

# SALESIAN COLLEGE

## Weekly Update

19<sup>th</sup> June 2020

### Message from the Headmaster



Dear Parents and Students,

The government guidelines have permitted the College to allow 25% of Years 10 and 12 into College on any one day as of Monday this week. I became a teacher because I enjoy the dynamic of a school environment, the cut and thrust of a busy human community. I don't think I would have chosen to be a digital teacher, viewing my students online, so it has been with real joy that I have seen students this week as a small re-emergence of our physical College life.

Charles Dickens wrote in 'A Tale of Two Cities':

'It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way...'

His words have strongly resonated with me over the weeks of this pandemic. This week in being allowed to have a small number of Year 10 and 12 students back into school I have heard from them many of the sentiments expressed by Dickens in their own experience of both good and bad in their own personal lockdown stories. My keen hope is that these unique days will mark all of us in a good way in the future and that when we are all back together in September, a better reality will emerge.

Have a good weekend.

God Bless

Gerard Owens

### Reflection from Fr Pat

Fruit of the Spirit 5: KINDNESS. This is a very personal quality. It involves knowing what will be pleasing to someone and going out of our way to provide it. It might be a little gift, or a compliment, or helping without being asked. Kindness is finding practical ways of showing that we care for people, that we wish them well, that we want them to be happy.

Don Bosco used the Italian word 'amorevolezza', loving kindness, as one of the three pillars of his Preventive System, his educational method: 'Reason', 'Religion' and 'Loving Kindness'. We know how good it feels to be treated with kindness. Let's help others in our families to feel that way.

**"Sweeten correction with comfort. Correction at times brings about anxiety and fear. A word of comfort can easily offset this. A person who forgets and helps the culprit to forget is a true educator..."**

– Don Bosco

# Photo Competition

Thank you to everyone who took part in the photo competition last week. Below are some of the brilliant entries we have received for the theme 'Colour':



James (7H)



Max (8B)



Harry (9B)



Ashton (Year 6)



George (Year 6)



Joshua (Year 5)



Sonny (Year 6)



William (Year 6)



Sam (Year 6)

If you want to take part in this week's competition, your challenge is to take a photograph with the theme 'Wheels'. Please send all entries to [bannisters@salesiancollege.com](mailto:bannisters@salesiancollege.com) by **Wednesday 24<sup>th</sup> June**.

Good luck!



# Welcome Back to Years 10 and 12

We were delighted to welcome back Year 10 and 12 as they began to return to College, and look forward to seeing the rest of our students as soon as possible.



## Myth Club

Below is some of the outstanding work from the students in Myth Club.

They have been producing their own examples of frescos (top row) and depictions of Theseus and the Minotaur on pottery (bottom row).



Caleb (7B)



Liam (7B)



James (7B)



Caleb (7B)



James (7B)



Jacob (8B)



# Artists of the Week

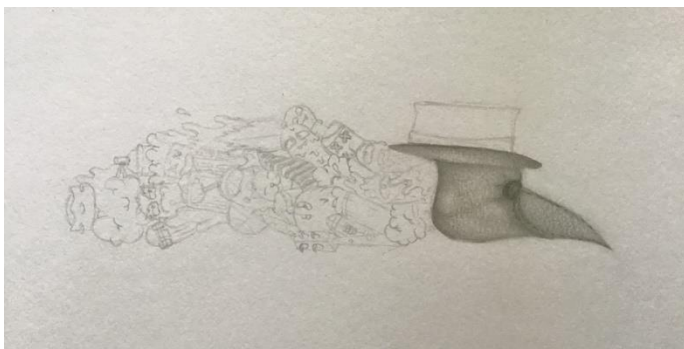
Congratulations to the following students, who have been selected as Artists of the Week:



Harry (7A)



James (7H)



