



#### Trinity Sunday

Trinity Sunday, officially called "The Solemnity of the Most Holy Trinity," is one of the few celebrations of the Christian Year that commemorates a doctrine rather than a person or event.

On Trinity Sunday, Christians remember and honour the eternal God: the Father, the Son, and the Holy Spirit. Trinity Sunday is celebrated the Sunday after Pentecost, and lasts only one day, which is symbolic of the unity of the Trinity.

The Trinity is described as a 'mystery'. By mystery the Catholic Church does not mean a riddle, but rather the Trinity is a reality above our human comprehension that we may begin to grasp, but ultimately must know through worship, symbol, and faith.

It has been said that mystery is not a wall to run up against, but an ocean in which to swim.

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

I hope you are all well. I should like to wish you a happy Feast Day of St Robert of Newminster for the 7th of June. We all ask St Robert to pray for us over these coming weeks. In the coming days, those of you in Years 10 and 12 will be receiving more information about your phased reintegration into school from the 15th June onwards. Alongside this process we will be continuing to provide online learning for all year groups. Stay safe and I look forward to welcoming some of you back to school for specific sessions soon.

Mr Juric

#### Spinning Plates: Sorting your Wedgewood from your IKEA

For many of us the pandemic has meant that life (and especially work) has become very different to what it once was. Now more than ever we are having to become far more proficient in spinning the many plates we are being asked to hold. However, we need to work out what plates we can afford to drop before all of them come crashing down.

I read a blog recently that focused on teacher well-being and the main thread was focused on sorting out our IKEA from our Wedgewood. This came to mind this very weekend when my son, whilst reorganising his room, (I did not know he was doing this) decided to move his TV. Upon hearing a rather large crash, I was greeted with a relatively large hole in his IKEA desk. My initial response was annoyance but thankfully my wife put things into perspective quickly: "It's only furniture, it can be replaced". This is indeed true. The last few months have been useful in giving us the time to organise and prioritise those things which are precious to us (the irreplaceables or the plates we must keep up); and when we return to a semblance of normality we can ensure that our focus is on the Wedgewood and not the IKEA

Mr Davis (Head of RE)

#### Let us Pray...

God of power,

We ask you to watch over all those associated with St Robert of Newminster School. Our small community in Washington, like many other schools, has provided a light during the difficulties of the past two months. May our motto of 'Let your light shine' extend further and bring comfort to those who mourn, respite to those who suffer and strength to those who work toward the health and prosperity of all.

We ask St Robert to take these and all our prayers to God our father

Amen.

**Feast of St Robert: Sunday 7<sup>th</sup> June**



## Phone calls & Help Email

Prior to half term and throughout last week, pupils from Year 7 to Year 13 were contacted by staff to check on their wellbeing and the well-being of their families. The phone calls were an opportunity for pupils to speak to a member of staff and let them know if they are having any specific difficulties with their remote learning. Departments continue to upload work weekly and offer opportunities for pupils to receive feedback from their class teachers. If, for any reason, our pupils are finding this process difficult and they missed the call then they can contact departments via the 'Help Email' that is attached to the lessons they have been set.



## Recognition of Excellent Effort

Teachers will continue to nominate those pupils they feel have really risen to the challenge of remote learning and each Friday, 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 each week 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.



## Using GCSE Pod in Years 9, 10 and 11

A MASSIVE well done to the large number of students who continue to use GCSE pod to complete assignments and additional quizzes and research to support their online work. Keep up the hard work!

### What is GCSE pod?

GCSE pod is an online learning platform that gives students access to video clips known as "pods", assessments, quizzes, GCSE to A level bridging work and more. It covers all GCSE subjects and exam boards and allows teachers to set students specific assignments on these.

All students in Years 9, 10 and 11 should have a GCSE pod account. Students should check their GCSE pod accounts regularly and make sure that all assignments set by teachers are completed and any feedback acted on.

### How do you log in?

1. Go to [www.GCSEpod.com](http://www.GCSEpod.com)
2. Click login in the top right-hand corner
3. Enter your username or email address and password - *If you have not registered an account yet, click on 'New here? Get started' and fill in the required information*
4. Check you have no new assignments or assignments with upcoming deadlines

If you have forgotten your username, password or are struggling to activate your account please email the school email address with your query and somebody will assist you with this.

