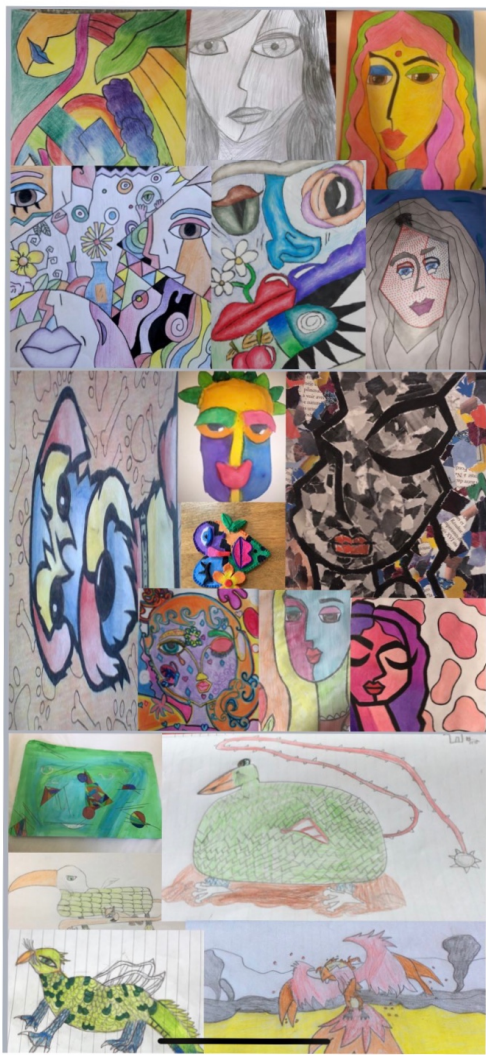


BVS News

Home Learning

Bishop Vaughan pupils have been hard at work at home, creating a range of works including those displayed to the right. Key Stage 3 pupils have been creating their own mythical creatures and working in the style of artists like Fedro using a variety of mediums and integrating their own artistic styles and visions. Very creative and inspiring works. Pupils have also been actively participating in the BVS Go Extra challenges and have made some excellent contributions. Keep up the good work!



Remarkable Efforts from BVS Staff

Bishop Vaughan staff have been working tirelessly to supply many pupils with food supplies and toiletries to support them through these trying times. Bishop Vaughan is also one of the schools in Swansea acting as emergency childcare, supporting our valued key workers as they work ultimately hard to support the public.

BVS Bingo!
#GOEXTRA

HOW MANY CAN YOU COMPLETE AS PART OF THE HOME LEARNING ACTIVITIES?

| | | | | |
|--|--|--|--|---|
| ENJOY A HOME MOVIE NIGHT. | LEARN A TIKTOK DANCE. | BAKE A SWEET TREAT. | DESIGN A CARTOON ABOUT YOUR LOCKDOWN ACTIVITIES. | PERFORM AN ACT OF KINDNESS. |
| SOLVE A JOSSIFY PUZZLE. | TAKE TIME TO REFLECT & WRITE A PRAYER. | LEARN A SENTENCE IN A NEW LANGUAGE. | TAKE A BREAK & STRETCH. | SPRING CLEAN YOUR ROOM. |
| MAKE & THANK YOU CARD FOR A KEYWORKER. | PHOTOGRAPH YOUR FAVOURITE LOCKDOWN MEMORY. | COMPLETE A CALF COLOURING PAGE. | PICK UP A NEW BOOK & START AN ADVENTURE. | HAVE A TECH FREE DAY. |
| SEND FRIENDS A PHOTO OF A TIME YOU ALL ENJOYED TOGETHER. | SHARE AN INSPIRATIONAL QUOTE WITH SOMEONE. | MAKE A PLAYLIST OF YOUR FAVOURITE SONGS. | COMPLETE A BOARD GAME. | WRITE A THANK YOU LETTER FOR A KEYWORKER. |
| LISTEN TO A PODCAST. | PHONE A FRIEND OR FACETIME FOR A CATCH UP. | WRITE A POEM ABOUT YOUR LOCKDOWN ACTIVITIES. | PLANE CHALLENGE: HOW LONG CAN YOU HOLD? | HOST A QUIZ WITH FAMILY OR FRIENDS. |

DON'T FORGET TO SEND US YOUR EVIDENCE & EARN TOKENS!

1 row = 5 token reward
2 rows = 10 token reward
Extra rewards for 3 rows or more!



