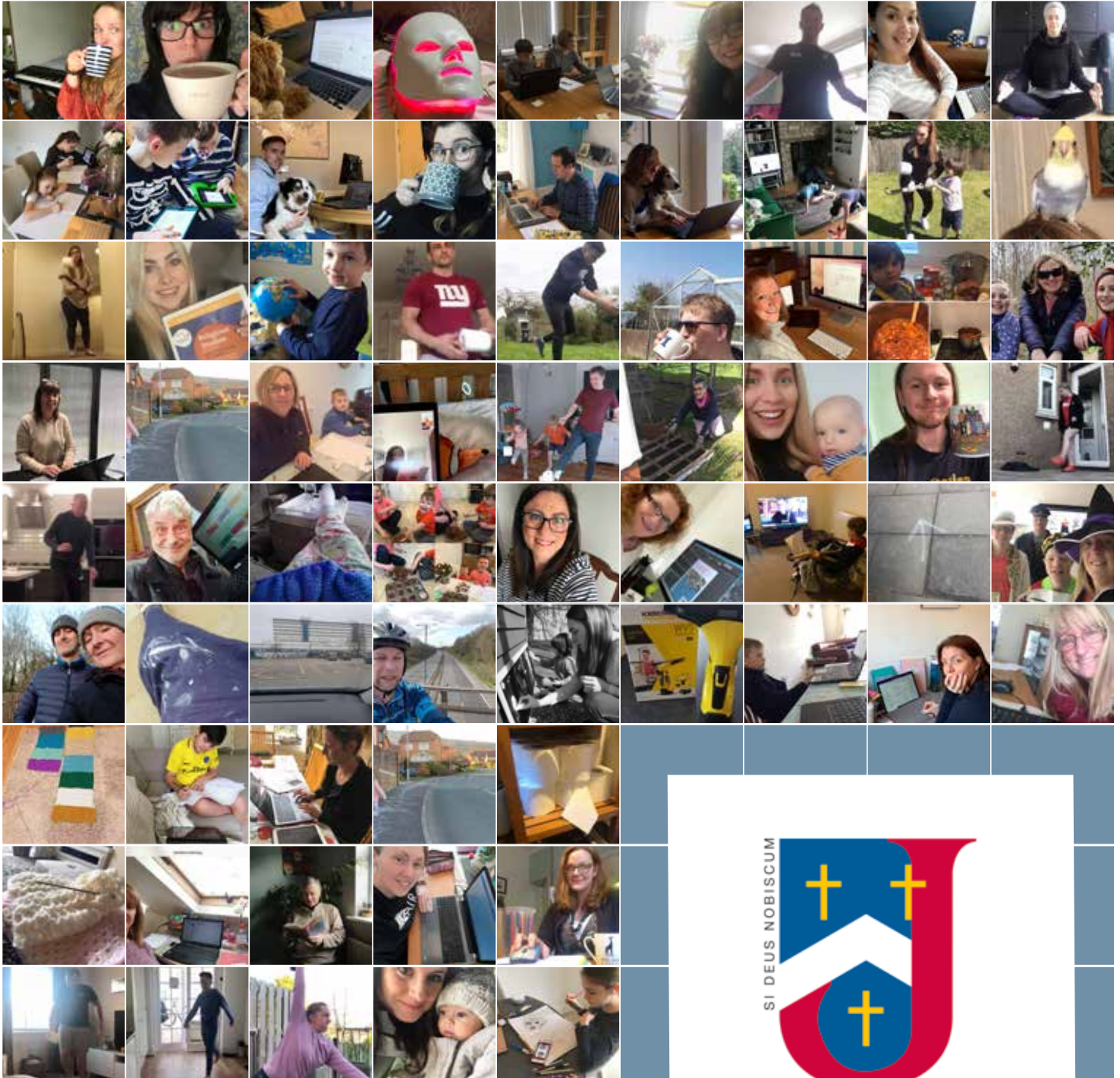


# Inside

The official newsletter of  
St Joseph's RC High School

Taflen wybodaeth swyddogol  
Ysgol Gyfun Gatholig Josef Sant

Spring 2020 Gwanwyn



SERVING GOD THROUGH LEARNING TOGETHER

YN GWASANAETHU DUW TRWY DDYSGU GYDA'N GILYDD

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## Headteacher's Message neges y pennaeth

**Mrs J Jarrett** Headteacher

**Welcome to our Spring Edition of the newly and aptly named INSIDE!**

**Well, as Vladimir Lenin said: "There are decades where nothing happens, and there are weeks where decades happen."**

**The last two weeks are most certainly those weeks.**

Reflecting on the last two weeks, what I have missed most has been the daily interaction with our wonderful pupils. Reading this edition of our newsletter reminds me how creative, passionate, hard-working and inspirational they are. I am immensely proud of our children and I genuinely feel privileged to know them and work with them.

