

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY

Parent Bulletin – w/b 06/05/24

Thought for the Week:

The word of the week is 'example' and this week we are called to look upon good examples of faith, in scripture and in our daily lives, as sources of inspiration.

The lives of the Saints and other holy men and women remind us that we are all called to follow the example of Jesus Christ. We too, should also be an example to others by trying to live a life of love, service, and forgiveness. This week, think of something positive and loving you can do for those around you to set a good example to others.

As many of our students begin exams this week, let us try to be good examples of our faith, by praying with them, and for them.

Let us pray: Lord, we pray for all who are preparing for exams. May they be filled with the Holy Spirit's gifts of courage, strength and wisdom, so that they let their lights shine brightly. May they use the wonderful examples set by their teachers and families to be the best that they can be. May they know you are with them, Lord, and may they feel our love and prayers at this time and always. Amen.

Reminders/information:

All Saints' Way – This week's All Saints' Way theme continues to be Think! The Celebration of the Word continue this week with Years 10 and 11 and students are being asked to think about what they can do to be a witness to their own faith and demonstrate their faith to others.



Attendance - It is important for your child to regularly attend school for a variety of reasons - the learning and social skills development, 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 for 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 a 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

Interform competitions are starting again soon for Years 7-10. Year 10 will take place the week commencing 13th May with other year groups following after. Good luck to all involved.

Competition time - The Geography Department has launched their competitions for this half term for Years 7 and 8. Please see the posters below for details of the competitions. We look forward to seeing all of the great entries.




YEAR 7 GEOGRAPHY COMPETITION





EXTREME WEATHER

As Y7 are doing weather and climate this half term we would like them to research any extreme weather event and include facts about the event e.g. causes, impacts, responses. This can be presented in any format e.g. model, poster, PPT etc.
Hand in entries to Miss Dowdall in X12 or email to dowdall.c@allsaints.notts.sch.uk
CLOSING DATE - MONDAY 20 MAY



YEAR 8 GEOGRAPHY COMPETITION



TOURISM SCRAPBOOK

As they are doing tourism this half term we would like Y8 to produce a scrapbook of their travels or places they would particularly like to travel including information on what makes the places attractive to them. This ideally should be presented in scrapbook format but PPT's are also ok. Hand in entries to Miss Dowdall in X12 or email to dowdall.c@allsaints.notts.sch.uk
CLOSING DATE - MONDAY 20 MAY

PE kit reminders - Please remember that on PE days, the trainers worn must be supportive with a good sole (for health and safety reasons fashion trainers, such as AF1, converse/boots or plimsolls are not permitted in or out of PE lessons).

Safeguarding - Fortnite is a popular online video game where players compete to be the last person standing in a post-apocalyptic world. Understand the potential risks to your child and what steps you can take to ensure your child is safe with the attached factsheet.

Dinner Cards – If your child has lost their dinner card, this needs to be replaced and can be purchased for £1 from the IT office. There has been a huge rise in missing dinner cards which causes significant delays in the dining hall and can impact on the following lesson.

Personal Development:

Mental health and Wellbeing: Mental Health Awareness Week is 13-19th May. We have a range of activities to do with students during tutor time of this week. The theme is using physical activity to support with mental health. Attached is a document from the NHS regarding this. They say:

If anxiety gets too much for us or if it persists, it can have a negative impact on our daily life. The good news is that there are simple ways to help manage symptoms of anxiety and one of the key ones is physical activity.

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: This half term we have made links with Mansfield District Council, where Year 7 students had a 'Speed Networking' event, where they had to guess the role of the employee – a great way to understand the different careers available to them. We also have speakers from Adult Social Care and our enterprise advisor from Boneham and Turner ([Boneham and Turner](#) | [Drill Bushes](#) | [Dowel Pins](#) | [Locating UK](#)) running workshops over the next 2 weeks.

