

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 05/02/24

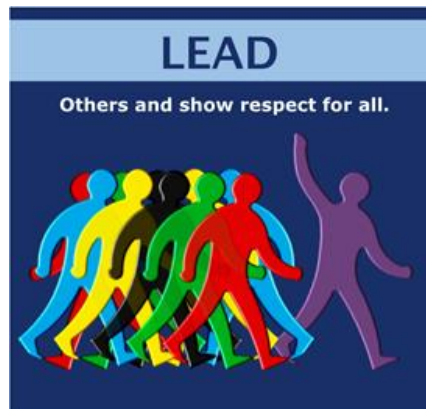
Thought for the Week:

Diversity inspires us to celebrate our differences and to respect the dignity and value of everyone. We are all made in the image and likeness of God, and we can recognise God in all people, however different they may seem. Diversity reminds us that we are all called to love one another and to create a world where everyone feels loved, accepted and included. This week, think about those people in your community who may feel left out and try to find a way to help them feel loved and included. We are rapidly approaching the season of Lent, beginning on Ash Wednesday, so this is a great time to begin looking outwards and reaching out to those in need, to those who may feel marginalised and to anyone who needs to feel the love and presence of Christ, through our small acts of love.



Reminders/information:

All Saints' Way – This week's All Saints' way theme continues to be Lead! We always encourage students to lead by example and be the best ambassador for the school both in and out of lessons.



Year 8 options – On Wednesday 7th February, the Year 8 students will be attending an Options Afternoon where they can get a taster of the subjects at GCSE to aid their choices. This will be followed by an online meeting for parents.

Safeguarding update - Feel confident talking to your child about how to stay safe online with the 10 pointers in the attached factsheet. They give you practical advice on what to tell your child to do and not do, and what to watch out for.

INSET day

Remember it is an INSET day on **Friday 9th February** and school will be closed to students.



Lourdes Fundraising - A large group of Sixth Form students have started a huge fundraising mission in order to take part in the Diocesan Pilgrimage to Lourdes, in July, where they will aid the sick and elderly of the Nottingham Diocese, working alongside other students and staff from across the Diocese. It is a very special, spiritual opportunity, as well as an incredible way of putting both our faith and our school motto 'We Shall Serve' into action.

A huge thanks to all who supported the students in their fundraising at the recent Year 8 Parents' Evening. Those of you who bought refreshments and made donations or have supported the recent school-based cake sales, have already helped them begin their journey, for which they are so grateful.

In order to raise sufficient funds to take part in the pilgrimage, they are in need of ongoing support, sponsorship and donations, so, if you have any raffle prizes or could sponsor them in any way, they would love to hear from you.

To find out more about Lourdes and see a snapshot of the fantastic impact the young people have on those they serve, please visit: <https://youtu.be/Oz1LlkwweBg>. Our warmest thanks for both your time and support with this and all our initiatives that form our young people in the faith.

Personal Development:

Mental Health and Wellbeing – This week is 'Children's Mental Health Awareness week'. Attached at the end of this bulletin are 2 documents to support both families and young people.

Mental Health and Wellbeing reminder: Please remember that the link on our website is: [Mental Health & 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 – 5-11th February is National Apprenticeship week. Apprenticeships are a fantastic choice for many students, either straight after GCSE or after sixth form; however, many don't know much about the apprenticeships and can be concerned that they're a second-rate option rather than a first-class opportunity.

Students will be doing various activities in tutor time during this week. If you are interested in learning more about apprenticeships, there are a choice of webinars that you can attend detailed below:

- **Saturday 10th February – Parents/Carers Day**
9:00 "A Parents & Carers Guide to understanding Apprenticeships"
Eventbrite link - <https://www.eventbrite.co.uk/e/a-parent-carers-guide-to-understanding-apprenticeships-900am-tickets-745343330967?aff=oddtcreator>

- **11:00 “A Parents & Carers Guide to understanding Apprenticeships”**
Eventbrite link – <https://www.eventbrite.co.uk/e/a-parent-carers-guide-to-understanding-apprenticeships-1100am-tickets-745489869267?aff=oddtcreator>
- **13:00 “A Parents & Carers Guide to understanding Apprenticeships”**
Eventbrite link - <https://www.eventbrite.co.uk/e/a-parent-carers-guide-to-understanding-apprenticeships-100pm-tickets-745493319587?aff=oddtcreator>

In addition, to find out more about apprenticeships use this free guide - [National Apprenticeship Week - parent guide \(theparentsguideto.co.uk\)](https://www.theparentsguideto.co.uk)

This includes explanations for:

1. the different types of apprenticeship levels
2. what qualifications are on offer
3. where they can lead
4. what types of students they suit
5. how to find one
6. the application process, and
7. a dedication section on degree apprenticeships

It's all in [The Parents' Guide to National Apprenticeship Week 2024](https://www.theparentsguideto.co.uk).

