

Insight

Spring 2018 Gwanwyn

The official newsletter of
St. Joseph's RC High School

Taflen wybodaeth swyddogol
Ysgol Gyfun Gatholig Josef Sant



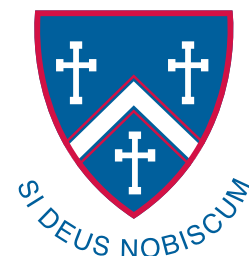
50TH ANNIVERSARY ISSUE

At 6pm, on 22nd March 2018, the 50th anniversary of St Joseph's RC High school was celebrated with Holy Mass at the school.

History began in 1951 when there were three secondary schools in Newport: St Joseph's Convent High School for Girls, Fr. Hill's Secondary Modern for Boys and Holy Family Secondary Modern for Girls. In 1964 Catholic Parents' and Electors' Association St Mary's Newport branch was formed by three people, Mr Alan Shewring (Chairman) Mr Aubrey Hames (Vice chairman) and Mr Tony Boyle (Secretary) and they, along with the Sisters of St Joseph of Anney began negotiations to form a Catholic secondary school in Newport. In 1967, St Joseph's RC High school was opened and 50 years later the anniversary was marked with a Thanksgiving Mass at the High School.

The Mass was celebrated by the Archbishop of Cardiff, Archbishop George Stack, along with clergy from the Newport Deanery that has, and continues to have, close association with the secondary school. The Mayor of Newport, Councillor Fouweather was also present.

The Mass was a beautiful and joyous occasion with hymns led by the school choir. During the Mass, the chair of Governors of St Joseph's RC High School, Mr. Paul Bennett acknowledged the vital role that the Sisters of St Joseph of Anney and Mr Alan Shewring, former chair of Governors, played in establishing the school and paid homage to their hard work and dedication. Teaching staff and pupils, past and present attended the celebration. It was very fitting that pupils representing St Joseph's RC High School and the Catholic family of primary schools were united together to emphasise the importance of the school community being "One Body in Christ".



Serving God Through
Learning Together
Yn Gwasanaethu Duw Trwy
Ddysgu Gyda'n Gilydd

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Headteacher's Message neges y pennaeth

Mr T Brown Headteacher

This issue of INSIGHT celebrates the school's 50th Anniversary. It was wonderful to see so many friends of the school at the recent celebratory evening and we were honoured that Archbishop Stack celebrated our thanksgiving Mass. Each and every person there had played some role in shaping the values and ethos of our wonderful school community

– a community based on faith, hope and charity – that has flourished over those 50 years.

Over the last 50 years the school has helped young people in Newport and the neighbouring area thrive. Christ's love and charity is lived out in the daily lives of our staff and pupils. It is, and has always been, a 'people place'.

A People Place by William J. Crocker

If this is not a place where tears are understood,
Where do I go to cry?
If this is not a place where my spirits can take wing,
Where do I go to fly?
If this is not a place where my questions can be asked,
Where do I go to seek?
If this is not a place where my feelings can be heard,
Where do I go to speak?
If this is not a place where you'll accept me as I am,
Where can I go to be?
If this is not a place where I can try to learn and grow,
Where can I be just me?

“A really great evening. I enjoyed catching up with old friends and colleagues.” Dai Jones



The celebration came to an end with a video montage of memories from 1967 to the present day and were made complete over coffee and cake with those who have been associated with the community of St Joseph's over the last 50 years.

**Comments made by
50th Anniversary celebration guests:**

“A good evening. Great to see the old teachers and past pupils with their children. Nice warm memories.” Norma Collins

“It was great to meet old friends, I even met a girl in my class in the convent 60(!!!) years ago.” Carol Pring

“It was a great evening, the past meeting the present. The old school tie hasn't changed since the early days yet the badge is now slightly different with the Letter J in it for St Joseph. I saw Gerry Drewitt, my form teacher in my second year, Ted Richards along with the present students at the celebrations.” Fr Mike McCarthy

“Just home from school's fiftieth anniversary Mass, very fitting tribute to a wonderful school.” Ange Graham



WELSH FINALISTS

National Schools U18 Hockey Finals



SJHS Girls U18's Hockey Squad play a fantastic match in the National Schools U18 Hockey finals in Swansea, April 2018.

St Joseph's U18 Girls Hockey team deserve an enormous congratulations...they came runners-up in the National Schools Hockey Finals, held at Swansea University.

The squad dominated the field in each match, showing off their teamwork, talent and determination, winning 3 out of 4 of their matches to make it through to the semi-final. A great match showed some real skill by each team, but St Joseph's girls gave that extra push and scored an amazing goal to take them through to the finals against Christ College.

The atmosphere was tense as the girls lined up for the start of the game! Thanks to the support of the subs, Mrs Geeves and all the parents that came to watch the match, it was both exciting and stomach-churning all at the same time.

The St Joseph's girls played some wonderful hockey but were pipped at the post after penalty goals.

