

# Information Bulletin for Parents and Carers Friday 7 October



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

## Excellence through Faith, Learning and Support

### Faith:

October 12 is the Feast Day of St Wilfrid. We will be gathering together and celebrating this feast with a liturgy, listening to the story of St Wilfrid and giving thanks for all of the Lord's favour and blessing.

This term our House Captains have been meeting to develop a new school prayer. There have been some delightful ideas and we hope to have a draft ready soon that we can share with parents, carers, staff and governors.

### Learning:

#### Students of the Week

Our fabulous winners this week are:

**Headteacher's Award:** Ryan Burke 8MC1

**Tutor Group of the Week:** 7C1

**Aidan:** Joseph Ruddock 7A1 and Keira Murphy 10A1

**Bede:** Alfie Dixon 7B1 and Chloe Spottiswood 10B1

**Cuthbert:** Jessica Mienie 7C1 and Olivia Robson 9C1

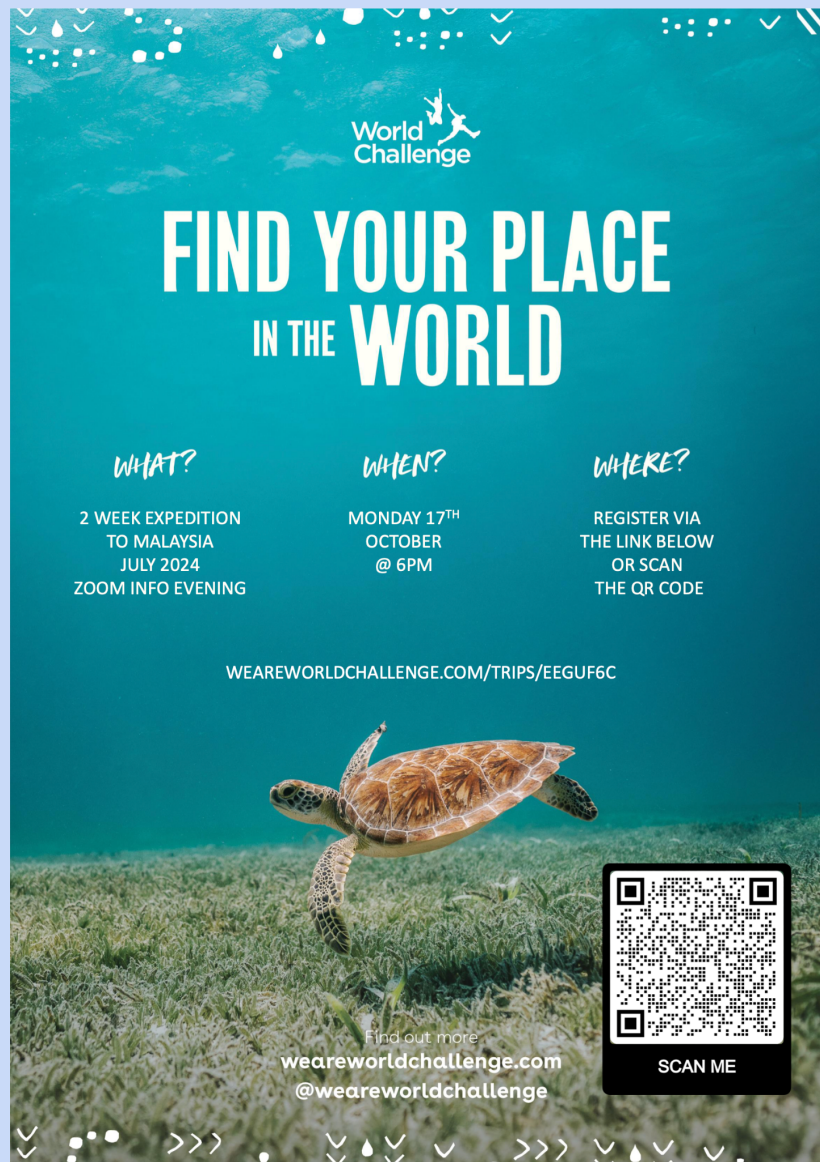
**Hilda:** Beau-Eliza Gudgeon 7H1 and Aimee Ratcliffe 10H1

**Margaret Clitherow:** Ryan Burke 8MC1 and Brogan Forster 10MC2

Congratulations - we're very proud of you.

