



How SJCS is doing our part to support the NHS

INSIDE >

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



Edition  
April 2020

# The Closure

## Lenten Journey at St. Josephs

**Mr Blaho Schlogl - Head of RE**

Our Chaplaincy/Ethos groups have been working hard to support those in need over the last few weeks, indeed, our first week went truly well as we collected a large basket full of non perishable food items which we successfully delivered to the Trussell Trust two weeks ago. I am delighted to express our heartfelt thanks to everyone who donated to this worthy cause, as there were a few people already waiting for their food supply when I was dropping off our St Joseph's donation. It all made it much more real to me personally and I found it such a humbling experience when being thanked by the volunteers for the supply we collected. You may recollect that during the second week we focused on collecting money for the well in Africa through our Diocesan Project when we thought of those who are thirsty and we made a little over £50 for which we are very grateful as it is going to be a good addition to our previous collection from last year.

Finally, we ended with a clothes collection and we gave the clothes to those who need it most. We had several bags donated for which we would like to express our thanks. God has given us so much to be glad about in this amazing world despite the challenging times that we are facing these days and as Easter draws near we remember that he gave his only Son for us, for he loves us all equally as we were created in his own image and likeness. Your contributions and prayers are



▲ Resurrection of Christ

much appreciated and may the final days of Lent prepare us all well for remembering that God sacrificed His one and only Son so that we may have salvation, freely given in love.

At SJCS we pray that you and your loved ones are safe and well and we wish you a healthy and happy Easter.

**And finally...**

### A Prayer for those in Authority

*Loving God, in Christ Jesus, the servant of all, you call us to the service of others.*

*Grant to those who govern the community the skill to recognise its urgent needs and the strength to pursue the common good.*

*Endow us all with patience and courage, that we may care for the suffering, feed the hungry, shelter the homeless, and sustain the needy.*

*Through Christ our Lord.*

*Amen.*

## Mr McGuinness goes the extra mile.

**Miss Rees - Teacher of English**

This week, Mr McGuinness has been very busy, and has repurposed the machines used to teach students so that it can make protective visors for NHS and other key workers in the local area.

We initially wanted to raise £1,000 in order to make 2000 of the full-face masks for healthcare workers. These would be made using equipment normally used to teach students design and technology. However, the GoFundMe page that was set up to support the project raised over £4,000 in less than a day and is still growing.

Mr McGuinness has commented: "We want the children to be involved in the process, so what we are doing is getting those that are still coming into school researching and deciding where they should go, helping and

organising those local contacts."

The school has already made 400 of the masks and plans to drop off a batch of visors at a community hospital in Devizes.

Masks are already being used by local pharmacies, while Poole Hospital has asked the school to make 1,000 mask-comforters for its staff. These are specially designed clips that sit at the back of the head. The straps for the protective masks can be slotted into the clips, this avoids rubbing on ears, as staff can sometimes have to wear these for prolonged periods of time, and this can be uncomfortable.

Mr McGuinness said: "The local community has just jumped on it in terms of support. I had one student that had been saving his dog-walking money for a year, got a hundred

pounds and he donated it all within the first hour."

We have had many very generous donations, and now we are looking to see what other projects we can take on, with plans to make scrubs, scrub bags and face masks using the school sewing machines also in the works. **P1 >**



Mr McGuinness added: "It's not a great situation, but if we can help our kids come out of it with a sense of community and feeling that they are contributing, and are not just sat back and letting it happen, it's going to put them in a better position for bouncing back when we do get back."

**"The money our amazing community has raised, combined with the talents of our staff and the dedication of our pupils, lets us pay back in some small way the sacrifices our front-line NHS staff are making every single day."**

Mr McGuinness

Mrs Ridley commented: "While the manufacture is taking place at the Deputy Heads house, due to social distancing, our pupils attending right through the Easter holiday are focused on sharing the community spirit throughout our amazing NHS. They are researching and contacting, supported by key-worker teachers, those NHS facilities that need this equipment now."

"The money our amazing community has raised, combined with the talents of our staff and the dedication of our pupils, lets us pay back in some small way the sacrifices our front-line NHS staff are making every single day."

We are extremely proud of our school community and continue to be so very grateful for the generosity of our pupils, staff, parents and wider community. We would like to thank each and every one of you that have donated. We would also like to extend our thanks to our amazing key workers, whether it be NHS staff, care staff, teachers or school staff, supermarket workers, bank staff, transport workers, or local and national government workers and everything else in between, we are eternally appreciative.

If you would like to get in touch to order masks, please contact: [kmc@sjcs.org.uk](mailto:kmc@sjcs.org.uk)

## Mr McHale's perspective from Ireland

Mr McHale - Former Deputy Headteacher

My perspective is that Ireland acted really rapidly, as a country it had the benefit of hearing about what other countries were going through and, to a certain extent, learning from what was working and shortcomings that needed to be addressed. For example, the government decided to close schools and cancel important events very decisively and explained why clearly to the nation.

There are very few reports of people not following advice being regularly given out by politicians and the HSE (Irish Health Board) but I can only speak from experience of where we live - where everyone is taking it very seriously and following the advice given. I have witnessed and heard about great community spirit: like the UK, there was a public display of appreciation

**'I have witnessed and heard about great community spirit'**

Mr McHale

for front line staff, especially everyone in healthcare, with a pause by the nation to applaud them this week; there have been neighbours looking out for each other, especially sorting shopping needs of those not allowed to leave their homes at all; Sports clubs have posted out activities for the members, adults and children, to be completing in the safety of their own homes etc.

One really impressive step was private healthcare being turned over to public healthcare - swiftly and without fuss!

