

# St Robert of Newminster

Catholic School and Sixth Form College

Friday 5<sup>th</sup> February 2021

## 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, Students and Friends of the School

Welcome to this week's newsletter.

I hope you were able to join us at Mass today, albeit virtually, as we came together not just across our school, but also across all our feeder primary schools, and indeed across all other schools in the Bishop Wilkinson Catholic Education Trust. Thank you very much to Fr Mark and Our Lady Queen of Peace RC Church and Catholic Primary School for making this possible.

Fr Mark's message, set in the context of the story of Captain Sir Tom Moore, of the great difference we can make to others through just a small effort of reaching out to them, is, I hope, something we are able to achieve as a school community in many different acts of kindness, love and care during this period. As a school, we shall endeavour to continue to provide this level of support to our students and their families, as best we can.

Enjoy your weekend and stay safe.

With best wishes  
Mr D Juric  
Head Teacher

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

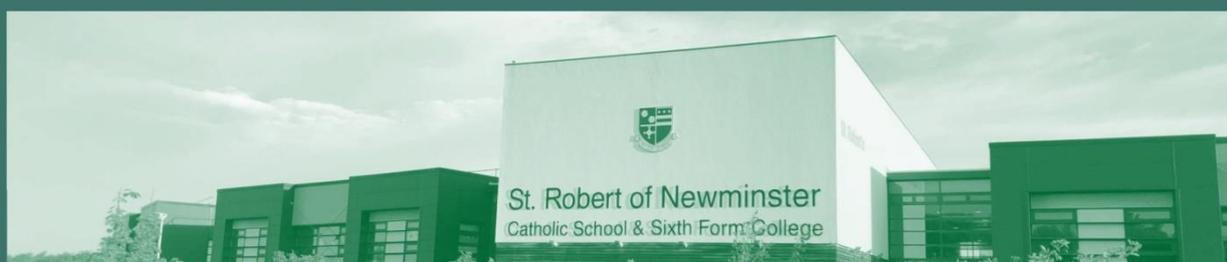
We are delighted to be able to welcome you to our Sixth Form Online Open Event, and hope that through the course of your visit you will see why you should choose St Robert's for your A Level studies. Please watch our Introduction to Sixth form video, where you will hear from our Headteacher, Head of Sixth Form and Heads of Year.

### [Sixth Form Open Event](#)

Each subject area has a short video to outline the highlights of their courses and the skills you will gain. You can also view our online [prospectus](#) which provides detailed information about each subject, along with the entry requirements for the Sixth Form, and individual subjects.

Applications are now open for this September. You can complete the online application form [here](#). We hope that you get a sense of the welcoming environment our Sixth Form provides, and we look forward to meeting you in the future.

Mr Bayne  
Head of Sixth Form



## Bishop Wilkinson Trust Mass

On Friday 5<sup>th</sup> February all schools within our Academy Trust had the pleasure of celebrating Mass with Fr Mark. This was a unique opportunity where all of our young people, teachers and parents were able to come together and acclaim the glory of God together.

The current pandemic has cast a shadow across many of our lives so having the opportunity to connect, albeit virtually, is still important.

This message was emphasised in today's Gospel when Jesus says: **"Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you."**

Parents/carers, please remind your children that there teachers are there for them and ready to connect and offer support whenever it is needed.

## Wellbeing Calls

To further enhance our pastoral care during this time, our tutor team and Heads of House will continue to make wellbeing calls to our pupils throughout the final week of term.

This call is to ensure that all pupils have fair access to the remote learning and a way of checking that our pupils are managing under the current restrictions.

The calls will last not longer than five minutes and they give an opportunity for pupils to ask any questions related to their online learning.

Please be aware that if you receive a call from a blocked number over the next two weeks this is likely to be from school as staff may be making these calls from their own homes.

## Children's Mental Health Week

Place2Be launched the first ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. Now in its seventh year, they hope to encourage more people than ever to become involved and spread the word.

This year's theme is 'Express Yourself' and is about helping young people to find ways to share their feelings, thoughts, or ideas through creativity. This could be through prayer, art, music, writing and poetry, dance and drama, photography and film, and doing activities that make them feel good. This is not about being the best at something or putting on a performance for others. It is about helping young people to find a way to show who they are, and how they see the world, that can help them feel good about themselves.

