



# Salvatorian College Parent Bulletin

Week Commencing 6<sup>th</sup> July 2020,  
Following the 14<sup>th</sup> Sunday of Ordinary Time:  
Sunday 5<sup>th</sup> July  
Gospel Reading: Matthew 11 (Verse 25-30)

## WEEKLY GOSPEL REFLECTION

### **Be Like Children:**

At that time Jesus said, "Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned. Yes, Father, this was how you wanted it to happen.

"My Father has given me all things. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light.

### **Gospel Reading:**

Sometimes grown-ups seems very clever and to know all the answers. Today Jesus tells us that it wasn't always the clever people who first understood him, often it was those who had childlike hearts. In the bible readings we hear how Jesus has a special care for all who are working too hard, who are tired, and who are struggling.

In the Gospel we hear Jesus calling all people who are working hard, who are tired and struggling to come to him. Jesus knows that we all have times when we find life difficult. We all have times when even though we try hard, we can't do something. We all have times when we are tired, fed up and would like to give up.

Jesus says his yoke is easy. He does not mean an egg yolk! This yoke is spelled differently. It is a sort of wooden bar that farmers around the world use to make it easier to pull heavy ploughs. So Jesus is saying that he will help us.

Jesus says in the Gospel reading that he is always there to comfort and support us. That when we are tired or finding things difficult, we can turn to him and find rest.

We can share our worries in prayer. And we can pray for help during the most difficult times. Just knowing that we are not alone can make a big difference when we are finding life hard. God is with us always, when we are alone, but also in the people who help and support us.

So, this week, let's remember we can turn to God when things are hard. But also, let's look after others who are finding things difficult and do our best to help them. We can show them that they are not alone by the way we treat them.

### **Prayer:**

*Caring God, you are there with us in the most difficult times. Help us when we find things hard. Help us to be there for others when they are struggling. God of all, be with us when we find things hopeless. Strengthen us as we help each other, so that all people may have hope for the future. We ask this through Christ our Lord.*

Amen.

## A GOD WHO SPEAKS: 'THE YEAR OF THE WORD'

Listen to me little ones, and you will please God. If your lives are to be filled with happiness and joy, turn away from wickedness and lies; surround yourselves with goodness and try with all your hearts to share the peace of God with others. **(Psalm 34: 11-14)**

## THOUGHT FOR THE WEEK

Virtually nothing is impossible in this world if you just put your mind to it and maintain a positive attitude. Each day think of a positive attitude, trying to get better.



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## WORD OF THE DAY

**Monday - Inculcate** - (Verb) - Instil or teach (an idea, attitude, or habit) by persistent instruction.

- Out football coach has worked hard to inculcate a team spirit into the players.

- I try to inculcate a sense of responsibility in my children.

**Tuesday - Stalwart** - (Adjective) - Loyal, reliable, and hard-working.

- The stalwart dog refused to leave his owner's grave.

- Rob's a stalwart of the school's chess club.

**Wednesday - Abeyance** - (Noun) - A state of temporary disuse or suspension.

- Matters were held in abeyance pending further enquiries.

- The law was held in abeyance for well over twenty years.

**Thursday - Inveterate** - (Adjective) - Having a particular habit, activity, or interest that is long-established and unlikely to change.

- Sarah is an inveterate reader who always has a book in her hands.

- As a nurse, Abigail has an inveterate desire to help others.

**Friday - Arrears** - (Noun) - Money that is owed and should have been paid earlier.

- You should frequently check your credit report to ensure no arrears have been improperly linked to your credit history.

- When Jim lost his job, most of his credit accounts went into arrears.

## PARENT SURVEY: MICROSOFT TEAMS

Mr Evans would like to thank all parents for signing their children up for online lessons on Microsoft Teams.

Log in details and timetables have been sent out to **90%** of students, who are now able to access lessons in all their subjects online.

