

Salisbury in lockdown Your stories

INSIDE >



The newspaper of SJCS
News, views, and entertainment
from our community



Edition 1
March 2020

The Closure

Covid-19 is here. What should you be doing?

Mr McGuinness - Deputy Headteacher

Coronavirus (COVID-19): what you need to do:

> Stay at home. Only go outside for food, health reasons or work (where this absolutely cannot be done from home).

> Stay 2 metres (6ft) away from other people.

> Wash your hands as soon as you get home.

> You can spread the virus even if you don't have symptoms.

> Make sure you only get your information from the right places - not Facebook!!

Go to <https://www.gov.uk/coronavirus> to access all of the latest official advice and guidance.

STAY AT HOME

PROTECT THE NHS

save lives



▲ Covid-19 Virus close up

A personal message to the school community.

Mrs Ridley - Headteacher

Dear Pupils, Parents and all of our community

Welcome to our first edition of 'The SJCS Closure Newspaper'. I have a few messages that I would like to write to various groups of our young people, our community, and of course the efforts that our services are providing around the world to keep us safe.

All SJCS pupils - I have been so proud of your maturity in this very difficult and worrying situation. May I commend you as well on the schoolwork that you are diligently completing at home.

The school is very quiet, and quite honestly boring without you; you are the life and soul of the building and you're certainly missed by us all. Yes, even those of you who spend time outside my office!

"You're missed by us all."

Mrs Ridley

Please do spare a thought for your teachers who are working exceptionally hard, even though the majority are working from home now. A simple message of

thanks to them will help to lift their spirits as they continue to provide only the very best for you.

Even though our doors are closed to most of you - we still want to know that you are safe and well. If you need help, or just want to talk, the closure@sjcs.org.uk email will always have a member of our staff on call.

Please do not be afraid, we will come through this and we will then become even more appreciative of what a wonderful community and world we live in.

Year 11s - I am saddened that we cannot celebrate your five years with us and 'send you off in style' to your next stage of education, proud that we have played a part in all your journeys. **P1 >**



Community comes together to share.

Two former pupils, Harry & Ryan, very kindly donated some goods from their employer TKMaxx today. A wonderful gesture boys; massive thanks from us all! The goods were donated on Friday 27th to local charity, Alabare, who will be distributing them to their clients. We hope that they'll come in useful.

Whilst I recognise that some of you will be heaving a sigh of pure relief that GCSE examinations will not take place, most of you were so well prepared by fantastic teaching and pure hard work and diligence on your part, that you may feel disappointed.

“[Year 11], it has been a privilege to be your Headteacher.”

Mrs Ridley

We will keep you informed of how your predicted grades will be calculated as we receive more information from Ofqual.

I miss not having you in school, even those cheeky smiles when I walk down the corridor and you are up to mischief! You have been a fantastic year group and you were predicted to be our top-performing year group in the history of our school. Please do take good care of yourselves, make sure that you stay indoors and please avoid a 12-hour shift on social media and gaming platforms! We will endeavour to look at an event later in the year to say our ‘Goodbyes’. It has been a privilege to be your Headteacher.

Previous pupils - whilst it appears that schools forget their pupils once they leave - that is certainly not the case at SJCS. No matter how many years ago! I wish to send my best wishes to you all and hope that you are keeping yourself safe in these difficult times. We have seen such heart-warming acts of kindness recently from you and I am proud that you think of others within our community; an SJCS unique selling point! Please take care of your parents, family and friends and just remember, we are proud that we were part of your formation into wonderful young citizens of our community.

Year 6s - you now know that you have secured a place with us in September and I hope that you're looking forward to being part of our special community. We have been so impressed with you all when we met you, and we are very excited to welcome you into our school and help you to learn in a happy and caring environment. Many of you, I'm sure will be saddened that you have not been able to celebrate with your friends from primary school before schools closed. I would like to collaborate with your Headteachers

after the summer holidays, to try to organise something that enables you to have a little celebration to mark all of your hard work and the friendships you have made in primary school. As your future Headteacher, I am very much looking forward to seeing you in September and helping you to be your very best. Please stay safe and look after your family and friends whilst you are at home.

Our parents - may I begin by sending my gratitude to all of you who have sent such wonderful messages of thanks to our staff. It is, without a doubt, these that boost our staff's reserves to continue to provide the best education we can in these unprecedented times.

As a school, we are working flat out to provide you with work to help with that dreaded term 'home schooling'! Of course, if there is anything else, as a school, we can do to support you - please just ask. Please do make sure that your child or children observe the staying at

home message from the government to ensure that we prevent further spread of this disease. Thank you for all the efforts you are taking to keep the continuity with our young people's education and ensuring that they are kept busy. A great Catholic school is one that works in partnership with the family and local community and I am proud that we are all acting on those values. Please do keep safe and contact us on closure@sjcs.org.uk if there is anything that we can do to support you over the weeks and months ahead.

‘I have been truly humbled by the professionalism, commitment and care that every member of staff has demonstrated daily over the past few weeks.’

Mrs Ridley

Our amazing staff - it is certainly not very often that I am lost for words! I have been truly humbled by the professionalism, commitment and care

that every member of staff has demonstrated daily over the past few weeks. This has often been at the sacrifice of their own families and their personal well-being. I am such a lucky, fortunate and grateful Headteacher to have them working for our school. If I may say so; this is what makes our school so special, they are my biggest and best asset and when this episode in our history is over - well let's just say that we will be celebrating! It would be very much appreciated if members of our close-knit community could also send their messages of thanks to ensure high morale continues. Please stay safe, keep in touch and remember how valued you are. #humbled headteacher

Governors - I have always known as a Headteacher that we have an incredible Governing Body, and therefore considered myself

to be one of the fortunate ones! Whilst there have been times, and rightly so, that they have challenged our leadership of this amazing school;

their dedication, care and commitment has always been like a 'stick of rock'. The core messages and leadership run through our school ethos and ensures that we remain a very successful place of education for all our wonderful pupils. It is times of adversity when I realise the most the incredible dedication of a group of volunteers; it is so admirable, especially when you consider that they have full-time professional careers themselves and of course their own families.

