

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



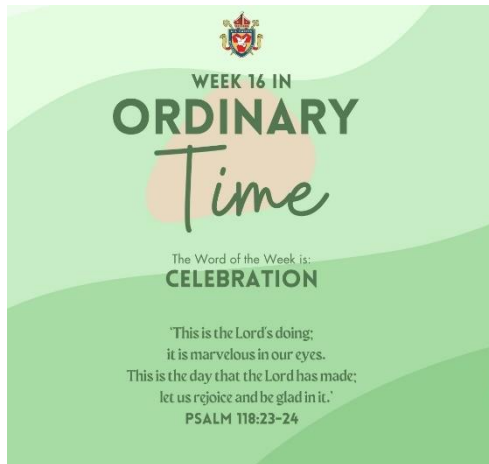
Parent Bulletin – w/b 22/07/24

Thought for the Week:

A celebration is when we come together to rejoice in the things that are good. It is a time to give thanks to God for all his blessings and to recognise what he's given to us in love. We should always look for things we can celebrate, and through our celebrations, we can share happiness and joy with others.

Enjoy the summer holiday when it arrives.

God Bless.



Reminders/information:

All Saints' Way – This week's All Saints' Way theme continues to be Aspire! As we come to the end of this term and academic year, the commendation ceremonies are taking place. We look forward to celebrating all of the students who aspire to achieve their best in their academic subjects and also pastorally. Congratulations to all award winners.



Uniform

Please ensure you refer to the uniform policy in the letter sent out this week to ensure that students return in September looking smart and ready to learn.

Online safety

Swapping Maths for Minecraft 🎮 English for Instagram 📷 and drama for Disney+ 📺 the summer holidays often bring a jump in children's screen time; while that *can* be tolerated by busy parents, it *does* also increase the chance of youngsters encountering online hazards ⚠️

Please refer back to the online safety booklet sent out previously and also available on our website, to help students stay safer in the digital world and have a more positive experience on their consoles, phones and tablets over the summer break.

E Scooter Leaflet

Nottinghamshire Police have asked us to share this information with parents and carers to have a better understanding on the guidance for e scooters. Please see leaflet attached at the end of this bulletin.

Dinner cards

If your child has lost their dinner card, please send them to the IT office to purchase a new one for £1 before the end of the term.

It is important that students remember their card every day to avoid queues at the till. We recommend that students keep their card in their bag rather than in their blazers so that they don't forget it on PE days. We would like to see everyone with their dinner cards ready for the next academic year.

Thank you for your support.

Personal Development:

Mental Health and Wellbeing:

Please find 2 documents attached:

- Our updated signposting document if any support is required over the summer holidays
- Information on a summer Activity and Food programme

Mental Health and Wellbeing reminder: Please remember that the link on our website is: [Mental Health & Wellbeing - All Saints' Catholic Voluntary Academy - Mansfield](#). The trust Mental Health and Wellbeing space link is: [Mental Health & Wellbeing \(mentalhealthandwellbeing.space\)](#) 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

Week beginning Monday 22 nd July	Year 10 Work Experience
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)

A reminder that students return to school in September on the following dates and from September the school day ends at 15.25pm:

Wednesday 4th September Year 7, 11 and 12 return.

Thursday 5th September All Year groups return.

Can I ride an e-scooter?



It is currently against the law to ride a private e-scooter on a public road or pavement.

  @nottspolice 



We understand that buying an e-scooter can be tempting, especially as you can get them from many popular retailers.

However, the current law is clear

You can buy one but you can't ride it on a UK public road, cycle lane or pavement. The only place an e-scooter can be used is on private land.

Why is this?

Electric scooters are classed as a motorcycle as defined in Section 185 of the Road Traffic Act 1988 and, because of their low speed, within the subclass of moped.

This means that electric scooters must abide by the same road traffic legislation as mopeds and motorcycles, such as:

- MOT
- Licensing
- Tax
- Insurance

What happens if I've been stopped by Nottinghamshire Police?

Section 165 of the Road Traffic Act 1988 provides the power to seize privately owned e-scooters for driving without insurance or a driving licence.

If you are stopped while riding an e-scooter, you may be given a warning by an officer and your details will be recorded.

If you are stopped a second time your e-scooter will be seized and retained by police.

However, Nottingham has launched a year-long e-scooter trial from October 2020 - November 2022 which makes it legal to ride a WIND scooter on roads, cycle paths and cycle lanes.

WIND scooters in partnership with Nottingham City Council can be hired by the minute which is accessed using an app.

The rider must have a provisional/full driving license, and be at least 16 years old. Wearing a helmet is recommended.