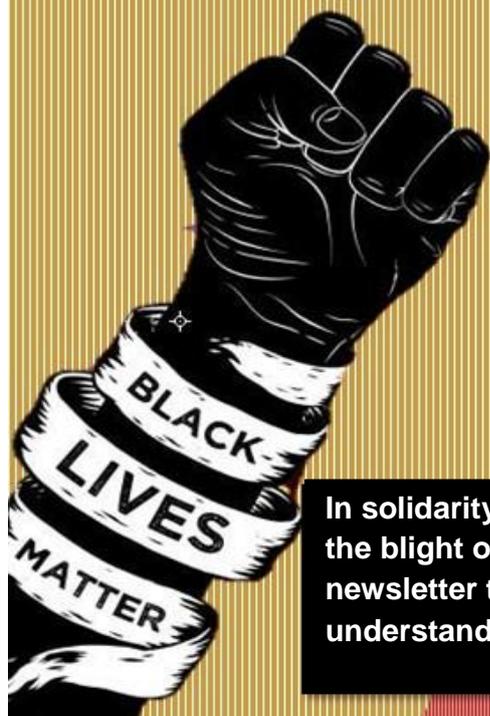


George Floyd



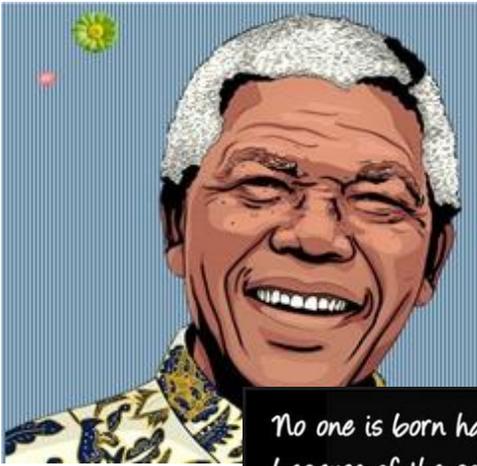
On May 5th 2020, George Floyd, an African-American man, was killed in Minnesota USA while in police custody. This is one of many killings of African-Americans at the hands of the American police. This injustice has outraged and broken the hearts of millions of people around the world, many of whom have taken to protesting to have their voices heard.

We stand against racism in all its forms, and we do not shy away from broaching challenging topics about injustice and inequality.



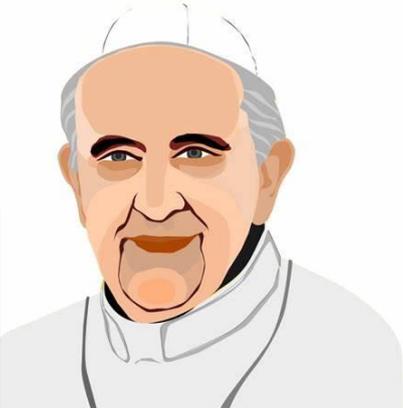
We aim to ensure that all our students leave school with a strong sense of what it means to be a good citizen and can use their voice, passion and education to make the world a better place for everyone. We understand that the death of George Floyd will have caused strong emotions within our local community; we are outraged too.

In solidarity with all those impacted by the heinous crime and the blight of racism, we have added this section to our weekly newsletter to encourage dialogue, raise awareness and to help understand how we can all do more to stand against racism.



*No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.*

Hate, it has caused a lot of problems in the world, but has not solved one yet.



Racism today is the ultimate evil in the world  
— Pope Francis —

**Recommended Reading:**

**Natives**  
Race & Class in the Ruins of Empire  
Akala

**TO KILL A Mockingbird**  
A NOVEL BY HARPER LEE

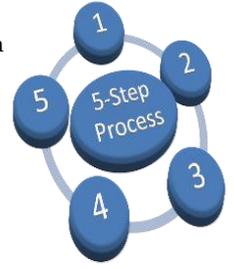
## Mental Health and Well-Being

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.



### 1. Connect: to promote healthy relationships

Connecting with our friends and family may become more difficult than we are used to. However, embrace modern technology and stay connected.

Connect with the people around you: your family, friends and neighbours. Talk about how you are feeling. Don't keep your worries and frustration to yourself.

### 2. Be active: to promote resilience and self-awareness

Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing. We think that the mind and body are separate. But what you do with your body can have a powerful effect on your mental wellbeing.

Being active doesn't mean you need to spend hours in the gym. Find physical activities closer to home (your garden/living room) that you enjoy and think about how to fit more of them into your daily life.

### 3. Keep Learning

Your teachers have provided you with plenty of opportunities to keep on learning during this interruption to school. The school website is a great starting point.

However, you can also see this as an opportunity to develop yourself in different ways other than simply through school. Perhaps you could read a book, learn an instrument or learn to cook

### 4. Give

Most people would agree that giving to others is a good thing. On top of this, it can also improve your mental wellbeing. Small acts of kindness towards other people can give you a sense of purpose. It can make you feel happier and more satisfied with life.

Giving can take lots of different forms, from small everyday acts to larger commitments. You could say thank you to someone, for something they've done for you. Phone a relative or friend who needs support or company. Support people in your local area with everyday jobs (**always follow government advice on social distancing**)

### 5. Be mindful

It can be easy to rush through the day without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life.



