

# Saints' ALIVE

Issue 4 Vol 2. Easter 2021



THE NEWS MAGAZINE OF ALL SAINTS' CATHOLIC ACADEMY, MANSFIELD

## Welcome



EASTER

**School closes for the Easter holiday on Thursday 1 April. We re-open on Monday 19 April to all students.**

Dear parents and carers,

As we are about to break up for the wonderful celebration of Easter, I wanted to thank you again for your relentless support as we have welcomed children back to school.

Easter is my favourite time of the year when we are able to reflect and give thanks for the huge sacrifice which Jesus made for all mankind. It's an opportunity for us all to pause and rest and hopefully spend some time with our loved ones. The road map out of lockdown will certainly allow us to meet with friends and family albeit in a small but safe way which I know is something that we will all cherish. Once more, I would like to thank my colleagues who administered the Lateral flow tests to students during the first two weeks back and I would strongly encourage you to continue with this process at home.

Recently, we have been working very closely with the Director of Estates at OLOL to explore the possibility of replacing the existing 'X' rooms or cabins with a purpose built brand new building. Whilst we are very much at the stage of carrying out a feasibility plan, I hope that I will be able to provide you with more detailed information in the coming months. For our Years 11 and 13 students, we are acutely aware of the enormous pressure and uncertainty that they are all facing and please rest assured that we will do everything possible to support them during the next few months. If you have any questions regarding this process please do not hesitate to contact the school.

In the meantime, I would like to wish you all a very happy and holy Easter and I look forward to welcoming our children back on **19<sup>th</sup> April**.

Best wishes to you all,

Carlo Cuomo  
Headteacher



# All Being Well

By Mrs Warriner & Mr White

Due to the unprecedented circumstances that has disrupted learning, working, socialising, playing sport and general day-to-day life, peoples mental health and wellbeing has been impacted. Especially children and young people, who are experiencing higher levels of anxiousness than before.

Anxiety... What is it?

It's okay to feel anxious and nervous, worried or fearful in certain situations. These feelings are our bodies natural 'fight or flight response' to a perceived dangerous or risky situation.

(Mental Health UK)



**Do you recognise any of these symptoms or notice anything similar about your child?**

(If your child displays some of these signs, it does not necessarily mean they have anxiety. Speak to them about it.)

## Physical symptoms of being anxious:

- a churning feeling in your stomach
- feeling light-headed or dizzy
- feeling restless or unable to sit still
- headaches, backache or other aches and pains
- faster breathing
- a fast, thumping or irregular heart-beat
- sweating or hot flushes
- sleep problems
- grinding your teeth, especially at night
- nausea (feeling sick)
- having panic attacks.

## Signs to look out for as a parent:

- finding it hard to concentrate
- not sleeping, or waking in the night with bad dreams
- not eating properly
- quickly getting angry or irritable, and being out of control during outbursts
- constantly worrying or having negative thoughts
- feeling tense and fidgety, or using the toilet often
- always crying
- being clingy all the time (when other children are ok)
- complaining of tummy aches and feeling unwell

# What can you do to support someone who is feeling anxious?



As a parent/carer there is plenty that you can do to help or support a child. Firstly, talking to the child about their anxiety and worries is a good first step.

Here is a grounding technique you can use

## **5,4,3,2,1 (see, touch, hear, smell, taste):**

- **5** objects you can see, describe these objects e.g. colour, size, material etc.
- **4** things that can be touched. feel the different textures, temperatures and shape.
- **3** things that can be heard, say what 3 things were heard.
- **2** things you can smell. Really think what they smell like
- **1** thing you can taste, go to the kitchen or if you have something edible on you, taste this and really think what flavours you can notice.

Or you can follow the YouTube video to direct you through a similar grounding technique listed on the newsletter.

## **If things are not getting better and a child is still struggling with anxiety:**

- You can make a GP appointment to try and get support through them.
- You can make an online referral yourself to CAMHS (Child & Adolescent Mental Health Service)
- You can also contact the school for support – Wellbeing@allsaints.notts.sch.uk

It can be quite overwhelming for a parent & carer helping someone with their worries. Here are some things you could do to help.

