

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY

Parent Bulletin – w/b 26/02/24

Thought for the Week:

This week, we focus on another of the three pillars of Lent: fasting. Fasting is a way of showing self-discipline and of focusing on our relationship with God. Fasting can also be a way of expressing solidarity with those who are less fortunate. Fasting is an important part of Lent, as it allows us to follow the example of Jesus in the wilderness, and to grow in our compassion for others. We're all encouraged to fast from the unnecessary things in our lives and use the time to feast on doing something for the good of others. Is there something you can go without, in favour of doing something selfless, for example less time on a device and more face-to-face time helping or just spending time with a family member? What can you 'fast from' and 'feast on' this week and throughout Lent?



Reminders/information:

All Saints' Way – This week's All Saints' way theme continues to be Serve! Our mission statement is "We shall serve". Well done to all of the students who serve the school community by taking part in one of the many extra-curricular activities or leadership opportunities such as Year Captains, No to Hate ambassadors or Peer mentors.



Rewards

"Let your light shine before others, so that they may see your good works" Matthew 5:16


Lots to look forward to this half-term including Praise Postcard day, Commendation Ceremonies and Chat and Treat for students with great attendance and behaviour. The Proud Podium continues to celebrate students for their excellent work in the school and photos are shared weekly on our Facebook page.

Uniform reminders

A reminder 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.

Equipment shop

A reminder that the equipment shop is located in PA1 and is open at break time for students to top up any missing pieces of equipment. Students need to ensure they are fully equipped at all times.

Whiteboard Pens	25p	 <p>Equipment Shop 3x of each maximum The shop will be at PA1 Every day at break.</p>
White Boards	50p	
White Board Rubbers	40p	
Black Pens	5p	
Green Pens	5p	
Pencils	5p	
Rulers	15p	
Highlighters	25p	
Rubbers	10p	
Glues	40p	
Post-It-Notes	40p	
Flash Cards	50p	
Sharpeners	5p	
Packs	70p	

School visit

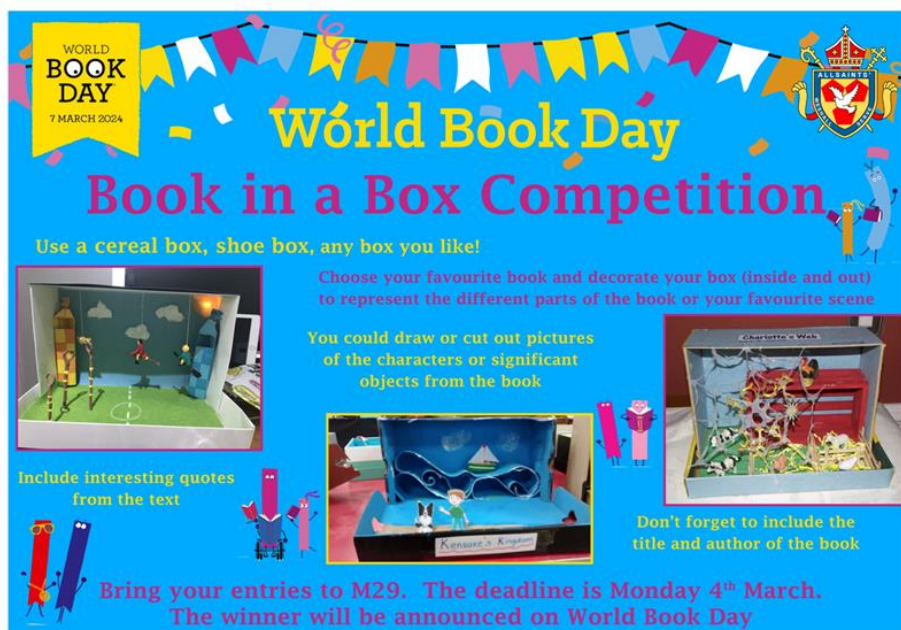
During the holidays, 40 of our year 7s and year 9s went on a visit to Mansfield Town FC to watch their record equalling 9-2 win over Harrogate Town.

Our students were flag bearers that night, which was an amazing opportunity for them. They were incredible ambassadors for the school in front of nearly 9000 on looking fans.



World Book Day

Please see the poster below for the World Book Day “Book in a Box Competition”. This is a great opportunity for all students to create a box to represent a favourite book. The deadline is 4th March and students can hand in their entries to Mrs Lathall in M29. We cannot wait to see all of the fantastic entries.



WORLD BOOK DAY
7 MARCH 2024

World Book Day

Book in a Box Competition

Use a cereal box, shoe box, any box you like!

Choose your favourite book and decorate your box (inside and out) to represent the different parts of the book or your favourite scene

You could draw or cut out pictures of the characters or significant objects from the book

Include interesting quotes from the text

Don't forget to include the title and author of the book

Bring your entries to M29. The deadline is Monday 4th March. The winner will be announced on World Book Day

Careers Café

The ‘careers cafe’ continues this week where we invite colleges, universities and employers into school during lunchtime. This is available for Year 7-13 to gain information and ask any questions. On Thursday 29th February the Advanced Mathematics Support Programme is visiting.