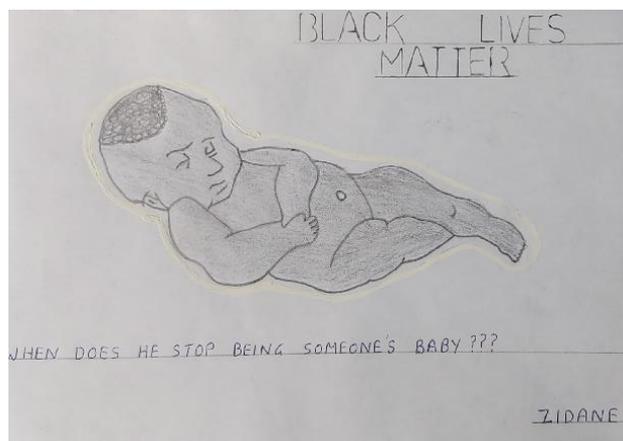
We would like to ask, kindly, if you would complete a brief online survey so we can monitor how we are doing and to help us make improvements where we can:

<https://bit.ly/2AcnTL>

Thank you to those that have done already. Your feedback is always welcome and valued.

## ARTIST OF THE WEEK: ZIDANE FURTADO (7 BECKETT)

This week's Artist of the Week goes to Zidane Furtado in 7 Beckett, who has produced this unique and original piece of art in response to the "Black Lives Matter" conversations sweeping across the world. Zidane says that the white chalk around the silhouette of the baby symbolises the same chalk used by police detectives at crime scenes. This is a simple, yet very powerful and thoughtful piece of work by Zidane! Well done.





## AVOID A BACK TO SCHOOL ASTHMA ATTACK

**As a parent, you may be worried about sending your child back to school after a long time being at home.**

Asthma UK knows that going back to school in September can trigger more asthma attacks. We advise parents to use this page as a guide for returning to school after the long break caused by the coronavirus pandemic.

### Why are children more at risk of asthma attacks when going back to school?

There are a few possible reasons why children are at higher risk of asthma attacks after returning to school:

- Lots of children come down with colds when they go back to school – this is one of the biggest triggers for people with asthma
- Preventer inhaler routines get easily disrupted over the summer holidays, so children's airways can be more sensitive to triggers when they go back to school
- If your child has a dust mite allergy, being inside more as the weather changes could make their asthma flare up
- Seasonal allergies, such as pollen in spring and summer, and mould in autumn, could also set off asthma symptoms.
- Some of these reasons may also apply after the long break from school due to the coronavirus lockdown.

It isn't yet clear whether going back to school after the lockdown will affect children's asthma. However, there are things you can do to prepare and keep their asthma attack risk down.

### How you can cut your child's asthma attack risk this year

"Unfortunately, it can be tough to avoid triggers like catching a back to school cold," says Asthma UK's in-house GP Dr Andy Whittamore. "That's why it's so important to make sure your child is taking their preventer inhaler (usually brown) every day as prescribed. This will help calm the underlying inflammation in their airways and cut their chances of a cold, or other trigger, causing an asthma attack.

You should also make sure you have their reliever inhaler, usually blue, somewhere handy, and be alert to the signs that their symptoms are getting worse.

Your child's annual asthma review - where you can discuss how they should be using their preventer inhaler - might have been postponed because of COVID-19. Talk to your GP surgery to rearrange an appointment over the phone if you have questions about your child's asthma."

### 4 signs your child's asthma symptoms are getting worse

1. Needing to take their reliever inhaler three or more times a week
2. Coughing and/or wheezing, or saying their chest hurts
3. Breathlessness – if they're pausing for breath when talking or struggling to keep up with friends, that's a sign
4. Waking up at night because of their asthma symptoms

Some children might say their tummy hurts as well - get to know your child's individual asthma signs.

One or more of these signs mean that your child is at risk of an asthma attack and you need to take urgent action.

### What to do if your child's symptoms are getting worse

1. When they get symptoms, give them two to four puffs of their reliever inhaler, through a spacer. Space the puffs out so there are 30-60 seconds between them. Their symptoms should ease. If they don't, or their reliever inhaler isn't lasting for four hours, call 999 and follow our asthma attacks advice for children.
2. Make a same-day appointment with your child's GP. If the surgery is closed, call 111 for advice.

### Help your child stay well

You can play an active role in building up your child's protection against asthma attacks. Here are the main ways you can help:

- Make sure your child is taking their preventer medicine every day, as prescribed. This will help calm the inflammation in their airways and reduce the risk of an asthma attack
- Visit your child's GP to make sure your child's written asthma action plan is up to date. They will also check your child's asthma and might adjust their prescription to make sure your child is getting the most from their medicine
- As your doctor's surgery for an extra reliever inhaler (usually blue), and give it to your child's school (preferably in its original packaging so the school has the prescription label that comes with it)
- Download an Asthma School Card with your GP or asthma nurse and give it to the school, so they know what to do if your child gets breathless or starts coughing and wheezing.
- With the right asthma care, your child will be able to cope with back to school coughs and colds, sleep easily and stay healthy – so you don't have to worry.

