



## Literary Events

### Author Visit

We ended St Joseph's Book Week in style with the visit of successful author and filmmaker Matt Dickinson. Matt is an award-winning writer and filmmaker - best known perhaps for his film Summit Fever in which he reached the summit of Everest via the treacherous North Face amid the worst weather conditions on record. His subsequent book, The Death Zone tells the true story of that ascent. He was the first British film maker to film on the summit and return alive. His latest book for young adults, 'The Everest Files', is sure to become one of

the library's most popular books. Matt spoke to Years 7, 8 and 9, signed copies of his books and showed the students photographs which illustrated the true scale of Everest. He talked about the cost of an expedition to the mountain and how his experiences climbing and filming for the BBC and Discovery channel had helped form the ideas for his books. He also urged students not to give up on their dreams. It is always great for students to meet authors, as it encourages and inspires them to work hard.

### ULTIM8

Students from the inclusion group called 'Ultim8' took part in a festival at St. Benedict's school on 19th November. Mrs Holgate and Mrs Dawson accompanied the students and were very proud of how our students behaved and the commitment they showed. The pupils took part in various activities against other local schools

### St Joseph's Book Week - Scholastic Book Fair

We kicked St Joseph's Book Week off by transforming the hall into a bookworm's dream and held a Scholastic Book Fair from Friday 4th December until Thursday 10th December. There were various different books available for students to buy at half price designed to help foster a love of reading. Local artist Gavin Pollock held a comic illustration workshop, pupils enjoyed learning how to draw their favourite book characters.



Developing pupils' literacy skills is key to them accessing all aspects of the curriculum and so within the school we are constantly striving to raise literacy levels in enjoyable, engaging and empowering ways. The book fair event is the first of many scheduled literacy events for the year to come and we are delighted that it was such a pleasure for pupils and staff. A big thank you to parents, pupils and Friends of St Joseph's who supported the event.

- St Benedicts, West Lakes and Mayfield School. A big congratulations to all the pupils. This was the first ever off site activity for some of our pupils and the first time all of them have represented the school. Well done every one!

Elliott Dodd, Shane Jenkinson, Ellie Postlethwaite, Jamie Dunn, Uwem Akpan, Lewis Anderson, Bailey Hunt, Daniel Drinkwater.



### Important dates for Spring Term 2016

Year 7 Progress Evening	Thursday 14th January 2016
Year 11 Progress Evening	Thursday 21st January 2016
Pupil Personal Development Day	Friday 22nd January 2016
Year 8 Progress Evening	Thursday 4th February 2016
Pupil Personal Development Day	Thursday 11th February 2016
(including University and College Trips for Years 9 and 11)	
Half Term	Monday 15th February -
	Friday 19th February
Pupil Personal Development Day	Monday 7th March
(including Work Ready Day and Ten Ten Theatre)	

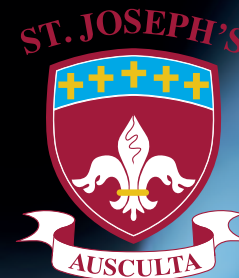


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The school website has lots of information on it for parents [www.st-josephs.cumbria.sch.uk](http://www.st-josephs.cumbria.sch.uk)



## ST JOSEPH'S CATHOLIC HIGH SCHOOL

Business & Enterprise College

# School Newsletter

Issue 8 • January 2016

### Words from the Head

The ending of a year very often concludes by looking backward at events that have happened. This can be a good exercise as you reflect on positive achievements and enjoyable experiences, or it can be a rather negative one because all you can see are bad things that have happened either in your own life or across the globe. However you view this last year, what has happened is now 'history' and the events cannot be changed. For me, and I hope for you, two words heavily influence the future and they are Hope and Optimism. Your future is not yet written - the outcomes of the big events which will happen this year are not yet decided. It is your actions in the 'present' that will shape the future.

I am by nature an optimist, indeed most adults who work with children are optimists. We look for the good; we encourage people to do the 'right' things; we model the 'right' behaviours and values and act as good 'role models' for you. This is also the role of parents and together we hope that through our actions your child will make the right decisions; they will make good choices; they will act responsibly and they will be happy.

We know we do not live in isolation, rather we are part of communities which could be your parish, your town, your country or this world. We know that we cannot control what other people in these places do, but we can control what we do.

I am optimistic and hopeful both for the present and the future, because there are far more good people doing good things than bad people doing bad things.

**Watch your thoughts,  
They become words,  
Watch your words,  
They become actions,  
Watch your actions,  
They become your habits,  
Watch your habits,  
they become your character,  
Watch your character,  
it becomes your destiny**

We are the 'silent majority' and perhaps we need to make our voices heard louder.

Take our situation in school. Everyday in school I see 99 out of 100 pupils tidy up the space where they have been eating their lunch. I hear that 99 out of 100 pupils say 'please' and 'thank you' and I know 99 out of 100 pupils would never dream of harming another person. Sadly just one person vandalising a wall spoils that wall for everyone. One person being argumentative

and rude can spoil a lesson for everyone and one person spreading rumours can cause pain to so many people. All of these things are true and regrettable.