I'd like to give a further 'Shout out' to Mr. P Hooper (Chair of Governor's) and Mr. J Hawkins (Vice Chair of Governors) who my deputies and I have been in daily contact with to ensure that we are providing the best care and support to all of our valued community.

Clifton Diocese - as always, I wish to thank you for your constant support in these difficult circumstances. As a Headteacher, you have been a constant source of wisdom and spiritual support. Our thoughts and prayers must be for all around the world, irrelevant of their religious beliefs. Prayers and

good wishes are sent to all; this is not the time to be insular. As a school we are so grateful for the online Mass that has been organised by a completely dedicated clergy. We are so fortunate, and our pupils have a link on the school website to your competitions and prayers.

Of course, we would like to thank Bishop Declan for his constant support for all our Catholic schools in this challenging educational landscape. Bishop - you are a source of inspiration and therefore we all have to say a huge thank you for all that you have done and continue to do.

Our Local Authority - I need to perhaps explain the advice and guidance we receive on a personal level! As a school, I must admit that we are so fortunate! We are assigned what is called a School Improvement Advisor to ensure that we are challenged and that we provide the best education for all our pupils. I do have to do another shout out to Mrs J Goodall who is our SIA. Throughout these challenging times, I have been able to call her at home to just check that we, as a school are doing the best for our young people. An amazing mentor is always appreciated when you are a Headteacher. Thank you for all you have done for our school previously as well as now!

Wiltshire Local Authority have also ensured that, as a school, we have the most up to date guidance from Government which enables us to act accordingly.

“A ‘thank you’ will never be enough for the NHS!”

Mrs Ridley

THE NHS and all those who work in the Health and Social Care sector. Well, words fail me again! School staff and leaders have it easy in comparison. A 'thank you' will never be enough to express how we all feel throughout our country. What you do and face daily is unthinkable. It is so difficult to express the gratitude that is needed in words.

I have personally been one of the first to sign up to the Volunteer Service to help in the little way that I can in between being a Head teacher. The acts of kindness that are growing throughout our country are so encouraging; it is fantastic that there is such empathy for the huge task





you have ahead of you. You have our full support and, as a school we will remain open as best we can to ensure your children are safe whilst you are saving the lives of others.

As a school, we need to begin our acts of kindness to ensure that we support our local hospitals, doctors' surgeries and health centres. All ideas are welcomed!

Other services - the list here is endless and I am nervous of not including all those that deserve a mention! The British 'bulldog' spirit is alive and well and this has been demonstrated throughout all the national newspapers every single day. Our Key Workers outside of Health and Social Care also deserve a #shoutoutfromSJCS!

- > Education and Childcare
- > Key Public services
- > Local and National Government
- > Food and other necessary goods
- > Public Safety and National Security
- > Transport
- > Utilities, communication and financial services

We have so much to be proud of as our communities are protected by the Police and Armed Forces. Yet again - more people who are putting our well-being before their own.

We also have the vast number of workers who are ensuring that we have fresh food and supplies to ease our 3 week stay at home period. They work tirelessly to re-stock the shelves ready for the next day. Thank you all for your efforts to keep us healthy (even though toilet roll is still a mystery to me!)

We must stop and think about all of the listed Key Workers and the onerous task they have ensuring that our country continues to breath and function. A heartfelt thank you to you all!

The unsung Superheroes - these are the people in our communities and across the world who are supporting our most vulnerable in society. These volunteers are not wearing capes or looking for gratitude - they are just checking up on people who are self-isolating by getting prescriptions, delivering food parcels and just being the most selfless, kind and thoughtful people for those who might just need a telephone call. I have been privileged to be part of an action group where I live, and the community spirit is overwhelmingly strong. These people are the lifeblood of ensuring our vulnerable citizens feel supported, safe and valued! This category must also recognise those businesses who have put humanity's well-being above and beyond their profit margins! We are beginning to see many businesses offering their support and gratitude across the globe, especially to those on the front line. Ethics can make profits especially in times of adversity - the human population will remember! You are contributing to making the world a better place, once we get to the other side of this pandemic - and we thank you for that.

'I hope that you all are ready to 'Stick together', we must unite and act out our compassion'

Mrs Ridley

I would also like our community to consider and support those people, not only in our country, but also across the world who have been infected with the COVID-19 virus, those currently suffering in hospital and of course those who have lost the

courageous battle. May you all rest in peace. You are all in our prayers and thoughts every single day.

There must also be thoughts and prayers for those who have been left unemployed due to the pandemic. Struggling financially is an additional burden and one that we need to be considerate of, especially as the food banks are closing and struggling to support families in difficulty. Our recent food donation to the Alabaré needs to continue as does our constant donations to The Trussell Trust. All of these people are always in our thoughts and prayers.

And finally - I feel like I have run a marathon, and all that know me will laugh out loud at that phrase; but it is one that has been well worth the pain and fulfilment, as, what you can achieve at the end of it is a sense of achievement. We will get through this if we work together as communities and we support each other to remain resilient, strong and calm. As the saying goes - 'There is light at the end of the tunnel.' There are many people across our community, and far further afield who are helping turn adversity into advantage - we MUST see and recognise every human being who is contributing to this, they are amazing and we all need to follow their example.

I feel like I have written one of my degree dissertations! It is a very complex and emotional article but I hope that you all are ready to 'Stick together', we must unite and act out our compassion, kindness, empathy and determination in every action, conversation and social media platform that we touch every day. Our love and compassion for family, friends and all humans is what we are now called to consider.

Please pray this Prayer at 12pm each day

Lord we believe that you are with us and that you hear our prayers

For all our friends and family especially those we cannot be with, hold them in your love Lord in your mercy

For all who are sick throughout the world, bring them hope. If people are on their own and feel afraid help them to know that you are with them and we are praying for them

Lord in your mercy

For all those working to help others, give them hope and strength

Lord in your mercy

Guide our leaders, help them make right choices and to do their best for everyone

Lord in your mercy

For ourselves when are frightened or feel alone help us to know that you are with us and will always be there no matter what happens. Help us not to be selfish and to do our best to help others.

