



ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY

Parent Bulletin – w/b 23/01/23

Thought for the Week: "Let us make best use of the fleeting moments. They will not return." Marianne Cope

Reminders/information:

All Saints' Way - The All Saints' Way theme this week continues to be Learn! In recent assemblies, students having been learning about the great things All Saints' Sixth Form has to offer and we hope this has inspired many of our students to make this their first choice after their GCSEs.



Uniform: A reminder that PE kit should only be worn on the days that students have PE. If there are issues with shoes/tie/blazer etc, students should still come in school uniform as we can support with replacing items temporarily until issues are rectified.

Young Fashion Designer UK 2023

An opportunity for all of our young designers to think about the impact that we all have on our environment. See Miss Coupe for more details.

To enter this competition, produce and email the following:

- One research page about ONE area of sustainability.
- Produce a page of pattern and/or fabric samples linked to your chosen area of sustainability.
- Produce FOUR OUTFIT designs for any occasion. Include aspects of your research and your fabric samples.
- Email your THREE pages as named JPG files for our judges to see! **Submit by Friday 21st April 2023.** Miss Coupe is running support sessions which will run every Thursday (apart from 26th Jan). 8 sessions in total up until Easter with the option of 2 additional sessions after Easter if needed.



Anti-bullying: We would like to say a huge thank you to our Year 13 Anti Bullying Officers who are now stepping back to allow them to focus on their forthcoming exams. Abbie, Callum, Lisette, Madison and Olivia were awarded with a certificate and an Amazon voucher to say thank you for all of their contributions.

Year 8 Retreat Day: Please note that the Year 8 Retreat Day has been moved from Thursday 26th January to Thursday 2nd February so please ensure that your child wears their school uniform on the 26th January and non-uniform on 2nd February. Thank you

Non-uniform Day:

There will be a whole school non-uniform day on **Thursday 9th February**. Students are asked to contribute £1 which will go towards fundraising for the Sixth Form students who will be going to Lourdes.

Sixth Form students are invited to come to school in their pyjamas on this day and asked to contribute £2 to support this cause. Letters have been sent out to all parents regarding this event and includes what is/is not acceptable with regards to clothing.

Well-being:

Personal Development:

- **Children's Mental Health week is 6-12th February.** The focus is, 'Let's connect'. This is run by Place2b (Children's Mental Health Charity). For more information follow the link below and also see attached tips for parent and carers on the next couple of pages.

[Secondary Age Activities - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

- **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: (details of each event will be sent out to parents nearer the time).

- **Wednesday 25th January** – UCAS deadline
- **Thursday 2nd February** – Year 8 Retreat Day in school, this date has changed. See message above.
- **Wednesday 8th February** – Year 8 Options Day in school for students and virtual parents' evening.
- **Thursday 9th February** – Non-uniform day. Please see information above.
- **Friday 10th February** – INSET Day – school closed for students.

LET'S CONNECT



6-12
FEBRUARY
2023

TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

#ChildrensMentalHealthWeek

Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. **Connect by taking an interest in your child's world**

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. **Find time to connect as a family**

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. **Try to resolve conflict and re-connect after arguments**

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces ↗

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains ↗

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards ↗

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk ↗

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help ↗