



# St Joseph's Roman Catholic High School

Chorley New Road | Horwich | Bolton | BL6 6HW

**Telephone:** 01204 697456

**Website:** [www.stjosephsbolton.org.uk](http://www.stjosephsbolton.org.uk) | **Email:** [office@st-josephs.bolton.sch.uk](mailto:office@st-josephs.bolton.sch.uk)

**Headteacher:** Mr T McCabe | **Deputy Headteachers:** Mrs J Morgan, Mrs N Yorke Robinson | **Chair of Governors:** Mrs P Jones  
**Registered Charity Number:** 1075795 | **Facebook/Twitter:** StJosephsRCHS

1<sup>st</sup> February 2021

Dear Parent/Carer,

As a school, the mental health and well-being of young people is of paramount importance, as we recognise that mental health is as important to a child's safety and wellbeing as their physical health. It can impact on all aspects of their life, including their educational attainment, relationships and physical wellbeing. As a school and as parents and carers, there are many ways we can support children and young people to give them the best chance to stay mentally healthy.

Thursday 4<sup>th</sup> February will be our second Curriculum Enrichment day where students take part in activities that enrich their curriculum and develop their personal, social, and emotional skills. This second Curriculum Enrichment day takes place within Children's Mental Health Week, 1<sup>st</sup> -7<sup>th</sup> February 2021, the theme of which is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

Also at this time, an additional aim for the day is to enable our students to have a day with reduced screen time where they can focus on personal development, mental health and well-being.

All students will complete a "Home Learning Challenge" on their Curriculum Enrichment day, the resources for which will be found in the files section of their form group Teams class. There are three sections of tasks that students can choose from. The day starts with an online assembly which will outline the arrangements and expectations for the day to students. There are three standards of award to complete, bronze, silver and gold. All students must complete the literacy task and at least one careers task, all other tasks are student choice. Students must evidence their completion of tasks and share this with their form tutor. They will be required to register with form tutors as normal at 10.45am for Year 7 and 8 students and 10.30am for Year 9, 10 and 11 students. All students will then be required to join their form tutor at 2.00pm to share their challenges from the day. A list of all the challenges is attached to this letter for reference.

We hope that the students will find this to be an enjoyable, exciting and informative day. If any parents require further information about the day, please do not hesitate to contact school.

Yours sincerely

*H Horridge*

Mrs H Horridge  
Assistant Headteacher: Curriculum



## Personal Development and Well being

### A challenge awaits you...

Today would be your second Curriculum Enrichment Day. For today, we are setting you a selection of personal development and well-being challenges to complete. Some will be easier than others and some need you to be extra creative.

*When we are back at school, prizes will be awarded for any children who have managed to complete the Gold Challenge!*

**I CHALLENGE YOU!**

**For each challenge, you can write a quick note explaining what you did and/or take pictures evidencing that you have completed it.**

There will be 3 levels of award you can achieve:

**Bronze** (completing 10+)

**Silver** (completing 15+)

**Gold** (completing 20+)

Rules and regulations:

- ❖ You **MUST** complete at least one careers based task and the literacy task as part of the challenges that you take part in
- ❖ You **MUST** provide some evidence to prove you have completed each task.
- ❖ Ensure you have permission before completing each task.
- ❖ You can work together with people at home to help you complete the challenge but YOU must be involved in each task.
- ❖ You **MUST** log into Teams with your form tutor at registration as normal and then again at 2pm with your evidence and which level of award you have achieved.

**COMPLETE THE TABLE EACH TIME YOU COMPLETE A CHALLENGE**

### TOP TIPS

- Plan out when you are going to complete each task over the course of the day
- Think about what resources you could use before you start a task
- Talk to your friends/family for advice/ideas
- Contact school if you have any questions or need any help



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## THE HOME CHALLENGE

	Challenge Tasks	Notes/Evidence
1	Read a book in an unusual place	
2	Write a handwritten letter to a loved one	
3	Do some @home workout	
4	Get some sunlight and go on a walk	
5	Do some meditation/yoga/pilates	
6	Dance to your favourite music in the morning	
7	Create a video message which can be shared with family/friends/teachers	
8	Spring clean your space	
9	Unplug for the rest of the day	
10	Make an indoor restaurant and serve your family	
11	Take a virtual tour of Buckingham Palace <a href="https://www.royal.uk/virtual-tours-buckingham-palace">https://www.royal.uk/virtual-tours-buckingham-palace</a>	
12	Get stuck into a new podcast	
13	Create a talent show entry	
14	Eat your breakfast in the garden	
15	Draw or sketch something that you find in your home or garden	
16	Watch the Northern Lights <a href="https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam">https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam</a>	
17	Make a bucket list	
18	Make a fitness routine and put your family through their paces	
19	Use the resources in your house to make a musical instrument	
20	Make a short film of your favourite book	
21	Watch a film that is based on book	



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	<b>Literacy Challenges</b>	<b>Notes/Evidence</b>
	<b>You MUST complete this task</b>	
<b>1</b>	Murder mystery. You must solve all the clues (literacy ones) and solve who the murderer is. The resources for this are on TEAMS (location to be added)	

	<b>Career Challenges</b>	<b>Notes/Evidence</b>
	<b>You MUST complete at least one of the Careers Tasks</b>	
<b>1</b>	Use the documents from Mrs Hancock to use the full range of resources that have been created for you.	
<b>2</b>	Build your confidence & Speak up for yourself	
<b>3</b>	Improve your skills and qualities that will help set you up for success	
<b>4</b>	Virtual Work Experience	
<b>5</b>	Discover the business of fashion and understand the cultural impact of the fashion industry	
<b>6</b>	Exploring the Veterinary Profession	
<b>7</b>	Transferable skills	
<b>8</b>	Types of Jobs and Skills by Profession	
<b>9</b>	The Nine to Five with Stacey Dooley	
<b>10</b>	National Apprenticeship Week	
<b>11</b>	A-Z Apprenticeships	
<b>12</b>	Apprenticeships Kahoots	
<b>13</b>	Apprenticeships CV and interviews	
<b>14</b>	Guess the employer quiz	
<b>15</b>	Logo quiz	
<b>16</b>	Create a careers logo for school	
<b>17</b>	Xello careers site	
<b>18</b>	Y11 Task: Personal Statement	
<b>19</b>	A Personal Profile	
<b>20</b>	Careers Board Game	