All students now have access to Unifrog (Year 9 will get their details next half term). This is a great source of researching and gathering information: [Sign In - Unifrog](#)

Please also note dates where you can book an individual meeting with our careers advisor, available this term for Year 9 and 10 students. You can arrange a slot directly with Rebecca, between 4.30-7.00pm.
Email: Rebecca.Darby@progress-careers.co.uk

Year 10 Monday 13th May 2024
Year 9 Monday 10th June 2024

World Culture Day – Tuesday 21st May

Following on from the success of last year, we will be celebrating World Culture Day on **Tuesday 21st May**. A letter has been sent out to explain more about this day which is a non-uniform day where students are asked to come in their cultural clothing. There is a £1 donation that can be paid online. We look forward to

celebrating with our students, through activities during every lesson and tutor time. A copy of the letter is at the end of the bulletin.

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

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)

Keep your child safe on Fortnite

- Fortnite is an online video game where players compete to be the last person standing in a post-apocalyptic world. The most popular version is **Fortnite: Battle Royale**, which sees up to 100 players pitted against each other to stay alive on an island. Players can build and demolish structures, and collect weapons, supplies and armour to help them along the way
- Players shoot each other using a range of lethal weapons, but the brightly-coloured, cartoon-style graphics and lack of bloodshed mean it doesn't feel too gory or graphic
- The age recommendation to play is **12 and above** – but you don't have to provide your age when creating an account, so younger children can still use it easily
- Fortnite: Battle Royale is **free to download** on PC/Mac, Xbox, PlayStation, Nintendo Switch, Android and iOS devices (Apple phones and tablets)

What are the concerns?

You may have seen news reports or heard concerns raised about:

- **Communication between players:** they can talk to each other via messaging or a headset and microphone. Children could speak to strangers or be at risk of cyber-bullying

- **In-app purchases:** children can build up large bills on their parents' accounts by buying cosmetic items, like outfits for their character, and better-looking weapons ('skins')
 - **The game's addictive nature:** there have been stories of children staying up all night to play, and falling asleep in lessons. Some people say this is down to the communal feel of the game – you can play with your friends – and because it's different every time you play
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3 steps to take to keep your child safe

1. Use the parental controls on your gaming device

- Most devices allow you to **set time limits** on game play, **set age limits** for content, and **restrict in-app purchases**. Go to the website below for links to detailed instructions on your child's device – it covers PlayStation, Xbox, Apple and Android phones, and Nintendo Switch:
 - [Ask About Games](http://www.askaboutgames.com/advice/parental-controls) - www.askaboutgames.com/advice/parental-controls
- Battles in Fortnite last around 20 minutes, so make use of this natural stopping point when limiting your child's screen time. Set a limit in terms of matches rather than hours and minutes, or set time limits in 20-minute increments

2. Turn off the voice chat feature

Speak to your child to make sure they understand how to use this feature safely. Encourage them to follow the steps below if they meet someone who is offensive or inappropriate in the game.

To **disable the in-game voice chat function:**

- Select the menu icon, then 'Settings'
- Select the 'audio' tab (it's represented by a speaker icon)
- Tap the arrows next to 'voice chat'

To **'mute' individual players:**

- Pause the game
- Hover over the player you wish to mute and select the mute button (a loudspeaker icon)

3. Make sure your child knows how to report inappropriate behaviour

To **report** players who make your child feel uncomfortable:

- Select the menu icon, then 'Reporting/feedback'
 - On the 'Feedback type' tab, select 'Report player'
 - Select the reason you want to report the player
 - On the 'Select player' tab, select the name of the player you want to report
 - On the 'Submit' tab, select 'Accept' to send the report
 - Select 'Send report'
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What else can I do?

