



# LUX

A community newsletter



## Holiday Dates

Thursday 1st April

Final day of spring term

Monday 19th April

Return to school

Monday 3rd May

Bank Holiday

31st May to 4th June

Half term Holiday week

Friday 16<sup>th</sup> July Final Day of  
term for students

Wednesday 8<sup>th</sup> September

Students return to school

## Masses and Services

Almost all of our churches are open over the Triduum and Easter but most have a booking system. Alternatively all are streaming services each day links can be found on their websites.

John XXIII and St Joseph's

Birtley - [https://](https://www.churchservices.tv/penshaw)

[www.churchservices.tv/](https://www.churchservices.tv/penshaw)

[penshaw](https://www.churchservices.tv/penshaw)

St Michaels and St. Mary

Magdalen's [https://](https://www.facebook.com/frmarclydensmith/)

[www.facebook.com/](https://www.facebook.com/frmarclydensmith/)

[frmarclydensmith/](https://www.facebook.com/frmarclydensmith/)

Dear Parents, Students and Friends of the School

This week we have been journeying through Holy Week with students. It has been wonderful to have them back with us after having been at home for so long. Reliving the events of the death and resurrection of the Lord with our students has been particularly meaningful, even if it has been in a slightly different way to previous years due to the current restrictions in school. This year, possibly more so than ever, the strength and inspiration we draw from our experience of Easter is so important to us all. We hope that students will depart for the holidays, prepared for the joy of the Resurrection on Easter Sunday. I hope your own celebration of Easter at home with your family is a special one.

This school year has been a difficult one for all of us so far, in so many different ways. On a personal level, I am sure that many of us will still be suffering difficulties and sadness caused by the pandemic. We hold all our school community in our prayers this Easter. We also give thanks to all those in the NHS and other professions who are working to help us through this time. From a school point of view, we hope that Easter will herald a new uninterrupted start for our children's education next term.

I send my thanks to all parents, carers and those at home, for their continued support of our young people this term, and for your ongoing support of the school too. I also thank all staff at the school for their continued hard work for the benefit of our students.

Once again I wish you all a happy and peaceful Easter, and I look forward to welcoming students back after the holidays.

Mr D Juric

Headteacher

# Online Lenten Retreat

On Friday 19th March to Saturday 20th March, we enjoyed our first online retreat. The Covid 19 pandemic has meant that many of our usual activities have been postponed. Under normal circumstances, pupils would have had the opportunity to visit the Youth Village in Consett, County Durham.

Retreats, prayer and reflection are an integral part of our mission as a Catholic school, and we hope that this online alternative provided a chance for our community to take a step back from normal life and look for the joy in lockdown.

The online retreat materials are still available on our school website. One aspect of the retreat was to encourage pupils and their families to enjoy the outside world and take part in one of our suggested walks.

[www.strobertofnewminster.co.uk/catholic-life-and-mission/](http://www.strobertofnewminster.co.uk/catholic-life-and-mission/)



## ONLINE RETREAT

### Friday 19<sup>th</sup> March

- 7:00pm: Opening prayer led by Father Jim
- 7:05pm: Reflection led by Raymond Friel & Hannah Bartlett: Finding Joy in lockdown
- 7:15pm: Families to watch the film 'Up' and consider the message from St Francis of Assisi:

Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.

- 9:00pm: Closing prayer led by Dean Juric



## ONLINE RETREAT

### Saturday 20<sup>th</sup> March

- 9:00am: Morning Prayer read by St Robert's Pupils
- 9:15am: Finding joy in nature. Pupils and their families are encouraged to take part in a walk which is linked to our theme of finding joy. The walk will be guided with prayer & reflection.
- We encourage families to donate to CAFOD 'Walk for Water' campaign
- 12:00pm: Closing liturgy – video of St Robert's staff who have found joy in lockdown



Prayer Olivia Groark

Dear lord

We pray that the light stays in our hearts.

Makes us as kind as Jesus.

Make me the light of others life!

Make me a figure of the lord!