With regards to the spread of the virus, our capital city Dublin is completely different to the vast majority of the country in that it is much more like UK in population density and it has spread much quicker there. At present, in terms of actual cases, where we live and several smaller counties there are less than 5 cases per county. We are hoping that Dublin and the larger conurbations manage to flatten the curve of their larger number of cases and that hopefully, through the swift action taken

and through the population following guidelines, the situation will stay that way for more rural areas.

## MISSING: Presumed Dusty

Miss Fenwick - Careers Co-ordinator

It has come to the attention of the school librarian that a large number of books have disappeared from the library shelves - in excess of 250 books. These books, valued at over £1,700, have left rather a large space on the shelves. Do you know something about their whereabouts? Could you be a master detective and discover the mystery of the missing books? Plan some detective time while you are at home and have a good hunt.

The librarian is offering a REWARD for every overdue book that is returned to its original owner, St Joseph's School. The general opinion is that these books may be at home sitting on bookshelves, or hiding under dusty beds! Perhaps they could be lost deep inside a wardrobe? Who knows where they might be!

If found, possibly in one of your very own bedrooms, dust it off and maybe even read it. You may enjoy it! Perhaps it might inspire you to become an author? Write a book review and send it in to be published in the St Joseph's Newspaper! All books can be returned anonymously, no matter how overdue or even if they were taken without signing out. All found books can be popped into the library returns box on your return to school, which will be located in the canteen area, or return direct to the library (under cloak and dagger) and place in the red returns box. IMPORTANT - Do not put straight back on the library shelves!!!

Your help in solving the mystery of the missing books will be rewarded.



## To do or not to do - that is the question

Mr Rooney - Assistant Headteacher

*"I'll do it when I've got the time"*

- my favourite get out of jail line when posed with a list of things to do around the house by my wife (and sometimes even the mother-in-law). By the time I normally have the time, the items have faded (been suppressed) into the distant memory and I can happily go about doing the things I actually want to do!

Not so now.

That list has well and truly been recalled (not by me) and stealthily added to the noticeboard in the kitchen! Don't get me wrong, I love a to do list. Every morning when I arrive at school I get out my diary, check what needs to be done for the day ahead and add more items to the list. I even put little boxes next to each item and buzz off the sense of achievement having placed little ticks in each of the boxes when the task is completed. What I don't love is tackling the jobs at home - DIY really is not my strong point and my toolbox would be laughed at by any self-respecting B&Q aficionado (in fact, it is often scoffed at by my dad when he comes to help with the odd jobs).

**'I'll do it when I've got the time'**

Everyone, ever

Anyway, like many of us now, I find myself with more time and I can't avoid tackling the list that stares at me like an expectant child every time I pop into the kitchen to put the kettle on. So, I've decided to brush the cobwebs off the toolbox and get down to work.

There's a strategy to this. Start with what I know I can do, build up the confidence and then tackle the more challenging jobs: Hang up the picture, tick. Paint the shed, tick. Tidy the garage, tick. Paint the bathroom, tick. Oil the decking, tick. Fix the light in the toilet, tick. And so the ticks get added and the sense of achievement grows. Unfortunately, as I prove my proficiency at DIY, so does the list.



It seems that there is a magical force at work at night in the kitchen; whilst I'm in bed recovering from a hard day's DIY a strange thing seems to be happening – the ticked jobs disappear from the list (deeply offending my sense of achievement) only to be replaced by new tasks. The worst part of this is that they don't have the little box next to them! It's almost as if the 'job fairy' is making the most of this lull in time and taking for granted all the completed tasks



and, sadly, not even leaving the box for self-gratification. Yet, I soldier on.

If the truth be told, the magical force is a combination of both my wife and I and I'm actually quite enjoying getting through the to do list. Firstly, it's aiding my efforts in flattening my curve as it's stopping me raiding the cupboards and eating what I can get my hands on. Secondly, the house is looking good. Thirdly, my wife is happy. But perhaps, most importantly, it's giving me a purpose. Yes, I'm helping the neighbours and relatives and spending time with the family. Yes, I've got work to do and emails to keep on top of, but this is a very different way of working at the moment and having the chance to do something productive with an end result is a real life saver.

So, job fairy, if you're reading, my message is clear: 'Bring it on!' (but please don't expect this to continue when everything goes back to normal).

## Table Talk

Mr Coulters Pitman - Teacher of Humanities



Table Talk is our aim in SJCS Sociology at getting you to the table to chat, talk, debate, discuss and argue (well constructed points not shouting your head off) about issues and ideas.

The 'mealtime' over recent years has come under pressure as typically now both parents work. Working hours in many jobs are not as simple as 9am-5pm. And the structure of families is ever increasingly complex. All of this means that mealtimes may no longer be everybody around the table at the same time. Until now perhaps?

Table Talk is aiming to get you to engage adults in many of the things we discuss in class. Do not see this as homework; see it as an opportunity to understand and engage with the adults you live with. Does their view match yours, are you now following or developing your own thinking on issues?

As many families have a sports nut in the house, now may be a good time to have a worthwhile discussion about sport and women!



▲ Women in sport

## Creating a Basic Boat in Stormworks

A. Morgan - Student

Stormworks is a great, engineering game made for rescuing people from very, harsh climates around the ocean and land. It is released in 2018, starting with career mode which is where you basically make money and components to expand your boat further. If you are a new player to this wonderful game, you have come to the right place or you could just figure out yourself!

> Create the shape of your boat, must be 5 blocks big or more to fit in for your pilot seat and passenger seats. Make sure you leave a gap (3 blocks wide) to get yourself inside the boat OR use ladders. Use inverted pyramids and normal pyramids to create the curve at the front of the boat.

> Cut off a 3X3 Area at the front of the boat and add the engine and a toggle button anywhere inside your boat to activate. Put the propeller at the back and add fin rudders. Do not place them too close to the ladder.