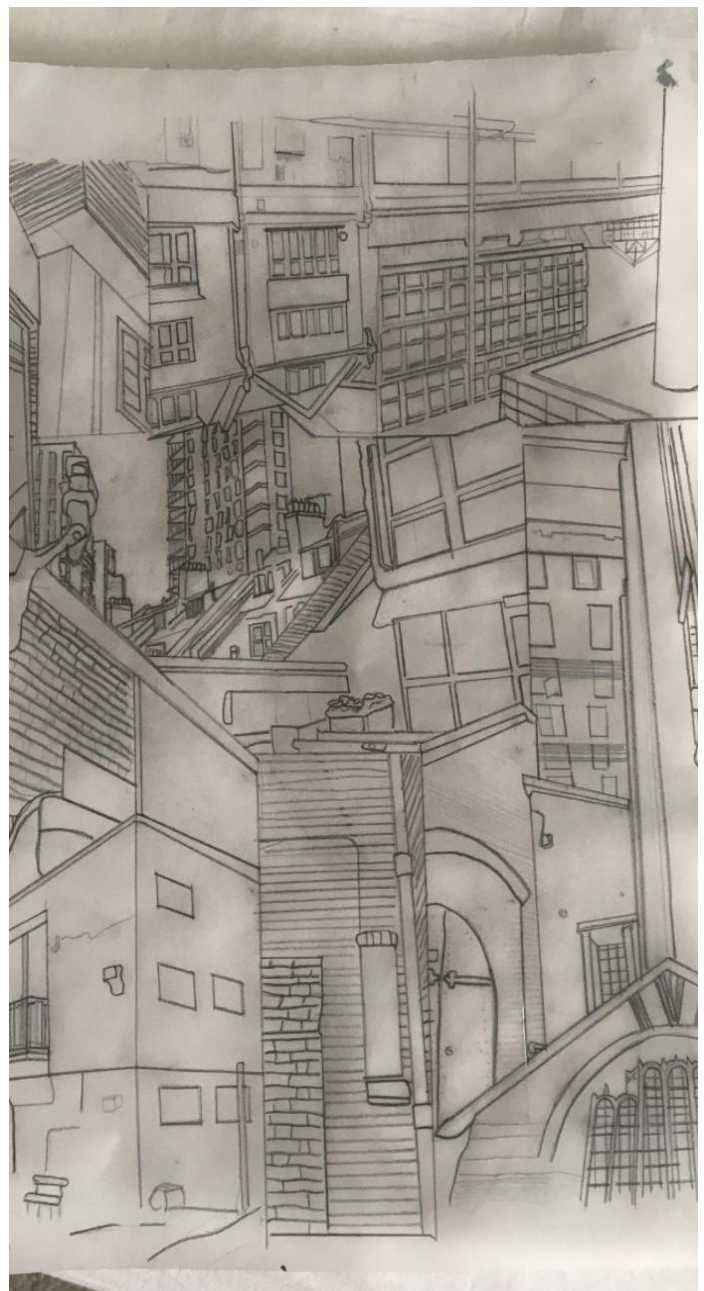
Alex (9B)



Scott (9D)



Tom (12TJ)



Benedict (12CF)



# Sports Captains

Congratulations to the following students, who have been appointed as Sports Captains for next year:  
(V-C) indicates Vice-Captain



**Archie Hynds**  
St Aidan's  
Games Captain



**Alexander Kwist**  
St Bede's  
Games Captain



**Nathan Holifield**  
St Dunstan's  
Games Captain



**Thomas Stowe**  
St Hugh's  
Games Captain



**Eve Daniels**  
Girls'  
Games Captain



**Elliot Allin**  
Basketball  
Cross Country



**Claudia Barry**  
Netball (V-C)



**Miles Brooks**  
Biathlon



**Andrei-Claudiu Cherciu**  
Table Tennis



**Charlie Curran**  
Swimming



**Eve Daniels**  
Netball



**Kai Elliot**  
Basketball (V-C)



**Oliver Harris**  
Athletics  
Cross Country



**Kieran Hatchett**  
Golf



**William Heath**  
Football 3<sup>rd</sup> XI



**Archie Hobley**  
Skiing



**Nathan Holifield**  
Hockey



**Nicholas Hosty**  
Cricket  
Football 2<sup>nd</sup> XI



**William Lentz**  
Badminton



**Angus Murray**  
Rugby 1<sup>st</sup> XV (V-C)



**Ayaan Naqvi**  
Basketball (V-C)



**Aran Parsons**  
Rugby 1<sup>st</sup> XV



**Sophie Pearce-Molland**  
Dance



**Vincent Quiambao**  
Table Tennis



**Daniel Roche**  
Football 1<sup>st</sup> XI



**Thomas Stowe**  
Tennis



**Christian Tiley**  
Football 4<sup>th</sup> XI



**Ben Whitehead**  
Football 1<sup>st</sup> XI (V-C)



**Nathan Woodham**  
Golf

# 'Poetic thoughts in Lockdown' by Year 9

## River - Joseph (9H)

Oh, River, Oh, River,  
Why must you leave? So fast you travel  
Carrying those leaves; the rocks can hear you  
And the trees no more.  
Oh, River, Oh River  
Now you must rest,  
Meander in the breeze; take with you the rocks,  
Carry them down stream; don't travel too fast  
The bends shan't be pleased;  
now you have come to the end of your journey.  
Tie up your hair, and do it slowly.  
You have reached flat land  
but don't get caught up here,  
Your Ocean Awaits.