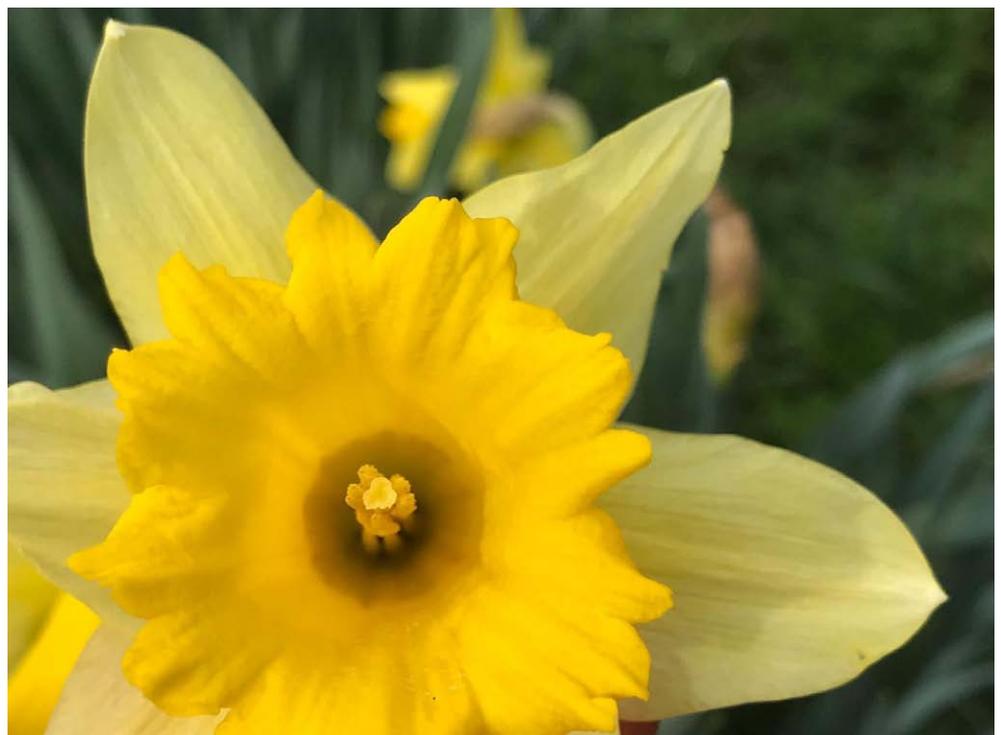
Help the world see it in the grace I do.

Oh lord fill everyone with the love and hope I do.

Amen

Photograph

Grace Potter



# CAFOD 'Walk for Water' Campaign

Throughout Lent, all of our pupils across Year 7-13 were 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.

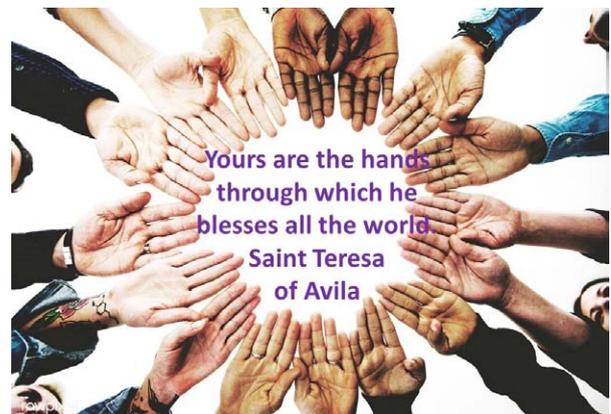
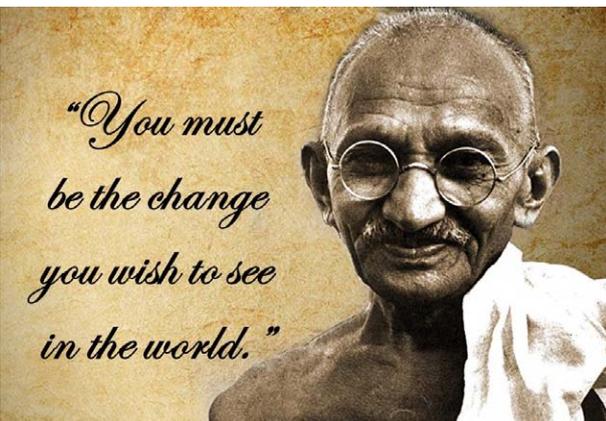
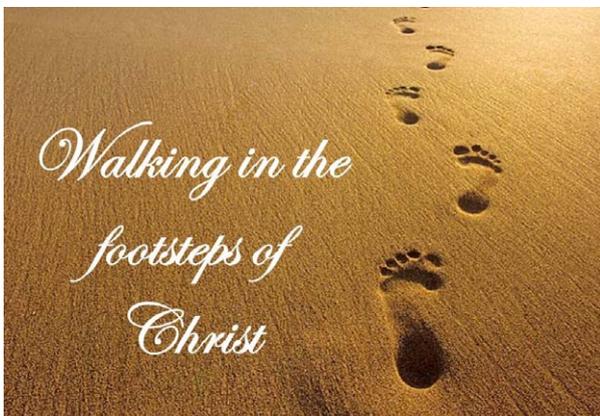
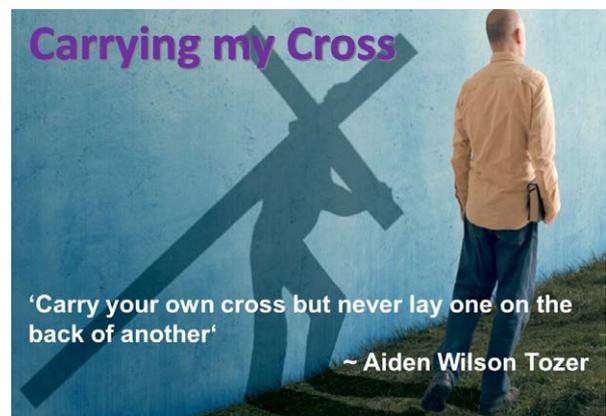
In tutor groups and assemblies, pupils were given this challenge and set the target of trying to raise between £10 and £40 in their groups. This money will directly help those communities, whom CAFOD support, to gain access to clean water and sanitation.