Despite the Spring term being cut short, we have much to celebrate. This wonderful edition of our school newsletter, reflects just a small proportion of the ways in which our community

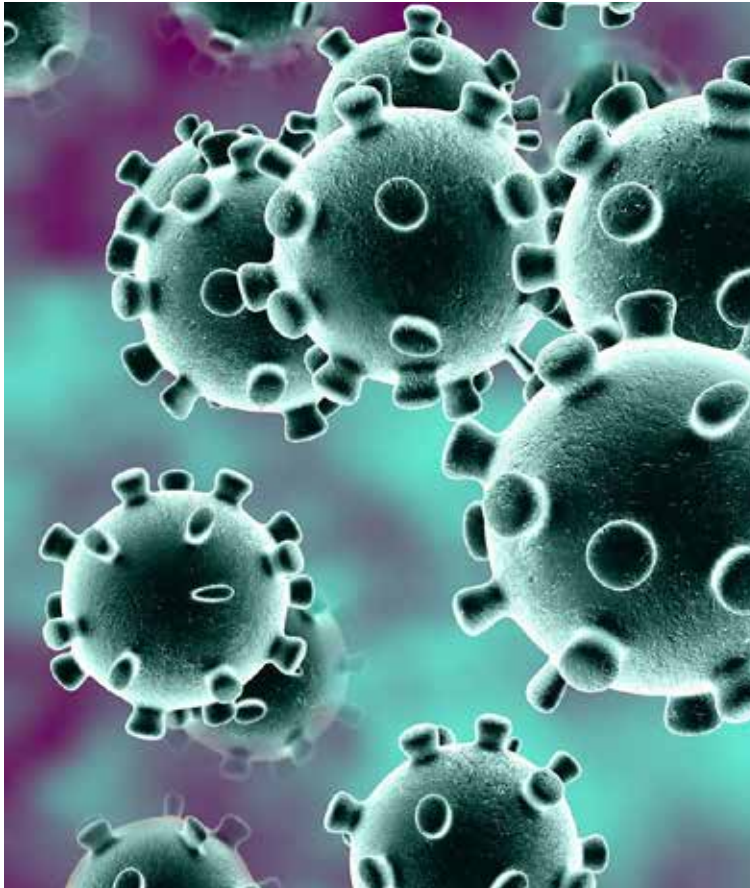
lives our mission statement of *'Serving God Through Learning Together.'* I hope you enjoy reading about it and all the events and activities that have taken place this term.

Finally, I would like to take this opportunity on behalf of all the staff and governors at St Joseph's RC High School, to thank you for your continued support and understanding.

**We all wish you and your family a happy, blessed and Holy Easter. Please take care, look after yourselves and I look forward to seeing you soon.**

*The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:*

- cough
- difficulty in breathing, and/or
- fever



### Advice on Novel Coronavirus (COVID-19) for members of the public











#### How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

#### How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

#### How can you stop coronaviruses spreading?

<b>If you need to cough or sneeze</b>  <b>Catch it with a tissue</b>  <b>Bin it</b>  <b>Kill it</b> <small>by washing your hands with soap and water or hand sanitiser</small>		<b>You should wash hands with soap &amp; water or hand sanitiser</b>  <b>After breaks &amp; sports activities</b>  <b>Before cooking &amp; eating</b>  <b>On arrival at any childcare or educational setting</b>  <b>After using the toilet</b>  <b>Before leaving home</b>	
 <b>Try not to touch your eyes, nose, and mouth with unwashed hands</b>		 <b>Do not share items that come into contact with your mouth such as cups &amp; bottles</b>	
 <b>If unwell do not share items such as bedding, dishes, pencils &amp; towels</b>			

Stop germs spreading by using the e-Bug resources on hand and respiratory hygiene available through [e-bug.eu](http://e-bug.eu)

#### What should you do if you feel unwell?

Keep away from others at stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus.

If you think you have symptoms of coronavirus, call NHS 111 for advice. Follow the Welsh Government advice for childcare or educational settings: [gov.wales/guidance-educational-settings-about-covid-19](http://gov.wales/guidance-educational-settings-about-covid-19).

Staff, students and pupils who have returned from specified countries should self-isolate, and NOT attend education or work for 14 days.

[phw.nhs.wales/coronavirus](https://phw.nhs.wales/coronavirus)

Version 3, Published 4 March 2020

# Coronavirus (COVID-19)

## How COVID-19 is spread?

From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (within 2 metres) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

## Prevention

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus. There are general principles anyone can follow to help prevent the spread of respiratory viruses.

Wash your hands often - with liquid soap and water, or use alcohol sanitiser if handwashing facilities are not available. This is particularly important after taking public transport; cover your cough or sneeze with a tissue, then throw the tissue in a bin. Everyone should wash their hands:

- after using the toilet
- after breaks and sporting activities
- before food preparation
- before eating any food, including snacks
- before leaving school.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are unwell.

If you are worried about you or your families symptoms, please use the Coronavirus COVID-19 symptom checker on NHS Direct Wales. Do not go directly to your GP or other healthcare environment.


See the latest information about Novel Coronavirus on the Public Health Wales website.

<https://phw.nhs.wales/>

# DISTANCE LEARNING



**Student and Parent SJHS Guide**  
**Google Classroom**  
March 2020



[Google Apps](#)  
[What is Google Classroom?](#)  
Please note: MOST students are already enrolled onto their subject classroom, therefore will not need to enrol again. Once they log into Google Classroom they can view and access all Classrooms joined.  
[Signing into Classroom](#)  
[Sign in for the first time](#)  
[Join a class with a class code](#)  
[Accept an invitation from your teacher](#)  
[Hand in \(turn in\) an assignment / piece of work](#)  
[Turn in a quiz assignment](#)  
[Turn in an assignment with a doc assigned to you](#)  
[Mark an assignment done](#)  
[Unsubmit an assignment](#)  
[Help with creating and working on a Google Doc, Sheets, Slides and switching from Microsoft Documents](#)

## WWW.SJHS.ORG.UK GOOGLE CLASSROOM

With Google Classroom, teachers and pupils can sign in from any computer or mobile device to access all class assignments, course materials, and feedback.