Lord in your mercy

We ask Mary our mother to pray with us as we say Hail Mary full of Grace, the Lord is with thee.

Blessed art thou amongst women and blessed is the fruit of thy womb Jesus.

Holy Mary Mother of God, pray for us sinners now and at the hour of our death

Amen.

CLIFTON DIOCESE

We want your news, views & articles

If you have something you'd like to share with the community at this time of need, send it in to us here at St Joseph's via newspaper@sjcs.org.uk Take care and God Bless.

Thoughts from a teacher in China

Mr McG - Deputy Headteacher

This is from a teacher in China reflecting on lock down. We are just finishing our 7th week of E-Learning, seven weeks of being mainly housebound and seven weeks of uncertainty. We are healthy, we are happy, and we are humbled.

We are allowed to move around freely now with a green QR code that we show when we get our temperature taken. You get your temperature taken everywhere, and it's just become part of the routine. Most restaurants and shopping centres are now open, and life is coming back to our city.

As we watch the rest of the world begin their time inside; here are some of my reflections on the last seven weeks:

1. Accept that you have no control over the situation. Let go of any thoughts of trying to plan too much for the next month or two. Things change so fast. Don't be angry and annoyed at the system. Anxiety goes down, and you make the best of the situation - whatever that might be for you. Accept that this is what it is and things will get easier.

2. Try not to listen to/read/watch too much media. It WILL drive you crazy. There is a thing as too much!

3. The sense of community I have felt during this time is incredible. I could choose who I wanted to spend my energy on



- who I wanted to call, message and connect with and found the quality of my relationships has improved.

4. Appreciate this enforced downtime. When do you ever have time like this? I will miss it when we go back to the fast-paced speed of the 'real world'.

5. Time goes fast. I still haven't picked up the ukelele I planned to learn, and there are box set TV shows I haven't watched yet.

6. As a teacher, the relationships I have built with my students have only continued to grow. I have loved seeing how independent they are; filming themselves to respond to tasks while also learning essential life skills such as balance, risk-taking and problem-solving, that even we as adults are still learning.

7. You learn to appreciate the little things; sunshine through the window, flowers blossoming and being able to enjoy a coffee in a cafe.

To those just beginning this journey, You will get through it. Listen to what you are told, follow the rules and look out for each other. There is light at the end of the tunnel.

The Wipers Times – another brilliant read created in a time of adversity!!

Mrs Nobis - Assistant Headteacher

The horrors of life in the trenches during the First World War have been well documented, but not so many of us know about a newspaper that was created by men in the trenches, for men in the trenches.

'The Wipers Times' named after the British name for Ypres in Belgium where many soldiers were stuck in trenches, was first published in February 1916, after the 12th Battalion of the Sherwood Foresters found a damaged but usable printing press in the city of Ypres. One of the battalion was a printer in civilian life, and two were journalists...and so The Wipers Times was born.

The Wipers Times was a mixture of news relevant to the soldiers in the trenches, jokes and witty articles that were designed to ensure that men in the trenches had something other than the war to think about. They

wrote a diary of Lieutenant Samuel Pepys, moving the great diarist from 1660s London to the trenches and also a mock serial featuring 'Herlock Shomes'. The Wipers Times also communicated important self help tips to the soldiers. We think that we are ideally placed in our brilliant community to honour the legacy of Captain Fred Roberts and Lieutenant Jack Pearson by producing a more modern newspaper designed to communicate important messages and bring joy.



Ask Me Anything!

Following online trends, we will bring you a regular AMA section where you can ask a teacher anything!! (almost, filters may be applied!!)

Up first we have Mr Valjak
Send your questions to

newspaper@sjcs.org.uk

Want to see a particular teacher subjected to your questions??

Send us your thoughts and we will ask.

Coming soon, a celebrity version to keep you entertained



NHS

Thank you to our amazing NHS staff

#thankyouNHS



17th Century Social Distancing

Mrs Marshall - Teacher of English

Poet Laureate, Simon Armitage has published his response to the pandemic we all currently face. In it, he asks us 'to focus, and think, and be contemplative,' whilst reminding us that, as a nation, we have suffered through similar times before (and come out the other side of the tunnel – as Boris would say).

Lockdown harks back to 17th Century Eyam – a village struck down by the bubonic plague after a flea infested bundle of cloth arrived for the local tailor. Deaths within his household began just a week later and rapidly spread across the village. Determined to stop the virus from spreading the villagers agreed to stay within its boundaries. This included Emmott Syddall and Rowland Torre 'star – crossed lovers on either side of the quarantine line...till she came no longer.'

Despite, or perhaps because of their love for one another Emmott and Rowland maintained their distance; their actions and the actions of Eyam's villagers enabled them to contain the virus and saved countless lives – 17th Century social distancing. Now it's our time to do the same. Stay safe. Stay distant. Perhaps use any time 'to focus, and think, and be contemplative.'

Lockdown by Simon Armitage

And I couldn't escape the waking dream
of infected fleas

in the warp and weft of soggy cloth
by the tailor's hearth

in ye olde Eyam.
Then couldn't un-see

the Boundary Stone,
that cock-eyed dice with its six dark holes,

thimbles brimming with vinegar wine
purging the plagued coins.

Which brought to mind the sorry story
of Emmott Syddall and Rowland Torre,

star-crossed lovers on either side
of the quarantine line

whose wordless courtship spanned the river
till she came no longer.

