



# St Robert of Newminster

Catholic School and Sixth Form College



18<sup>th</sup> May 2020

WEEKLY NEWSLETTER

## Mental Health Awareness Week

18<sup>th</sup> – 24<sup>th</sup> May 2020

Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place this week and focuses on the theme of 'kindness'.

In a world that is increasingly opening up to and understanding those with mental health issues, it's no surprise that this week is now a firmer fixture on the UK calendar.

The following links are useful for students, parents and families if seeking support for mental health and well-being:

[www.kooth.com](http://www.kooth.com)

[www.camhs-resources.co.uk/](http://www.camhs-resources.co.uk/)

[www.mentalhealth.org.uk/campaigns/mental-health-awareness-week](http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)

Dear Parents/Carers, Students and Friends of the School,

I hope you all continue to be well and coping with the current situation. Over the next few weeks the school will be attempting to make contact by telephone with every student in the school to check on how they are getting on with school work, but also most importantly how they are in general. I shall also be writing to parents and carers regarding initial considerations in light of the government's plans for a phased return to school for certain year groups. In the meantime I wish you all well and please all stay safe.

**Mr Juric**

### Reflection: The Comma

A very good friend of mine left teaching a while back to dedicate more time to her young family. This was not the result of the job becoming so overwhelming or that the students in her care were not the perfectly behaved, self-motivated angels we all desire. No, her decision was to pause and reflect, to consider her thoughts and her abilities, it was her comma.

Her actions and the recent events in all our lives have made us all consider what is important, namely the health and well-being of our families, our friends, our nation and indeed all those throughout the world. I like many of you, often find the task of work, home learning and parenting overwhelming and at times difficult but please remember to use a comma. Reflect, consider what is important and know that what you do is so important to so many. You may not be inundated with adulation but the impact you have is incredibly important. We thank you for your unwavering support and we pray that this event is simply a comma, a brief pause, before we once again return to our normal lives.

Mr Davis  
Head of RE

### Let us Pray...

On Thursday the 14<sup>th</sup> May, the Diocese of Hexham and Newcastle hosted a Diocesan Day of Prayer for the sick and their families, NHS front-line, social care workers and other key workers. The month of May is dedicated to the Blessed Virgin Mary so we pray together:

**Hail Mary full of Grace, the Lord is with thee.**

**Blessed are thou amongst women and blessed is the fruit of thy womb Jesus.**

**Holy Mary Mother of God, pray for us sinners now and at the hour of our death  
Amen.**

Pope Francis, in his weekly address, offered prayers to all those within education:

**"Let's pray today for students & for teachers/school workers who need to find new ways to move forward with their teaching. May the Lord give them courage and success."**



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## A Celebration of Laudato Si (Care for Our Common Home)

In 2015 Pope Francis wrote an encyclical letter named 'Laudato Si'. He addressed the letter to all people on the planet urging them to consider the responsibility we have for the environment, our common home. To celebrate the 5<sup>th</sup> anniversary of 'Laudato Si' the Catholic Education Service have put together a number of resources based on the themes of 'Reflect, Prayer & Act'. The link below provides access to their 'At Home' and 'At School' resource packs as well as a fact file of inspiring, nature loving role models and a pack of useful print outs. From Saturday 16<sup>th</sup> May – Friday 24<sup>th</sup> May we are asked to join Catholics across the world to celebrate our common home:



[www.catholiceducation.org.uk/schools/laudato-si-resources](http://www.catholiceducation.org.uk/schools/laudato-si-resources)

### St Godric Finchale House & Cancer Research UK

I hope you and all your families are keeping well. All your tutors, Mrs King and myself want you to take good care of yourself, stay safe and look forward to seeing you all when we can.

I know that right now, times are difficult for us all, but if you can I would love you to continue to support our House charity. We started in September 2019 supporting Cancer Research UK – as voted for by everyone in the House. So far, we've raised over £500 which is fantastic! Charities need our support even more during this time. If you can, as a family, take a look at some of their ideas on the Cancer Research UK website. You can continue to take part in Race for life from home, or if you are having a clear out they've organised a fantastic and safe way to have your unwanted goods collected from your home. Ask permission, and get an adult to help!

If you do take part in fundraising or donating, take a picture of your efforts and when we return you can update us with all the good you have been doing during lockdown. Doing something positive for others during these times can give us a boost to our own wellbeing. You are all in our thoughts and prayers,

Mrs McHale & Mrs King



#### **We're still racing for life**

Join the Race for Life at Home. You can help beat cancer in your own way by setting yourself an exercise challenge to complete in the comfort of your own home, or as part of your daily exercise.

Join in and share on social. We might be apart, but we're doing this together.

[Sign up for free](#)



#### **We still need your donations**

During lockdown we know many of you will have been clearing out your clutter. With our shops closed, it's not been possible to donate your pre-loved items to us. To help, we've partnered with Vintage Giving, a free service that lets you donate whilst supporting life-saving cancer research.

It's simple - just order a donation pack online, box up your items, then book a free collection or drop them off at a post office, if safe to do so.

[Order your donation pack](#)



At the beginning of March a group of St Robert's staff took part in the Mad March Mare. A 10K mud and obstacle run around the Northumberland Countryside where they faced 35 gruelling obstacles. We received an email from our chosen charity 'Crisis' this week:

**"A huge thank you to a group of teachers from St Robert of Newminster RC School & Sixth Form College in Washington Tyne and Wear who raised £530 by taking on The Mad March Mare"**

The Covid-19 pandemic has had a devastating effect on charities, with the cancellation of thousands of events and the loss of billions in fundraising income. In response, the **2.6 Challenge** was launched on Sunday 26 April – what would have been the date of the 40th London Marathon, the world's biggest one-day annual fundraising event. This is a challenge for **all ages and abilities!** Just get thinking of an activity based around the numbers 26 or 2.6 and complete it. Please ensure you follow **Government guidelines** on exercise and social distancing.



## PPE Equipment



A huge thank you to the Design Technology Department at St Robert's who put their expertise to good use to supply PPE equipment. The visors were created using the school's 3D printer and have been supplied to various key workers in the local area. St Robert's, like many schools throughout the country is proud to support our NHS workers as well as those who work in the care sector. Hopefully this equipment will prove invaluable in the measures taken to combat the Covid-19 pandemic.



## Sixth Form News

### Yr11 Bridging Work

Students returning to start Year 12 in September are working well on their preparation tasks for their new courses in 6th Form. Subject departments have provided a wonderful variety of engaging and challenging tasks to better prepare students for their A Level courses. Details of these tasks can be found on the school website. In addition to subject tasks, there are a range of general study skills tasks and instructions on how best to approach the preparation work.

### Yr12

Students should be engaging with the weekly work set by their subject teachers. Details of all tasks can be found on the school website. Students should also be accessing their Unifrog account and completing the tasks that will prepare them for university, apprenticeship or employment applications.

### Yr13

Students should be preparing for their university courses. Enrichment tasks will be available from subject areas. The deadline for making final choices on university offers is June 18th. The deadline for applications for student loans is usually the end of May although this has not been confirmed yet. Students who are looking for apprenticeships or employment should contact the 6th Form if they need any help with applications or finding opportunities.

### Email

Students should check their college emails regularly for further information and updates from Mr Bayne.



## Duke of Edinburgh

All over the UK, participants have been changing their Volunteering, Physical and Skills activities to ones they can do from home, so they don't miss out on their DofE during lockdown. If you haven't changed yours yet, it's really easy to do:

1. Choose your new activity (take a look at our [DofE With A Difference ideas list](#) or [Opportunity Finder](#) for inspiration).
2. Get your Leader's approval.
3. [Find an Assessor](#), which can be your Leader, a family friend or someone else.
4. Change your activity using the [DofE app](#) on your phone or using desktop [eDofE](#). Download the app for free from the App Store and Google Play.

And don't forget – you can now change your activities more than once, and time spent on your previous activities will still count. Let us know on social media using #DofEWithADifference.

## Recognition of Excellent Effort

As we approach half term we thought this the perfect time to give some of our pupils a virtual pat on the back. Teachers have been nominating those pupils they feel have really risen to the challenge of remote learning and on Friday, the first of our e-postcards will be arriving in pupil inboxes. If your child is one of the recipients, please congratulate them on our behalf. If their mail box is empty, tell them not to be disappointed: e-postcards will be sent every Friday until the end of the summer term so there is lots of time left to be recognised. As always, thank you to parents and carers for supporting our pupils as they work from home.





## Message from Mr Clark

Thank you for the fantastic work we have been receiving lately and a big well done on adapting to our new way of working. Parents/carers please continue to encourage your child to access the work regularly and complete the tasks set by their teachers. Many thanks for the support with the online work so far and I wish you and your families well. We have attached some more examples of work pupils have produced using Microsoft Forms as well as work that has been sent in via email:

### Year 9: Unit 3 Values

#### c) Explain Catholic teaching on the role of women. (8)

Catholics believe that women have a role equal to that of a man, this is demonstrated in the teaching of Imago Dei. Imago Dei is Latin for "image of God" and this is especially present in Genesis, in the book of Genesis it states that "So God created man in his own image, in the image of God he created him; male and female he created them.", this tells us that men and women were created equally in the eyes of God.

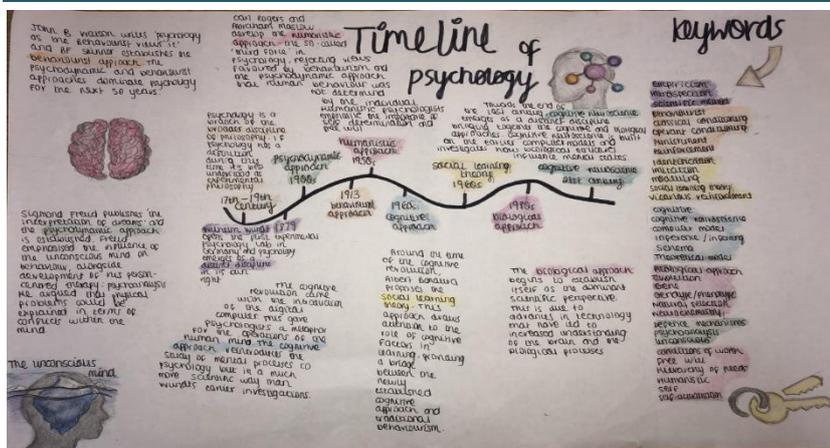
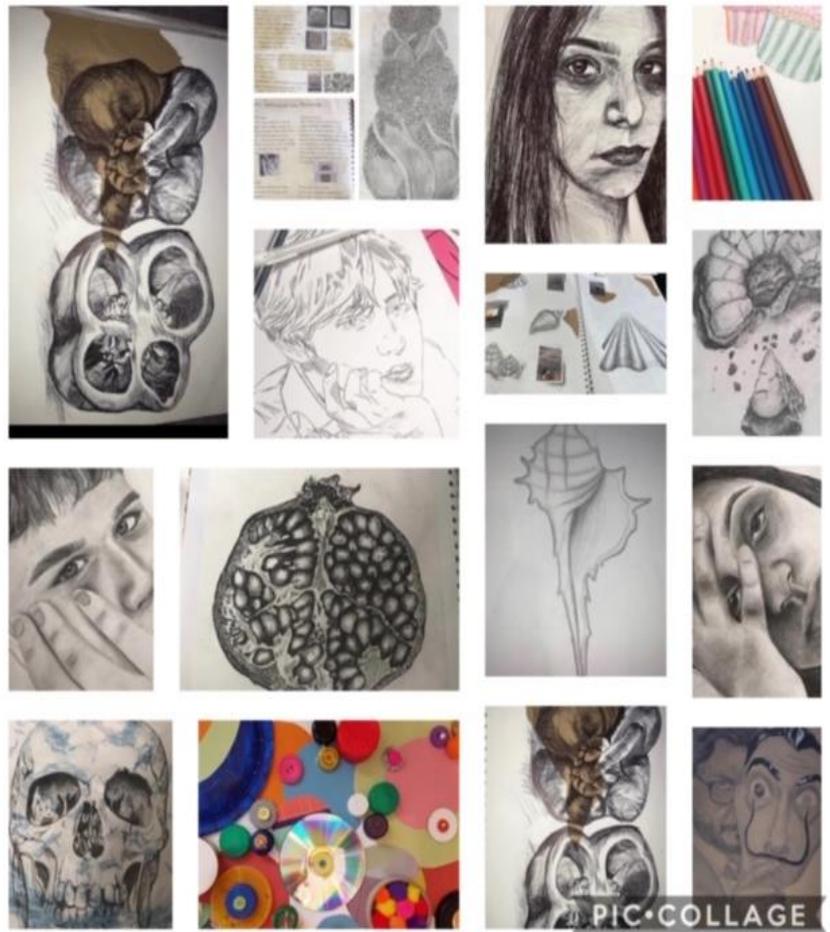
Women have a special role in the Church this is outlined in the Bible. We know that some of Jesus' closest disciples were women, this tells us that Jesus did not care who you were or where you were from. In the Bible it also tells us that men and women are equal with the quote "There can be neither Jew nor Greek, there can be neither bond nor free, there can be no male and female, for ye all are one man in Christ Jesus.", this shows that it doesn't matter what race, sex, or social status you are because everyone is one with Jesus.