Bishop Vaughan Catholic School
46 subscribers
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Uploads



Bishop Vaughan lockdown message to our pupils
2.8K views · 1 week ago

Bishop Vaughan Lockdown Video Message

BVS Staff created a heart-warming video dedicated to all their pupils, sending safe and well wishes and expressed hopes to see them all very soon. The video displayed some lovely personal messages and was much appreciated by Bishop Vaughan pupils.

Recommendations (Films)

CULT CLASSIC

Film review: Forbidden Planet (1956)



Forbidden Planet is a movie masterpiece from the golden age of sci-fi. It may be easy to dismiss it as old or dated but I assure you that it still holds up today and will leave a lasting impression on your memory.

Set in the 23rd century, a starship crew is sent to the planet Altair-IV to find out what happened to a scientific expedition sent 20 years earlier. There are only two survivors and the mysterious force that killed the other expedition members starts up again on the starship crew...

What I like about this film is the big ideas and concepts it brings forth, a truly thought-provoking and mind-bending piece. The movie really gets you thinking and the climax will shock you! Unlike many of its modern counterparts, there is no need for constant action or dialogue. The pacing may seem slow but it allows you to think about what's happening and work things out independently as opposed to being fed the storyline.

There are many memorable aspects to Forbidden Planet such as the lovable Robby the Robot, the great machine of the lost Krell race, the monster from the id, the iconic starship C-57D and the desert landscape of Altair-IV.

I must also mention the fantastic soundtrack. It was the first movie to have an all-electronic soundtrack and the brilliant thing about it is that the accidental effects and otherworldly sounds function as both a soundtrack and sound effects. It is distinctive, atmospheric and totally unique and it does an exquisite job at setting the tone. Also worth mentioning are the special effects which may seem a little dated but give the movie a charming and interesting feel.

Forbidden Planet received many positive reviews from critics after release and had 3 nominations, including an Oscar. It currently has a rating of 7.6/10 on IMDb and 98% on Rotten Tomatoes. Forbidden Planet is an amazing spectacle, there are no others quite like it. I highly recommend it!

- Gregory Williams



The Proposal (2009)

Genre: Romantic Comedy

Rating: 12A

The Proposal is a comical play on words as Andrew's boss, New-York editor Margaret, is faced with deportation to her place of birth: Canada. In return for a major promotion, Margaret convinces Andrew to marry her. Can two characters of completely different tempers and a mutual dislike of one another cheat the system and learn to get along?

With a visit to Andrew's home town in Alaska, the view of the two characters' worlds in collision is certainly a comical aspect of the film, as well as a heart warming portrayal of how people can adapt and how often, a lot of goodness can lie beneath a toughened exterior.

Each of the characters play a crucial and interesting role in the film, ranging from Andrew's eccentric grandmother to the deportation officer and the new family dog.

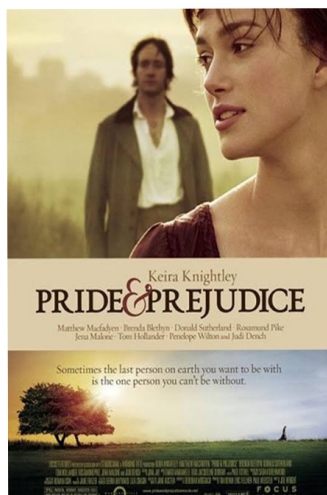
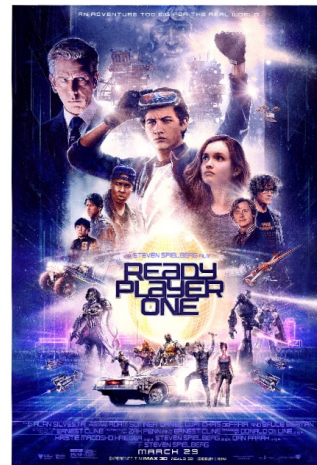
Overall, the film is an uplifting tale of love and laughs through the most unexpected circumstances and is an enjoyable watch for the whole family.

Ready Player One (2018)

Genre: Action/Sci-Fi

Rating: 12A

Ready Player One is a captivating sci-fi film pursuing the world of virtual reality, following the main character, teenager Wade Watts as he embarks on a quest. Following the death of the creator of this virtual reality world, OASIS, a pre-recorded message reveals a hidden fortune which Wade has set out to discover. Set in 2045, its technologically advanced society means that ownership of a world of escapism is something of great worth. Being an orphan seeking fulfilment, Wade and his four allies seeking similar band together as they attempt to crack the code. This film is a funny, interesting and gripping watch with a nice underlying message supporting the importance of comradery.