FREE FUN & FOOD HOLIDAY CLUBS

July 29th - August 23rd

AT SITES ACROSS:

- | | |
|------------------------------------------------|-------------------------------------------------|
| <input checked="" type="checkbox"/> STAPLEFORD | <input checked="" type="checkbox"/> BEESTON |
| <input checked="" type="checkbox"/> CALVERTON | <input checked="" type="checkbox"/> BULWELL |
| <input checked="" type="checkbox"/> MANSFIELD | <input checked="" type="checkbox"/> ST ANN'S |
| <input checked="" type="checkbox"/> SHERWOOD | <input checked="" type="checkbox"/> KIRK HALLAM |
| <input checked="" type="checkbox"/> PETERSHAM | <input checked="" type="checkbox"/> COTMANHAY |

Scan the QR Code below, or get in touch with us for more info about Free Fun & Food in your area!

AGE 10-16 YEARS

& Eligible For Free School Meals

- FREE MEAL & REFRESHMENTS PROVIDED
- COMPLETELY FREE OF CHARGE
- QUALIFIED AND FRIENDLY STAFF
- OPEN AND INCLUSIVE, 4HR SESSIONS
- FUN MULTI-SPORT ACTIVITIES, ARTS AND CRAFTS, TEAM BUILDING GAMES & MORE...

FREE FOOD, DRINKS & PRIZES



SIGN UP HERE



Parents/Carers should receive a link from their child's school with voucher codes and instructions for signing up to local holiday programmes, if you need help...

CONTACT US:

 info@supportthroughsport.co.uk

 0115 900 3151

 www.supportthroughsport.co.uk



SWITCH UP

FREE HOLIDAY ACTIVITY & FOOD PROGRAMME



Department
for Education

- 30 July - 02 Aug
- 06 Aug - 09 Aug
- 13 Aug - 16 Aug

10am-2pm
EACH DAY

For children aged 6 - 14 years

Sports



Crafts



Education



Healthy Eating



Boxing



SWITCH UP COMMUNITY HUB
BARRINGER ROAD
MANSFIELD
NOTTINGHAMSHIRE
NG18 2DF

The programme is free of charge - booking required
Call us today on 01623 626 353
or email at info@switch-up.org.uk

SWITCH UP

www.marcellusbaz.co.uk



MARCELLUS
BAZ
FOUNDATION

As part of our ongoing support for students' emotional wellbeing we would like to offer some links to external providers and websites for resources that you may like to utilise. This support links with our whole school Mental Health and Well Being strategy. We have tried to categorise these into different areas, although there is some crossover.

1. National directories for private counselling and psychotherapy for adults and young people
2. Counselling and advice
3. Chat support for students
4. Self-Harm and suicide support
5. Physical (e.g. sleep/eating) and Sexual health support
6. Substance Misuse support
7. Gender identity support
8. Bereavement support
9. Online safety
10. Mental health and wellbeing support
11. Additional support for parents/carers not already listed

Organisation name	Website	Support offered
National directories for private counselling and psychotherapy for adults and young people		
United Kingdom Council of Psychotherapists	Home UKCP Find a therapist (psychotherapy.org.uk)	
British Association for Counselling and Psychotherapy	https://www.bacp.co.uk/search/Therapists	
Counselling Directory	Counselling Directory - Find a Counsellor Near You (counselling-directory.org.uk)	
Counselling and advice		
Base 51	www.base51.org/	Charity that support for 11-25 year olds in Nottingham's Offering: Counselling, group work and 1-2-1 support.
Kooth	https://www.kooth.com/	Information and support for mental health and wellbeing. Online counselling available.
Phenomenal Futures for possible inclusion	About Us - Phenomenal Futures	A community interest company (CIC) based in Nottingham, England

		providing specialist services for people affected by domestic abuse and trauma.
Organisations that offer chat support for students		
Shout	Shout - UK's 24/7 Crisis Text Service for Mental Health Support Shout 85258 (giveusashout.org) Free text service: 85258 - available 24/7 Text NOTTS to 85258	Free, confidential, anonymous text support service. You can text from anywhere in the UK. If students are struggling to cope and need to talk. Trained Shout Volunteers are available night and day.
The Mix	http://www.themix.org.uk/	Essential support for under 25's.
Nottinghamshire Crisis Line	Telephone: 0808 196 3779	The crisis line number is available to anyone of all ages in mental health crisis. Available 24 hours a day, seven days a week.
Childline	Childline Childline 0800 1111	Charity run organisation which offers information & support for children's wellbeing
Self-Harm and suicide support		
Harmless	https://harmless.org.uk/	Offer online support for young people and families experiencing self-harm concerns.
Calm Harm	https://calmharm.co.uk/#row1	Online App which provides tasks to help resist or manage the urge to self-harm.

