



# Saint John Wall Catholic School

## A Catholic School For All



Issue: 14

Friday 15 January 2021

Oxhill Road, Handsworth, Birmingham B21 8HH • Tel: 0121 554 1825 • [www.sjw.bham.sch.uk](http://www.sjw.bham.sch.uk) • [enquiry@sjw.bham.sch.uk](mailto: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'**

### Prayer

#### Termly theme: Hope

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth, as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

### Free School Meal Vouchers

Eligible parents will receive free school meal voucher codes via the school email system. Beware of scam emails from other sources - DO NOT provide your bank details to anybody.

**By Mrs Crooks - Assistant Principal**  
(Personal Development, Safety, Behaviour & Attitudes - DSL & SPOC)

### Catholic Life

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future"*  
**Jeremiah 29:11**

#### Form time

This week, we continued to focus on our theme of hope during form time. It has been excellent for our form tutors to be able to connect with their form groups over Teams. Each day has started with a Daily Reflection. This has included an inspirational quote & prayer focusing on the theme of hope.

As this week's scripture teaches, God has plans and hopes for each one of us. This can be difficult to remember when we're going through such a challenging time due to COVID. However, it is very important to trust God, as he knows us better than anyone else does. It is a reminder for us to keep going and never give up. There is a famous saying that says:

"They say a person needs just three things to be truly happy in this world: someone to love, something to do, and **something to hope for.**"

#### Prayer during lockdown

The National Office for Vocation is offering 100 days of prayer available on their website. If you would like to take part, please visit their website <http://www.ukvocation.org/>.

### Wellbeing and Mental Health

Another thing to remember is the importance of community at this time. Even when apart, we are never alone. Each and everyone of us has someone we can speak to when we are struggling. The [wellbeing@sjw.bham.sch.uk](mailto:wellbeing@sjw.bham.sch.uk) email address has been supporting all members of our community throughout lockdown. Please don't forget to send an email if you need support. No worry or concern is too small or silly.



The daily Physical & Wellbeing Activities from the PE department encourage us to keep in touch with each other and spread hope and joy each day. Try your best to complete each activity.

**By Mr Price**

### Timings of the School Day

All pupils are being taught live lessons at the following times every school day:

<b>8.55 to 9.10</b>	<b>Tutor time and daily reflection</b>
<b>9.15 to 10.15</b>	<b>Lesson 1</b>
<b>10.30 to 11.30</b>	<b>Lesson 2</b>
<b>11.45 to 12.45</b>	<b>Lesson 3</b>
<b>13.30 to 14.30</b>	<b>Lesson 4</b>

**14.45 to 15.30** Pupils in Year 11 and Year 10 will have additional catch-up on alternate weeks as follows: Monday - Science, Tuesday - Maths, Wednesday - English, Thursday - RE and Bucket 3, Friday - Humanities, Languages and Bucket 3.

**17.00 to 17.40** Pupils in Years 10, 9, 8 and 7 will have additional masterclasses. These will be taught as per the published masterclass programme.

#### Saturday 11.00 to 11.40

Occasionally masterclasses will also be taught on Saturdays. These will be published in the masterclass programme.

All pupils have been issued a yellow remote learning exercise book which contains plain, square and lined paper. If you need extra books or any other stationery please telephone or email the school to arrange collection, [enquiry@sjw.bham.sch.uk](mailto:enquiry@sjw.bham.sch.uk) or 0121 554 1825



## How do I access Microsoft Teams from home?

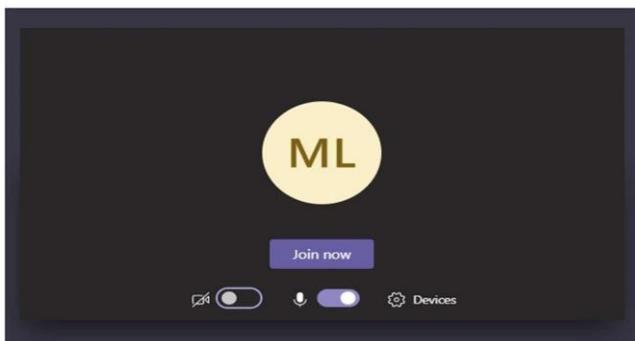
- 1) Go to the School website, click on Microsoft Teams or Office 365



- 2) Login using your school email address.
- 3) Click on the App Launcher (Grid of dots)
- 4) Select 'Teams'



- 4) You will see a grid of all your lessons. Select a team you have a timetabled lesson for.
- 5) Click into it and press the join button.



