



Salvatorian College Parent Bulletin

Week Commencing 27th April 2020

Third Sunday of Easter

Sunday 26th April

A reading from the Gospel according to Luke 24: 13-35

WEEKLY GOSPEL REFLECTION

The road to Emmaus

After the death of Jesus, his disciples were filled with despair and disbelief. Only days before, Jesus had been greeted by the crowds as he entered Jerusalem, and now he lay dead in a tomb. Sometimes when you feel sad or upset about something, it stops you from seeing things clearly. This is how it was for two disciples as they made their way to Emmaus early one morning.

Have you ever left really disappointed when something has gone wrong? You can imagine then how the disciples of Jesus felt? They were terribly disappointed and depressed about his death. Everything had gone so wrong during the past few days. How could this have happened when they had seen Jesus working so many miracles? At first, did they believe that Jesus had risen from the dead? They knew that his body was missing from the tomb, and they did not understand the things that Jesus had said about 'rising from the dead'. They were quite sure that people did not come back to life. They realise that it was Jesus when he blessed the bread and broke it. It was a special way of sharing God's word and the breaking of bread, their eyes were 'opened' and they could 'see' clearly.

We can know Jesus too through the breaking and sharing of the Eucharist at Mass. At that moment we too recognize that Jesus is present with us.

Prayer:

Lord Jesus, each time we come together to share in the breaking of bread, help us to recognise you and to feel our hearts burn with your love. Amen.

WORD OF THE DAY

Monday - Peruse - (Verb) - Read (something), typically in a thorough or careful way; examine carefully or at length.

- He has spent countless hours in libraries perusing art history books and catalogues.
- Jack perused the room.

Tuesday - Inexorably - (Adverb) - In a way that is impossible to stop or prevent.

- Time marches on inexorably.
- We watched as the storm clouds advanced inexorably closer to us.

Wednesday - Elucidate - (Verb) - Make (something) clear; explain.

- An interpreter will elucidate the instructions for all non-English speaking guests.
- The lawyer's job was to elucidate his client's innocence for the jury.

Thursday - Altruism - (Noun) - Disinterested and selfless concern for the well-being of others.

- Some people may choose to work with vulnerable elderly people out of altruism.
- I was torn between altruism and self-interest.

Friday - Inhibit - (Verb) - Hinder, restrain, or prevent (an action or process); make (someone) self-conscious and unable to act in a relaxed and natural way.

- Cold weather inhibits plant growth.
- Recording the meeting may inhibit people from expressing their real views.

THOUGHT FOR THE WEEK

The most important thing is to try and inspire people so that they can be great in whatever they want to do. You need to be able to manage stress because hard times will come, and a positive outlook is what gets you through.



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RESOURCE OF THE WEEK: BBC BITESIZE DAILY

(Last week we sent out information regard BBC Bitesize. Hopefully you have had a chance to take a look. Here is some more information about it)

What is BBC Bitesize Daily?

BBC Bitesize Daily is a new home learning tool that offers 14 weeks of curriculum-based learning for kids across the UK.

Available from 20 April, lessons are available for children in Year 1 up to Year 10.



Who are the teachers?

Each week day from 9am, six 20-minute-long programmes will air on [BBC iPlayer](#) and BBC Red Button, targeting six age groups, from five to 14.

These programmes will feature teachers, experts and famous faces covering topics about what that age group is learning that day. Some celebrities appearing include:

- **Sir David Attenborough**, teaching kids about oceans, the environment and animals
- **Professor Brian Cox**, renowned physicist, teaching science lessons like explaining the solar system and gravity
- Manchester City footballer **Sergio Aguero** teaching Spanish
- **Ed Balls**, former MP, teaching maths
- Eastenders actor **Danny Dyer** delivering a lesson on Henry VII, with some help from Doctor Who star **Jodie Whittaker**
- Musicians **Liam Payne**, **Mabel** and more will be taking on a week-long Musical Big Read - an extension to a weekly Book Club that will run throughout the 14-week term and see stars including **Anita Rani** and **Oti Mabuse** read books aimed at both primary and secondary aged kids.

What's the BBC Bitesize Daily schedule?

