

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 12/12/22

Thought for the Week: We are as imperfect as God is perfect...and He alone can make our way perfect.

Reminders/information:

All Saints' Way - This week's All Saints' Way theme is Think! Last week students had assemblies about how to keep safe online. We hope that students continue to think about how to build each other up and to not ever use words to pull people down.



Online safety update

We have been encouraging students to THINK before posting online this week. Would they be happy sharing what they post with school staff or parents? Is what they are saying online kind? Does it lift someone else up?



Uniform reminder

As the weather turns colder, please be aware that the uniform policy states:

Allowed: Grey plain knitted v-neck jumper. Sweatshirts / cardigans are not allowed.

Black round neck jumpers or hoodies under blazers are not allowed. Students should be encouraged to bring a warm, dark coat to keep them warm at break and lunch.

Anti-bullying

This year we've received hundreds of entries and some tutor groups clearly invested a great deal of time and effort into promoting our anti-bullying message. 11ANS are this year's worthy winners for their presentation, tutor group video and cards displayed around school. This year's runners-up are 7LPR and 10CCE- both forms have produced two outstanding displays. All entries have been put on display around school or returned to the tutor group to be displayed in the tutor base.

Also, a special mention to the following tutor groups for their fantastic contribution:

7LMR

7HDW

7GMX

8JSH

8CHT

9BDS

9PMK

9HDN

Choir

A decorative graphic with the words "Well done!" written in a cursive, black font with a yellow outline. The text is surrounded by small yellow stars and a yellow underline.

Student Council fundraising

The student council have been working hard to come up with lots of fun activities to raise money for student council. Week commencing 12th December there are bake sales, find the elf and decorate the form board competitions. We hope students enjoy the competitions.

Commendations

Commendation ceremonies are taking place for all year groups throughout the week. We look forward to celebrating with all students and well done to all those students who are nominated for an award.

Well-being:

Personal Development:

Winter wellbeing toolkit: There is a lot of joy and happiness associated with the festive season, but for some it may not always be a positive time. The shorter days, colder temperatures and the pressures associated with this time of year can impact many people, adults and young people alike. The Anna Freud Centre are sharing resources to help boost winter wellbeing – self-care activities for young people and advice to help them manage their wellbeing.

We attach some resources for you:

1. **Seasonal self-care survival kit – Anna Freud Centre:** A leaflet for young people with links to different self-care strategies they can employ during the festive period – see next page.
2. **Tips for coping with seasonal affective disorder:** [Tips For Coping With Seasonal Affective Disorder | YoungMinds](#)
3. **My self-care plan** - This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them. See separate information.



<p>1 <u>Spending time alone:</u> Sometimes it can feel like there is a lot of pressure during the holidays to entertain your loved ones and participate in games and discussions. Don't forget that it is always okay to take some time, relax, and do something just for you.</p> 	<p>2 <u>Spending time with supportive people:</u> Whether it's a loved one or a volunteer, we all need someone to support us when we are low. Follow your instincts; if you can relax and be yourself with them, chances are they are supportive.</p> 	<p>3 <u>Sleep:</u> Sleep is often one of the first things to slip when we are busy, stressed or anxious. If you can, think of the holidays as a chance to recharge your batteries and get your energy back up for the new year. You deserve a lie-in!</p> 
<p>4 <u>Sharing your feelings</u> We understand that, for lots and lots of people, the holidays are a really difficult time. The 'merry' Christmas we all wish for each other isn't always a reality, so, if you feel like crying, that is totally fine. Sometimes this feels much better than hiding how you really feel.</p> 	<p>5 <u>Self-talk:</u> Positive self-talk can help us feel more confident and challenge the negative thoughts that harm us. For example, if you feel self-critical, think about how you would reassure a friend in a similar situation, then apply that to yourself.</p> 	<p>6 <u>Seeking help:</u> Our urgent help page has information on who you can call over the holidays. Remember, if you need help then you deserve to get it. Asking for help when you need it is a really brave step and an important part of self-care. You can find all our mental health resources at onmymind.info.</p> 

- **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:

- **Monday 12th December** – Year 12 and 13 Parents' Evening
- **Monday 12th December to Wednesday 14th December** – Christmas Dinner
- **Thursday 22nd December to Tuesday 3rd January** – School closed