



Salvatorian College Parent Bulletin

Week Commencing 13th April 2020

Easter Sunday

Sunday 12th April

A reading from the Gospel according to Matthew (28: 1-7)

REST IN PEACE: RON YEP

It is with great sadness that I write to inform you of the passing of Ron Yep earlier this week. We are devastated to hear such tragic news of a much-loved family man, parishioner of St Joseph's and stalwart friend and supporter of the school.

Ron was appointed to the governing board of Salvatorian College in 2017 and had a long-standing involvement in the parish and the Salvatorian Order, having been their accountant for many years.

Of your charity, pray for the repose of his soul, and for his wife Anne, family and friends at this time.

Eternal rest grant unto him, O Lord, and let perpetual light shine upon him.

May he rest in peace.

WEEKLY GOSPEL REFLECTION

Easter Sunday (12 April 2020)

The Easter Triduum begins with the Vigil of Holy Thursday. It marks the end of the forty days of Lent and the beginning of the three-day celebration of the death and resurrection of Jesus Christ - Holy Thursday, Good Friday and Easter Vigil/Easter Sunday. The word Triduum comes from Latin meaning "three days." Easter Triduum. The Triduum is a more intensive time of preparation for Easter and brings Lent to its climax.

Gospel Reading: (Matthew 28: 1-7)

The Sabbath was over, and it was almost daybreak on Sunday when Mary Magdalene and the other Mary went to see the tomb. Suddenly a strong earthquake struck, and the Lord's angel came down from heaven. He rolled away from the stone and sat on it. The angel looked as bright as lightning, and his clothes were white as snow. The guards shook from fear and fell down, as though they were dead. The angel said to the women, "Don't be afraid! I know you are looking for Jesus, who

was nailed to a cross. He isn't here! God has raised him to life, just as Jesus said he would. Come, see the place where his body was lying. Now hurry! Tell his disciples that he has been raised to life and is on his way to Galilee. Go there, and you will see him. That is what I came to tell you." The women were frightened and yet very happy, as they hurried from the tomb and ran to tell his disciples. Suddenly Jesus met them and greeted them. They went near him, held on to his feet, and worshipped him. Then Jesus said, "Don't be afraid! Tell my followers to go to Galilee. They will see me there."

Reflection:

Jesus has risen from the dead! Happy Easter! Matthew's account includes another earthquake, the visit of the angel and the empty tomb. But the emphasis is not on the factual proof for the resurrection but on the impact of these events for Jesus' confused and grief-stricken followers. They are full of mixed emotions – fear, doubt, joy and assurance. Matthew reminds us that it is the women who were last at the cross and first at the tomb and they are the first to see the risen Jesus.

Prayer:

*O God, who on this day,
through your Only Begotten Son,
have conquered death
and unlocked for us the path to eternity,
grant, we pray, that we who keep
the solemnity of the Lord's Resurrection
may, through the renewal brought by your
Spirit,
rise up in the light of life.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
one God, for ever and ever.
Amen*

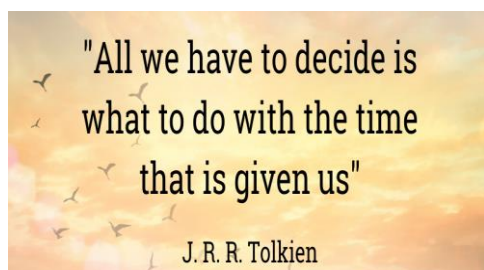


WEEKLY ANNOUNCEMENT: GOALS AND ASPIRATIONS

(Below is an announcement that was sent to pupils on SMHW last week)

Setting goals and achieving our aspirations

We are, at the moment, enjoying the gift of time. At some point in our life, we will complain we are short of time!



Let us use this time wisely to count our many blessings, and to reflect on the various aspects of our lives that we may wish to improve on when life in the outside world resumes again. Each and every one of us has the potential and capability to achieve all of our desires and dreams if we focus on our goals and work hard to achieve them.

Why is it important to have goals?

Setting **goals** helps trigger new and better behaviours, helps with focus, and helps sustain momentum in life.

Goals also help align your focus and promote a sense of self-mastery. In the end, you can't manage what you don't measure and you can't improve upon something that you don't properly manage.

Goals should be **SMART**

SMART is an acronym that stands for

- **S**pecific,
- **M**easurable,
- **A**chievable,
- **R**ealistic,
- **T**imely.

Therefore, a **SMART** goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving that goal.



Discovering what goals to make

- What do I need to change in my life?
- What new skill would I like to learn?
- What habits do I need to make/change?

These may be fitness goal, academic goals or goals that personal to you. Whatever they are remember that you have the potential to reach them if you so desire.

Planning ahead makes a successful road to accomplishment

- What actions do I need to take to reach my goal?
- Do I need to split my goal into smaller goals or steps?
- What plans can I take now in order to overcome challenges that may arise in the future?

What actions are you going to take?

- What has worked? What has not worked?
- What else can I try?
- How can I learn from my setbacks?

Reflecting on your goals during the process and after finishing

- How have I grown since setting the goal?
- How can I continue to grow in this area?
- What hiccups got in the way that I can learn from for next time?

When you achieve your goals remember to congratulate yourself, you have achieved something wonderful and taken a positive step towards creating the life you want. However, don't stop there as its time to set another goal and keep working towards achieving your dreams and desires.

You have the potential for greatness!

Stay safe and take care

Mrs Griffin



THOUGHT FOR THE WEEK

St John Chapter 11: Verse 25

'I am the resurrection and the life. The one who believes in Me will live, even though they die!'

We can rejoice because we can know the reality of eternal life. Through his death, life was made possible for each one of us.