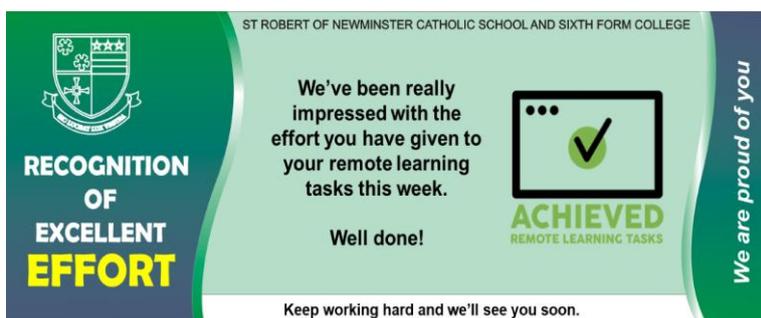
Dear God,

**I come to you asking for your help in keeping me strong and healthy in body, mind and spirit. I thank you that because you created me you know my inner thoughts. You know all of my fears, my hopes and my dreams. You know my past, present and future. Only you know my personality and you know all of my emotional needs.**

We ask this and all our prayers through Jesus your son,  
**Amen**

## Rewarding Engagement & Effort

All teachers at St Robert's are keen to reward the excellent engagement and effort that our young people are demonstrating during these challenging times. From next week different pupils will be nominated across departments and will receive this postcard as recognition of their excellent effort.



## National Apprenticeship Week 2021

Next week, 8<sup>th</sup> - 14<sup>th</sup> February is National Apprenticeship Week. This is an opportunity for pupils of all ages to learn about the range of apprenticeships available.

Our school has produced a PowerPoint that will support parents, carers, pupils and their teachers with the latest information available from a range of different sectors and apprenticeship providers.

Please take time during the week to look at some of the resources available and even take part in the 'Share your Skills' challenge on Wednesday.

Pupils are able to start Apprenticeships upon completion of their formal education at age 16+. If you require any further information, please contact Mr Green.

Follow this link to open the NAW PowerPoint on your device.

[LINK to POWERPOINT](#)

## A Tribute to Captain Sir Tom Moore

Captain Sir Tom Moore, who has died aged 100, was a Second World War veteran who became Britain's national hero and mascot in the early months of the coronavirus pandemic, raising millions of pounds for charity on the eve of his 100th birthday and providing a baffled and dismayed nation with a badly needed measure of inspiration and comfort.

As a Catholic school community we give thanks for the life and endeavours of Captain Sir Tom Moore. We pray for both him and his family as we say together:

**Eternal rest grant unto him, O Lord,  
and let perpetual light shine upon him.  
May he and the souls of all the faithfully departed,  
rest in peace. Amen.**



## HPV Injections

All year 8 pupils are required to have their HPV vaccinations this academic year. This will take place on our school site after half term.

Please contact the immunisation team by Tuesday 9<sup>th</sup> February on 0191 402 8179 to arrange an appointment for your year 8 child's HPV immunisation.

The immunisations will take place in the school's sport hall which will have clearly identified Entry and Exit points. To ensure the safety and wellbeing of key worker children and staff on site, we must insist on the following procedures:

- Pupils **MUST** arrive on site with their parent/carer just before their allocated appointment.
- Parents/carers **MUST** remain in their cars whilst the vaccination is administered, or wait at the front of school at the normal collection / pickup point.
- Pupils and their parent/carer **MUST** leave the school site immediately after their vaccination.
- Pupils must **NOT** use the school scholar's service.
- Parking will be provided in the visitor parking area at the front of school – pupils will then walk following the route shown below to the sport hall.

Please ensure your child has a face mask and is accompanied at all times when not receiving their vaccination. These procedures are in place to ensure all members of our school and wider community are kept safe during this immunisation programme.

If your child is currently in school, please also book an appointment using the telephone number above. These pupils will be escorted by a member of staff to receive their vaccination.

Mr Green

Assistant Head Teacher

## Weather Watch

The Met Office have given a yellow warning for snow and ice beginning this weekend and continuing into next week. Take care if you need to travel.



# Family Guide to Remote Learning

We are very aware of how difficult remote learning can be for some of our pupils and their families. Lockdown has meant that we all, teachers, pupils and parents, have had to adapt to a new way of working and a new way of learning. As a school we are committed to ensuring that all our young can fulfil their potential. This guide is just another layer of support in which we can work together to ensure their success:

The link below will take you to the guide:

[Family Guide to Remote Learning](#)

**Before the lesson starts:**

- ✓ Find a quiet space to work.
- ✓ Your mobile phone should be with a parent/carer or switched off and put away.
- ✓ Get your exercise books ready including any booklets you may need.
- ✓ Get your equipment ready. Pens, pencil ruler and calculator.
- ✓ Any work you do on additional paper please look after it. Keep everything organised.