As a school, we use Google Classroom to interact, set work, feedback to pupils and share resources. Google Classroom is an app that can either be downloaded onto a device for free or opened on the internet. Click on the Student and Parent SJHS Guide to Google Classroom provided on the left or use the links below to help you.



Online Safety

Schools across the UK are now closed to most families. We know this is a difficult time for most parents so there are lots of resources on our website to help you learn about online safety at home with your child.

## Classroom Codes

All our pupils have accessed Google Classroom, and most have already 'joined' a class with each of their teachers. In case Classrooms have been recently set up and your child has not had the opportunity to join, **all the Classroom codes for every classroom in the school are on our Distance Learning page on our website - see the web address or link below.** The code is only needed ONCE to join the class. Please use the Student and Parent SJHS Guide to Google Classroom attached to support your child in joining the relevant classrooms.



Distance Learning

[www.sjhs.org.uk](http://www.sjhs.org.uk)

> Academic > Distance Learning

<https://www.sjhs.org.uk/page/?title=Distance+Learning&pid=103>

# WWW.SJHS.ORG.UK

## Health & Wellbeing



**The following guidance and information are intended to support St Joseph's immediate and extended communities to feel well, healthy and happy. We are offering clear steps that provide support for our families to develop and deliver their own health and wellbeing plans if they are absent from school or work.**

In essence, we recommend Welsh Government's national drive in promoting the five steps of health and wellbeing.

**Connect.** If possible, connect and keep in touch with people around you: family, friends, colleagues and neighbours. Check on one another. If visits are not possible then phone, WhatsApp, text or Facetime.

**Be active.** If possible, get active: walk, run, cycle, play a game, do some gardening or dancing, or construct your own home-made circuit. Ensure you are eating well, drinking water and getting the rest you need to be healthy.

**Take notice.** Be observant of yourself, others and your environment. Give compliments, support one another, be kind and look for something beautiful in your family or nature.

**Keep learning.** Stay interested in local, national and international developments. How can you help yourself and others? Be aware of other opportunities to progress your learning through the school website and Google Classrooms.

**Give.** Being there for one another is so important. Take opportunities for random acts of kindness, encouragement,; random acts of kindness, encouragement, love and generosity. Invest in yourself, family and loved ones; this is the time for compassion, patience and citizenship.



Health & Wellbeing

[www.sjhs.org.uk](http://www.sjhs.org.uk)

> Academic > Health & Wellbeing

<https://www.sjhs.org.uk/page/?title=Health+%26amp%3B+Wellbeing&pid=104>



Prayer Resources

[www.sjhs.org.uk](http://www.sjhs.org.uk)

> Academic > Prayer Resources

<https://www.sjhs.org.uk/page/?title=Prayer+Resources&pid=105>



News and Notifications

[www.sjhs.org.uk](http://www.sjhs.org.uk)

> News > Coronavirus

<https://www.sjhs.org.uk/page/?title=Coronavirus&pid=102>

# MISS SAIGON

“ I am still in awe of the amazing talent on show...it was outstanding!!”

Mrs E Leyshon, Head of Year 8



**Miss Saigon was performed to sell out audiences in the St Joseph's main hall from 11th to 14th of February 2020.**

Showcasing the exceptional musical talents of our school pupils in a cast that included pupils from Years 7 to 13.

Audiences were amazed at the talent on stage and the clear enjoyment every cast member displayed was obvious. The excitement and energy in every performance left the audience wanting more, and many were left dabbing away tears from their cheeks, as the show's climax hit them emotionally.

The cast rehearsed relentlessly for over 200 hours between October and February, giving up their free time after school and on weekends. They worked alongside the production staff with professionalism, ensuring the show was ready to go. The cast also took part in fundraising, such as bag-packing in ASDA and individual sponsored activities, tasked with raising £30 each.

With over 120 pupils auditioning and only parts for 60, the audition process was difficult. Mr Testa, Mrs Baxter and the whole production team were so impressed with the whole cast and how they all became a Miss Saigon family, looking out for each other and boosting confidences when it was low.

Now is the time to start preparing for the next school show, whatever it may be!







*“WOW!! A roller-coaster of a ride in terms of emotions; what a fab show”* Mr I Humpage

Comments from various audience members...

*“Sssssooooo much better than we had dared to imagine”*

*“The talent is astonishing”*

*“I can’t believe it is a school production; it’s so professional”*

*“How often do you do a show because I’d love to come again. It was fantatsic”*









### KS3 celebrated World Book Day in a variety of ways this year:

- The Gwent Ethnic Minority Services worked alongside the library and the English department to provide lessons that celebrated literature from around the world.
- In French and Spanish lessons, year 7 and 8 participated in activities to describe their favourite author, finishing up with an extended writing description (using previously learnt vocab in a new setting). C'était amusant!
- The Welsh department celebrated the stories of Roald Dahl, by giving students Welsh versions of blurbs which they had fun translating. Mwynheudd pawb fe!
- Tutors encouraged their students to enter World Book Day competitions and to explore how empowering reading can be.



*“I do believe something very magical can happen when you read a good book.”*

J K Rowling

# Easter Message

## So many things can make us afraid.

The loss of a loved one, work, a broken friendship and the experience of not being valued by others are among the many experiences that can leave us despondent, not knowing what to expect, even afraid. Those who met the risen Christ -- the two Marys, the guards, the disciples -- all experienced a profound change in their lives. Christ was alive and offered peace and hope to them. They were offered new beginnings. His presence brought not vengeance but reconciliation.

