



Dear Students, Parents, Carers and Governors

I hope you all had a lovely Christmas holiday and I would like to welcome you all back to the new term and wish you a Happy New Year.

We will continue to send out our newsletter every week as we normally do and would encourage you all to send in photographs and articles to share with our community, a way of celebrating the achievements of the family of St Gregory's.

Please note that Mrs Tuke is now our Director of Pastoral Care and Designated Safeguarding Lead. Our safeguarding team also includes Deputy Safeguarding Leads Mrs Jenkins and Dr Brookes. Students and parents can contact the team directly or email [talk2someone@st-gregorys.org.uk](mailto:talk2someone@st-gregorys.org.uk).

We are yet again all facing difficult and challenging times. I am incredibly proud of all my staff; yet again their professionalism, resilience and commitment is inspiring. Everyone is working tirelessly to provide the best educational experience we can for your children. Further to my letter today we have added the new school day timings to this newsletter and this will come into effect from Monday. I would like to thank you all for your feedback and you will see that we have taken it into account. During this period of remote learning we will be setting students homework to complete as we would normally do if they were in school. The students have demonstrated time and again that they are amazing young people and I am incredibly proud of all of them; I know they will embrace every opportunity offered to them. Please support us in supporting your child's education by ensuring they are engaging with their remote learning and if you have any concerns do contact your child's tutor.

The current situation we find ourselves in is unprecedented and I would like to assure you that every decision we make as a school will always be made in the best interests of students. Let us take each day as it comes, embrace what opportunities we can and take care of each other.

Best wishes

A Cusack, Headmistress

**Dates for Your Diary**

Mon 11 Jan	Y12 and Y13 Assessments
Thu 14 Jan	Y9 Virtual Parents' Evening
Thu 28 Jan	Y9 Virtual Options Evening - TBC
Fri 12 Feb	End of Term 3

**Next week: Week B**



**New School Day Timetable**

From Monday, students will follow a revised timetable of teacher-led lessons both in school and remotely for the lockdown period. We will endeavour for the majority of lessons to be 'live' via Google Classroom, according to the normal timetabled lessons for that day. Any absence due to illness must be reported by parents/carers in the normal way.

Time	Activity
9.15 am – 9.30am	Daily online tutor session
9.30am – 10.15am	Lesson 1
10.15am – 10.30am	Break
10.30am – 11.15am	Lesson 2
11.15am – 11.30am	Break
11.30am – 12.15pm	Lesson 3
12.15pm – 12.30pm	Break
12.30pm – 1.15pm	Lesson 4
1.15pm – 1.45pm	Lunch
1.45pm – 2.30pm	Lesson 5

**Contact Details**

If you have recently changed any of your contact details (telephone numbers, email addresses) please inform [obrayc@st-gregorys.co.uk](mailto:obrayc@st-gregorys.co.uk)

**Congratulations to:**

Millie Y8, Dawid Y7, Johanna Y7, Jude Y7, Pawel Y7, Josephine Y7, Ciaran Y7, Lyla Y7, and Luca Y7 for completing projects in French and German.



**THE LANGUAGES CORNER**

**French:**

**Ca me rend heureux (se) / (ça me rendrait/ ça m'a rendu )**

*It makes me happy / (it would make me/ it made me)*

Quand je sors avec mes amis en ville; **ça me rend heureux**

Si j'allais aux Etats Unis en vacances, **ça me rendrait heureux**

J'ai passé les vacances de Noel en famille et **ça m'a**

**Mandarin:**

笑解千愁。(Yī xiào jiě qiānchou. 'one smile undoes 1,000 worries') — **A smile dispels many worries.**

**German:**

nicht = not

nichts = nothing

nie = never

nur = only

Ich spiele nicht gern

Tennis. = I don't like playing tennis.

Ich spiele nie Tennis. = I never play tennis.