PAPYRUS	Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org)	The national charity dedicated to the prevention of young suicide providing information & resources for young people, parents and carers.
Self-Harm UK	Alumina Selfharm	Free online self-harm support for 14-19's Offers a free, online 7-week course for young people struggling with self-harm.
National Self Harm Network	NSHN -- Downloads	Support and information for individuals who self-harm and their family and carers
Stay Alive	StayAlive - Essential suicide prevention for everyday life	A suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.
The Tomorrow Project	Call: 0115 880 0282 – we ask that a message if left and a worker will respond within 1 working day Email: crisis@tomorrowproject.org.uk bereavement@tomorrowproject.org.uk The Tomorrow Project - Harmless	Set up to support those affected by suicide with two confidential support pathways: The first is our Crisis pathway, offering support to those in suicidal crisis, having suicidal thoughts or feelings. The second is our Bereavement pathway, offering a safe space for anyone who may have been bereaved or affected by the loss of someone to suicide.
Physical (e.g. sleep/eating) and Sexual health support		
SEXions	SEXions - Sherwood Forest Hospitals Foundation Trust (sfh-tr.nhs.uk)	Confidential sexual health service for young people aged 13-19, and up to 24 for young people with disabilities.
Healthy Families Team (School Nurse)	Healthy Family Teams are part of the Healthy Families Programme Nottinghamshire Healthcare NHS Foundation Trust Telephone: 03001235436	Information, advice and support about health issues for children and young people from 519

ChatHealth	Text 07507 329952 The ChatHealth text service is an easy way for young people to confidentially ask for help about a range of issues. Nottinghamshire Healthcare NHS Foundation Trust	Text service for young people to confidentially ask for help about a range of health issues.
Teen sleep hub	Home - Teen Sleep Hub	Advisory & referral service for people who experience substance misuse and support for parents.
BEAT	Personalised Eating Disorder Support (PEDS) - HelpFinder (beateatingdisorders.org.uk)	Website offering support for young people and their families experiencing an eating disorder.
Be body positive	Be Body Positive - Support for Young People, Parents, Carers & Professionals	An NHS resource aimed at building a positive relationship with food and your body
First Steps	Home - First Steps ED	Helping all ages understand eating disorders
Substance Misuse support		
Change Grow Live	Advice for people under 21 or supporting a young person (changegrowlive.org)	Advisory & referral service for people who experience substance misuse and support for parents.
Frank	Honest information about drugs FRANK (talktofrank.com) 0300 1236600	Honest information about drugs
Young Mind's - drugs and alcohol support	Drugs and Alcohol Support For Young People YoungMinds	Resources about drugs and alcohol for young people
Gender identity support		
Mermaids	Homepage - Mermaids (mermaidsuk.org.uk)	Support for gender diverse young people and their families

Children's Society	The Children's Society UK children's charity (childrenssociety.org.uk)	Information for young people including a mental health A-Z and support ideas
CASY Counselling	https://www.casy.org.uk/	Your Space low-cost counselling and support for young people in Nottinghamshire and Lincolnshire. Offices in Newark and some sessions offered elsewhere
Child and Adolescent Mental Health Services (CAMHS)	Child and Adolescent Mental Health Services (CAMHS) Nottinghamshire Healthcare NHS Foundation Trust	NHS under 18's mental health Team. referral to specialist services and information and support Support resources https://www.camhs-resources.co.uk/
Anna Freud Centre	For families Anna Freud	Information & resources for young people, parents and carers including self-help tools
Be U Notts	Phoneline: 0115 708 0008 - Available Mon-Fri 9am-5pm Be U Support Free Mental Health Service for Children and Young People	Free mental health support for children and young people in Nottinghamshire. Phoneline: 0115 708 0008 - Available Mon-Fri 9am-5pm
MindEd	MindEd Hub	Offers advice, information and support on mental health issues for Parents/Carers
Additional support for parents/carers not already listed		
NSPCC	NSPCC The UK children's charity NSPCC	Support and tips to help you keep children safe
Parentline	Parentline - a confidential texting service for parents and carers Nottinghamshire Healthcare NHS Foundation Trust 07520 619919	Confidential texting service for parents and carers

Action for children	Action For Children Children's charity For safe and happy childhoods	Free advice for parents and carers of children aged 0-19 in the UK
Aptcoo	Home Aptcoo	Parent carer support. Access to: Parent carer training, Family workshops Sensory integration, Independent Special School, Independent living, Employability skills, Adult social care, Preparing for adulthood, Forest School, Short Breaks, After school groups and School holiday clubs.