The whole team and all the supporters should be commended for their sportsmanship, immense talent and above all determination. It made the whole day, albeit a little chilly, a wonderful experience. Mrs Geeves is delighted with the behaviour and grit all her players showed throughout the tournament.



Written by Carys Waters, Year 12.



PE Clubs Timetable*

* For more details on age groups see our website
 ** Active Wednesday will see the gates to the fields being opened during lunchtime so pupils can take part in whatever activity they choose.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| Lunchtime | Lunchtime | Lunchtime | Lunchtime | Lunchtime |
| Weights Badminton Gymnastics Rounders | Weights 5-a-side Dodgeball | Weights Short Tennis Active Wednesday** Dodgeball | Weights Gymnastics Football | Weights Mixed Basketball Football Dance |
| After school | After school | After school | After school | After school |
| Touch rugby MySkoolMarathon Football Weights | Athletics MySkoolMarathon Strength/Conditioning ShapeUP Weights | Football MySkoolMarathon Touch Rugby Baseball Weights Football | Athletics Football MySkoolMarathon ShapeUp Strength/Conditioning 5x60 Boxercise Weights | Basketball Weights |

#MySkoolMarathon Mr Sankala is starting a new initiative! In line with the London and Newport marathons (and Heart Foundation) we want to run our very own 26 miles. On Wednesday lunchtime or Monday-Thursday after school you can attempt to run a marathon. Run for as far as you want for however long you need, in order to complete #MySkoolMarathon of 26 miles. SIMPLE! Bring a friend, family member or a colleague. What an achievement! **Let's do this...**



CONGRATULATIONS JOSEPH

Very are proud to say that Joseph (is Welsh Schools Tumble and Vault Champion and will progress to Represent Wales and St Joseph's in the British Schools Championship later in the year.

Records to date:

Welsh Tumbling (NDP) Champion and British Semi-Finals, representing Wales (June).

Represented Wales in Men's Artistic Competition

Reselection into Welsh Development Squad. WOW!

BRITISH GYMNASTICS



1st in Wales

Tess and Suranne came 1st in the Welsh, Grade 4 Duo for Gym Acro and will now compete in the British Finals

Am amazing achievement. Good luck in the finals girls.

RUGBY UNION:

Congratulations to Callum Penn and Dan Tilley for their selection into Newport Dragons U18 Draft Squad.

BASKETBALL:

Congratulations to Sam Cregg who joined Wales in the Basketball Euros and Ben Woog who now plays Basketball for Wales in their U18 squad.

GYMNASTICS



Don't mess with Daisy!

Daisy (7V) has not only won a silver medal in the Welsh Closed Tae Kwon-Do tag team event, but also a bronze medal in the sparring event. Wow!!!



Ella and Madison competed in the Welsh Schools Sports Acro at Sophia Gardens Monday 12th March, 2018.

They came a fantastic 2nd, so a massive congratulations to them.

LITERACY ASSESSMENT & FEEDBACK

One of our main priorities this year is to develop our whole school approach to feedback and marking as we want to maximise our pupils' progress and their potential to succeed.

To make positive changes to the way our students receive feedback, our first consultation was with our students themselves, and our council members provided us with their valuable ideas on the methods of feedback they find most useful. We were lucky enough to take members of our council to conduct student-led action research in a couple of our feeder primary schools, where they interviewed students across KS2 and were shown examples of effective practice in their books.

This excellent work was shared during our February INSET, where we welcomed students from St. Joseph's RC Primary to show off their books and share their views on the feedback they receive. A few of our council members also kindly gave up their extra day off to deliver their findings to all staff and therefore directly impact on the way our project will move forward.

We are looking forward to trialling some new approaches, and to visiting some more of our feeder primaries this term to continue this exciting project at St Joseph's.



Changemakers

In November our school was one of four from across Wales to be chosen by the Welsh Centre for International Affairs (WCIA) to take part in an investigation into the refugee crisis across the world. 12 fantastic students from Year 8 have been involved in three sessions successfully led by Mr Sean Allen, a teacher and charity worker for WCIA and Oxfam.

In these sessions they have been educated about the refugee crisis in the world and the problems with media, as many people don't understand why people seek asylum in Britain. These students now have the challenge of making a difference and they are planning two brilliant activities for the summer term. Following this, they are due to attend a conference in Swansea with the three other schools to share what they have learnt and how they have made some difference in our school and local community.

We are very proud of our 'Changemakers' and look forward to seeing the impact they will have.

Eisteddfod 18

Dathliwyd ein Eisteddfod flynyddol gan Flwyddyn 7 a 8 ar 6ed Mawrth a roedd yn diwrnod llwyddianus diolch i waith caled ac ymarferiadau'r disgyblion.

Rydyn ni'n lwcus iawn gan fod llawer o ddisgyblion talentog gyda ni yn ysgol Joseff Sant a chawson ni ein hadlonni gydag amrywiaeth o ganu. Ym mlwyddyn 7, enillwyd cystadlaeth ganu gan Charlotte Darke 7S gyda'i fersiwn swynol "Croeso i'r Parêd Du" er daeth Lauren Hughes 7V ail a daeth Sienna Rees, Dhiya James, Lauren Hughes a Leigh-Anna Shailer-Stanway 7V a Georgia Sanderson 7H ac Eve Courtney 7S trydydd.

