



Weekly Bulletin ~ Bwletin Wythnosol

Spring Term ~ 25th March 2022

This Week's Prayer

Watch over us, loving God,
and when we fall into sin teach us to acknowledge our guilt.
May we forgive and be forgiven, for the sake of the one who died for our sins,
Jesus Christ your Son our Saviour.

Amen

Dates for the Diary

30 March

Year 11 Drama Examination

4th – 6th April

Year 11 Welsh Speaking Examinations

5th April

Year 9 Retreat Day

7th April

Year 11 Group Photograph
[rescheduled from 21st March]

8th April

School closes for Easter break

25th April

Staff Development Day

26th April

School Opens to Pupils

27th – 28th April

Year 11 MFL Speaking Examinations

2nd May

May Day [School closed]

4th May

Year 7 River Trip [River Clywedog]

Lateral Flow Test Kits

Lateral flow test kits will be distributed next week to pupils across all year group where a parental consent form has been received.

If you would like to receive LFTs from school, a parental consent form can be collected from reception.

Covid Update

The Welsh Government has stated that they recommend a cautious approach for those pupils who are isolating if they test positive, and strongly advise people to isolate when they are ill or test positive.

Guidance for schools has not yet been updated, so it is sensible for us to continue with the current approaches. This includes the requirement that pupils who are displaying any symptoms of illness or test positive are **not** to come into school.

Please see page 4 for details.

Year 11 Workshop on Revision and Coping Strategies

On Thursday, 24th March Year 11 pupils were involved in a 2-hour workshop on the subject of exams. The first hour provided pupils with some great revision techniques and advice regarding sleep and multi-tasking – more information to follow next week! The second hour concentrated on exam stress and coping strategies. The sessions will be delivered to any pupils who were in the art exam at a mutually convenient time.

Considerate Drivers

Please be considerate to others when dropping off and picking up your child(ren) at/from school. Where possible please do this a few minutes away from school and help your child to enjoy a brief walk for part of their journey nearest to school. Too many drivers are blocking access for buses and local residents - please be courteous and remember the yellow zig-zag area should not be used for drop-off or pick-up. Whichever location you choose, please switch off your engine and help the environment by reducing unnecessary, pollution. Many thanks in advance.

St Joseph - Cathedral Mass

Thank you to those pupils who attended the Mass at St Mary's Cathedral on Saturday 19th March which marked the solemnity of St Joseph the Spouse of the Blessed Virgin Mary.

Study+

We are pleased to inform you that Study+ has re-opened. This is the perfect opportunity for pupils to complete homework or revise in a supervised space at lunch time and Monday to Friday 3.30pm – 4.30pm.

Safeguarding

Childline offers free confidential counselling for any young person with any problem, on 0800 1111, and via their website for an online chat. Their website also has information about issues that young people may experience, and ideas and activities for positive ways of coping. Some young people and their parents or carers may find this useful.

Pupil Absence

If your child is too poorly to attend school, it is important that school is made aware of the absence before 9am. Please telephone 01978 360310 or email attendancep6@hwbcymru.net as we appreciate the phone lines can be busy in the mornings.

Year 9, 10 and 11 Photographs

Tempest Photography visited the school on Monday, 21st March to take individual photographs for Years 9, 10 and 11. Photograph proofs have been distributed to years 9 and 10 with details of how to place orders online. Orders need to be placed within 10 days of the photograph being taken. The Year 11 group photograph has been re-arranged for **Thursday, 7th April** and proofs for both individual and group photographs will be distributed at the same time.

Year 9 Vaccinations

As Year 9 vaccinations did not go ahead on Thursday, 24th March as planned, parents / carers will be advised of a new date in due course.

Eyes peeled for more information!

Year 10 pupils had an exciting day on Tuesday, 22nd March when they visited the *Science Live* Event in Birmingham. Pupils will be writing about their day and an article will feature in our Easter Bumper Bulletin.

Important Information

Covid-19 - UPDATE

Positive case at school. This applies to children and adults

You must isolate for 5 full days after the day on which you test positive (which is 'Day Zero'). The child or adult can return to school on day 6 if they have no symptoms AND report 2 negative LFDs, taken 24 hours apart on days 5 and 6. If either of these tests are positive, continue to isolate and retest each day until 2 negative tests 24 hours apart OR have isolated for 10 days, whichever is sooner. If symptoms continue past day 10 (especially a fever) do not return to school until these have passed. You may have to take LFDs test routinely to return to school (if a child at primary school testing is not required). If this test is positive at any time within 28 days of your infection, retest each 24 hours until you have a negative result, at which point you may return to school. During the 28 days a positive test in the absence of new cardinal symptoms will not be considered as new infection.

Contacts of a positive case at school. This applies to children and fully vaccinated adults

If between 5 and 18 years or fully vaccinated, you should do a daily LFD test for 7 days. If these remain negative you can return to school and your school's pre-attendance testing programme. If at any point the LFD becomes positive, you must isolate for 7 days and follow the guidance above for positive cases. If you develop symptoms also do a PCR.

Contacts of a positive case at school. Non-fully vaccinated adults

If you are a contact and not fully vaccinated, you must isolate for a full 10 days and may return to school on day 11 if no symptoms, and pre-attendance testing is negative.

