

Information Bulletin for Parents and Carers Friday 2 December



St. Wilfrid's
R.C. College

Excellence through Faith, Learning and Support

Consultation on Admissions Policies for St Wilfrid's RC College

Where changes to admissions arrangements are intended, all schools are required to consult before these are determined and published.

Please follow this link to a letter and the policies:

[Microsoft Word - Consultation on admissions arrangements.docx \(st-wilfrids.org\)](#)

The consultation will run from 5 December 2022 to 27 January 2023. A consultation response form is available on the school website or by request from the school.

The local governing committee (on behalf of the admissions authority) will consider all comments received before they determine the arrangements for 2024-25.

Faith:

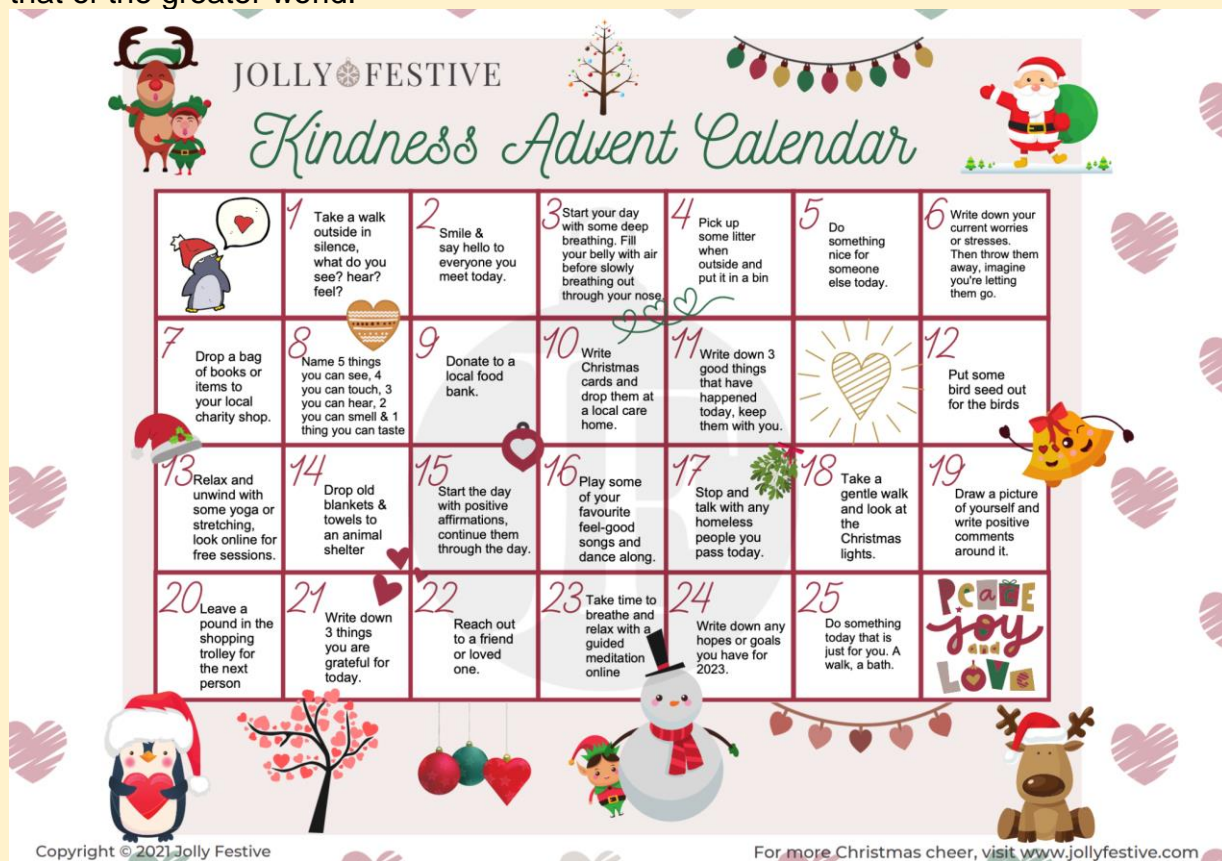
Advent



"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace." Isaiah 9:6

We approach the second week of advent and will be lighting the second purple candle, a symbol of **PEACE** - this is the theme for our assemblies next week. One of the hallmarks of the Christmas story is when the angels appear to the shepherds and proclaim, "Peace on earth."

How can you help usher in God's peace this Christmas Season? Some ideas might be found in this "Kindness Advent Calendar". Advent is the perfect time to commit to pursuing peace in your life and that of the greater world.



Learning:

Students of the Week

This week, our amazing winners are:

Headteacher's Award: Charley Kerr 11MC2

Tutor Group of the Week: 8MC1

Aidan: Joseph Ruddock 7A1 and Ruby Barrett 8A1

Bede: Ewan Bayfield 11B2 and Israel Adigun 8B1

Cuthbert: Benjamin Molenda 8C2 and Elliot Jameson 11C1

Hilda: Hannah Blackman 7H1 and Ella Jenkins 11H1

Margaret Clitherow: Paige Foster 7MC1 and Rachel Gittins 11MC2

Congratulations - we're all very proud of you.

