

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 12/06/23

Thought for the Week: "All the darkness in the world cannot extinguish the light of a single candle." St. Francis

Reminders/information:

All Saints' Way - The All Saints' Way theme this week continues to be Learn! We would like to remind parents and students that they need to attend school every day possible and be on time to lessons to ensure they are ready to do their very best and learn in all their lessons.



Year 10 Netball - Last week the Year 10 netball teams took part in the Mansfield World Cup Tournament. Every single student played incredibly well and staff from other schools commented not only on the girls' ability, but their attitude and polite nature. Our teams came first (yellow team) and second (navy team) by a considerable margin!

Attendance Award - All Saints' Catholic Academy has been awarded with an FFT National Attendance Award. FFT collects daily attendance data from over 10,500 schools and for the Spring term, All Saints' Catholic Academy was in the top 25% in England. Thank you to all our students and parents and carers who support the school community.



Water bottles - Please could we ask that students come to school with their own water bottle. These can be refilled from the drinking water stations around school. Lots of students are coming out of lessons asking reception for water, but we do not have enough bottles or cups to provide students. Water is also available to purchase from the canteen.

Personal Development:

Wellbeing Plan

Following the attendance at a webinar on 'Talking about anxiety in schools', led by the Anna Freud Centre ([Anna Freud](#)) We would like to share a useful tool that can be used with students at home. The Wellbeing Plan (on the next page), can be used to help students understand the strategies needed when they are not feeling great on a specific day and how to manage their own mental health. I hope you will find this useful.

Careers update

We have now added all subject posters to our careers section of the website. Each subject links to; job available, skills required and Higher Education course suggestions.

[Student Support - All Saints' Catholic Voluntary Academy - Mansfield](#)

Well-being:

- **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 Voluntary Academy - Mansfield](#)

Upcoming events: (details of each event will be sent out to the relevant parents nearer the time).

- **Monday 19th June to Friday 23rd June** – Year 10 Berlin Trip
- **Monday 26th June** – Year 12 exams begin
- **Monday 26th June and Tuesday 27th June** – Sixth Form induction days
- **Friday 30th June** – Sports Day and Year 11 Prom
- **Friday 7th July** – Year 13 Prom
- **Friday 14th July** – Rewards Day
- **Monday 17th July to Friday 21st July** – Year 10 Work Experience

MY WELLBEING PLAN

ACTIVITIES I'LL DO EACH DAY TO
LOOK AFTER MY HEALTH:

ACTIVITIES I'LL DO EACH DAY
THAT I ENJOY OR HELP ME
RELAX

MY LUXURY TREAT
FOR MYSELF:

SIGNS I AM STARTING
TO STRUGGLE ARE:

MY COPING
STRATEGIES TO USE
IF I'M STRUGGLING:

THINGS THAT DRAIN MY
ENERGY TO STOP OR
REDUCE:

PEOPLE WHO CAN
SUPPORT ME:

