



St Wilfrid's Newsletter

We hope that you enjoy this week's edition of our newsletter. Well done to all of our students whose work features in this edition and to all of our super star home learners who have work hard throughout the whole half term. Enjoy the half term break!

Children's Mental Health Week 'Express Yourself' Competition Winners:

Thanks to all of our wonderful students that entered the competition. We had many amazing, expressive entries as you can see by the snapshot below.

Choosing the winners was incredibly difficult and there were so many we could have selected. We considered the appropriateness of the chosen quotation, the imagination, the time taken, the expression and the individuality to come to a conclusion.

Our winners are:

Year 7: Aimee Wood

Year 8: Harry Edmonds

Year 9: Keisha Costella

Year 10: Ashrar Chowdury

Year 11: Molly Waller

Congratulations, you will receive your prize of an Amazon voucher in the post soon.



Prayer corner

This week we have been focusing on those who are sick and those who care for them.

Let us continue to pray for them - especially during the pandemic.

We ask God to continue to give them the strength they need each day as we say..

Hail Mary,

Full of Grace,

The Lord is with thee.

Blessed art thou among 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

St. Wilfrid, pray for us.

Ways to wellbeing

Do you take technology to bed? Why do we do this? What are the positives and negatives? How can we continue to use technology while limiting the impact on our health?

Light from screens tells your brain not to release melatonin – a chemical that helps you sleep! And without sleep, your brain doesn't have a chance to clear out toxins. Watch a video about how phones change our brains. You could find your own or use this AsapSCIENCE animation (3 minutes): tinyurl.com/hxq4ccc

How can we make sure we have a healthy relationship with tech?

Tip for keeping healthy during lockdown

The Body Coach

I'm sure by now that many of you will have taken part in at least one 'PE with Joe' session with @thebodycoach (Joe Wicks). So, because of this I decided to highlight him, and specifically the benefits of HITT training to you all! Joe Wicks classes are a maximum of 30 minutes in length, and on his YouTube channel there are a variety of sessions including his '7 day sweat challenge', bodyweight workouts and specific workouts for the elderly. HITT training is superb for burning fat and building lean muscle, whilst also boosting your metabolism so even after you've finished your workout you will continue to burn extra calories! So why not give it a try! I've been doing the first '7 day sweat challenge' and believe me, after 20 minutes you will definitely be sweating!!

Who let the dogs out?!

Thanks to everybody who took part in our virtual dog show! Our winners are announced below. Can you guess who each puppy belongs to?



Most awesome eyes!
Charlie the Labrador!



Prettiest Pup
Penny



The Most Handsome Fella!
Digby



The Loveliest Lady
Kaya



The Golden Oldies
Coco



Best Fancy Dress
Buddy



The Funniest Pup Pic!
Alfie



The Grumpiest Grump!
Lily

Science in the news

A new catalyst turns greenhouse gas into jet fuel.

Materials like this could someday be used to curb airplanes' climate footprint.

Airplanes pump a lot of carbon dioxide, or CO₂, into Earth's atmosphere. That waste, a greenhouse gas, contributes to global warming. But someday, CO₂ instead could be sucked from the air and used to power those planes.

Air travel currently makes up 12 percent of all transit-related CO₂ emissions. Using CO₂ instead of oil to make jet fuel could reduce the air travel industry's carbon footprint.

Catalysts are materials that speed up chemical reactions.

An international team of scientists has now created a catalyst that can convert waste CO₂ into jet fuel.

Scientists had tried to convert CO₂ into fuel before. But those efforts relied on catalysts made of costly materials.

The process also took many steps. The new catalyst is a powder made of cheap ingredients, such as iron. It converts CO₂ into jet fuel in a single step.

The catalyst works by splitting molecules of CO₂ into the carbon and oxygen atoms from which they're made. The new process occurs in a reaction chamber filled with hydrogen gas. The catalyst helps the newly free carbon atoms link up with hydrogen atoms in the gas. The resulting hydrocarbon molecules can serve as a jet fuel.

The leftover oxygen atoms join up with hydrogen atoms to form water.



How we learn

Did you know that **big** and **important changes** are happening in the brain during adolescence? Here are **3 things to know about the teen brain**:

1. **The brain reaches its biggest size in early adolescence.**

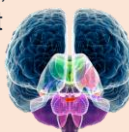
For girls, the brain reaches its biggest size around 11 years old. For boys, the brain reaches its biggest size around age 14. But this difference does not mean either boys or girls are smarter than one another!

2. **The brain continues to mature even after it is done growing.**

Though the brain may be done growing in size, it does not finish developing and maturing until the mid to late 20s. The front part of the brain, the prefrontal cortex, is one of the last brain regions to mature. This area is responsible for skills like planning, prioritizing, and controlling impulses. Because these skills are still developing, teens are more likely to engage in risky behaviours without considering the potential results of their decisions.

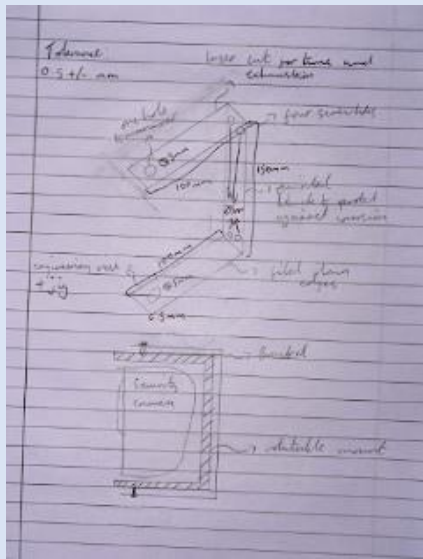
3. **The teen brain is ready to learn and adapt.**

The teen brain has lots of plasticity, which means it can change, adapt, and respond to its environment. Challenging academics or mental activities, exercise, and creative activities such as art can help the brain mature, learn and even prevent future neurological issues!