We thank you for your encouragement and support that you have given 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.



# Lent

Throughout Lent, pupils have been praying each day with their tutors either in school or on teams, exploring weekly themes over the whole season. This included prayers and a short video for each day.

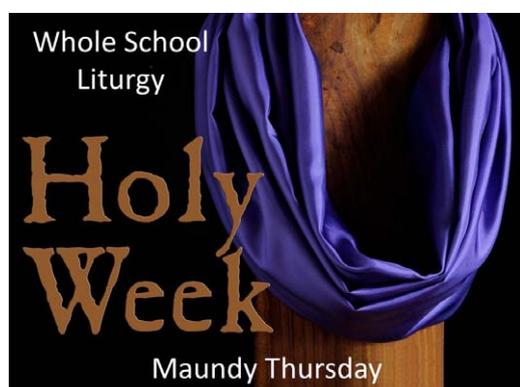


# Holy week

As well as our normal Morning Prayers—pupils have had the opportunity throughout Holy Week to pray during different parts of the day. These contained a scripture passage, a reflection, some music and communal prayers.



On Maundy Thursday, pupils from Year 11 and VI Form recorded the prayers for a liturgy to be live streamed to every pupil by their head of House during our Tutorial period. Certificates will be presented to pupils at the end of the liturgy. It will end with the 'Finding Joy in the World' video from our online retreat



Finding Joy in the world

# Care for Our Common Home

Laudato si' is a passionate call to all people of the world to take "swift and unified global action", particularly in relation to the destruction of the environment. Pope Francis writes that while humanity has made incredible progress in science and technology, this has not been matched with moral, ethical and spiritual growth.

This imbalance is causing our relationships with creation and with God to break down and our hearts to become hardened to the cry of the earth and the cry of the poor. We become arrogant and neglect creation and everyone that is part of it; forgetting what God has entrusted to our care.

Laudato si' is the second encyclical of Pope Francis.

[Read the full encyclical](#)

A number of our pupils have responded to the call this week and have helped improve our school environment. Covid restrictions have meant that we are seeing the use of more packaging and our litter problem increased. In response, the school, spearheaded by its pupils, is putting into action a number of strategies so that we can play our part and take care of our common home.

Look out for further updates in the summer magazine.



# School News





## 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
- ◆ 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.

## 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/>





God as we walk through Holy week toward the cross,  
may we remember the wonder of who you are.

Beyond sin your love is inexhaustible,  
beyond brokenness your forgiveness is incompressible.

Beyond betrayal your grace is poured out eternally,  
beyond death your life is unimaginable.

Beyond human understanding,  
your ways are always higher than ours.