

Information Bulletin for Parents and Carers

Friday 14 October



St. Wilfrid's
R.C. College

Excellence through Faith, Learning and Support

Faith:

Next week our liturgical focus is 'Called to be Saints' where we will encourage our students to use their God-given potential. We celebrated the Feast Day of St Wilfrid on Wednesday 12 October with two liturgies celebrated by Canon Bill Bagley. As expected, students were impeccable and we would like to especially thank our readers and our Junior Choir.

After Half Term, we are privileged to welcome Bishop Robert Byrne CO on 24 November to our wonderful school community. Bishop Robert will be officially opening and blessing our new Newman Block, the extension that opened in September, as well as our fabulous new chapel.

Learning:

Students of the Week

Our fabulous winners this week are:

Headteacher's Award: Joseph Ruddock 7A1

Tutor Group of the Week: 7A1

Aidan: Cain Ord 8A2 and Lucas Britton 10A2

Bede: Raisin Kalam 10B1 and Jessica Warnock 7B1

Cuthbert: Cassie Mulligan 8C2 and Maisie Poulter 11C2

Hilda: Ida Damners 7H1 and Finlay Whale 10H2

Margaret Clitherow: Digonto Mridha 8MC1 and Thomas Roberts 9MC1

Congratulations - we're very proud of you.

School Colours

On the Feast of St Wilfrid's we were delighted to present our first ever School Colours to a student - Shreya Bhardwaj, Year 13. Shreya received full School Colours - acknowledging her pursuit of excellence in Faith, Learning and Support.

School Colours recognises students in Years 8-13 who can demonstrate a commitment to excellence in one of the three areas regularly and over a period of time. To be eligible to be considered by the School Colours committee, they must find evidence in three different ways including at least one demonstration out of school and at least one demonstration inside of school. Evidence must be agreed with an accompanying statement by an adult (teacher, Scout Leader, Religious Leader etc).

Students that would like to be considered for School Colours may collect a booklet from our library or reception and prepare a portfolio of evidence. Simply writing what they do in the booklet will not

be sufficient; it must be accompanied by certificates, photographs, written testimonies, PowerPoints, posters, artwork, videos even! Anything that demonstrates commitment and determination by the student to develop their God-given talents.

Successful students will receive an exclusive enamel pin badge to be worn on their blazer, acknowledging their area of excellence, along with a bespoke tie that they will wear as part of their uniform - this will indicate whether they have achieved one, two or full School Colours. Unsuccessful students will be given advice and support to apply again in the next term.

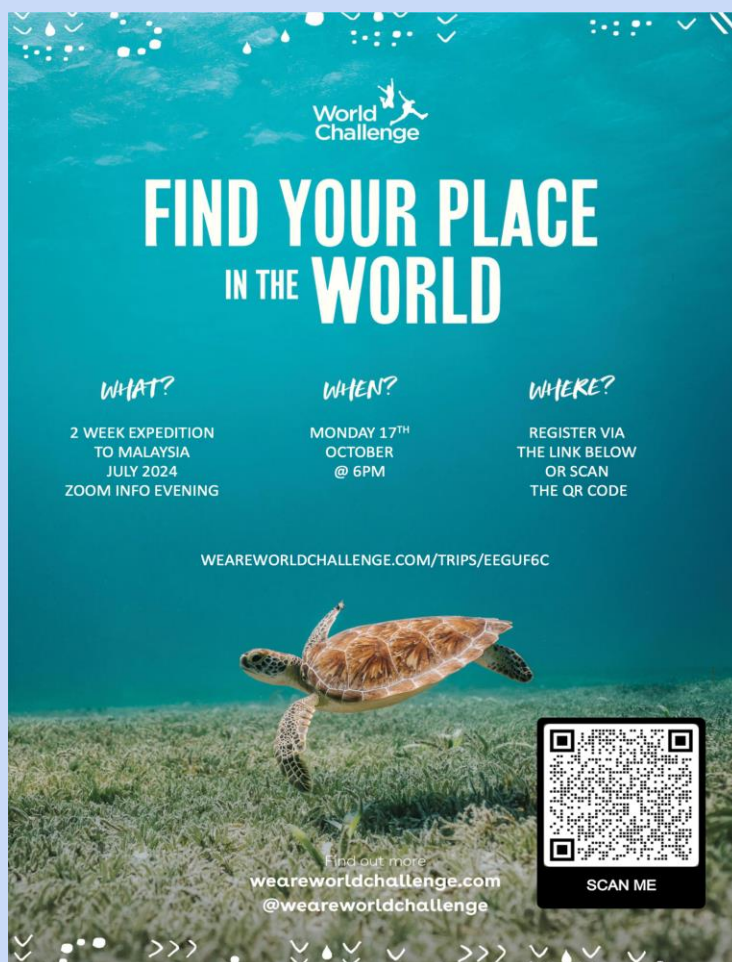
The deadline for submission of evidence this term is Monday 28 November. There is a submission deadline at the end of the spring and summer terms too.

