

# Information Bulletin for Parents and Carers Friday 21 October



**St. Wilfrid's**  
R.C. College

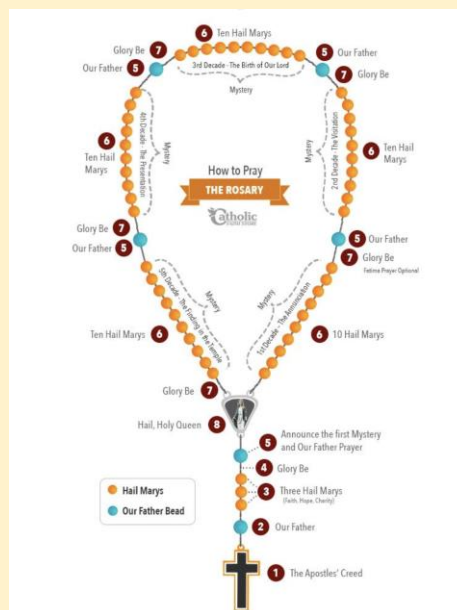
## Excellence through Faith, Learning and Support

### Faith:

Returning from half term on 31 October, we will celebrate All Saints' Day on 1 November and All Souls' Day on 2 November. All Saints day is an opportunity for us to remember all saints and martyrs, known and unknown, throughout Christian history; there have been many people that have exhibited the characteristics of saints throughout the recent pandemic years and, now, as there is additional financial strain. We thank God for placing these people in our communities. On All Souls' Day we remember and pray for the souls of people who are in Purgatory - the place in which those who have died atone for their less grave sins before being granted the vision of God in Heaven.

### World-wide Rosary

On 18 October, our students and staff joined with many people around the world to pray one decade of the Rosary during our morning prayer and liturgy time. If anyone would like to pray a decade of the Rosary but is unsure of how to do so, this short [YouTube video](#) contains the words of the prayers.



## Learning:

### Students of the Week

This week, our amazing winners are:

**Headteacher's Award:** Xawery Wisniewski 12C4

**Tutor Group of the Week:** 9MC2

**Aidan:** Ashton Howarth and Amelia Cruckshanks-Brown

**Bede:** Jackson Green 9B1 and Charlie Whittle 11B1

**Cuthbert:** Ahana Suryawanshi 7C2 and Ryan Dobson 11C2

**Hilda:** Elise McGinley 9H2 and Rebecca Bezuidenhout 11H1

**Margaret Clitherow:** Paige Foster 7MC1 and Emily Potts 9MC2

Congratulations - we're all very proud of you.

### Careers in the Curriculum

Immediately after half term, within each lesson, we will have a 'careers in the curriculum' focus where teachers will link the content of the taught curriculum to careers.

As an example, please look at this picture prompt.



Teachers may use images such as this when teaching:

- Metals and non-metals. They could be classifying the different materials in the image.
- Water cycle. They could be looking at clouds, rivers and other key elements in the water cycle.
- Water quality testing. Important for improving the quality of the Tyne.
- Local history / travel and tourism / descriptive writing based on a setting (and so on).

Our specific focus in class from 31 October - 4 November is to also consider what careers are involved with the topics our learners are learning. Some possibilities from the image above are: structural engineer, materials scientist, formulation coating chemist, environmental chemist, welder, architect, accountant and fisheries biologist. I can see the Sage and the Baltic in there too - we might even have the next Sam Fender or Tracey Emin in our midst! Please help us by engaging your child in careers based conversations throughout the week, encouraging them to think about possible pathways and to explore their interests, skills and talents.

## Extracurricular Activities Timetable

We offer a range of extracurricular opportunities and we'd love more of our students to get involved. Please encourage your children to join one or more of our clubs.