- Exercising (or any type of physical activity). For example, an online workout together, going for a bike ride or even just a walk.
- Create a list of things your child is avoiding due to feeling anxious. Set an hour a week aside, “A Power Hour”, to attempt the things that are making your child feel anxious.
- Spotting and balancing anxious thoughts. For example, if a friend does not reply to a message straight away this DOES NOT mean they are mad with you.
- You can access useful resources and information at [www.allsaints.notts.sch.uk/information/careers/wellbeing](http://www.allsaints.notts.sch.uk/information/careers/wellbeing)

## **Helpful YouTube videos:**

5 fingers, 5 senses (grounding technique) <https://www.youtube.com/watch?v=26Z8Jr1vq5M>

Understanding and managing anxiety

[https://youtu.be/xUZpGa\\_xXgg](https://youtu.be/xUZpGa_xXgg)

Recognising and managing anxiety

<https://youtu.be/6qcW0QZsPAs>

Breathing technique– mini meditation

<https://youtu.be/hOHLZEK7vVI>

## **Useful apps your child could use:**

- CalmHarm
- MeeToo
- Virtual Hope Box
- My Possible Self



**Just  
Practice  
Calm**



# Chaplaincy News

On Sunday the 21st March, Jakub Ulik, from Year 13, did a wonderful job at representing All Saints' at the 'Catenian Public Speaking Competition'. Jakub's speech was both humorous and informative. The judges praised Jakub's

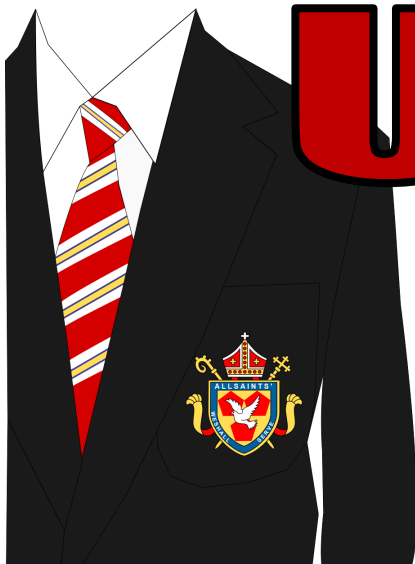
interaction with the panel – not an easy task when delivering virtually. Jakub choose the topic title 'Finland tops the UN World Happiness Report. Is wealth a measure of happiness?'

Congratulations Jakub, for a wonderfully delivered speech and all of your efforts in preparing for the competition.



UNITED KINGDOM  
Province 15 Catenians - Public Speaking Contest Live Stream  
Unlisted

Remember you can access any of our prayer resources from home at [www.beinspirational.co.uk](http://www.beinspirational.co.uk)



## Uniform

We would be grateful for donations of any uniform especially blazers, trousers and PE kit that your child has outgrown. Also, any shoes that due to school closures are now too small but still in good condition.

**These really help us to support the school community!  
Thank you.**



# Lateral Flow Testing

Lateral Flow Testing took place from the 8th March until the 18th.

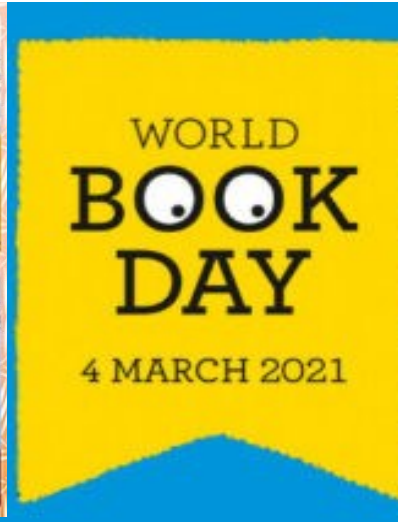
Involved a team of volunteers to register, test and upload results onto the government website.

All involved worked with enthusiasm and care, testing students with consent from parents three times, with a gap of 3-4 days in between each test.