Let His life, death, and resurrection, fill you with hope, as you believe. He wants to give you new life, new hope and new strength.

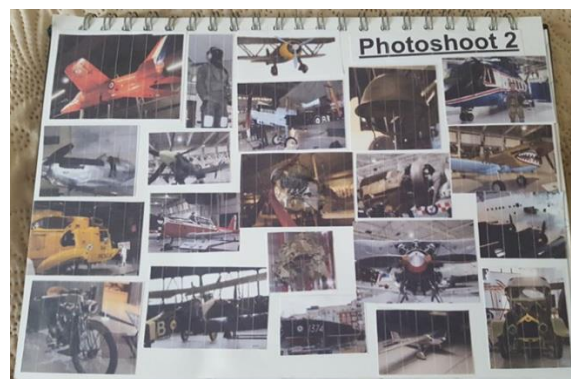
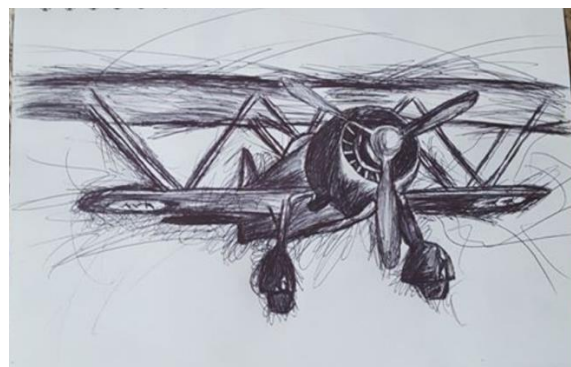
RESOURCE OF THE WEEK: MOVIE ON A TOILET ROLL

Below is an activity that has been set for all Art students for over the half term. Mr James would like to offer this challenge to family members during the next two weeks. The challenge is to **turn a toilet roll tube into a piece of Art inspired by a movie.**



ARTIST OF THE WEEK: COSMIN BEJAN I IB

Cosmin Bejan (11 Beckett) has continued to submit work to Mr James after the school closures, based on his current theme of war. This drawing of an airplane based on his photoshoot from a personal trip to an RAF museum. Well done Cosmin. (Submitted by Mr James)



SOTHEYBY'S CULTURAL PURSUITS FOR CHILDREN

Attached to this Parent Bulletin is a resource that has been put together by Sotheby's called "Our Favourite Cultural Pursuits for Children". This includes some website links for fun and free cultural activities for children.





SHORT STORY: RONAN MERVYN 9G

This term, Y9 have been learning about Animal Farm by George Orwell and how to use fables to send a poignant social and political message. This week, they were tasked with writing their own fable using the image below as inspiration. Ronan Mervyn (9 Gabriel), submitted a powerful allegorical story reminding us all of the importance of kindness, especially, during periods of fear and uncertainty. (Submitted by Ms Ingram)



The Elusive Threat

By Ronan Mervyn 9 Gabriel

There it was, with one orange paw advancing into the icy pond. The tiger was huge and its body was a blend of white, ash and fire. With eyes that burned amber and pierced through your soul. The tiger was staring at something, a cub frozen in fear and despair. It sprawled its body across the foliage on the forest floor, looking as if to pounce and skin the cub ruthlessly. In a flurry of fear and confusion, the cub swiped a large boulder at the tiger's face enraging him further. Soon enough, the pond swelled red with the cub's blood.

Not too far from the pond, lay a small village. There lived parrots of exotic colour, elephants with enormous extending trunks and monkeys that hung from the treetops. They were all petrified of the tiger, which had been a menace to them for a while now. However, he was often elusive, almost invisible, and this was the first time

that anyone had been killed. Before this, he had only stolen food or inflicted minor injuries on anyone who provoked him.

The cub's body (or what was left of it), was found the following evening by the monkeys who were swinging through the trees. When the news was revealed to the village, there was a state of utter panic. All of the animals transformed into a state of survival, and every single animal began stocking up food and other essentials in a wave of hysteria. The only animals who were not in a state of panic were the children, who had no idea what was going on. The village soon turned into a selfish and greedy habitat where nearly everyone was in a state of paranoia and fear.

Children of all animals were soon outcasted by their own parents and superiors. The privileged adults felt they could no longer look after the children; provide them with food, healthcare or safety. They were left to the streets and had to live off of the scraps; leftovers of the more fortunate. But, they survived. They survived because of their ability to stay together and help one another. While many of the adults slowly perished as they ran out of supplies and friends to help them. Time passed relentlessly. Yet, the tiger did not visit them again.

The village no longer looked joyous and thriving. It looked old and derelict. The streets were abandoned, except for the few remaining children who moved like sad silhouettes on the dirt paths. The children could not understand. They were running from an invisible enemy. All hope seemed lost as the children looked on into the blazing apocalyptic sunset.

They had never witnessed anything like this in their lifetime. They were astounded by the lies, deception and carelessness of the adults. They understood that the reason they survived was that they stuck together and offered each other kindness when those (who should know better), did not. A painful irony reared its head; more animals were harmed by their own selfishness than the tiger itself.



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KEEPING CHILDREN SAFE ONLINE

Where can I go to get support to help keep my child safe online?

There is a lot of support available to keep your child safe online. Below are some useful links to help parents and carers:

- [Thinkyouknow](#) (advice from the National Crime Agency to stay safe online)
- [Internet matters](#) (support for parents and carers to keep their children safe online)
- [Parent info](#) (support for parents and carers to keep their children safe online)
- [LGfL](#) (support for parents and carers to keep their children safe online)
- [Net-aware](#) (support for parents and careers from the NSPCC)