<b>Week 1</b>	<b>Before School</b>	<b>Break</b>	<b>Lunch</b>	<b>After School</b>
<b>Monday</b>	<b>Breakfast Club</b> All years 8.15am – 8.35am – Saints café		<b>Active Lunch</b> Yr 8 Badminton – ATR Yr 8 Trampolining - CEC <b>English</b> All years - Spelling Bee / 1.18 <b>Music</b> Yr 7+8 Homework and catch up support / 1.91 <b>Biology</b> Yr 13 buddy session	<b>Homework Club</b> Yr 7/8/9 _ 3.10pm – 4.10pm / 1.86 Yr 10/11 _ 3.10pm – 4.10pm / 1.83 <b>Social Club</b> All years _ 3.10pm – 4.10pm / 2.14
<b>Tuesday</b>	<b>Breakfast Club</b> All years 8.15am – 8.35am – Saints café		<b>MFL</b> Yr 8 French Club – 2.52 – <b>Music</b> Yr 7+8 Junior Choir / 1.90 – Orchestra / 191	<b>Homework Club</b> Yr 7/8/9 _ 3.10pm – 4.10pm / 1.86 Yr 10/11 _ 3.10pm – 4.10pm / 1.83 <b>Music</b> All instruments 3.15pm – 3.45pm / 1.91 <b>Sport</b> Dodgeball - CSH Badminton - HN Netball – 9/10/11 - JIN
<b>Wednesday</b>	<b>Breakfast Club</b> All years 8.15am – 8.35am – Saints café		<b>Physics</b> Yr 12+Yr 13 buddy session – 225 <b>History</b> Yr 9, 10, and 11 catch up. <b>Geography</b> Yr 9, 10, and 11 catch up – 203 <b>English Language</b> Year 11 catch up <b>Drama</b> Yr 9/10/11 Drama club – Nichols Hall	<b>Homework Club</b> Yr 7/8/9 _ 3.10pm – 4.10pm / 1.86 Yr 10/11 _ 3.10pm – 4.10pm / 1.83 <b>Sport</b> Basketball - HN <b>Futures Support</b> Yr 12+13 UCAS / Apprenticeship applications – Sixth Form Centre
<b>Thursday</b>	<b>Breakfast Club</b> All years 8.15am – 8.35am – Saints café		<b>Active Lunch</b> Yr 7/8 Badminton – JAM / Yr 7/8 Trampolining – JIN Yr 7/8 Football – CEC / Yr 7/8 Dodgeball – ATR Yr 9/10/11 Badminton – PAR / Yr 9/10/11 Dodgeball - LME <b>Psychology Clinic</b> Yr 12+13 – LSY – 6.05 <b>Music</b> Senior Choir 12.30pm – 1.00pm / 1.91 <b>Geography</b> Yr 7 and 8 catch up - 202	<b>Homework Club</b> Yr 7/8/9 _ 3.10pm – 4.10pm / 1.86 Yr 10/11 _ 3.10pm – 4.10pm / 1.83 <b>Sport</b> Yr 7/8 Netball – CEC All year's girl's football – CSH
<b>Friday</b>	<b>Breakfast Club</b> All years 8.15am – 8.35am – Saints café		<b>Music</b> Homework and catch up club P5 / 1.91 <b>Active Lunch</b> Yr 9/10/11 Badminton – PAR Yr 9/10/11 Trampolining – CEC	<b>Homework Club</b> Yr 7/8/9 _ 3.10pm – 4.10pm / 1.86 Yr 10/11 _ 3.10pm – 4.10pm / 1.83