World Challenge

There is a parents information meeting about the World Challenge expedition to Malaysia. A number of parents have already signed up for the meeting.

If you haven't yet registered, there is still time to join - you can register [here](#), or feel free to join by simply clicking the Zoom link below.

To join the call at 6pm on Monday 17 October please click this link <https://weareworldchallenge.zoom.us/j/87599019367>



St Wilfrid's Book Fair



All next week, students will have the opportunity to browse our Scholastic Book Fair and purchase some new books. Books are priced from £2.99 and the fair operates a cashless system. Students can simply scan a QR code or log onto our dedicated website at home if they wish to purchase a book. The QR code and website will be shared in next week's Information Bulletin.

This book fair is particularly exciting as we will be given a portion of the proceeds in order to purchase new books for our library.

More information will be shared with students in tutor time over the course of the week. If you are joining us for Year 8 Parents' Evening, the book fair will be set up for everyone to browse.

If you would like to purchase books online or gift vouchers for your child to spend at the fair, please use the link below.

[Parent payments - Scholastic Book Fairs](#)

Support:

A reminder of our Designated Safeguarding Leads:

Keeping children safe in education.

DESIGNATED SAFEGUARDING LEADS



				
Mr Price Designated Safeguarding Lead	Mr Logan Deputy Designated Safeguarding Lead	Mrs Ritchie Deputy Designated Safeguarding Lead	Mrs Craik Deputy Designated Safeguarding Lead	Mrs Forster Deputy Designated Safeguarding Lead

SAFEGUARDING IS EVERYBODY'S RESPONSIBILITY

Excellence through faith, learning and support.

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

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

The webinars will cover the following topics:

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

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

Further details on each webinar are below. To register please click on the relevant Zoom link.

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

Date: Tuesday 1st November

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/tJEufu2qrTotEt1DWEU8S4QXqBU5bRhfg78Y>

Managing teen behaviour that challenges: tips and tricks

Date: Friday 11th November

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/tJwld-uhrzqsHdEMqcScQlvXo6DGDoAP0la5>

Anxiety in adolescence: how can parents help?

Date: Monday 14th November

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/tJYtdeippj8pG9OyA9DL9Ka3f8nrCFwxO1If>

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

Date: Monday 21st November
Time: 12-1pm
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/tJAlfuyhqj8vE9WohsO1dpEM4foBbSIVFBNl>

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

Date: Monday 28th November
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/tJAlfu2hrjsrHNL8A2RMhbU6PrBGZfZAevP0>

Key dates / upcoming events:

- **Thursday 20 October:** Y8 Parents' Evening. School day ends at 2.10pm for all students.
- **Friday 21 October:** Inset day - students are not in school on this day
- Face to face Parents Evenings this academic year. School ends at 2.10pm for all of these events.