- 7) You are now ready to learn remotely.

For more information about Microsoft Teams, see the pupil guide on our school website: [www.sjw.bham.sch.uk](http://www.sjw.bham.sch.uk) and select the 'pupils' or 'parents' drop-down menu then select 'Remote Learning – Pupil Guide'.

### Important Notice

All pupils are expected to follow the school's behaviour policy and remote lesson expectations when using Microsoft Teams.

## Expectations for Live Lessons

When attending a live lesson, pupils must adhere to the following:

- Pupils will only take part in 'live' streaming if a parent/carer knows that I am doing it. Your parent/carer will be informed of when you are expected to attend live lessons and masterclasses.
- Pupils will be responsible for their behaviour and actions when using technology.
- Communication with pupils, teachers or others using technology must be appropriate and use of emojis is not permitted.
- Pupils must not deliberately browse, download, upload or forward material that could be considered offensive or illegal. If material is accidentally accessed, this must be immediately reported to your teacher or parent.
- Resources and videos created by your teachers must not be shared or videoed in any circumstances. They are to be used by Saint John Wall pupils and staff only.
- Pupils must not create classes, groups or teams within Microsoft Teams.
- If pupil standards are not met, this will be reported to your Head of Year and parents will be contacted. Consequences will be put in place.
- Pupils must be dressed in school shirt when participating on live lessons.
- Video function must be turned off and not used at any point. Audio function must be turned off unless your teacher gives you permission to un-mute to answer a question.
- Pupils must interact via chat function or agreed application within Microsoft Teams.

## Teams Controllers

We have members of staff available every day who are here to help and support pupils with problems using teams or general IT support. If you are having problems accessing your lessons, sound issues, need to reset your password or having issues with your device then contact Team Controllers directly by emailing:

[TeamsControllers@sjw.bham.sch.uk](mailto:TeamsControllers@sjw.bham.sch.uk)

In your email you need to put the following information;

- First name:**
- Surname:**
- Form:**
- Contact phone number:**
- What is the issue you are having?**

Parents can contact school via 0121 554 1825

If you require IT Support and or need stationary you can do this by emailing [TeamsControllers@sjw.bham.sch.uk](mailto:TeamsControllers@sjw.bham.sch.uk)

### Quick Tips to Help you at Home

In order for your teams lessons to run smoothly here are a few suggestions:

- Try using a laptop or desktop computer if this is at all possible.
- If you are using a mobile phone and are having trouble and you have no laptop/desktop available try using a games console if you have one. A guide on accessing teams on Xbox or Playstation is available on the pop-up on our school website.
- Try using MS Edge browser or the MS Teams program directly as this could run more smoothly.
- If you are having sound issues check you speaker icon in the taskbar by the clock is not muted. You can also check if your sound is working by going to youtube and playing a song.

#### Having problems with wifi/internet?

- If your internet/wifi is slow try getting closer to the router and if possible make sure it's a wired connection.
  - If problem continues, then try turning off all other internet depending/other browsers you may have open (streaming, downloading, gaming etc.) as this slows the internet down.
  - If this doesn't work, unplug the router for 10-30 seconds to restart the router.
  - If this still continues your parents can try contacting their internet provider.

### Development Homework

Pupils can access extra work by visiting our school website and clicking on the Development Homework link on the pop-up box. Or by selecting the 'Exams and Homework' link on the homepage. Work is available for every year group and every subject.