But slept again,
and dreamt this time

of the exiled yaksha sending word
to his lost wife on a passing cloud,

a cloud that followed an earthly map
of camel trails and cattle tracks,

streams like necklaces,
fan-tailed peacocks, painted elephants,

embroidered bedspreads
of meadows and hedges,

bamboo forests and snow-hatted peaks,
waterfalls, creeks,

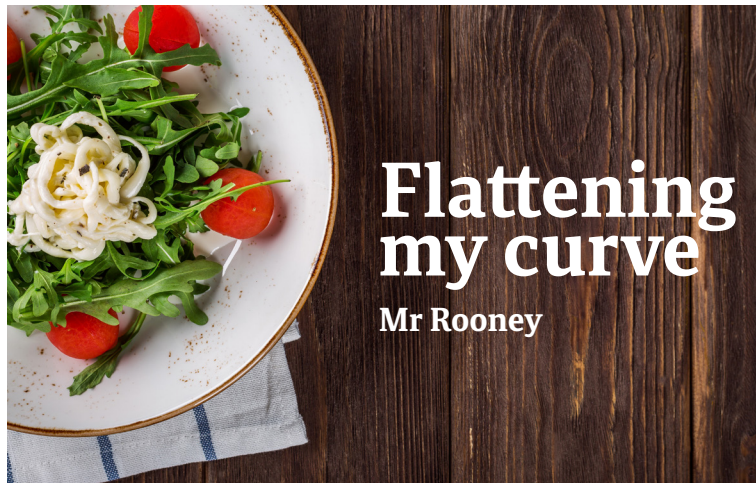
the hieroglyphs of wide-winged cranes
and the glistening lotus flower after rain,

the air
hypnotically see-through, rare,

the journey a ponderous one at times, long and slow
but necessarily so.

Simon Armitage





Flattening my curve

Mr Rooney

Like many of us do after Christmas I made a resolution to become fitter and healthier in an aim to shed a few pounds and lose the weight that the Christmas excess had given to me. I wasn't going to do a crazy detox or embark on 'Veganuary' or 'Dry January' type regime. I was simply going to exercise more and eat less stuff that's bad for me!

I started well, spurred on by the kitchen staff at St Joseph's who were providing healthy and nutritious meals and regularly asking me for updates on how things were going. My wife was also a real help with this as she ensured that there were no tasty treats lurking in cupboards to tempt me! I lost half a stone in three weeks. My shirts and trousers were comfortable again - no longer was I like an obese version of the Hulk bursting out of my clothes!

Then, one Friday evening towards the end of January, disaster struck! Chocolate Bingo at St Osmund's happened and my will power was severely tested. If this was a test from God, I'm sorry to say I failed miserably. My family was on an absolute roll and we ended up winning a ridiculous amount of chocolate - 3 large hampers of the sweet brown stuff!

Anyone that knows me, knows that I have a real sweet tooth and can't resist peeling back a wrapper and indulging myself in a cocoa fix. Our plan was good in theory 'Let's keep it in a drawer and only eat it at weekends as a treat. We'll not have to buy chocolate until Easter!'

Three weeks later it was gone. I was the main culprit. However, like every good dad trying to cover his tracks, I tried to pin it on the kids. My wife, however, knows me too well.

Anyway, the weight went back on and my motivation waned. Then Coronavirus started hitting the news, first as a distant disease in China with some truly frightening statistics then moving closer to home as we saw what was beginning to happen in Italy and Spain. The last week at school before the closure was a strange one. Everything seemed a bit in limbo; yes, there was a lot of contingency planning going on but there was also a lot of waiting around and uncertainty. What do you turn to in times of uncertainty and in need of comfort? You've guessed it: food!

I was eating more than normal - cooked breakfast lovingly prepared by our fab canteen staff, a hearty meal at lunch (followed up 10 minutes later by hearty seconds), another substantial feed at home and then snacks in the evening (I wish I hadn't eaten all the chocolate bingo winnings so quickly!)

Then the announcements came; 'schools are closed', 'you must social distance', 'we're going into lockdown'. In my battle against the weight gain and desire to be healthier, this has been quite a bonus! I can't visit the shops regularly so I have cut back on grabbing a snack. I'm more active than I have been for a while - thanks to PE with Joe every morning, regular breaks with my kids and our one piece of daily exercise a day.

And, I'm drinking more water - if you've ever visited my coffee aroma office you'll know I drink more coffee than I should!

Maybe this national pressing of the reset button will help us all; we'll start to realise what our priorities should be and have the time to do the things that matter and look after ourselves and our families better.

The Daily Download

Mr Ford - Senior Leader

Mr Ford's Download of the Week

Looking for ways to help beat boredom, stay upbeat or keep in touch with friends and family? Mr Ford will be giving you his best suggestions for games / apps / technology to help you get through the lockdown!

I don't know about you but my first thought when the Prime Minister announced schools were closing and we were to only leave the house if essential was, "so I can't hang out with my friends for weeks?!" I am very lucky and have three best friends who I have known since primary school; it is very rare that I go more than two weeks without seeing one of them. And so we immediately began to hatch a plan that would allow us all to continue to "hang out" together. (Without breaking the social distancing rules!)

It was not long until "Let's find a game we can all play online together" came up, but sadly we faced a long-standing problem in the gaming world - we all game on different platforms. In our group we have two Xboxes, one PS4 and of course the customary "I'm better than you all" PC gamer. However, as technology advances solutions arise and the amazing folks over at Epic Games (best known as the creators of Fortnite, but we won't hold that against them) have been working hard to build games which can be played "cross-platform". A little bit of research quickly led us to the download of the week Dauntless.

What is it?

Dauntless is a free-to-play Action RPG available on PlayStation, Xbox, Nintendo Switch and PC (with a rumoured mobile release in the works).

Players take on the role of Slayers in the world of Ramsgate, a world torn apart by a cataclysmic event that released giant monsters known as Behemoths which now prey on the surviving humans. You must team up with other slayers, hone your skills to upgrade your gear to take the fight back to these monsters.