It's really important we hold up-to-date parent/carers contact details for all students – including email and mobile numbers. If we have not already got these on file please let us know at [admin@allsaints.notts.sch.uk](mailto:admin@allsaints.notts.sch.uk)

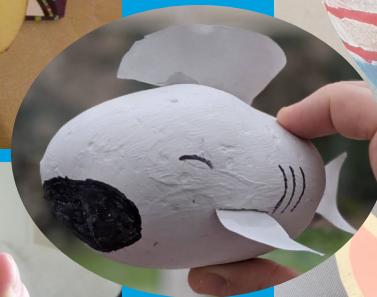




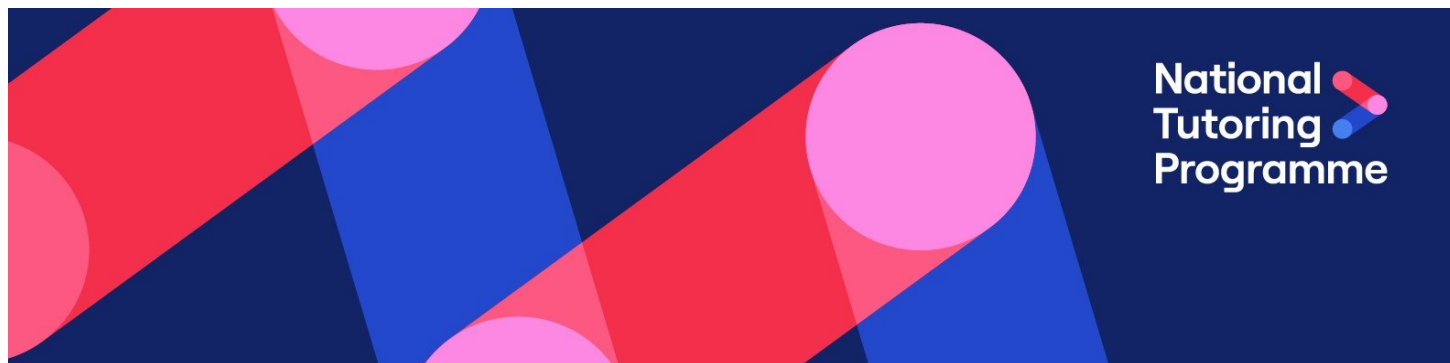
World Book Day is a celebration of authors, illustrators, books and (most importantly) it's a celebration of reading. Even though we were not able to be together in person this year, we still came together as a school to share this celebration. I'm sure pupils were delighted to see their online lessons being delivered by the likes of Chief Brody and The Woman in Black!

Lesson for years 7-10 began with the teacher sharing part of a story. As the students progressed through their day, they were able to gather more information about the characters and plot. During their last lesson, pupils were given the opportunity to discuss how they thought the story might end. They were then told the final part of the story to see how many of them managed to guess correctly.

As pupils were not able to come to school dressed up this year, they were invited to take part in our Potato Character Competition. They were asked to paint, draw or dress up a potato to look like their favourite character from a book. I'm sure you'll agree, there were some fantastic entries. Well done to Lily Rose E and Maisie H for the winning entries.







As an Academy, we have been successful in accessing the National Tutoring Programme (NTP) for a group of 30 x Year 7 and 40 x Year 9 students'. The aim of these sessions are to 'bridge gaps' in learning. The tutoring is being delivered online, by highly trained professionals with a maximum ratio of 3 students to 1 tutor. The sessions are delivered for 1 hour per week, across a 10 to 15-week programme of study, bespoke to each student, in English and Maths.

This is the first time we have accessed this initiative and once the impact is measured, we hope to continue with this provision next academic year.

**Student and parent feedback has been excellent:**

"This my tutor was really good I learnt quite a bit from it" – Year 7 student

"I just wanted to let you know that xxxxx really enjoyed his English session today. He has shared the whole experience and the lesson content which is unusual for xxxxx usually yes / no answers. Today was different and he shared about his creative writing and also how the tutor engaged" – Year 7 parent

"I'm really enjoying my tutoring sessions, and I feel confident that I'm going to gain a lot from them, I'm so happy with the progress I made last session and can't wait for more." – Year 10 student





## Virtual Fieldtrips in Geography!

### Geographical Association Conference on Wednesday 3<sup>rd</sup> March



The session, ran by the Geographical Association in collaboration with Nottingham University, focussed on modern slavery and forced labour.

