

ALL SAINTS'

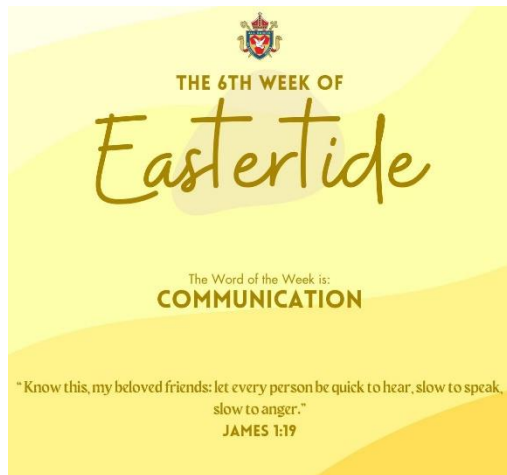
CATHOLIC VOLUNTARY ACADEMY

Parent Bulletin – w/b 13/05/24

Thought for the Week:

Communication can take many forms in the world today. It is a way of building relationships and sharing the good news of our faith with others. This week, we are called to think about the different ways we can communicate God's message to the world and how we can bring people together, inspiring others through the message that we share.

Encourage one another to send a message to someone this week to tell them that they are loved. Why not try a different media with which to communicate, rather than one you use more regularly, for example, writing a letter rather than sending an email, or making a phone call rather than sending a text?



Reminders/information:

All Saints' Way – This week's All Saints' Way theme is Show Pride! We could not be prouder of our Year 11 and Year 13 as they work through their GCSE and A Level exams. They have worked so hard and we wish them every success in all exams and encourage them to try their best and show their full potential.



Interform - This week we have the final inter-form of the school year starting with Fortitudo (Year 10). The activities are as follows:

- Rounders
- RE Freeze Activity
- Kahoot Picture Quiz

Good luck to all of the form groups!

Reminders - As the weather gets warmer, 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. Water is also available to purchase from the canteen.

Mass - We were incredibly proud of all the students and staff last week as we celebrated two beautiful Masses. Thursday, we shared a whole school Mass for the Feast of the Ascension, where the Chaplaincy Team and choir led beautifully, livestreamed from the chapel. Friday, we shared the final Mass for Year 11, who were fantastic in their leadership, participation and reverence in Mass. Our thanks to all who ministered in any way, especially Canon John, who serves our school and parish community with such dedication.



Confirmation Programme - The Our Lady and All Saints' Parish Confirmation Programme begins this Thursday. There is still time to enrol, if your young person is a Baptised Catholic in Years 7-10. This is a great opportunity to prepare for the sacrament and a perfect time to begin the journey, as we approach Pentecost. Full details and dates can be found via: <https://forms.office.com/e/gKMVBnbUxi> or by scanning the QR code.

Confirmation Enrolment Form
2024



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.

Personal Development:

Mental Health and Wellbeing: Mental Health Awareness Week is 13-19th May and students will be completing activities during tutor time. The theme is 'Movement' – helping young people to understand that Physical health can support mental health. Attached is a document created by Kooth, with ideas on how to incorporate activity into your day.

As a Trust we have created a resource bank for you to use. Please click on the link below and start utilising our Mental Health and Wellbeing Space: [Mental Health & Wellbeing \(mentalhealthandwellbeing.space\)](https://mentalhealthandwellbeing.space)

Mental Health and Wellbeing reminder: Please remember that the link on our website is: [Mental Health & Wellbeing - All Saints' Catholic Voluntary Academy - Mansfield](https://www.allsaints.ac.uk/mental-health-and-wellbeing). 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: The Careers and Enterprise Company have relaunched the podcast: **Helping parents and carers guide young people to make career decisions – podcast**. The podcast, brought together by Amazing Apprenticeships and Not Going to Uni, is a new series targeting young peoples' biggest influencers - parents and carers - and aims to support them to feel confident in providing careers support and guidance. Please see the link below:

[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](#).

Reminder: 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, but a reminder that it 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 on this day.

Parent and Carer Planner 2023-2024

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)



5 ways to add movement to your day, naturally

This article was written by a Kooth mental health writer and contains the following themes: movement, mental health, being active, mentions of food.

We're often told that being active is really good for our bodies and minds. While most of us can agree that being active is something we should do, the reality is that not everyone feels able to be active by playing sports or joining a gym. Some of us don't feel like we have the energy - at least not every day!

Moving naturally, however, is something everyone can do on their own terms. Moving naturally is about finding small, achievable ways to move more every day. Moving naturally might include playing sports, but it doesn't have to if it's not our thing. Everyone can be active in their own unique way. We don't have to be good at sports, or be the fastest runner; we can simply find ways to move that works for us.

Here are five ways you can easily add movement to your day.

1. Have a morning stretch

When you wake up in the morning, spend some time stretching your body. Whether that's having a giant yawn with your arms stretched up to the sky while you're still in bed, or doing some more purposeful stretching as you get out of bed, stretching is a great way to add a bit of natural movement to your morning routine.

2. Walk the dog

If you're lucky enough to have a furry friend, taking them out for a walk benefits you as well as them, even if at first, it's only five minutes down the road and back. Not only can walking the dog help you to be active naturally, being out in the fresh air, meeting others, and just spending some time with your pet can help you feel good, too.

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3. Play outside

Playing out is not just for little kids. Whether you get out in the garden, meet some mates for a kick-around in the park, go for a bike ride, or even find a tree to climb, getting out to do something playful and fun in whatever way works for you can make such a difference to how you feel physically and mentally.

4. Move more at home

When you're relaxing at home, taking the easy approach to do things can become second nature, especially now we have more gadgets to do things for us! Changing things up slightly can add some movement to even your most chilled out days.

- Get up and change the channel rather than using the remote.
- Get it yourself instead of asking someone else to get you something.
- Help out around the house if you can.
- Collect your food rather than ordering in.
- Play an active video game that gets your body moving.
- Dance to your favourite song

5. Be your own transport

If it's an option, why not get from A to B in a way that gets you moving more. Walking, cycling, or even skateboarding might be do-able if you're not going that far, rather than relying on lifts, or public transport. If that doesn't feel possible, maybe using the stairs rather than a lift or escalator when you're out and about feels more manageable?

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