

Saints' ALIVE

Issue 9 Vol 2. February 2022



THE NEWS MAGAZINE OF ALL SAINTS' CATHOLIC ACADEMY, MANSFIELD

Welcome

Dear parents and carers,

I hope you all had a lovely half-term and I welcome you to the most recent addition of the newsletter.

I do hope that you find the articles of interest. As you can see, a lot has happened since Christmas and we are now able to restore a great deal of normality to everyday school life.

The Senior Leadership Team and I have been thinking about how we can improve our means of communication with both parents and carers. We are acutely aware of the high number of activities and events which take place in a large Secondary School and at All Saints' the weekly calendar is always busy.

Furthermore, as we are moving towards 'normal' school life, post the Covid restrictions, we are able to resume educational visits and other extra-curricular activities.

This half term, we will be launching a weekly 'Parental Bulletin' which we hope you find useful. The vast majority of the information will be a series of reminders; however, it may also be used to provide you with new information. A copy of the bulletin will also be available on the School's website.

Best wishes to you all,

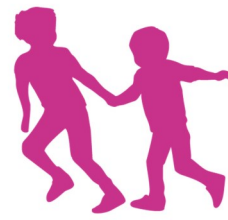
Carlo Cuomo
Headteacher



Chaplaincy News

Charity Fundraising

This half-term has seen the Year 9 students fundraising for a charity of their choice. Students were asked to take part in a “mobile phone amnesty” in which students were sponsored by friends and family to give up their phone for a weekend. The students have raised an amazing £985 (although there is still some money coming in) which will be split between “The Sick Children’s Trust” and “Cancer Research UK”. Several students raised over £20 and have received a “Charity Champion” certificate. A massive well done to Miss Merrington’s form (9MMN) who raised £405! Well done Year 9!



The Sick Children's Trust

We're here, so families can be together



CANCER RESEARCH UK



#TEAMSEAS

Well done to 7-CDL, who collected £15 for the charity Team Sea's by doing a sponsored run. #TeamSeas, is an international collaborative fundraiser project run by YouTubers MrBeast and Mark Rober. To date they have succeeded in raising 30 million U.S. dollars, pledging to remove 30,000,000 pounds of marine debris from the ocean.



Remember you can access any of our prayer resources from home at www.beinspirational.co.uk





COMPETITION

Decorate a rock to look like your favourite character from a book or your favourite book cover.



Hand your Reading Rock to Mrs Lathall in R3 by Thursday 3rd March to be in with a chance of winning a prize.



NEWS

University Visit

A group of Year 12 HE+ students will be visiting Peterhouse College, University of Cambridge on Wednesday 23rd February, where they will take part in taster lectures, view student accommodation and be able to look around the stunning city of Cambridge.

Congratulation to our Year 13 student, Joseph Sadler, who has recently represented England as a guest at the UAE National Swimming Championships in Dubai. Long days of training preceded the 8 day championship where Joe undertook 5 hours of training in the pool plus 1 hour in the gym every day. Joe swam several events, achieving personal bests in the 100 fly (56.64) and 200 fly (2:07.68). The championships, held at the Hamdan Sports Complex had an average daily attendance of 3.5k people. We, in the Sixth Form, are proud of Joe's commitment to the sport and we're sure he will continue to be an asset to his team as he looks forward to representing England in the future.



Follow us on
Instagram

@sixthformallsaints



All Being Well

By Mrs Warriner & Mr Longmore

For a lot of our students and their families, the pandemic will have represented togetherness, fight, bravery, hope, resilience, and recovery. For others, it will have represented desperation, fear, loss, uncertainty, and despair.

Whether our young people have lost loved ones through COVID-related illnesses, or pets through old-age or injury, it's important that us as parents know how to support them through such challenging circumstances. Below are a few strategies for supporting grieving children.



Grief Sentence Completion

Sometimes it's difficult for young people to put their grief into words. Below are some sentence starters which may help this process. Try writing these out on paper and get your child to fill in the blanks, or use them to start a conversation. It might be a good idea for you to complete the sentences first to remind your child that you too are grieving. It may also give them some examples if you lead the way.

Right now, I feel...

I feel the saddest when...

The thing I miss the most about the person I lost is...

Since the loss, things have been different because...

If I could ask the person I lost one thing, I would ask...

Something I liked most about the person I lost is...

One thing I learned from the person I lost is...