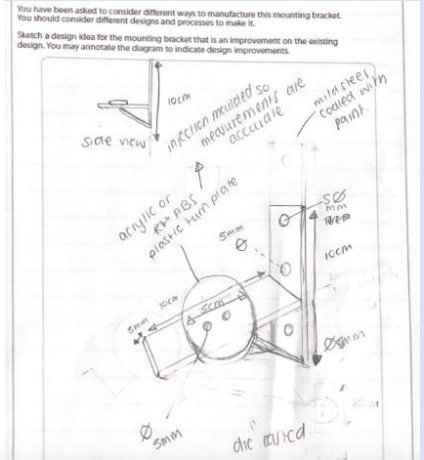


Celebrating our work

Well done to all of our students – we are proud of all of your home learning ☺



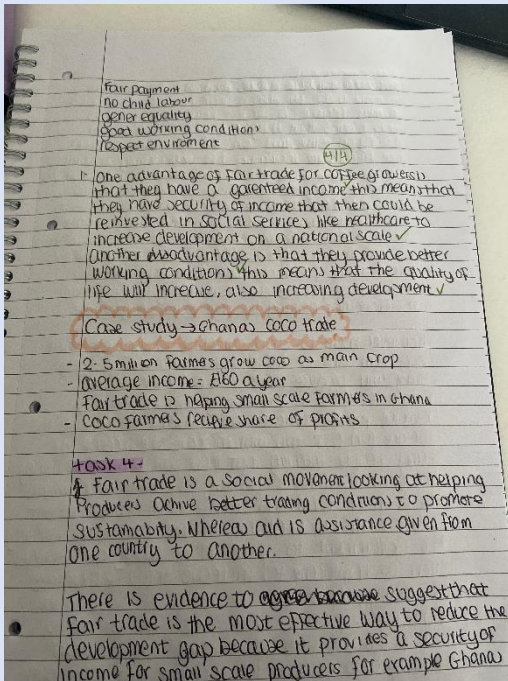
- my design is better because it is made by a die casting which produces identical mass products with 0 human error involved
- my design is quicker to make as it's die casted
- my design is mainly made of milled mild steel so that it is strong but will not rust when outside
- my design has a thicker base so it will not break under the weight or bend
- my design has a support beam under to support the weight
- my design has a thin plate so it can receive 90° made of acrylic which is durable and cheap
- my design has extra drill holes so that it is more secure against the wall
- my mounting plate is made through injection moulding re



Y11 Engineering
Logan Ebanks

Y11 Engineering Niav Vass

Both of these students achieved 18/18 on their assessment. I am extremely proud of the hard work that they put into this. I will be using their work as a 'How to Max the exam' example (Mrs Blyth)



A super, high-level response from Sophie McKerrill in Miss Robson's Y10 history class!

I completely agree with the statement that advances in surgery made in the Enlightenment were more significant than advances made in the Modern period because, although the Modern period is the most advanced, most of the changes and advancements, that were crucial in getting the Modern period to where it is, happened within the Enlightenment.

However, some historians may disagree with the statement because of different transplants and surgeries that were discovered and perfected in the Modern period. For example, in 1967, the first heart transplant took place. This was a huge advancement because it meant that people who suffered from life-threatening heart diseases could have a better chance and live a longer life through having a heart transplant. Also, during World War 2, the first plastic surgery happened to help soldiers that had been badly injured. This helped surgery advance because it helped wounded people to still be able to live and not die from infection or open wounds as they could have plastic surgery to heal whatever had happened to them. Finally, in 1963, the first lung transplant was performed and was successful. This was a big advancement in surgery because it became easier to treat people who needed new lungs because they could have a lung transplant.

I completely agree with the statement because of individual's discoveries, such as James Simpson. He was a scientist that discovered chloroform could be used as an anaesthetic in 1847. This caused surgery to advance because it meant that the doctors did not have to worry as much about their patient being in pain and they could perform the surgery with less stress. Also, the Queen used chloroform during childbirth and said that it was 'soothing'. This caused advancements in surgery because people believed that if the antiseptic was good enough for royalty to use then they could use it, this helped Simpson's ideas to spread and less people to be in pain during their surgeries. However, although this discovery was very influential, it had limitations, for example, it was hard for doctors to get the dose of chloroform correct and people, such as Hannah Greener, died from overdose. This meant that the advancement of surgery was limited because patients may be afraid of overdosing and less people would use the anaesthetic because of their fear. I disagree with this because the anaesthetic was still a large advancement in surgery as it meant people were not in pain during their surgery. There were also other individuals that helped to advance medicine, such as Joseph Lister.

An outstanding attempt at an 8-mark GCSE question (task 4) from Rachel Hayter (11A1 Geography) related to 'Fair Trade!' (Mr Howcroft)

Joke of the week

Explosion at the cheese factory: de-Brie everywhere.

Facebook

Our Facebook feed is regularly updated with news for our school community. Make sure that you are not missing out!