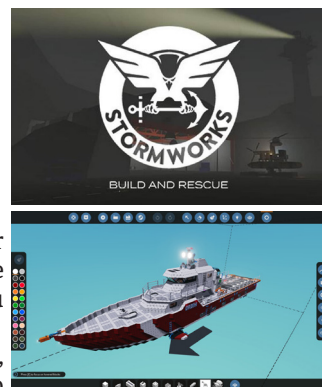
> The trickiest part of the build is the logic. Connect the toggle button to the engines, then bring out the throttle to the pilot seat, power of the engine will connect to the propeller and the fin rudder connected to the steering. Then paint your boat. It should look like the pictures.

> If you have 2 fin rudders, use an inverted gate instead.

> Spawn your boat at the top left of the screen and test it out. Add landing floats to make it steady for you to drive. If it works, set sail for rescue!

### Tips:

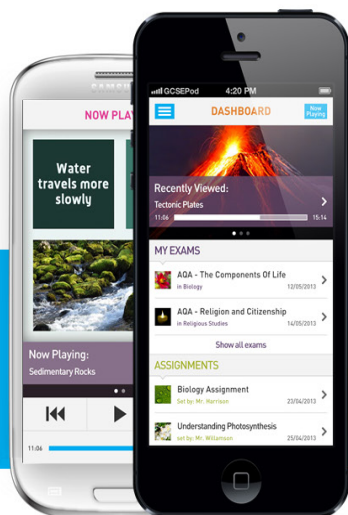
- Use symmetry to make your building box mirrored, easier to do 2 sides at once.
- Make use of the Load and Save mechanic to show this build to your friends in multiplayer mode.
- Go on the Steamwork shop to subscribe to the player's really, advanced builds and instructions.



## 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](mailto:newspaper@sjcs.org.uk)

Take care and God Bless.



ITS HERE!

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GCSE Pod is one of the most valuable resources we have available for Years 9, 10 and 11 to help support your home learning.

Make sure you're taking full advantage of all that it has to offer to avoid falling behind in your studies.

Having problems logging in? Pop and e-mail to [closure@sjcs.org.uk](mailto:closure@sjcs.org.uk) and we can get you sorted out!



## Acts of kindness

One of our regular Gift Aid donors has donated an extra £100 this month – a much appreciated gesture of generosity.

## Message of hope

I. Mann - Year 11

Give thanks to the Lord for he cares in the darkest moments.  
Have hope in the Lord for he is there even when you can't see it.  
Care for the least, you never know the benefit.  
Give thanks to the Lord for he brings you into the light.  
Hope in the Lord for he brings you out when you lose hope.  
Care for the needy, you never know how much they need.  
Give thanks to the Lord for he works when we don't think he is.  
Hope in the Lord, he works in marvellous ways, even in the darkest of days.  
Care for each other as we will get through this together.  
Give thanks to the Lord for he is the way maker so he will make your way.  
Hope in the Lord for he heals even the deepest pains.  
Care for the elderly and vulnerable in miraculous ways.  
Give thanks to the Lord for he is a miracle worker bringing an end to all the suffering we face.  
Hope in the Lord when we rise and when we fall.  
Give thanks for another day has passed.  
Care for each other as if we might not see the light of day again.

Give thanks to the Lord for he is the light in the darkest pains.  
Just care for each other as we don't know other's deepest, darkest pains.

## Poem from a parent

Jess Doolan

A global pandemic has erupted  
Or so it would seem  
How do we prepare for the devastation?  
Currently so obscene  
Hundreds AND thousands of people upon this land  
Already touched by the virus and dealt the cruellest of hand  
Their lives ended to soon  
With no time to say goodbye  
To the loved ones who cared for them  
Who can now only cry  
No opportunity to say how much they meant  
Before the virus took over  
And they were heaven sent

The panic the fear  
The disruption this will cause  
People panic buying with little remorse

The borders closing  
Keeping families apart  
All hoping their loved ones are well  
Through the heaviest of heart

The social media frenzy  
The "jokes" to lighten the "mood"  
Whilst their neighbours panic alone  
About their lack of food

The elderly, the frail  
The people at risk  
Fear they are giving their loved ones

Their final kiss

Businesses under pressure  
To keep open their doors  
Putting on a brave face  
To help keep the smile on yours

The NHS workers  
Stretched to the max  
They don't get to go home  
Hide away and relax

Care workers, doctor's  
The military and more  
All fighting to keep the virus  
Away from "our" door

People stuck in cruises  
Abandoned at sea  
Others marooned on holiday...  
Not where they want to be

Potential school closures  
Have parents in fear  
Who will pay the mortgage?  
If I have the children here?

The media messages  
So mixed it's absurd  
We just want the truth  
In plain basic word

The self-employed panicking  
As their business starts to crumble  
Who will pay for their food?  
When their belly does rumble

Small businesses, bars  
restaurants and more  
Struggling to keep  
The wolves from their door

Airlines closing  
Thousands of jobs at risk  
We expected pandemonium  
But did we expect this?

For a moment I pause  
To take stock of it all  
This virus so fierce  
Merciless and cruel

Can we get through this?  
Standing almost side by side  
And not let fear or judgement  
Take over this ride?

People cope differently  
When disaster has struck  
Some use dark humour  
Others run on fear  
Wanting things near them  
That they cherish so dear

The person in the supermarket  
Are they panic buying it all??  
Or are the looking after a neighbour  
Who can't shop at all?

