



Salvatorian College *Parent Bulletin*

Week Commencing 26th April 2021

The 4th Sunday of Easter

Sunday 25th April

A reading from the Gospel of John 10: v 11-18

MESSAGE FROM THE HEAD OF SCHOOL

The pupils have returned from their Easter break with renewed focus on their studies. I am very grateful to those staff who gave up their time over the break to offer catch up sessions for pupils in every year group. Attendance was very good. Well done, boys, for attending. Your hard work will pay off in the end!

The vaccination programme continues to be very successful, and many of our community have already received their first and, in some cases, second doses. However, it is very important that we do not become complacent and that we remain vigilant at all times to the virus. Hand, Face, Space (and fresh air!) continues to be our mantra and it is important that you sons understand that they must follow the rules on social distancing and hygiene.

I would also like to draw your attention to the poster, later in this bulletin, which encourages twice weekly asymptomatic testing. Remember that we will provide your sons with tests, and you can get them for your own family from the NHS, but they must be used, preferably on Wednesdays and Sundays. In this way, we will continue to drive down transmission of the virus.

As we prepare for the fourth Sunday of Easter, we remember that Jesus is the Good Shepherd and we are the sheep. Sheep are notorious for straying, ignoring danger and the risk of predators. We are also notorious for straying from the righteous path, not always recognising the dangers (physical and spiritual) around us. It is important that we take a moment to be still, in space, to recognise God's voice, encouraging us to return to the Lord.

I hope you have a peaceful and restful weekend.

Kind regards

Alan Bryant
Head of School

GOSPEL REFLECTION

The Good Shepherd

Jesus takes care of us just a good shepherd takes care of his sheep. He knows each one of us and we know him, and are glad to follow him wherever he leads.

God is full of kindness and love, and always ready to show us the path to follow. He leads us with patience and understanding, and forgives us we stray and lose our way. When we look to him for help he rescues us from harm and helps us to try again, because his forgiveness is unending. (Psalm 25: 11-16).

I am the good shepherd. The good shepherd lays down his life for the sheep. He who is a hired hand and not a shepherd, who does not own the sheep, sees the wolf coming and leaves the sheep and flees, and the wolf snatches them and scatters them.

He flees because he is a hired hand and cares nothing for the sheep. I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep.

Jesus tells us in today's gospel that he is the Good Shepherd. He makes a distinction between good shepherds, hired hands, and wolves. As a good shepherd, Jesus knows his sheep and his sheep know him. He is so devoted to his sheep that he is willing to die for them. Not only is this image fitting for Jesus and God's people, but it helps explain the love of God for his son.

Jesus' love was so strong that he was willing to suffer and die on the cross for our sakes. His sacrifice meant that we can follow him to his heavenly kingdom, where we will share eternal life with him.

Prayer:

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart,

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in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen

MY MISSION PRAYER:

God our Father we pray for the grace to respond to the call of discipleship, quickly and decisively, for the grace to witness God's love by embracing all works of charity and justice, for the grace to collaborate with other people of good will in relieving need and addressing its causes, for the grace to make no distinction in those we serve because, in them, help us to see the face of Christ. Merciful God, hear us. Amen

SOCIAL MEDIA

If you wish to keep up to date with all the events happening at the Salvatorian College, then please feel free to follow us at the following social media platforms.



Twitter - @SalvatorianHA3



Facebook – Salvatorian College



Instagram - @SalvatorianHA3

WORDS OF THE WEEK

Monday – Sedentary

Adjective- (Of a person) tending to spend much time seated; somewhat inactive).

Tuesday – Balk

Verb - Hesitate or be unwilling to accept an idea or undertaking

Wednesday – Elongate

Verb- Make (something) longer, especially unusually so in relation to its width.

Thursday – Wrench

Noun- A sudden violent twist or pull; A feeling of sadness or distress caused by one's own or another's departure).

Friday – Doldrums

Noun - A state or period of stagnation or depression

Did you know: the word 'doldrums' also refers to an equatorial region of the Atlantic Ocean with calms, sudden storms, and light unpredictable winds.