Pride and Prejudice (2005)

Genre: Romance/Drama

Rating: PG

Based on the classic novel by Jane Austen, Pride and Prejudice is a revolutionary tale of female empowerment, love and the abandonment of preconceived notions, prejudice and judgement in a time of extreme scrutiny and restriction. The story follows the character Elizabeth Bennett primarily, as well as her four sisters, and their mother's pursuit of suitors for them. Despite an offer of proposal from a wealthy bachelor, Fitzwilliam Darcy, Elizabeth dares to refuse him for what she calls his "arrogance, conceit and selfish distant for others." With its awe worthy cinematography and extraordinary acting from Keira Knightley and Matthew Macfayden, the comically and intellectually brilliant film offers for a blissful interlude leaving you feeling powerful, uplifted and in charge of your own destiny.

Staying Sane in a World of Chaos

In times of uncertainty, it is very easy to become overwhelmed by new elements of our lives that seem to be out of our control. Therefore, it is vital that during such times, we do our absolute best to help one another in any ways that we can while following protocol. Here are some tips to making the best out of a difficult situation and becoming at peace with our current reality:

1. Focus on what is in your control.

While it is easy to think of the large scale problems that our world has and continues to face, consider the small ways in which this is relevant to you and the contributions you can make that inevitably help lead to change. By supporting the NHS and following guidelines to support those around you, sharing social media posts, creating supportive artwork and enlightening the public, you are making a significant difference to the world around you.

2. Creative diversions.

Perhaps there has been a new hobby or interest that you have been interested in but haven't had the opportunity to pursue. For example, creating a bullet journal or scrap booking. With the internet at our fingertips, indulging in these creative diversions may give your mind some peace as well as a beautiful product to show for it. Diary writing or documenting previous events through photos may allow you to reflect on the difficult or wonderful moments you have experienced and anticipate the future in a hopeful manner.

3. Check in with family and friends.

With the help of technology, check in with family or friends with a simple text or phone call to remind them you care. This can bring some peace of mind to your loved ones as well as yourself and spread some happiness or a lending ear to those who need and appreciate it most.

4. Be willing to receive help if you need it.

Don't be afraid or ashamed to reach out for help when you need it. The following helplines are NHS approved:

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: www.anxietyuk.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

