

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 15/01/24

Thought for the Week:

‘God’s timing isn’t always easy to understand but it’s always perfect’.



Reminders/information:

All Saints' Way – The All Saints' Way theme this week is 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. Students this week will be having assemblies to learn about the great opportunities our Sixth Form has to offer, apart from Year 8 who will be learning about the GCSE options process.



Charity Fundraising - Before Christmas the school had the annual “Christmas Jumper Day”. Thank you to all of you who supported this day with donations and the total raised was £352.00. The funds are being split between the Lourdes Pilgrimage and Student Council.

The Houses are starting to raise money for their nominated charities over the next few weeks. More information to follow in next week’s bulletin

Parent points of contact

A reminder about who to contact in school:

- For queries on issues such as uniform, behaviour, attendance, the school organiser and homework or rewards, the form tutor of your child should be your first port of call.
- If there is a pastoral issue of a serious nature (e.g. an issue that would affect your child’s safety or well-being) and you have already contacted your child’s form tutor, you should contact the Year Progress Leader for your child. In the unlikely event that a YPL cannot resolve the issue, your next contact would be Mrs N Kilday (Assistant Head Teacher – Behaviour and Attitudes).

- If you have a query about academic issues such as academic reports, homework or content in a particular subject then contact either your child's class teacher or the Curriculum Leader for that subject.
- If you have queries about school buses or bus passes please contact reception.
- Questions and issues (pastoral and academic) related to Sixth Form students should be directed to Mrs A Wain and Mrs R Davie, (Assistant Head Teachers - Sixth Form)
- For safeguarding issues please ask for a member of the safeguarding team. Our reception staff can direct you to the correct member of staff and the school website also has details about the safeguarding team.

Reminders

Please could we ask that students come to school with their own water bottle, which 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 bottles or cups to provide students with. Water is also available to purchase from the canteen.

For the PE kit, a reminder about the policy on PE bottoms:

Plain black tracksuit bottoms / leggings (no different colours / no patterns / no stripes / no mesh or vent panels in leggings. Only one small logo no wider than 5cm). These should be proper tracksuit bottoms not joggers.

Attendance

It is important for your child to regularly attend school for a variety of reasons - the learning and social skills developed, and for their confidence and self-esteem. Obviously, your child may miss school due to sickness or a hospital appointment but holidays should not be taken in term time. There are very few reasons a Headteacher can authorise a child being off school. Unauthorised absences may result in a penalty notice being given which is currently £120 (or £60 if paid within 28 days)

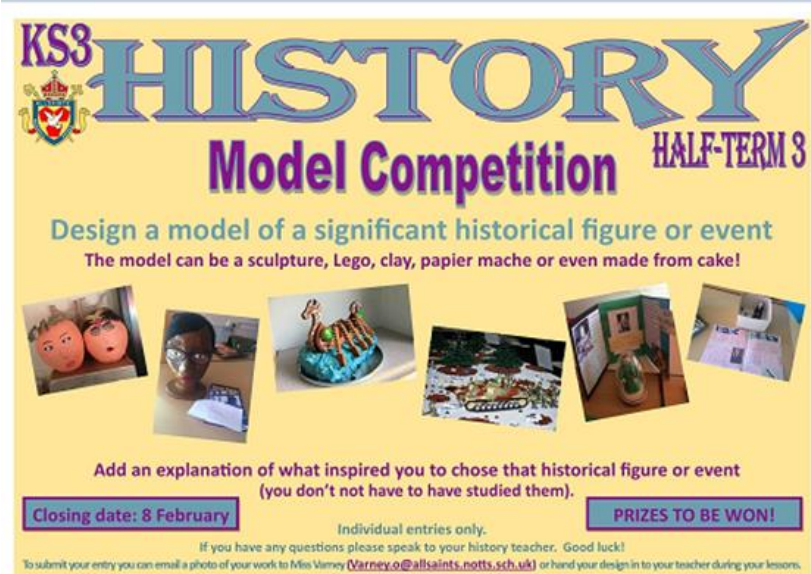
We also have a few children coming into school after 8.55am. Being late for school causes significant disadvantages to children. They not only miss the introduction to the lesson, but also the opportunity to meet and socialise with classmates before lessons begin. Children coming into class late causes disruption to the whole class and regular lateness may well result in your child being unable to reach their full potential.

Period 1 starts at 8.55am. If your child arrives to school after this time, then they will receive late mark and potentially a lunch detention or afterschool detention. This does not include students late due to the school buses.