### Internet Safety Websites

- <https://www.internetmatters.org/>
- <https://www.thinkuknow.co.uk/>

### Do you need IT equipment or a better internet connection?

The school has a number of devices that can be provided free of charge to help you access your lessons more effectively. If you need help with equipment contact the Teams controllers (details on previous page) or your Head of Year.

### Remote learning Masterclass Timetable (January- February 2021)

**Timings:** Evening Microsoft Teams Masterclass: 5:00pm to 5:40pm  
Saturday Teams Masterclass: 11:00am to 11:40am

#### PLEASE NOTE:

All masterclasses will be taking place on Microsoft Teams until February half term 2021

Term 2	W/C	Monday	Tuesday	Wednesday	Thursday	Saturday Assessment Week Master Class Prep.
	18th Jan	Year 10 Evening <b>BUSINESS</b> Masterclass Mr Rathbone	Year7 Evening RE Masterclass Miss Fox-Roberts	Year 8 Evening <b>HISTORY</b> Masterclass Miss Lally		Year 10 Saturday <b>ENGLISH</b> Masterclass Miss Flinn
	25th Jan	Year 10 Evening <b>MEDIA</b> Masterclass Mr Rathbone			Year 7 Evening <b>HISTORY</b> Masterclass Mr McIntosh	Year 8 Saturday <b>ENGLISH</b> Masterclass Miss Moyo
February		Year 8 Evening RE Masterclass Mrs Harms		Year 10 Evening RE Masterclass Miss Hanson		
	1st Feb	Year 10 Evening <b>HISTORY</b> Masterclass Mr John			Year 7 Evening <b>ENGLISH</b> Masterclass Mrs Wieremiewicz	Year 10 Saturday <b>SCIENCE</b> Masterclass Mr Rahman
		Year 8 Evening <b>SCIENCE</b> Masterclass Ms Forbes		Year 10 Evening <b>MATHS</b> Masterclass Miss Allen (HIGHER)		
	8th Feb		Year 9 Evening <b>Health and Social Care</b> Mr Owen			
	15th Feb	End of term				

## Head of Year 10 Message

Hello Year 10, what a week it has been! You have been busy getting set up for and used to the changes - using Microsoft Teams for form and lessons and using SENECA, Teams assignments and other resources to work from home.

Can I just remind you that you are expected to attend form time on Teams, not just your lessons. Please wake up early enough to do this, as you would do if you were physically attending school. Similarly, your attendance in lessons is being monitored. Some of you have already received phone calls home asking you to join your classes on Teams. Let's make sure that from next week, we are all on time to form and our lessons, please. This is incredibly crucial for you as you are preparing for your GCSEs and BTECs. Your teachers are doing all that they can to ensure that you are getting the best remote education possible and you are not missing out on crucial exam content while you are at home, please make sure that you are doing your part. Next week Year 10 will have after school catch-up on Teams to give you and your teachers extra time for exams.

If you are unable to access Teams due to not having a computer or internet, we are able to help you with that. Please have your parents call us to let us know. The majority of computer / internet issues have already been resolved, as most of you collected laptops or desktops before Christmas. However, for some of you, you may have had a new issue arise - maybe a laptop has broken, please report these types of issues as soon as possible so that we can support you in getting back online and into your lessons.

Thank you to those of you who took my calls this week as I have been supporting you with the mobile phone data initiative. Thank you to those of you who filled out the form as well. The free data being offered by some mobile phone companies is another useful tool in case something goes wrong with your computer.

Adjusting to working from home can be difficult but remember that although we are no longer seeing each other face to face everyday, we are still a team. Your form tutors are making calls to speak to you individually but remember, you can also contact them, me or our wellbeing support service at any time through email.

A scripture of encouragement:

**Romans 8: 31** What, then, shall we say in response to these things? If God is for us, who can be against us?

Despite the current uncertainties of life, God is always with us and we can be there for each other.

Have a lovely weekend and remember to reach out if you need a little bit of extra support. Stay safe,

By Miss Moyo

## Head of Year 9 Message

Hello Year 9, I would like to say WELL DONE! I am very impressed with everyone who has been logged onto remote learning lessons. I know this has been a strange time for us all, but you are all showing great resilience to the new way of learning.