Our Lord's resurrection overcame sin and death. His resurrection is true redemption, an invitation to new life, where every human flaw can be corrected; we can be freed from whatever binds, constricts or destroys true freedom, and be welcomed into his kingdom.

We live in a wonderful but deeply wounded and wounding world that is at times uncaring, unforgiving, cruel, and devoid of second chances. Easter offers the assurance that the many difficulties and challenges that threaten to overwhelm us will be overcome.

Despite the desertion of his disciples, the cruelty of the soldiers and the despair of the women, Jesus offered them, as he offers us, new life, forgiveness and hope for the future. We can find healing and hope in Him who came that we might have life in all its fullness. The risen Christ, in His profound love, makes it possible for all of us to have second chances, new beginnings, new life.

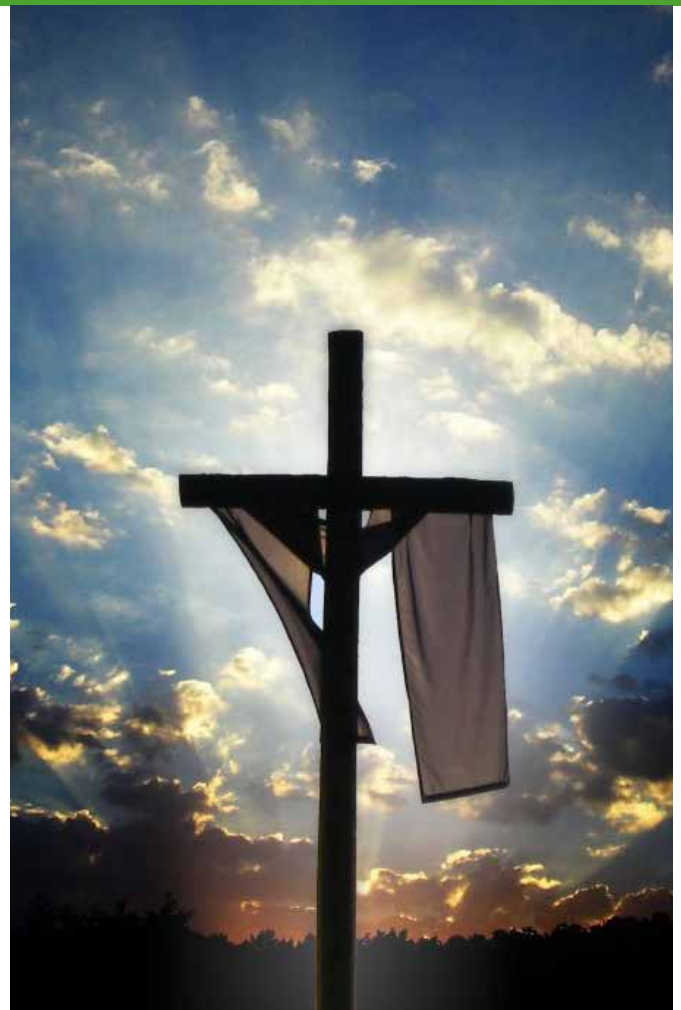
Jesus says to frightened disciples, "Do not be afraid." To us he says, "Do not be afraid." Whatever it is that causes you to fear, Jesus the risen Christ will be with you and will go ahead of you and continue to be with you. He offers you joy and peace, forgiveness and hope. Most of all he offers you himself. You need not fear. He has overcome the world!

*"Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die'"* (John 11:25 25)

## Prayer

*Lord, the resurrection of Your Son has given us new life and renewed hope. Help us to live as new people in pursuit of the Christian ideal. Grant us wisdom to know what we must do, the will to want to do it, the courage to undertake it, the perseverance to continue to do it, and the strength to complete it.*

*Amen*



# Eisteddfod20

**Dathlwyd ein heisteddfod flynyddol gan Flwyddyn 7 a 8 ar 13eg Mawrth ac roedd yn ddiwrnod llwyddiannus diolch i waith caled ac ymarferiadau'r disgyblion a'r athrawon.**

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 ac offeryn cerddorol. Ym mlwyddyn 7, enillwyd cystadleuaeth ganu a cherddorol gan Ffion Driscoll, Darcy Williams, Liberty Hassall, Chloe Tyler (7H) a Poppy Slavin (7V) gyda'u perfformiad bendigedig, "Seventeen" o'r sioe gerdd "Heathers". Daeth Darcy Williams (7H) a Katelyn Goddard (7E) yn ail yn canu "Yours" gan Ella Henderson a "Can't Help Falling in Love" gan Elvis Presley. Daeth Javier Gonzalez (7H) yn drydedd gyda'i berfformiad "Carza" ar y ffidl

Ym mlwyddyn 8, enillwyd cystadleuaeth ganu a cherddorol gan Luc Champs 8O gyda'i berfformiad hardd ar y piano gyda "Say You Won't Let Go" gan James Arthur. Daeth Andrew Suayan (8V) gyda Lucy Graham (8O) ac Aimee Wakeman (8P) yn ail. Perfformiodd Andrew "Hey Jude" ar y piano a chanodd Lucy ac Aimee "What is this Feeling?" o'r sioe gerdd 'Wicked'.

Prif ddigwyddiad y diwrnod oedd cadeirio'r bardd, lle ydyn ni'n gweld enillwyr cystadleuaeth greadigol Saesneg yn cael eu coronni a gosgordd i'r llwyfan yn gwisgo clogyn. Ar y llwyfan, chwaraeodd Mrs Davies rhan hen dderwydd sy'n gofyn i bawb y cwestiwn, "A oes heddwch?" Ac mae pawb yn ymateb gan weiddi allan, "Heddwch!"

