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# THE LINK

**Newsletter for the pupils, parents and staff of  
St Michael's Catholic College**

**Issue 183- March 2021**

## Online Korean Exchange Program

As with school and work this year, the Korean exchange has also moved online. 15 of the Year 10 students have been partnered with Korean students from Gyeryong Middle School, Cheonan Gyegwang Middle School, Seoya Middle School and Gongju Middle School in the South Chungcheong Province of South Korea. Below, Trey describes the experience so far.

My experience with having a Korean exchange student online is really fun. It started when I got an email from my exchange partner. His name is Jeongwon Jeon and he is 14 years old. As well as exchanging emails we have been able to take part in zooms. On the most recent zoom, he showed me his school. It was interesting to see a school in a different country as I have only seen a British school. His school was so cool, it was big and had such a nice outside area. Something we don't have but his school does is that they are allowed at break or lunch to go to the shop in their school which sells food. I was shocked and explained to him that we don't have that. As well as showing me his school, we talked more. His English is very good, I could understand him even though he had a teacher next to him who was fluent if he needed. A couple of days later he texted me to let me know that I was on the news in Korea! I was very shocked and excited even though I was on it for a short time. I would like to thank all the teachers who are involved in the exchange as it is such a great life lesson as I get to learn about and experience a new culture.

Link for the news video: <https://youtu.be/cLeh-s8jhIE> - **Trey C - Year 10**



Year 10 students with Korean lanterns made by their exchange partners



**ST MICHAEL'S  
CATHOLIC COLLEGE**



**National Day of  
Reflection  
23 March**

## National Day of Reflection

On Tuesday, the whole college was involved in the National day of Reflection.

Ms Corcoran created a presentation that enabled students and staff to reflect on the losses that this year of Covid 19 has brought to individuals and communities, allowing the college community to remember and to celebrate any loved ones who died as well as to think about and rebuild our hope for the future.

It reminded us that as it says in Ecclesiastes:

*"To everything there is a season and a time to every purpose under the heaven":*

A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

A time to kill, and a time to heal; a time to break down, and a time to build up;

A time to weep, and a time to laugh; a time to mourn, and a time to dance;

A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

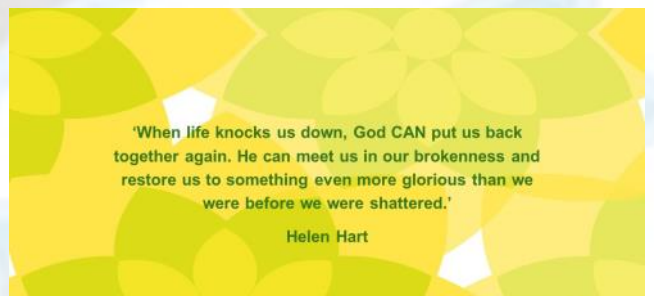
A time to get, and a time to lose; a time to keep, and a time to cast away;

A time to rend, and a time to sew; a time to keep silence, and a time to speak;

A time to love, and a time to hate; a time of war, and a time of peace.