Ym Mlwyddyn 8, canodd Georgia Sanderson 8H a Meadow Hassall 8O ddeuawd hardd gyda'i gilydd, "Million Dreams".

Prif ddigwyddiad y diwrnod oedd cadeirio'r bardd, lle ydyn ni'n gweld ennillwyr cystadlaeth greadigol Saesneg yn cael eu coronï a gosgordd i'r llwyfan yn gwisgo clogyn. Ar y llwyfan, chwaraeodd Mr James rhan hen dderwydd sy'n gofyn i bawb y cwestiwn, "A oes heddwch?" "Is there peace?" Ac mae pawb yn ymateb gan weiddi allan, "Heddwch!"

Ennillwyr yr Eisteddfod

Llongyfarchiadau i Rose Jones 7J a Millie Armstrong 8O a enillodd ac am ddarllen allan eu gwaith felly gallai pawb werthfawrogi eu talentau creadigol.

Gyda chystadlaeth dosbarthiadau enillwyd cystadlaeth farddoniaeth gan 7S a 7P, enillwyd cystadlaeth ganu gan 7T ac enillwyd yr Eisteddfod gan 7S.

Ym Mlwyddyn 8, enillwyd cystadlaeth farddoniaeth gan 8E, enillwyd cystadlaeth ganu gan 8V ac enillwyd yr Eisteddfod gan 8H.

Diolch yn fawr iawn i Miss Hawkins a Miss O'Keefe am fod yn barnwyr gweithgar ac yn gwneud penderfyniadau'n heriol ac i Mr Hendry a Miss Herman am helpu gydag eitemau cerddorol!

Years 7 and 8 celebrated our annual Eisteddfod on the 6th March and all of their hard work and rehearsals paid off to make it a very successful day.

We are very lucky to have lots of talented pupils at St Joseph's who entertained us with an array of singing. In Year 7, the singing contest was won by Charlotte Darke, 7S with her captivating performance of "Welcome to the Black Parade", Lauren Hughes 7V came 2nd and Sienna Rees, Dhiya James, Lauren Hughes and Leigh-Anna Shailer-Stanway 7V came 3rd.

In Year 8, Georgia Sanderson, 8H and Meadow Hassall, 8O sang a beautiful duet together, "Million Dreams".

The main event of the day was the chairing of the bard, whereby we see the winner of the creative English competition crowned and escorted to the stage draped in a cloak. Once on stage, Mr James played the part of the ancient druid who asks, "A oes heddwch?" "Is there peace?" and everyone responds by shouting out, "Heddwch!" "Peace!"

Eisteddfod winners

Congratulations to Rose Jones, 7J and Millie Armstrong, 8O for winning and for reading aloud their work so that everyone could appreciate their creative talents.

As far as the form competition went in Year 7, 7S and 7P won the poetry competition, 7T won the singing competition and 7S won overall.

In Year 8, 8E won the poetry competition, 8V won the singing competition and 8H were the overall winners.

Thank you to Miss Hawkins and Miss O'Keefe for being hard working judges and making some challenging decisions and to Mr Hendry and Miss Herman for helping with the musical items!

Da iawn i bawb!

Da iawn i bawb!







Roedd ymddygiad disgyblion yn hynod o dda, fel arfer, ac roedd y daith yn gyflwyniad ardderchog iddynt i amgylchedd Cymraeg.

Llangrannog

Ym mis Mawrth, aeth 60 o ddisgyblion Cymraeg blwyddyn 7 i Llangrannog, gwersyll yr Urdd yng Ngorllewin Cymru, am bethwythnos gyffrous llawn gweithgareddau trwy gyfrwng y Gymraeg gyda Miss Read, Mr James, Mrs Purcell a Mrs Tucker. Cawson ni help wrth 4 aelod ein Chwched Dosbarth sef Carys Waters, Ffion Waite, Molly Cripps a Vicky Hill. Roedd ei help yn bwysig iawn. Yn ystod y dydd, mwynheuodd y disgyblion Gwylltgrefft, beiciau modur, nofio, ceffylau, wal ddrin-go, saethyddiaeth, sgïo, gwibgartio a mwy! Yn y nos, mwynheuodd y plant chwarae gemau ac wrth gwrs y disgo. Roedd tipyn o gyffro gyda'r Eira ac yn anffodus gadawon ni yn gynnar er mwyn gyrraedd nôl yn sâf ond roedd ymddygiad disgyblion yn hynod o dda, fel arfer, ac roedd y daith yn gyflwyniad ardderchog iddynt i amgylchedd Cymraeg.

