

SALESIAN COLLEGE

Weekly Update

22nd May 2020

Message from the Headmaster



Dear Students and Parents,

As we approach the break and the end of a quite remarkable half term I would like to give my sincere thanks to all of you who have maintained the spirit of Salesian College in these difficult days. I know that the students have all worked very hard over this half term and truly deserve a good half term break even if there is not an opportunity for travel!

On Wednesday it was 'National Thank A Teacher Day'. The teachers of Salesian College are very experienced, some of whom have had many years of developing their skills to teach and to inspire. However, all of us have become online teachers, which is a novelty, and at times it has been most trying. Even the most experienced teacher has found working remotely a great challenge, yet they have realised the great importance of providing structure and educational challenge for the good of the young men and women of this College. The teachers of this College have kept the ship of learning afloat. They have retained good humour and care to provide the students with the best possible education within the difficult constraints of these days. I would like to express my deep thanks to the teaching staff who have kept our learning community together so well this term.

In the coming weeks we will be making plans for the return of students to the College. Some face-to-face time for Year 10 and 12 students will take place before the end of the summer term. We do not envisage this meaning a return to normal for those year groups quite yet and would not expect a return to the College before 15 June. By that time we would hope to have fully embedded the government guidance which you can find [here](#).

My best wishes for a good half term break

God bless

Gerard Owens

Reflection from Fr Pat

One of the hymns for the Easter Season begins 'Battle is o'er, hell's armies flee! Raise we the cry of victory!' I always used to feel like that when I'd finished another set of exams and the pressure was off for a while. When you have completed your final paper today, recognise and enjoy that feeling of relief. You have the half term break ahead of you: time to turn to different activities and pay more attention to your family and the wonders of nature. Enjoy that too! These nine days after Ascension Thursday form the great 'novena' of preparation for Pentecost Sunday, when the disciples received a new outpouring of the Holy Spirit. May your spirit also be renewed! 'Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.'

'Without confidence and love, there can be no true education. If you want to be loved...you must love yourselves, and make your children feel that you love them.' – Don Bosco

Please let us know if you have any news, photos or videos to share, and send us your prayer requests which we will pass on to Fr Pat. Please contact Mr Crean at creann@salesiancollege.com

Key Dates for your Diary

Listed below are a few key upcoming dates, relating to the Year 12 assessments and the issuing of student Interim Progress Reports (IPRs):

Monday 1 st – Friday 5 th June	Year 12 Assessment Week
Friday 5 th June	Year 7-10 IPRs issued
Friday 19 th June	Year 12 IPRs issued
Friday 3 rd July	Year 7-10 full academic reports issued

Photo Competition

Thank you to everyone who took part in the photo competition last week. Below are some of the fantastic entries for the theme 'Monochrome':



Leo (7D)



William (7H)



Sebastien (8A)



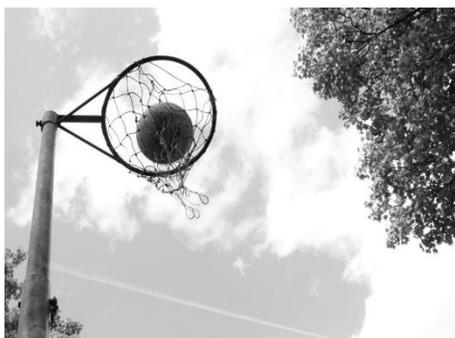
Max (8B)



Anji (Joining Y9 in September)



Charlie (Y6 – joining in September)



Edward (Y5)

Half Term

If you want to take part in the photo competition during the half term break, your challenge is to take a photograph with the theme 'Up Close'.

Please send all entries to bannisters@salesiancollege.com by **Wednesday 3rd June**.

Good luck!

Artists of the Week

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



Thomas (7H)



Reece (8A)



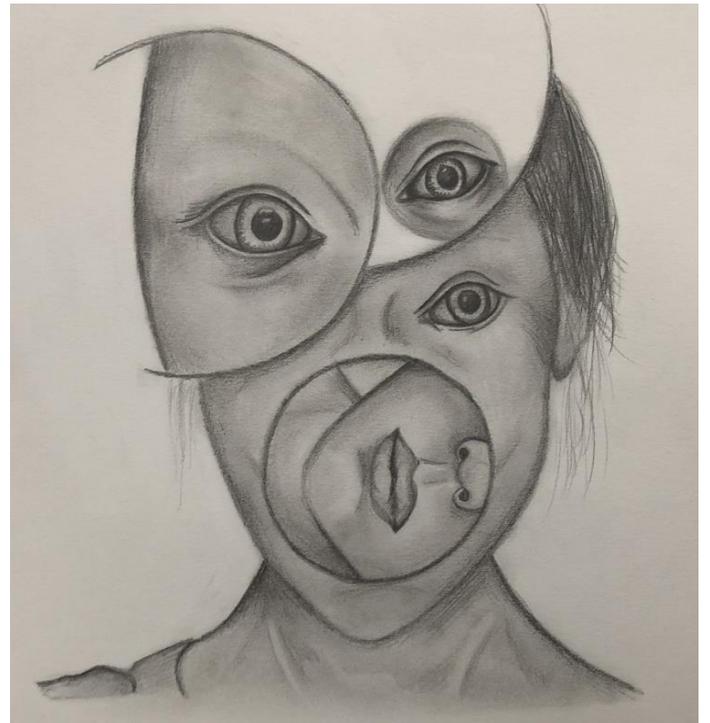
Ben (9B)



