

# Saints' ALIVE

Issue 10 Vol 2. May 2022



THE NEWS MAGAZINE OF ALL SAINTS' CATHOLIC ACADEMY, MANSFIELD

## Welcome

Dear parents and carers,

As we are about to break up for the half term, I really must pay tribute to our Year 11 and Year 13 students who are currently sitting GCSE and A'level examinations. Of course, the last two years have been extremely turbulent for all children and my colleagues have worked extremely hard to ensure that these students are effectively prepared for the demands of their examinations. Their conduct in the examinations has been exemplary and it is a privilege to witness their sense of commitment and resolve during this stressful time. I am aware that it is also a very challenging time for parents and carers too – thank you for your support!

Finally, I hope that you all have a restful and enjoyable half term break.

May I leave you all with this final thought...

'For little things...for big things...for all things – we should give thanks to God'.

Best wishes to you all,

Carlo Cuomo  
Headteacher





# NEWS



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In May the Sixth Form rebranded Friday the 13th as a day of good luck and generosity through some very successful fundraising for the Make a Wish Foundation.

The Year 12 Leadership team took the challenge of fundraising upon themselves and worked all week to advertise their cake sale and penalty shootout- and it paid off!

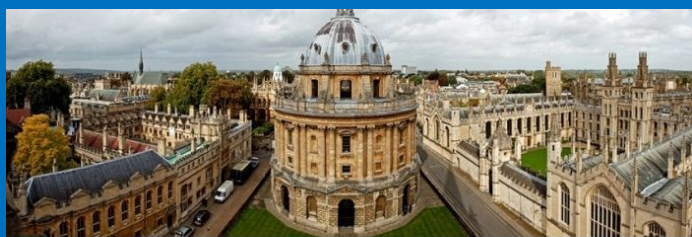
There was a fantastic turnout as the school came together at break time to grab a cake or brownie for a good cause. Thank you to everyone who donated!

The success continued to lunch time when over 40 students stepped up to score goals against members of staff. We hope you enjoyed the game and congratulations to everyone who competed.

A big thank you to all the staff who helped make the day possible and the Year 12 leadership team who raised a whopping **£108.50!**

Written by Charlotte Cox Year 12 – New Head Girl

Make-A-Wish®



UNIVERSITY OF  
**OXFORD**

In May, many year 12 students had the amazing opportunity to attend an information day at Oxford University.

A Q&A session with current Oxford students allowed us to learn more about what life there is like. We were able to get a clear understanding of what the interview process is like and what university life is like.

Along with the Q&A session, we were also

provided with an extensive tour of two campuses, showing us the accommodation available and where we would be able to study and socialize at Oxford University.

The staff then conducted an information session, where they talked about everything we would need to know such as funding, how student loans work, and what support was available to anyone who required it. They also talked about the different courses on offer, and what careers could become available by getting a degree at university. (continue on next page)

Finally, we took part in a mock interview session, where they gave us a chance to practise how to answer questions which would be asked in an interview for Oxford university.

This activity also allowed us to use problem solving skills and analytical thinking to come up with solutions and ideas for various problems and proved the interview process isn't as scary as it would seem.

Overall, the trip to Oxford university was an amazing opportunity, filled with lots of useful activities and talks that gave us all the tools we needed to be accepted into a highly competitive university.

Olivia Brudzinska – 6AEN



# Y10 MOCK INTERVIEWS

Year 10 students took part in mock interviews on Tuesday 29<sup>th</sup> March at the Civic Centre. We had a number of professional volunteers from different industries including the British Army, Police and NHS along with some experienced parents and ex-students. The day was a huge success and our students were a credit to our school demonstrating a fantastic attitude towards their interviews. Our volunteers commended students for their confidence, professionalism and passion and were particularly impressed with the students' preparation and presentation.

Well done Year 10, you should be really proud of yourselves and we hope you had a fantastic day!

A huge thank you also goes to our volunteers. We could not have run this event without you, your time is much appreciated and our students have had an invaluable and inspiring experience which will prepare them for future endeavours.





# All Being Well

By Mrs Warriner & Mr Longmore

Sometimes, our young people are faced with difficult situations which need to be dealt with. Dealing with tricky situations calmly and positively will help young people build up their resilience so they are able to deal with other, more challenging situations as they get older.

It can be hard to know how to cope with adverse situations, and young people will sometimes find themselves reacting in negative ways. The purpose of this edition of All Being Well is to hopefully provide you, the carer, with some positive strategies to use with your children going forward



## Definition & Synonyms

Resilience means being able to recover quickly from difficult situations.

**Courage | Determination | Toughness | Character | Tenacity | Resolve | Perseverance | Fortitude | Grit**

What are some examples of difficult situations faced by young people?

- Bullying
- GCSE pressures
- Post -16 worries
- Puberty / hormones
- Physical health challenges
- Mental health challenges
- Poorly family members
- Bereavement
- Social / romantic rejection
- Fitting in (appearance, body-image, social confidence, peer pressure, social expectations)

Top Tips for nurturing resilience

- Help them build positive relationships with their friends and other adults.
- Help them learn to be independent in their actions and thoughts.
- Encourage them to understand, express and manage their emotions.
- Help them build their confidence by taking on challenges, and allow them to learn from it even if they do not manage to complete the challenges.