In March, 60 year 7 Welsh students travelled to Llangrannog, the Urdd camp in West Wales, for an exciting weekend full of different activities through the medium of Welsh with Miss Read, Mr James, Mrs Purcell and Mrs Tucker. We also had help from 4 members of our 6th form, Carys Waters, Ffion Waite, Molly Cripps and Vicky Hill whose help was vital. During the day, the pupils enjoyed Bushcraft, quad biking, swimming, horse riding, the climbing wall, Archery, skiing, go-karting and more! At night, the pupils enjoyed playing games and of course the disco! There was plenty of excitement at the snow which unfortunately meant we had to leave early to ensure a safe arrival home however pupil behaviour was excellent, as always, and the trip was an excellent introduction for them to a Welsh speaking environment.



GLANLLYN

Ym mis Ionawr, aeth 29 disgyblion Cymraeg i Lan-llyn, gwersyll yr Urdd yng ngogledd Cymru, i 3 diwrnod o weithgareddau yn gyfrwng y Gymraeg gyda Ms Turner a Mr Burton. Yn ystod y dydd, mwynheuodd y disgyblion canwïo ar Lyn Tegid, dringo wal, saethyddiaeth, cyfeiriannu, bowlio deg a chwrs raff uchel. Yn y nos, daeth y 'dyn adar' gyda'i dylluanod i roi profiad uniongyrchol o'r creaduriaid anhygoel hyn. Roedd ymddygiad disgyblion yn hynod o dda, fel arfer, ac roedd y daith yn gyflwyniad ardderchog iddynt i amgylchedd Cymraeg.

In January, 20 year 9 Welsh students travelled to Glanllyn, the Urdd Camp in North Wales, for three days of activities in the medium of Welsh with Ms Turner and Mr Burton. During the day, the pupils enjoyed canoeing on Lake Bala, wallclimbing, archery, orienteering, ten pin bowling and high ropes course. At night, the 'bird man' came with his owls for pupils to have a unique first hand experience of these amazing birds. Pupil behaviour was excellent, as always, and the trip was an excellent introduction for them to a Welsh speaking environment.



POLAND



Our experiences from Auschwitz:

Oliver Williams 13B

Nothing prepares you for the reality of history's greatest atrocity. These Jewish men, women and children were individual human beings just like us, with hopes and dreams. They were treated as sub-human just because of their faith.

Alessandro Alfieri 13A

Auschwitz. Concentration camps. The Holocaust. We all know what happened. But until you witness the neglected items of millions of victims who were taken to their death, thinking they were starting a new life, history becomes much more real. It becomes much more understandable, if you can ever even start to understand such a monstrosity. After being selected through the Lessons from Auschwitz programme we didn't know what to expect and how to react to this inhumane persecution. It was an unforgettable experience.

Thomas Bromiley 13A

Going to a site of mass genocide was always going to be a traumatic experience and Auschwitz Birkenau exceeded expectations, especially the room of shaved hair from past prisoners.

But arguably the greatest reason for going was learning the contemporary lessons. We discussed this in the seminar and the only way we can prevent this from occurring again is to change our mentality against those who are different, as the only crime the millions killed at Auschwitz committed was faith.

Christine Keay 13D

Tom and I were originally selected to become Ambassadors for the LFA alongside Alessandro and Oliver. Before we went on our trip to Auschwitz we attended the compulsory and very informative seminars - our first seminar involved an Auschwitz survivor who was born in the camp. Her experience was far more than just an ordinary testimony and was highly touching.

When we arrived in Poland we were greeted by a very harsh, cold, snowy blizzard which didn't seem to rest. Our first stop on the trip was the town of Oswiecim where, during the Holocaust, innocent Jews would be taken away from their happy families to an unknown place. The town stands quite normally today, so it was difficult for us to imagine that it was the first step to hell for these frightened Jews. Our second stop was the museum in which the valuable remains of the prisoners have been collected for preservation. Consequently, one thing that evidently stood out for us all was the shaving and cutting of Jewish hair - this was viewed as something the Jews had pride in, so was removed, subsequently removing them of their identify and beliefs. The last aspect of the trip was to visit the camp itself 'Auschwitz Birkenau'.

As we walked for miles on end to view the last remains of the camp, each room and building had a chilling story and our minds could not comprehend that we were standing where millions of Jews were mocked and murdered. At the end of our trip we attended a memorial service performed by a Rabbi who addressed some important aspects such as "*Why it is still important for Jews to remember the events of the Holocaust*". As Jews, would they ever forgive Hitler and Nazi Germany for the horrific and inhumane treatment? It was highly intriguing to hear his views and was very reassuring to know that their main focus is to spread awareness of the Holocaust rather than being focused on the destruction that has been left behind.

“For evil to flourish, it only requires good men to do nothing.”

Simon Wiesenthal, Holocaust survivor



GREASE



February 13th-16th 2018

We would like to thank everyone who supported the school production of Grease last term. We are extremely proud of our talented cast for their dedication and passion for the show. Working together over those winter months was a great example of our school mission statement and seeing so many pupils from year 7 to year 13 working together so supportively has made us exceptionally proud.