If your child is going to be absent, please inform school using the Arbor App providing full details or by calling 01623 474700 and press 1 for pupil absence. A phone call or home visit will be made if we have not received any information that explains your child's absence by 9.30am. _

Extra-curricular opportunities

The History and Geography Departments have launched their competitions for this half term. Please see the posters below for details of the competitions. We look forward to seeing all of the great entries.



KS3 HISTORY
Model Competition HALF-TERM 3

Design a model of a significant historical figure or event
The model can be a sculpture, Lego, clay, papier mache or even made from cake!

Add an explanation of what inspired you to chose that historical figure or event
(you don't not have to have studied them).

Closing date: 8 February

Individual entries only.

PRIZES TO BE WON!

If you have any questions please speak to your history teacher. Good luck!
To submit your entry you can email a photo of your work to Miss Varney (Varney.o@allsaints.notts.sch.uk) or hand your design in to your teacher during your lessons.



YEAR 8 GEOGRAPHY COMPETITION

NATURAL HAZARDS

Research competition on any natural hazard, e.g. a specific volcanic eruption, earthquake or Tsunami. Information we are looking for includes key facts, location, and impacts. This can be presented in any format e.g. PowerPoint, poster, model of the hazard etc.
All entries to Miss Dowdall in X12 by Friday 2 February. Prizes for the winning entries!

Textiles Club - Every Thursday at 3.35pm-4.30pm for all year groups. Just come along or see Miss Coupe in A3 for further details. The next project is all about creating a Batik Pouch to be used as a glasses case/ makeup bag/ pencil case/ electronics case. Batik is an Indonesian technique of wax-resist dyeing applied to cloth. This technique originated in Indonesia.



Personal Development:

Wellbeing – Please refer to the two documents covering:

- Support for students prior to the mock examinations and also useful for any other students taking assessments (at the end of this bulletin)
- A self-care plan for students and parent/carers to use, with practical ideas and links (will be sent via email with this bulletin).

Wellbeing reminder: Please remember that the link on our website is: [Wellbeing - All Saints' Catholic Voluntary Academy - Mansfield](#). In addition, if you have any questions or specific concerns regarding your child's wellbeing then please email the address: wellbeing@allsaints.notts.sch.uk.

Careers update – D2N2 are the careers support hub within Nottinghamshire and Derbyshire. Below are some events that you may be interested in attending.

1. **Learn Live** online webinars (more info here [D2N2 Careers Hub - Careers Live \(careersliveuk.com\)](#) click on “upcoming Broadcasts”). These webinars will feature local employers and the audience will have the ability to ask questions: Let's Talk Apprenticeship: Parents webinar – Wednesday 7th February, 6 – 7pm *** **Please register via [this link](#)*****

2. **Helping parents and carers guide young people to make career decisions - podcast**
[Helping parents and carers guide young people to make career decisions - podcast | The Careers and Enterprise Company](#)

Careers reminder: Please remember you can also visit our school website: [Careers - All Saints' Catholic Voluntary Academy - Mansfield](#)

Free School Meals - Derbyshire County Council administers the applications for **Free School Meals** for students studying at All Saints' Catholic Voluntary Academy. Please use the link below to apply.
<https://www.derbyshire.gov.uk/education/schools/your-child-at-school/meals/school-meals/free-school-meals.aspx>

If your child is in receipt of **Free School Meals**, you may be able to receive support with payments for school trips and uniform. If you are unsure whether you are entitled to claim, please complete the eligibility form on the website to check.

If you experience any difficulties please let us know and we will ask Derbyshire County Council to assist.

Year 11 exam preparation information:

Design and Technology Y11 2023-2024 Y11 March Mock Revision List

Section A – 20%

longer questions only

1.8 Production techniques and systems

1.11- Developments in new materials

1.15 Natural and manufactured timbers

Section B - 30%

2.2 Forces and stresses

2.3-4 - Ecological and social footprint, 6 R's, Social issues in the design and manufacture of products

2.6 Sources and origins

2.13 Tools, equipment and processes

2.15 Commercial Processes

2.16 Quality Control

Section C – 50%

3.1 Anthropometrics

3.6 Generate imaginative and creative design ideas using a range of different design strategies

3.9 Prototype development

3.10 Selection of materials and component

3.14 Specialist tools and equipment

3.16 Finishes

Locating Revision Resources

Allsaints VLE > Documents > subjects > Technology > GCSE Design and Technology

Name	Modified	Modified By
Absolutes	September 17, 2021	C Coupe
Exam Papers	September 15, 2021	C Coupe
Y10	October 31, 2021	C Coupe
Y11	January 10, 2022	C Coupe
Y9	January 10, 2022	C Coupe

