



St Robert of Newminster

Catholic School and Sixth Form College



6th July 2020

WEEKLY NEWSLETTER

Do you need to speak to someone for support?

For those who are seeking a Priest with whom they can speak at this time, could you please contact the Parish Priest at your local Church. You can find your local Church telephone number by visiting our [Church directory](#) and selecting the link for your church. This link will display the Church contact details.

Dedicated counsellors and listeners are also available at the Cathedral Listening Service on 0191 232 6953 and on the Northumberland Listening Service on 07732 980740.

Diocesan Spiritual Support

These resources have been created to support you and your loved ones in this unprecedented time of the COVID-19 pandemic.

Resources for times of grieving'

Prayers for the sick'

Contains a collection of Catholic prayers to comfort you and your loved ones during difficult times of sickness.

Dear Parents/Carers, Students and Friends of the School

Welcome to our weekly newsletter. The Government announced last week the return of all pupils to school from September. As ever, the health and well-being of pupils and staff will be our priority and we will follow the government guidance to safeguard against the spread of Covid-19. As we near the end of the academic year the school continues to support all our pupils with high quality learning opportunities. Pupils in Year 7, 8 and 9 have been able to submit work to their teachers and receive support through the department help emails. Over the last 4 weeks we have welcomed the return of our Year 10 and Year 12 pupils to school. As ever, the school website provides all the support and guidance pupils require for their remote learning.

"Come to me, all you who labour and are burdened, and I will give you rest"

Yesterday's Gospel from Matthew fits extremely well with the country wide effort to mark the 72nd birthday of the NHS. On Sunday 5th July at 5pm our streets were once again filled with people showing their appreciation of the dedicated NHS workers and health care professionals who have helped steer the country through this pandemic.

It has now been over 100 days since the country went into lockdown. For those working on the frontline of the health service this has meant having to adapt to exceptional circumstances and in some cases isolate themselves from their own families to offer care to those in greatest need.

As we in education approach the summer break we keep in our thoughts those who might not have that same opportunity. The words of Jesus remind us that many will be burdened by their labour and concerned about their jobs and livelihoods. We keep all of these people in the forefront of our minds and pray that our leaders can provide them with the reassurance they need so they can find rest.



Pope Francis – Prayer to Mary for Protection during the COVID-19 Pandemic

O Mary,
you always brighten our path
as a sign of salvation and of hope.
We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, while remaining steadfast in faith.

O loving mother you know what we need,
and we are confident that you will provide
for us as at Cana in Galilee,

Intercede for us with your son Jesus The Divine physician for those who have fallen ill, For those who are vulnerable and for those who have died. Intercede also for those charged with protecting the health and safety of others and for those who are tending to the sick and seeking a cure

Help us, O Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who took upon himself our sufferings
and carried our sorrows

So as to lead us, through the cross,
to the glory of the resurrection.

Amen.

Under thy protection, we seek refuge, O Holy Mother of God. In our needs despise not our petitions but deliver us always from all dangers, O glorious and blessed Virgin.

Amen



telephone: 01917161700

email: school@strobortofnewminster.co.uk

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 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.