The person on social media  
Who puts up a "questionable" post?  
Are they trying to lighten the mood?  
Or are they scared the most?  
I don't think they're mocking the people  
Already laid to rest  
I think they are trying to cope  
In the way they know best

This journey will be long  
And the pathway unclear  
So many people will experience  
Many a fear

As we travel the journey  
People may be two metres apart  
But in this moment of crisis  
We need to keep everyone one close in heart

Take care of your family  
Your neighbours your friends  
Shop wisely  
So, our resources don't end  
Help people that you haven't helped before  
There may never have been a time  
They needed you more



# Pupil Poem

F. Hall - Student

What people are going through  
really is tough,  
Coronavirus really hits rough,  
people are now wearing masks,  
What is happening I really want  
to ask,  
Hiding in your homes all alone,  
People isolated on their phone,  
This world has turned very  
dark,  
It's dead silent all I can hear is  
the dogs bark,  
Where's the light we all once  
knew?  
The sky seems grey and not its  
regular blue,  
Maybe soon this would end,  
This world could have a bend,  
For the better not the worse,  
Now this is the end of my verse,  
Stay inside otherwise it'll  
spread,  
Make sure you get loads of rest,  
Follow the guidelines to make  
it right,  
Then our world can once again  
become bright.



# Poem from a grandparent

Rose Wells

Like a war without bombs.  
I never really could believe.  
through my time of living,  
that I would see a silent war,  
so cruel and unforgiving.

I cannot see my enemy.  
nor smell, not even feel,  
I only know its energy,  
and know that it is real.

# Summer holidays

A. Alvis - Year 11

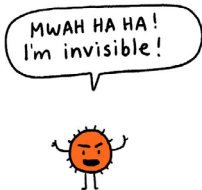
This summer instead of going on holiday we'll be taking a trip to Costa del sofa and instead of taking a

dip in the pool we'll be taking a dip in Bathbados whilst walking across the Landingzarote to stay in Bedidorm!

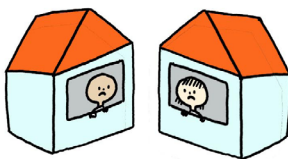
And Dad can even take a trip to the Shed-chelles.

## WHAT'S UP WITH THIS CORONAVIRUS ?

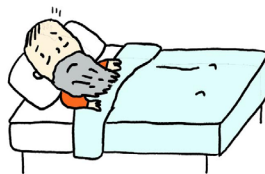
The coronavirus is a germ. It's so small that we can't see it.



To slow down the virus and to keep it from making too many people sick, many schools are now closed and people are asked to stay home as much as possible.



When kids get this virus, most of the time it's no big deal. But adults and especially older people can get really sick.



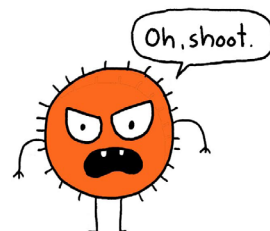
People who are sick are asked to stay at home alone to keep the virus from spreading to new people.



The Coronavirus travels from person to person if they touch or come close together. It can spread to many people very fast.



It's hard not to be together but it makes it even harder for the virus to spread to new people.



Even when we don't feel sick, we can help slow down the virus by washing our hands often, coughing into our arms and avoiding crowds.



When we slow down the virus, we give scientists and hospitals more time to find a cure and to take care of sick people.



If everyone makes an effort, we can protect each other and save many lives!



©Elise Gravel  
With help from Simon Gravel

## Be Aware: Free School meals scam

The Department for Education have made us aware that some parents have been receiving hoax e-mails. The e-mails request parents of Free School Meal pupils to

submit their bank details in order to receive payment of their FSM entitlement. Please see the DfE's communication below:

Be aware of scam emails  
We have been informed that some parents have received an email stating the following: 'As schools will be closing, if you're entitled

to free school meals, please send your bank details and we'll make sure you're supported.' We can confirm that this is a scam email and is not official. We urge parents that if you receive any emails like this, please do not respond, and delete it immediately.'



# ASK ME ANYTHING



## 4) For what in life do you feel most grateful?

*"Being happy, surrounded by the people I love."*

## 5) Who would play you in the film of your life? (and why?)

*"Amy Poehler - who can't this woman play?!"*

## BONUS QUESTION: Do you own a pair of Lederhosen?

*"To that I say, imagine asking an Englishman whether he owns a traditional Scottish kilt. Bit like asking a man from Dusseldorf whether he owns the traditional Bavarian trousers, Lederhosen. All that said, I did, when I was five, which I think can be excused!"*



▲ Photo evidence!

The next teacher to step up to the plate will be Miss Jones! Please send all questions to:

newspaper@sjcs.org.uk

Want to see a particular teacher subjected to your questions? Make a suggestion via the e-mail address above.

We look forward to seeing what you come up with!

You sent in your questions in the **hundreds** and Mr McGuinness picked out the best ones to put to Mr Valjak. Did yours make the cut?

## 1) What are the challenges you think the next generation will face?

*"Being able to provide enough resources for all humans on this planet without causing too much harm to the environment"*

## 2) What 3 new habits would improve your life?

*"1. Chilling out every now and again about the mess and clutter at home that my boys can create!"*

*2. Listening to my wife. She's - of course - always right.*

*3. Avoiding the late night snack ..."*

## 3) If you could have lunch with one person - dead or alive- who would it be and why?

*"Barack Obama."*



# 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!



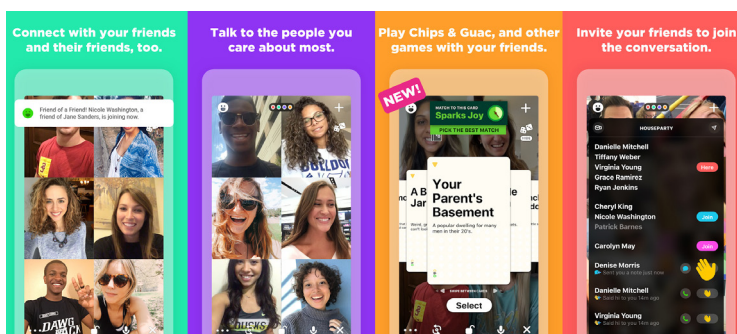
In a similar mould to my last recommended download, the free-to-play, cross-platform Action RPG gam; Dauntless. This week, I will be recommending an app desoigned to help you stay in touch with friends and have some fun at the same time!

