



Sporting Events

Twickenham Experience

On Saturday 14th February I travelled all the way to Twickenham to watch the England versus Italy Six Nations Rugby Match. I had taken part in a school competition to design a new school rugby shirt and I was invited to Twickenham not only to watch the match to be presented with the shirt and meet pupils from other schools who had also designed a shirt. It was hard to believe it was actually happening because it is one of the biggest stadiums in the world, and I was allowed to stand on the pitch to represent my school. I was over the moon when I got told by my Mam and Dad that I had been selected to go. I felt very proud to represent my school and I felt very lucky to be part of the experience.

By Aidan White Year 10



Year 7 Netball Champions!



What a fantastic time we had at the netball tournament held at Keswick School. We had matches against Netherhall, Cockermouth, Southfield and Nelson Thomlinson. We were the winners of this heat as we beat every team and Nelson Thomlinson were the runners up. I am so proud of our team for not only winning EVERY match, but for being great sportswomen. No matter what we did we agreed with the umpire's decision and worked together as a team to win!

By Hannah Kurzyk O'Donnell (Year 7 Netball Captain)

Rich man, poor man' Lenten Lunch

On Tuesday March 17th, a special 'rich man, poor man' lunch was held at St. Joseph's Catholic High School, Workington. While six fortunate 'rich' tucked into a hearty four course meal, the 'poor' looked on hungrily with their soup, bread and water. The meal reflected the gross inequalities between the few 'haves' and many 'have-nots' in our world. Pupils were reminded through assemblies that there are millions caught in poverty who struggle each day for survival. Having soup was a small act of solidarity and sacrifice, each soup raising money for the needy. £100 was made. You will never see those you have helped but their gratitude is real. Thank you to all who took part.

By Tim Nurse



St Joseph's Day March 19th

Father Paul led a special mass for all the students and staff to celebrate St Joseph's day. This was followed by a drink and special biscuits with a cross which were given to all the staff and students.

Staff Changes

In January we welcomed Mrs Sheckley to the English Department. Sadly Mr Michael Dickinson is leaving us in April. Michael has been the Sports Development Officer for the cluster of schools in Workington for 5 years working with children aged 5 to 16. Michael has developed the project and obtained additional funding to make the post sustainable. We wish him well in his new career.

Important dates for the Summer term 2015

Thursday April 16th 2015 6.00pm
Monday April 27th to Friday 1st May
Friday 22nd May
Thursday 18th June
Thursday 2nd July
Tuesday 7th July
Tuesday 14th July
Wednesday 15th July
Thursday 16th July

Year 8 Key Stage 4 information evening
Year 10 work experience
French Trip
Induction Day and Evening Year 6
Prize Evening
Year 11 Prom
Activities Day
Activities Day
Sports Day



ST JOSEPH'S CATHOLIC HIGH SCHOOL

Harrington Road, Workington, Cumbria CA14 3EE
Telephone: (01900) 873290 • Fax: (01900) 734360 • Email: office@st-josephs.cumbria.sch.uk
The school website has lots of information on it for parents www.st-josephs.cumbria.sch.uk



ST JOSEPH'S CATHOLIC HIGH SCHOOL

Business & Enterprise College

School Newsletter

Issue 6 • April 2015

Words from the Head

As you may be aware over the last few years or so there has been a lot of discussion about the rise of 'extremism' in our country. There have also been allegations that a minority of independent faith schools have been actively promoting views that are contrary to British Values, such as intolerance of other cultures and gender inequality.'

In response to this on 31st July 2014 Ofsted published a revised inspection handbook and this included an alteration which meant that inspectors would 'pay even greater attention to a school's curriculum to ensure that it is appropriately broad and balanced to help prepare young people for life in modern Britain.'

From now on inspectors will judge the extent to which schools encourage the social development of their pupils and their 'acceptance and engagement with the fundamental British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs'. They will inspect the extent to which 'pupils develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively. As a Catholic school the 'character formation' of your children has always been central to our mission. It is not a new responsibility for us and it is something we do because it is the 'right thing to do' not because we are told we should. I have provided below some examples of how we do this in school on a daily basis, however I would also point you in the direction of our school web site where you will also find a very clear statement about British Values and our Catholic Ethos.

Democracy

- Having a school council.
- Taking part in debating competitions (internally or with other schools).
- Highlighting the development of democratic ideas in history lessons.
- Allowing pupils to vote for Head Boy/ Head Girl/ House or Sports Captains.
- Ensuring all pupils are listened to by adults.
- Inviting MPs and other speakers to the school.
- Visiting parliaments, assemblies and local councils.
- Holding mock elections.
- Participating in the UK Youth Parliament to life in modern Britain.

The Rule of Law

- Classes creating "class rules" .
- Having a clear behaviour policy that is explained to all
- Organising visits from the police service to reinforce the message of right and wrong.

- Highlighting the rules of the Church and God in the RE curriculum, for example the 10 Commandments and the Precepts of the Church.
- Teaching about the development of the Rule of Law in English Law, a legal system created uniquely in a Catholic England, inspired by Christian values and becoming a major influence across the world.

Individual Liberty

- Encourage students to be independent in their learning
- Provide students with opportunities for reflection as they take responsibility for their future.

Mutual Respect

- Having a mission statement that is inclusive.
- Constantly promoting respect for others as good manners.
- Reinforcing the value of everyone's opinions in class debates.
- Having an effective anti-bullying policy.
- Emphasising in RE and PSCE lessons that every person is unique and "created in the image of God".
- Having active educational links with other schools.
- Supporting charitable works.