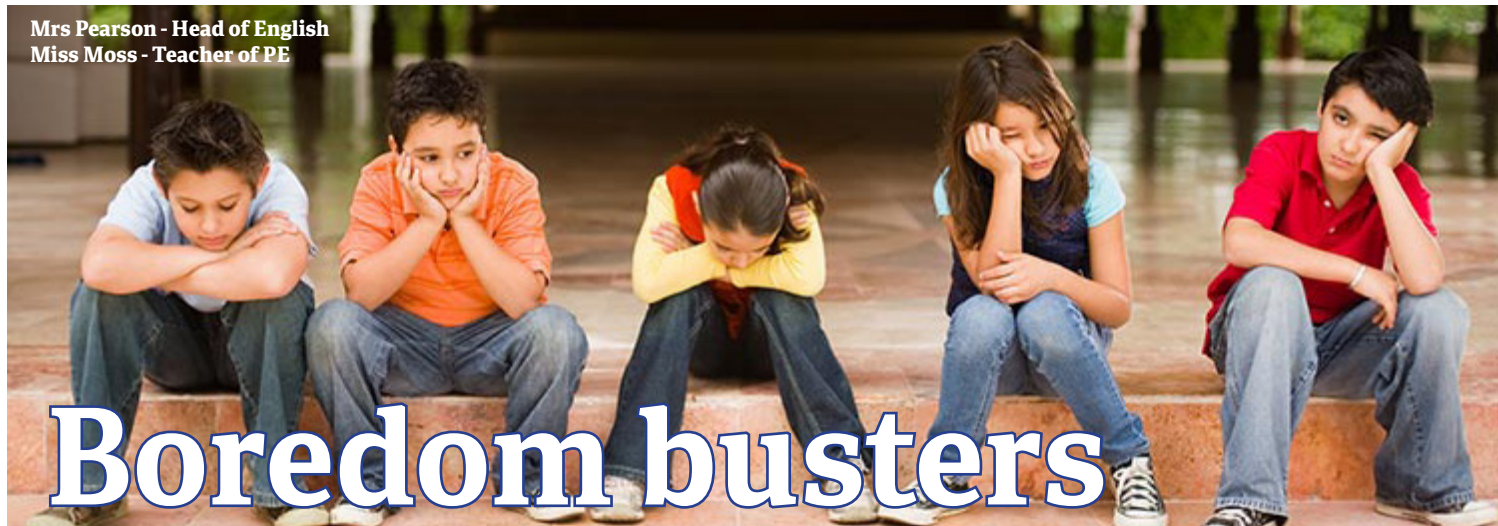
Why am I recommending it?

There are A LOT Of games out there and Dauntless may not be the very best one available, but it is a fun experience. I am 6 hours and in and keen to play more. Dauntless skews more action than RPG, it is very easy to pick up the controls and you progress quickly, getting cooler looking gear and more powerful weapons after the first couple of missions. It is "free-to-play" so costs you nothing to try out, there are in game purchases but (much like Fortnite) these are purely cosmetic and not necessary to advance in the game so probably best avoided.

But here's the real reason; the game has full cross-platform online co-operative play. It doesn't matter what platform your friends are playing on you can all team up and explore, loot and slay to your hearts content! All you will need to do is create an Epic Games account (also free) and sign in when you open Dauntless. On top of this, it has cross-platform team chat so all you need to do is plug in your headset and you and your friends can catch-up and stay in touch whilst you play! Given the situation we find ourselves in I can't think of a better reason to give Dauntless a try.

If you have any suggestions for download of the week then send them to newspaper@sjcs.org.uk and we'll do our best to share them here.





Boredom busters

Every week we'd love to hear from you about ideas for beating boredom whilst at home - newspaper@sjcs.org.uk
Here are some ideas to get you started.

- 1) Freeze your favourite toy and help it to escape by chipping it out with a wooden spoon.
- 2) Watch the International Space Station pass overhead:
 - 30th March - 18:31 West to SE
 - 31st March 20:44 West to ESE
 - 1st April 21:33 West to SSE
 - 2nd April 20:46 West to SEE
 - 3rd April 21:36 SW
- 3) Sort out the odd socks. First person to make 5 pairs gets a prize.
- 4) Watch animals live at Chester Zoo.
- 5) Learn a new skill from YouTube (check with your parents first)
- 6) Create an emoji guess the movie quiz to send to your friends.

- 7) Complete a daily Lego challenge. Try these to get you started:
 - Day 1: You are hired by Thorpe Park to create a new and exciting rollercoaster,
 - Day 2: NASA needs you to build a new rocket!
 - Day 3: You've won the lottery! Design your dream house!
 - Day 4: Hollywood hires you to build a new set for their new Star Wars film!
 - Day 5: Aliens have landed but their spaceship is broken. They need you to build them a new one.
- 8) With the adults at home, pick 5 ingredients that you have in the cupboards or fridge to create a brand new recipe. If it's nice, write it down and send it in to newspaper@sjcs.org.uk
- 9) Every time that you think about something you wish you could do but can't at the moment due to the lockdown, write it down on a scrap of paper and put it into a jar. When this is over, you can work your way through them on weekends and in the holidays.



Oti Mabuse Dance



Crayola



Live Lessons



BBC Bitesize



DiscoDion



Newsround



Mindfulness



Just Dance



#PEwithJOE



Yoga



Duolingo



David Walliams

- 1) Read a book - I've just started the Harry Potter books (I know I'm late to the party but it's never too late!)
- 2) Some colouring - It's a great way to unwind and be creative!
- 3) Create a journal or blog on your experience of lockdown - what have you been doing? How has it been?
- 4) Watch a movie - I'm planning on watching the new lion king! How to train your dragon is also a great film - if you have any recommendations let me know!
- 5) Check out some activities on BBC BiteSize
- 6) Check out some live lessons on BBC Teach
- 7) Watch Newsround!

- 8) Learn a new language - You could also watch a film on Netflix in a different language to practice!
- 9) PE workout with Joe (Bodycoach link) - Tune in a 9am each day for a fun workout - I will be doing them too!
- 10) Try out some Yoga
- 11) Meditate and chill out
- 12) Dance with Oti Mabuse
- 13) Get dancing with JustDance
- 14) Get dancing with DiscoDion - He goes live on FB and YouTube so you can have a disco party in your own home!
- 15) Listen to David Walliams' Audiobooks!



