



## Message from the Head

Welcome to the latest edition of the St. Joseph's Journal. I trust that you are all keeping well and have managed to enjoy some of the glorious sunshine this week. Years 10 and 12 have continued with their days in school and have been joined by more of their peers this week; they are all adhering to the social distancing guidelines and handwashing regularly. You may have seen on our Facebook page the fantastic chalk work by our Keyworker children on Monday—it has really brightened up the yard, and if you haven't had chance to see it then we've included some pictures in the Journal. On Thursday we shared a Virtual Leavers' Assembly with our Year 11 students, marking the end of their five years with us. It was not the way we would have liked to end the year, but under the current restrictions it was great to share the video with so many via Google classroom!

Take care, *Mr Mitchell.*

## Reflection



To begin this week's reflection, give yourself a few minutes to relax and listen to this amazing song by the multi-award winning international worship

band 'Hillsong' entitled 'Your love won't let me down'.

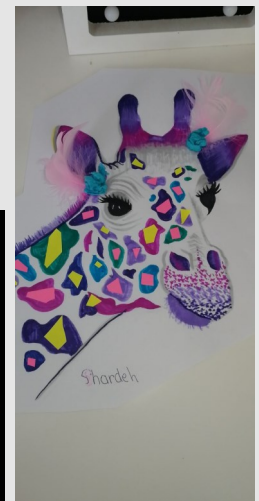
<https://www.youtube.com/watch?v=ScWcEpcp-OE>

This week our theme is God's unending love. God's love is truly amazing, He is there for us when times are both good and bad, whether we are in a regular relationship with Him or whether we have been distant from Him. God loves each and everyone of you so much that He gave His only son so that each of us can have life and live it to the full.

In the Gospels, Jesus gives us two commands: love God with all your heart and love your neighbour.

This week spend some time reflecting upon how you can show more love to those in your life and open your hearts to God's constant, unending and amazing love! Amen.

## Amazing Art



## SAFEGUARDING

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# Wellbeing: Acceptance

There's a close relationship between sleep and our physical and mental health. Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to process information. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health. When confronting the COVID-19 pandemic, though, sleep becomes even more essential because of its wide-ranging benefits for physical and mental health.

For many people sleep during this period has been more difficult. There's still so much unknown about this pandemic and such uncertainty often brings anxiety that disrupts sleep as a racing mind keeps the body tossing and turning. Social distancing, school closures, quarantines, working-from-home: all bring profound changes to normal routines for people of all ages and walks of life.

**Getting healthy sleep during COVID-19**

**Why is this important?**  
Healthy sleep is important for our health and well-being. Poor sleep has been shown to be related to higher levels of inflammation and greater risk of developing the common cold. We have developed tips to manage your sleep to optimize wellness during these times. [www.sleep.pitt.edu](http://www.sleep.pitt.edu)

- Use the bed only for sleep**  
Your work and home space may have merged. Doing work in bed may make it a space for stress, not rest.  
*Tip: Create a separate workspace in another room or at least not in the bed!*
- Only go to bed when you are sleepy**  
You may feel bored but going to bed too early is inconsistent with your body's clock time, which will make it harder to fall or stay asleep.  
*Tip: Make a list of relaxing activities to do if you are bored*
- Wake up at the same time every day**  
Consistent wake-up times tells the brain what is "day" and what is "night", which is critical now that we're leaving the home less often. Do different activities to separate your day and night.  
*Tip: Schedule a virtual coffee date in the morning, take a midday walk, and stop work and screen time by a certain time each day.*
- Follow a 1-hour wind-down routine**  
*Tip: Do something relaxing, enjoyable, and in low light before bedtime. No social media or COVID-19 news! (Audiobooks, meditation, or puzzles?)*
- Avoid excessive time in bed**  
*Tip: Match your time in bed to your actual amount of sleep, not to the amount of sleep that you wish that you could get.*

Here are some ideas to help ensure you can have a good night sleep

**Sleep & Daily Rhythms during COVID-19**

**Why is this important?**  
Your brain has a clock that helps everything in your body on a schedule. This can affect everything from your mood, energy, sleep, digestion, heart, and immune system! We have developed some tips to stay on a schedule and improve sleep to support your health and well-being during these challenging times. [www.sleep.pitt.edu](http://www.sleep.pitt.edu)

