

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 18/07/22

Thought for the Week: 'God has made no mistake in orchestrating our life and purpose. The desire of His heart is for us to follow the desire of ours...because He has placed it within us.'

Reminders/information:

- **All Saints' Way** - This week's All Saints' Way theme is Show Pride! As we come to the end of this term and academic year we have the commendation ceremonies taking place and have been proud seeing the students achieving in their academic subjects and pastorally. Congratulations to all award winners.



- **Student toilets** - Over the Summer we are excited to announce that the toilets for Years 8-11 are being refurbished to make them open plan toilets with cubicles and open sink areas. The Year 10s have had these toilets this year and the feedback has been very positive.
- **Hot Weather** - As the weather continues to be very warm, please ensure that students bring a full, refillable bottle of water into school every day. A hat and sun cream are also advisable. Please keep checking the website and our Facebook page for any further updates.
- **Uniform** - Please ensure you refer to the uniform policy on the school website to ensure that students return in September looking smart and ready to learn.

Well-being:

- **Parent toolkit:** Please find below a link to a straight forward guide to protecting your children from online hate, extremism, and fake news. [Parent toolkit online issues kent by Jill Allen on Prezi Design](#)
- **Reminder: Summer self-care:** The Anna Freud Centre have created resources to help children, young people and school staff practice self-care over the summer break.
About the resources: The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling without the structure and support network of school.

We've created these #SelfCareSummer packs for primary and secondary schools. These packs feature a range of creative activities based on self-care strategies that other young people have found useful in helping them stay mentally healthy.

[Self-care summer | Resources for primary schools, secondary schools and staff \(annafreud.org\)](#)

We will share the information below with students too:

If you or someone you know needs help right now, you should, if possible, try to talk to a parent, carer or trusted adult. If talking to an adult is not possible, the following organisations are available 24 hours a day, 7 days a week:

[On My Mind: Urgent Help for young people with their mental health \(annafreud.org\)](#)

- **My vision resource:** In today's modern world of technology, it is important to consider the negative effects of extended screen time on the eyes, minds, and bodies of children. To better educate parents and caregivers, we recently published a guide to screen time for parents where we cover things like problems screens can cause, suggested screen time limits by age, teaching digital literacy, and more! Please take a look:

[Screen Time Guide for Parents | MyVision.org](#)

- **Wellbeing email address:** If you have any questions or specific concerns regarding your child's wellbeing 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:

- **Wednesday 20th July** – PE Sports Award Evening
- **Monday 18th July until Tuesday 26th July** – Year 10 work experience
- **Tuesday 26th July** – school breaks up for the end of term.

This is just a brief overview, more details will follow for each event from the relevant members of staff in due course. Thank you.