This week has shown the maturity of our year group and I am very proud of you.

### Collective worship

We will be starting to have a year group Collective Worship. This will give you all some time to come together as a year group (all be it by teams) and reflect. You will receive a team's invitation from me, you are to attend this on WEDNESDAY every week unless your form tutor tells you otherwise.

During this time, I will be announcing Stars of the Week. These will be based on your teacher recommendations for those who are taking part and contributing to lessons positively.

### FSM

Please can all pupils who receive free school meals check their emails as there will be some key information about free school meals. These will start back on Monday and will be sent to the pupil email. If you need these in another form, please contact the school.

### Access to lessons

If you are struggling with access to some of your lessons please let the school know so we can try and put something in place to help you.

You may also be entitled to free additional mobile data so again, contact the school and we can talk to you about that. We are here to ensure that your education does not suffer even if you are at home.

### HPV Vaccine

Some pupils have their HPV Vaccine in school on **Monday 18 January**. A letter and text have been sent home. Can all pupils who are attending school please come in **school uniform at their allocated time** on the letters.

### Daily Challenge

(See diagram below or click on the link on the school website popup)

Have a fantastic week and I look forward to seeing you on Wednesday for Collective Worship!

By Miss Reynolds

	<b>Jan-07</b> 30-minute walk or run	<b>Jan-08</b> Message someone something positive	<b>Jan-09</b> 20 burpees 15 v sits 20 squat thrusts 25 press ups	<b>Jan-10</b> Take a bath Listen to your favourite music Read a book	<b>Jan-11</b> 30 minute walk or run	<b>Jan-12</b> 50 step ups 40 air punches 30 second plank 20 high knees	
	<b>Jan-13</b> Email your tutor to check in	<b>Jan-14</b> Check in on a friend	<b>Jan-15</b> After study Create your own circuit Eat your favourite food Read a book	<b>Jan-16</b> Listen to this motivational speech by Eric Thomas:	<b>Jan-17</b> 10 leg raises 20 burpees 30 star jumps 40 lunges	<b>Jan-18</b> 30 Minute walk or run	
	<b>Jan-19</b> 30-minute stretching	<b>Jan-20</b> Spend 1 hour reading an article or book that interests you	<b>Jan-21</b> Complete a Joe wicks work out... do some research and find your favourite one to	<b>Jan-22</b> Complete this 30-minute mobility work out:	<b>Jan-23</b> Look for something positive to say to everyone you live with... a little goes a long way	<b>Jan-24</b> 20 leg raises 30 star jumps 15 burpees 15 v sits	
	<b>Jan-25</b> 45 minute walk or run	<b>Jan-26</b> 20 burpees 30 v sits 40 star jumps 20 press ups	<b>Jan-27</b> 5 minutes stretching 40 sit ups 40 leg raises 40 squat jumps 40 second sprint	<b>Jan-28</b> Revise your worst subject for 30 minutes to gain a better understanding	<b>Jan-29</b> 60 minute outside activity of your choice	<b>Jan-30</b> Choose 3 more exercise to add to this circuit and complete 4 times. 10 press ups 10 squats 10 burpees	
	<b>Jan-31</b> Watch your favourite movie with your family						

## Head of Year 11 Message

Well done to all Year 11 pupils who have completed their first full week of remote lessons at home.

Please continue to log onto teams every day to continue your education. This also includes making sure you log in during form time. Every Monday Year 11 have Collective Worship 8.55 – 9.10am please ensure your child is logging on to get up to date information we may need to share.

It is vital that pupils are completing work in their remote learning books as these are all evidence of you completing work at home when you return. Pupils should also complete online work as instructed by their teacher.

We have high expectations in terms of your education and expect you to continue to show respect and good behaviour during all live lessons.

Our careers advisor will be contacting you in the coming days to arrange times to talk to you, if you have requested an appointment with her she will be contacting you to talk about further education choices. Pupils need to continue to complete applications as deadlines are looming, if you require any support we will be happy to help, please contact school for some guidance or if you just have some questions you need to ask.