Allsaints VLE > Documents > subjects > Technology > GCSE Design and Technology > Y11

Name	Modified	Modified By
Mock Revision Lists 23-24	September 21, 2023	C Coupe
NEA	January 10, 2022	C Coupe
Revision Resources	January 3, 2023	C Coupe
Theory	October 12, 2022	A Hobson
Y11 Homework 2023-24	September 21, 2023	C Coupe

Revision Websites

<https://www.bbc.co.uk/bitesize/examspecs/zby2bdm>

<https://www.technologystudent.com/>

<https://senecalearning.com/en-GB/blog/free-aqa-dt-gcse-revision/>

Revision Books

DESIGN & TECHNOLOGY	New Grade 9-1 GCSE Design & Technology AQA Revision Guide	https://www.amazon.co.uk/Grade-Design-Technology-Revision-Guide/dp/1782947523/ref=sr_1_1?ie=UTF8&qid=1548411061&sr=8-1&keywords=9781782947523 978 1 78294 752 3
	New Grade 9-1 GCSE Design & Technology AQA Exam Practice Workbook	https://www.amazon.co.uk/Design-Technology-Practice-Workbook-Revision/dp/1782947531/ref=sr_1_1?ie=UTF8&qid=1548411083&sr=8-1&keywords=9781782947530 978 1 78294 753 0
	New Grade 9-1 GCSE Design & Technology AQA Answers (for Workbook	https://www.amazon.co.uk/Technology-Answers-Practice-Workbook-Revision/dp/178294754X/ref=sr_1_1?ie=UTF8&qid=1548411108&sr=8-1&keywords=9781782947547 978 1 78294 754 7

NEA Deadlines

Section A 22nd September 2023

Section B 6th October 2023

Section C 17th November 2023

Section D 5th January 2024

Section E 23rd February 2024

Section F 15th March 2024

FINAL HAND IN DATE 15TH MARCH 2024

Food Preparation and Nutrition Y11 2023-2024

Y11 March Mock Revision List

- Heat Transfer methods
- Effect of cooking on nutritional value.
- Functions of water in the diet
- Fish
- Carbohydrates
- Fat
- Eggs- Function - Nutritional value- free range
- Modern Technology – genetically modified food.
- Safety standards including packaging
- Importance of Packaging
- Food choice
- Sensory Evaluation
- Food waste
- Food storage
- Nutritional Needs though life

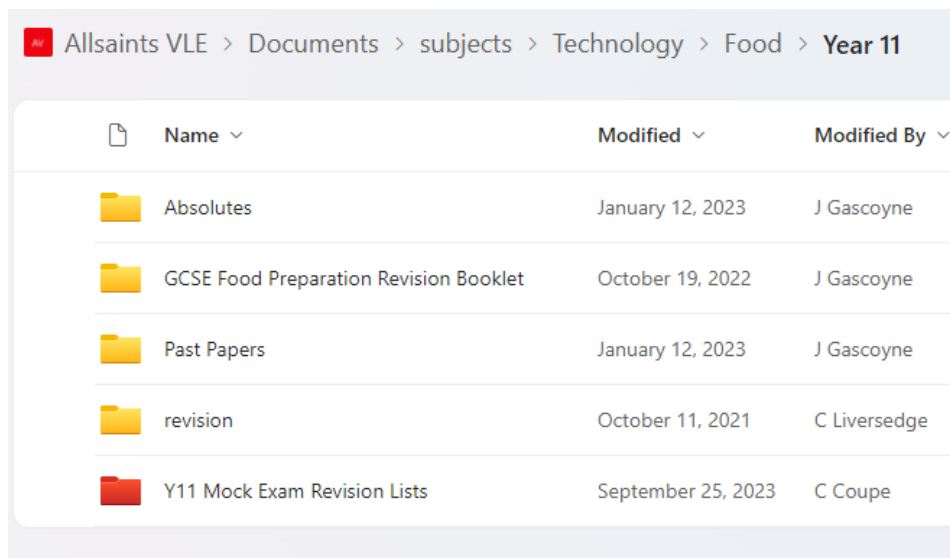
Locating Revision Resources

Electronic Book

[Eduqas GCSE Food Preparation and Nutrition \(illuminate.digital\)](https://www.illuminate.digital)

