

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 07/03/22

Thought for the Week: Learn something new today'. 'Good thoughts make a happy person'. 'If you have a dream, never let go of it, chase it till the end'. 'Make yourself your own competition, strive to be better than yesterday, and you'll find the true essence of life!

Reminders/information:

- **This week's All Saints' Way theme is Inspire!** We are always looking for ways to inspire our students and for them to take the lead and inspire others to do their very best in and out of school.



- **Uniform reminders** - A reminder that trousers should be plain black formal school trousers (no leggings, denim, canvas or lycra). Trousers must be tailored and not skin tight, tapered or tight around the ankle.
- **Anti-bullying campaign** - We have been working closely with the Diana Award who are a leading national anti-bullying provider. They offer schools the opportunity to get involved in their accreditation and work towards badges. We received the well-being badge in 2019-20 and recently we were awarded the respect badge. The students involved in the presentations to the Diana Award representatives were a credit to the school.
- **School Day** - Please be aware that lessons start at 8.55am and therefore students need to be in school and at their classrooms for 8.50am. We would appreciate your support in ensuring that students get to school on time.

Well-being updates:

- **7 ways to support children and young people who are worried** – Please follow the link to this document, which has been developed by clinicians at the Anna Freud Centre, discussing seven ways that we consider to be best practice in responding to children and young people's fears. I hope that you will find this useful. [7waysanxiety.pdf \(annafreud.org\)](https://www.annafreud.org/7waysanxiety.pdf)

- **Anna Freud centre advice: Top tips for parents and carers about how to talk to children and young people about war.** The invasion of Ukraine is a deeply disturbing development. As a mental health charity, we know that the psychological impact of war can be felt sometimes for generations. We are working towards developing a greater understanding of trauma and the impact on children and families. We have had specific requests for advice on how to best respond to our children's natural curiosity and growing anxiety around the conflict in Ukraine. In response we have developed some useful suggestions with [BBC Bitesize](#) for parents and carers you may wish to share with the families you support.
- **Well-being email address:** If you have any questions or specific concerns regarding your child's well-being then please email the address: wellbeing@allsaints.notts.sch.uk.
- **Website links:** Please refer to our school website for any extra support: [Wellbeing - All Saints' Catholic Academy](#)

Upcoming events:

- **Monday 7th March** – Year 11 mock exams continue
- **Monday 7th March** – Year 7 Lockerbrook Trip (Monday to Friday) / Year 9 vaccinations take place
- **Thursday 10th March** – Year 10 Parents' Evening
- **Tuesday 29th March** – Year 10 mock interviews
- **Wednesday 30th March** – Year 9 Parents' Evening
- **Friday 1st April** – Bronze Duke of Edinburgh expedition / end of term (school re-opens Tuesday 19th April).