**Courtsey of screen-shot magazine:** "Houseparty is a video chat app that allows users to video call up to 7 people in one go. According to data from App Annie, last week Houseparty was downloaded 2 million times worldwide, compared to around 130,000 downloads the same week a month ago. In other words, the COVID-19 outbreak made the app go viral. As I'm writing this, my friends are waiting for me to join the group call and play another round of 'Chips and Guac', Houseparty is ranking number one in the App Store in 17 countries including the UK, Spain and Italy (no surprise there) and number two on Google Play.

you in-app games such as trivia or heads up, it also lets users share their screen if they wish to watch Netflix together or criticise their ex-partner's new profile picture. But what makes it different from other video call apps is its spontaneity—where the name Houseparty originated from. Just like at an actual house party, users can find and join different groups of friends chatting in many different rooms. Feel like having a private chat with your two best mates in the 'kitchen'? No worries, just lock the room and you'll be blocking anyone else from entering the video call."

House party has been a hit in my house and solves the problem of what to do with friends whilst you video chat. Afterall, there are only so many times you can have the conversation, "What have you guys been up to today? Let me guess... stayed home?" Give it a try!

Not only does Houseparty offer



# Thank you to our amazing NHS staff

#thankyouNHS





# How Clap for our Carers is bringing the UK together

**Aimée McLaughlin** - *creativereview.co.uk*

**Every Thursday at 8pm the people of Britain have been clapping and cheering for all the key workers who are leading the fight against coronavirus. Here, CR speaks to the woman behind the campaign that captured the mood of the nation**

One of the most surreal features of our new Covid-19 reality is that time doesn't really exist anymore, at least not in its traditional sense. Since the UK went into lockdown last month, we've been floating through the days in an almost dreamlike state, trapped in the endless news cycle of increasing death rates and the latest medical developments. The working week slips seamlessly into the weekend, and even when the clocks went forward most of us barely noticed that we had an hour less on the sofa.

In the context of this strange new world, the Clap for Our Carers campaign has been the wake up call we all needed. Thursday March 26 at 8pm marked the moment when millions of Brits emerged from their homes, metaphorically bleary eyed, to give thanks to the people who are risking their lives to go to work every day with an age old human custom: the round of applause.

The concept of bringing together the entire country with one simple but powerful act is the brainchild of Annemarie Plas, a Dutch-born software salesperson and part-time yoga teacher who lives in London with her husband and four-year-old son, who came up with the idea after hearing about a similar campaign that was doing the rounds in a few of her Whatsapp groups with her friends back in The Netherlands.

"They only did it once there, but I have friends who work in the Dutch hospitals and I heard how much it lifted them up," says Plas. "On a Friday night, while having a remote glass of wine with my friends here, I was discussing it and said wouldn't it be nice if we could see if we could pull it off here as well." She quickly knocked up a graphic with all of the key information on it – Thursday night, 8pm and the NHS logo – then shared it to everyone she knew across Whatsapp, LinkedIn, Facebook and Instagram with a simple message: please share this. "That was Friday night and then the next day by lunchtime all of a sudden Victoria Beckham had it on her Instagram page," says Plas. The following Thursday, millions of us gathered together (at a safe distance, of course) to take part in the campaign. Even for the cynics among us, the results were pretty life-affirming: videos on social showed entire streets of people clapping on their doorsteps, whistling out of windows, and banging pots and pans in their gardens, collectively bringing the house down for the thousands of people in the UK who have been classed as key workers, be it doctors or delivery drivers.

Since then, the campaign's popularity has continued to spiral,

with thousands of videos being shared on social, Channel 4 staging a special ad break takeover to coincide with it, public figures including the Royal Family and 007 himself, Daniel Craig, getting involved, and TikTok promoting it as one of its challenges, which has seen over three million views already.

With Clap for our Carers set to take place every Thursday until the lockdown is eventually lifted, PR agency Hue & Cry offered to help Plas by reaching out to news publications on her behalf and giving her a bit of media training (having never done an interview before, she's now racked up dozens with broadcasters and national papers), while digital agency Creative Clinic created the campaign's first official logo – a pair of hands clapping – website, a series of downloadable posters and campaign graphics, and led the overall brand strategy.

For Plas, the whole experience of the past couple of weeks has been surreal but highly rewarding. "It's better for me to focus on this than focus on the crisis, because it is such a sad thing that is happening," she says. "I've been trying to do as many interviews as possible, doing it alongside my job, but it gives me such an uplift." As for the campaign itself, she put its success down to its simple but universal message.

"Everybody either knows someone who is working on the frontline or you've seen the images of the nurses who have these marks from wearing the facemasks, so it resonated with a lot of people. And it's not just the NHS workers, it's everybody that is still out there keeping our world indoors going. These jobs aren't often getting the



most respect; if you said 'I work in a supermarket' people might not think that highly of you, but we now have to admit that without them we are nowhere, they are the backbone of our society. We can live without the CEO, but we definitely cannot live without the people who stock the shelves," says Plas.

As well as giving a much-needed boost to our key workers, the campaign has also had a dramatic impact on the spirits of the whole nation, with many people on social citing how they've never felt more connected to their community despite the fact we're all locked inside. "We are all fighting our own battles; all of sudden you are adjusting to working from home, not seeing as many people as you used to everyday, especially for those who live alone," says Plas.

"This is a massive adjustment for [me and my husband] that our son is no longer in nursery, and you can sometimes get caught up in our your own demons in your head. Now we are like 'oh no, we are all in this', everybody is going through the same. We were all so focused on our individual lives but now we're getting more connected with each other."