Username: Sallsaints4

Password: student4



Name	Modified	Modified By
Absolutes	January 12, 2023	J Gascoyne
GCSE Food Preparation Revision Booklet	October 19, 2022	J Gascoyne
Past Papers	January 12, 2023	J Gascoyne
revision	October 11, 2021	C Liversedge
Y11 Mock Exam Revision Lists	September 25, 2023	C Coupe

Revision Books

Food Preparation and Nutrition	New Grade 9-1 GCSE Food Preparation & Nutrition - WJEC Eduqas Exam Practice Workbook	https://www.amazon.co.uk/Grade-GCSE-Food-Preparation-Nutrition/dp/1782946535/ref=sr_1_1?ie=UTF8&qid=1548410999&sr=8-1&keywords=9781782946533 978 1 78294 653 3
	WJEC Food and Nutrition (Revision Guide)	https://www.amazon.co.uk/Grade-GCSE-Food-Preparation-Nutrition/dp/1782946527/ref=pd_bxgy_img_2/262-3637513-3202237?encoding=UTF8&pd_rd_i=1782946527&pd_rd_r=59c1dfe6-c667-47e6-93c9-6e92846f17af&pd_rd_w=dcYdQ&pd_rd_wg=IXDV9&pf_rd_p=106f838b-b7d1-46e9-83e0-f70facc857bf&pf_rd_r=HM54JKJ84HCBKBRVFW6&pvc=1&refRID=HM54JKJ84HCBKBRVFW6 ISBN: 9781782946533

NEA Deadlines

Week 20 – Monday 5th February - Completed Trials and Evaluations

Week 21 – Monday 19th February - Completed Time plan

Week 21 – 23 - 19th February to the 8th March - Practical Exam

Week 24 – Thursday 14th March - Final Conclusion

Week 25- Friday 22nd March - Final Deadline

GCSE Geography - EDUQAS B - Preparation for the final exam

Human Geography

- Cities and Urbanisation (Sheffield)
- Global Cities (Mumbai)
- Trade, Aid and Development (UK, Vietnam, Mali)

Physical Geography

- Rivers and hydrology (Tewkesbury, Bangladesh)
- Coasts and coastal management (Holderness, Medmerry)
- Climate change (Arctic, Bahamas, Maldives, Thames Barrier)
- Weather and climate (Sahel, Cyclone Pam)

Environmental Geography

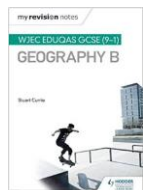
- Desertification (Sahel)
- Water resources and management (Murray-Darling Basin, Colorado, Lake Chad)
- Ecosystems (Sahel, Monteverde, Ynyslas)

Skills

- Map (compass, scale, contour, grid references, using a key, description)
- Graph (completing a graph, description, explanation)
- Maths (mean, mode, median, range, interquartile range, percentage, percentage change)

How to revise

- Use All Saints' Absolutes for content revision and practice questions, these are on the VLE
- Make flash card summaries of theory and case studies
- Use 'look, cover, say, write, check' to memorise specific details
- Once content has been revised and test, use past exam questions to apply knowledge, these are on the VLE
- The EDUQAS Geography B Revision Guide is helpful for theory, but does not contain the correct case studies



What can you do as a parent to help your child revise?

- Check that your child has added to their case study and topic revision folder each week.
- Sit and test your child on their self-quizzing questions and / or flashcards each week.
- Make your child attempt the questions on the bottom of one of their topic absolutes each week. Get them to show you the evidence.

February mock exam - Paper 2 – Problem Solving Geography

- Human Geography
 - Population growth
 - Informal settlements
 - Trade
 - Aid
- Physical Geography
 - Coastal defences
 - Shoreline Management Plans
 - Impacts of climate change
- Environmental Geography
 - Sustainable water use
 - Food webs
 - Ecosystems
- Skills
 - Describe the location
 - Describe trends in graphs
 - Calculating averages
 - Calculating percentages

