



# St Robert of Newminster

Catholic School and Sixth Form College



22<sup>nd</sup> June 2020

WEEKLY NEWSLETTER

## Life after the Pandemic

The Vatican Publishing House has released a free eBook, "Life After the Pandemic", a collection of interventions by Pope Francis, with a preface by Cardinal Michael Czerny, to reflect on the vision of the world that is emerging after the pandemic and to which we are called to accompany. It is now available to [read or download](#).

**Bishop Robert Byrne CO has announced the re-opening of the first two churches for individual prayer from Monday 15 June 2020:**

**St. Mary's Cathedral, Newcastle upon Tyne:** Open daily from 1.00pm – 4.00pm (including Saturday and Sunday)

**St. Mary's Church, Sunderland:** Open from 10.00am to 1.00pm, Monday to Friday.

Due to social distancing measures, there will be a limited capacity in each church. Should the maximum capacity of a church be met, a queueing system will be implemented outside of the Church.

Dear Parents/Carers, Students and Friends of the School

Welcome once more to our weekly newsletter. Last week saw the return of our Year 10 students who brought with them much needed energy and enthusiasm. This week we welcome back our Year 12 students and they will have the opportunity to receive face to face teaching to support their home learning. Although the school experience was different to usual the students were a real credit to themselves. All teachers commented across the week about their enjoyment as well as the hard work and effort put in by all the pupils. On behalf of the school leadership team and all the staff we just wanted to thank you for your continued support and also thank the students that have risen to the challenges faced over the last 12 weeks.

### A Reflection on Isolation

My Father, Colin, turned 71 in April, he is a retired joiner and following the death of my Mother last year he has taken to poetry to help him come to terms with his loss and grief. He wrote a poem just after his birthday and I thought I would share this with you as it captures the human spirit that has been evident over the last 3 months:

#### Isolation

As we all fight this virus that's sweeping our nation,  
with no people on buses, no quees at the station,  
it's great to see how folk are coping with social isolation.  
Very few cars on the roads and the streets almost bare,  
behind all those windows are good people who care.

In this strangest of times that we are now living through,  
it's brought people nearer, so good to see too.  
Families and friends even closer than before,  
chatting through windows or a tightly shut door.  
Helping out strangers in the best way they can,  
offering food or a favour, a smile or a chat,  
people at their best, it's as simple as that.

I have learned about Facebook, WhatsApp and Zoom  
seeing all the family, right there in the room.  
People of all ages, both the young and the old,  
embracing social media, a joy to behold.

Be it learning many ways to keep yourself fit,  
or providing a laugh and having five minutes sit.  
Looking at the pictures, videos or a joke,  
amazed by the ideas from the simplest of folk,  
so many ways to help us all cope.  
Thursday the day, we say thanks with a cheer  
to the thousands out there, we all hold so dear.  
For our doctors and nurses, we know who you are,  
helping us through the dark like a bright shining star.

Follow the rules and stay strong as a nation  
and we will soon see the end to this social isolation.

### Let us pray...

Dear God, we thank you for our families,  
for those who provide care for us. We  
pray for the families who struggle. May  
the support that we lend brighten their  
days and comfort their nights. Help us to  
be faith filled people as we carry out  
your great work today and every day.

We ask this prayer through Jesus your  
Son

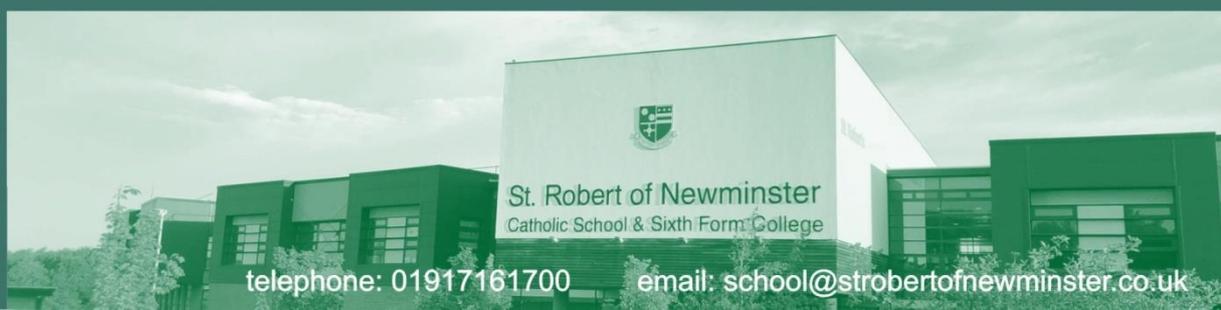
Amen

Last Friday was the feast of The Most Sacred Heart of Jesus and also the Diocese held a 'Day of Scripture' to mark the Year of the Word. The Diocesan Youth Ministry Team have put together a resource and we thought you may like to check it out.

