel prize.
By Vivian Pittman 7Ks Science

Black History Month
Black History Month is a special month where we celebrate all the people who stood up for black lives matter. We celebrate their bravery and activeness to fight for black people rights.
For example:
- Martin Luther King
- Mandela
- Rosa Parks
- Obama
These people all fought for 'Black Lives Matter'
Byya Bains



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Black History Month

In Maths



"If you judge people, you have no time to love them."

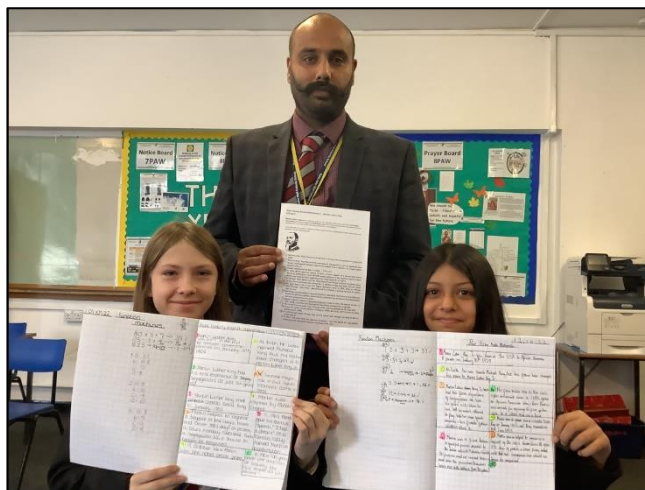
Mother Teresa

KS3 pupils have been using Martin Luther King's life story to solve some Maths problems. Pupils had the opportunity to look at the most famous leader of Black People, who played an influential role in the civil rights movement and the passing of the Civil Rights Act in the United States of America. Pupils made some eloquent and truthful responses about what they had learnt, solved some mathematical problems and summarised some key events and important dates in his life.

