



# ALL SAINTS' CATHOLIC ACADEMY



## Parent Bulletin - September 2024

A big welcome back to all of our students. They have returned looking smart with a positive attitude. We welcome our new Year 7s who have already made a fantastic impression on staff in school.

### Reminders

If parents or carers need to contact their child please call reception. Please do not call your child's mobile and put them in the position where it could be confiscated if seen or heard. We recommend that students do not bring valuables into school such as mobile phones, electronic devices and large amounts of money. School cannot take responsibility for any lost items and will not carry out investigations into this.

Also, a reminder that chewing gum is not allowed in school

If your contact details (phone number, address) have changed since your child started All Saints' and you have not updated school please could you do this as a matter of urgency. This also includes any changes to the name and phone number of your emergency contacts. Please let school know via [admin@allsaints.notts.sch.uk](mailto:admin@allsaints.notts.sch.uk)

### Online safety update

The 4 big internet providers in the UK - BT, Sky, TalkTalk and Virgin Media have come together to produce helpful video guides, which may help you to download and set up protection controls they offer. Full details can be found at <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider>, or scan the QR code.



### Houses

The Year groups and Houses are listed below for your reference. All students should have their House badges on their blazers as soon as possible.

Year 7	Blue	Fidem (Faith)	Blessed Carlo Acutis	
Year 8	Yellow	Industria (Hardworking)	Oscar Romero	
Year 9	Red	Caritas (Charity)	Mother Teresa	
Year 10	Purple	Vocare (Vocation)	St. Thérèse of Lisieux	
Year 11	Green	Fortitudo (Strength)	St. Maximilian Kolbe	
Sixth Form	Orange	Servio (Serve)	St. Josephine Bakhita	



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## Attendance

It is important for your child to regularly attend school for a variety of reasons - the learning and social skills developed, 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 being off school. Unauthorised absences may result in a penalty notice being given which is currently £160 (or £80 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 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.

## Homework Club

Homework club is starting again Monday 7th October. This takes place in the John Paul Centre Tuesday and Thursday after school until 4.30. Students can access computers and use the printer. A great opportunity to get homework done with the support of staff.

## Careers

The Sixth Form application process has started. Year 11 students will soon receive information about this and we looking forward to the applications coming in.

**ATTENDANCE WHAT THE NEW RULES MEAN FOR ME**  
WITH EFFECT FROM 19 AUGUST 2024

**1** I'm a single parent of one child and we want to go on holiday for a week. Your holiday will not be authorised and you must talk to the school before you book anything. Because your child will miss 5 school days you will be given a penalty notice fine. The fine is £160 but if you pay it in 21 days it will be reduced to £80.

**£160**

**2** FOR EVERY CHILD A PENALTY IS GIVEN  
+£160 +£160 +£160 +£160  
4 children & 1 parent = £640  
Reduced to £320 if paid in 21 days

**3** IRREGULAR ATTENDANCE  
**10 IN 10**  
If your child is absent for 10 or more sessions in 10 weeks and their absences are unauthorised, the school will consider prosecution.  
**1 DAY = 2 SESSIONS**

**4** FOR A FAMILY OF TWO PARENTS  
+£160 +£160 +£160 +£160  
4 children & 2 parents = £1280  
Reduced to £640 if paid in 21 days

**5** If in any period of not more than 3 years, your child has a 2nd and 3rd leave of absence or pattern of irregular attendance...

**2ND TIME**  
2 parents and...  
1 child = £320  
2 children = £640  
3 children = £960  
4 children = £1280  
No discount for early payment

**3RD TIME**  
A penalty notice fine will not be given. Your case will be taken to court. A magistrate can fine each parent £2500 for each child.  
1 parent & 4 children = £10,000  
2 parents & 4 children = £20,000

**i** FOR MORE INFORMATION, VISIT [gov.uk/government/publications/working-together-to-improve-school-attendance](https://www.gov.uk/government/publications/working-together-to-improve-school-attendance)

**UNIFORM DONATIONS**

Do you have any old school uniform you no longer need and could be used by others?

We are collecting any uniform and PE kit that is clean and in good condition.