**Preparing your devices ready for live lessons:**

- ✓ Log on to Teams via your school 0365 account.
- ✓ Use Google Chrome as your web browser.
- ✓ Close other open tabs on your internet browser.

**If you encounter a technical issue during the lesson:**

- ✓ Restart the device and sign out and back into Teams/Office 365.
- ✓ Sometimes leaving the lesson and re-joining helps if you have a connectivity problem.
- ✓ Having lots of separate tabs open slows devices down.
- ✓ If you are using the Teams desktop APP- Install/reinstall Teams App - available for PC, Mac and mobile.
- ✓ Check quality of your wireless network connection, move closer to your router, try not to "hide" the router behind furniture, in the corners of the rooms or the floor as this will affect signal strength.
- ✓ Sometimes shutting the device down and starting again works.

**The start of the lesson:**

- ✓ Ensure you are on time for the lesson. You have plenty of time to join before the lessons formally start.
- ✓ Be polite. Say good morning to your teacher via the chat.
- ✓ Write the date and title and underline your work.

**During the lesson:**

- ✓ Participate when asked by your teacher.
- ✓ Do ask questions politely if you are stuck. Be specific, don't just say "I'm stuck" or "Don't get it"
- ✓ Get involved in the lesson by asking and answering questions.
- ✓ Submit work on time.
- ✓ Make sure your work is well presented in your books and online.
- ✓ If you are unmuted during the lesson be polite and talk clearly.

## A Family Guide to Remote Learning

**Submitting Work:**

- ✓ You teacher will explain how, when and where to submit work.
- ✓ This may be via an Assignment, a Form or an upload.
- ✓ Make sure work is submitted on time.
- ✓ Your teacher will explain how to access feedback on your work.

**Behaviour:**

- ✓ Click [here](#) to read the code of conduct.
- ✓ If the code of conduct is not followed you may be removed from the live lesson, your parent/carers will be contacted and school sanctions applied.
- ✓ You will not be admitted to the lesson unless you are using your school account.
- ✓ When you are unmuted be polite.
- ✓ You must only use the conversation when the teacher tells you
- ✓ You must not post anything inappropriate in the conversation.

**Parents:**

Q: How do I know my child is working well?  
A: Check to see the volume of work completed in their books each day. Ask to see to their assignments set in each subject Teams. Are they up to date?  
A: Check that they only have Teams open. No other internet tabs should be open, unless directed by the teacher.

Q: How can I help my child at home?  
A: Set up a work space for your child. A desk, chair *if possible*.  
A: Get books/booklets organised for the day ahead.  
A: Check their work is "Gold Standard" is it neat, titles underlined work well organised. Page 16 of the pupils planner has the criteria.  
A: Make sure they have some time away from screens during break time and lunchtime.  
A: Talk to them about their day.



## Digital Detox

As we come to an end of a week that is nationally dedicated to the mental health and well-being of our young people, we continue to encourage them to try and take a break from their digital world.

PSHE lessons on Thursday 4th and 11th February were dedicated to a 'digital detox' and asked our young people to undertake a different type of activity such as cooking, creating a journal or doing some exercise.

One of our Year 11 pupils, Dominic Bramley took on this challenge and created this carving of a wood spirit. I'm sure you'll all agree that this is an excellent piece of work and highlights the many wonderful talents that our young people have to offer.

Thank you Dominic

# GCSE POD Weekly Winners

## Who used it most?

Well done to all of the Years 9, 10 and 11 students who continue to use GCSE pod to support their online learning and to complete homework tasks set. Remember you can use GCSE pod to watch a summary pod on a chosen topic, making notes or flashcards on the pod watched, completing a quick quiz or a check and challenge task.

## **Well done to our top GCSE pod users last week**

**Year 9 – Orlando Corsi**

**Year 10 – Kate Navin & Oscar Crawford-West**

**Year 11 – Kate Davies**

## Still not logged in or activated your account?

If a student has not yet activated their GCSE pod account or cannot remember how to log in, they should follow the steps below:

1. Go to [www.gcsepod.com](http://www.gcsepod.com) and click “**Login**” in the top right-hand corner
2. If they have an account enter username or email address and password
3. If they have not registered an account, click on ‘**New here? Get started**’ select ‘**student**’ and enter their **name, date of birth** and **the school name**. This is linked to the school registers so the student must enter their name as it appears on the register.