### Worried? Speak to an Asthma UK asthma nurse

Our helpline is open Monday to Friday, 9am-5pm.

Call a nurse 0300 222 5800

Message our nurses on WhatsApp on 07378 606728

Or use the Helpline Contact Form.

Last updated May 2020

<https://www.asthma.org.uk/advice/child/back-to-school#september>



### GIFTED AND TALENTED NEWS

Last week's task was to answer the following question:-

The 330 yard long Flying Scotsman, travelling at 30 mph, enters a 3 mile long tunnel. How long will



elapse between the moment the front of the train enters the tunnel and the moment the end of the train clears the tunnel?

ANSWER **382.5 seconds (6 minutes 22.5 seconds)**  
Congratulations to **Benoit Colombier** (quick response) and **Apishan Sutharshan** (detailed calculations)!

This week, the group visited the **NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE** in Washington DC and did a virtual tour. They wrote about various aspects of the museum – inside and out.

We are now in the summer music festival season. From 17th July until 12th September, the Royal Albert Hall, South Kensington will open its virtual doors to present the very best of the **Proms**. 125 years on from its creation, the Proms will once again provide a remarkable



summer of music, fulfilling founder-conductor **Sir Henry Wood's** vision to 'bring the greatest classical music to the widest possible audience'.

Attracting an audience of more than 400,000 people, the musical festival in 1969 at **Woodstock** in the USA triggered many other outdoor music festivals to evolve, including Glastonbury, Reading and Leeds, Isle of Wight and Parklife.



This week, the students were asked to write about which music they especially would like to go and hear played live ..... and to explain why.

### HPQ news



This summer, the year 10 students are undertaking a summer project, it is called the **Higher Project Qualification (HPQ)**. This week, their task was to watch a video entitled "Structuring extended writing: how to strengthen your approach to writing essays and dissertations". This was to prepared them for the essay writing task that would be carried out once the research task reached completion in a few weeks' time.



### MATHS PROBLEM OF THE WEEK: THE LONDON EYE

The 80 spokes of The London Eye (a giant wheel) are made from 4 miles of cable.

Roughly what is the circumference of the wheel in metres?

1 mile is approximately 1600 metres

**Last week's solution: 2, 4 and 6 = 12**  
Jenny must know for sure that Tom's cards are either both even or both odd.

1 2 3 4 5 6 7  
4 odd numbers and 3 even numbers  
So Jenny must have taken the 3 evens and left the 4 odds



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## EPRAISE LEADERBOARDS

Year 7:

#	Name	Year	Points
1	Joshua Fernandes	7	147
2	Darren Fernandes	7	146
3	Patrick Mihali	7	140
4	Sai Patel	7	137
5	Adam Ahdouch	7	130

Year 8:

#	Name	Year	Points
1	Chimobi Eziefula	8	255
2	Niall O'Connor	8	200
3	Kausic Subakumar	8	180
4	Rares-Constantin Moisii	8	141
5	Harin Shelton Jayatillaka	8	133

Year 9:

#	Name	Year	Points
1	Toni Serban	9	147
2	Joseph Cassel	9	144
3	Nivek Karunanithy	9	122 <span>↕</span>
4	Ethan Tsangaris	9	118
5	Audeley Akundabo	9	102

Year 10:

#	Name	Year	Points
1	Aiden Evans	10	190
2	Harry Everton	10	171
3	Indrit Sutaj	10	140
4	Krunaal Kadam	10	138
5	Szymon Ciba	10	126

## TOP STUDENT SMHW SUBMISSIONS

(Monday 22<sup>nd</sup> June – Sunday 5<sup>th</sup> July 2020)

Year 7	Submissions
1. Apishan Sutharsan	34
2. Aryan Bahal	33
3. Thiveesh Thillasvaran	30

Year 8	Submissions
1. Mahdi Fedai	28
2. Joseph Fay	25
3. Filip Piekut	23

Year 9	Submissions
1. Eduard Danila	22
=1. Nivek Karunanithy	22
3. Toni Serban	18

Year 10	Submissions
1. Joe Gregory	23
2. Aiden Evans	20
=2. Harry Everton	20

*Well done to all our top students!*