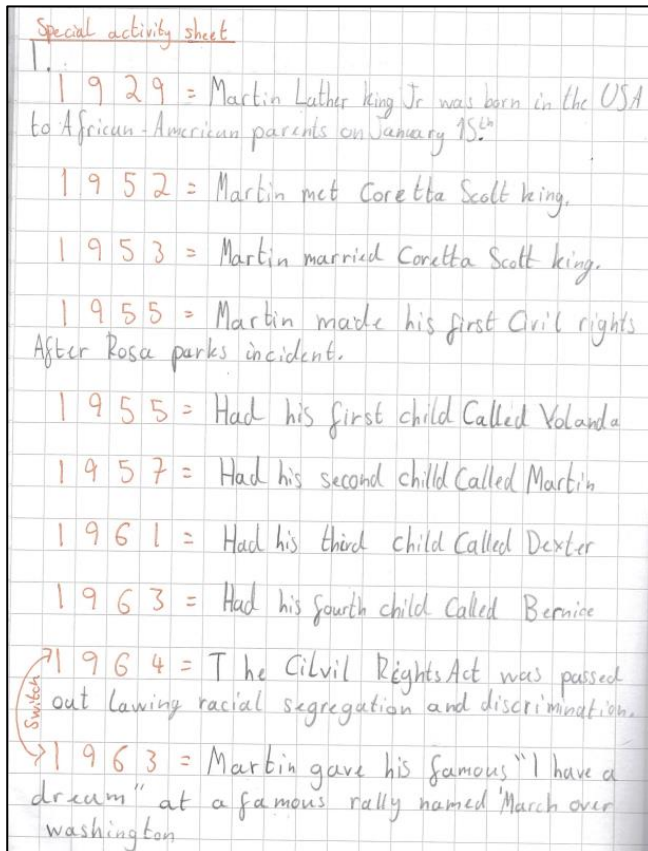
By Mrs Pawlowska



7X2



7Y2



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Black History Month

In Maths



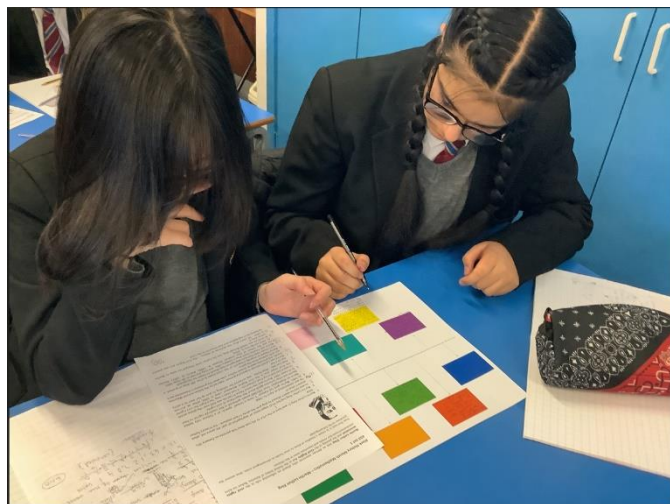
"Every time you state what you want or believe, you're the first to hear it. It's a message to both you and others about what you think is possible. Don't put a ceiling on yourself."

Oprah Winfrey

- Questions #2
1. Martin Luther king was 39 when he died.
 2. Martin Luther king was 24 when he got married.
 3. Martin's wife would be 26 when she is married.
 4. The difference is 110 million people.
 5. They would spend 1081 minutes in a day and translated to hours will be 18 hours a day.
 5. They would cover 135,225 miles in 5 weeks.
 7. 16,000s will be under 35's.

- Black History Month
1. 39 - 24 = 15
2. 39 - 24 = 15
3. 39 - 24 = 15
4. 110 million
5. 1081 minutes = 18 hours
5. 135,225 miles
7. 16,000s

8Y1



1. 39 - 24 = 15
2. 39 - 24 = 15
3. 39 - 24 = 15
4. 110 million
5. 1081 minutes = 18 hours
5. 135,225 miles
7. 16,000s



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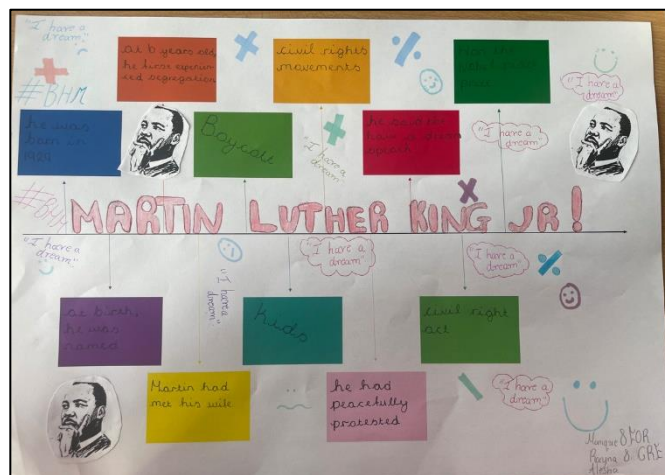
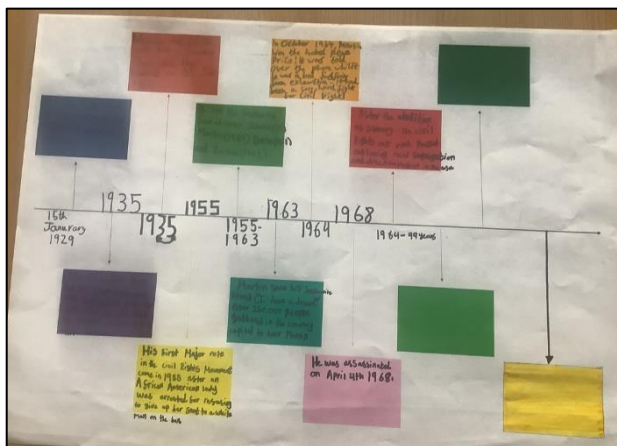
Black History Month

In Maths



"You can't separate peace from freedom because no one can be at peace unless he has his freedom."
Malcolm X

