

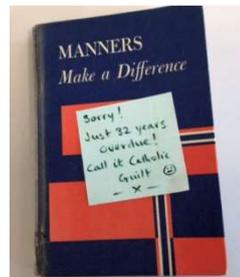


## Extra-Curricular Clubs

It is good to see students enjoying extra-curricular clubs again as we gradually come out of the restrictions we have been under because of the pandemic. We are working our way up to a full programme moving forwards and it was a pleasure to see the cadets back in action. If your child is interested in taking part in a club, please speak to the relevant subject lead to sign up e.g. PE; Music; Art; Science; English; Drama; Cadets.

## In The News

It has been a busy week for the media this week. Following a library book being returned to school after 32 years, the local media have been speaking to us about the book, what it was about and who we thought sent it back. ITV Anglia news also came into school to make a short film, which was broadcast on Tuesday at 6pm. Our receptionist received the book and realised that she had also been a pupil in the same year it had originally been borrowed. There was a lovely note on the front of the book but no name. We would love to find out who sent the book back! The whole event has highlighted the family nature of our school and how much the use of the library has changed over the years along with society. Thank you to all staff involved, particularly Ms Sennett and Mrs Roe.



Kate Pereira



## Virtual Medical Work Experience...

Are you interested in a career in medicine? Do you want a full insight in the world of medicine? Would you like an opportunity to taste the wonderful world of medical studies? If so then I have the perfect offer for you. How would a virtual, medical work experience sound? I know that when Miss Maudsley informed me about it, I was very interested because not only did it give me a chance to gain more knowledge in the world of medicine but as I missed work experience last year, this is the perfect way to make up for it and make my CV stand out from the rest.



Firstly, this isn't any ordinary work experience, it is an engaging and insightful experience as to how different medical situations should be handled. The main aims of the programme is to provide a realistic insight into medicine, to motivate students to pursue a career in healthcare and most importantly, to widen access to healthcare careers despite the COVID-19 pandemic. It is very difficult to gain work experience during these uncertain times, so this is the perfect way to gain work experience and also have fun whilst boosting your CV! The team of healthcare workers are very helpful and inviting but mainly are wonderful teachers to those who are interested in their career path. You will receive a journal to reflect on your experience and many learning outcomes so that you know what to get out of the session.

There are also other mini sessions in specific healthcare professions, for example a few days ago, I attended a dentistry session. I learnt the skills required and the duties acquired by a dentist, I understood and applied the pillars of medical ethics and I understood the importance and application of probity, professionalism and dealing with uncertainty. As you can tell, the programme has not only given me a complex and wider knowledge in different branches of medical careers but helped to develop the characteristics required in any work environment.

To apply for the medical work experience, visit their website :

<https://medicmentor.co.uk/>

There you can apply for the medical work experience, competitions, the medical healthcare society, and the summer school that they are running.

Parwana Samadi – Year 11

## Word of the Week – Gallant

Adjective: **gallant**

1. (Of a person or their behaviour) brave; heroic.  
"She had made gallant efforts to pull herself together"  
• Similar: brave, courageous, valiant, valorous, bold, plucky, daring, fearless
2. (Of a man) charmingly attentive and chivalrous to women.  
"A gallant gentleman came over and kissed my hand"  
• Similar: chivalrous, gentlemanly, courtly, courteous, respectful, polite

The word of the week is 'gallant' which is another word for being brave and courageous. This word was chosen as it links to St Catherine of Siena, who we are celebrating this week. St. Catherine of Siena was a Dominican tertiary and mystic who lived in Italy in the 1300s. She was known for her holiness, asceticism, and spiritual visions and was said to have received stigmata. She was also a reformer and political activist, and she was influential in religious and political affairs of the church. She was regarded as a fearless saint who influenced many people and she encouraged people to be brave and believe in themselves. We can see this message in her quote

***"Start being brave about everything, driving out darkness and spreading light as well. Don't look at your weakness, but realise that in Christ crucified you can do everything."*** —Saint Catherine of Siena



Consider St Catherine's advice, if you can't start by being brave about everything, identify one thing. Maybe it's doing something that you have always wished to do but didn't have the courage. Maybe it's helping out at a women's shelter. Maybe it's helping to feed the homeless. Be brave and spread the light.

## Good News

The weekend saw March Athletic Club compete in the sixth and final round of the 2020-21 Frostbite League. Despite a brisk, cold wind, frost and snow showers, we are very pleased to report our very own Luke Cumbridge in Year 9 finished first in the juniors race. Well done Luke this is a great achievement!



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## Study Centre



The Study Centre is available for years 7 and 8 on a rota basis. It is open after school between 3.15pm and 4.15pm for supervised study. We would particularly encourage any students struggling to organise their homework to attend.

Students will need to book a slot with their tutor or at Student Services. It will be operated on a first come first served basis with a maximum of 20 students per day.

Day	Year
Monday	7
Tuesday	8
Wednesday	7
Thursday	8
Friday	7

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