Finally, Pope St John Paul II taught that all Catholic women are equal with his letter in 1995. This shows women are just as good as men if not better in any job and that men and women should be treated with the same amount of respect as one another. - Alex O'Brien

Catholics believe that we were created in the image of God. For example this is demonstrated by the word "Imago Dei" which means we were created in the image and likeness of God. This suggests that God made everyone equally and loves everyone the same amount each. Women are special and dignified.

For all women are told that they are made equal it is made clear, the divide within the roles of the Church. Women have a special role in the Church since Mary played a central part in salvation, it is argued by the Pope that women are made by God to nurture people and birth children. Pope Francis says, "it is the women who sacrifice her energy and body". This shows that women do and are equal however, however many Catholics believe that they should be the mother at home and the men work for the Church.

Finally, Pope John Paul II taught that Mary is a role model for men and women. He stated "Mary, the woman of the Bible is the most complete expression of this dignity and vocation". This shows that she symbolizes the ultimate human relationship with God and especially for women she symbolizes the fullness of her perfection. - Abigail Walker



**Year 7 Rockies**

**Method:**

- Preheat oven to 180°C.
- Roll out dough and shape into balls.
- Roll in sugar and poppy seeds.
- Place on a baking tray and bake for 15-20 minutes.
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**Timeline of Psychology**

**Key Terms:**

- Psychoanalytic
- Behaviorism
- Gestalt Psychology
- Cognitive Psychology
- Humanistic Psychology
- Biological Psychology
- Evolutionary Psychology
- Neuroscience

**Text:** Around the time of the cognitive revolution, Albert Bandura proposed the social learning theory. This approach focuses attention on the role of cognitive factors in learning. It provides a bridge between the newly emerging cognitive approach and traditional behaviorism.

**Text:** The biological approach helps to establish itself as the dominant scientific perspective in psychology. This is due to advances in technology that have led to increased understanding of the brain and the biological processes.

**Text:** Towards the end of the last century, cognitive neuroscience emerged as a distinct discipline bringing together the cognitive and biological approaches. Cognitive neuroscience is built on the earlier cognitive methods and investigates how biological structures influence mental states.