Weekly schedules will be shared with teachers on BBC Teach, BBC Bitesize, on social media and via the BBC's Bitesize newsletter, at least a week in advance. To sign up for the newsletter go [to the website here](#).

How do I access BBC Bitesize Daily?

On the [BBC's Bitesize Daily website](#), select which age range of lessons you'd like to look at. Simply click your preferred class and you'll be taken to the hub with those lessons in it.

Click on a lesson and you'll be taken to a new page which lays out the objective of the lesson and features videos, animations, practice activities, quizzes and games to get kids learning.

Each weekday there will be brand new lessons featured.

ONLINE ZOOM LESSONS

This week, we will be trialling teaching curriculum lessons via the video conferencing software Zoom.

This will initially be for Year 10 students in the subjects:

- English (Mr Bryant)
- French (Mr Tissot)
- History (Mr Evans)
- Business Studies (Mr Coker)
- Catering (Mr Cooper)
- Science (Ms Bradley)

The schedule will be sent out via email to all Year 10 parents. If you would like your child to take part, email admin@salvatorian.harrow.sch.uk and more information.



YEAR 8 DRAMA AND THEATRE STUDIES REFLECTION

From year 7, students have the opportunity to learn about the creative worlds of drama and theatre. This is true of the NOW Year 8s as they have been developing their skills within drama since Year 7, they have been developing – teamwork, collaboration, creativity and how to use both vocal and physical skills to create characters and devised pieces.

One of the most important parts of drama for pupils is to be able to evaluate their own work and their work of their peers. Therefore, they have been asked to write a drama reflection, evaluating areas in which they feel they have developed and how they can use these skills in other areas of school, and in life outside the drama studio.

Here is what **Joseph Fay (8 Champion)** wrote:

One of the ways that I can transfer some of the skills that I have developed in drama, is my confidence to get up on stage and perform. I feel from doing drama, I have a lot more confidence and I can use this skill in real life situations, for example when I am in college or job interviews. I know I will need confidence to answer questions and not be hesitant or nervous.

Another skill that I have learnt in drama, is projection of my voice. After taking drama lessons I have improved on my use of projection in drama. This has helped me in my performances but other subjects to, so people can understand what I am saying. One way I can use this skill in real life is if I ever have a to deliver a speech or even speaking in front of class like in English. Projection will help me deliver the words more clearly.

Finally, collaboration is a skill I can use in any situation as you need to work in groups, in different subjects like sports. I can use this skill, so my team does well. By learning these skills, it has shown me that if you collaborate it creates a better chance of you succeeding in life.

ARTIST OF THE WEEK

Over the Easter break, the Art department set a creative challenge for all students to depict their favourite film using a toilet roll tube. The students were shown examples that were drawn on in pencil, digitally manipulated, and painted. Here are the three submissions picked out by the Art department to be awarded Artists of the Week. Well done to Adam, Matthew and Mevington!



Harry Potter by Matthew Klosowki 7C



Star Wars by Mevington Kugathasan 7G



Batman by Adam Lowe 10G



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WEEKLY ANNOUNCEMENT: LOOKING AFTER OURSELVES

Attached to this bulletin is a document for young people from Harrow Council, which is aimed at helping them to look after both their physical and mental health.

As the Coronavirus pandemic continues, and everyone has to stay at home, it is important to look after both our physical and mental health; getting enough sleep, eating healthily, and doing some physical activity either at home or once a day outside.

Making a schedule and keeping to a routine can help you to maintain a positive mood and feel productive. This document covers strategies that can help you to support yourself and show you where to go for more information about:

Staying healthy: Looking after our mental and physical wellbeing is an important way to keep us feeling healthy.

Keeping connected: Maintaining friendships and socialising with others can help us feel safe and supported.

Boosting skills: Keeping our minds working and building on or learning new skills can be a great way to feel productive.

GCSE PE: YEAR 9 & 10 ONLINE LESSONS

GCSE PE lessons will be set on *The Everlearn* platform. **Students need to provide their email to Mr Creamer via ShowMyHomework** and they will be enrolled and can start learning.

With exam-board specific tutorials, self-marking questions and razor-sharp reporting, students can be sure that they are fully prepared for their exams and that every gap has been recognised and addressed.