## Life in Lockdown - Kieran (9D)

The streets are awfully quiet today,  
However, the sun still shines.  
We all do wait, wait for change,  
And look on the clouds for a silver line.

We begin to think about the future,  
And what effect this will have on it.  
We see that less cars equals more nature,  
We can now see out of the dark pit.

We now see the impact of good,  
The trees now looking much greener,  
But even with this, the virus would,  
It would get meaner and meaner.

This is why we cannot lose this fight.  
We cannot lie down yet.  
We will fight the virus day and night,  
To reduce the oncoming threat.

We must see the good that lockdown has brought,  
To give us evermore resilience,  
Because this virus is here to be fought,  
Although it is one in a million.

So let's not have any regrets,  
Let's all go on as one.  
Although the virus is a terrible threat,  
It will never burn out the sun.

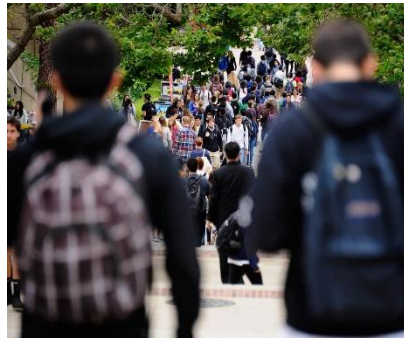
## Josh (9H)

There was a snake, moving through the forest.  
Green, and thin it moved like the grass,  
Blending as if it belonged.  
Not knowing if it was noticed.

There was a mouse moving through the dry fields.  
Brown, and slow, it moved like wheat.  
Blending in as if it belonged.  
Not knowing if it was noticed.

There was a boy, moving through the crowds.  
Head down, eyes lowered, it moved like every other.  
Blending in as if He belonged.  
Not letting out his pain.

Don't blend in, if you're not meant to.  
You are you, and deserve to show that to the world



## The Kite - John (9B)

There I was,  
Typing, working, listening,  
When I see him out of my window -  
A Kite.  
I saw him swooping around,  
Searching, stalking, hunting,  
He was unassuming, He was beautiful.  
He was a killer.  
He dove elegantly,  
Peaceful, effortless, deadly  
Then he came up -  
Something in his mouth.  
His slow wings pierced the air,  
Free, natural, careless.  
I thought about how much  
I wanted to be able to fly away -  
No cares, no worries.  
Suddenly he darted away,  
Instinct, unconfined, liberty.  
Then I looked back -  
Back to typing, back to work, back to listening.

# Intermediate Maths Challenge



Congratulations to all students who have been awarded certificates in the UKMT Intermediate Maths Challenge:

## Best in Year (9)

George C

## Best in Year (10)

Aadarsa R

## Best in School Best in Year (11)

Sho T

## Gold

Samuel B  
William C-O

Feliks G  
Oliver H

William P  
Aadarsa R

Sam S  
Sho T

Christopher T  
Wilf W

## Silver

Connor A  
Dara A  
Jack B  
Joel B  
Thomas B  
Wilf B

Lucca B  
Alex B  
Timmy C  
George C  
Liam F  
Daniel G

Neil K  
James L  
Jack L  
William L  
Joshua L  
Harry L

Duncan M-B  
George N G  
Jamie P  
William S  
Benjamin S  
Tobias S

William V  
Jasper W  
Nathan W  
Jamie W

## Bronze

James B  
Euan B  
Jack B  
Kyle B  
Henry B  
Max B  
Fred B

Ethan C  
Finn C  
Alex F  
Henry G  
Bernd H  
Oliver H  
Gabriel J

Alexander K  
Charlie K  
Jack L  
Max L  
John L  
William M  
John M

Subigya R  
Archie S  
William S  
Jai S  
Darpan S M  
Sulaiman S  
Pranav S

Edward S  
Isaac T  
Yanis T  
Alex T  
Thomas W  
Connor W  
Joshua Y

# RSB Competitions

## Nancy Rothwell Award

The Nancy Rothwell Award celebrates specimen drawing in schools and highlights the benefits of combining art and science.