We would also like to take the opportunity to highlight the hard work by parents, musicians, back stage crew and members of staff across the school who have assisted in the making of the show. If it wasn't for their contribution, the process would not have run as smoothly as it did. As many of you know this was my first solo school production as director and I can not emphasise the phenomenal journey I have been on with this super talented group of students.



St Joseph's is so lucky to have such hard working and committed pupils and staff and I truly hope you all enjoyed the show as much as we enjoyed creating it.

Mrs P Baxter, Head of Drama



MFL IN CARDIFF

“What you possess is not what you jingle in the pockets of your memory, but the imaginings with which you fill the spaces of the future.” Elizabeth Bibesco

At the end of the spring term a group of five Year 9 pupils had the opportunity to go visit Cardiff University, School of Modern Languages (part of the Global Futures scheme; raising uptake of MFL at Key Stage 4). It was a great day linking Science, Languages and the Arts.

Along with other Welsh schools, the students experienced three workshops run by university students from the Language, Science and Engineering schools. Students used VR headsets to imagine life on the International Space Station, having to complete missions using Russian and then tasting space food! They also learnt about lost languages, problem solving to interpret them! Finally, they learnt about how colours represent different things in different cultures.

The students enjoyed the day visiting the university and meeting the students.



#TALENTEDSTUDENTS_ALEX



We are lucky to have a number of pupils in the school who have been selected to play in county music ensembles such as the Greater Gwent Youth Orchestra, Wind Orchestra, Brass Band or Jazz Orchestra.

We are very proud of the contribution they make to these county groups. We always try to encourage students to take every opportunity to make music available to them both in and outside school hoping that they will thrive and gain more experiences.

One student who has always done this is Alex in Year 10. He has worked his way through as many different groups as possible and now has been selected to perform at a national level in both the National Youth Wind Orchestra of Wales and the National Youth Brass Band of Wales as well as being put on the reserve list for the National Youth Orchestra of Wales. To be selected for one of the ensembles at all shows real talent but potentially all three is impressive.

When you read into the ensembles and discover that they only usually accept players from age 16 it shows how exceptional Alex's achievements are. Despite all this he continues to be humble and grateful for any opportunities he is given and a committed member of countless school based ensembles.

Congratulations Alex, we are all very proud of you and your achievements.

The Trading Standards Team at Newport City Council has created an anti-counterfeiting campaign called Fake Free Newport. The campaign seeks to work in partnership with good, honest businesses that have invested in Newport to make a stand against the sale of counterfeit goods.

Local businesses and those thinking of investing in Newport are assured that anyone selling fake and unsafe goods will be dealt with by the council's Trading Standards officers. Fake Free Newport has 27 legitimate traders of branded goods who have signed a pledge supporting the fight against fake and unsafe goods. The campaign is also supported by the Intellectual Property Office (IPO) and the Anti-Counterfeiting Group.

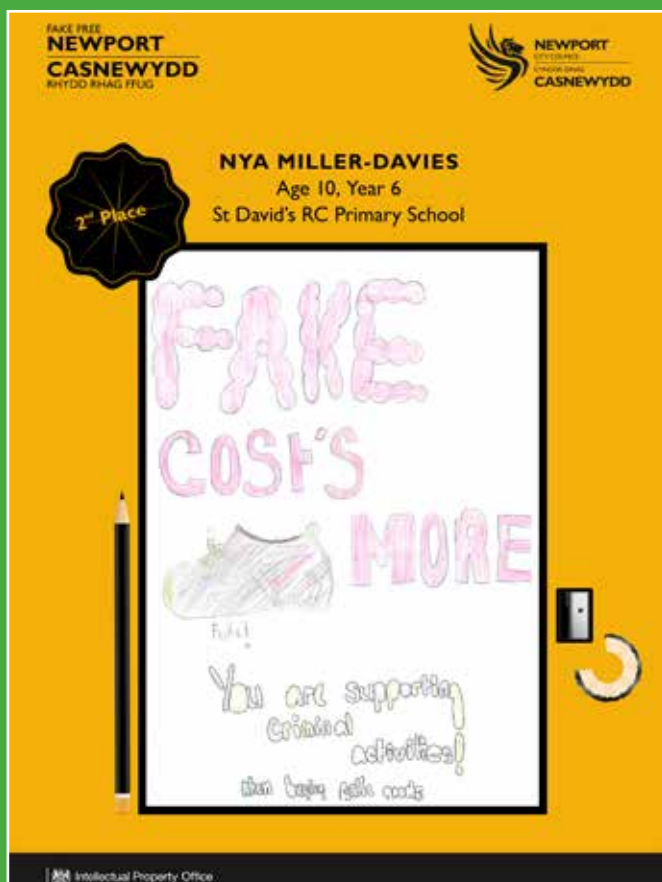
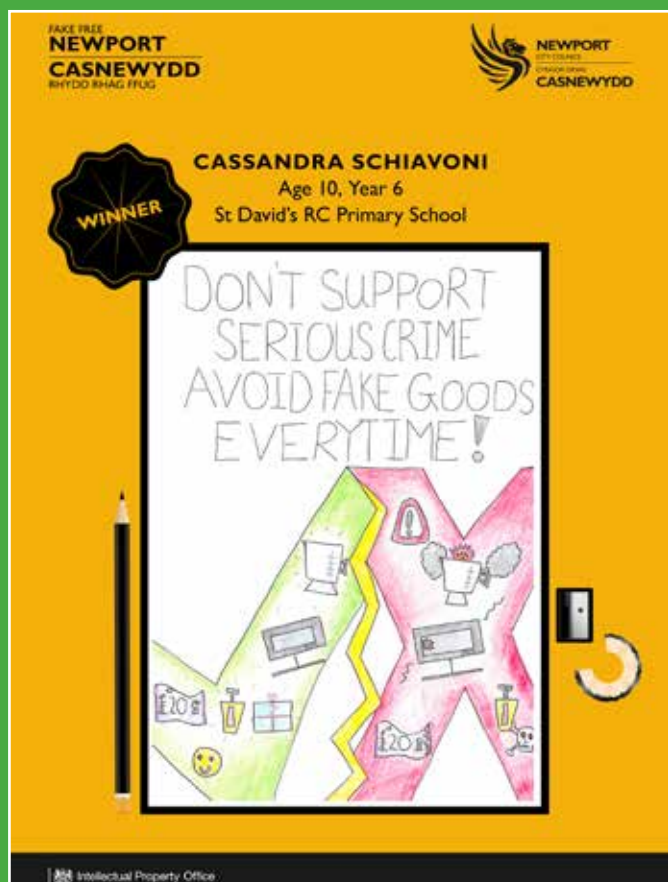
As part of the campaign, a poster competition was held with more than 170 primary school students participating. Ben Shergold, Daniel Cridland and Will Cowan from the Sixth Form at St Joseph's High School assisted in the promotion of the competition by delivering presentations school assemblies to junior schools in Newport highlighting the importance of avoiding counterfeit goods.