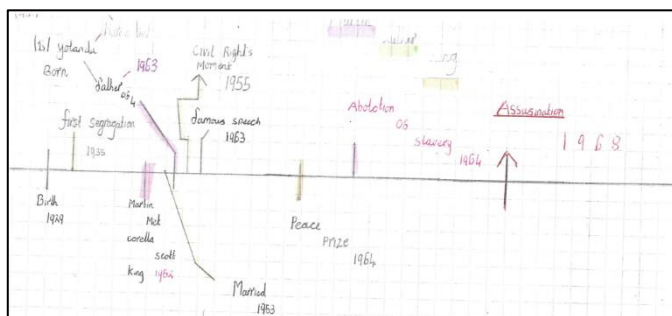
8X1



8X2



8X3



1929	born in Atlanta
1935	Experiencing segregation
1952	Met Coretta Scott King
1953	Married Coretta Scott King
1955	His first major role in civil rights
1956	first child (Yolande)
1957	second child (Catherine)
1961	third child (Cynthia)
1963	fourth child (Bernice)
1963	His first speech 'I have a dream'
1964	Abolition of slavery
1964	won Nobel peace prize



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Black History Month

In Maths



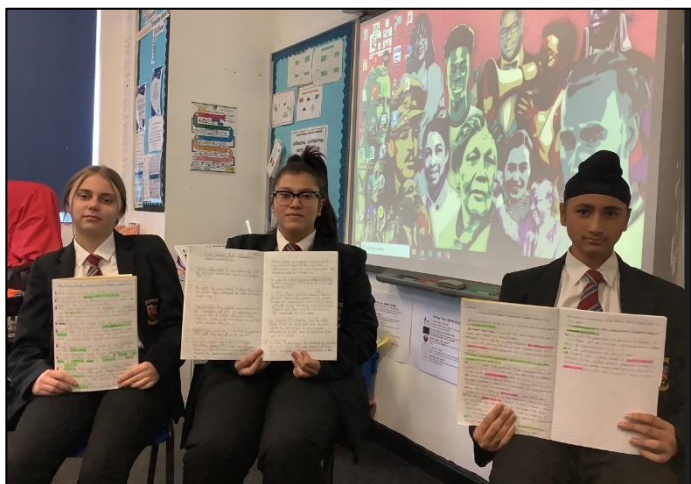
Don't aspire to make a living, aspire to make a difference."

Denzel Washington

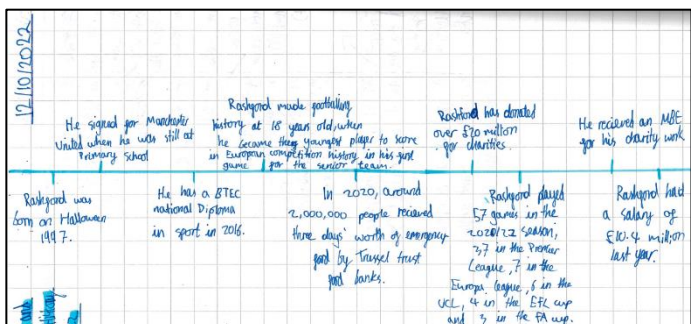
In KS4, for Black History Month, we were looking at Marcus Rashford MBE and the European cup finals of 2021 and some interesting facts about him. Pupils had to read through them, then answer the questions and make a time line about the events in his life.