Thomas (10A)



Ed (9H)



Harvey (12TJ)

Salesian from Above

Thank you to Angelo (9D), who sent in this aerial photo of the College, taken recently, beautifully showcasing our new tennis courts!



Spanish Food

Students have been researching and cooking typical Spanish food, with delicious results:



Rafferty (7A)



Isaac (7A)



Ryan (7D)



Benjamin (7D)



Ashish (8H)



Kit (8H)

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](#) to visit the RSB website.



James Dyson Foundation

The James Dyson Foundation have created a series of 44 'Challenge Cards', which include a wide range of science and engineering-related tasks. Try to complete as many as you can (only those that are suitable to do at home!)

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



Music Challenge

Here's a musical challenge for all students:

Either as a solo performer, or in (remote) collaboration with others, try to record a musical piece which we can feature in future editions or the College website. Please send your entries to Mr Cassidy at cassidyn@salesiancollege.com by **Wednesday 3rd June**.

Click [here](#) for some musical inspiration, courtesy of the Salesian staff (starring Mr Priest as Bruno Mars)



Zambia Challenge

So, Team Salesian, this is going to be a tough challenge! As the College's annual trip to the City of the Joy in Zambia has been cancelled, over the next 14 days, we are instead going to travel to Zambia by bike, running or walking and then return to Farnborough – a massive 23,000km!

The Share the Light trip has been going for over 10 years now and, at the moment, the focus of the team will be launching a brand new charity. Changes will be announced in the coming months so please watch this space, along with the Salesian College social media platforms, as we continue the amazing work the STL team do in Zambia...

Exercise is not just physical - with it being Mental Health Awareness Week, it's important to consider the mental development it can offer. Because of this, we urge everyone to get involved if they can, remembering to stay safe at all times though!

Our recent Turin challenge was hugely successful, raising over £3600 for NHS Charities Together. This time, we have two causes that we are looking to support:

The Alex Bolt Fund

The first cause is very close to many members of the Salesian community, past and present. This fund was set up in Alex's name to raise money for The Brain Tumour Charity. Alex, a former Salesian student, lost his brave fight against brain cancer aged just 16.

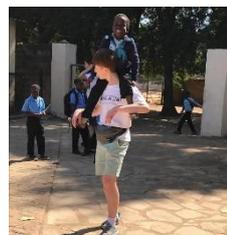
Please click [here](#) to donate, and for more information on this very special charity.



EduLife

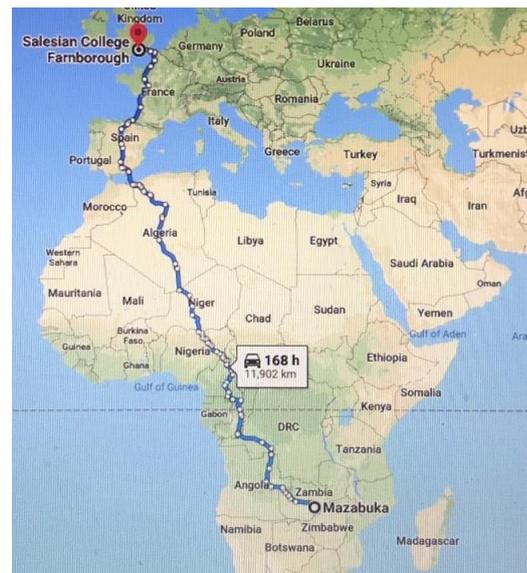
The second cause is EduLife, which is doing great work in Zambia providing scholarships for children to help them continue their studies, realise their potential and make a positive impact on their communities.

Please click [here](#) to donate, and for more information.



Let the challenge begin. We are live for 14 days!