The winning poster will be posted around Newport city centre. The schools who took part were St David's, St Gabriel's, St Patrick's, St Mary's and St Joseph's. The Trading Standards Officer, Samantha Crutcher, responsible for the campaign congratulated Ben, Dan and Will for their enthusiasm, knowledge and professionalism.



"The Fake Free Newport campaign has been a great opportunity to raise awareness with our pupils and to highlight the dangers associated with buying fake goods but also the real need to support good honest businesses in Newport".
Mrs Louis Robinson

FAKE FREE!



SJHS REVISION

MAY/JUNE EXAM TIME 2018

BE BOTHERED

THE BASICS!
The foundations for success

What is it that motivates you?

- Feeling proud about your grades?
- Making someone who loves you feel proud?
- Wanting to know that you have done all that you can for your exams?
- Better grades = better jobs = more money = opportunity to spend on.
- A Sixth Form or College place? No place is secure without a strong set of examination results.
- An Apprenticeship?
- The best summer holiday after exams?
- Winning a bet or competing with a friend?
- Proving someone wrong (or right)?
- The sweet smell of success on results day?
- The even sweeter smell of saying and having your grades for the rest of your life?

Whatever it is, the brutal truth is the exams aren't going away - so you might as well tackle them head on... and win! You can do this. You really can. Everyone at school and at home will support you. But you need to take on this challenge now!

Where you lead, others will follow. So get stuck in. Take those exams on. And visualise getting what you want...and go for it!

- 1 Be positive about your education.** (Remember millions of people worldwide can only dream of the opportunity, teachers and school that you have)
- 2 Attendance.** You must attend school every day to keep attendance high, so gaps in learning do not develop. 90% attendance is not good enough as 100 lessons will be missed by the time you sit your exams. This has a MASSIVE impact on your standards, results and success in exams.
- 3 You must always be in the correct uniform.** Black shoes, blazer, school shirt and school trousers/skirt. Teachers need to focus on teaching and learning NOT maintaining uniform standards.
- 4 Your must always have a school planner and a full set of stationery, including a calculator.**
- 5 Be punctual.** You must be in school by 8.40am and arrive at all your lessons on time.
- 6 St Joseph's is a place of work.** Behaviour and listening skills must be excellent as every teacher has the right to teach without disruption. NO ONE has the right to affect the learning and qualifications of another student.

LEARNING STYLES QUESTIONNAIRE

Remember: this is just a list of facts not a psychological test!

Tick or highlight you most likely response to each question

What do you refer about, read, watch?

V How they look or dress
A How they sound when they talk
K How they stand or move

What do you prefer?

V Reading instructions
A Being told how to do something
K Getting stuck in and doing it for yourself

What do you find it easier to remember?

V Faces
A Names
K Things that you have done

What of the following are you most likely to say?

A "I hear what you're saying"
K "I know how you feel"

What do you do when you are concentrating?

A Discuss the problem in your head
K Move about or fiddle with your pen

What kind of humour do you prefer?