By Mrs Pawlowska

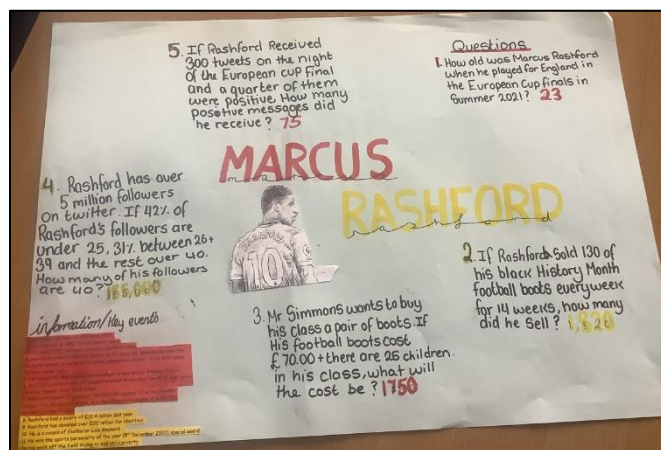
9F4



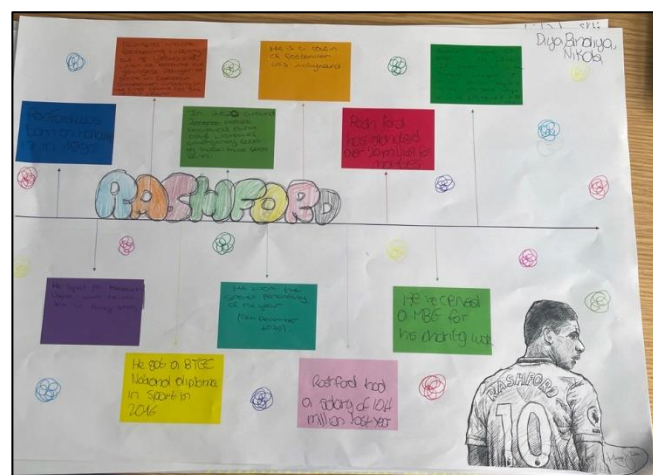
9H1



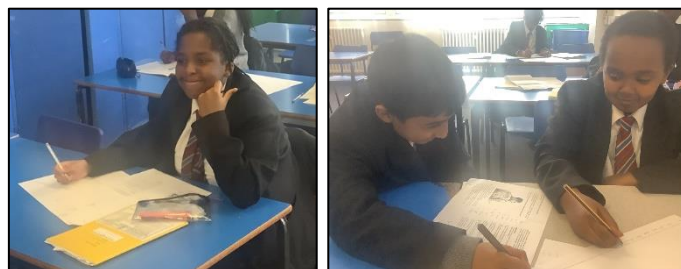
9H2



9F1



9F2



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Black History Month

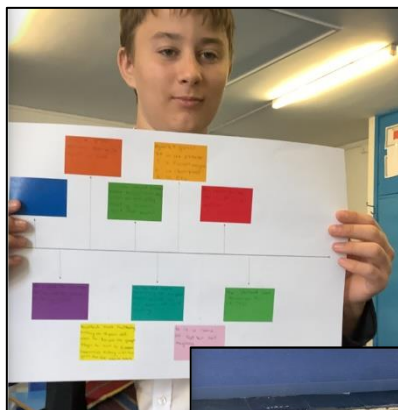
In Maths



"Each person must live their life as a model for others."

Rosa Parks

10F3



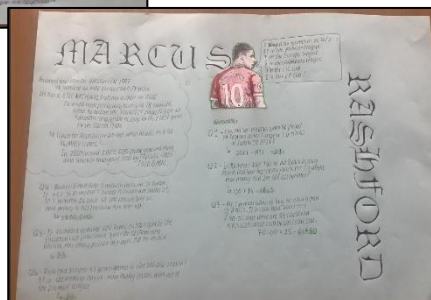
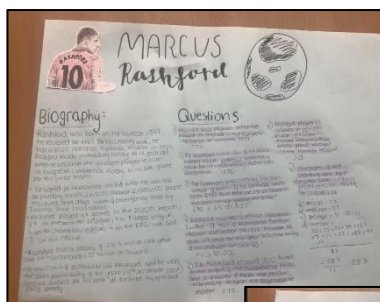
Schools Games Programme

As part of the school games programme, on Thursday the Panathlon foundation ran a ten-pin bowling competition for Year 7 pupils. They enjoyed a game of bowling with a presentation at the end, receiving certificates and medals. The pupils enjoyed filling out activity sheets prior to the competition and playing against pupils in other schools in the local area. They placed an amazing 4th place out of 13 schools which is a brilliant result. Well done!

"I really enjoyed participating in ten pin bowling this morning. I even got a strike!" By **Aangelinah Antonio Pereira 7REG**

By Miss Young and Mr Ahmed

11F1



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Did you know you can receive a GCSE in your community language at Saint John Wall?