The crews of sailing ships dreaded the doldrums because their ships were often becalmed there; the designation for the resultant state of depression was apparently thus extended to these geographic regions themselves.

THOUGHT OF THE WEEK

It is important to try to 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.

MENTAL HEALTH

Times are tough for many people right now. Parents find themselves pulled in many different directions and children may be struggling being in the house for so much longer than usual.

A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here:

<https://youngminds.org.uk/supporting-parents-helpfinder/>



The Risks of Consuming Edibles

Long-Lasting Effects

The effects of Cannabis edibles last much longer than smoking, usually up to several hours depending on the amount of THC consumed, the amount and types of the last food eaten, and other drugs or alcohol used at the same time.

Unknown Potency

The amount of THC is difficult to measure and is often unknown in many edibles. Regulations and quality assurance regarding the determination of THC content and product labelling are generally lacking, and as a result the dosage estimation for many edibles is often inaccurate. Consequently, many products contain significantly more THC than labelled and people who consume these edibles can be caught off-guard by their strength and long-lasting effects.

Delayed Onset and High Potential for Overdose
Perhaps the most prominent difference between smoking Cannabis and eating edibles is the delayed onset of effects associated with edibles. Whereas the effects of Cannabis usually occur within minutes of smoking, it can take between minutes to 2 hours to experience the effects from edibles. This delay can result in some people consuming a greater than intended amount of drug before it has taken effect.

Compass:

<https://www.compass-uk.org/services/harrow-young-peoples-substance-misuse-service/>

If you suspect your son is a participant of, or impacted by, substance abuse it is important that you contact **Mr Cooper** or **Mrs Griffin** (Designated Safeguarding Leads) in confidence, so that support can be put in place.

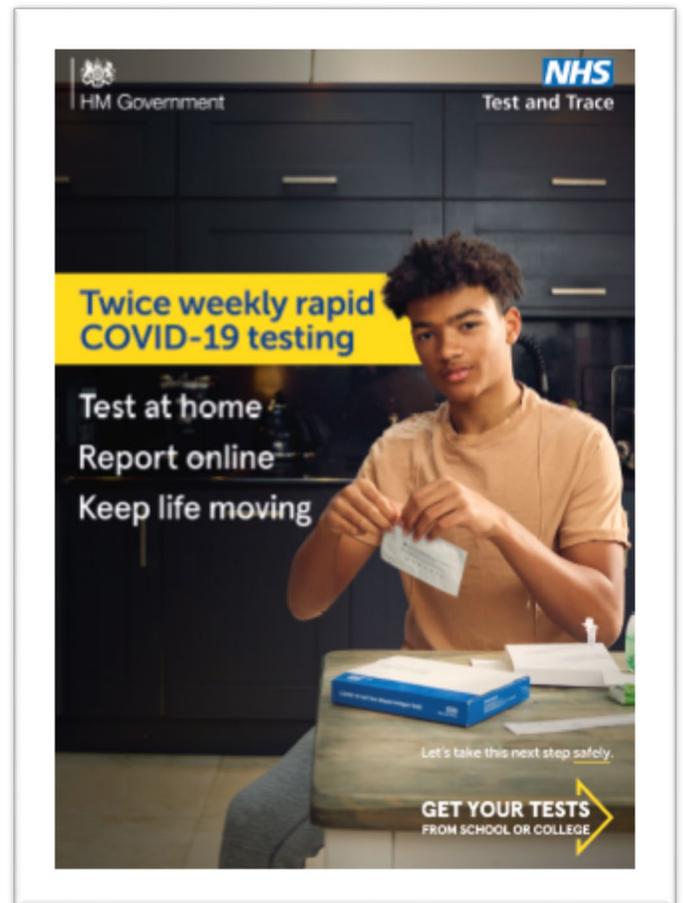
Edibles Packaging Examples



LATERAL FLOW TESTS

Covid testing kit packs have been distributed to pupils this week. We would like for pupils to continue regular rapid testing twice weekly (Wednesday and Sunday) to help protect our school and local community. Although cases continue to fall in society, we still need to be vigilant and do everything we can to minimise any further disruption to your son's face to face education as the wider industries begin to open up fully. Please remember to upload your results to the NHS website, even if negative, instructions of how to do this are in the back of the booklet distributed with the testing kits.