Year group	Date
8	Thursday 20 th October 2022
7	Tuesday 1 st November 2022
11	Thursday 26 th January 2023
9	Wednesday 10 th May 2023
10	Wednesday 28 th June 2023

Y11/13 Autumn Prelims 2022

17 th – 20 th Oct	<i>MFL Speaking Tests – Timings provided by teacher</i>			
Mon 31 st Oct	Y13 English Language P1 Y11 History P3 Y11 Geography P1	2hrs 30m 1hr 20m 55m	Y13 Geography P1 Y13 Law C1 Y13 HSC P2 Y13 ICT P3 Y11 HSC Y11 Digital Y11 Geography P1 (clash 7)	1hr 45m 1hr 30m 1hr 30m 1hr 2hrs 1hr 30m 55m
Tues 1 st Nov	Y13 Spanish LRT Y13 Psychology P1 Y13 Sociology P1 Y11 RCC: Christianity	2hrs 30m 2hrs 2hrs 1hr 45m	Y13 Chemistry P1 Y13 RE: Philosophy Y11 English Language P1	2hrs 2hrs 1hr 45m
Wed 2 nd Nov	Y13 English Literature P1 Y13 App Sci: Bio (STJ) Y11 Design & Technology Y11 Computer Science P1	3hrs 40m 2hrs 1hr 30m	Y13 Mathematics: Pure Y13 App Sci: Chem (STJ) Y11 Mathematics P1	2hrs 40m 1hr 30m
Thurs 3 rd Nov	Y13 History 1C Y13 Computer Science P1 Y13 Business Studies P1 Y12 App Sci: Phy (STJ) Y11 French Listening Y11 French Reading	2hrs 30m 2hrs 30m 1hr 40m 35/45m 45/60m	Y13 Biology Y11 Biology Y11 Combined Science: Bio	2hrs 1hr 45m 1hr 10m
Fri 4 th Nov	Y13 Photography (STJ) Y13 Psychology P2 Y13 Spanish W Y13 Mathematics: Applied Y11 Mandarin Listening Y11 Mandarin Reading	5hrs 2hrs 2hrs 1hr 45m 60m	Y13 Geography P2 Y11 Physics Y11 Combined Science: Phys	2hrs 1hr 45m 1hr 10m
Mon 7 th Nov	Y13 History 2N Y13 Computer Science P2 Y13 Psychology P2 (1clash) Y13 Business Studies P2 Y11 Mathematics P2	2hrs 30m 2hrs 30m 2hrs 1hr 1hr 30m	Y13 Physics Y13 RE: Ethics Y11 Geography P2	2hrs 2hrs 55m
Tues 8 th Nov	Y13 Chemistry P2 Y13 Sociology P2 Y13 App Sci Practical (STJ) Y11 Music	2hrs 1hr 3hrs 1hr 15m	Y13 RE: DCT Y13 Law Criminal Y11 Chemistry Y11 Combined Science: Chem	2hrs 1hr 30m 1hr 45m 1hr 10m
Wed 9 th Nov	Y13 Business Studies P3 Y13 App Sci Prep (STJ) Y13 English Literature P2 Y11 English literature	2hrs 2hrs 50m 1hr 30m	Y11 French Writing Y11 Mandarin Writing	60/75m 65/80m
Thurs 10 th Nov	Y13 App Sci: theory (STJ) Y11 Mathematics P3	1hr 30m 1hr 30m	Y11 Computer science P2	1hr 30m
Fri 11 th Nov	Y11 Engineering B	1hr 30m		

Sixth Form Notices:

Year 12 and 13 students have the opportunity to join the Sixth Form committee.

The Sixth Form committee is an essential link between students and staff. It ensures that the ideas, opinions and concerns of students are known and taken into account. It also recognises that students have a right to be actively involved in decisions that affect them. The committee consists of elected representatives from each tutor group in year 12 and 13. Members of the committee represent the views of their form and can raise matters of concern, or suggestions for improvement about any aspects of life in the Sixth Form.

Members of the committee take responsibility for different departments, such as charity, social events, mental health, enrichment and culture.

Key Dates

UCAS Early Deadline- 15th October 2022

Year 13 Prelim Exams: see schedule above