V Cartoons/Comics
A Stand-up comedians
K Physical/obscure comedy

When trying to find someone new, do you:

V Follow a map
A Ask for directions
K Follow your gut feelings

When you are researching, do you prefer:

V Work that is written and down in colour
A To listen to a talk or to look what to do
K To be active, making and doing

When asking problems, do you:

V Writing and drawing out possible solutions
A Talking through possible solutions
K Getting stuck in and working it out as you go

How do you choose food from a menu? Do you:

V Focus on the words and pictures
A Discuss the problem in your head
K Imagine what it will taste like

Your totals: Visual Audio Kinesthetic

| | | |
|--------|-------|-------------|
| Visual | Audio | Kinesthetic |
| Visual | Audio | Kinesthetic |

hurricanes *highlight yellow*

Hurricanes are one of the most powerful forces on earth. They are the combination of powerful masses of swirling wind, clouds and rain. Their power comes in a steady flow of cold clouds and winds can gust up to one hundred and seventy kilometres per hour.

The extraordinary power of the storm ~~blows~~ *comes* properly from all other kinds of storms. Trees are uprooted and roofs are ripped off the tops of buildings. Power poles crash to the ground causing power failure. Living beings are scattered or killed.

In 1970, over 500,000 were killed during a hurricane in Bangladesh, and the most deadly hurricane to hit the USA in recent times was in ~~1962~~ *2005*, when Hurricane Katrina ~~destroyed~~ *destroyed* parts of the east coast especially New Orleans. 2017 the city was flooded and over 200 people were killed and countless other lives were lost. The total cost of the damage was in excess of \$1 billion.

Expert scientists use satellites and a series of radar stations to ~~monitor~~ *track* the formation and movement of hurricanes. The storm no longer takes people by surprise. Experts issue a 'hurricane warning' if a storm is predicted to strike within twenty-four hours and this gives people in the storm's path time to move to safety.

NO 80% *yellow*

Now is the time to give all you have got!

Set aside distractions like tech and mobiles for each session.

Revise all subjects not just the exams that are coming up first.

Revise every school night for two to three, 45 minute sessions, with short breaks in between.

Revise every non-school day for six, 45 minute sessions. (Leaves 19.5 hours free)

Ensure you revise knowledge and techniques.

How to revise key principles:

- * Reduce and simplify then explode back and test
- * Regularly practice past question/papers to ensure revision is working
- * Stay hydrated with water and exercise to ensure you are alert and less anxious.

Know you have done your best for each exam. Be RESILIENT, BE PROUD, AIM HIGH.

FIRST PREPARE, THEN PRACTICE, AND SUCCEED...

REVISION/EXAMS

USE OUR REVISION BOOK TO HELP YOU REACH YOUR ABSOLUTE POTENTIAL. JUST SCAN THE QR CODE ON THE RIGHT WITH YOUR SMARTPHONE OR TABLET.



BIG THANK YOU

LETTERS FROM PARENTS

*“ Be strong, be fearless, be beautiful.
And believe that anything is possible
when you have the right people there
to support you.”* **Misty Copeland**



7 Top Tips

- 1 Please sit down together and have a focused conversation about the importance of Year 10 and 11 GCSE exams and the need to prepare with effective revision. Ensure your child knows what motivates them.
- 2 Expect and ask your child to do two forty-five minute revision sessions every school night and 4-6 sessions on a non-school day.
- 3 Ensure your child is properly equipped with stationery, a desk/table and a quiet space.
- 4 Show some tough love and ask that their mobile phone is handed over during the 45 minute session. Monitor how they handle other distractions like TV, friends, going out etc..

- 5 Please stress revision is effective if it involves TESTING re call and the ability to answer exam style questions.
- 6 Help your child build in mini-rewards which can be enjoyed once the effective revision sessions are complete.
- 7 Help your child retain a positive balance, plenty of sleep to stay strong, plenty of water and fruit to stay hydrated and healthy, exercise to stay active and alert and to break down any anxiety.

On behalf of all the teaching staff and all our students, THANK YOU for all the love and support for your child at this very important time in their lives.

Pupil Language Ambassadors



Five Year 10 Spanish students were selected to be trained as Pupil Language Ambassadors (PLAs) and to represent St Joseph's at the PLA training day hosted by Ysgol Gyfun Cwm Rhymni. The day was full of fun and varied activities centred on language learning and cultural studies. Our students were able to experience authentic salsa dancing, test their language knowledge and even learn some Chinese! They also received training on how to help promote languages in school and started planning some fun language activities.

The PLAs will be helping younger students with their language development. They currently have lots of good ideas such as setting up a blog and clubs to interest other students in carrying on languages into GCSEs. If there is a languages activity or event you would like to see happen at school, speak to one of the PLAs and they will be able to help you to set it up.

The PLAs who attended the training session are Eloise Jarvis, Bethan Jones, Abigail Humphrey, Dylan Jones, and Pierre Gashagaza. Here they are collecting their Pupil Language Ambassador training certificates:

LONDON

A Level Biology Trip to the Natural History Museum, London.