Provisional Final Exam Dates

Paper 1 – Friday 17th May PM (1 hour 45 minutes) Geographical Enquiry

Paper 2 – Wednesday 5th June AM (1 hour 30 minutes) Problem Solving

Paper 3 – Friday 14th June AM (1 hour 30 minutes) Fieldwork and UK Geography

Parent and Carer Planner 2023-2024

Week beginning 8 th January 2024	Year 7-10 Data Information. Year 7 Reports.
Monday 8 th January (All week)	Year 11 Mock Speaking Exams for MFL
Tuesday 16 th January	Year 11 Progress Evening for Parents. In Person
Week beginning 22 nd January	Year 8 Reports
Wednesday 31 st January	Year 8 Progress Evening for Parents. In Person
Wednesday 7 th February	Year 8 Options Afternoon
Wednesday 7 th February	Year 8 Options Information for Parents. Online
Wednesday 7 th February	Year 11 Drama Exam
Thursday 8 th February	Year 11 Drama Exam
INSET Day on Friday 9 th February- Students not in school. Students return to school on Monday 19th February.	
Wednesday 21 st February (All week)	Year 11 and 13 Mock Exams
Monday 26 th February (All week)	Year 11 and 13 Mock Exams
Monday 4 th March until 12 th March	Year 12 Exams
Thursday 7 th March	Year 7 Progress Evening for Parents. Online
Thursday 21 st March	School Show
Friday 22 nd March	School Show
Thursday 28 th March	Year 11, 13 and 12 Data Drop Year 12 Reports
Students break up on Thursday 28 th March and return to school on Monday 15th April.	
Week beginning 15 th April	Year 7 to 10 Data
Monday 15 th April until 26 th April	Year 11 MFL Speaking Exams (Actual)
Monday 22 nd April	Year 10 Exams Week
Monday 6 th May - Bank Holiday	
Thursday 9 th May	GCSE Exams Begin
Friday 10 th May	Year 11 Drama Exam
Monday 13 th May (All Week)	Year 9 Exams Week
Monday 20 th May	Year 10 Progress Evening for Parents. Online
Week beginning 20 th May	Year 10 Exam Results and Report
Friday 24 th May	Year 13 Leavers' Mass
Students break up on Friday 24 th May and return to school on Monday 3rd June.	
Week beginning 17 th June	Year 9 Exam Results and Report
Wednesday 19 th June	Year 9 Progress Evening for Parents. Online
Friday 21 st June	Year 13 Prom
Monday 24 th June (All Week)	Year 12 Exams
Thursday 27 th June	6 th Form Information Evening for Year 10. In Person
Friday 28 th June	Provisional end date for Year 11 and 13 External Exams.
Monday 1 st July	Provisional Sports Day
Friday 5 th July	Year 11 Prom
Week beginning Monday 8 th July	Year 7 to 10 Data
Tuesday 16 th July	Year 12 Exam Results
Friday 26 th July	Students break up for the Summer.
Thursday 15 th August	A LEVEL RESULTS DAY (8am – 10.30am)
Thursday 22 nd August	GCSE RESULTS DAY (9am – 10.30am)



Managing exam stress: tips and advice (for teachers)

PSHE Association
Quality Assured
Resource
PSHE

>> Before exams

1. Eat healthily by having breakfast and plenty of fresh fruit and vegetables. Try to avoid junk food.
2. Avoid too much caffeine as this won't help manage stress.
3. Get your eight hours sleep. Wind down before bed by putting away your mobile and tablet.
4. The key to lowering your stress is organisation and preparation. Going into an exam feeling confident because you've worked hard is going to be less stressful.
5. Manage your time. Make a realistic timetable. Stick to it. Everyone approaches revision in different ways so make sure you've chosen the method that works best for you.
6. Plan breaks and treats into your revision schedule in order to reward yourself. This includes exercise breaks.
7. Plan your social media breaks so that your phone is not interrupting your revision.
8. Learn to recognise when you are becoming stressed. A break or a chat with someone who knows the pressure you're under will get things into perspective.
9. Remember to focus on yourself not your friends, so avoid comparing your revision with that of your classmates.
10. Surround yourself with a group of people who will motivate you, and who you can talk to about your exam stress constructively.

>> During exams

11. If you feel yourself panicking during the exam, sit back for a moment and control your breathing.
12. Talk to the invigilator in the room if you fear you might have a panic attack.
13. Read the questions thoroughly and plan your answers to help you feel in control.

>> After exams

14. Remember to keep things in perspective and steer clear of any exam 'post-mortems'. It doesn't matter what your friends wrote as it's too late to go back and change your answers. Put it behind you – the best thing to do is focus on the next exam.
15. Remember that there is life after exams. Things might seem intense right now, but it won't last forever.
16. There will be a point when the exam is over, so working hard for a short time will pay off when you get your results and feel that achievement.