<b>Week 2</b>	<b>Before School</b>	<b>Break</b>	<b>Lunch</b>	<b>After School</b>
<b>Monday</b>	<b>Breakfast Club</b> All years 8.15am – 8.35am – Saints café		<b>Active Lunch</b> Yr 7/8 Badminton – PAR / Yr 7/8 Trampoline – JIN Yr 7/8 Dodgeball – CSH / Yr 7/8 Football – CEC <b>English</b> All years - Spelling Bee / 1.18 <b>Music</b> Yr 7+8 Homework and catch up support / 1.91	<b>Homework Club</b> Yr 7/8/9 _ 3.10pm – 4.10pm / 1.86 Yr 10/11 _ 3.10pm – 4.10pm / 1.83 <b>Social Club</b> All years _ 3.10pm – 4.10pm / 2.14
<b>Tuesday</b>	<b>Breakfast Club</b> All years 8.15am – 8.35am – Saints café		<b>Music</b> Yr 7+8 Junior Choir / 1.90 – Orchestra / 1.91 <b>Chemistry</b> Yr 12+Yr 13 buddy session - 271	<b>Homework Club</b> Yr 7/8/9 _ 3.10pm – 4.10pm / 1.86 Yr 10/11 _ 3.10pm – 4.10pm / 1.83 <b>Music</b> All instruments 3.15pm – 3.45pm / 1.91 <b>Sport</b> Dodgeball - CSH Badminton - HN Netball – 9/10/11 - JIN
<b>Wednesday</b>	<b>Breakfast Club</b> All years 8.15am – 8.35am – Saints café		<b>Active Lunch</b> Yr 7/8 Badminton –ATR / Yr 7/8 Trampoline – JIN Yr 7/8 Dodgeball – CEC / Yr 7/8 Table Tennis – PAR <b>MFL</b> Yr 8 French Club – 2.52 - <b>History</b> Yr 9, 10, and 11 catch up. <b>Geography</b> Yr 9, 10, and 11 catch up - 203 <b>English Language</b> Year 11 catch up <b>Drama</b> Yr 9/10/11 Drama club – Nichols Hall	<b>Homework Club</b> Yr 7/8/9 _ 3.10pm – 4.10pm / 1.86 Yr 10/11 _ 3.10pm – 4.10pm / 1.83 <b>Sport</b> Basketball - HN <b>Futures Support</b> Yr 12+13 UCAS / Apprenticeship applications – Sixth Form Centre
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## Year 11

We recently discussed with our Year 11 students about how success stems from the small sum of efforts repeated every day. Maintaining a positive attitude and willingness to learn, being resilient, as well as attending supported study sessions, were some of the efforts we wanted our students to display consistently. On Friday 7th October we rewarded the class who had demonstrated this over the two week period with refreshments in our wonderful sixth form cafe during their PSHE lesson. Well done to those students, we hope you enjoyed your treat!



In the weeks leading up to half term, we spoke to Year 11 about how the secret to getting ahead is getting started, in anticipation of their mock exams. We challenged our students to take responsibility in getting ahead in their preparation by creating revision materials, speaking to teachers about key areas within their subject and maximising the support on offer to them at lunch time and after school, prior to half term.

On Monday 31st October, Year 11 will have a brief assembly at 8.40am where we will discuss how they can look after their mental health and well-being during the high pressure period of their mock exams.

### **Key Stage 3 Information Evenings**

Parents and carers of students in years 7 to 9 were sent the following letter regarding changes to how we will be assessing and reporting on student progress at Key Stage 3.

[KS3 Assessment Letter](#)

If you would like to attend one of the information evenings on either Thursday 10th November or Thursday 17th November from 5:30pm-6:30pm you can book a place using the link below. Due to limited space in the hall we would kindly ask that this event is attended by parents and carers only and not students.

<https://stwilfridsrc.schoolcloud.co.uk/>

## **Support:**

### **South Tyneside Warm Spaces Initiative**

Warm spaces are free public places where residents can go to get warm, save money on their heating costs, avoid social isolation, and receive support and advice. A number of organisations and venues have pledged their support to residents this winter. For more information see:

- [Community Spaces](#)
- [Council Spaces](#)
- [Children's Centres](#)

### **Food Support During Half Term**

The following organisations have initiatives during half term to help parents keep costs down:



- Marks and Spencer: Kids eat free with every £5 purchase in the cafe.
- Asda: Kids eat for £1 all day (this offer has been extended until the end of the year).
- Tesco: Kids eat free with any purchase of fresh fruit by an adult in the cafe.
- Morrisons: Kids eat free in the cafe day, every day, with every adult meal over £4.99.
- Toby Carvery: Kids eat for £1 offer available from October 24 - 28. Customers need to download the app or sign up for the newsletter to receive the voucher.
- Beefeater: Two children get free breakfast with one paying adult.
- Brewers Fayre: Two children get free breakfast with one paying adult.
- Yo Sushi! Kids eat free all day, Monday - Thursday.
- Bella Italia: Children can eat for £1 with any adult meal between 4-6pm Monday - Thursday.
- IKEA: Kids can enjoy pasta with tomato sauce and a soft drink for 95p or any other children's meal for £1.50 from 11am.