[clapforourcarers.co.uk](https://clapforourcarers.co.uk)

## How to get involved



### Follow & share

Share your videos and images of people applauding using the hashtag #clapforourcarers



### Download & share

Download & share a poster on social media, chat or in your window. Tell all you know.

DOWNLOADS



### Applaud & share thanks

**Clap every Thursday at 8pm on your doorstep, your balcony, your garden or front room.**



## Better food, better mood!

**Mr Sibley - Teacher of Food & Nutrition**

I hope you enjoyed making the pizza from last week. If you have photos of your pizza creations, don't forget to send them to [newspaper@sjcs.org.uk](mailto:newspaper@sjcs.org.uk) and hopefully we will be able to publish the best ones.

This week we are looking at using up the ingredients at the back of the cupboard that you might have forgotten about. Generally tinned food, which can remain edible for a very long time as the oxygen has been removed, or dried foods, which have no moisture to enable them to spoil. Both of these are great examples of food preservation techniques. These long life products are ideal to be used up when we cannot always get the foods we might need or want. Who knows you might even do your parents a favour and use up somethings they had forgotten about?

Noodles are very easy to cook in boiling water. They can be accompanied with a 'miso' tomato sauce. This is a tin of tomatoes that is reduced quickly on a rapid boil to intensify the flavour. To this you can add any ingredients you have to hand, some chillies, some finely chopped veg such as mushrooms, carrots or peppers;

fried separately and then added to the dish. All of this can be done in 15 - 20 mins.

If you have a can of tuna then dinner is halfway done. You can make a tuna pasta bake, Italian tuna sandwich or a tuna risotto. I have included a recipe for a basic risotto below with the idea being that you could add whatever toppings you have to hand, or even put some of that tinned tuna on top!

## Mr Sibley's Risotto Recipe

### Ingredients

Half a litre of vegetable stock  
1 large onion  
2 cloves of garlic  
½ a head of celery  
90 g Parmesan cheese  
2 tablespoons olive oil  
30g unsalted butter  
200 g risotto rice  
Toppings of your choice, tuna, roasted veg, bacon, mint and pea to name a few.

### Equipment

1 small pan to simmer stock  
1 larger pan for the risotto  
Chef's knife  
Chopping board  
Grater  
Ladle  
Wooden spoon



### Method

1. Heat the stock. Peel and finely chop the onion and garlic, trim and finely chop the celery. Finely grate the Parmesan.
2. In a separate pan, heat the oil and 1 small knob of butter over a low heat, add the onions, garlic and celery, and fry gently for about 5 minutes, or until softened but not coloured.
3. Add the rice and turn up the heat - the rice will now begin to lightly fry, so keep stirring it. After 1 minute it will look slightly translucent.
4. Add your first ladle of hot stock and a good pinch of sea salt. Turn the heat down to a simmer so the rice doesn't cook

too quickly on the outside.

5. Keep adding ladles full of stock, stirring and almost massaging the creamy starch out of the rice, allowing each ladleful to be absorbed before adding the next. This will take around 15 minutes. Taste the rice - is it cooked? Carry on adding stock until the rice is soft but with a slight bite. Don't forget to check the seasoning carefully. If you run out of stock before the rice is cooked, add some boiling water. It takes about 20-25 mins.

6. Remove the pan from the heat, add the butter and the Parmesan, and then stir well.

7. Place a lid on the pan and allow to sit for 2 minutes - this is the most important part of making the perfect risotto, as this is when it becomes outrageously creamy and oozy like it should be.

8. Serve with the drained tuna either stirred in or chunked on the top with a squeeze of lemon if you have it. Eat it as soon as possible, while the risotto retains its beautiful texture.



*'No-one is born a great cook, one learns by doing'*

- Julia Child



# Isaac Holmes' Malva Pudding Recipe

## I. Holmes - Student

From Wikipedia, the free encyclopedia: *Malva pudding is a sweet pudding of South African origin. It contains apricot jam and has a spongy caramelized texture. A cream sauce is often poured over it while it is hot, and it is usually served hot with custard and/or ice-cream. Many South African restaurants offer it.*

### Ingredients

180g of sugar  
2 large eggs  
1 tbsp of apricot jam  
150g of plain flour  
1 tsp baking powder  
½ tsp of salt  
1 tbsp of butter  
1 tsp of vinegar  
75ml of milk

### For the sauce

200ml of double cream  
100g of butter  
110g of sugar  
90ml of hot water  
2 tsp of vanilla essence

### Method

1. Preheat oven to 350 deg F/180C or 170C for fan oven.
2. Grease an oven dish. I used a 7 x 7 x 1 1/2 inch Pyrex dish. (18 x 18 x 4 1/2 cm)
3. Beat the sugar and eggs. It's quickest in a food processor, or use electric beaters. Beat until thick and lemon coloured, then add the jam and mix through.
4. Melt the butter (don't boil) and add the butter and vinegar to the wet mixture.
5. Sieve together the flour, baking powder and salt and add this mixture with the milk to the egg mixture in the processor or mixing bowl. Beat well.
6. Pour into an oven-proof dish and bake until pudding is brown and well-risen -- depending on your oven and oven dish this will be between 30 - 45 minutes.
7. In a pan, melt together the ingredients for the sauce, and stir well.
8. Pour it over the pudding as soon as it comes out of the oven.
9. Leave to stand for about 10mins before serving. Serve warm with a bit of vanilla ice cream.