# Wellbeing Co-Ordinators

School support:

[wellbeing@allsaints.notts.sch.uk](mailto:wellbeing@allsaints.notts.sch.uk)

or visit our website:

Wellbeing - All Saints' Catholic Academy



**Mr D Longmore**  
Student Well-being  
Co-Ordinator



**Mrs C Warriner**  
John Paul Centre  
Manager



**Mrs H Bentley**  
Drama Teacher



**Mrs C Novell**  
English & Drama  
Teacher



**Mrs G Lowbridge**  
Receptionist



**Mrs C Coope**  
Librarian



**Miss L Nahal**  
Sixth Form Student  
Services Manager



**Mr M Harwood**  
Teaching Assistant



**Mr J Horlington**  
Cover Supervisor

#SelfCare

#Wellbeing

## Promote Healthy Risk-Taking

It's important to encourage young people to take healthy risks. What's a healthy risk? Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When children avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.

## Promote the Bright Side—Every Experience Has One

Optimism and resiliency go hand in hand. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe their thoughts to find the positive.

## Resist the Urge to Fix It and Ask Questions Instead

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

## Resilience Flashcards

It can be useful to have a 'bag of tricks' ready for when our children are faced with a tricky situation.

Here's something to try - write the following strategies down on a piece of paper and cut them out. Fold them up and keep them in a container or small bag. Whenever your child is faced with a difficult situation, ask them to draw a slip of paper and follow the instruction. Once completed, re-fold the paper and put it back.

- Do an activity that makes you happy.
- Think about all the positive things you have in your life.
- Give yourself a cuddle or pat on the back for making it through today.
- Be brave - try something totally new that you have never done before.
- Eat well and drink plenty of water today.
- Get enough rest and good quality sleep tonight.
- Do some exercise that you enjoy.
- Write down or draw all of the people that care about you.
- Practice relaxation techniques – try taking deep breaths and counting to ten, or sit quietly to the motion of calming sounds / music.

## Setting personal goals and challenges

Encourage them to plan goals and challenges, which help to boost their self-esteem and confidence.

## Encourage them to believe in themselves and their abilities

Help them list all the things they are good at including being kind, helpful and loving, and show them why these attributes are so essential in life.

## Encourage them to develop a strong offline social network

Help them build a support network of friends and loved ones who love them for who they are. Give them space to spend quality time with their network and do the things they love to do.

## Learn to problem solve

Encourage them to learn problem-solving skills as that is key to building resilience. No matter what the situation or issue is, there is always a resolve from it, even if it means walking away from something that no longer serves you.



# SPORTS NEWS

## Leicester Tigers

Earlier this year, Mr Thompson and Miss Humphreys took 24 Year 9 and 10 students to the Leicester Tigers stadium for a rugby coaching clinic. Students also got to meet players and to watch Tigers VS Gloucester.

The students also got to experience walking on the pitch at half time.



## Sixth form Cup Final Winners

The sixth form were victorious in the Mansfield Town Cup final winning 3-2 against Joseph Whitaker. They were brilliant and a credit to our school. Some of our Year 13's have now won four town cup trophies for the school and have been one of the best teams we've ever had.



## UEFA Women's Euro's 2022 school trip

The PE department have an exciting opportunity for examination PE students and the year 8 girls football team in July. The department will be taking students to Old Trafford in Manchester, to watch England's opening game against Austria in the UEFA Women's Euro's 2022.





## Year 11 Town Cup Final Winners

Congratulations to the Y11 boys football team who have won the Mansfield and Ashfield Schools Town Cup final against Tuxford .

Trailing 4-3 with just 2 minutes to go they managed to equalise then won the match on penalties.

**Well done to the whole team!**



## Athletics Success

This May we took year 8, 9 and 10 students to the school athletics qualifiers at Berry Hill. Out of a possible 78 qualifying positions to represent Mansfield at the district finals, 41 were from All Saints'. To put that into context, the 2<sup>nd</sup> highest school only had 10 qualifying positions. On top of this, the Y8/9 boys and Y10 boys won the 4x100m relay. The Y8/9 girls came 3<sup>rd</sup> and the Y10 girls came 2<sup>nd</sup> in their relay. This is an incredible achievement from our students.



## Year 8 indoor athletics success:

The year 8 indoor athletics team came first in the Mansfield Athletics County Finals this term, which is an outstanding achievement! Both the girls and boys team then went onto represent Mansfield at the district finals. The boys team finished 4<sup>th</sup> and the girls team finished 7<sup>th</sup> at the finals. **Well done to all who took part!**





# GEOGRAPHY

Cultural capital week in geography was the first week of this half term. Students in Y7-Y10 spent the first lesson learning about the causes and impacts of climate change and during the second lesson we asked them to send letters to various stakeholders in Mansfield to explain what they could be doing to help.

For example, some sent letters to the mayor explaining why afforestation projects would help, others sent letters to Aspens explaining why the more of the canteen food should be made vegetarian/vegan etc.

Whilst the students were writing their letters, I wrote to Sir David Attenborough to inform him of what we were doing and he amazingly wrote back.

Miss Dowdall.

5 Park Road, Richmond, Surrey TW10 6NS

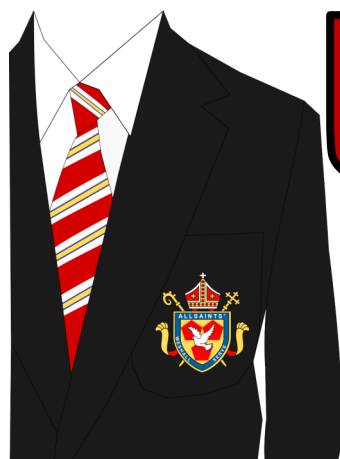
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Dear Carlysi Dandall,

Thank you for your letter. I am delighted to hear that you and your pupils are paying special attention to the problems that humanity has caused to the natural world and are considering what we should all be doing to put things right. Best wishes,

David Attenborough

from David Attenborough



## 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 are now too small but still in good condition.

**These really help us to support the school community!**

**Thank you.**



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