Venezuelan homemade food

Mrs Facey - Teacher of MFL

My mum taught me that the best way to bring the family together was by cooking together yummy food. So during this period of isolation, I am going to be sharing with you my Venezuelan family home recipes for you to try to cook at home.

Today I am going to show you how to make Venezuelan Arepas. The arepa is a round flat patty made of maize flour which can be grilled, fried or boiled. Once cooked, cut the arepa in half and fill it in with scramble eggs, cheese and ham. Now, if you are eating it for lunch or dinner they go very well with chicken, beef, pork, tuna or beans. My kids love them!

Send us your comments and even pictures of you cooking at newspaper@sjcs.org.uk



Ingredients:

Corn flour (Arenas pan)
25g butter
Grated haloumi cheese
legg
Pinch of salt
Enough water to make a dough
Corn oil

Method:

Pour the flour into a deep bowl and add water and mix until the flour is a dough and easily mouldable. Add and pinch of salt, one egg and as much cheese as you want then mix. Then grab some of the dough and mould it about 4cm each and flatten into a disc shape. Place your arepas onto a tray and pour 1tbsp of corn oil on arepas. Fry the arepas until they are a golden colour. Place on kitchen towel to get excess oil off and serve.

The corn flour (harina pan) can be found in the western shops in Fisherton street, Salisbury; or you can order it online from Waitrose or amazon.



Cheeky cheesecake

Mr Monk - Teacher of Geography

Method

Need a simple zingy dessert you can make with minimal fuss? Try this creamy lemon cheesecake, made with just a few basic store cupboard ingredients.

Prep: 20 mins

Cook: 5 mins plus chilling

Serves 6

Ingredients:

For the base
110g digestive biscuits
50g butter
25g light soft brown sugar
350g mascarpone cheese
75g caster sugar
2-3 lemons, juiced (you need about 90ml) & zest of 1 lemon.

1. To make the base, crush 110g digestive biscuits in a food bag with a rolling pin or in the food processor.
2. Melt 50g butter in a saucepan, take off heat and stir in 25g light soft brown sugar and the biscuit crumbs.
3. Line the base of a 20cm loose bottomed cake tin with baking parchment. Press the biscuit into the bottom of the tin and chill in the fridge while making the topping.
4. Beat together 350g mascarpone cheese, 75g caster sugar, the zest of 1 lemon and juice of 2-3 lemons, until smooth and creamy.
5. Spread over the base and chill for a couple of hours.



Try making these recipes all together as a family

Classic Pizza

Mr Sibley - Teacher of Technology

Better food, better mood!

Food has risen to the top of our national agenda as supermarkets report shortages and queues around the block. Restaurants have been forced to close and it is not always possible to get a take away.

McDonald's has even closed all its restaurants and it's very possible that restrictions or rations could be in place soon.

Fortunately, without schools being open we have the perfect opportunity to learn to cook, or improve our cooking, and the best way to do this is to try new or different dishes.

In this brand new recipe supplement, 'Better food, better mood' we will be looking at cheap and easy ways to make dishes that can be adapted with what ingredients you have or can get hold of.

This issue we will be looking at homemade pizza. You will need to make the base yourself, which is surprisingly easy, just a bit of effort is needed, but what you put on it is up to you or what you have available to you. The picture is a pizza made by Mr Sibley but please send photos of your completed pizzas or any recipe ideas for future issues to newspaper@sjcs.org.uk

Ingredients:

DOUGH (2 PIZZAS)

200 g strong white bread flour
50 g fine ground semolina flour or strong white bread flour
1/2 level teaspoon fine sea salt
1 x 7 g sachets of dried yeast
1/2 tablespoon golden caster sugar

TOMATO SAUCE

1 clove of garlic
1 bunch of fresh basil
olive oil
1 x small tin of quality plum tomatoes or 2 tablespoons of tomato puree.

TOPPING

What you have in the fridge or cupboard!

Method

Prep 45 mins

Proving the dough 45 minutes or more (you just leave it and do nothing!) Cooking 8-10 mins

1. For the dough, put the flours and salt into a mixing bowl and make a well in the centre.

2. Add the yeast and sugar to 175ml lukewarm water, mix together and leave for a few minutes, then pour into the well. Do not pour all the water in just pour a little then you can always add more when needed.

3. Using a fork stir the mixture slowly bringing in the flour from

the inner edge of the well and mix into the water. Continue to mix, bringing in all the flour – when the dough comes together and becomes too hard to mix with your fork, flour your hands and begin to pat it into a ball.

4. Knead the dough by rolling it backwards and forwards, using your hands to stretch, pull and push the dough. Keep kneading for 10 minutes, or until you have a smooth, springy, soft dough.

5. Place the dough in a lightly greased bowl, cover with cling-film and leave in a warm place to prove for 45 minutes or more, or until doubled in size.

6. For the sauce, peel and finely slice the garlic, then pick the basil leaves and finely chop the stalks.

7. Heat 1 tablespoon of oil in a pan on a medium-low heat, add the garlic and basil stalks, then cook gently for a couple of minutes, or until the garlic is lightly golden, then add most of the basil leaves, the tomatoes, and a pinch of salt and pepper.

8. Leave the sauce to tick away for around 20 minutes, or until smooth, breaking up the tomatoes up with a wooden spoon. When the time's up, taste, and season to perfection.

9. To assemble the pizza, dust a clean surface and the dough with a little flour or semolina, and roll it out into a rough circle, about 1/2cm thick.

10. Tear off an appropriately sized piece of tin foil, rub it with olive oil, dust well with flour or semolina and place the pizza base on top.

11. When you're ready to cook, preheat the oven to 250°C/500°F/gas 9. This is hot, so be careful!

12. At this stage you can apply your topping: spread the tomato sauce over the base, spreading it out to the edges. Tear over the mozzarella and scatter with the remaining basil leaves. Drizzle with a tiny bit of olive oil and add a pinch of salt and pepper. I could give you some of my favourite topping ideas but use what you are able to get hold of in this difficult time. Remember less is more when it comes to toppings.