Careers reminder: Please remember you can also visit our school website: [Careers - All Saints' Catholic Voluntary Academy - Mansfield](https://www.all-saints-catholic-voluntary-academy-mansfield.co.uk).



Safer Internet Day 2024 will take place on the 6th of February 2024, with celebrations and learning based around the theme ‘Inspiring change? Making a difference, managing influence and navigating change online’.

Safer Internet Day - Parent Workshop Opportunity - Safer Internet Day is a celebration of the safe and positive use of technology, coordinated by the UK Safer Internet Centre. Join the East Midlands Special Operations Unit, as they host a free webinar on how you can keep your children safe online- **Tuesday 6th February 2024 7pm online**. The webinar aims to provide parents/carers the tools to protect their children online and also ensure parents/carers can take back control by improving their own knowledge so they can be in the discussion with their children. Please click on [the link](#) to the free Safer Internet Day webinar for parents to help keep their children safe online on **6th February at 7pm**. This can also be accessed from the website as well [Webinars | EM Cyber Secure \(eastmidlandscybersecure.co.uk\)](https://www.eastmidlandscybersecure.co.uk)

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.

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)

10 tips to stay safe online

Not sure what advice to give your child? Our pointers have got you covered.

1. Be careful about talking to people you don't know and trust in real life – anyone can pretend to be a child online. If you do talk to people you don't know, don't give away personal information – such as what street you live on or where you go to school, or share your location with them. Say no to any requests they send you for images or videos of yourself, and stop talking to them
2. Set your profiles to private, to limit what others can see
3. Think carefully about what you share and with who. Once you've shared an image, you've no control over what the other person does with it. Remember, it's illegal to take, share or view sexual images of under-18s, full stop
4. Be mindful of your digital footprint. What you post online now could come back to bite you later, like when applying for jobs, college or university
5. If you see something upsetting, or someone bullies you, tell an adult you trust. Report it too
6. When reading news online, ask yourself what the source is, when it was published, and whether it could be a hoax or made up. Read beyond the headline too
7. Remember, people try to make their lives look more exciting and interesting online. There's a lot of people who can do with photo editing to make their photos look better. So, don't assume everything you see is a true-to-life representation
8. Watch out for hoaxes and scams, like messages you're meant to forward on or that ask you for payment details or your password
9. Take any content that seems to glamorise gang lifestyles with a very large pinch of salt – it's not as glamorous as it looks. Be wary of schemes promising easy cash for receiving and transferring money too, they're almost definitely criminal activity
10. Watch out for loot boxes or other parts of games where you pay money to take a chance on getting a reward – you can get sucked into spending lots of money on them



Don't feel confident starting a conversation with your child about what they're up to online? Read this advice from the NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety>

Further information

This factsheet was produced by [Safeguarding Training Centre from The Key](https://www.thekeyssupport.com/safeguarding): www.thekeyssupport.com/safeguarding

- > ['Ban kids from loot box gambling in games', BBC News, 12 September 2019](https://www.bbc.co.uk/news/technology-49661870)
<https://www.bbc.co.uk/news/technology-49661870>
- > [How to spot fake news, Childline](https://www.childline.org.uk/get-involved/articles/how-to-spot-fake-news/)
<https://www.childline.org.uk/get-involved/articles/how-to-spot-fake-news/>
- > ['Rescue and Reponse county lines project: strategic assessment 2019, Greater London Authority](https://www.london.gov.uk/mopac-publications/rescue-and-response-pan-london-county-lines-service)
<https://www.london.gov.uk/mopac-publications/rescue-and-response-pan-london-county-lines-service>
- > [Home, Money Mules](https://moneymules.co.uk/)
<https://moneymules.co.uk/>
- > [Sharing nudes and semi-nudes: advice for education settings working with children and young people, GOV.UK – Department for Digital, Culture, Media and Sport, UK Council for Internet Safety](https://www.gov.uk/government/publications/sexting-in-schools-and-colleges)
<https://www.gov.uk/government/publications/sexting-in-schools-and-colleges>

My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



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. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Here are some brilliant tips from young people just like you on how you can look after your mental health.



- 1 Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.
- 2 Talk to someone you trust and feel comfortable with – a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- 3 Write your thoughts and feelings down.
- 4 Keep in contact with people, don't isolate yourself.
- 5 Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- 6 Focus on the good parts of your life and doing what you love, rather than the negative.
- 7 If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.
- 8 Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTuber, listen to music.
- 9 Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!
- 10 Remember that you're not alone, even if it sometimes feels like you are.

*With thanks to students at Stewards Academy and Ark Globe Academy

ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit
- [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit place2be.org.uk/help for more advice