▲ Home made Malva Pudding

## Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



▲ The Eatwell guide to help you maintain a healthy diet during lockdown

# How are you keeping fit during lockdown?

We asked for your stories of what you were doing to stay active during the lockdown period

## Miss Moss - Teacher of PE

"I get up at 2am every day, run 3 marathons around my Chelsea Prize winning garden by 4am, complete 26 hours of admin by 6am write 8 Haiku, a smattering of sonnets and my morning piece for the TLS by 8am and then cook a gourmet breakfast using only grass to feed my impeccably dressed children who are working with silent intensity to complete all work set so that they can send a memo to me asking for more challenge and stretch tasks "but this time in Greek, Daddy dear"

We then spend the rest of the day shooting each other with Nerf guns and seeing who has the smelliest breath..."

## - Mr (Country Life Family of the Year) Monk

"To keep myself sane and keep active every morning I have been on a 45 minute walk. We are very fortunate to have unlimited access to the beautiful outdoors from our doorstep. As well as this I am trying to give myself little jobs each day to keep myself busy, yesterday I cleaned my car! I am also attempting to learn something new so my husband who loves football has set me the challenge of keepy-uppies. I have never been able to perform this skill so let's see what my highest score is by the end of this lockdown! The more we can get outside and enjoy this brilliant weather the better, so I am trying to make sure I spend most of my time out in the garden."

## - Mrs Goulding

"We have a mirror in the hall that all four of us have been adding ideas to for what to do (image attached) - we aim for at least one a day from the list. I have made a HITT circuit that we have been doing in the garden - AGO inspiration! Alternative run or walk very

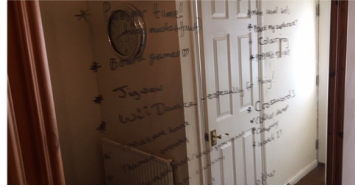
early every day.

Yoga and meditation.

Teenage daughters not overly keen on the circuits but they walk each day, play Wii fit and dance a bit!"

## - Mrs Shuttleworth

"Long doggie walks around



Great Wishford- with the 2m rule of course!

Getting into a routine of working from home - using tick lists and structure. Furry dogs

are even greater companions than before. Making great lifts in mood at this difficult time.

And, of course making great buddies in my new office- the front room couch!

Opening windows wide to let in air and light to switch your mood.

Remembering to take each day at a time.

Thinking about all the positives around you and not focussing on the negatives.

Looking at the things you can do and not the things you can't.

Ring friends and family regularly to help not just them -but you too. Being kind and showing kindness just makes it breed. At this time, it's what we all need.

I have been focussing on nature and thinking about all the things around you which normally you may have taken for granted or forgotten to appreciate.

I'm also taking part in a Zoom Chat three times a week with JW.org. This has enabled- not just worship to God but opportunities of joy and laughter. I am also using the web site JW.org as it contains a wealth of spiritual food at this time and all the churches are currently closed so as a Jehovah's Witness

I have been able to worship God and interact with the congregation members. This provision has really helped boost my morale."

## -Mrs Halls

"I'm currently doing couch to 5k! It is great to get outside for the runs and enjoy the sunshine. Archie, my 8 year old, often comes along with me on his bike. Apart from that, I have been hoarding exercise DVDs for years and have finally started to use them again."

## - Mrs Pearson

"A key thing that you need to do is to stay fit and keep exercising during lockdown. A couple of weeks ago my mum and dad bought an exercise bike so that we can all become healthier and fitter. We are taking it in turns to use it. I try to go on it every day and I do between 5 and 7 miles. My mum is able to work from home so she can go on it anytime, but my dad still has to go to work as he is a keyworker so he goes on it when he can. We also all like to play Pass the Pigs outside in the sunshine, it is great fun! I hope this has given you some ideas to stay active while in lockdown. Stay safe."

We also all like to play Pass the Pigs outside in the sunshine, it is great fun!

I hope this has given you some ideas to stay active while in lockdown.

Stay safe."

## -S. Middleton (student)

"You can keep active by playing fun sports with family and maybe some nice walks around your area. Inside, boardgames can be played to pass time or maybe you could make your own board game."

## - L. Cooper (Student)

"I have been doing Joe Wicks & Cycling every day."

## - R. Thomson-Easter (Student)

"We have set up table tennis in the garage (fortunately we never did get around to getting rid of it when our sons left home), I'm

letting all the family win to keep up their spirits.

I played Petanque in the garden yesterday, again let my husband win!

I have been given a few jigsaws - reckon they're for around week 6.

And of course, the big treat of the day, going for a walk."

## - Mrs Scott

"We have been playing badminton at home and we think everyone should have a go (if they can) as it encourages you to get some fresh air and some exercise."

## - A & R Fernandez (Students)

"Even though I haven't played in any matches for the school I do partake in some lunchtime clubs like basketball club and I really enjoy it. Mostly on Tuesday and Thursday mornings at school I would partake in the table tennis clubs with others and equally enjoy the matches as much as basketball."

## - L. Flyod (Student)

"I've been doing Joe wicks every morning and my parents drag me on long tiring walks resulting in a lot of pain. I've also done a 400m sprint because I miss athletics but miss school even more."

## - E. Dyson (Student)

"William and I play football for the school team and also we play for Clarendon Juniors. William supports Southampton and I support Man. City. We also both play Fifa."

## - Elliot & William (Students)

"Good YouTube Channels for exercise:

- Yoga with Adriene
- Pamela Reif
- The body coach TV
- MadFit
- PsycheTruth"

## - K. Zofinska (Student)



## Fact File: Liverpool FC

### C. Bilner - Student

> During the 19/20 season Liverpool football club are first in the English premier league with 82 points, 35 points ahead of Manchester city. Liverpool were also the champions of Europe in 2019 by winning the champions league by beating Totten-

ham 2-0.

> Liverpool were founded in 1892. Liverpool's rival team are Everton, when Liverpool and Everton play it's called 'the Merseyside Derby' because their stadiums are very close to each other.