13. If you can cook the pizza with the tin foil directly on the bars of the oven shelf, towards the bottom of the oven (If you're going to cook your pizzas on the bars of the oven, make sure they're not too big – otherwise they'll be difficult to manoeuvre and might fall through the gaps). Cook for 7 to 10 minutes, until the pizzas are golden and crispy.



What have the staff been doing?

when they are not working hard to prepare remote lessons!

Miss Moss - Teacher of PE

Currently with no rugby, swimming pool or gym to keep me busy, I have had to be creative! I have been tuning into #PEwithJOE at 9am each morning and then going out for a walk with my puppy! When wanting to de-stress and chill out I've been using some yoga/meditation videos on YouTube. - Miss Moss



"I am still doing DawnBreakers but it has gone online. We are streaming videos and using household items like tins of beans. We even used Zoom to get together as a group yesterday and do a challenge song! You got told what exercises you need to do at what point of the song e.g we did Ghostbusters so we would do a Burpie every time the song said "Ghostbusters" and a Starjump every time it said "ain't afraid of no ghost". We've also been going on long walks to make sure we are getting fresh air and seeing some of the sunshine." - Miss Ryder

"The kids and I have been doing #PEwithJOE every day and some Cosmic Yoga. We are also walking the dog!" - Mrs Murphy



"I'm doing #PEwithJOE every morning with the kids. I am playing football tennis in the garden.

I am also going for a walk or cycle as my daily exercise. I am drinking lots of water (and not as much coffee)! I'm not buying snacks from the One Stop either! For entertainment we are doing: Kahoot quizzes with the family, Whatsapp video calls with extended family and friends, watching films and box sets and reading! I am also playing with the cat (when it's not got cattitude)." - Mr Rooney



"I have been lucky as I live in beautiful countryside, so I get out on my bike. I also go for walks. I try desperately to follow my two girls who are constantly doing new dance moves with tictok, (is that how you spell it?) but they look fantastic and I just can't seem to get the hang of it - it's very frustrating! My eldest does a gym routine every night so I sometimes join in with that. Although, it's almost as hard as the one we do with AGO in Staff HIIT!" - Mrs Jackson

"I'm doing lots of DIY around the house, as well as the odd bike ride which is great for my well-being. Having an active and entertaining two-year-old helps as well!

As for tips and tricks, I recommend a regular time to wake up and splitting my day into chunks of time. Some work

time, some fun time but each day going to bed knowing that there is something I am doing tomorrow that I want to do. This could be either calling a friend, cooking, painting something around the house or going for a bike ride." - Mr Sibley

With this enforced isolation and beautiful weather, it gave me time to get back on my bike, especially after my knee issues earlier this year.

I still get up at 5am, I get a lot of my admin jobs done. Then, I go out for a cycle. I build up the time and distance each day. I'm now up to around 90 minutes, which is around 23 miles. It's a beautiful time of day. It is also nice and quiet with beautiful landscapes and wild animals. When I get back it's time for breakfast.

I've sorted out a fitness circuit for the ladies of the house and I bark orders to them, rather than pupils. Then I sort out work.

We finish the day off with a family walk." - Mr Ball

"First Coronavirus caused the

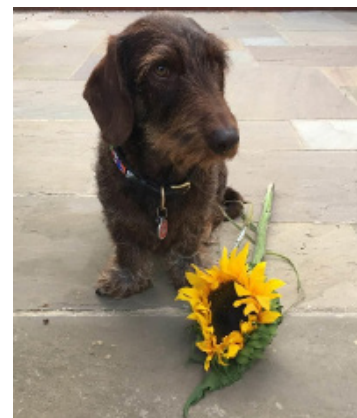


basketball season to be cancelled and then my gym got closed, so it has been a rough couple of weeks for my usually high activity levels - I have been climbing the walls with all the excess energy I have had. With it looking likely that we will be isolated at home for an extended period, I've had to purchase some basic gym equipment to have at home. Our spare room has turned into a training area for the foreseeable future! I get up at 05:30am every morning and work out for an hour before taking breakfast in bed to my wife and baby. I then get to play

Personal Trainer for my wife as she starts to work her way back to fitness. I do have a crazy idea in my head that I'd like to use some of this time to start training to run a marathon. I have always been a dreadful distance runner, but it has always been on the bucket list and something I'd really love to achieve. I'm researching some training programmes so we'll see how that goes... wish me luck!" - Mr Ford

"I intend to work on becoming a competent skipper (with a rope) which I will do to happy/feel good music. It can be done with just a rope, and not too much space is needed. This perfectly fits with self-isolation/social distancing.

And it's fun..." - Miss Stanistreet



Since our closure, I've been keeping myself busy doing lots of yoga with my sister and step-mum. I have been taking my two sausage dogs, Gunther and Moose, for long walks up lots of hills (which they hate). I've also been forced into helping my Step-mum and Dad do the garden which is unpaid manual labour and a violation of my human rights. Now that the weather's cheering up, I might start running, but that is unlikely as I only run on Fridays when there is cake in the staffroom, or when I am being chased during Staff Team Building Games." - Miss McFarlane



Sports news!

We are not the only ones staying fit and healthy during this closure. Find out what the rest of the SJCS Team have been getting up to!

We need your entries! Tell us what you have been up to and how you and your family are staying active during this time.

You can also give us a write-up of your fixtures and the sporting events you have been involved in this year. Include some photos if you wish!

Please send them to newspaper@sjcs.org.uk. You can also follow our Twitter page: @sjcs_PE

Davies: 'Just Keeps swimming'

meet Our Champion

Miss Moss - Teacher of PE

Matthew achieved Gold in 100m Breaststroke at the Junior Para-Nationals in Sunderland on the 14th March 2020.

He is currently 2nd in the whole of Great Britain in his classification for 100m Breaststroke this year!

This is fantastic news and we couldn't be prouder of having such an elite athlete as part of

our school community. Matthew please remember us when you are rich and famous!
#BringontheParaOlympics!