If your son tests positive on the Lateral Flow Device he will need to remain off school, book and take a PCR test. If this is negative, he can return to school. (You will need to forward the email or text message to admin@salvatorian.harrow.sch.uk. If it is positive, then he and the family will need to follow the NHS Test and Trace guidance. Please be aware that a number of travel restrictions remain in place that require either self-isolation, or compulsory isolation, eg from 'RED' designated countries. This is a fluid situation so please check before making any business / essential travel plans abroad.



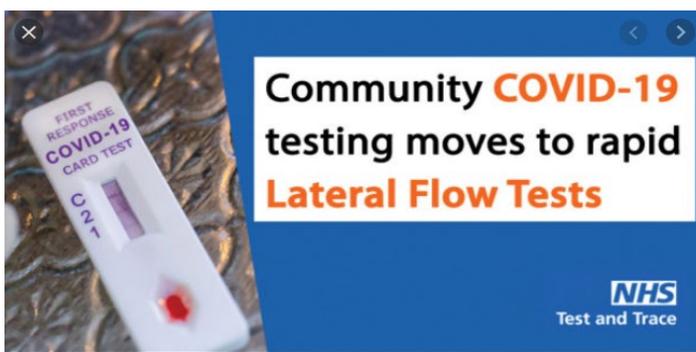
RE DEPARTMENT

Easter Reflection:

Easter begins on Easter Sunday the Resurrection of Lord and last for 50 days. Easter is the season of life and hope. The life and hope only the resurrected Christ can bring. The same life and hope that strengthened the faith of the frightened disciples after the crucifixion.

That same life and hope reminds us that the trials and misfortunes of our present life are nothing compared to the unending glory of the life to come. Easter is the celebration of life eternally transformed by love, "life beyond life", "love beyond love".

Easter is the celebration of hope in the midst of a world often submerged in doubt and despair. It is this Easter faith, faith in the Lord's resurrection, which becomes the sustaining force that directs our steps with courage into the challenges of





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everyday life, into the question marks of the unknown, and the uncertainty of the future.

It is this Easter faith in the resurrected Lord that reminds us that we do not walk alone in life. Like on the road to Emmaus in this week Gospel reading, the resurrected Lord is walking with us, in us, and through us-leading us to the life that never ends and the love that never fades away. The Lord is risen! Alleluia! Alleluia! Risen indeed! Alleluia! Alleluia!

Have a happy and blessed Easter season!

EMPLOYABILITY SKILLS TRAINING

BOOST LIFE SKILLS has been awarded Level 4 (L4) & Soft Skills Training Organisation 2020

SOUTHERN ENTERPRISE AWARDS

Online employability skills training

BOOST LIFE SKILLS

Employability skills to be delivered:	Learning outcomes are to:
<ol style="list-style-type: none">1. Introduction to soft skills – why are employability skills so important?2. Why do I need to be well organised?3. How can I become more self-motivated?4. Why does me being positive make a difference?5. Why do I need to be good at solving problems?6. Why do I need to be resilient?7. Why do I need to have good communication skills?	<ol style="list-style-type: none">1. Understand the definitions of a soft/employability skill and a range of soft/employability skills2. Explore each skill in detail, answering "what does good look like"?3. Consider what it all means for "me" and what "I" might want to do differently in future

- ✓ Training delivered by Key Stage group - KS3 (Y7, Y8 and Y9), KS4 (Y10 and Y11), KS5 (Y12 and Y13)
- ✓ Enhances knowledge of essential life and workplace skills
- ✓ Prepares students for better work experience placement, apprenticeship or job seeking
- ✓ Students receive a 21 page booklet of skills summary and learning logs
- ✓ Certificate issued at end of training; allows student to record as part of their personal development plan

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