ALL SAINTS' CAREERS CAFE

Advanced Mathematics Support Programme®

Thursday 29 February / Outside Reception / Open to all years

Year 7 Progress Evening – takes place on **Thursday 7th March from 4.30pm until 7.30pm**. This event will use the School Cloud system for the online appointments. Appointments can be booked now so please follow the guidelines that have been sent out to your email via Arbor. The information is also on our website in the 'Latest News' section.

Dinner cards – Please remind your child to bring in their dinner cards every day. We recommend they put this in their school bag to avoid leaving it at home on PE days. If your child needs a new card, please ask them to go to the IT room (opposite M14) to purchase a new one (cost £1 each).

Personal Development:

Mental Health and Wellbeing – Last week Kooth delivered assemblies to Years 7 and 8. Below is a link to tell you about the support they offer:

[Parent Carer 5 min webinar.mp4 on Vimeo](#)

Information attached too.

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 support:

Step into the NHS – please see the attached information about a Careers Showcase event – Thursday 7th March 2024, 5-7pm.

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)

Step into the NHS

Sherwood Forest Hospitals are
recruiting now

Careers showcase



What to expect:

- Over 350 NHS careers.
- Discuss apprenticeship opportunities.
- Meet clinical NHS professionals.
- Speak to specialists about the courses and support available.
- Visit Mansfield Nursing Facilities.

Careers showcase
Thursday 07 March 2024

5.00pm - 7.00pm



West Nottinghamshire College



Register your interest today:
Scan the QR code.

What is Kooth?

Kooth is a free, safe and anonymous online wellbeing service for children and young people.

Young people using the site are able to access a range of support services including one-to-one counselling sessions, discussing issues with their peers through online discussion boards, reading and contributing to self-help content and recording their feelings via journals and goal trackers. The online nature of Kooth means that young people can access help in a way that is most suitable for them, at a time that is convenient for them, 365 days of the year.

What's on Kooth?

[Kooth.com](https://www.kooth.com) offers a wide range of therapeutic tools to help children and young people and support their mental wellbeing.

Chat with our team

Our team of accredited counsellors are here to provide safe and effective support to children and young people. The chat session can be up to 1 hour long and can be used to talk about whatever issues are on a young person's mind.

Send us a message

We know some users prefer to engage in support via messages instead of a live chat. Our Kooth counsellors are well trained professionals who will assess the service users needs and provide them with the required support. The support received through messages varies according to each specific case.

Kooth Magazine

Kooth's online magazine is packed with helpful articles covering everything from mental health issues to more general subjects such as holidays and gaming. Over half the content is contributed by children and young people, all of which is moderated before being published on the site.

Kooth Discussion Boards

On the discussion boards, children and young people can start a discussion about anything they're interested in, such as, asking for advice or just having a rant about something on their mind! By starting a new discussion, users can share their thoughts and views, or ask a question to get answers from other young people.

Mini Activity Hub

Kooth also offers a mini activity hub with the aim of encouraging children and young people to express their feelings. The activities cover a wide range of mental health topics including good sleep hygiene practices, mindfulness techniques and breathing exercises.

Content

Q Are children and young people able to see all content on the site?

A There are restrictions in place to ensure that children and young people using Kooth only see what is age appropriate for them. This also helps us to ensure people find the content that is most useful to them.

Any comments are pre-moderated to ensure that only safe comments are posted and visible.

Q Can children and young people create content on Kooth?

A Children and young people can submit content and post on our discussion boards to share their experiences and support others within the Kooth community.

We also encourage feedback and consult with children and young people to ensure that they can share their views of how we deliver our service.

Being a safe and anonymous service

Q Is Kooth an anonymous service?

A We are an anonymous service. It means that neither we nor other service users know the identity of a young person on the site. For many young people this enables them to talk freely about their experiences without having to worry about being judged.

Q Can children and young people message each other on Kooth?

A The safety of our users on Kooth is really important to us. Therefore, children and young people cannot add friends or directly message other young people on the site in the same way they can on gaming platforms or social media sites. This is because we are an anonymous service and we need to make sure everyone using the site is safe.

Accessing Kooth

Q Do children and young people need to be referred by a GP?

A Children and young people do not need to be referred to Kooth to access the service. Kooth users are invited and welcome to join Kooth as long as they fall within the age range that is available to their area.

Talking to our team

Q When can children and young people talk to someone?

A The Kooth team are available to chat 7 days a week, 365* days of the year.

Kooth users can access the magazine, discussion boards and any other online content whenever they like, from wherever they are.

Our friendly online team are available to chat during the following times:

**From 12 noon until 10pm weekdays.
From 6pm until 10pm weekends.**

How long a child or young person will have to wait in the chat queue depends on how busy the site is so we kindly ask for service users to be patient with us!

Children and young people can send a message to the team at any time and it will be responded to during service working hours.

Our counsellors are employed by us and are fully qualified with the BACP or equivalent.

*We offer a reduced service on bank holidays.