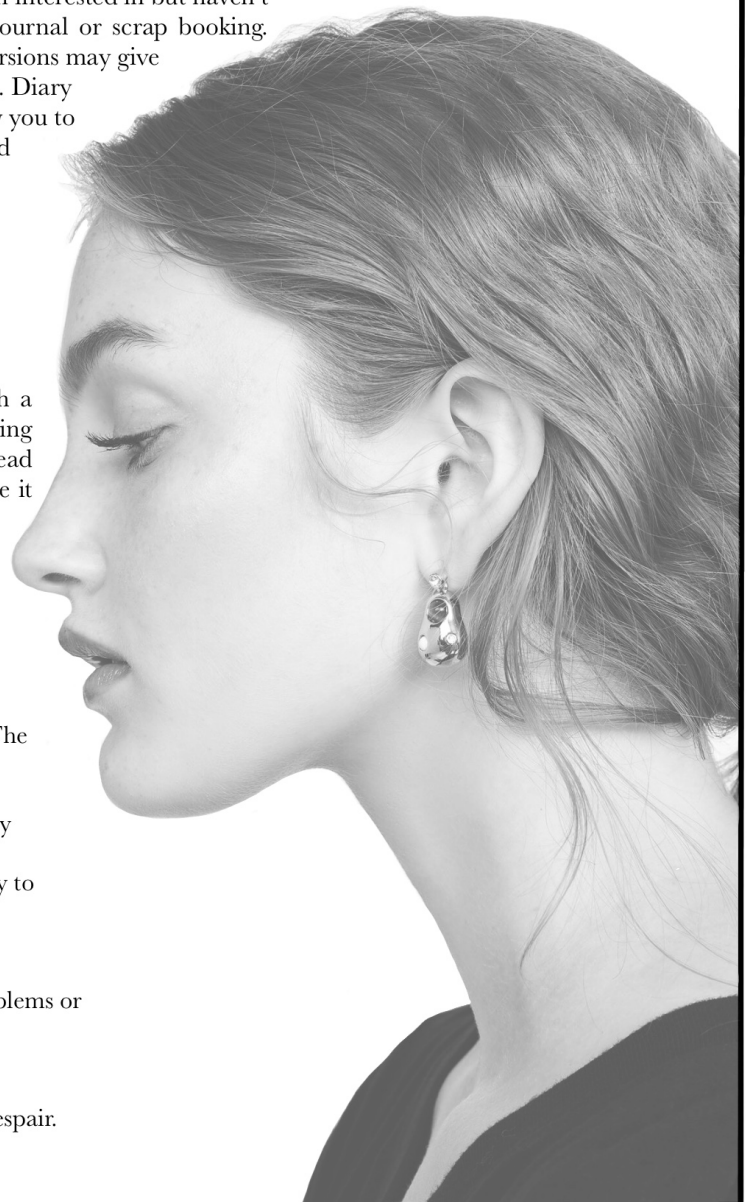
Website: www.mentalhealth.org.uk

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk





The Quarantine Chronicles



It goes without saying that we are currently living in unprecedented times which is undoubtedly accompanied by worry, anxiety and stress. Despite this, it is important that we use this time to be ultimately positive and learn about ourselves in ways that we didn't exactly have the time for before. This could mean learning a new skill or hobby or building upon existing ones, spending time with your household or simply learning to appreciate aspects of your life that you may have previously taken for granted. Although we're not currently in school, Bishop Vaughan is a community that we should continue to nurture as we support each other through mediums such as these. Hopefully through reading, enjoying and sharing the student newspaper, each of our readers will enjoy a moment of solitude and relaxation as they contemplate student creations, ideas and recent news.

Recommendations (Music)



My Top 5 Quarantine Songs

CIRCLES - POST MALONE



- Easy listening
- Creative music video



LEVEL OF CONCERN - TWENTY ONE PILOTS

- Relatable song

DEAD CELEBRITIES - EASY LIFE



- Relaxing song
- Easy to work to



STRONG - LONDON GRAMMAR

- A calming and motivating song

I WISH - SKEE-LO



- A funny and relatable song

- Maya Brooks

Classic Favourites

Here are 3 music reviews of songs that I like, in no particular order. I hope you readers appreciate this and give them a quick listen!

GREEN ONIONS BY BOOKER T & MGS:

You may have heard this song before, it is a recognisable song but you might not know the name. It is a song that has been described as the definition of cool and is the sort of thing you'd listen to while going out for a drive on a cool summer day with the wind in your hair. The song itself is an instrumental with a smooth electric organ line and groovy electric guitar playing. It'll get you tapping along in no time! It's the only instrumental in Rolling Stone's 'list of the top 500 greatest songs of all time' at No. 181. It also came at No. 53 in the US Billboard Hot 100 of 1962. If this enters your head while you're walking, it'll be sure to put a spring in your step!

BREAK AWAY BY THE BEACH BOYS:

From the guys who made Wouldn't It Be Nice comes Break Away! This song is a treat for your ears, with angelic harmonies and a good array of instruments to back it up. It'll probably have you humming along without realizing!

It reached No. 6 in the UK singles chart and No. 63 in the US Billboard Hot 100 in 1969.

WIPE OUT BY THE SURFARIS:

You may know this song as that stereotypical surfing song for its instantly recognisable guitar riffs and intense, energetic drumming. It's quite a simple track but that's the beauty of it. It reached No. 2 in the US Billboard Hot 100 and No. 5 in the UK singles chart in 1963. It has been featured in films and TV more than 20 times. This smashing tune will have you moving your body along to the beat in no time.



- Gregory Williams

Crafting Idea: Sunshine Boxes

During this time, it's very difficult to express love and appreciation for your family and friends in a way that complies with the government rules. This lovely idea gives you a creative outlet and allows for a positive and tailored gift for anyone, just because!

Required Items:

- Shoebox
- Yellow paper/paint and stationery of your choosing
- Any yellow items of your choosing

This craft involves simply decorating a shoe box to resemble a bright and beautiful colour with small gifts to brighten someone's day. Begin by finding a box and writing a brief message/ drawing on the inside of the lid. This could be a little thankyou for their support, a reminder that you care or a little pick-me-up for someone who is feeling a little down. Decorate in any way you like and place on the doorstep of your recipient. This is a sure way to make anyone's day and show them you're thinking of them.