To watch the whole presentation please visit this link

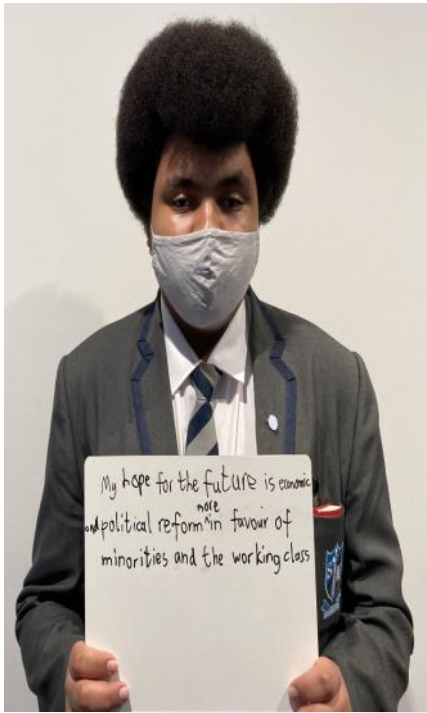
<http://tinyurl.com/NDORV10-11>



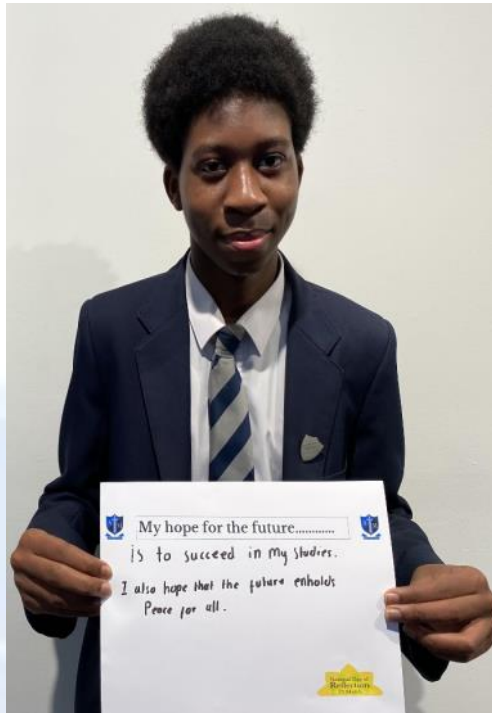
**Our hopes for a brighter future.....**



# My hope for the future.....



My hope for the future is economic and political reform <sup>more</sup> in favour of minorities and the working class



My hope for the future..... is to succeed in my studies. I also hope that the future enholds Peace for all.



My hope for the future..... IS racism to come to an end.

## My hope for the future.....

My hope for the future is that eventually, we will live in a safe world where nobody is judged for who they are, and everyone is accepted. There would be no discrimination, and everyone will work together to become successful, earning money and gaining happiness from each other.

I also hope that one day we will be able to achieve complete and utter peace, with all differences being resolved, and nobody being harmed through disagreements in the government. There will be no war, no gangs and no violence, and everyone will have the free will to enjoy their lives however they want, without the risk of harming others.

Hopefully, in the future, there will be more cures for diseases so that everyone can live a long and prosperous life, experiencing little pain.

Natasha J.

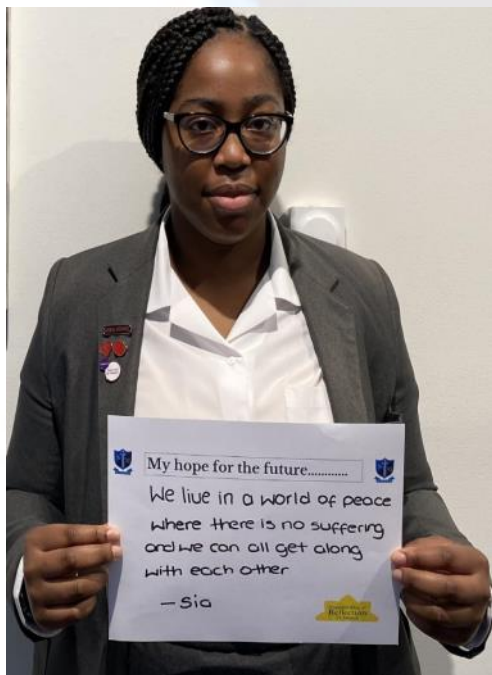


## My hope for the future.....

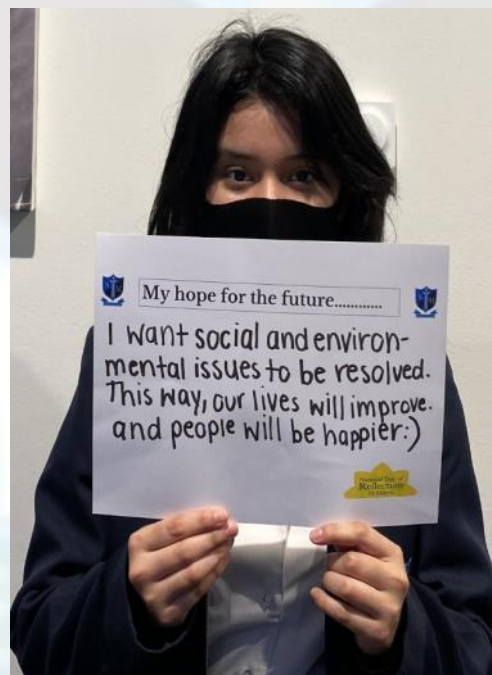
My hope for the future is that we all live in peace and harmony and that no obstacle will get in our way.