Items can be dropped off at reception



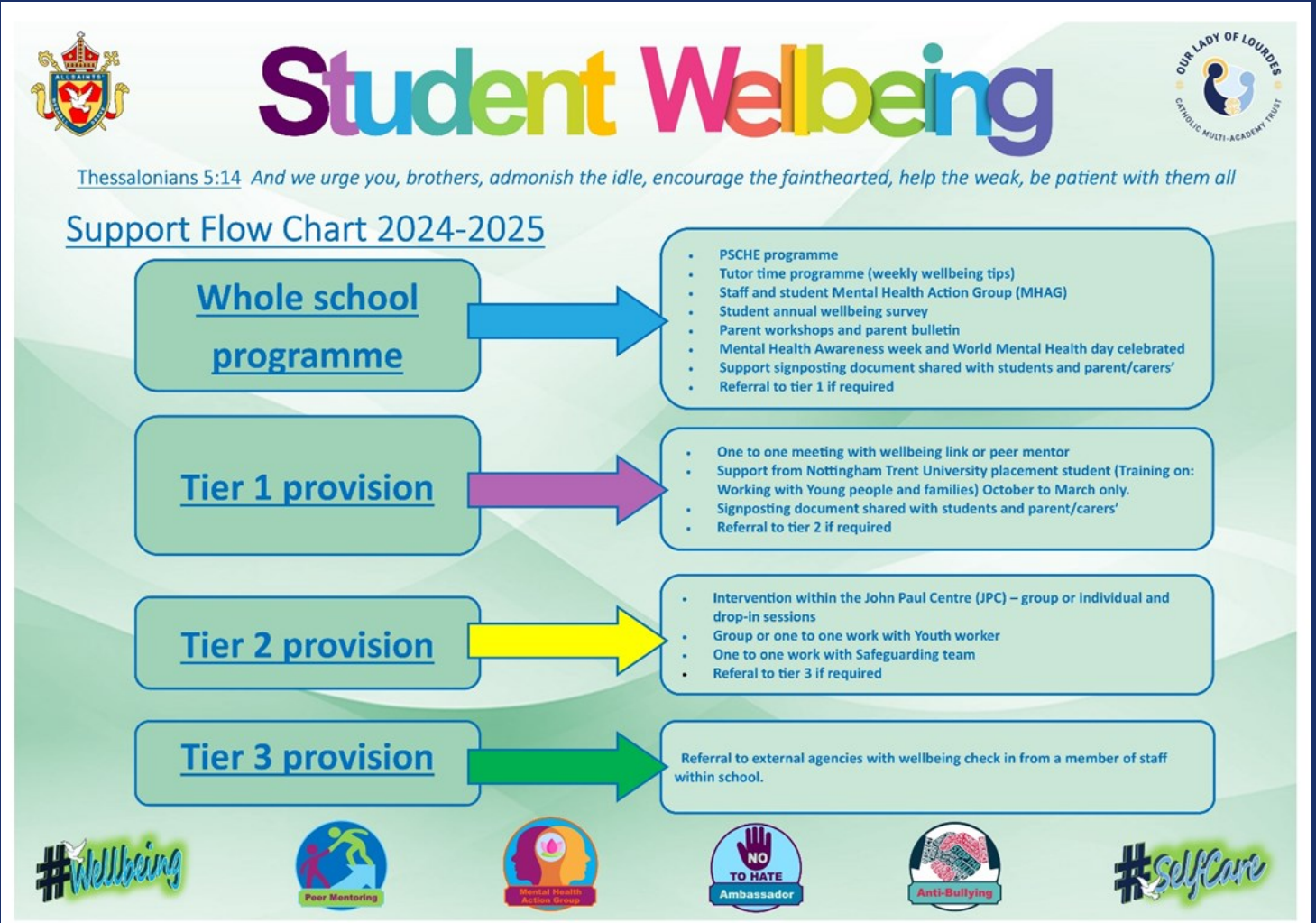
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## Mental Health and Wellbeing:

Each month we will share information to support your child's Mental health and Wellbeing, using a range of external providers.

Please find a copy of our student support structure set up for this academic year.

Our 1st parent support session will be online on Wednesday 16th October, please email [flint.h@allsaints.notts.sch.uk](mailto:flint.h@allsaints.notts.sch.uk) for more information.



Place2Be (Improving children's and young peoples mental health – Place2Be ) have produced a one side document to help young people cope with the feelings of anxiety, these tips will be shared with students through tutor time.

### **Mental Health and Wellbeing reminder:**

Please remember that the link on our website is: <https://www.allsaints.notts.sch.uk/parents/wellbeing/> or scan the QR code.



The trust Mental Health and Wellbeing space link is: <https://mentalhealthandwellbeing.space/> or scan the QR code.