The conference was designed for A Level Geographers but some of our keen Year 11 Geographers also attended as they are looking to take Geography next year.

The session looked at the global issues and the fact that there are 40.3 million cases of modern slaves around the world today with 24.9 million people forced into labour and 15.4 million people forced into marriage. We then looked at Buenos Aires, Argentina and the 30,000 migrant Bolivian workers in clandestine

workshops in the Argentine capital. Interesting, these workers have protested against being labelled as 'modern slaves' as they feel their identity is taken and away and their hard work unrecognised.

We then took a closer look at the UK where there were 5,114 cases of modern slavery in 2019, an increase from 1250 in 2012. In the UK, this is typically seen as informal work in construction, agriculture and seasonal, flexible work which is not being regulated. Due to this, Nottingham is aiming to become a 'Slavery Free City' which is not as easy as it seems. Nottingham not only needs to liberate any modern slaves from their situations, but also address all businesses and ensure all goods and services are free from modern slavery, regardless of where manufacturing takes place. The conference sparked an interest in this issue and our Geographers can use their newfound knowledge within their Health, Human Rights and Intervention A Level topic.



### Severn Trent Conference on Tuesday 16<sup>th</sup> & Friday 19<sup>th</sup> March



Our Year 9 Geographers welcomed Chloe Morley from Severn Trent to All Saints' via video call. Chloe works within the education outreach group at Severn Trent and was able to talk to students about how fresh water is piped to our homes and how sewage is taken away, treated and returned to rivers. Interestingly, we also learned about how the COVID-19 pandemic has impacted Severn Trent. As there was a shortage of toilet paper in March 2020, people started to use kitchen roll, wipes and other materials instead. This led to the number of blockages in March increasing by 200% costing thousands of pounds in damage and maintenance.

We are currently studying the 2007 Tewkesbury flood, which cost Severn Trent £25million as the water supply was contaminated and the electrics at the Mythe Water Treatment works were damaged. Chloe explained that it is



Severn Trent's legal obligation to provide each person with 10 litres of clean water a day which meant they had to use bowlers and thousands of bottles of water to get the supply to the flooded residents of Tewkesbury. Students asked really interesting questions and clearly enjoyed learning about how they get fresh, clean water out of the tap, and what happens to waste water when it has gone down the drain.



# ROBOT HAND COMPETITION

Congratulations to the three winners of the Robotic Hand Maths Competition! Daniel, Toby and Ellie all received a £10 Amazon voucher for their excellent efforts.



## ALL SAINTS' SAFEGUARDING TEAM

Keeping Students Safe

If you have a safeguarding concern, our team are here to listen to you and help you with any situations you may be facing. They will listen to you no matter what issues you may have so do come and speak with us.

 <p>Designated Senior Person KS3-4 for Child Protection Assistant Head Teacher (Teaching and Learning)</p> <p><b>Mr C Hutchinson</b></p>	 <p>Designated Senior Person KS5 for Child Protection Deputy Head (Curriculum and QA)</p> <p><b>Mrs L Johnson</b></p>	 <p>Designated Deputy Person for Child Protection John Paul Centre Manager</p> <p><b>Mrs C Warriner</b></p>
 <p>Designated Deputy Person for Child Protection Behaviour and Learning Coordinator</p> <p><b>Mrs S Corner</b></p>	 <p>Designated Deputy Person for Child Protection Assistant Head Teacher (Head of Sixth Form)</p> <p><b>Mrs R Davie</b></p>	 <p>Designated Deputy Person for Child Protection Assistant Head Teacher (Behaviour &amp; Attitudes)</p> <p><b>Mrs N Kilday</b></p>
 <p>Designated Deputy Person for Child Protection Assistant Head Teacher (Personal Development)</p> <p><b>Miss H Flint</b></p>	 <p>Designated Deputy Person for Child Protection Curriculum Leader for Science</p> <p><b>Mr S Growcott</b></p>	 <p>Designated Deputy Person for Child Protection Teacher of Food Technology</p> <p><b>Mrs J Gascoyne</b></p>
 <p>Designated Deputy Person for Child Protection Leader of Learning Support and SENDCo / LAC Designated Teacher</p> <p><b>Mrs D Bamford</b></p>	 <p>Designated Deputy Person for Child Protection Cover Manager / Teacher of RE</p> <p><b>Mrs A Nattriss</b></p>	 <p>Designated Deputy Person for Child Protection Behaviour Management Support</p> <p><b>Mrs J Thompson</b></p>
 <p>Designated Deputy Person for Child Protection Year 8 Progress Manager / Cover Supervisor</p> <p><b>Mrs J Webley</b></p>	 <p>Designated Deputy Person for Child Protection Student Well-Being Coordinator</p> <p><b>Mr T White</b></p>	<p>Local Authority Child Protection Contact/ LADO Contact: 0115 8041272</p> <p><b>Eva Callaghan</b> Designated Governor for Child Protection</p> <p><b>Mrs T Parker-Cole</b></p>