**Spanish:**

Las palabras se las lleva el viento – actions speak louder than words

**Dr Frost Maths**

Well done to those of you logging on to Dr Frost, completing challenges and Trophies and improving your maths.



October's top ten are:

**Whole School Leaderboard**

Name	Points
Ruby-Mae L (Year 11)	1168
Florence B (Year 8)	853
Isabel S (Year 7)	788
Daria A (Year 11)	683
Nishon B (Year 8)	677
William M (Year 11)	594
Angel A (Year 11)	575
Maria B (Year 11)	557
Travis V (Year 11)	545
Adam H (Year 11)	489

## Art at St Gregory's

Calling all budding artists and photographers! Last year during lock down, we were able to showcase the art and photography inspired by the season of spring. Students and parents alike got involved and the pieces sent in were shown on the school web site. As we find ourselves once again in this situation of lock down, we in St Gregory's Art Department again want to encourage students and their families to be creative and celebrate the season we are in. This could be by taking photographs of wintry scenes or by drawing and painting a picture, e.g. a winter robin or a fox in the snow. You could even create a 3D work of Art, perhaps made from objects collected on a winter walk. You might even create a mini sculpture trail that you could photograph! Also, consider the items associated with the season, e.g. muddy boots, warm woollen hats and scarfs, berries and ever-green trees, hot chocolate with cream on the top! The list is endless and if you think long enough there's bound to be a way you could respond visually to the season of winter. We look forward to receiving some beautiful wintry entries soon and then we can share them on our school website.

Thank you and best wishes for 2021.

Mrs Bowden, Head of Art and Technology

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Mrs O'Bray, Office Supervisor

### Nut Allergies



Please be aware that we have students and staff with serious nut allergies. We would therefore ask that you do not include nuts in packed lunches and snacks, eg chocolate and cereal bars.

## Learning Focus 4

Each week there will be a different focus to encourage students to think about how they approach their learning. They are suitable for learners of all ages and will hopefully make home learning easier to complete as well.

**As we return to remote learning – make sure you are looking after yourself**

**Here are some top tips to help you manage your home learning routine –**

1. **Form a routine** – your teachers will be providing live lessons. Keep up your usual routine. How about setting yourself a goal to achieve for each session? Think about what you wear – you don't need to have your uniform on but get out of bed and put on different clothes!
2. **Continue to exercise** – you are allowed to go outside for one form of exercise each day – make the most of this. Get some fresh air.
3. **Friends and teachers** – they may not be in the room but they are still there. Your teachers want to help you and make sure you are ok. Keep in touch with them, ask questions, attend live lessons. They would love to hear how you are getting on.
4. **We are all in this together** – every single person in the world is being affected in one way or another. Lots of people are worried, scared and anxious. It is perfectly ok to feel like this. Keep talking to your parents/carers, friends, teachers about how you are feeling. Why don't you ask your friends if they are ok?

## Chaplaincy Thoughts for the Week

Starting the new term and new year together, and as we brought to an end the Christmas season with the solemnity of Epiphany earlier in the week, I would like to share with you two symbolic actions you can participate in. One of the great ancient traditions around the world which we sometimes do not make the most of here in the UK is that of chalk blessings on our homes and in school. Using the names of the three wise men which have become tradition over centuries, Caspar, Melchior and Balthasar, we reflect on not only the gifts they brought to the infant child, but the gifts we can offer to one another in the coming year. Below is a short service you can use to begin the year and to ask Christ's blessing upon your home and family.

The second symbolic action I would like to invite you to undertake is linked to this weekend's feast, the Baptism of The Lord. As we chronologically move forward to the next phase of Jesus' life and the sacramental journey we would undertake as Christians, I invite you to renew your own baptismal promises. These promises can remind us of God's loving grace shared with us at our own baptism and continues to be upon us today. We are each a child of God, blessed and loved.