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](mailto:wellbeing@allsaints.notts.sch.uk)





## Mental Health and Wellbeing:

# Coping with anxiety



**Feeling anxious can happen when we feel nervous, frightened, or uneasy about something such as starting a new school, waiting for exam results or friendship issues.**

It's perfectly normal to feel this way from time to time, as it's our body's natural response to a situation we are not comfortable with. But sometimes our anxiety gets the better of us and it can start getting in the way of the things we enjoy.

**We've shared some advice below.**



### Name it to tame it

It can be useful to know how anxiety shows up for you. It might be, for example, that you get butterflies in your stomach, or feel sweaty or tongue-tied. In these moments, it can be useful to say (aloud or in your head) 'oh, hello anxiety, you're here to let me know you think something might threaten me – thank you'.



### Get active

When we feel anxious, our bodies get ready to cope with something that may threaten us. This is called the 'fight or flight' response. Our hearts beat faster, we sweat more, and our muscles become tense. To release these feelings, it often helps do something active. You may want to go for a walk, play football with friends, or go swimming.



### Remind yourself of when you've overcome anxiety in the past

Think back to a time when you've felt anxious about something, but eventually overcame these feelings. For example, if you're feeling anxious about returning to school after the weekend, think back to a time you overcame these feelings by going to school. It can sometimes help by saying something like "thanks anxiety, but I've got this!"



### Practise strategies that work well for you

Try different strategies that may help you to manage your anxiety. Finding and practising what works best for you can help reduce your anxiety quicker.

If you have tried these tips and still feel overwhelmed by your anxiety, then it is important to tell you parent or carer and to ask whether you need to get a GP appointment.



### Tell a friend or a grown up

Think about whether you can tell a friend, or a grown up at home or school. Everyone experiences anxiety from time to time and people are there to help you, so it's important to reach out and connect with others. It could be good to share things that help you to feel less anxious – and even to practise some of them together.



### Keep a diary

If you're feeling anxious, it can sometimes be helpful to write some of your feelings down in a diary or on your phone. Make notes of things that you find helpful, or things that seem to make you feel worse.

### If you're feeling overwhelmed and need to talk:



Text **CONNECT** to **85258** for free to speak to Shout



Call **0800 1111** to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat



Visit [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice



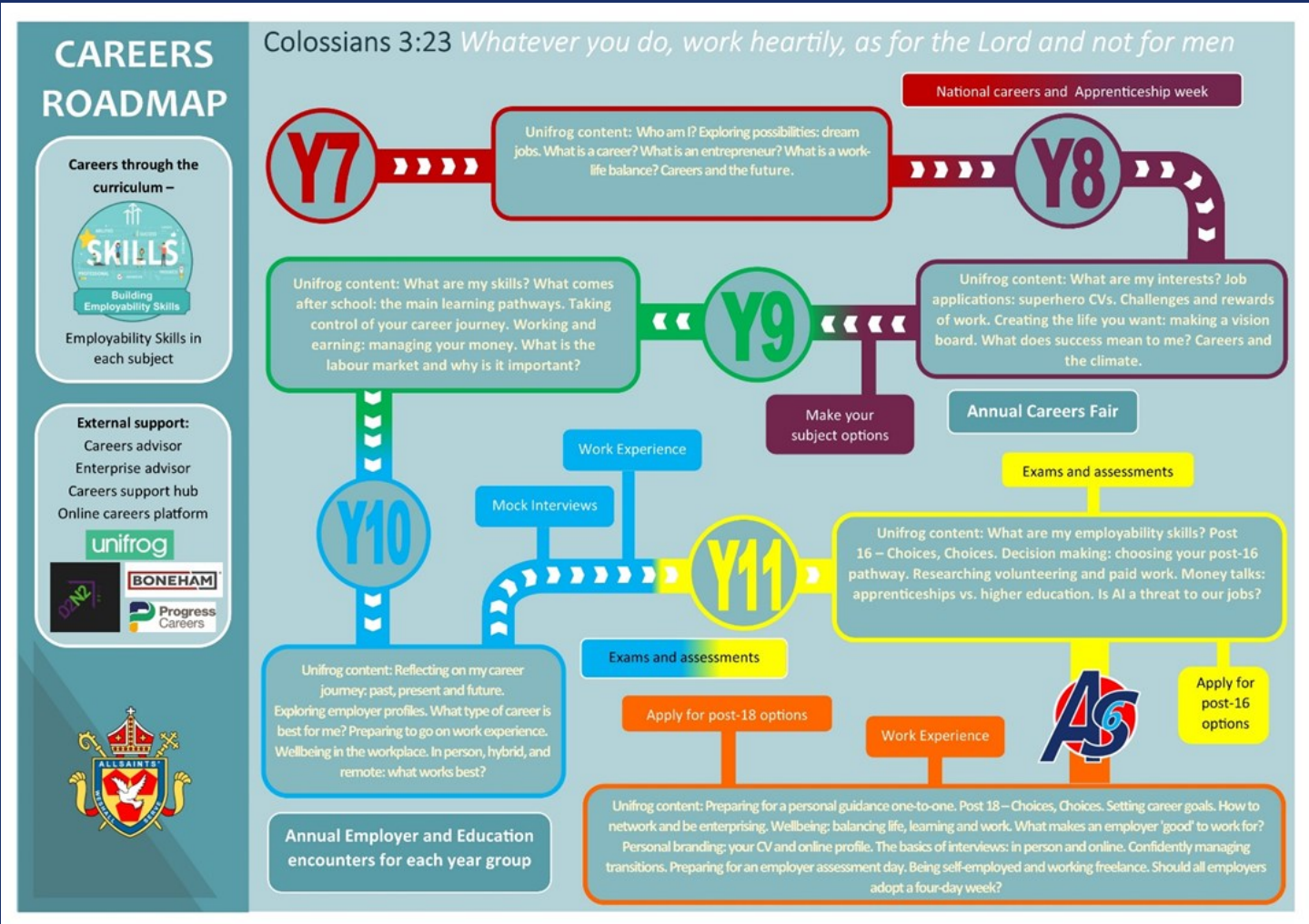
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## Careers