# Rewards

Congratulations to all of the students who received the video from Mr Cuomo to acknowledge the hard work and commitment in lessons during the school closure. Staff have also been nominating their 'lockdown legends' and these awards will be handed out by the Year Captains before Easter.

We continue to celebrate students earning their bronze, silver and gold conduct certificates and before Easter we will host our 'Chat and Treat' in tutor time for all students with 100% attendance and 0 behaviour points. Finally, we look forward to the chance in the Summer term to celebrate with more creative and exciting plans!



We are pleased to report that All Saints' has had excellent student attendance across the year groups since the reopening to all students on 8th March 2021 (average daily attendance being 96.4%). Our students have made us very proud of how seamlessly they have managed to adjust back into school life. We continue to celebrate and reward students for excellent attendance.

Any students who have found things a little challenging have been, and continue to be, fully supported by our excellent pastoral team.

The lateral flow testing has been very successful and has helped to give reassurance to students, staff and their families that school is as safe as possible and we trust that our parents/carers will continue to encourage their child to test at home - kits are available from school. We would like to remind our parents/carers about the MyEd parent communication app to notify school if their child is going to be absent from school (if a child has illness, school require full details please). Parents/carers can also access the new 'Go4schools' website to view their child's attendance. (Please note that the attendance marks upload overnight, we politely ask for parents/carers to allow a few days before contacting school about any queries).

Wishing you all a very blessed, happy and hopeful Easter.





**Aladdin**

**HIGH SCHOOL MUSICAL**

**PETER PAN**

**Dick Whittington**

**BILLY ELLIOT**  
THE MUSICAL

**4th**

**ALL SAINTS' PERFORMING ARTS**

**Annie**

**Mother GOOSE**

**THE WIZ**

**Robin Hood**

Starts W/C 19th April. 3.35 - 4.30pm in PA2

Monday-Y7, Tuesday-Y8, Wednesday-Y9, Thursday-Y10, Friday-Y11

Places are limited. Y7 & 8 email [pearce.d@allsaints.notts.sch.uk](mailto:pearce.d@allsaints.notts.sch.uk),  
Y9-11 email [Elizaga.v@allsaints.notts.sch.uk](mailto:Elizaga.v@allsaints.notts.sch.uk) to secure a place.

# KS3 HISTORY

## Easter Competition

Decorate an 'Easter' egg with an image of your favourite significant historical female.



In Honour of



Paint an egg, or draw out your design. Add an explanation of what inspired you to chose that historical female.



**Closing date: 31st March. Prizes to be won!**

## After school pick up

Could we politely ask all parents and carers parking close to school to collect students at the end of the school day to please turn your vehicle engine off, and / or reduce the noise level of any equipment within the vehicle whilst waiting to collect your child.



# Pancake Competition Winner



Well done to all those who entered, we had some amazing entries, including some from staff.

Congratulations to the winner, Nikola S in Year 7 for her beautiful insect pancakes. Well done Nikola!



**OUR LADY OF LOURDES**  
CATHOLIC MULTI-ACADEMY TRUST