We asked Matthew what his training schedule looks like now he is unable to train in the pool. He is currently rowing, cycling and on the running machine every day - what great commitment!



Ormsby Flies High!

G Ormsby - Pupil

In cheerleading we do lots of different things including partner stunts and group stunts.

Another thing we do is tumbling where we practice doing things like: roundoffs, walkovers and handsprings.

I like doing cheerleading be-

cause it's fun, and because you get to challenge and push yourself by learning new things.

My favourite things about cheerleading are stunting, tumbling and learning new routines.

During school closure I have been doing workouts each day to keep fit.

1&1 Workout

**1 minute each exercise.
1 minute rest after each exercise.**

**LEVEL 1
3 SETS**

**LEVEL TWO
4 SETS**

**LEVEL THREE
6 SETS**

Rest between sets up to 3 minutes.



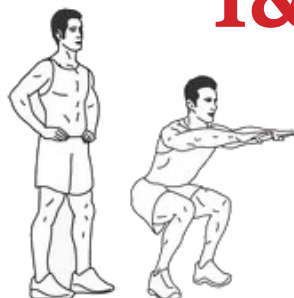
1. high knees



2. jumping jacks



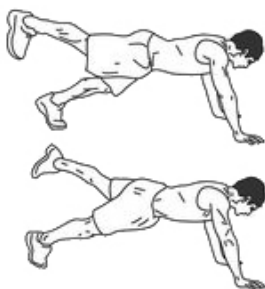
3. squats



4. lunges



5. plank leg raises



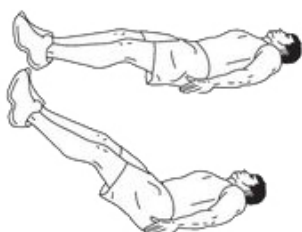
6. climbers



7. bicycle crunches



8. leg raises



9. knee pull-ins



10. push-ups



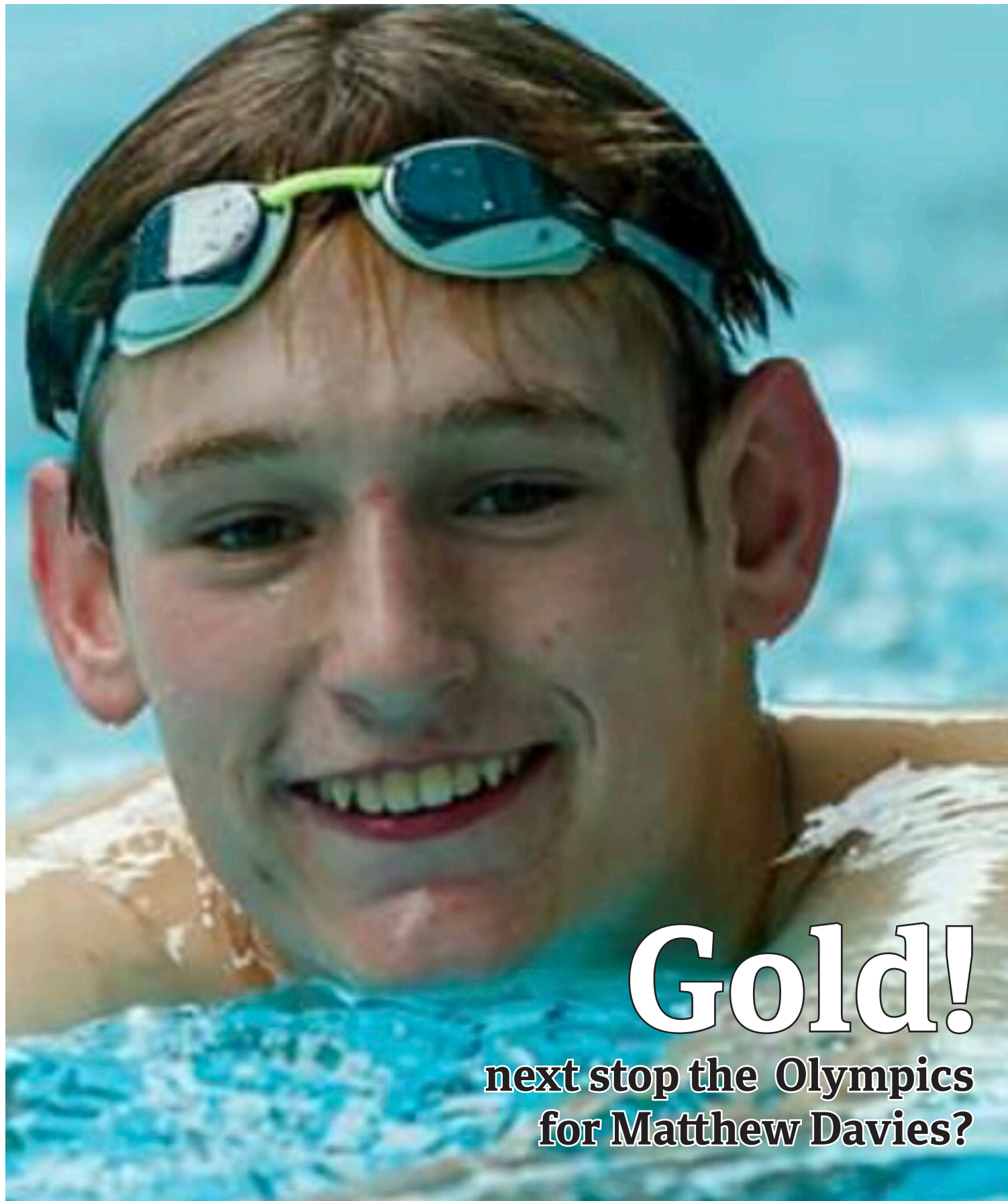
“Hopefully it won’t be long, and we will be back playing sport in the sunshine!”

How are the PE team staying fit?



All things sport, well-being & physical education....

Sport



Gold!

**next stop the Olympics
for Matthew Davies?**