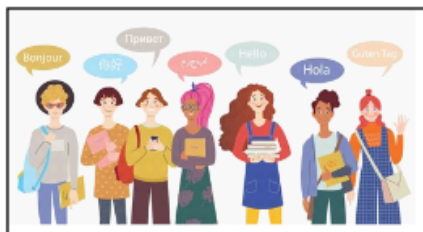
Saint John Wall school encourages pupils with who are able to speak another language other than English to take a GCSE in that language.

This is often completed earlier in Year 9 or 10 to gain the qualification before Year 11 examinations.

EAL pupils, particularly those who have good literacy skills in their first language, find that they can attain very good grades at GCSE.

Another benefit of taking a GCSE in your community language is it means you are eligible to fulfil the Ebacc. The Ebacc is a combination of GCSE subjects, including a language, that offer an important range of knowledge and skills to young people. By completing the Ebacc pupils have access to a full range of employment options when they leave secondary school. If pupils are thinking of going to university, the Ebacc is also recommended by Britain's most prestigious universities.

'In 2022, a grade 9 was achieved in 4 different language GCSEs'



'Average grade achieved by pupils in GCSE Polish in 2022, was a grade 8'

'In 2022, 100% of pupils achieved a grade 9-7 in their GCSE Panjabi'

In recent years we have entered pupils for GCSEs in the following first languages:

French, Spanish, Polish, Panjabi, Italian, Persian, Arabic, German and Greek.

We will be offering Chinese, Urdu and Bengali in the next year.

'In 2022, 100% of pupils who entered for GCSE Italian achieved a grade 9-5'

At SJW, we use AQA and Pearson Edexcel as our main exam boards. Please visit the websites to find out more about the different languages that can be studied for a GCSE:

<https://www.aqa.org.uk/subjects/languages>

<https://qualifications.pearson.com/en/subjects/languages.html>

'The Italian exam was very easy to pass and I gained a high grade which will help me with getting a place in a college'
Yuvraj S.

'I enjoyed learning Panjabi, it helped me with my reading skills'
Harpreet K.

'I passed my GCSE Polish in Year 10, this allowed me to study for A level in Year 11. It means I will have extra points for my University!'
Oliwia S.

For more info contact:

Miss Lally (Head of Humanities and Languages) - mlally@sjw.bham.sch.uk

Mrs Kawecka (EAL Co-Ordinator) - pkawecka@sjw.bham.sch.uk

Mrs Wallace (MFL Co-Ordinator) - cwallace@sjw.bham.sch.uk



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the
national
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
Available Sunday - Thursday 7pm - 9pm

the
national
sleep
helpline



Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Available Sunday - Thursday
7pm - 9pm



IN PARTNERSHIP WITH
**Furniture
Village**

Copyright © 2021 The Sleep Charity. All rights reserved. The Sleep Charity, a charitable incorporated organisation registered with the Charity Commission under registration number 1150585.
*Survey of 2,000 adults by OnePoll, Aug 2021



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A PARENT'S GUIDE TO: Moving to secondary school

Online safety tips to support children

What are kids doing?

- It's a time when children are beginning to **make deeper social connections** for the first time and learning how to **interact with each other online** which can be overwhelming.
- The **Smartphone becomes a status symbol** and an important tool to stay connected to their friends but it also puts them under **pressure to interact**.
- School interactions with friends **cross over into the online world** and at times it can be challenging to balance this with school work and other activities.



internet
matters.org

Online activities

- Socialising online** on a range of social apps
- Watching TV online** through YouTube
- Building their digital footprint by **sharing details about their day to day life** with friends and family or people they've met online
- Gaming online** with friends online regularly
- Doing homework** through video chats with friends
- Taking part in online challenges** with friends

What risks and challenges do they face?

As they become more active online, the probability that they will face an online issue increases.

81% of children (12-15) had potentially harmful online experiences in the last 12 months.*

*Source: Ofcom-ICO research 2020, Online Nation 2020



the amount of 12 - 15 year olds who take mobiles to bed with them

Screen time

'Everything in moderation' applies to the screen time debate when it comes to 'how much is too much screen time'.

Research tells us that children, brains, behaviour and sleep can be affected by how much time they spend on screens.

What can you do to help?

Having regular conversation about children's screen use will help them learn how to reach a good screen time balance.