I will be contacting pupils if they are not completing every lesson every day as these are a compulsory requirement.

If you require any equipment whilst you are at home please email school and we will make sure this request can be met.

There will be no after school catch-up classes next week but these will continue week beginning 25<sup>th</sup> January 2021.

As always please look after yourself whilst you are at home, although we cannot see you face to face we are still here to support and guide you.

By Mrs Chand

## Head of Year 8 Message

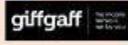
Well done for making a great start to the new term and accessing your lessons on Microsoft Teams. I have joined several of your lessons and have seen your good behaviour and love for learning.

I just wanted to take this opportunity to remind you of our expectations. The expectations information is shared by your teachers at the start of every lesson and they are clear for everyone. We continue to promote excellent school behaviour even though lessons are online. Please make sure you are only using the chat function to ask the teacher questions and your microphone is always on mute unless permission has been granted by the teacher.

Can I remind you, that you may have received an email to complete some questions on mobile phone data, and please complete this as soon as possible! Finally, I look forward to starting our Collective Worship from next week and in the meantime, please stay home and stay safe.

By Mr Hussain

## Does your child need extra mobile data?

Mobile Network Offers for Students		
MOBILE NETWORK	WHAT IS THE OFFER?	WHO CAN APPLY?
	O2 are offering 40GB of data per month for students until 31 July 2021	Pay Monthly customers ✓ Pay-as-you-go customers ✓
	EE are offering 60,000 students 20GB of additional data per month until 31 July 2021	Pay Monthly customers ✓ Pay-as-you-go customers ✓
	Three are offering students unlimited data until 31 July 2021	Pay Monthly customers ✓ Pay-as-you-go customers ✓
	Sky Mobile are offering 1,800 students 100GB of additional data per month	Pay Monthly customers ✓ Pay-as-you-go customers ✗
	Tesco Mobile are offering 1,000 students 20GB of additional data per month until 31 July 2021	Pay Monthly customers ✓ Pay-as-you-go customers ✗
	Smarty are offering students unlimited data until 31 July 2021	Pay Monthly customers ✓ Pay-as-you-go customers ✓
	Vodafone are offering students 350,000 SIM cards that provide 30GB of data	Pay Monthly customers ✓ Pay-as-you-go customers ✓
	Virgin Mobile are offering students 20GB of additional data per month until 31 July 2021	Pay Monthly customers ✓ Pay-as-you-go customers ✗
	Giffgaff are not currently offering any additional support to students	✗
	Lycamobile are not currently offering any additional support to students	✗
	Asda mobile are not currently offering any additional support to students	✗
	Lebara mobile are not currently offering any additional support to students.	✗
	PlusNet are not currently offering additional data to students but they are zero rating BBC bitesize for all customers	✗

**How to receive this support**  
 If you are a parent or a pupil and want to access this support, please contact your school.  
 All schools wanting help for their pupils should visit: <https://get-help-with-tech.education.gov.uk/start>

## Head of Year 7 Message

### Collective Worship

Thank you to all those who joined us on Microsoft Teams for our Collective Worship on Friday, it was a lovely way to gather together as a Year group and reflect on our Catholic Life theme of 'Hope'. Please continue to join Collective Worship every Friday from 8.55am-9.10am.

### Stars of the Week

Our Stars of the Week have been nominated by their teachers. Well done to the following pupils for your great attitude to learning!

Malkia Reid 7RES

O'Mari Harvey 7FOX

Qasim Rehman 7RES

Daisy Idemudia 7RES

Elisa Breton-Johnson 7FOX

Denzel Okyei 7FLI

Aqib Khan 7RES

Ayub Gul 7BRK

Aisha Rana 7FLI

### Free School Meals

From Monday 18 January Free School Meal vouchers will be sent to pupil's email addresses. Should you need them in a different format please contact the school.