I wish for the best for everyone in the world to live good and Holy lives.

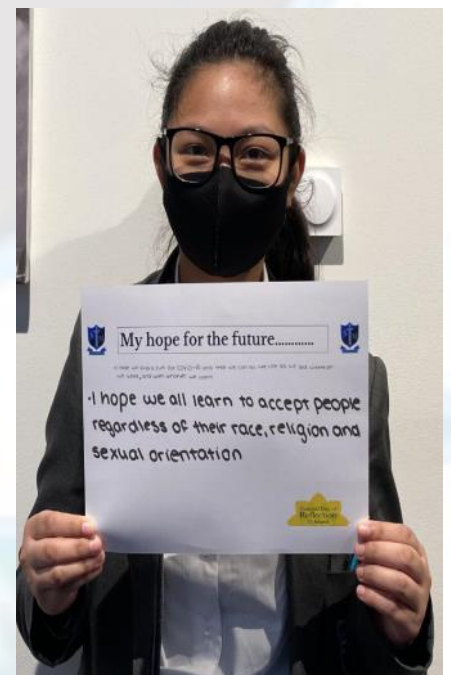
Noah Y.



My hope for the future..... We live in a world of peace where there is no suffering and we can all get along with each other - Sia



My hope for the future..... I want social and environmental issues to be resolved. This way, our lives will improve and people will be happier :)



My hope for the future..... I hope we all learn to accept people regardless of their race, religion and sexual orientation



### Photography Competition

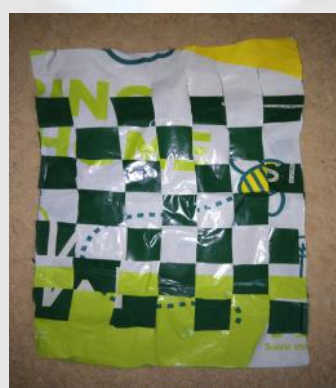
Many congratulations to our student Cavalli J. who won January's photography competition. The challenge was to recreate a favourite work of art. Also Mr Lomax ( pictures on the right) took part and won the staff member competition.

Here is the website with more pictures: <https://mailchi.mp/40e8717a0d10/sslp-photography-competition?e=bf3f647c0c>



### Textile work

In Textiles lessons they have been learning about fibres and fabrics and in particular the different methods of constructing fabrics. This particular task focused on woven fabrics and how you can construct a weave using all sorts of materials. They pupils were tasked with being creative and creating their own weave using interesting things they can find at home. I particularly like the one made out of socks and one where they have used leaves that they collected from a walk. Miss Davies



## Exceptional Work

In Science students have explored the effects of alcohol in the body and were asked to create posters on the effects of alcohol on the body. One of the students, Julianne C. Year 9, created a very imaginative one: she made it into a menu to buy new body parts.

# ALCOHOL:



~ Alcohol is a drink that contains ethanol. It is social drug that is a poison and very addictive. There are a wide-range effects that alcohol has in the body.

## Effects on the body:

### Brain:

Drinking alcohol can interfere with the communication pathways of the brain as well as the way the brain looks and works. Having alcohol disrupt the functionality of the brain, it can change one's mood and behaviour thus making it harder to think clearly and move with coordination.



£7.75

### Heart:

Consuming alcohol over a long time or too much in one day can lead to Cardiomyopathy - stretching and drooping of heart muscle, Arrhythmias - irregular heart beat, stroke and high blood pressure.



£7.25

### Liver:

Once alcohol enters the liver, liver cells die. It can still develop new cell, however continuing alcohol misuse over years can reduce the ability of the liver regenerating cells. This can end up in serious or permanent damage to the liver. This would mean that it would prevent the liver from properly removing harmful substances from the body.



£9.50

### Pancreas:

Alcohol causes the pancreas to produce toxic substances which eventually lead to pancreatitis. It causes inflammation as well as the blood vessels in the liver to swell; this prevents proper digestion.