Grief Scrapbook / Memory Box

You could create a special grief scrapbook or memory box so that your child is able to express themselves in more creative ways. Here are some things you could include:

Special photographs of the person you've lost which bring back fond memories.

Special belongings / ornaments which remind you of that person.

Scribbles, handwritten letters, cards etc produced by that person.

Drawings created by the young person which illustrate the relationship they had with the person they've lost.

Medals, awards, certificates which celebrate the person's life and achievements



Dealing with Bereavement

School support: wellbeing@allsaints.notts.sch.uk or visit our website: [Wellbeing - All Saints' Catholic Academy](http://www.allsaints.notts.sch.uk/Wellbeing-AllSaints-Catholic-Academy)

Blue Cross Pet Bereavement

A message from Blue Cross
“Lives are transformed by the love and companionship pets bring. So, saying goodbye to one – whether due to death or separation – is always sad, difficult and often traumatic. It affects people in many ways.

But, remember, you are not alone. If you are grieving for a pet, or facing loss, our free and confidential Pet Bereavement Support Service (PBSS) is here for you by phone, email or webchat.”

You can:

Call 0800 096 6606 between 8:30am – 8:30pm

Email pbss-mail@bluecross.org.uk and they'll respond within 48 hours.

Chat live with a trained volunteer using the chat icon on the Blue Cross website: www.bluecross.org.uk

The Five Stages of Grief

Denial

Some people at first carry on as if nothing has happened. Even if we know with our heads that someone has died, it can be hard to believe that they are not coming back.

Anger

It is natural to feel angry after someone dies. Death can seem cruel and unfair, especially when you feel someone has died before their time. It's also common to feel angry towards the person who has died, or angry at ourselves for things we did or didn't do before their death.

Bargaining

When we are hurting, it's sometimes hard to accept that there's nothing we can do to change things. Bargaining is when we start to make deals with ourselves, or perhaps with God if you're religious. We want to believe that if we act in particular ways we will feel better.

Depression

Sadness is what we think of most often when we think about grief. Life can feel like it no longer holds any meaning which can be very scary.

Acceptance

Gradually most people find that the pain eases, and it is possible to accept what has happened. We may never 'get over' the death of someone precious, but we can learn to live again, while keeping the memories of those we have lost close to us.

Children's Bereavement Centre Newark

What They Offer

One to One bereavement support, play therapy and counselling for children and young people (aged 3-18)

Pre-bereavement support for children, young people and their parents/carers affected by terminal illness

One to One bereavement counselling for adult family members

Filial Therapy and Bereaved Family Programmes to support families together

Face to face and telephone advice and support for children and families

Social Events and monthly Peer Support Groups

Children and Young Peoples Annual 2 day bereavement camp (aged 6-18)

3 Kings Road, Newark, Notts NG24 1EW

01636 551739

in-
fo@childrensbereavementcentre.co.uk
<http://www.childrensbereavementcentre.co.uk>



This year our Anti-Bullying team has continued to work closely with the Diana Award Anti-Bullying programme to further develop our Anti-Bullying provision at All Saints'. Set up in 2011, the Anti-Bullying Ambassador programme is part of the Diana Award charity set up in memory of Diana, Princess of Wales. In 2013 the programme received funding from the Department for Education and is recognised as one of country's leading anti-bullying training providers. The programme offers resources and training to schools and youth organisations in England, Scotland, Wales, Ireland and Northern Ireland.

In 2019-20, as part of their accreditation process, All Saints' were awarded the prestigious 'well-being' badge. This was awarded as a result of the fantastic work our

anti-bullying team delivered on student well-being, in addition to the impact this had on our school community. Last month, again, due to the hard work and dedication of our anti-bullying team, we secured the 'respect' badge. In order to earn the relevant badges, specific criteria must be met and evidenced, so it's a long term effort which requires dedication, vision and leadership, which our anti-bullying ambassadors have demonstrated in abundance.

RESPECT BADGE

TOPICS

Choose one or more of the following topics...