- Get up around the same time every day**  
• Keep your wake time within 45 minutes  
• Sleeping in will make it harder to fall asleep.  
*Tip: Motivate yourself to get up by scheduling something you want to do in the morning!*
- Get light when you wake up and during the day**  
Morning light is one of the most important cues for our brain clock  
• Helps you feel more alert  
• Keep spaces active and bright (with light) during the day  
*Tip: Open the curtains! Step outside! Turn on bright lights!*
- Have social interactions every day**  
*Tip: Schedule a call or video chat with a friend. Go for a walk around the block and wave to your neighbors from afar!*
- Eat meals and exercise around the same time each day**  
*Tip: Start your morning with a stretch, walk, or run. Exercise will help you use up energy and feel ready for sleep!*
- Keep lights dim at night and avoid electronics 30-60 mins before bed**  
Light reduces your brain's natural melatonin and increases alertness, making it harder to fall and stay asleep  
News and social media may generate anxiety and interfere with sleep  
*Tip: Limit overhead lights in the last 1-2 hours before going to sleep. Use F.lux (free) and nightshift on your electronics!*

## PE Takeover Day

Wednesday 15th July

During enrichment week the PE department will be setting competitive challenges for you to take part in throughout the day. Keep your eyes peeled on Google Classroom and St. Joseph's social media pages for more updates in the coming weeks!

## Family WORSHIP

Online Family Worship Night Live!!!

On Sunday 28th June between 4-4:45pm we will be hosting a night of live family worship. This will include live music from Cody, reflections from Deacon Kevin, Chaplain Adam and Andrew Young, videos of some of our students leading songs, prayer and dances.

All welcome.

Where: On Facebook on the St. Josephs and St. Bedes Churches Jarrow Page

Time: 4:00-4:45pm.

**Online safety at home**  
SIMPLE IS MINUTE ACTIVITIES TO DO WITH YOUR CHILD

### Dealing with pressure on a live stream

Read 'Dealing with pressure' Thinkuknow article – [www.thinkuknow.co.uk/needadvice/dealing-with-pressure-online](http://www.thinkuknow.co.uk/needadvice/dealing-with-pressure-online).

⇒ Create a vlog (a short video of you talking to the camera) or presentation for young people your age on how to deal with pressure on a live stream, using information from the 'Dealing with pressure' article to help you.

You may wish to include information about:

- ⇒ What pressure on a live stream might look like.
- ⇒ What a young person can do if people keep asking them to do things they don't feel comfortable with.
- ⇒ How to block and report people on popular live streaming apps.

Share your vlog or presentation with a parent or carer. When they have seen it, help them learn more about the topic by asking them if they have any questions about live streaming.

# DT Challenge

## Redesign your bedroom

Create a model from Lego, card/ paper or even scrap boxes of your dream bedroom. Remember your design has to include everything that you already need in a bedroom, for example bed, lights, desk and maybe more!

Your design could have a theme like a favorite football team or music band. Don't forget to think about the soft furnishings like curtains, bed covers and rugs.

And if you can't make a 3D model you can always just draw out your design.



## Yummy!



We know lots of you have been baking during lockdown. Here are some of the goodies you have been making.



One day I feel happy,  
The next day I feel sad;  
One day I feel good,  
The next day I feel bad.  
One day I feel full of energy,  
The next day I feel worn out;  
One day I feel confident,  
The next day I feel full of doubt.  
One day I feel carefree,  
The next day I feel I care too much;  
One day I feel on top of things,  
The next day I feel out of touch.  
One day I feel brave,  
The next day I feel scared;  
One day I feel ready,  
The next day I feel unprepared.  
One day I feel proud,  
The next day I feel shame;  
But, I should never feel alone,  
Because other people feel the same.

@allontheboard

## Faith Competition

This week's faith competition challenge is to design and create your own song all about God's love!!

You could sing, play instruments, write lyrics, dance.

The options are endless. Edible prize for the best entries.

Please send all entries to [YoungA@stjosephs.uk.net](mailto:YoungA@stjosephs.uk.net)  
God bless and have fun!



## Enrichment Week: 13th—17th July

Mrs Ritchie and Mrs Lewis-Dale have shared information about our Virtual Transition week through each year group Google classroom. Please join your House Google classroom before 13th July.

Aidan House: s2br4mb
Bede House: aipm7gg
Cuthbert House: kd6hobi
Dunstan House: fhfic6h
Hilda House: nqcjzyv