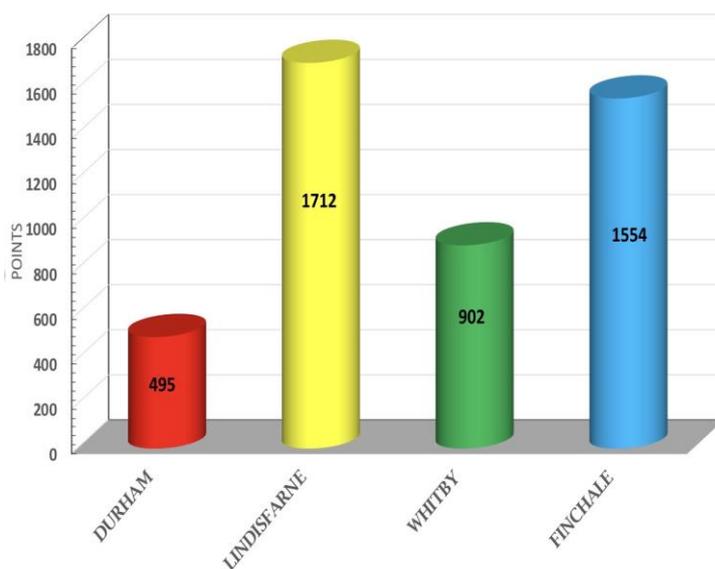
Virtual Olympic Games

During the summer the Olympic Games were meant to take place in Japan. Unfortunately these games have been postponed until 2021. In response to this, Team St Robert's have put together their own virtual Olympic Games.

Pupils in each house have written their Virtual Games Oaths, took part in an Olympics Kahoot quiz as well as a variety of physical activities. Points are up for grabs and the totals are changing daily. We encourage a big effort from all pupils in the last two weeks to try and take your house to Olympic glory. Find out more at Team St Robert's website:

<https://teamstroberts.com/virtual-olympic-games/games-programme/>

VITRUAL SPORTS CHALLENGE (WEEK 1)



Keeping Safe over the summer

With the warmer weather, easing of lockdown and schools unlikely to open fully prior to September we want to remind all our young people about keeping safe. The points below are a guide to help keep our young people safe over the summer:

1. Go swimming at properly-supervised sites

We understand the temptation to want to go swimming at open water sites, especially during the hot weather. Things to consider when open water swimming, even on a hot day, are that the water might be a lot colder or deeper than you were expecting and there may be strong currents and underwater debris that you cannot see from the bank. Consider how you are going to get out of the water before you get in, and be honest about your swimming ability. Avoid swimming near weirs, both upstream and downstream, there may be strong underwater currents and hazards that you may not be aware of.

2. Stay alert

We can all help control the virus if we all stay alert. This means you must stay at home as much as possible, limit contact with other people (avoid congregating in large groups until the evidence suggests it is safe), keep your distance if you go out (2 metres apart where possible) and wash your hands regularly.



NHS

Do not leave home if you or someone you live with has any of the following:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

[Check the NHS website if you have symptoms](#)

Phone Calls

Over the next two weeks pupils in Years 7, 8 and 9 will be receiving a well-being phone call from their tutor or Head of House. As Year 10 and Year 12 pupils have had the opportunity to be in school there will not be phone calls to all pupils in those groups.

The phone calls are a great opportunity to speak to your teacher, celebrate the hard work that you have been doing during the school closure and also seek help and support if you are finding the home learning difficult.

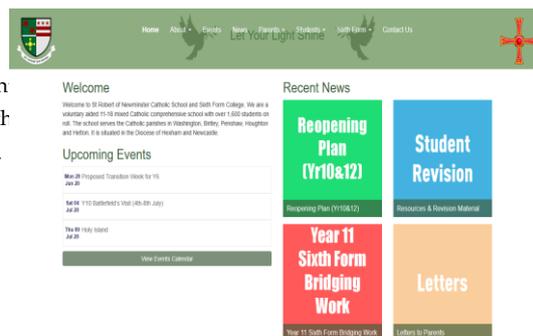
Parents of pupils in Year 7, 8 and 9 be aware that you may well receive a phone call from a withheld number in the coming weeks. Please answer the phone as it is likely to be from us.



Accessing Home Learning & Microsoft Forms

Step 1:

Click on the student revision panel on the School Homepage.



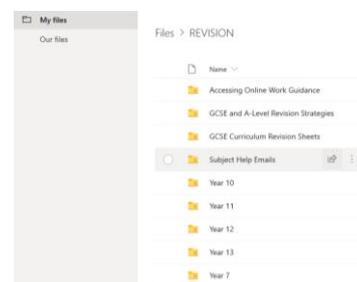
Step 2:

Follow the link to pupil resources.



Step 3

Click on the folder of the Year group you are in. Follow the dated links to your work. These folders contain lesson plans with direct links to Microsoft Forms where you can complete tasks and receive feedback.