The overall winner in each category will be awarded a set of drawing pencils, a certificate and £25. The winners' schools will also each receive £100. Student prizes will be presented at our Biology Week 2020 Annual Awards Ceremony on 8th October 2020.

Both highly commended entrants and winners will also be invited to an experience day at the Royal Veterinary College on 8th October 2020.

For more information, click [here](#).

## Photography Competition

'Our changing world' is the theme of the competition in 2020. Life on Earth is dynamic and we invite you to capture these transformations.

There are two categories in the competition, each with a cash prize:

- Photographer of the Year (18 and over) - £1,000 top prize
- Young Photographer of the Year (under 18) - £500 top prize

For more information, click [here](#).

# CAFOD Quiz

Thank you so much to everyone who has supported this fundraiser, both through donations and through quiz entries! Our initial goal of £350 has already been met in just one week! Can we now go for £500?



Click [here](#) for this week's quiz.

To donate, please use our JustGiving page, available [here](#).

## Results so far

There have been some strong entries for week one. The current standings are:

### **1<sup>st</sup> – YOU CAN'T CAMP WITH US**

An incredible 73/76, getting all 10 of the anagrams and losing only 3/66 points on the questions!

### **2<sup>nd</sup> – The Heards**

The first family team on the leader board with a brilliant 67/76, also getting all 10 of the anagrams!

### **3<sup>rd</sup> – The Tejuras**

The second family team, only one point behind on 66/76!

### **Joint 4<sup>th</sup> – Birrell and Ball**

A last minute entry takes 4th place with 64/76!

### **Joint 4<sup>th</sup> – Team 3**

A Sixth Form student team also with 64/76!

If you have not entered for week one but would like to get involved, there is still the chance to catch up! It is all still to play for, and strong week two and three entries could certainly contest the current frontrunners!

### **Some honourable mentions this week:**

With an impressive time of 26 hours and 18 minutes, the longest time spent on the quiz was by **Southern Comfort!**

The anonymous team named **Q** rallied 1,000,000 team members! Will the team start to expand?

**The Answer a is all you need** stuck to their morals, entering every answer as a, including the anagrams! In true team fashion, their team was of size a!

Thank you so much for all those who have donated so far! If you have already donated last week, then you don't need to donate again for each week (a donation gives you all three weeks of quizzes) but of course if you'd like to, any additional donations would be very much appreciated. All funds raised will be going to the CAFOD 'Summer of Hope' appeal which, for example, can work to provide hygiene packs for vulnerable families.

If you need to get in contact with us, feel free to email us at [youngleaders.cafod@salesiancollege.com](mailto:youngleaders.cafod@salesiancollege.com)

To get regular news and updates, follow us on Instagram: [@cafod.salesian](https://www.instagram.com/cafod.salesian)

Thank you very much everyone!

The Salesian College Farnborough CAFOD Young Leaders Team



# Virtual Sports Week Results

## Lester Shield (Overall) Results

**1<sup>st</sup> – St Dunstan's**

**2<sup>nd</sup> – St Aidan's**

**3<sup>rd</sup> – St Hugh's**

**4<sup>th</sup> – St Bede's**

Congratulations to St Dunstan's on winning the Lester Shield.  
Mr Bunyan has very kindly accepted it on your behalf!



## Year Group Results

### Year 7

1<sup>st</sup> – St Aidan's  
2<sup>nd</sup> – St Dunstan's  
3<sup>rd</sup> – St Hugh's  
4<sup>th</sup> – St Bede's