- Download and play the game to help you understand it
- Take a look at the other parental controls explained on the Epic Games website: <https://bit.ly/2o3YnaC>
- Talk to your child about what they're doing online, and make sure they know they can talk to you about anything that has upset them. See more guidance from the NSPCC on how to do this here: <https://bit.ly/1HpjYgO>
- Check your bank statements and gaming system account balance regularly for in-app purchases you're not happy with, and to make sure your child isn't getting around any passwords you've set up.

Dr.
Ranj Singh's

Top tips for easing anxiety

If anxiety gets too much for us or if it persists, it can have a negative impact on our daily life. The good news is that there are simple ways to help manage symptoms of anxiety and one of the key ones is physical activity.

Top tips for easing anxiety

Top tips for getting active



Spot the signs of anxiety

It's important to recognise your symptoms of anxiety, reasons for them and how to take action.



Start small and build up slowly

To the recommended 150 minutes of physical activity a week if you can. Why not try a free NHS-approved app – such as Couch to 5k and Active 10 – to get moving?



Face your fears gradually

Avoiding situations can make our anxiety worse. Slowly facing up to things you find challenging may help.



Choose a physical activity you will enjoy

It will be much easier to keep motivated if you pick something you like.



Challenge unhelpful thoughts

Try to catch negative thoughts and replace them with more realistic ones.



Make being active fun

Listen to a new podcast while on a brisk walk or invite a friend or a family member to join.



Set up a daily "worry time"

To address or write down your concerns.



Go outside

Whether it's your local park or common, being out in nature helps to clear the mind.



Reduce tension with relaxation exercises

Check out these helpful [mindfulness and meditation videos](#).



Physical activity not always front of mind?

Keep your active kit next to your front door as a reminder.



To download free NHS approved apps such as Couch to 5k and Active 10, please search [Every Mind Matters](#).

For more help

Sign up to [Every Mind Matters anxiety easing emails](#).





All Saints' Catholic Voluntary Academy

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“We shall serve.”

Mark 10:45 - *“For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”*

2nd May 2024

Dear Parents and Carers,

I would like to inform you that we are celebrating the World Cultural Diversity, Dialogue and Development Day which will take place on **Tuesday 21st May 2024**. Our 'No to Hate' Ambassadors have spent a substantial amount of time planning this day as part of their commitment to promote and celebrate Equality, Diversity and Inclusion at All Saints'. The activities planned include:

- Information regarding different aspects of culture shared with students at the start of each lesson on Tuesday and a tutor time activity is planned.
- Students being able to wear non-uniform and come to school in their own cultural clothing on Tuesday.
- A range of international cuisine served at lunch-time on this day.

We want to be able to give students the opportunity to share key information with all members of our community regarding their own cultures and we believe that celebrating this day will raise everyone's awareness about the range of different languages, festivals, foods and clothing which are present in our world and our own school.

On this day, students will be asked to make a contribution of £1 to wear their own cultural clothing/non-uniform. Payment can be made by logging into Arbor- School Shop- World Culture day. The money raised will be used to purchase resources and organise activities aimed at promoting Equality, Diversity and Inclusion. Students must wear suitable clothing which is modest and respectable in line with our Catholic values.

Students must not wear the following items:

- Shorts
- Low cut tops
- Strappy or strapless tops
- Crop tops
- Any item of clothing which reveals a child's under garments
- Any item of clothing which displays offensive or discriminatory language
- Any item which is revealing in any shape or form

We would like to remind students that whilst we celebrate all cultures, we will not tolerate any discriminatory language or gestures which may cause offence. Students are not allowed to make reference to any political ideologies for example Brexit. Today we are focusing on culture rather than politics.

As a Catholic community, we maintain high standards of dress and I am asking for your support to ensure that your child dresses appropriately for the day, in suitable clothing. Our students are very much looking forward to celebrating their own culture and we hope that every student at All Saints' engages with this important day in a positive and respectful manner.

Yours sincerely,

C. Cuomo
Head Teacher

"Leaders have high expectations of all. Pupils, including Sixth Form students, respond well to this challenge. They are determined to succeed."