



St Robert of Newminster

Catholic School and Sixth Form College



Friday 26th 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 and Carers

We have been inundated with announcements recently regarding start back dates, testing of students and staff, the awarding of qualifications, as well as all our ongoing considerations around managing COVID.

I will not seek to discuss these topics here, as I have and will be writing more formally to you about them over the coming days. All I would like to say is thank you in advance for cooperating with us over the next few weeks as we all try to work together to ensure a safe and prompt return to classroom teaching for all students. As a school, we are genuinely excited at the prospect of having students re-join us on site again, and I am sure that students feel the same. In the meantime, continue to take care. Please read carefully the information which is coming out from the school regarding the return to classrooms. We look forward to seeing students soon.

Yours faithfully
Mr D Juric
Head Teacher

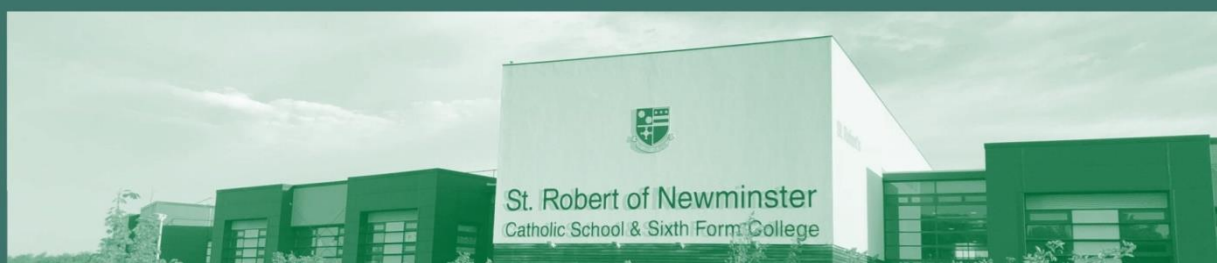
Lenten Journey

We are now in the liturgical season of Lent, the six week period leading up to Easter. It is one of the most important times of year for many Christians around the world, particularly Catholics. From its start on Ash Wednesday until its conclusion on Easter Sunday, Lent has been a traditional time for prayer, fasting and almsgiving. Just as we carefully prepare for events in our personal lives, like a wedding, or birthday; Lent invites us to make our minds and hearts ready for remembering Jesus' life, death and resurrection.

Our Diocese have provided a variety of resources that will help you on your Lenten journey. The link below will direct you to our school website where we have collated a number of resources that can be used in the build up to Easter.

We have also included the link to resources created by CAFOD and the link to our 'Just Giving' page for the 'Walk for Water' campaign:

[Lenten Resources](#)





Dear Father,

Thank you for all those women and men who have give their talents to educating our young people. Through the challenges they encounter each day, lead them to an ever deeper appreciation of the sacred duty to which you have called them.

We give thanks for the invaluable work of all those who contribute to the efficient running of our school; support staff, kitchen staff, maintenance staff, governors and our chaplain. We thank them for their hard work and dedication and we pray that they may continue to work in support of our school.

Thank you for all those who lead our school. May they be people of integrity so that they can be witnesses as well as teachers. We pray that our school will continue to be a place where our young people can experience God's love in their lives.

Thank you for our whole school. Help us to pray without ceasing, to work without wavering and to give without grudging in order to ensure the future of Catholic education for all of our pupils.

We make this prayer through your Son, Jesus Christ, our teacher and our Lord,

Amen.



Walk for Water

Throughout the next six weeks, all of our pupils across Year 7-13 are encouraged to participate in CAFOD's 'Walk for Water' Lenten campaign.

As a Catholic community we make it our priority to ensure that pupils have an understanding and awareness of those throughout the world who may not enjoy the same privileges and opportunities as we do.

CAFOD, a charity dedicated to the dignity and value of human life, have challenged Catholic communities throughout the country to become involved in their campaign by trying to walk 10,000 steps per day for 40 days.

In tutor groups and assemblies this week, pupils have been given this challenge and set the target of trying to raise between £10 and £40 in their groups. This money will directly help those communities, whom CAFOD support, to gain access to clean water and sanitation.