Llongyfarchiadau i Cerys Griffiths 7E a Betsy Pockett 8V a enillodd ac am roi caniatâd i ni i ddarllen allan eu gwaith felly gallai pawb werthfawrogi eu talentau creadigol.

Gyda chystadleuaeth dosbarthiadau enillwyd cystadleuaeth farddoniaeth gan 7J, enillwyd cystadleuaeth ganu gan 7S a 7E ac enillwyd yr Eisteddfod gan 7E.

Ym Mlwyddyn 8, enillwyd cystadleuaeth farddoniaeth gan 8J, 8O ac 8T, enillwyd cystadleuaeth ganu gan 8J ac 8V ac enillwyd yr Eisteddfod gan 8J.

Diolch yn fawr iawn i'r barnwyr gweithgar i gyd ac yn gwneud penderfyniadau'n heriol ac i Mr Green a Miss Doyle am helpu gydag eitemau cerddorol!

**Years 7 and 8 celebrated our annual Eisteddfod on the 13th 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 and musical instruments. In Year 7, the singing and musical contest was won by Ffion Driscoll, Darcy Williams, Liberty Hassall, Chloe Tyler (7H) a Poppy Slavin (7V) with their wonderful performance of "Seventeen" from the musical 'Heathers'. Darcy Williams (7H) and Katelyn Goddard (7E) came joint second singing "Yours" by Ella Henderson and "Can't help Falling in Love" by Elvis Presley. Javier Gonzalez (7H) came third with his performance of "Carza" on the violin.

In Year 8, the singing contest was won by Luc Champs (8O) with a captivating performance on the piano of "Say You Won't Let Go" by James Arthur. Andrew Suayan (8V) came joint second with Lucy Graham (8O) and Aimee Wakeman (8P). Andrew performed and sang "Hey Jude" on the piano and Lucy and Aimee sang, "What is this Feeling?" from the musical 'Wicked'.

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, Mrs Davies played the part of the ancient druid who asks, "A oes heddwch?" "Is there peace?" and everyone responds by shouting out, "Heddwch!" "Peace!"

Congratulations to Cerys Griffiths 7E and Betsy Pockett 8V for winning and for allowing their work to be read aloud so that everyone could appreciate their creative talents.

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

In Year 8, 8J, 8O and 8T won the poetry competition, 8J and 8V won the singing competition and 8J were the overall winners.

Thank you to all of the hardworking judges for making some challenging decisions and to Mr Green and Miss Doyle for helping with the musical items!

## Da iawn pawb!





# Nant Gwrtheyrn

Eleni, ym mis Chwefror aethon ni ar ein taith blynyddol i Ogledd Cymru er mwyn roi cyfle i'r chweched dosbarth ymweld â lleoedd pwysig yn hanes Cymru.

This year, in February we went on our annual trip to North Wales so that our Sixth Form class could visit important locations in the history of Wales.

Ar y taith ymwelon ni ag Aberfan, Cilmeri, Capel Celyn, Beumaris, LlanfairPG, Portmerion a llawer mwy. Cafodd y disgyblion cyfle i gael profiad unigryw i helpu nhw gydag ysgrifennu ar lefel person ac ymarfer eu sgiliau llafar mewn lleoliad arbennig. Er gwaetha'r tywydd roedd y disgyblion yn ddangos Ysgol Joseff Sant ar ei gorau!

On the trip we visited Aberfan, Cilmeri, Capel Celyn, Beaumaris, LlanfairPG, Portmerion and lots more. The students had the opportunity to have a unique experience to support their writing and oracy skills on a personal level in special locations. In spite of the weather the students showed St Joseph's at it's best!





# CYMRRAEG

## Year 7 Llangrannog

Mae Llangrannog yn bwysig iawn i'r adran Cymraeg achos mae'n roi'r cyfle gyntaf i ddisgyblion yr ysgol defnyddio eu Cymraeg tu fas y dosbarth.

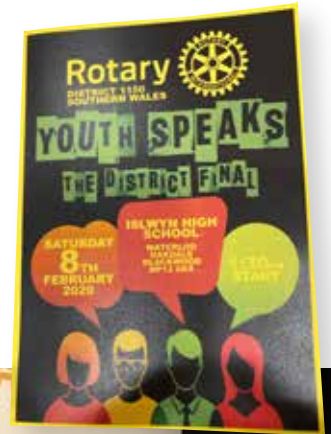
Pan gyrhaeddod ni nos Wener roedd y disgyblion yn chwarae bingo yn y Gymraeg cyn iddyn nhw ymarfer eu sgiliau dawnsio yn y twmpath. Ar ôl hynny, roedd y penwythnos llawn gweithgareddau hwylus iawn fel sgïo, gwibgartïo, cwads a mwy! Mae Llangrannog wastad yn sicrhau profiad anhygoel i'r disgyblion a doedd dim gwahaniaeth eleni. Diolch i bob aelod o staff a ddaeth gyda ni eleni a'r disgyblion Blwyddyn 7 bendigedig!

**Llangrannog is a very important trip for the Welsh department as it gives the students their first opportunity to use Welsh outside of the classroom.** When we arrived on Friday night, the students played bingo in Welsh before practising their dance skills in the Twmpath. After this, the weekend was full of fun filled activities such as skiing, go karting and more. Llangrannog always ensure such an amazing experience for the students and there was no difference this year. Thank you to all members of staff who came with us this year and the brilliant Year 7 students.