Learners will start with exam-board specific tutorials that teach students everything they need to succeed with no corners cut. Lessons are focussed on developing a deep understanding of specific content.

Learners can then take quizzes in a pressure-free environment. With no time limits and lesson notes available, this is a formative space for students to learn and grow.

They will then move to test mode which is a test environment where students prove what they have learned and practised. Time-restricted, with no notes available and with high-quality feedback after every question.

Looking after ourselves



As the situation continues and everyone has to stay at home it is important to look after both our physical and mental health; getting enough sleep, eating healthily, and doing some physical activity either at home or once a day outside.

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For more information from Harrow Council about [health, learning and wellbeing at home](#)



For local [projects and opportunities](#) you can access from home, from online music to online counselling



For health matters including [good thinking skills](#), London's digital mental wellbeing service



Staying Healthy

Now that the whole country is in lockdown and all young people are staying at home and social distancing when outside, it is more important than ever to practise self-care and look after ourselves. Here are some ways to take care of your physical and mental health.

↔ Stay Active ↔

Our physical health has a big impact on how we feel. It can be easy to fall into unhealthy patterns when in lockdown, but that can end up making us feel worse.

Research demonstrates that exercising helps look after your mental health and wellbeing. Getting outside for physical activity once a day will make us feel even better.

There are thousands of free resources, apps and videos available online to help you to get moving. [Stay in, work out](#) is a campaign full of useful resources and apps. [Here are a few ideas](#) to get your started.

🔗 Practise self-care 🔗

Self-care is all about looking after yourself, so you can get on with other things. Take the time each day to practise some self-care techniques.

This can look different for different people. Some people respond well to mindfulness: [Mind](#), [Mindful](#), and [Headspace](#) all offer free mental health exercises.

One important thing we can all do is **maintain a routine**: eat, sleep, wash, drink plenty of water, and get up and dressed every day. These small things can make a big difference.

🐾 Need something a bit different? 🐾

[Explore](#) have hundreds of live streams of different animals (puppies included).

[Dublin](#) and [London Zoo](#) both have live webcams of their animals (try your local zoo's website as well!).

Take a virtual tour around museums, art galleries and stunning places with [Google Arts and Culture](#).

Take part in cutting edge research online with [Zooniverse](#), helping to fight illnesses, count penguins or search for galaxies.

🌧 Overwhelmed? 🌧

Worrying about yourself, your friends and family during the Coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their day-to-day life.

[ThinkNinja](#) is a free app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills to build resilience and stay well.

[Good Thinking Skills](#) is London's digital mental wellbeing service, and provides support to those who feel anxious, sleep deprived, stressed or sad.

[Young Harrow Foundation](#) has information, help, and support to take care of yourself specifically related to Harrow.

[YoungMinds](#) are a charity to support your mental health. Their website contains resources, blogs, and 24/7 support. **If you need urgent help:**

text **YM** to **85258**

[Every Mind Matters](#) is full of advice, tips, tools and apps to help you get a healthier mind and deal with stress and



Free, safe and anonymous online support for young people. [Kooth](#) provides an opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor.

Keeping Connected

Something you might be finding difficult is the idea that you are losing important experiences. Some will be worried about how this outbreak will affect your friendships, education, exams, moving to another school or university or your future in general. It's important that you take the time to share these worries with those around you. It is likely others are feeling the same and looking for the same opportunity to talk.

💬 Keep socializing. 💬

Staying at home and social distancing doesn't mean you cannot keep socialising – it's just different.

Reach out to others. You aren't the only one feeling worried, bored or frustrated. Don't be afraid to make the first move with a quick text, email, call or message and let others know you are thinking of them.

Find your crowd. Whatever your likes and interest, you're not alone! There are online communities for everything.

Adapt how you socialise, from video chats to playing Pictionary on [Zoom](#). It's up to your imagination on how you can interact with others. [Online board games](#), [Netflix parties](#), [Houseparty](#) or even [volunteering locally](#) are some ideas to help you get started.

🏠 Living with your family 🏠

Staying at home with others everyday can be frustrating and might create tension.

Walk away from tense situations if you can, this is a great way to defuse arguments until everyone feels calmer. If you feel unsafe or afraid, don't struggle in silence. Speak to someone you trust, a friend or a helpline.