### Year 8

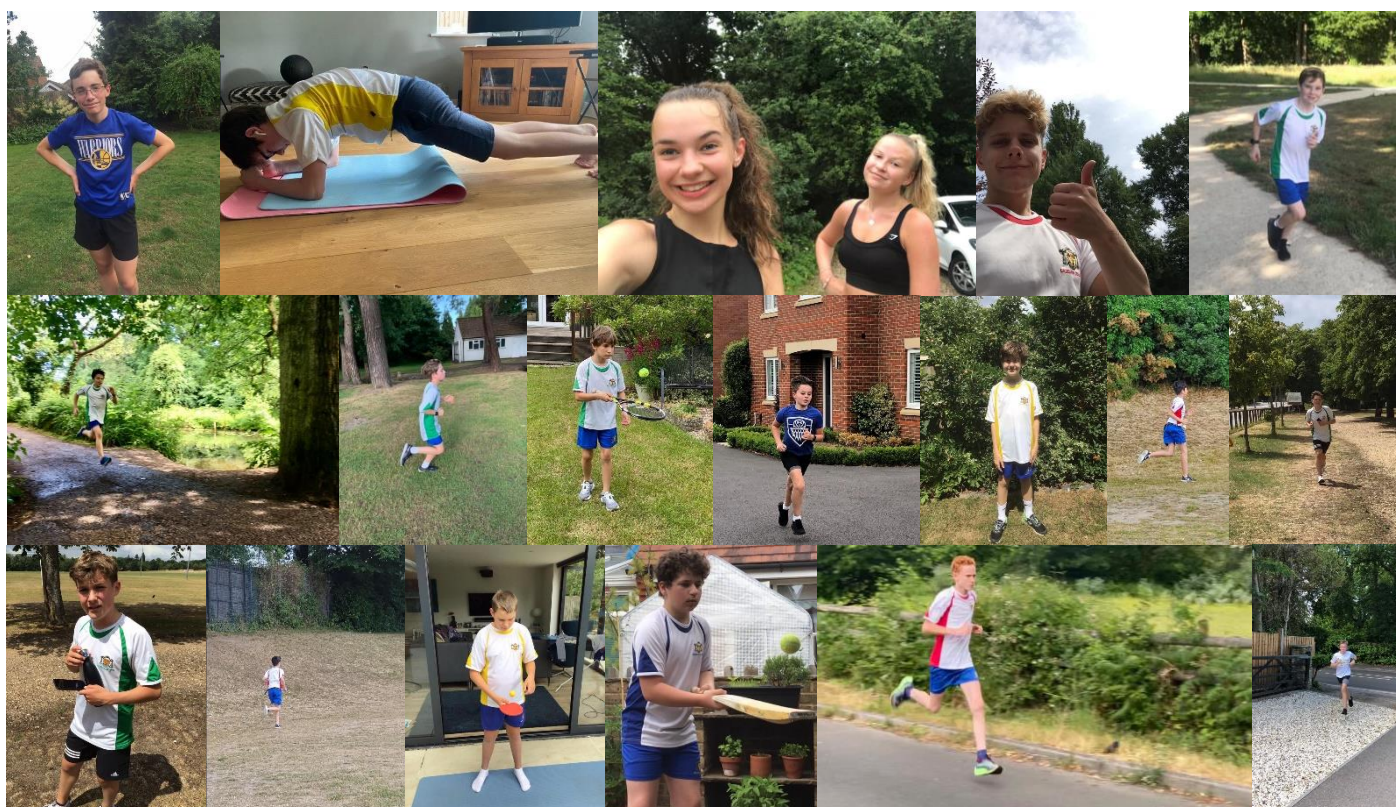
1<sup>st</sup> – St Dunstan's  
2<sup>nd</sup> – St Aidan's  
3<sup>rd</sup> – St Hugh's  
4<sup>th</sup> – St Bede's

### Year 9

1<sup>st</sup> – St Dunstan's  
2<sup>nd</sup> – St Aidan's  
3<sup>rd</sup> – St Bede's  
4<sup>th</sup> – St Hugh's

### Year 10

1<sup>st</sup> – St Aidan's  
2<sup>nd</sup> – St Dunstan's  
3<sup>rd</sup> – St Bede's  
4<sup>th</sup> – St Hugh's





The effort and participation from students in Year 7-10 was fantastic, the competition was hard and whilst Dunstan's won the overall Lester Shield and should be congratulated for this, Aidan's, Bede's and Hugh's should be very proud of their united efforts. The Mo Farah Challenge has generated lots of excellent 5 and 10km efforts and results will be rounded up next week.

Well done everyone, a hugely impressive community effort.  
Mr Cousins, Head of PE

# Wellbeing Apps

Below is a collection of apps that are designed to support young people with their mental health and wellbeing. All are recommended either by the NHS or CAMHS. Some require a paid subscription, while others have been made freely available during COVID-19.

Click the  and  icons to download the apps for iOS and Android, respectively.



## Feeling Good Teens

The Feeling Good Teens App uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation – access is free using the username: **coboost** and password: **coboost** during this period.



## MeeTwo

MeeTwo is a free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources.



## SAM

SAM is an app to help you understand and manage anxiety.



## Stop Breathe Think

Check in with how you're feeling, and try short activities tuned to your emotions.



## SuperBetter

Helps build resilience – the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.



## ThinkNinja

This app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience and is being made available for free during the Coronavirus crisis.