September Planning & 2021 Examinations

Schools were given guidance from the Government last week regarding students returning to school from September:

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools>

Our task is to get all students back into school and learning, while also maintaining safe practices for all concerned and minimising risk.

In regards to our current Year 10 and Year 12 pupils we have also received consultation documents on how public examinations may look in 2021. The various subject areas in school will be looking closely at the findings of the consultation to ensure that all our pupils are fully prepared for this important stage:

[Ofqual Consultation on Examinations](#)



Department
for Education

Year 12 Team's Teaching

A big thank you to all our Year 12 pupils that have taken part in the Microsoft Teams Teaching opportunities over the last two weeks. The uptake has been excellent and teachers have been able to support their pupils more directly. Team's lessons will continue and we encourage all pupils to check and respond to their email invitations. Check out the 6th Form Newsletter for more details.

In addition to the live Team's lessons your teachers will continue to upload work remotely and provide feedback on the work you submit. The various quizzes, written tasks and activities are designed to help you keep up to date with your A Level courses.



Message from Mr Clark

Thank you again for the fantastic work we have been receiving lately and a big well done on adapting to our new way of working. It has been fantastic to see so many students engaging with the work and producing high quality responses across a range of different subjects. Parents/carers please continue to encourage your child to access the work regularly and complete the tasks set by their teachers.

Year 7 Geography Letter

As part of the Biomes topic, Year 7 have been learning all about how to protect the tropical rainforests. They were asked to write a letter to Mr Juric suggesting how the school could help in the fight to reduce deforestation. There were some fantastic letters. Further details of this can be seen on the Geography 'Instagram' page.



Super effort from our GCSE Historians. Just short of 1500 GCSE Pod's watched in the last 3 months. Thanks for your continued efforts...

 strobshistorydept ...



Some fantastic work from our young scientists that has been submitted this week:

Chemical Element Details	
Chemical Element	Boron
Chemical Symbol	B
Number of Protons	5
Number of Neutrons	6
Number of Electrons	5
Atomic Number (Z)	5
Atomic Mass (A)	11
Number of shells	2
Number of electrons in:	
Shell K	2
Shell L	3

Electron: 5⁻ particle in an atom and also the smallest. Has a negative charge and weighs 1/2000 mu. 2000 electrons weigh as much as a Proton or a Neutron.

Proton: The first particle in an atom. Has a positive charge and weighs a small amount which we call 1 Mass Unit. Mass = 1 mu.

Neutron: The second particle in an atom. Has no charge or is electrically Neutral. It also has a mass of 1 mu, like the proton.

Protons and Neutrons: In the middle form the Atom Nucleus. They are held together by Strong Nuclear Forces.

Electrons orbit the nucleus in shells, named for the letters of the French Alphabet, K, L, M, N, O, P etc. The number of electrons in all different orbits, is the same as the total number of protons in the nucleus. That is why the Atom is electrically neutral in its natural form. The more protons, the more electrons and the more shells fill up. WARNING: Not all shells can hold the same maximum amount of electrons



robertsfood



I believe that body shaming ads can have a huge negative impact on people who aren't as healthy as they would like to be but then again it can also have a positive affect on some people who want to be like that and when they see these ads they might think to themselves that that's what they want to look like so they would start exercising more and push themselves to achieve those goals, and it means that they have motivation so that when they achieve what they wanted to achieve they will be so happy with what they have done. People have different ways of dealing with emotion and some people are more emotional than others and not as mentally strong so these ads can affect them a lot more than others but its not seeing those ads that necessarily emotionally hurt people it's the way that they get treated by others around them because most people expect women to be skinny/thin and a lot of people that aren't are made fun of or hurt because they don't reach other people's expectations or standards but we need to realise that its not about what they think, who cares what other people think about how you look because all that matters is that you're happy with how you look and if you want to do your best and make an effort to do exercise and get healthier that's great as long as your doing it for you because you want it and you deserve it.

ARE YOU BEACH BODY READY?



Excellent work submitted in RE