The reflection is based on The Rosary and features Immaculee, who was a victim of the Rwandan genocide, along with young people from across the diocese. The reflection is hosted by Martin Delaney who is an actor and producer along with his wife Emerald best known for her role as Emma Grundy from the Archers. We also had input from two former St Robert's pupils:

Follow the link below:

<https://youtu.be/jojjiMW6Aigg>



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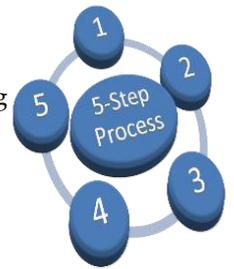
## Mental Health and Well-Being

NHS England have identified 5 steps that both young people and their parents can do to support their mental health and well-being. Trying these things could help you feel more positive and able to get the most out of the time when you are at home rather than school. It is really important that you pay attention to your well-being and the well-being of those around you. There are also a number of useful websites which provide support in this area:

[www.kooth.com](http://www.kooth.com) this is a free, confidential, online mental health service for children and young people

<https://www.camhs-resources.co.uk/>

This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.



## Lessons in Lockdown

Lockdown has been a learning phase for everyone. For some it has made us realise that we should not take our everyday life and freedoms for granted. When lockdown started who had the sudden 'oh no I can't see my best friend!' 'I can't go to the Galleries'. Twelve weeks later and I bet some of you cannot wait to give that best friend a hug! Trivial to some but so vital to others. We constantly preoccupy ourselves with thoughts of things we do not have during lockdown and experiences we are missing out on than what we still have. We need to learn to be appreciative and grateful for everything we have and everything we are going to receive. If we all stopped for a moment and looked around us, we would find endless things we have that others are not as fortunate to have. People complain constantly about having an outdated model of phone or computer when we should just be grateful, we have these things in the first place.

Shouldn't we just be happy we have food on the table and a roof over our heads? So many people in the world would do anything for these things, but we still complain every day that we do not have enough. We take advantage of the people in our lives, like our friends and family. We make the fatal mistake of assuming that these people will just be there for us without providing extra effort. A person who is not grateful toward their parents is one who has taken their love for granted. This week we want you to make the effort. Do not take families for granted. This time at home is precious, chat to your families, enjoy walks, and spend time in each other's companies before life becomes 'hectic' again.

"Learn to appreciate what you have before time makes you appreciate what you had." Now, imagine how hard life would be if we didn't have access to the Internet or to food or to clean drinking water. When you make yourself aware of how blessed you really are, that is when you learn to appreciate the "little" things in life.

Life is too short to waste our time thinking about what we do not have. We obviously can survive without them; we have during lockdown! Things do not make us happy; it is how we feel within ourselves that really matters. What you get out of life depends entirely upon your attitude. The things that truly provide happiness are usually right in front of us. What we need to do is continuously remind ourselves where we'd be without them. This week we would also like you to think about how you can change your attitude towards life moving forward out of lockdown. What do you need moving forward? Have you changed?

Lesson learnt? Lockdown has taught us to appreciate the early morning walks, playing with our pets, flowers in our gardens, chirping of the birds, reading, just sitting quietly, or chatting with our families, meeting friends, nothing is trivial. These are important tasks that keep us grounded. It took just one invisible being, a virus, just a lockdown to make us realise all these truths of life!

If you're still unsure about taking things for granted ask someone else, because the things you're taking for granted are possibly the things others are praying for.

God bless

Mrs Duncan, Mrs McHale, Mrs Mulhatten, Mr Thompson



## Year 9 Options: Business Studies

Are you a Year 9 student who has opted to take Business Studies next year? Follow the link below and answer the short 5 questions so we can get to know a little bit about you. We will try and tailor our lessons around the skills you want to learn, careers you are striving for and the case studies you find interesting!