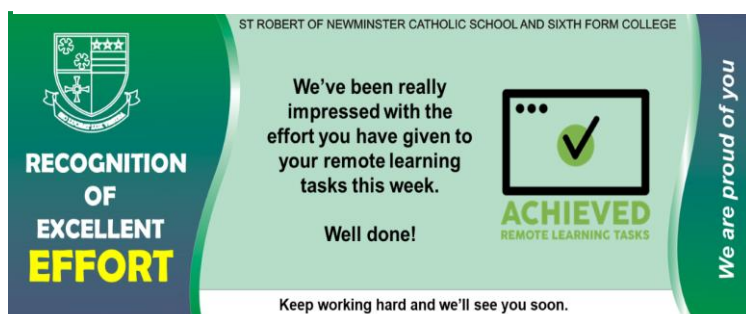
We hope that you will encourage your children to take an active part in this campaign and we also encourage you, our parents and carers, to undertake the challenge and support this important cause.

Donations for this event can be made directly to our 'Just Giving' page or pupils can collect monies and give these to their tutor upon return to school:

[St Robert's Walk for Water](#)

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.



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.

A Family Guide to Remote Learning

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|---|---|--|
| 1 Plan your day. Know which lessons you have and resources you need before you start. | 2 Create and follow a daily routine. Be on time for your online lessons. | 3 Lock away any distractions. Or put mobile devices on Aeroplane mode. |
| 4 Create your own workspace or area. Keep it organised and functional. | 5 Take notes in your lessons, use mind maps, sketch notes to help remember information. | 6 Make time for yourself to have a break. Reward yourself with some down time. |

Just as Important Tips to Check Out.

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| 7 Practice mindfulness for 10 minutes a day | 8 Chat with Friends and Family when you can during the day | 9 Ask for Help if you are stuck on a task or question |
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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.

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?

Q: How can I help my child at home?

A: Check that they only have Teams open. No other internet tabs should be open, unless directed by the teacher.

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.

How to support your child with 'Home Learning'

Thank you to parents/carers. You have done a superb job keeping our students on track. Many thanks for the kind messages we have received from you about our remote learning provision. We have had very high levels of attendance and engagement from our students. I would like to congratulate them on how well behaved, polite and hardworking they have been. Please continue to support us with:

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.

GOLD STANDARD WORK

- 1** All of your work must be completed using neat and legible handwriting.
- 2** All responses to feedback must be completed in green, including literacy and numeracy corrections.
- 3** All dates and titles must be underlined with a ruler.
- 4** Except for responses to feedback, all work must be completed in blue or black pen.
- 5** No incomplete work or gaps in books-any missed work must be caught up as soon as possible.
- 6** Diagrams, tables and graphs must be completed in pencil and using a ruler.
- 7** All sheets must be stuck in your book neatly.
- 8** Take pride in your work-your book will be a key revision resource.

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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. The top users for each week will continue to be announced in the newsletter and receive a recognition of hard work e-postcard.

Well done to our top GCSE pod users over the last week

- Year 9 – Kaitlyn Wallace and Jacob Storey
- Year 10 – Katie Pescod
- Year 11 – Ryan Mensforth

Reminder – How can you use GCSE pod to support your learning?

Below are a number of ways that students can use GCSE pod to support their learning:

1. Write down everything known about a chosen topic. Watch the related GCSE pod and in a different coloured pen add and highlight the information missed.
2. Watch a GCSE pod or a playlist of pods and make flash cards on the key information. Use the flash cards regularly to test understanding and recall.
3. Watch a topic pod on an area of uncertainty. Add it to a playlist. Create a playlist of pods focused only on the areas of least confidence. Re-visit the playlist regularly to improve understanding.
4. Complete a check and challenge task. This is an excellent way to check understanding of a topic covered whilst providing scaffolded support through hints, multiple choice options and feedback statements.

Still not logged in or activated your account?

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

1. Go to www.gcsepod.com and click **“Login”** in the top right-hand corner
2. If they have an account enter the username or email address and password
3. If an account has not yet been activated, 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.

JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 15

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

**APPLICATIONS CLOSE
SUNDAY 28TH MARCH 2021**

Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk



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

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