### Epiphany Blessing of Homes

We mark above the door in chalk with the date (20 + C + M + B + 21 adding the initials of the names given to the three wise people who brought gifts to Jesus in his first home:

- C for Caspar
- M for Melchior
- B for Balthasar

The three initials, C-M-B, also stand for the three words of a Latin prayer, *Christus Mansionem Benedicat* - May Christ bless this house. If you cannot use chalk on the doorframe you could use crayon or stick up a sign such as the one below and use some holy water you may have. Many of our local parishes have holy water and/or chalk in church too which they are happy to distribute.

Blessed are you, Lord God of all creation: by the guidance of a star you led the magi to your child and by the light of faith you bring us to know Christ as Lord, the Messiah you have sent. Bless us as we use this chalk to mark our doors in your honour and sprinkle water in our homes, as a sign of the Lord

Jesus' baptism in the River Jordan. May the homes where these things are used in faith be dwelling places of goodness, humility, self-control, mutual respect for one another, hospitality toward strangers, and loving obedience to your word. We ask this through Christ our Lord. Amen.

### Renewal of Baptismal Promises

These are the baptismal promises used for Catholic baptisms which only vary by a few words with other Christian denominations. I am sure you can use them in your own way if you belong to an alternative Christian Church.

Do you reject Satan?

I do.

And all his works?

I do.

And all his empty promises?

I do.

Do you believe in God, the Father Almighty, creator of heaven and earth?

I do.

Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?

I do.

Do you believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

I do.

God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May he also keep us faithful to our Lord Jesus Christ for ever and ever.

Amen.

Mr Robinson, Lay Chaplain



# How to Concentrate with Dandapani



"Technology itself is not ruining your life, your inability to exercise discipline around the use of your technology is ruining your life."

**DANDAPANI**



Dandapani is a Hindu priest, entrepreneur and a former monk of 10 years. After graduating university with a degree in Electrical Engineering he left it all behind to become a Hindu monk under the guidance of one of Hinduism's foremost spiritual leaders of our time, Sivaya Subramuniaswami. For 10 years he lived a life of serious personal discipline and training at his guru's cloistered Hindu monastery in Hawaii.

He works with entrepreneurs globally and companies such as Commonwealth Bank of Australia, Nike, Trivago, Fortress Investment Group, Xero in cultivating focus and managing energy. His TEDx talk has over 2.9 million views and both his GoalCast videos garnered over a total of 75 million views in just five months.

## DEFINING CONCENTRATION

- Concentration is the ability to keep your awareness on one thing for an extended period of time.
- If your awareness drifts away to other topics, you are being distracted, and you can use your mental muscle to bring your awareness back to the task at hand.

## ABOUT CONCENTRATION

- Concentration is something you can learn and practice.
- If someone in your life is struggling with concentration, the first step is to teach them how to concentrate, and the second step is for them to practice it to become better at it.
- Have empathy and compassion for yourself when learning about concentration. You were probably never taught how to concentrate or how the mind works in school so while you are in the process of learning how to do it, you can't expect perfection right away.
- In everyday life, people make the mistake of telling others to focus without acknowledging their lack of training e.g. big companies tell their employees to focus without having taught them how to focus in the first place.
- Technology is a wonderful tool. Technology itself is not ruining your life, your inability to exercise discipline around the use of your technology is ruining your life.

Continued on the next page...

## TRAINING CONCENTRATION

- Practice doing one thing at a time. Keep your awareness on one thing at a time.
- Your awareness might start drifting e.g. midconversation with someone you might start wondering about what are you going to have for lunch. You can practice bringing it back, over and over, until your awareness is trained to stay on one thing for an extended period of time.
- After you have trained this ability, concentrating will become easier.
- Concentration will also help your memory. You will be more likely to remember something if you were concentrating on it at the time.
- The greatest impetus for leading a focused life is death. We have one life and it is finite. On your deathbed, you want to look back and think "that was amazing". The only way you can say that is if you were present in all of the experiences in your life.
- You can't be in the moment if you can't concentrate and focus your attention. Mindfulness is a byproduct of concentration.