*“Great leaders are almost always great simplifiers, who can cut through argument, debate and doubt, to offer a solution everybody can understand.”*

Colin Powell



# It's not a debate!

**Congratulations to our Year 9 Debating Team who have been declared 'Area Champions' for the Rotary Youth Speaks Competition.**

The team consisting of Max John (Opposer) Jessica Wootton (Proposer) and Phoebe Lynch (Chair) presented the topic "This house believes racism will cease to exist" and they beat teams from schools across Newport, Monmouthshire and Torfaen to

become Area Winners. Phoebe and Jessica also received the accolades of Best Chair and Best Proposer in this area which is amazing. The team represented this area in the District Final for schools across the whole of South Wales but were unfortunately pipped to the post by a team from Crickhowell High. The standard of competition was exceptional and we are so proud of our winning team especially as this is the first time a team from St Joseph's has entered this competition. Well done to all.





## Year 8 showing off their Engineering and Mathematics skills...

The first task was to make a vehicle that would run under battery power whilst towing or carrying a piece of plastic. They could use their creative skills to come up with a robust yet light 'trailer' to attach to their vehicle using paper and Sellotape.

Task Two was to test their cars and trailers by first fully charging it and measuring how far it travelled. The challenge was to create a graph showing how different amounts of charge applied, affected how far the vehicle would travel. For the third and final task, the pupils were given a target to land on. They had to calculate how far away this was from the starting point, then using their collated data from Task Two, apply the correct amount of charge to land on the target.

Some pupils were very close, but the most important thing was that everyone had fun and learned a little about engineering at the same time.



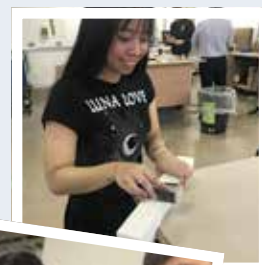
# ENGINEERING

## In October, a group of Year 12 students began their annual engineering project as part of the Engineering Education Scheme Wales.

This project involved working alongside CAF rail, Newport. The students were presented with a problem that the company are experiencing on their site and given five months to design a solution to this problem. The students spent these five months working extremely hard as a team on a written report and planning a presentation to be given at the Big Bang Fayre at the MOD St Athans on March 19th 2020.

As a result of their hard work, each student in the group will be awarded an EESW award and a Gold CREST award, which is Britain's largest national award scheme for project work in science, technology, English and mathematics.

**Congratulations to Hannah Garcia, VJ Salongcong, Ethan Barnes, Elena Kingston and Hans Arellano.**



A day in the life of a Sixth Former is something of a change to KS4 life. There are similarities – registration, lessons and break times all have the same timetable. However, as you will now only be studying a handful of subjects, the frequency of each subject lesson will increase.

One of the main differences is the fact that you will have free periods throughout the day which can be used as you wish, and you have the common room and study area where you can meet with friends or complete work. The kitchen in the common room is also a great asset. Most people start off the year socialising in their free periods, but then as exams start to approach, more and more students choose to use this time to finish off homework and revise. Depending on when your lessons are, there is also the option to use the library or IT rooms to complete work.

Ultimately, in the Sixth Form there is a greater workload but more opportunity to become involved in the choices which are going to have a direct impact on your future, whether that is organising events for the year group, charity fundraisers, or arranging your own work placements.

**It's about increased independence with added responsibility, which is essentially training us for the next steps in our lives.**

# SIXTH

## Head Students

The Head Student team are responsible for annually organising the Sixth Form prom. This involves sourcing a venue, acquiring deposits and returning receipts, and ensuring the event runs smoothly. Being given such power that we were responsible for the entire year group put pressure onto each decision made. However we feel we have planned an event that each individual in the year will thoroughly enjoy. Balancing this with school work has been difficult but we have thoroughly enjoyed the challenge. Although at times it has been stressful, it has been an invaluable experience as we have learnt a variety of key skills that not only add to our CV but are transferable into our careers.

Prom!

Skiing in NYC

University visits and open days

UNIQ

Independent study

International Rotary Club

## Access to Bristol

The Access to Bristol course offers you the opportunity to experience a university environment whilst studying your chosen subject and meeting people who are considering studying that subject at university. From attending lectures once a week to completing mini assignments or research activities which are based on university modules, the course allowed me to make decisions regarding my future choices. On top of this, I also met people from all over the area who were both similar and different to me, and this exposed me to the sort of experiences I may have at university. Taking part in Access to Bristol for the 8 weeks also meant a contextual offer which made the entry requirements for University of Bristol slightly lower, and as it's one of my choices this can only help. I would encourage you to apply at the start of Year 12 if this is something you may be considering, especially if you are uncertain on which course you may wish to study.

## Cambridge Shadowing

Written by Tayha Jupe

I was given the opportunity to shadow an undergraduate student at the University of Cambridge for three days. The scheme is run for Year 12 pupils from state schools with very little experience of top university entries. Despite my previous concerns, I loved every second of the scheme. The mentors were extremely friendly and made me feel very welcome. I attended lectures with up to 500 people on chemistry as well as lab practicals on genetics.

There are 31 colleges in Cambridge and I stayed in Sidney Sussex. Within our colleges, we went on tours of the city and dined in grand halls. It was a great experience and I am very grateful for the opportunity. I was able to make new friends, learn more about Cambridge such as the admissions process and have one on one tutorials with Cambridge professors. It showed me that if you work hard enough, regardless of your background, anyone can go to university. This trip has definitely inspired me to do well. I hope that more universities run schemes like this to inspire even more people from state schools to attend top universities and end the stigma surrounding them.