On a very early December morning the A level Biology class set out to visit the Natural History Museum in London. This has been a special year for this world famous museum, as it replaced the iconic 'Dippy' (Diplodocus) in the main hall. Now the skeleton of the blue whale (*Balaenoptera musculus*) washed up on the Irish coast near Wexford in 1891, is suspended from the ceiling of this spectacular entrance hall.

During the visit students were able to explore the museum freely to study the many plant and animal remains, including the treasures department which houses a rare *Archaeopteryx* fossil, possibly the most valuable fossil in the museum's collection.

We were also able to take a behind the scenes tour. Students were able to inspect the rooms filled with specimens that there is no room to exhibit in the main building. Here was housed priceless specimens brought to the museum from Charles Darwin's voyages.

Students also received a presentation about the biology and ecological importance of termites, from one of the museum's research scientists. Students were able to engage in a discussion about the research programmes undertaken by the scientists at the museum.



Photographs:

Above

Students discussing research methods with one of the scientists at the museum.

Left

A case of Charles Darwin's specimens at the museum.

Top Right

The A level Biology class in the main hall of the Natural History Museum, London.

Bottom Right

Students receiving a guided tour in some of the underground vaults in the museum, containing thousands of specimens not on public display.



KS4/5 CELEBRATION EVENING

On Tuesday 19th December 2018 the school gathered to celebrate the achievements of the pupils in last year's Key Stages 4 and 5.

The awards presented were in recognition of academic success from the record breaking external examinations secured by the pupils, combined with endeavour awards recognising pupils who really impressed with their diligent work ethic throughout their courses.

Individual awards were also presented to students who have either succeeded academically or in sporting accomplishments, or have simply been an inspiration to others through perseverance and hard work. Our guest speaker was Danny Wilson, who spoke so passionately about his journey through education and onto Director of Rugby at Cardiff Blues.



Potter-tastic!!



Well done to Libby Diverman for creating this amazing new Pottertastic logo for the Potter Club at St Joseph's. To keep up with all the fun and games follow their Twitter page.

[@_SherbertLemons](https://twitter.com/_SherbertLemons)



NEWS

CONGRATULATIONS SIR



Success

Mr Wood has been working hard and has successfully completed the Level 4 Higher Apprenticeship in Management, in the Business Skills Sector.

Well done Mr Wood.

Congratulations to Alex Willis in Year 12 who attended a Youth Affairs Debate in the House of Commons on behalf of the young people of South Wales.

Earlier this year I had the honour of attending a Youth Affairs Debate in the House of Commons to discuss the issue of sexual harassment in our schools. This is a problem that is plaguing schools right across the country, and unfortunately sexual harassment cases are increasing, with 1 in 3 girls saying they have been sexually harassed in school (NEU Report).

I find this statistic particularly startling, and that's why I was pleased to put forward my case for a 'Zero Tolerance' policy to tackle the issue. I urged Parliament to ensure that teachers, parents and students are adequately educated in identifying and reporting those who may be victims or perpetrators of sexual harassment. Education is the key to this struggle - expectations must be defined and consequences reinforced. Only through more understanding can we stamp out this evil on our school grounds, and tear down the stigma that surrounds it. We need to empower young people to stand up and speak out against abuse of all forms, not to become moral spectators.

Overall the day was hugely beneficial and it was a great privilege to speak in the same building as all the political greats on such an important issue.



Dates for your diary 2018

Summer Term TYMOR Y HAF

| April | |
|------------------|---|
| 19 | Engineering Presentation Day |
| 19 | Year 8 Parents Evening |
| 23 | Year 10 Parents Evening |
| 24-25 | Year 10 Geography Trip - Afon Llwyd |
| 26 April - 2 May | Years 7,8,9 Literacy and Numeracy Exams |
| May | |
| 8 May - 21 Jun | GCSE and A Level Exams |
| 23 May | Year 13 Last Teaching Day |
| 28 May - 1 Jun | HALF TERM |

| June | |
|---------------|---|
| 21 | Year 12 Science Trip - Kenfig Hill |
| 25-29 | Year 10 Enterprise and Employability Week |
| 25-29 | Year 9 Progress exams |
| July | |
| 4 | New Year 7 Transition Evening |
| 5-6 | New Year 7 Transition Days |
| 9-12 | Year 12 Science Trip - Porthcawl |
| 11 | Year 8 MAT Trip to Waterfront Museum |
| 11 | Key Stage 3 Celebration Evening |
| 12-13 | Year 10 Community Placements |
| 13 | Sports Day |
| 13 | Year 7 MFL Trip - Boulogne |
| 18 | Summer Concert |
| 23 | INSET DAY |
| 24 | INSET DAY |
| 24 | SUMMER TERM ENDS |
| 30 Jul-10 Aug | New Year 7 Transition Camps |

Please be aware that if there are any unforeseen circumstances, these dates might change.

Catch the St Joseph's RC High School news as it happens on:

www.sjhs.org.uk

twitter.com/sjhsnewport

www.facebook.com/stjosephsnewport

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