A Level Literature Trip to London

Last week, our A Level Literature cohort made the exciting journey to London. Whilst visiting the city, we participated in an A Level Literature workshop with an expert from Shakespeare's Globe. Hearing all about the historical context of the play, from an expert, whilst at the theatre was fantastic. Students also participated in a dramatic workshop where they considered the motivation of key characters at pivotal moments in the play.



We then visited The National Theatre where we watched Shakespeare's Othello. Before returning to school, students had a chance to do some Christmas shopping in Covent Garden. The students were a credit to our school and had an excellent time.

Support:

Advent and Christmas Wellbeing

Assemblies this week will explore our mental health and wellbeing, particularly during the festive period. Christmas can be an amazing time for some, spending time with family and loved ones, or taking a well-earned rest. However, for others it is a lonely, difficult time.

The 'Kindness Advent Calendar' in the faith section is offered as a way to help you find some peaceful, mindful moments to be kind to yourself and to others. Please use it, share it and take some of it into the New Year. Always take 10 seconds and remember to breathe.

Especially at this time of year, remember to reach out to people, check in with them and if you are the one who is struggling, it is ok to not be ok, know that there is always someone there to listen, any time of the day or night.

If you or someone you know is in crisis this Christmas or any time call:

- **999** if it's an immediate emergency
- or Samaritans on **116 123**
- or text SHOUT to **85258**

They are for anyone who is struggling.

They are free, available 24/7 and ready to listen, without judgement.

We will be reminding students about Kooth's December counselling offer in assembly next week.

The adult version, Qwell, also offers support during the festive period. We'll send details of the holiday opening hours for Kooth and Qwell in our final bulletin of the year.



kooth

What's on Kooth in December

Tuesday 6th December Discussion Board Coping with Grief during the festive period	Tuesday 13th December Discussion Board Coping with eating difficulties during the festive period
Wednesday 14th December Live Forum Top Tips- For budgeting this season 7.30pm - 9pm	Monday 19th December Live Forum Let's Talk: Loneliness 7.30pm - 9pm
Wednesday 28th December Live Forum Social Takeover- End of Year Party 7.30pm - 9pm	Friday 30th December Discussion Board End of year reflections



Qwell

What's on Qwell in December

Tuesday 6th December Discussion Board Coping with Grief during the festive period	Tuesday 13th December Discussion Board Coping with eating difficulties during the festive period
Thursday 15th December Discussion Board Winter Craft Ideas	Friday 30th December Discussion Board End of year reflections

Competition Winner

Congratulations to Bo Howey, 7B2, for winning England Goalkeeper's signed gloves. Hopefully he'll keep another clean sheet for England on Sunday evening! Thank you to everyone that bought a ticket; we raised a fabulous £444 for the Ukraine Children's Christmas Appeal.



White Ribbon Day

This fell on the same week as the start of the FIFA men's world cup. White Ribbon Day highlighted 11 traits (one for each player on a football team) that men and boys can nurture to help create a world of equality and safety for women.

- Ally
- Gentle
- Principled
- Caring
- Resilient
- Reflective
- Empathetic
- Reliable
- Supportive
- Courageous
- Hopeful

Click this link for more information: <https://www.whiteribbon.org.uk/whiteribbonday22>

Grief Awareness Week: 2-8 December

To open conversations with friends and family about grief and to help normalise the grieving

process, please see The Good Grief Trust: <https://www.thegoodgrieftrust.org/ngaw/>

If you need any support following a bereavement, please contact us at school. There are local services that can help too:

- LifeCycle self-referral: <https://www.southtyneside.gov.uk/article/10537/Lifecycle-Primary-Care-Mental-Health-Service>
- CRUSE bereavement care: <https://www.southtyneside.gov.uk/article/10322/CRUSE-Bereavement-Care>
- KOOTH online counselling and support: <https://www.kooth.com/>
- ESCAPE intervention: <https://www.southtyneside.gov.uk/article/10348/Escape-Intervention-Services>

Key dates / upcoming events

**St Wilfrid's
RC College**

Christmas Concert

Join us for an evening of sacred and secular music in celebration of Christmas. Featuring the St Wilfrid's Orchestra, Junior Choir, Senior Choir and talented soloists.

**TUESDAY 13TH DECEMBER
6 PM
NICHOLS HALL**

**TICKETS AVAILABLE AT RECEPTION FREE
OF CHARGE.
DONATIONS FOR THE UKRAINE
CHILDREN'S CHRISTMAS APPEAL
WELCOMED.**

Sixth Form

A reminder that applications are open for our sixth form.

To apply to join our Sixth Form in September 2023, please complete the online application form:
[Applying for Sixth Form - St. Wilfrid's R.C. College \(st-wilfrids.org\)](https://st-wilfrids.org)

We are delighted to welcome Miss Siedle to our Sixth Form Pastoral Team as Head of Year 12 and we also welcome Mrs Forster back to school following her maternity leave.