## AWARENESS

- The mind is a vast space with many areas within it: anger, jealousy, happiness, food, etc.
- Awareness is a glowing ball of light that can float around. Your mind doesn't move, but your awareness travels to different parts of your brain.
- Your goal is to control your awareness and determine where it goes in your mind. Your ability to keep that ball of awareness in one part of your mind for an extended period of time is your ability to concentrate.
- Keeping your awareness on the page of a book long enough allows you to gain information from the book. If you can't keep your awareness on the page, you won't gain anything.

## ONE THING AT A TIME

- Practice doing one thing at a time. If you are speaking with someone, focus completely on them and bring your awareness back to them if your attention starts to drift.
- Use conversation as an opportunity to practice concentration. If you speak with your spouse for two hours a day and give them your undivided concentration, by the end of the month you will be skilled in concentrating.
- If you are spending hours a day distracted, you're going to become good at being distracted. Imagine six months of spending 10 hours a day distracted. You become good at whatever it is you practice—your mind doesn't know the difference between what is right and wrong to practice.
- Have empathy and self-compassion for yourself if you have been distracted for years and never been taught how to concentrate.
- It's going to be a struggle while you are learning, and it might take you a few months or years to master, but you can look forward to many years ahead of living a concentrated focused life so it will be well worth the effort.
- The rewards are far greater than the efforts put in.
- Pick one person you see every day or one thing you do every day and use that one thing as an opportunity to practice concentration.

# HOW TO ACCESS GOGGLE CLASSROOM FROM AN XBOX AND PS4

## PS4

1. Turn on PS4
2. Use your controller to scroll to the far right of the bar with games to *Library*
3. Select *Library* application
4. Within the library use the search bar to type in *Internet*
5. Select the *Internet Browser* app
6. Start Internet Browser and press the triangle button on the controller to search
7. Once on the internet, type in the search box *Google Classroom* and select the first link that comes up:

Classroom: manage teaching and learning Google for Education - link below'  
<https://edu.google.com/products/classroom>

8. Select *Go to Classroom*. Then log in using student email and password.

## XBOX

1. Go to Home Menu
2. Select *My Games and Apps*
3. Scroll down to Apps
4. Go to *Microsoft Edge* application
5. Type in a search for Google Classroom
6. Select *Go to Classroom*
7. You will need to log in using your student email address and password.



# ASD Support Service

## Courses for Parents 2020-21

Date and time	Course	Leader	Description
January 5th, 12th, 19th, 26th- February 2nd, 9th (am)	CYGNET Core	Laura Chard	CYGNET Programme: Supporting Parents of Autistic Children aged 4 - 18
January 7th  10.00am- 12.30pm	ASD Strategies in the Home for Younger Children	Hannah Hobbs and Hayley Brimble	Understanding how ASD strategies can be implemented to support younger children in their home environment
February 3rd  9.30am- 11.30am	Social Scripts	Becca Tranter	Exploring how social scripts can be used to reduce anxiety surrounding new situations and experiences
February 12th  9.30am -12.30pm	CYGNET Sexual Wellbeing	Hannah Hobbs	Supporting parents to understand sexual wellbeing for autistic children
March 2nd  9.00am - Noon	Understanding Girls	Laura Chard	Supporting parents to understand how to support girls on the autism spectrum
March 4th  3.30pm - 5.30pm	ASD Strategies in the Home for Teenagers	Conrad Hein Hartmann and Carol Jones	Understanding how ASD strategies can be implemented to support teenagers in their home environment
March 5th  9.30am - 12.30pm	CYGNET Relationships	Hannah Hobbs	Supporting parents to understand how to develop relationships for autistic children

To further information or to book onto any of these courses,

please contact: [asdss@fossewayschool.com](mailto:asdss@fossewayschool.com)



### ASD Support Service



### Telephone helpline

01761 412198 Ext 2

Every Wednesday 9am—12noon