- Discuss how** screen-time is affecting their overall wellbeing
- Set some **digital boundaries** to help them stay in control of their tech and **make use of the tools** that are available on phones and tablets
- Make them aware** that most apps, games and devices are designed to keep them watching and playing
- Stay engaged** in what your child is doing to help them use a wide range of media from safe sources



Support from schools

Schools can follow a framework that guides children on issues around wellbeing, health and as part of this they give strategies to manage screen time to avoid negative the affects. As of September 2020 the new **RSE curriculum** will be compulsory for all schools.

Peer pressure

From chasing likes on social posts to taking part in risky online behaviour, at this age children are starting to learn about what is acceptable behaviour to follow in order to be accepted.

Peer pressure can change their behaviour in a positive or negative way depending on who is influencing them. According to Ofcom (2020) 66% of 8-11 year olds and 73% of 12-15 year olds say that there is pressure to be popular on social media.

Also people they've only met online or YouTubers can have the same influence on them as people they know in real life.



What can you do to help?

- Stand your ground** & apply rules to counter any negative peer pressure
- Use a news story or something they can relate to** discuss potential risks of peer pressure
- Help them build the confidence** to say no if they are asked to do something that puts them or others at risk

Support from schools

Many schools promote an inclusive school culture and take the time to celebrate diversity to help form positive social norms.



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Sexting

Exploring sexuality has always been a part of a child's development so it's important to have age appropriate discussions about healthy sex and relationships so they have the right advice.

Children take part in sexting for a range of reasons; to fit in, as a joke, to express feelings in a relationship, to flirt, in search of validation due to low body image or as a result of peer pressure or coercion.

Recent research (2020) from Internet Matters and Youthworks found that 4% of 13 year olds had shared nudes rising to 17% of 15-17 year olds.

When sexting goes wrong, it can affect a child's emotional wellbeing, reputation and can lead to blackmail or legal consequences.

What can you do to help?

- Discuss the risks of sexting and what to do to resolve the situation if it does happen and it goes wrong
- Encourage them to think carefully about people's intentions or motivations
- Make sure they can **come to you or a trusted adult** if they need support without judgement
- Create **potential responses** if they are asked to share a nude – Try [Zipit app](#) for support



Support from schools

PHSE and Sex and Relationship Education (SRE) lessons help children explore and discuss subjects such as relationships, respect, consent, risk taking, exchange of sexual messages and images between peers and bullying. The government has made the teaching of relationships and sex education compulsory from September 2020 and the new curriculum covers the online aspects of relationships including sexting.

Sexting guidance helps schools to determine how they should deal with incidents and when external agencies should be involved. In cases where the image is shared as a joke or without intended malice then the school may deal with it themselves however if there was intended malice and it was shared without consent then the police or social care may be involved.

Cyberbullying

Research shows that **3% of 8-11 year olds** and **14% of 12-15 year olds** have been bullied on social media - with **5% and 12% respectively** saying that they are bullied on text or messaging apps.*

As they are new to the social world online, it can be tricky to see how their words and online actions can impact others. A video created by [BBC Own It](#) showing students reading the nicest and nastiest comments shared by others online brings to life how words can have a real impact on children's wellbeing.

Cyberbullying can affect children's mental health, learning and can lead to legal consequences in some extreme cases.

*Ofcom (2020) research



What can you do to help?

Getting to grips with 'netiquette' of what is acceptable to post and having coping strategies are essential to help children make smart choices online.

- Discuss the difference between banter and bullying
- Discuss the influence of school culture in how friends relate to each other
- Teach them how to report or block people

Support from schools

All schools should have a child protection and or safeguarding policy that guides their response to incidents, they may have mentors who can help or carry out 'Anti-bullying programmers' to raise awareness.

internetmatters.org

 InternetMatters

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So, you've found the perfect apprenticeship and written a CV fit for the job gods... Now it's time to apply.

The process usually begins with an **online application form**, where you'll need to expand on everything you've put in your CV and cover letter.

Just like your CV, you want to make sure **your application is the fairest of them all**, and the following tips and tricks will help you do just that.

[Find out more](#)



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GET IN TOUCH

If you want to find out more or have any questions we'd love to hear from you!

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