If a student has forgotten their username or password or are struggling to activate their account, please email the school email address and we will be able to assist you with this.

## How to support your child during the final week of term

As we embark upon the final week of this half term it is inevitable that our young people will be tiring considering the huge change to their way of engaging with school work. We ask all our parents and carers to support their child in the following two areas to ensure they end the term on a high:

### **1. Punctuality**

Ensuring pupils are logged in and joining lessons promptly. Lots of crucial information can be lost if they miss the opening sequence of a lesson.

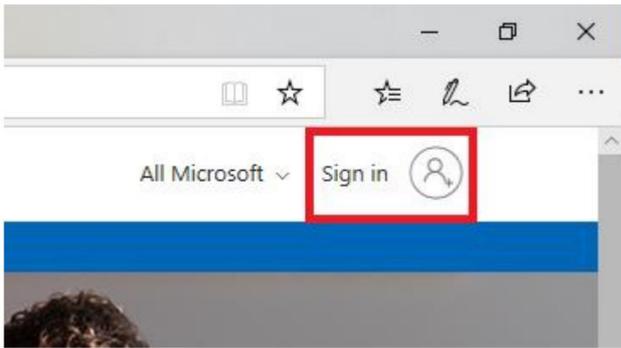
### **2. Engagement & Effort**

Encourage your child to actively engage in their learning. Ask and answer questions, complete all assessment work so that teachers can offer clear and supportive feedback.

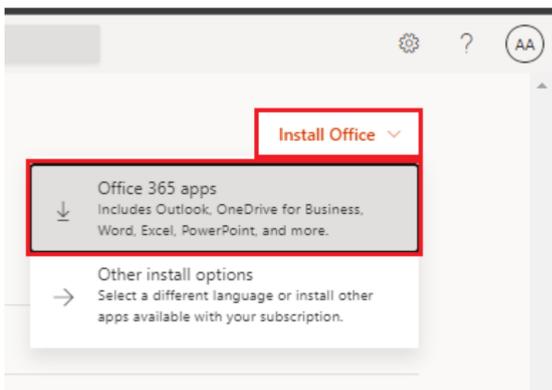


## Install Microsoft Office 365 using St Robert of Newminster Account

1. Go to [www.office.com](http://www.office.com)
2. Click the Sign In button in the top-right corner of the page:



3. Sign in with your school email address (e.g. [jbloggs@str.bwcet.com](mailto:jbloggs@str.bwcet.com)) and password.
4. Click the Install Office button in the top-right corner of the page and then select Office 365 apps:



5. You might see an option to Run or Save at the bottom of the screen - Click Run



6. You may see a message asking for Office to make changes to your computer, you can say **Yes** to this.
7. Microsoft Office will now begin the installation – this can take a while so please be patient.
8. When installation is complete, you must run one of the Microsoft Office applications, e.g. Word and you will be prompted to sign in. Sign in with your school email address and password as you did on the website above and Microsoft Office will be activated on your computer. The license for Microsoft Office is associated with your school email account and will be deactivated when you are no longer a member of staff at the school.

Also, link is on the website here <https://www.strobertofnewminster.co.uk/wp-content/uploads/2021/01/Install-Microsoft-Office-365-using-St-Robert-of-Newminster-Student-Account.pdf>

## Mental Health Support

It's understandable that some of us may be feeling a bit overwhelmed and scared by everything that we are hearing about coronavirus disease (COVID-19) right now.

Children and young people react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best assurance possible for their loved one. In order to reassure other's, it is helpful if we, ourselves, understand what is happening.

### **Not all children and young people respond to stress in the same way.**

Some common changes to watch for include;

- Excessive crying or irritation in younger children
- Returning to behaviours they have outgrown (for example, requiring more reassurance than normal)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviours in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs



### **There are many things you can do to support your child.**

Don't avoid the 'scary topic' but engage in a way that is appropriate for them. Take time to talk with your child or teen about the COVID-19 outbreak.

Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Children may misinterpret what they hear and can be frightened about something they do not understand. We need to minimise this negative impact it has on our children and explain the facts to them. Discuss the news with them but try and avoid over-exposure to coverage of the virus. Be as truthful as possible.

Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.

Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Involving our family and children in our plans for good health is essential. We need be alert to and ask children what they have heard about the outbreak and support them, without causing them alarm.

### Support Available

If you are concerned about your child's mental health and you feel like your child needs further support please contact your child's Head of House. They will call to discuss the most appropriate help for them.

**Remember that Kooth is always available if young people are feeling overwhelmed and needs counselling support during this time.**

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

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