[https://forms.office.com/Pages/ResponsePage.aspx?id=Tuy\\_OGt1dU-8B63sODOkmPI92xpnuHNMQX73Unwq0jURVA3OEhMjJBQkRXRU9ETVJFTVMzNk1SVS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=Tuy_OGt1dU-8B63sODOkmPI92xpnuHNMQX73Unwq0jURVA3OEhMjJBQkRXRU9ETVJFTVMzNk1SVS4u)

Thanks,  
Miss Lamb



## Thank You!

A huge thank you to all the year 10 pupils that attended school last week. Your conduct across the week was fantastic and it was a real pleasure to be able to teach you all once again. Students worked extremely hard across the week and dealt admirably with the social distancing measures that had been put in place. Any pupils that were unable to attend last week, don't worry. The subjects will be uploading the resources so you too can complete this at home.

We would also like to extend a thank you to our Year 12 pupils that took part in the Teams lessons last week. The uptake for the lessons was excellent and this was a wonderful opportunity to have some much needed interaction with our students. Teams lessons continue this week so ensure you are signed up and ready to take part. Regular remote learning is still being added to the school website so continue to access this.



## Key Stage 3 & 4 Home Learning

Over the coming weeks the remote learning opportunities will begin to look slightly different. Your teachers will be providing you with the opportunity to complete a variety of tasks and activities as well as provide opportunity to share your hard work.

For Year 10, departments will be providing opportunities to look at new learning that is crucial for your GCSE courses. The lesson plans, PowerPoints and feedback tasks provide you with all the information you need to complete this work to the best of your ability.

Religious Education: GCSE Preparation Work	
<p><b>Read the article outlining Jewish beliefs about the Messiah and the Messianic Age.</b> <a href="#">The Messiah</a> RE: Online Time: 10 minutes</p>	<p><b>Listen to the GCSE pod playlist on the Covenant and the Mitzvot. It will explain the significance of the important prophets in Judaism, such as Abraham and Moses, and the commandments they received from G-d.</b> <a href="#">The Covenant and The Mitzvot GCSE Pod</a> Time: 39 minutes</p>
<p><b>Read the article on a Kosher food diet. It outlines the origin of the word 'Kosher' and the types of food Kosher Jews will eat and will not.</b> <a href="#">What is Kosher?</a> Heathline Time: 20 minutes</p>	<p><b>Listen to the BBC Sounds programme. You will hear about the structured approach to mourning offered in Judaism which aims to guide the mourners through their loss and ease them back into the world beyond grief.</b> <a href="#">Jewish Mourning</a> BBC Sounds Time: 13 minutes 31 seconds</p>
<p><b>Watch the documentary 'Strictly Kosher' which gives an overview of the lives of the Orthodox Jewish community in Manchester. You will gain an insight into Jewish traditions, history, festivals, and faith.</b> <a href="#">Strictly Kosher 1</a> <a href="#">Strictly Kosher 2</a> <a href="#">Strictly Kosher 3</a> YouTube Time: Each episode is 46 minutes</p>	<p><b>Read the article on Jewish views on the environment. This will help you understand what Jewish people believe about the world and their responsibility to take care for it.</b> <a href="#">The Environment</a> RE: Online Time: 10 minutes</p>
<p><b>Watch a day in the life of a Rabbi with David Lister. He gives an insight into his average day as well as describing different features of the synagogue and various symbols associated with the Jewish faith.</b> <a href="#">Rabbi David Lister</a> True Tube Time: 7 minutes 20 seconds</p>	<p><b>PERFORMANCE TASK</b> Complete a profile on the following Jewish festivals: Pesach, Rosh Hashanah, and Sukkot. <a href="#">Link to upload for your teacher to view and mark. (Extra 20%)</a> <a href="#">Festival of Judaism</a> BBC Bitesize Time: 2 hours</p>

## School Reopening

The reintegration of Year 10 and Year 12 pupils is now into its second week. A detailed letter and reopening plan has been sent to parents and is available on the school website. Year 12 will attend w/c 22 June and w/c 6 July. (W/c 15 June and w/c 29 June are for Year 10 students. Details for the final week of term will be sent to you in due course.)

As outlined previously, each student will only attend on the days their subject is timetabled. Please check the timetable carefully. Some subjects have more than one teaching group across different option blocks. The letter in brackets after the subject name refers to the option block. You attend when your group in timetabled. If you are unsure which option block your group belongs to, please email the Sixth Form:

[sixthform@strobortofnewminster.co.uk](mailto:sixthform@strobortofnewminster.co.uk).

If there is no letter in brackets after the name of the subject, then all students of that subject should attend.