Tolerance of those with different faiths and beliefs

- Highlight how Religious Education provides pupils with a deep understanding of their own faith as well as awareness of the faith and traditions of other religious communities as a basis for understanding and respecting them.
- Show how Jesus encouraged tolerance in stories such as The Good Samaritan and The Women at the Well.

T Ryan
Headteacher



Mock Trial Competition (see article inside)



Working with our Partners in the Community

D&T BAE Rotary Competition Contestants

We came a close second in the Rotary International BAE Competition held at Hunday Manor. The annual Technology Tournament, which involved over 100 schools from within Cumbria & Lancashire, includes around 300 teams taking part at ten regional centres throughout the North West. The brief was to design a motorised pulley system. The Tournament is intended to give students taking part, the opportunity to see design and technology as stimulating, attractive and challenging. It also gives participants the chance to enhance their team building and communication skills, whilst solving a design & technology problem at National Curriculum level.



Mock Interviews

Year 10 and 11 pupils had their interview skills put to the test during a Work Ready Day to prepare them for the world of work. Over 30 businesses interviewed our students including, Day Cummins Architects, Millcroft Vets, Be Smart Cumbria, Morgan Sindall, Sellafield Limited, University of Cumbria, Retired Head teachers, Army, Police, NHS and staff from Lakes College. The feedback from the employers was good with some very useful tips. All the pupils received a feedback form which will help them to prepare for their future destination. The pupils now feel that they are better prepared to tackle interviews in the future. Well done to all pupils involved and thank you to the professionals who attended.



Visit to Lancaster University



26 Year 8 pupils attended a language taster day at Lancaster University recently. The day was very enjoyable and informative. The pupils learned a variety of phrases in different languages including

Italian, Chinese and Latin. They also took part in a Chinese painting and drawing workshop.

Heart Start First Aid Training



Green Watch from Cumbria Fire and Rescue Service visited school to teach first aid to nine of our pupils working towards their Bronze Duke of Edinburgh's Award.

Mock Magistrates Trial Competition

Well done to all those Year 8 pupils who took part in the Mock Magistrates Trial Competition, at Kendal Magistrates Court on Friday 6th March. The competition is organised by the Citizenship Foundation and has been running annually since 1994, it introduces the legal system to young people in an innovative and exciting way.

In the roles of lawyers, witnesses, magistrates and court staff, students prosecute and defend specially written criminal cases. Teams compete against each other in real Magistrates' courts in front of real magistrates. Our students performed admirably and found the experience both challenging and rewarding. All the participants received a certificate in recognition of their contributions. The Judges also selected two students (one from each team) for the Outstanding Performance Award. Congratulations to Nathan Little and Katie Williamson who received a further certificate and a £15 book token.

Many thanks to all those who gave up their time to prepare for the competition, and I look forward to the opportunity of working with some of you again next year.

By Mr C Baines

Field Work Trip

Geography Visit to Iceland

On Thursday 26th of March we set off for Iceland. After an early start and lots of travelling we arrived and went straight to the Blue Lagoon, a geothermal spa with algae and special minerals said to help skin conditions. We experienced hot water and mud facials at the same time as snow and hail stones. After lunch at the Lava Restaurant it was off to the hotel before tea at the Hamborgarafabrikkan, where we got to update the total population of Iceland after a recent birth. Then there was an early night to catch up on some sleep. After breakfast on Friday we set off on the Golden Circle Tour. This included visiting the Gullfoss waterfall and a walk in Thingvellir which is where the two tectonic plates are moving away from each other. We were able to stand in Europe and in North America. We also went to the Geysir area with hot springs shooting up around every eight minutes, sometimes twenty metres into the air. There was also the overpowering smell of sulphur at some points and more opportunity for snowball fights. In the afternoon we went to Kerið, the volcanic crater with a lake in the bottom. After that it was a trip to the Hveragerði power plant where we were told that in Iceland we could waste water and electricity because

of the way it is generated, meaning it does no harm to the environment. Following tea at Ruby Tuesday's we went back to the hotel before leaving again in the freezing cold to see the Northern Lights. Luckily, we did



get to see them and some people managed to take some amazing pictures of them. On Saturday we departed for the South Shore Tour,

visiting some more incredible waterfalls, including, glijufrabui, Skógafoss, which was sixty metres high, and Seljalandsfoss which we sadly couldn't walk behind, due to the path being eroded, but we climbed up lots and lots of stairs and got a fabulous view looking down on the waterfall. We also visited Thorvalseyri, where we watched a presentation about what the family who owns the farm there went through when the volcano Eyjafjallajökull erupted. We were able to ask questions and then took photos of the farm for our case studies. Later, we went to the village of Vik and to some beaches, which had black sand and very powerful waves. We saw the 'trolls' in the water, rock formations believed to be invading trolls turned to stone. We also visited a supermarket which had a section dedicated to an earthquake in 2008. There was also a crack in the ground which you could look at and could have one foot on the Eurasian tectonic plate and the other on the North American plate. As a little extra we also stopped to see some Icelandic horses, not ponies, and we were told some information about them. After a very busy day we were ready to get some sleep for a very early start in the morning.

On Sunday 29th, we left the hotel at six and made our way back to the UK. We all had a fantastic time and it's a trip we won't forget.

By Emily Connell Year 9



World Book Day

We celebrated World Book Day on Thursday 5th March. It is the biggest event of its kind with more than 100 countries taking part in worldwide celebration of books. We held a book fair, ran promotions and competitions and gave away £1 book tokens. Professional artist Gavin Pollock ran a manga and illustration workshop teaching pupils how to draw and write their own comic. Congratulations to Luke Byrne who won a Kindle HD Fire for producing the best comic.