£8.25

### Facts about Alcohol:

- ~ 80% of people living in the UK drink alcohol.
- ~ There are 25,000 deaths that are alcohol-related every year.
- ~ "Hangovers" are caused by dehydration.
- ~ Drinking alcohol is legal from age 18

### Long term Effects:

- ~ High blood pressure, heart disease, stroke, liver disease, breast cancer (women) and digestive problems.
- ~ Weakening of the immune system which increases the chances of getting sick.
- ~ Learning and memory problems.
- ~ Mental problems, including depression and anxiety.
- ~ Social problems, including lost of productivity.
- ~ Alcohol use disorders or alcohol dependence.

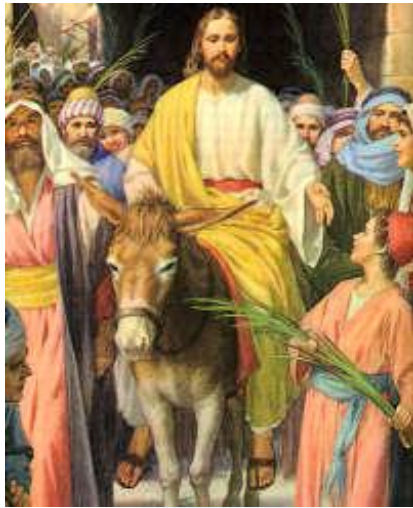
### Drink Moderation:



= 2 drinks or less  
in a day

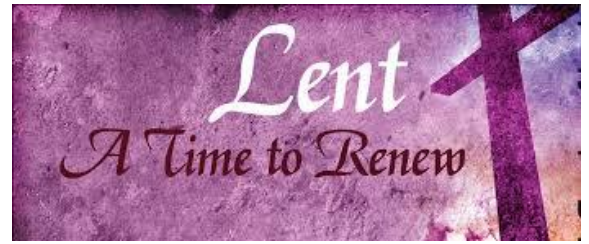


= 1 drink or less in  
a day



### Chaplain's Corner

Palm/Passion  
-Remembrance



**Bible reading: From the Gospel of John 12:12-16**

When they heard that Jesus was coming to Jerusalem, the crowds waved palm branches and went out to greet him, shouting, "Hosanna! Blessed is he who comes in the name of the Lord! "

Jesus rode a donkey into the city. This fulfilled what the prophet Zechariah had said about Jesus: "Do not be afraid, Jerusalem - Your king is coming, riding on a donkey. "The disciples did not understand, but later after Jesus rose from the dead, they remembered what Zechariah had written.'

The people were so excited that their promised Saviour was riding into Jerusalem that they did what?

They waved branches from the palm trees and cheered "Hosanna! Blessed is he who comes in the name of the Lord!"

The crowd had listened to Jesus teach them with love, and they watched as he treated all people with respect, welcomed the lonely, and showed great care to the sick. Jesus revealed a better, kinder way to live. He had brought people hope.

But the crowd did not know what we know – that Jesus would suffer and die and then rise from the dead. And in doing this, Jesus was giving us all hope of everlasting life with God.

How can you bring hope to people near to you?

Think about the words we have used during Lent to describe Jesus. Suggestions might be loving, kind, fair, just, forgiving.

Consider how you can bring hope to people who live far away.

With every blessing

*Miss X.Hagan*



**Prayer**

**May all children  
in the world  
share love  
share friendship and live  
in the peace  
of God's love,  
now and forever.  
Amen.**

### Palm Sunday

Palm crosses were given to all students and offered to staff to take home for friends/family to mark Palm Sunday last weekend.

The palm crosses were made by the community of the Masasi village.

The money we used to purchase the crosses will be invested in children's eye clinics, improved seed stocks, HIV Awareness, water resources and environmental conservation for the Masasi village in Southern Tanzania. *Miss X.Hagan*



**Palm Sunday**  
Hosanna To The King of Kings

**Sunday 28<sup>th</sup> March**

Palm Sunday commemorates the entrance of Christ into Jerusalem (Matthew 21:1-9), when palm branches were placed in his path, before his arrest on Holy Thursday and his crucifixion on Good Friday. Each student will be given a palm cross to bring home as a focal point of prayer for this coming Palm Sunday

### Safeguarding

**Important Notice from the Safeguarding Officer - there is a copy of our Safeguarding Policy on the College Website. A hard copy of this is available in the College Office.**



Contacting the College - Direct parents access to college via email  
contact@stmichaelscollege.org.uk For absence please phone: 0207 237 6432 EXTN. 730