Emergency Services (999)

If you or someone else is seriously injured. **Call 999**, if you can't speak [follow this guide](#)

Childline

You can contact [Childline](#) online about any problem (big or small) or call: 0800 1111

🌀 Too connected? 🌀

Take the time to look at how you are using social media: if you are overwhelmed by the news it may be a good idea to limit how long you spend online.

Set a time to check the news, messages and social media. This can help control our anxiety and stay connected.

Social media often gets a bad name, but it is full of positive messages and media. It might be helpful to seek out positive content to balance the negative. [Bored Panda](#) and [The Happy News](#) are great websites dedicated to sharing positive news

Use **hashtags** related to your interests as a distraction.

Mute conversations which might be dominated by anxiety inducing messages. [Twitter](#) has a feature to mute certain words from appearing in your feed.

Cyberbullying could be an issue some people will face during the outbreak, [Unicef](#) has put together some really useful advice to help you stop it. If you are having difficulties talk to someone.

🔍 Fake news? 🔍

The internet and social media are full of information, but it is getting harder and harder to know what is true and what isn't.

Follow official accounts like [NHS](#) or the [Government](#) for updates and information. Here are some top tips to help you decide if something can be trusted:

Where. Check where did the story come from originally?

Who. Check for the author, what do you know about them? Is there another side to the story?

Images. You can check where images come from with a [reverse image search](#)

Facts. Does all the evidence add up? Is the evidence repeated in other sources?

Boosting skills

Your school has likely kept you busy with work and learning from home, but you might find yourself with more time on your hands which you could use to start a new hobby or learn about an area you've always been interested in. This is also a good time to catch up in a subject, even just a maths app can help you get to grips with those trickier concepts. Luckily the internet is full of resources to learn all kinds of skills or subjects.

Learning a new skill or honing an existing one gives us a sense of purpose and achievement. While we are busy learning, we are less likely to experience anxious thoughts and worries.

Focus on your learning

There are lots of different websites and resources available to help you with your learning. We all learn differently, so finding what works for you is important.

[BBC Bitesize](#) is full of resources to help you learn, revise, and prepare for your future.

The [UK Government](#) has put together a list of online resources to carry on learning at home.

[Scholastic](#) have put together day-by-day projects to keep you learning, including [decoding what your dog is thinking](#)

[TED-Ed](#) is a website with short talks or animations covering all kinds of subjects.

[Khan Academy](#) offers hundreds of resources to help you learn or understand different subjects.

If you need a bit of extra help with your learning, the [ChatterPacks blog](#) has lots of extra resources which might help.

Work on your interests

This is also a great time to learn a new skill. There are loads of resources online where you can learn anything!

[Youtube](#), [Instructables](#) and [Make:](#) are full of instructional videos and guides to help you get started. You could take up [baking](#), make a [boomerang](#) or learn some [DIY](#). [Fender](#) are offering 3 months free guitar lessons right now

Another option could be to learn a new language such as [British Sign Language](#) for only £3 or try Level 1 for free with [Doncaster Deaf Trust](#) .

Lose yourself in a story

Stories entertain and teach; they keep our minds active, alert and engaged.

[Audible](#) is offering hundreds of free audio books.

The [National Emergency Library](#) holds over a million ebooks you can access for free.

[Overdrive](#) helps you access books through your local library or school.

Focus on your future

Completing online courses can be a great way to show your interest and commitment to your career and support course and job applications. It can also be a great way to explore what you might want to do.

[BBC Bitesize](#) has a careers section full of resources to find out more information about careers which might suit you.

[Mooc-list](#) is a search engine to find free online courses from different providers.

[The Open University](#) and [Future Learn](#) offer around 1,000 courses for free and provide certificates upon completion (Aged 13+).

[Google](#) offers over a hundred free courses, they look at subjects such as marketing, starting a business and general career development.

[Harrow Local Offer](#) gives information about Harrow services for young people with special educational needs and disabilities

Harrow Educational Psychology Service. For further information and links in relation to health, learning and wellbeing at home, please visit <https://www.harrow.gov.uk/coronavirus-covid-19/support-residents>
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