

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 14/03/22

Thought for the Week: 'There is no end to God's goodness - and no limit to the good things He does for you.'

Reminders/information:

- **All Saints' Way theme** - continues to be Inspire! We have been inspired by the whole All Saints' Community and the response to the collection for the Ukraine. As you may have seen in the media, All Saints' collected over 300 'bags for life' of donations so thank you to all of those who contributed.
- **Uniform reminders** - a reminder that on PE days, students need to wear a black hoodie with the All Saints' Logo. We have spares in school to lend students if they come in the incorrect hoodie. It is essential that students are wearing the correct hoodie on the correct days or we may have to go back to using the PE changing rooms.
- **Conduct certificates** - congratulations to all the students who received their bronze, silver or gold conduct certificates last week. More are being given out daily over the next few weeks so really well done to those students working hard and showing the All Saints' Way on a daily basis. We are proud of you all.

Well-being updates:

- **Ten top tips for students' wellbeing during exam time** - Over the next few weeks and months all students will be sitting either external or internal assessments. Anna Freud Centre asked young people to give us some wellbeing advice for exam time and this is what they told us:
 - Always take a moment just to breathe, whether in the exam, before or after.
 - Remember that school does offer support, just reach out and ask!
 - Keep your work balanced. Spend time revising, but socialise and relax too.
 - Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
 - Break up revision with food and exercise to make sure you stay energised.
 - Remember that results do not define you.
 - Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
 - Work to your own pace – everyone is different in how they work.
 - If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
 - Plan in some treats to reward yourself, and celebrate when it's all over!For more resources and advice go to: [Mental Health Resources for Exams | YoungMinds](#)
- **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 14th March** – Year 11 mocks continue and Year 13 mocks begin
- **Monday 21st March** – Year 7 exams and Year 12 mocks begin
- **Wednesday 30th March** – Year 9 Parents' Evening

- **Friday 1st April** – Bronze Duke of Edinburgh expedition / end of term (school re-opens Tuesday 19th April)
- **Thursday 21st April** – Year9/10 trip to Derby Theatre – Blood Brothers
- **Tuesday 26th April** – Year 8 Exams begin
- **Friday 29th April** – 6th Wall Show – An Inspector Calls

- **Monday 2nd May** – Bank Holiday, school closed
- **Friday 6th May** – Duke of Edinburgh Bronze Award Expedition (and Saturday).
- **Wednesday 11th May** – Year 7 Parents' Evening
- **Tuesday 17th May** – Year 9 Exams begin
- **Monday 23rd May** – Year 8 Parents' Evening / Year 10 Exams begin
- **Tuesday 24th May** – Year 12 Exams begin
- **Friday 27th May** – end of term. School re-opens on Monday 6th June.

Also coming up:

Dates for the panto – Snow White:

SUNDAY 24th APRIL @4.00pm

MONDAY 25th APRIL @7.00pm

TUESDAY 26th APRIL @7.00pm

ALL TICKETS PREVIOUSLY BOUGHT WILL BE VALID FOR THE PERFORMANCE OF THE SAME NIGHT.



The poster features a blue background with a subtle pattern of white snowflakes. At the top left is the logo for '4th ALL SAINTS PERFORMING ARTS'. At the top right is the school crest, which includes a shield with a cross and the text 'ALL SAINTS'. The title 'Snow White' is written in a large, stylized, black font with a red apple replacing the letter 'o' in 'Snow'. The title is enclosed in a decorative, golden, ornate frame. Below the title, the performance dates and times are listed in a golden, cursive font: 'Sunday 24th April at 4pm', 'Monday 25th April at 7pm', and 'Tuesday 26th April at 7pm'. At the bottom, the ticket prices are listed: 'Tickets Adults £5 Students/Concessions £4'. A small note at the very bottom states: 'Those of you who had purchased tickets for the shows in December your tickets are valid for the new performance dates of the same night.'