

Information Bulletin for Parents and Carers



St. Wilfrid's
R.C. College

Excellence through Faith, Learning and Support

Faith:

Her Majesty
Queen Elizabeth II

1926 - 2022



We love being one big family community at St Wilfrid's, although each evening we go home to spend time with our own small family units in the privacy of our own homes. The Royal Family are spending the deeply personal experience of mourning the loss of a loved one in front of millions world-wide. Grief is a different experience for everybody. We are on hand to support pupils, their families and our staff that suffer bereavements. Please reach out to us when needed.

Almighty God, source of all consolation,
we pray for the members of the Royal Family who mourn the loss
of Her Majesty Queen Elizabeth.
Uphold them in your love
and pour out on them the consolation of your healing Spirit.
Let them find in your Son, our Lord Jesus Christ,
comfort in their sadness,
certainty in their doubt
and courage to live through this hour.
We ask this through Christ our Lord,
Amen.

Learning:

Students of the Week

This term we have introduced several new trophies to recognise exceptional effort and commitment to learning and other aspects of school life. Individual students receive an award in assembly that they keep at home for the week, returning to their Head of

House to present to another student the following week. The Tutor Group of the Week keep their trophy proudly on display in their tutor classroom. We are delighted to celebrate these amazing students that have started the term wonderfully. Well done, we're proud of you:

Headteacher's Award: Joanne Kabongo 11A1

Tutor Group of the Week: 7MC2

Aidan: Joanne Kabongo 11A1 and Chloe Roberts 8A1

Bede: Freya Tate 11B1 and Oscar Frail 8B1

Cuthbert: Lucy Tiernan 11C2 and Leo Wann 8C2

Hilda: Rebecca Harrison 11H1 and Jack Eglintine 9H1

Margaret Clitherow: Lucas Mostoufi 11MC1 and Digonto Mridha 8MC1

Library Reopening

St Wilfrid's library will be re-opening next week after undergoing a transformation over the summer. Students in KS3 will be visiting the library in its new location (Nichol's Hall) once per fortnight as part of their English lessons. The library will also be staffed at lunchtime so that students have an opportunity to enjoy the selection of books we have on offer. More information about the library's opening times will be shared with students next week.



The library is a hub where students can revise, enjoy some tranquillity over lunchtime and where extra curricular clubs will meet. More information will be shared over the coming weeks with the exciting updates to our library stock, online catalogue and extra-curricular opportunities for our students.

Year 11 STEP & Supported Study

Well done to our Year 11 students who have attended their STEP sessions this week, as well as those who have chosen to study independently in Saints Cafe as part of supported study.

STEP is our targeted intervention programme on Tuesday, Wednesday and Thursday evenings, for small groups of students in specific subjects. We ensure we support them so they can make Steps To Extend Progress. It is an expectation that all Year 11 students maximise this opportunity by attending all timetabled STEP sessions.

If students do not have a STEP session after school, they are welcome to study independently in Saints Cafe. They do not have to sign up or attend each evening, we would just like to make a quiet space available to our Year 11 students.

A credit will be awarded towards their 'Passport to Prom', for every STEP or supported study session a pupil attends.

Support:

Recycling Week

In assemblies next week we are focusing on recycling and encouraging sustainability. In school we are actively encouraging pupils to bring reusable water bottles and seeking to install more water fountains; we have gone back to using crockery and cutlery instead of disposable items; we have a living roof and a pond to encourage wild-life. In the coming weeks we will be providing an opportunity for students to support litter-picking to help maintain a beautiful environment around our site. Next week we will announce the winner of our Year 7 Litter Poster Design Competition and begin the process of turning their design into a professional-made poster displayed throughout the school.

Water Bottles

Please can pupils bring a reusable water bottle to school. Not only do we want to ensure that our pupils are hydrated, we wish to continue to improve our sustainability. Plastic cups will no longer be available. Pupils may bring a water bottle that you already own or you may order a St Wilfrid's branded water bottle (dishwasher friendly) for a subsidised cost of just 50p via Parent Pay <https://www.parentpay.com/> Water bottles can be collected the following day from reception.

Webinars for Parents/Carers - Mind / Anna Freud National Centre for Children

and Families

You are invited to attend the September/October 2022 webinar series with our Mental Health partners Mind and the Anna Freud National Centre for Children and Families.

Five topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- Adolescent self-harm: how to make sense of it and when to seek support
- Building resilience, staying connected and nurturing your relationship with your teen
- Managing teen behaviour that challenges: tips and tricks
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Anxiety in adolescence: how can parents help?

Further details on each webinar are below. To register please click on the relevant Zoom link. After registering, you will receive a confirmation email containing information about joining the meeting.

Adolescent self-harm: how to make sense of it and when to seek support

Date: Tuesday 20th September

Time: 5-6.15pm

Venue: Virtual via Zoom

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents. This webinar will provide an overview of the risk factors and methods of self-harm. It will explore the various reasons why young people may self-harm and offer ideas on how parents can talk to and support their teens. Lastly, it will discuss instances of self-harmful behaviour that may require professional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJcud-ispz4oEtV4wfuUTwWetFl6hHmDvX6m>

Building resilience, staying connected and nurturing your relationship with your teen

Date: Monday 26th September

Time: 5-6pm

Venue: Virtual via Zoom

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger. This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJcvcOGspzsiGtUXi2VmxqeFo8Arlmy_2-r4

Managing teen behaviour that challenges: tips and tricks

Date: Friday 30th September

Time: 12-1pm

Venue: Virtual via Zoom

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJckdumpqDkrHdR4zx-6MD1Nqgd4tva4cNYQ>

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Date: Monday 3rd October

Time: 12.30-1.30pm

Venue: Virtual via Zoom

Adolescence inherently consists of many storms that parents, families, and young

people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJ0rdumpjMrHtwUFcsHZBXs2kH_bar48JW

Anxiety in adolescence: how can parents help?

Date: Tuesday 11th October

Time: 5-6pm

Venue: Virtual via Zoom

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJwvf-Cgpz0oGNefKgyHfqM4-dH2UXN06yN8>

Key dates / upcoming events:

- Mon 19 October - Bank Holiday
- Tue 20 October - Return to school (Week 1 timetable)