# FORM



# DANCE WITH DARCEY



## DDMIX

**In February 2020 St Joseph's Dancers were invited again to perform for Dame Darcey Bussell in the Dolman Theatre. The performance was part of the DDMIX Schools Dance Festival.**

The pupils thoroughly enjoyed practising and rehearsing the African themed dance routine. When it came to the performance the dancers were super excited. They put on a superb show displaying great determination and enthusiasm.

Darcey was very complimentary about the costumes and the performance so thank you to all parents and carers for their support.

This was an amazing opportunity that our pupils will cherish for a long time. Let's hope we get invited to perform again next year.

**Well done to all who performed.  
You were amazing!!!**

# POLAND



## Experiences from Auschwitz:

Written by Caitlin and Elina, Year 13

**After being selected by the history department, our trip to Poland started on February 13th at 5:30am. Arriving at Cardiff Airport we both felt nervous to explore a new country and learn more about the Holocaust.**

Once in Poland, we headed for the main square to see what life would have been like for residents before the Holocaust and we focussed on each of them being individual people with their own stories rather than just a statistic. We then took the coach to Auschwitz still feeling very nervous. The group was allocated a tour guide and shown around the camp which has been converted into more of a museum.

The sights are awful and although we learn about it, nothing can prepare you for how real it feels when you are there. After both becoming very emotional we supported each other and carried on our trip to Auschwitz Birkenau, also known as Auschwitz 2. This is where the majority of Nazi concentration camps were held and was not like a museum at all and we described it as feeling more like a film set.

We finished the day by having a candlelit ceremony with all the students to reflect on our time. We both are still in disbelief that we have witnessed Auschwitz and Birkenau in person and love to tell people about our time visiting and how important it is for people to be educated about it.

In this day and age, we are seeing the number of survivors start to decrease, meaning that it is more important than ever to learn about the Holocaust. A quote we both kept with us which was on a wall in Auschwitz reads

*“Those who do not remember the past are condemned to repeat it”.*

We are both eternally grateful to the history department for giving us this opportunity to share together and will remember this experience for the rest of our lives. This allowed us to grow not just as A-Level history students but also as individuals.



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

Simon Wiesenthal, Holocaust survivor



Photography by Caitlin Barry

# YEAR 10 FOOTBALLERS



**2019-2020 is proving to be another successful journey for our footballers.**

In particular our Year 10 boys who were the first team to ever reach a Welsh Cup Final last year. With another year of experience, we are now the first team in our school's history to reach another Welsh Cup Semi Final this season (two consecutive years). With this new record we are also proud to announce we reached the final of the Newport Schools Cup and quarter finals of the Gwent Cup.

Unfortunately, due to the Coronavirus pandemic, all the finals were cancelled, but this makes our achievement no less special. We are very proud of all the pupils who put in the training and teamwork to make this football season, although shortened, still record breaking!!

It is also great to see our senior football team also reach the Newport cup final this year as we have beaten some fantastic sides in the knock out stages.

**Well done to everyone and Pob Lwc!!!**







## Year 8 Sports Nutrition

Our wonderful PE staff teamed up with our school caterer Chartwells to bring Health and Wellbeing workshops to our Year 8 pupils. Each class had a full lesson in the canteen on sports fitness, physical and mental strength and how this links with food and what we eat. We discussed the importance of proteins, vitamins, hydration, fruit, natural fats and sugars, and of course taste.

Each team of four pupils created unique protein bars using blenders with ingredients such as oats, honey, coconut, apricot and other fruits, nuts, spices and of course water. Finally, we moulded them into shape before eating them! Some of the creations were actually delicious and many pupils wanted to try it again at home with their families.

