

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 19/02/24

Thought for the Week:



We are now in the 1st week of Lent in the Church's Liturgical Calendar. As we move into this important season, we recognise the need to prepare ourselves to journey with Jesus by observing the three pillars of Lent: prayer, fasting and almsgiving. This week's word of the week is prayer. Prayer is simply a conversation with God. It is a way of opening our hearts to Him and sharing our thoughts and feelings with Him. Prayer can be done in many different ways, such as through words, music, or silence. During Lent, we can use prayer to reflect on our relationship with God, and to ask for his guidance and strength.

We encourage everyone to make an extra effort to make time for prayer this week and throughout the Lenten season, so that we can all think about what we want to say to God and what he might be saying to us.

Reminders/information:

All Saints' Way – This week's All Saints' way theme is Serve! Students serve their community here at All Saints' every day with their attendance and trying their best in all subjects. The Celebration of the Word this week ask students to reflect on serving their faith as we enter the period of Lent.



Safer Internet Day - Tuesday 6th February was safer internet day and students completed activities in school! The theme this year was **Inspiring change? Making a difference, managing influence, and navigating change online**. Use the link below to find out more about how to talk about online safety with your child. [Parents and carers - UK Safer Internet Centre](#)

Online Recruitment Fair – please see the flyer at the end of this bulletin for more information regarding working at Our Lady of Lourdes CMAT. The link in the flyer doesn't work so click here - [Our Lady of Lourdes CPD Hub - Booking by Bookwhen](#)

School show - Tickets for the "Wizard Of Oz" are now on sale. Please scan the QR code or go to this website: <https://www.ticketsource.co.uk/all-saints-catholic-voluntary-academy-mansfield> to take you straight to the booking site, tickets are only available online.

The show is the junior version so is family friendly. It would be great to see you there, as the students have worked incredibly hard. Thank you for your support!



Transition events

Please see below details of our upcoming transition events. Please share with anyone who has a child in Year 5 or Year 6.

Current Year 6s

June 2024 - Chaplaincy welcome sessions- Dates to be arranged

These are short sessions created for students and their families who join us from primary schools which are not Catholic schools. The aim is to welcome children and families to our community and to give information about what it means to be part of our Catholic community. It also gives families a chance to ask questions in small groups.

Year 6 On Line Parents' Evening - Monday 1st July 2024 5pm

This session is for families of children who have secured a place at All Saints' Catholic Academy for Year 7 in September 2024.

Information will be given about life at school, transition to year 7 and operational information about the two transition days in school.

Year 6 Transition days - Tuesday 2nd July and Wednesday 3rd July 2024

Children who have secured a place in Year 7 for September 2024 will be invited to spend two days with us. Information regarding this event will be sent to families and primary schools nearer to the time (times, equipment to bring etc). All children are expected to attend both days to get a taster of life at All Saints' and enjoy activities whilst getting to know their new classmates.

Current Year 5s

Year 5 day- Monday July 8th 2024

This event is for children who attend our Partner Primary Catholic schools and are currently in Year 5. This event will be offered through your primary school and details will be made available later in the year. It is an opportunity to visit the school, get involved in some activities and make some new friends.

Year 5 Open Evening Monday July 8th 2024, 4-6pm

On Monday 8th July 4pm - 6pm we will be holding an open evening to welcome parents and students who are interested in applying for a place at All Saints' Catholic Academy for September 2025. More details will be published about this event nearer the time via our website, Facebook page and through the primary schools.

Safeguarding update

Please read the information, which has been circulated around local schools. We feel it is important that parents and carers are made aware and can be vigilant. The alert is related to disposable vapes which have contained a synthetic cannabinoid (SCRA known as Spice). These devices have led to two recent incidents in London where several young people were hospitalised.

If you would like to find out more about the substance here are some useful links:

[Synthetic cannabinoids \(Spice\) | NHS inform](#)

[Synthetic cannabinoids | Effects and Risks | FRANK \(talktofrank.com\)](#)

[Spice harm reduction information | Harm reduction information \(substanceuseresources.co.uk\)](#)

Personal Development:

Parent/carers voice: Each term we would like to hear your views on all aspects of life at All Saints'. Once results are collated and evaluated, the key findings will be shared. Thank you for taking your time to complete this survey. Please scan the QR code or click the link below:

<https://forms.office.com/e/qa4GqubKRF>

Parent/Carer voice



Mental Health and Wellbeing:

The Children's Society have developed a comprehensive yet simple guide on how to best support young people's wellbeing. This is to be used by mental health and wellbeing leads but has some great advice for everybody to be able to apply when talking to a young person. This guidance will be emailed to parents with this bulletin via Arbor.

The guidance is based upon research young people, this resource seeks to outline:

- what wellbeing means to young people
- how adults can have better conversations with them about wellbeing
- how adults can best support young people's wellbeing.

The guidance includes a definition of wellbeing and explains how it is understood by young people. It provides advice on how adults can respond to young people in the most useful way, taking trust, time, tone and tense into consideration when entering conversations.

The guidance outlines 5 key steps that are built from children and young people's experience to remember when approaching these conversations:

- Actively listen
- Acknowledge
- Affirm
- Advise
- Act

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 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.

Parent and Carer Planner 2023-2024

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)



Drug alert: Vapes containing synthetic cannabinoids (SCRA- Spice)

Vape pens containing a synthetic cannabinoid often known as Spice have led to people being taken to hospital in London recently.

In one incident, five people became seriously ill after vaping from a "Vapresso" branded pen containing blue liquid in a silver and black cartridge. In a separate incident, people became ill after using a vape labelled "Lemonade Vape Cookies" (which may have been sold as THC).

Both vapes contained Spice, which can cause serious side effects like breathing problems, heart attacks and seizures. Other symptoms include feeling dizzy, vomiting, heart racing, sweating, anxiety and paranoid.

If you're buying either illegal vapes or ones you think have Cannabis/ THC in them, follow our steps below to stay safe.

Staying safe and helping others

If possible, avoid using the vapes we have identified above – the only way to avoid all the risks is to not take drugs which are not prescribed for you. However, if you do choose to take them, remember:

- **Go low and slow** - Be extra cautious about where you get your vapes from, and about the drugs you are taking. Start with a little bit, wait an hour and see how you feel.
- **Do not use alone**; make sure that someone you trust is with you and knows what you're doing in case you need help.
- **If doing it with others**, it's best if only one person vapes first instead of you all doing it at once.
- **Don't mix drugs**: Using more than one drug increases your risks of overdose, including mixing with alcohol.
- **Look after your friends**: look out for anyone who seems dizzy or confused, is sweating, trembling, vomiting or is very anxious, aggressive, or paranoid. If one of your mates is struggling to breathe or passes out, call 999.
- **Be prepared to call immediately for an ambulance** if someone overdoses or become ill.
- **Test your drugs using the testing service available** at www.wedinos.org

If you have any questions or are worried about anything, you can find your local service and their contact information on our website at www.changegrowlive.org



**OUR LADY
OF LOURDES**

CATHOLIC MULTI-ACADEMY TRUST

ONLINE RECRUITMENT FAIR

Join us for an online recruitment fair to find out more about working at Our Lady of Lourdes Catholic Multi-Academy Trust

**27th February
6pm-7pm**



Find the right role for you!

Teachers, Teaching Assistants, Lunch Time Supervisors, Office Administration Technicians, Estates, HR, Finance, Marketing, Leadership and more.

[Find out more and book your space here](#)

We look forward to meeting you