Here are 2 Welsh Government links for 'people at increased risk' & 'clinically extremely vulnerable'. See extract from 2nd doc (Aug 21) below also:

[People at increased risk from coronavirus | GOV.WALES](#)

[Guidance on protecting people defined on medical grounds as clinically extremely vulnerable from coronavirus \(COVID-19\) – previously known as 'shielding' \[HTML\] | GOV.WALES](#) (last update August 2021)

What we mean by 'clinically extremely vulnerable'

Clinically extremely vulnerable refers to people in Wales who have one of a very specific list of pre-existing and long-term serious health conditions. Based on what we know to date the impact of their pre-existing, long-term health condition on their immune system puts them at high risk of serious illness if they are exposed to coronavirus.

Important Information

Covid-19 – UPDATE continued

People in the clinically extremely vulnerable group include:

- Solid organ transplant recipients
- People with specific cancers:
 - People with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer
 - People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
 - People having immunotherapy or other continuing antibody treatments for cancer
 - People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
 - People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs
- People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe Chronic Obstructive Pulmonary Disease (COPD)
- People with severe single organ disease (e.g. Liver, Cardio, Renal, Neurological).
- People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), homozygous sickle cell).
- People on immunosuppression therapies sufficient to significantly increase risk of infection.
- Adults with Down's syndrome.
- Pregnant women with significant heart disease, congenital or acquired.

If you think there are clinical reasons why you should be added to the Shielding Patient List, you should discuss this with your GP or hospital clinician. They are able to add people to the list if it is clinically appropriate to do so.

There is a **wider group people whose conditions mean they are at an increased risk**, but are not considered clinically extremely vulnerable. If you are within this group you should be rigorous about following social distancing measures but otherwise follow the same advice as the general population.

Vaccination of 12 to 15 year olds



Information for you and your parent/guardian

The COVID-19 vaccine is being offered to all 12-15 year olds in Wales, to help protect your health and well-being.

The decision to have your COVID-19 vaccine is a choice for each individual to make.

If you have questions about the vaccine take time to look up trusted and accurate information - the NHS is always a good starting place - and chat about what you think, with your parent(s) or guardian.

You probably also have family or friends who have had their vaccine and who could chat with you about how they felt, or help answer any questions you may have.

You have to give a clear agreement (called 'consent') before any vaccination can be given - so you are in charge of what happens.

There is a lot of information out there about the COVID-19 vaccine, so please be careful to use only accurate and trusted information to help you answer any questions you may have.

Here are some trusted places for you to find out more about why you are being offered the vaccine, any side effects you might experience. They will also offer you more information about the vaccine or if you can't agree with your parent(s) or guardian on what to do:

**Public Health
Wales**



BBC



**Public Health
England**



**British Society for
Immunology**



You may still benefit from having the vaccine even if you have previously had COVID-19. If you have tested positive for COVID-19 infection in the last 28 days, you need to wait a bit longer to have your vaccine. Your first dose needs to be at least 28 days away from when you tested positive.

Whether you have the vaccine or not, please keep wearing a face mask in indoor public spaces, staying home and getting tested if you have coronavirus symptoms, and keep washing your hands regularly.

Clubs & Activities 2021-2022

Activity	Time	Teacher	Place
Lunchtime in the Chapel	Mon – Adoration/ Noontday Prayer Tues - Justice & Peace Wed - Check in with the Chaplains Thurs - Fiction & Flicks Fri - Taize Prayer 12.30pm-12.45pm	Chaplains	Chapel
Art Club [KS4]	Tues and Wed 3.30pm-4.30pm	Mrs Taylor	Art Room
Extra Maths [Intermediate KS4]	Tues 5.40 – 5.55pm Foundation 6.00 – 6.30pm Intermediate	Mr Donlon	Google Classroom
Additional Maths	Thurs 3.30pm-4.15pm	Mr Tait	MA4
Extra Maths [Intermediate KS4]	Thurs 3.30pm-4.15pm	Mrs Jobson	MA2
Band	Wed 3.30-4.30pm	Mr Sammons	Social Court
School Choir	Tues and Thurs 12.55pm	Mr Sammons	Music Room
<i>Physical Education Sports Clubs</i>	Full Timetable is displayed in PE and on Google Classroom	PE Teachers	<i>Sports Hall / Gym / Outside</i>
Design Technology [KS4]	Wed & Thurs 3.30-4.30pm	Mr Cook, Mr Lambert & Mr Farrell	TE2
Study Plus	Monday to Friday Lunch time 12:25pm – 1:20pm 3:30pm-4:30pm	Teachers	TE4 / MA4

St Joseph's P.E Department Extra Curricular Timetable

Activities to start WC 07/03/22

	<i>Lunchtime 12:25 – 1pm</i>	<i>After School</i>
<i>Monday</i>	<ul style="list-style-type: none"> • Just Dance – Gymnasium • Gaelic Football – Sports Hall • KS4 Fitness – Fitness Suite 	Girls Football All Years 3:30 – 4:30pm
<i>Tuesday</i>	<ul style="list-style-type: none"> • Hoola Hooping – Gymnasium • Futsal – Sports Hall • KS4 Fitness – Fitness Suite 	Years 9, 10 & 11 Netball 3:30 – 4:30pm Football Fixtures / Training TBC
<i>Wednesday</i>	<ul style="list-style-type: none"> • Boxercise – Gymnasium • Basketball – Sports Hall • KS4 Fitness – Fitness Suite 	Badminton All Years 3:30 – 4:30pm Gymnastics All Years 3:30 – 4:45pm
<i>Thursday</i>	<ul style="list-style-type: none"> • Fun Fitness – Gymnasium • Badminton – Sports Hall • KS4 Fitness – Fitness Suite 	Years 7 & 8 Netball 3:30 – 4:30pm
<i>Friday</i>	<ul style="list-style-type: none"> • GCSE PE – Sports Hall / Gymnasium 	