## Year 9 Geography Excellent Work

After studying the topic of Rivers, Year 9 were challenged to use their evaluations skills to make judgements about river flood defences. Some students produced exceptional work making evaluations based on three core themes in geography –social (people), environment and economy. This excellent response also used key facts to support the argument further:

**One environmental benefit is that they can produce hydroelectric power which is a renewable energy source. Also, despite their ability to produce renewable power, the environmental effects on habitats outweigh these as they lead to lack of migration in fish. This emphasises the damaging effects on the environment that hard engineering provides. However, one economic disadvantage of dams are the expensive costs; the 3-Gorges was estimated to cost over \$25 billion but the dam's long-term effects can justify the costs as they do not need to be refurbished as often as soft engineering highlighting their sustainability. Finally, the social benefits of river dams is their ability to protect huge amounts of people demonstrate that hard engineering is more beneficial as the 3-Gorges dam is able to protect 10 million people emphasises that hard engineering can affect people on a larger scale compared to smaller soft engineering programs like flood overflow basins.**

The teachers from the Geography department were also very impressed with many pupils ability to consider why alternative methods may also be useful. This is another fantastic example of evaluation using key vocabulary from the topic in Geography.

**An example of soft engineering is floodplain zoning which allows only certain land uses on the floodplain reducing the risk of flooding to houses and important buildings. The advantages of this method are that more expensive buildings and land uses are further away from the river, so have reduced flood risk. Also, less damage is caused due to the buildings and land uses being further away leading to fewer insurance claims. However, planners have to decide what type of flood to plan for and some floods are hard to predict like flash floods. In addition to this, another example of soft engineering is afforestation which slows the flow of water on its way towards the river channel. They plant trees on floodplains increases the interception of rain water by vegetation and makes the ground surface rougher. This means that the flow of water will be slowed down as it goes downstream towards the river channel. However, this method can come with real opportunity costs and can also affect.**

## PE Home Learning

Some example of students work in PE. Find out more at the PE website: <https://teamstroberts.com/>

### Components of fitness

Grace Borrowdale

#### Rugby - agility

Agility is important in rugby because if you are the ball carrier you must have the ability to step people to avoid being tackled. However it is just as important to have agility when you are the tackler in order to quickly change direction and not miss a tackle. If the ball carrier quickly changed direction you must be able to react to that and do the same thing.

Examples:

[https://www.youtube.com/watch?v=DGn\\_1QUL6-mw](https://www.youtube.com/watch?v=DGn_1QUL6-mw)



#### Rugby - strength

In rugby strength is a necessity when in a scrum, lifting in lineouts, and in tackles. In a scrum (especially prop) you must have strength in your legs and shoulders to push the other team off the ball to allow your hooker to get the ball back to your 8 or 9. The same thing is required when contesting a ruck to win the ball. When lifting in lineouts you require upper body strength in order to lift your teammate to ensure you win possession of the ball. In a tackle full body strength is required to get the opposition player to the floor in a safe way.

### Athletics (middle-long distance running)

#### Cardiovascular Endurance:

- The ability to exercise the entire body for long periods of time without tiring.
- This is very important for running because in middle to longer distance track races you need to be running at a high intensity for a long period of time to achieve a good result in a race.



Project part one

## Tennis

Tennis is a sport played by millions worldwide and there are 4 grand slams: the US open, French open, Australian open and the Wimbledon, which is one of the most watched sporting events on earth.

Components of fitness in tennis:

**Cardiovascular endurance:**  
The athlete will play 2-3 sets or six games minimum so they must be fit enough to last the whole game at a good pace.

**Power:** Power is required when serving the ball, or returning a ball.

**Reaction time:** a player must be able to react swiftly to the direction of the ball, as well as being agile and flexible to move around the court.

**Co-ordination:** Hand-eye coordination is a must-have in tennis. The player must be able to judge the speed of the ball and their stroke of well.

## Less Selfies, more Selfless

It's no secret that we love our job as Heads of House. Being a Head of House is such a privilege. Some days it's a huge challenge too, we can be so busy, tired, want to shut the office door to get all the jobs done – but we tell ourselves to 'look for the good'. We can always find it, it's never difficult at St Robert's School – there's always so many students making us proud, managing a difficulty, doing an act of kindness, letting their light shine. We are worried that right now, you might not be doing this – looking for the good. So we want to challenge you.

Perhaps you may have been spending a lot of time on your phones, have a look at your recent photos. Do you see a lot of selfies? If you do, then I want you to take up the challenge to have a new attitude: **'less selfies, more selfless'** and look for the good all around you. What can you notice that's worthy of a photo? On your next walk, sitting outside, your family, something beautiful in your home, maybe something that holds special memories, maybe something you make, bake or craft during lockdown? Don't post on social media, just over this next week – look for seven things over seven days that are photo worthy all around you, it's a great activity to boost your wellbeing and get you to think about what you notice during this time that you perhaps haven't taken the time to before.

When we all meet again, you could if you want to, print your favourite and we can make a memory wall in our tutor rooms – our best 'less selfie, more selfless' memory of lockdown. Looking forward to seeing some of them!

Keeping you all in our thoughts and prayers,

Mrs Duncan, Mrs McHale, Mrs Mulhatton & Mr Thompson