- | | | |
|---|--|--|
| <input type="checkbox"/> Identity-Based Bullying | <input type="checkbox"/> LGBTQ (Anti-Homophobia, Bi-phobia, Transphobia) | <input type="checkbox"/> Family, friendships & relationships |
| <input type="checkbox"/> Diversity & Inclusion | <input type="checkbox"/> Racial Equality | <input type="checkbox"/> What is Respect & what does it look like. |
| <input type="checkbox"/> Sexual Harassment | <input type="checkbox"/> Religious Awareness | |
| <input type="checkbox"/> Equal Rights | <input type="checkbox"/> Disabilities Awareness | |
| <input type="checkbox"/> Protected Characteristics | <input type="checkbox"/> Equality for all ages | |
| <input type="checkbox"/> Gender Topics including gender stereotypes | | |

ACTIVITY

Then complete at least 5 of these actions on your topic(s), to earn your Respect Badge.

- | | |
|---|---|
| <input type="checkbox"/> A whole school assembly | <input type="checkbox"/> Activity for sharing stories and experiences |
| <input type="checkbox"/> A whole school awareness day | <input type="checkbox"/> Diversity champions within the Anti-Bullying Ambassador team |
| <input type="checkbox"/> A whole school survey which evaluated the suggested topics | <input type="checkbox"/> A poster or creative competition for the whole school |
| <input type="checkbox"/> Anti-Bullying training sessions | <input type="checkbox"/> Every staff member given student-led training in different topics surround Respect |
| <input type="checkbox"/> Roleplay workshops to encourage empathy, proactivity and understanding of topics such as sexism, racism, HBTphobia, disablism etc. | <input type="checkbox"/> A dance or drama performance |
| <input type="checkbox"/> 'How to be an Upstander' training, providing different ways to intervene safely. | <input type="checkbox"/> Respect Awards |
| <input type="checkbox"/> A month-long celebration (Pride or Black History Month) | <input type="checkbox"/> Or get creative and add your own ideas |
| <input type="checkbox"/> A blog or newsletter piece | |
| <input type="checkbox"/> A support group or safe space for a specific topic or marginalised community | |
| <input type="checkbox"/> A whole school commitment or pledge | |
| <input type="checkbox"/> Inclusive Anti-Bullying Policy (thinking about the Protected Characteristics) | |
| <input type="checkbox"/> A visual display in the school | |
| <input type="checkbox"/> An inclusive & accessible video campaign | |
| <input type="checkbox"/> Speakers from external charities or organisations about Respect topics | |

EXAMPLE FROM AN ANTI-BULLYING AMBASSADOR SCHOOL

"We had an LGBTQ month in our school: We hosted a poster competition to show that being LGBTQ is okay, that phrases like "that's so gay" could be hurtful to some people and that homophobic/ biphobic/ transphobic bullying is not tolerated in this school. We had students and Anti-Bullying Ambassadors who identify as LGBTQ give awareness training in assemblies. We ended the month with a big pride celebration and LGBTQ colour run.

All of the work that we did really helped to show that we celebrate diversity in our school and it allowed people to share their personal stories and express themselves in a safe space."



The team are now setting their sights on the 'online safety' badge, so keep an eye on the anti-bullying area of the website for more information and success!

Rewards

Conduct Awards

Congratulations to all of the students who received conduct certificates to acknowledge the hard work and commitment in lessons. Certificates are awarded at four levels and badges for platinum. Students who have obtained over 50 conduct points are awarded the Bronze Award, those who gain over 100 points are awarded the Silver Award, students who achieve over 150 points receive the Gold Award and the highest level, the Platinum Award is awarded to those who earn over 200 conduct points.

This last half-term there have been over 200 Bronze Awards, almost 300 Silver Awards, 118 Gold Awards and 26 platinum Award. Well done to all the students who achieved an award.

Students can continue to gain more conduct points which go towards our end of year activity day in July.



STUDENT COUNCIL

Below are the student council team holding the letter that they put together for a non-school uniform day and fundraising activities.

The letter has successfully been sent out to parents.



TEXTILES *Club*



A massive shout out to Mrs Hunt who made these beautiful bears!

This amazing work has inspired our next Textiles Club project . We are using Mrs Hunts pattern and Miss herself hopefully will come along to give us all a few pointers.

We will be making the bear this term so please come along. You are welcome to choose any fabric from our Textiles cupboard or bring your own. This is open to staff and students in all year groups, last term we even had some Sixth Formers!





Sunday 24th April at 4pm
Monday 25th April at 7pm
Tuesday 26th April at 7pm

Tickets Adults £5 Students/Concessions £4

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.



OUR LADY OF LOURDES
CATHOLIC MULTI-ACADEMY TRUST ★