Please check online, more organisations are likely to offer deals like the above.

### **South Tyneside Mental Health Peer Support**

As our children navigate their way through life's challenges, it can sometimes leave them feeling angry and they may not understand why. If this sounds like something you experience with your child then please join the next Mental Health Peer Network on the 3 November from 4pm where a representative from the Healthy Minds Team will be delivering a session on how to support your child to understand their anger/feelings and how to work through them. Please note your child does not require a mental health diagnosis to attend the session. The link to join the session is here: [Click here to join the meeting](#)

Please contact [michelle.olsen@southtyneside.co.uk](mailto:michelle.olsen@southtyneside.co.uk) for more information.

### **Counselling Support - Children and Adults**

An online mental health and emotional wellbeing service called Kooth ([www.kooth.com](http://www.kooth.com)) is available to young people in your area. Kooth is a free, safe, online emotional wellbeing community that is accessible 24/7, 365 days of the year. Our service is accredited by the British Association of Counselling and Psychotherapy, and is commissioned by the NHS to provide access to chat sessions with counsellors and emotional wellbeing practitioners. ANY child or young person can sign themselves up anonymously on Kooth.com, and utilise the community as an additional, or sole, means of mental health support. Qwell ([www.qwell.io](http://www.qwell.io)) is made by the same organisation and is available to support adults that need emotional or wellbeing support.



## How to sign up to Kooth.

- 1 Select **Join Kooth** button.
- 2 Sign up by postcode or select your location from our dropdown list.
- 3 Enter the first part of your postcode.  
Or  
4 Choose your area from the dropdown.
- 5 Select your month and year of birth.
- 6 Select your gender and ethnicity.
- 7 Create an **anonymous** (not your real name) username and secure password.

Kooth is a **free, safe** and **anonymous** mental health and wellbeing platform for children and young people. You can access Kooth via mobile, tablet or desktop by visiting [kooth.com](http://kooth.com).

[www.kooth.com](http://www.kooth.com)



## How to sign up to Qwell.

Qwell is a **FREE**, anonymous, confidential and safe online emotional wellbeing service, offering professional support, information, discussion boards and more for adults.

Access 365 days a year to counsellors who are available from:  
**12 noon-10pm** Monday- Friday  
**6pm-10pm** Saturday and Sunday

Log on through **mobile, laptop** and **tablet**.

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks.

To talk to a counsellor click on: **"Chat now button"**.  
To write a message to the team, click on: **"message the team"**

[www.qwell.io](http://www.qwell.io)

- 1 Click on the **"Join Qwell"** button located in the centre of the home page of the Qwell website
- 2 Choose from the drop down boxes, the **area** and **location** you live in
- 3 Select the **year** and **month** you were born
- 4 Click on the **gender** that best describes you and then the **ethnicity and background** that most closely matches you
- 5 Create an **anonymous** username (not your real name) and **secure** password
- 6 Choose from the drop down box to explain where you found out about **Qwell**
- 7 Select **Next step** to complete your registration

## Key dates / upcoming events:

- **Monday 31 October:** All years return to school (Week 2 timetable)
- **Tuesday 1 November:** 1430-1815 Year 7 Parents' Evening  
Please do not enter the school site or car park until 1420 to allow pupils to leave the site safely. The car Park will not open to parents until this point.

Preliminary Exams for Y11/13 this week and next:

### Y11/13 Autumn Prelims 2022

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