> Liverpool's manager is Jurgen Klopp and he's been the manager since the 15/16 season. In my opinion Liverpool's best player this season is Sadio Mane, number 10, and he is the top scorer for Liverpool this season.

**Send us your sporting fact files!**



# Headlines from around the sporting world

**B. Alexander - Student**

- All the non-professional leagues have been postponed until further notice because of the corona virus.
- The Arsenal manager is recovering from the corona virus.
- Since the corona virus F1 resorted to using a computer game to keep the fans entertained.

er game to keep the fans entertained.

- Boxing has also resorted to using a computer game to keep their fans happy.
- Wales Rugby Player - Jamie Robert returns to the UK from South Africa before the lockdown.

## Lionesses will have to wait to Roar

The Women's European Championship - set to be held in England in 2021 - will be moved to

the summer of 2022. The tournament was expected to be shifted after the men's European Championship and the Tokyo Olympics were both postponed until 2021 because of the global corona virus pandemic.

Three European teams - England, the Netherlands and Sweden - have already qualified for the Olympics. Moving the Euros to 2022 will avoid two women's tournaments in the same summer. Qualification for the tournament is still ongoing. Scotland are second in Group E, Wales are second in Group C, which also contains Northern Ireland in fourth place, and Republic of Ireland are top of Group I.

England women's manager Phil Neville was set to lead what will be a Great British Olympics

squad in Tokyo, with the team supplemented by players from the other Home Nations. However, his contract, which would have covered the Olympics and Euros had they taken place as scheduled, will now run out before next year's events take place. The Football Association is yet to say whether Neville will extend his contract beyond next summer.



## Bodyweight Workout

**No gym needed!**

### At-Home Bodyweight Workout

*Repeat circuit  
two times*

*12 to 15 reps  
per exercise*



- 1 Squats
- 2 Push-ups
- 3 Static lunges
- 4 Chair dips
- 5 Crunches or sit-ups

# Sport

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

## Swim South West Regional Qualifying

J. Withers-Jones - Year 11



It was a bright March morning as we set off to Dorchester for an open meet, where I hoped to swim fast enough to qualify for the Regional Championships, to be held in Plymouth, in May.

I had three events: 50m butterfly (my favourite race), 50m backstroke and the 100m front crawl (where I was hoping to break the minute barrier, for the first time).

I had been training intensely over the past 2 months, more than ever before, to give myself the best chance of achieving the qualifying times. First up, the 50m fly and I needed a 28.8s - my personal best (PB) was 29.5s and I swam a 28.48s. It was a great start to the meet for me.

My second event was the 50m backstroke and I needed a time of 30.1s - my PB was 30.11s and I swam a 29.22s. I was so pleased to get another regional qualifying time.

Could I make it a hat-trick? Realistically, no, because the 100m front crawl qualifying time was 56.3s and my PB was 1:00.62s. If I

could just break the one minute barrier, I would be ecstatic. The race went well. A good start and I went hard for the first 50m but would the tanks start emptying in the final 25m? My time was 57.88s and, although outside the regional time, it was the highlight of the day for me.

Overall, I was awarded two golds and one silver medal for my races. Next stop...Plymouth.

## In2Hockey Champions of Wiltshire

A. Gallagher - Student

I went to Dauntsey School in West Lavington on the 8th of March with the Salisbury Hockey Club Under 12's boys' team to compete in the county in2hockey championship. I went with my dad and one of my hockey mates. My mum was already there coaching the under 10 girls' team. We arrived early and met with the rest of the team.

When all of our team had arrived, we put our numbers on our backs and started to head to the practice pitch to warm up. We got to the game pitch and we found out what 3 teams we were playing against. The competition was set into 2 pools of 4 each. I was told that I was substitute for the first game against Marlborough 2. The final result for the first game was 1-1. I was in the starting line-up for the next game against Chip-

penham and we won that. We then played the last pool game against Royal Wootton Bassett and we won that.

After we won that last game it meant that we won the pool stage and we had to play the winners of pool 1. We played Swindon whilst on the other pitch it was Marlborough 1's vs Marlborough 2's. We won our match against Swindon and we were Champions of Wiltshire. This meant that we would represent Wiltshire at southern regionals but unfortunately it has been cancelled.

While we are not at school, to keep fit I jump on our trampoline for about 10-20 minute a day and sometimes play football, hockey and go cycling.

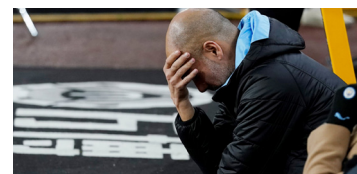


## Man City face transfer ban

G. Greateorex - Student

Manchester city have been banned for two years from the Europa and champions league subject to an appeal by the club. Manchester city have been banned for the next two years to play in European football. This includes the champions league and the Europa league and have been fined £30million euros which was the equivalent of £25million pounds before the corona virus outbreak when the stock markets had changed. This means that the club could have to pay more pounds than they were bargaining for. They were banned when it was discovered that they had been scamming European football's governing body and had breached financial fair play rules! City had decided to cover up the small amount of funds they were receiving from their sponsors and instead decided that they should invest more money into the club but where they went wrong was labelling that money as sponsorship money...

City responded immediately with a statement saying that the process was 'prejudicial' saying that they would immediately appeal to the court of arbitration for sport, if the appeal is still going on next winter then they will be able to play in next seasons champions league .should they be granted their appeal or not .



## Sports news!

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](mailto:newspaper@sjcs.org.uk). You can also follow our Twitter page: @sjcs\_PE

Keep an eye out for the next edition of 'The Closure' We have a Special MBE Celebrity Interview. Can you guess who it is? This celebrity is a Track Athlete and Won Gold in 1991 World Championships & Silver in the 1988 Olympic Games!! Tweet your guesses to @sjcs\_PE