**Forward Thinking Birmingham (FTB)** is the city's mental health service for 0-25 year olds. Please visit their site for tips, hints and support for mental health and wellbeing. <https://www.forwardthinkingbirmingham.org.uk>

**Kooth.com** is an online service provided for **FREE** by Birmingham City Council for pupils aged 11+ to encourage good mental health and wellbeing. Once logged in you will be able to access additional support, speak to people your own age and chat to counsellors about how you are feeling. It's good to talk! Please follow the link below and get registered: [www.kooth.com](http://www.kooth.com)



**kooth**  
**Need to talk?**  
We're **online** until 10pm

Chat to friendly counsellors online until 10pm, 365 days a year

Read self-help articles written by other young people

Join peer-to-peer support forums

*My goals for this week...*

Set yourself challenging but achievable goals. This could be a subject to learn about, a new skill to master, something to spend more time on... Write big goals for the week at the top of each box and smaller goals that will help you achieve it inside.

Goal number 1: \_\_\_\_\_

**To help me achieve this, I will:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Goal number 2: \_\_\_\_\_

**To help me achieve this, I will:**

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Goal number 3: \_\_\_\_\_

**To help me achieve this, I will:**

7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

How well did you do this week? Take a few moments to think about your week and whether or not you achieved your goals. Remember, sometimes it's not possible to achieve everything you want to, but trying is the important part.

Give yourself a mark out of 10 for your achievements this week: \_\_\_\_/10  
Now get some rest and think about your goals for next week.

Email Mrs Ellis with an update

By Mrs Ellis

# Lifestyle Remote Learning-Healthy Mind/Healthy Body

This week for Lifestyles, we want you to think about all the positive things about life. It is important to remember all the things that make you unique- what is special about you & what talents you have. Share these with your friends and family- they might be able to add more to your list!

## How many positives can you think of?

Fill in the shapes with as many positives you can think of.  
E.g. "I am brave, kind, caring..."

The form consists of three distinct shapes, each with a title and several horizontal lines for writing:

- I AM** (Circle): A purple-outlined circle containing the text "I AM" in purple and five horizontal lines for writing.
- I HAVE** (Triangle): A red-outlined triangle containing the text "I HAVE" in red and five horizontal lines for writing.
- I CAN** (Star): A blue-outlined star containing the text "I CAN" in blue and five horizontal lines for writing.



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By Mrs France

# Do you need any support over lockdown?

## Food:

Food Parcels collections 5-6pm Daily  
Midland Langar Seva Society  
Dale End Bus Stops (Stall)  
Birmingham City Centre  
B4

Asian Resource Centre  
Villa Road  
0121 523 0580



Food Bank Centres  
New Life Wesley Church  
Holyhead Road  
Handsworth  
Birmingham  
B21 0RA  
0121 507 0734  
(Thursdays 1-3pm)

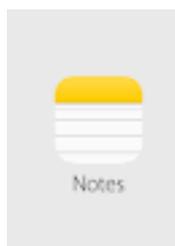
Salma Food Bank  
Unit 8  
Ash Court  
Crystal Drive  
Smethwick  
B66 1Q  
07767164246

Aspire Housing Rookery Road  
308 Rookery Road  
Handsworth  
Birmingham  
B21 9QG  
1pm Mon/Wed/Fri

The Soup Kitchen, Street Food Bank every Friday & Saturday 6pm - 7pm in front of Handsworth College, Soho Road, Birmingham

## Remote Learning:

If you have an iPhone or iPad you have a scanner!  
Parents & pupils, if you are planning to email any work to your teachers, you can use the 'Notes App'.



Open a new note, press the camera button, the option to scan what you have written will pop up. Once the document is scanned, you can email it easier than a photo. You can also add notes to the scanned document.

## 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](mailto:ask@winstonswish.org)

Cruse Bereavement Care

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

Phone: 0808 808 1677

## Healthy Mind/Health Body

Joe Wicks is back with his PE lessons streamed live to his YouTube page at 9am each day.

(<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>)

The PE & Lifestyle teams have also created resources to help you focus on keeping a healthy mind/body during lockdown.

You can access this work via the website by clicking on the '[Daily PE & Wellbeing Activities](#)' link on the pop-up.