But I have hope that when such events happen the person doing the harm or damage may change their future behaviour because they come to see that those around them do not behave like they do. I am optimistic because even those pupils who struggle and find themselves in conflict with the school or their parents, at the same time can be involved in sincere acts of kindness.

On several occasions I have used the poster above during an assembly when my focus has been on 'character formation'. I like the poster because I feel everyone can identify with the words and the sentiment and although we may sometimes feel that we are a 'lone voice' and that our values are 'out of step' with the majority, I am confident that this is not actually the case. The words on the poster may appear to be a warning to each of us but I see them as words of Hope and Optimism. I hope you do as well.

**T Ryan**  
**Headteacher**

### Race for Life

More children from our school ran in the Annual Race for Life than from any other school in the county. It was the fifth year the school has taken part, there were girls from every year group, teachers and boys from Year 7. In doing so we raised more than a staggering £6000 for Cancer Research. A remarkable feat.







## Charity Work

### Community Carol Singing

Nine students and three staff sang their hearts out at Workington's Tesco's store for half an hour. They raised over £130 for Cumbria Community Foundation Flood Fund.



### Tigerboat Triumph

For the second year running St Joseph's staff team entered Bassenthwaite's annual Tiger Boat Race on Derwentwater, near Keswick. We raised £500 for Charity. £250.00 will go to Headway Cumbria a head injury support group. 'Headway improves the lives of people who have suffered from brain injuries of any kind. Our pupil, Callum Gardener in year 10 is very keen to support it because of the way it helped his Dad. The other £250 goes to Workington Derwent Rotary Club who distribute it to their chosen Charities. We rose to the challenges and we gave it our all, winning the first prize for best dressed and coming joint second with Burnets solicitors in the overall race league.



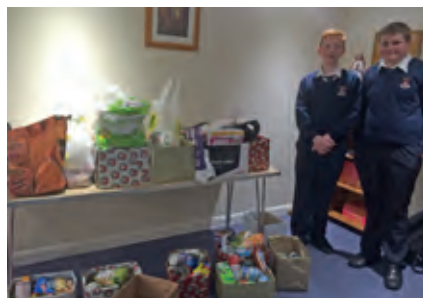
### Senior Citizens Christmas Party

Our years 10 and 11 Cope students hosted the annual Christmas party. The Year 9 Catering students prepared the food which was served by the Cope students. Entertainment was provided by the students which was enjoyed by the 38 senior citizens who attended. Many thanks to all the students and the staff who supported them.



### Foodbank

We continue to live in difficult economic times and vulnerable people within our local community suffer hardship. So, we decided it would be a kind and Christian thing if, once again, we contributed to the 'Foodbank', as part of our preparation for Christmas. The response from our pupils has been very generous. In fact, a record amount has been given. It has been collected by the Foodbank Trust and will be distributed to those in need in our community.



### Festive Cheer to Families in Romania

We filled and collected shoeboxes to send to those in need in Romania who otherwise would not receive a Christmas present. We had 64 boxes which we handed over in October, twice as many as last year. Thank you to everyone who contributed.



### Duke of Edinburgh

Students Scott Faulkner, Chloe Minshaw, Jasmine Butterworth and Georgia Hogg were brimming with pride after being presented with their Bronze Duke of Edinburgh Award certificates. The team have become a credit to the school by working exceptionally hard over the past twelve months. They have demonstrated a high level of persistence and commitment to the



award, completing voluntary work placements within the community, learning new skills and improving on personal fitness. Well done! The team were presented with their award by mountaineer Matt Dickinson who made a successful ascent of Mount Everest's notorious North Face, one of the most technically demanding climbs on the world's highest peak. Matt gave the team tips for their next expedition!

### France and Belgium War Memorial Trip

In October I was chosen to go on a once in lifetime trip to France and Belgium. During our time there we visited war memorials for soldiers who died during the First World War. The memorials were commemorating not only the soldiers who died on the allied side but also on the German side. The whole experience left me with a greater understanding of the losses of all countries as well as the many brave men who gave up their lives.



The picture above shows the graves of a German Soldier next to a British Soldier.

By Joe Christian

### Vindolanda Roman Wall Trip

The whole of Year 8 visited Vindolanda at Hadrian's Roman Wall as part of their History studies.



### The Shakespeare School's Festival

The Shakespeare School's Festival is an annual celebration of the work of our greatest English playwright. Schools from all round the country perform a variety of plays in professional theatres. This is the fourth time St. Joseph's has participated in the festival. We performed, 'As You Like it', an almost farcical comedy of mixed identities and unrequited love in front of a full house at The Theatre by the Lake in Keswick.



What a performance! What an achievement! Not a cue or a line was missed; entrances were slick and the audience loved it.

To stand at the front of the stage facing an appreciative audience clapping and cheering made all the hard work worth it. It was an experience that I'm sure will stay with the students for a long time to come.

Mrs McNicholas

### Savio

Year 11 pupils recently enjoyed a retreat to Savio House in Macclesfield. The retreat experience allows young people to develop the confidence to be themselves and the meaning of faith in their lives. The relaxed and fun atmosphere provides the backdrop to renew friendships and strengthen self-esteem. This is what the pupils had to say about the trip:

"Savio was really fun for all"

"It really helped me to grow as a person"

"It is an experience I won't forget"

"It has changed my life"

"I hope to return one day"