Below is an overview of our Careers programme.

Students all use Unifrog within their Careers lessons. Parent/carers' are also able to access this platform using the details below:

Sign In - <https://www.unifrog.org/sign-in> / Parent code: ALSCparents



Visit our careers page on our website at:

<https://www.allsaints.notts.sch.uk/information-2/careers/> Or scan the QR code.



### Personal, Social, Health and Citizenship Education, including Relationship & Sex Education:

Please go to our school website, following the link below to see up to date information on the Personal, Social, Health and Citizenship Education, which incorporate Relationship and Sex Education. <https://www.allsaints.notts.sch.uk/teaching-learning/rse-psche/>

In addition our RSHE policy can also be found using the link: [Our Policies and Documents - All Saints' Catholic Voluntary Academy - Mansfield](#)





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**CARE TO DANCE**

If you are aged 7-24, come and join our dance group!

Every Wednesday evening at the Create Theatre in Mansfield!

caretodance.co.uk

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**CARE TO DANCE**

Learn different genres!

This is an opportunity to join our Inclusive dance group where you will learn different genres of dance every week, attend a range of social events and performance opportunities, whilst also having opportunities to complete your Level 1 and 2 Dance Leadership Qualifications! If you are care-experienced and aged 7-24, we would love to hear from you.

Young people who are subject to either a Care Order or Special Guardianship Order are eligible to join.

If interested or you have any queries or if you would like to sign up, please contact: [beth@caretodance.co.uk](mailto:beth@caretodance.co.uk)

caretodance.co.uk

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## Parent and Carer Planner 2024-2025 Academic Year Term 1

Monday 2 <sup>nd</sup> September 2024	Years 7, 11 and 12 return to school.
Tuesday 3 <sup>rd</sup> September	All Years in school.
Wednesday 18 <sup>th</sup> September to Tuesday 24 <sup>th</sup> September	Book fair in the library
Thursday 19 <sup>th</sup> September	Year 7 to 11 Flu vaccinations in school.
Friday 11 <sup>th</sup> October	Year 9 Half day retreat in school.
Monday 14 <sup>th</sup> October	Year 13 Data Report. Year 11 Attitude Report.
Wednesday 16 <sup>th</sup> October	Parent Support Sessions – online.
Students finish school on Friday 18 <sup>th</sup> Oct and return to school on Monday 4 <sup>th</sup> November.	
Tuesday 5 <sup>th</sup> November (all week)	Year 11 Mock Exams begin.
Monday 11 <sup>th</sup> November (all week)	Year 11 and Year 13 Mock Exams.
Monday 18 <sup>th</sup> November (all week)	Year 13 Mock Exams.
Wednesday 27 <sup>th</sup> November	Careers Fayre in school.
INSET Day on Monday 2 <sup>nd</sup> December- Students not in school.	
Tuesday 10 <sup>th</sup> December	Year 11 and 13 Reports and Mock Results Day.
Monday 16 <sup>th</sup> December	Year 12 and 13 Progress Evening for Parents. In Person.
Students finish school on Friday 20 <sup>th</sup> December and return to school on Monday 6 <sup>th</sup> January.	