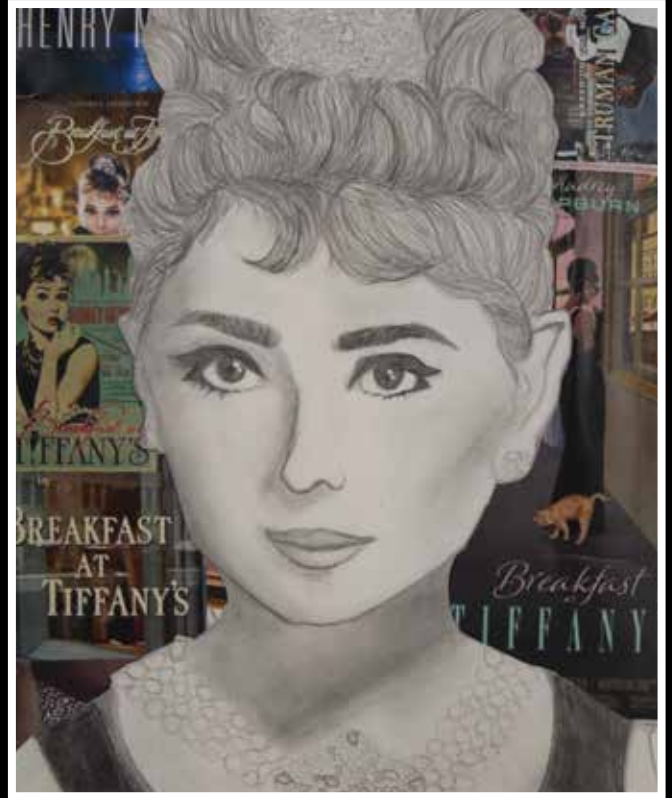


# GALLERY



Poppy Sparrow

Jasmine Gibson

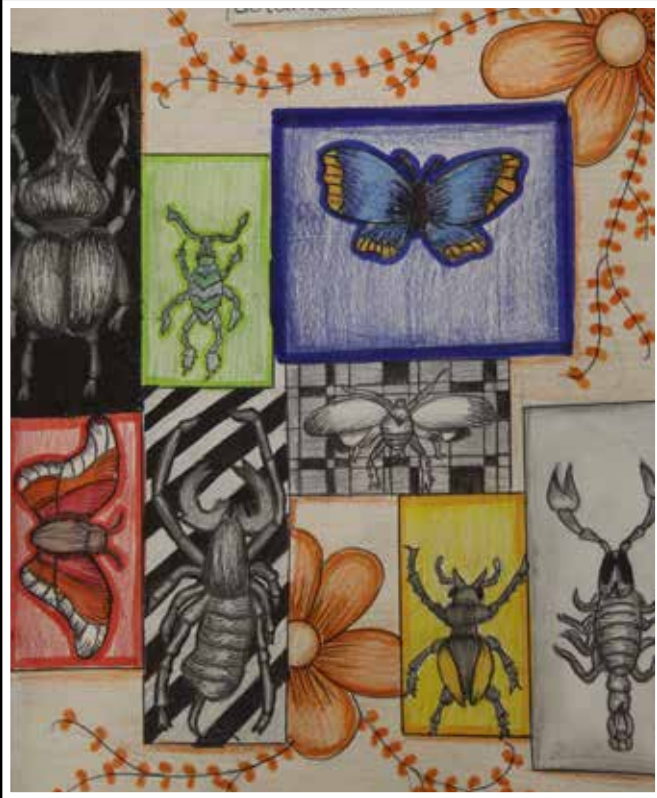


Poppy Sparrow

Megan Clee, Andrew Suayan

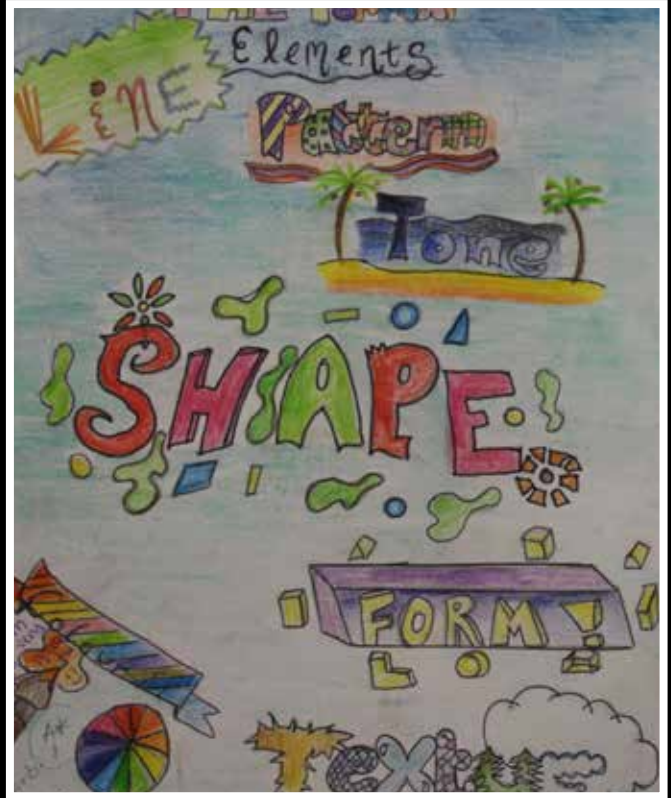


# GALLERY



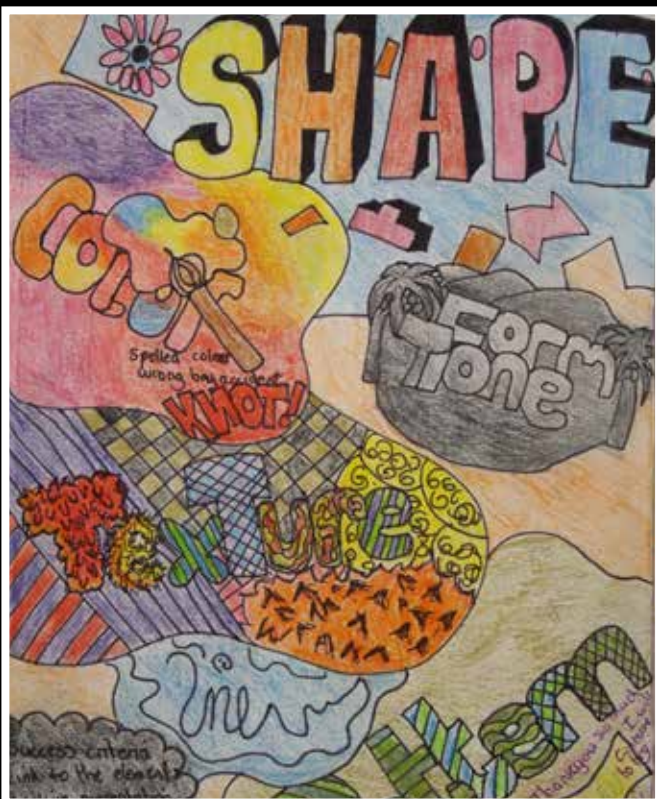
Marcus Gibbons-Barrington

Joseph Cross



Amelie Wixey

Arlanda Maliqaj



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