#### World Challenge

This week we will be sharing information with students in Years 10-12 about an exciting World Challenge expedition to Malaysia in July 2024. Follow this link for a brief introduction to this exciting opportunity: [Malaysia 2024](#)



## Support:

### World Mental Health Day: 10 October 2022

World Mental Health Day is celebrated on 10 October. This year, the theme is 'Make Mental Health and Wellbeing for all a global priority'.

We have a range of counselling and support services available in school. Our Senior Mental Health Lead is Mr Logan. If you would like to access mental health support for your child, please contact their Head of House. St Wilfrid's has a large team of staff that are dedicated to the mental wellbeing of our school community.

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## MENTAL HEALTH TEAM IN SCHOOL



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



**Mr Logan**  
Senior Mental Health  
Lead & DSL



**Mr Price**  
Designated Safeguarding Lead &  
Dep Head



**Mr Clark**  
SENCO



**Miss King**  
Assistant SENCO



**Miss Martino**  
Teaching Assistant



**Miss Molvaney**  
Teaching Assistant



**Miss Colman**  
Teaching Assistant



**Miss Allom**  
Teaching Assistant



**Mrs Woodhouse**  
Pastoral Officer



**Miss Charman**  
Attendance Officer



**Mrs Hope**  
First Aider



**Mrs Boylan**  
BCCET Lead  
Chaplain



**Oonagh Atkinson**  
The Road Centre  
Counsellor (staff  
supervision)



**Marilyn Elliott**  
The Road Centre  
Counsellor (student  
support)



**Louise Swales**  
BCCET Mental  
Health & Counselling  
Coordinator



**Diane Porter**  
BCCET Counsellor



**Bev Foden**  
BCCET Counsellor



**Aaron Munn**  
BCCET Counsellor



**Aaron Dixon**  
Healthy Minds  
Primary Mental  
Health Worker



**Niamh Jones**  
Healthy Minds  
Education Mental  
Health Practitioner

### WORKING CLOSELY WITH:

**Pastoral Team.  
Behaviour Inclusion Support  
Manager.  
School Nursing Team.  
Mental Health First Aiders  
(staff).  
Mental Health Ambassadors  
(students).  
Peer Support Mentors  
(students).**

1 in 6 people report experiencing anxiety and depression. Outside of school hours, you can access free mental health support for children (<https://www.kooth.com/>) and adults (<https://www.qwell.io/>). Your mind matters! You can find helpful tips and resources or speak to a mental health practitioner confidentially.

Each day next week we'll focus in registration on the '5 ways to wellbeing':

- Connect
- Be active
- Take notice
- Learn new things
- Give

The 5 ways to wellbeing framework is a set of 5 evidence based actions that promote wellbeing. Based on the latest scientific evidence the simple actions, if taken regularly, can improve wellbeing and enhance quality of life.

### UK Parliament Outreach Visit

On Thursday 29 September Years 7, 8, 9 and 10 were visited by Gillian Bell - Senior Education and Engagement Officer. Gillian equipped our students with a broad understanding of how UK Parliament works, the roles and responsibilities of MPs and members of the House of Lords as well as how they can get their voices heard.

## Key dates / upcoming events:

- **Monday 10 October:** World Mental Health Day
- **Wednesday 12 October:** Feast of St Wilfrid
- **Thursday 20 October:** Y8 Parents' Evening (more info to follow)
- **Friday 21 October:** Inset day - students are not in school on this day

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

## **Sixth Form Notices:**

### **Key Dates**

Year 12 Welcome Mass: Friday 7th October

Year 13 Prelim Exams: see schedule above

### **Lord Glenamara Award Winner!**



We are enormously proud that Shreya Bhardwaj received the Pupil Academic Award at the Lord Glenamara Memorial Awards 2022, which took place yesterday at St James' Park, Newcastle. This Lord Glenamara prize recognises her academic achievements as well as her dedication to the service of others and the wider community. Shreya, this is an amazing achievement - well done indeed!