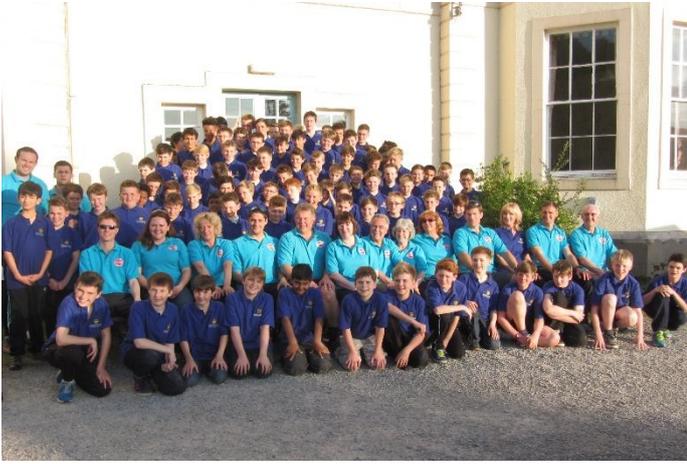
Track your activity and send in via Salesian United on Strava clubs, or simply email the data to cousinsg@salesiancollege.com, converted into km. This is open to all the Salesian community and families. We will need you all to complete the adventure on time!



Class of 2020 – Thank You and Good Luck!

We thank all our Year 13 students, who leave this summer, for their fantastic contribution to the life of the College throughout their time with us. We look forward to celebrating this with them in the autumn and wish them well in their future studies and careers. Keep in touch!

Below are a few photos from whole year events from Year 7 to 13.



Virtual Sports Awards 2019-20

Congratulations to all students who have won individual sports awards this year. For more information, please click [here](#) to visit the 'PE at Salesian College Farnborough' Facebook page.



Player of the Year

Football

U12	Lewis M	(7D)
U12 Eagles	Archie B	(7B)
U13	George L	(8D)
U13 Eagles	William L	(8A)
U14	Jadyn D	(9D)
U14 Eagles	Alexander Y	(9A)
U15	Alex G	(10D)
U15 Eagles	Oliver G	(10H)
U16	Edouard H	(11B)
1 st XI	Thomas D	(13DM)
2 nd XI	Nathan H	(12TJ)
3 rd XI	Luke H	(13MSA)
4 th XI	Thomas H-E	(13DM)

Table Tennis

U12	Isaac M	(7A)
U13	William W	(8D)
U14	Vincent Q	(9B)
U15	Abhishek S	(10B)

Trophies

The Stokes Trophy	Luke H	(13MSA)	Messi Trophy for Football	Alexander F	(7H)
The Field Trophy (Yr 10-13)	Jack B	(11H)	Robert Stella Trophy	Sean H	(13SB)
The Richard Lowry Trophy	Oliver B	(10A)	Michael Stone Trophy	Stanley W	(13MD)
The Honeywill Trophy	Oliver S	(8H)	Patrick Wilson Trophy	Benjamin V	(13DM)
Cross-Country Trophy	James D	(9A)	Father McGuinness Trophy	Oliver B	(13MSA)
The Wilkinson Trophy	Fergus T	(8H)	Gareth Cousins Cup	Lukas B	(13SB)
Golden Boot (most goals scored)	Jay M	(8D)	Dawson Trophy	Miles B	(10H)
Field Trophy (Yr 7-9)	Zack A	(7H)	Cook Trophy	Arjan M	(7D)
Richard Blackhurst Trophy	Fareed H-H	(11D)	Old Salesian Trophy	James S	(13DM)
Brother Dariusz Cup	Edward R	(13ANA)	Carbury Trophy	Koby R	(7A)
Netball MVP Trophy	Lucy B	(12JPR)	Skier of the Year	Angelo A	(9D)
Alex Bolt Foundation Trophy	Jonty S	(13MD)	Vince Lombardi Trophy	Aubrey C	(8D)
Golden Gloves (most clean sheets)	Dominic W	(7B)	Ballon d'Or	Joshua B	(9A)
Badminton Excellence	Jadyn D	(9B)	Michael Jordan Trophy	Louis P	(8D)
Godden Award for Netball	Charlotte W	(12HI)	Sportswoman of the Year	Oliver B	(13MSA)
O'Loughlin Trophy (1 st XI POY)	Thomas D	(13DM)		Eve D	(12NSM)

Teams of the Year (2019-20)

Junior Teams of the Year	Year 7 Basketball and Football teams
Overall Team of the Year	U13-U19 Cross Country squads (athletes from Year 7-13)

Colours

All students who have received sports colours will be featured in the next edition of the Weekly Update.

Mental Health Awareness Week

This week is Mental Health Awareness Week, hosted by the Mental Health Foundation. The theme for this year is **kindness** - choosing to do something good for yourself or others.

For more information, click [here](#) to watch this video, or read more about it on their [website](#)

There are so many ways to help ourselves or others as part of our everyday lives. Have a look at these examples. How many of these can you do over half term?

- Send someone you know a joke to cheer them up
- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Spend time playing with your pet
- Donate to a charity
- Arrange to watch a film at the same time as a friend and video call



14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.

2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.

3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.

5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.

7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.

13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.

14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

