

# ALL SAINTS'

## CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 31/10/22

*Thought for the Week: 'When you face a trial, trust that God has brought you there, and believe that He will not leave you there'.*

### Reminders/information:

**All Saints' Way** - This week's All Saints' way theme is **Aspire!** We encourage students to aspire to be the best academically and socially. Interform competitions will be continuing this half term for Years 7 and 8. Students have really enjoyed the activities so far. Congratulations to 11ANS, 10JWN and 9HDN who have won their competitions!



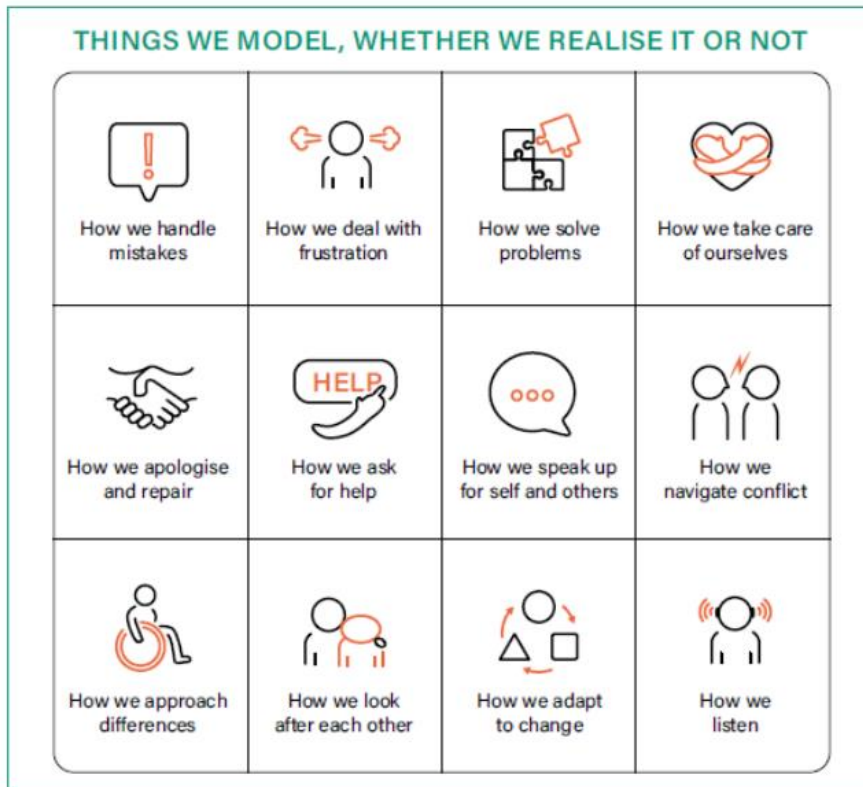
### Online safety:

Lots of our students communicate using chat apps and group chats. Mostly they are sensible and use these platforms safely however as with all online apps and accounts they can pose some risks. Always encourage your child to use these forums safely. Remind them not to share personal information, not to talk to people they aren't friends with in real life and also to consider what they say when chatting online. Once it is written down and sent it is out there forever. What does their digital footprint look like? Follow the link below to find out more about how to protect your child when using chat apps. [Chat apps | NSPCC](#)

### Well-being:

- **Self-regulation strategies for students:** the Anna Freud Centre have released a 'Classroom wellbeing toolkit'. On the next page is an interesting section taken from this, asking adults to consider how we manage emotions, as this may well be copied by students. To see the full toolkit, follow the link: [Classroom wellbeing toolkit \(annafreud.org\)](https://www.annafreud.org)

- ▶ **Model strategies for managing emotions:**<sup>42</sup> *'My laptop's crashed again, and we need it for the lesson. This is so frustrating – I'm really annoyed. I need to use some self-control here – I need to press my own reset button.'*



- **Personal, Social, Citizenship and Health Education (PSCHE):** Students have now completed one cycle of PSCHE lessons, the topics being covered this half term are outlined below, through 4 x 1-hour lessons:
  - Year 7 = Relationship and Sex Education
  - Year 8 = Careers, information, advice and guidance (CIAG)
  - Year 9 = British values and finance
  - Year 10 = Online safety
  - Year 11 = Physical health
  - Year 12 and 13 = Mental health
- **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](mailto:wellbeing@allsaints.notts.sch.uk)
- **Website links:** Please refer to our school website for any extra support: [Wellbeing - All Saints' Catholic Academy](#).

### Upcoming events:

- **Tuesday 1<sup>st</sup> November** – All Saints' Day Mass in school
- **Monday 7<sup>th</sup> November** – Year 11 mocks begin
- **Monday 14<sup>th</sup> November** – Year 13 mocks begin / Year 12 Geography fieldtrip begins
- **Thursday 8<sup>th</sup> December** – Year 7 Retreat Day
- **Monday 12<sup>th</sup> December** – Year 12 and 13 Parents' Evening

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