

Information Bulletin for Parents and Carers Friday 3 February



St. Wilfrid's
R.C. College

Excellence through Faith, Learning and Support

Faith:

Saturday 11 February is the feast day of Our Lady of Lourdes. Our Lady appeared to St. Bernadette on February 11, 1858 in Lourdes, France. Young Bernadette was gathering wood near a grotto when she heard a noise and felt a gust of wind. She turned and saw "something white in the shape of a girl." She immediately knelt to pray the rosary before the Blessed Virgin disappeared. Bernadette witnessed many more visions at the grotto and the event grew in great popularity to become one of the most travelled to pilgrimage sites for Catholics. To date, there have been 70 recorded miracles at that site which is famous for its healing waters.

Learning:

Students of the Week

The following students have been awarded 'Students of the Week'.

Headteacher's Award: Rodin Shabani 7MC2

Tutor Group of the Week: 7MC2

Aidan: Poppy Steele 8A1 and Eva Sleightholme 10A2

Bede: Lana McKensie 9B2 and Jose Figueira 8B1

Cuthbert: Mackenzie Mason-Nutall 7C1 and Heidi McCall 11C2

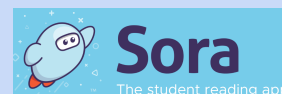
Hilda: Joshua Blackman 9H2 and Fahim Ahmed 10H1

Margaret Clitherow: Logan Linsley 8MC1 and Marissa Towns 9MC1

Congratulations to you all, we are incredibly proud of you.



Sora- Our FREE Online Reading Platform



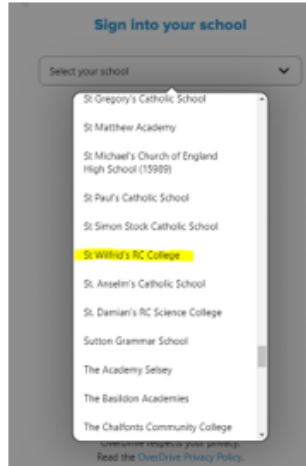
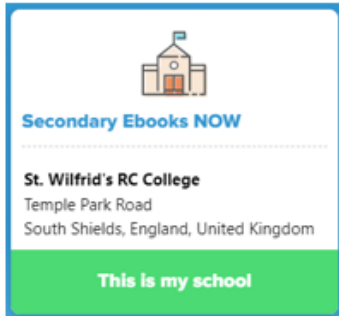
All students at St Wilfrid's have access to Sora's amazing online reading platform. Sora has thousands of ebooks and audiobooks for our students to enjoy at home.

Sora can be downloaded as a mobile app or accessed through a computer. Accessing the app or website for the first time is simple:

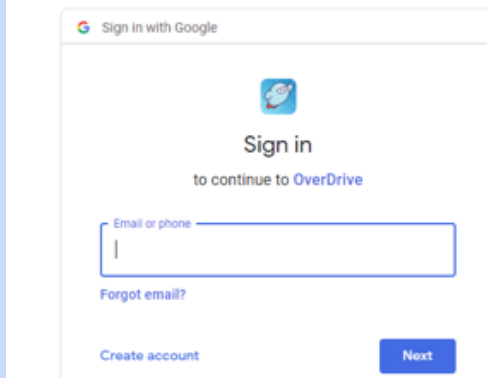
1) Search for Sora Login



2) Select St Wilfrid's RC College



3) Sign in using your school email address and google classroom password



If you require any support with using the app, contact Mrs Collings-Backhouse.

Support:

Young Carers

A young carer is someone under 18 who helps look after someone in their family who is ill, disabled or misuses drugs or alcohol. Across the UK, as many as 1 in 5 children and young people are young carers. St Wilfrid's works in partnership with Humankind South Tyneside Young Carers to improve the quality of lives of young carers, give them a break away from their caring role, meet new friends in similar situations and to have an opportunity to just be children and have fun. If you would like to refer your child to the

service, please contact their Head of House / Head of Year. A referral may improve their educational and physical health, give them somewhere to go to feel safe and supported, reduce isolation and give them someone to talk to. You may also contact Humankind directly, scan the QR code for their referral form and/or follow them on Facebook:

- Email: STYC@humankindcharity.org.uk
- Telephone: 01325 731 160

The image contains two panels. The left panel is titled "Scan me for the referral form" and features a large blue downward-pointing arrow above a QR code. The right panel is titled "Follow us on facebook" and features a large blue downward-pointing arrow above a screenshot of the South Tyneside Young Carers Service Facebook page. The Facebook page shows the service's name, a red header, and a "Like" button.

Children's Mental Health Week

Monday 6 February marks the beginning of Children's Mental Health Week. In school we will be exploring the **five ways to well-being**. Each day will be a different focus. Building small actions into your daily life can make you feel good, and gelling good is an important part of being healthy. The five ways to well-being are proven to make a difference to lives. Please talk to your child about their well being. We have a whole host of support mechanisms in school. If you would like further information about how we can support your child's mental health, please contact their Head of House or Head of Year.

The image displays five colorful speech bubbles, each representing a "way to well-being". Below each bubble is a short, actionable phrase. The bubbles and their corresponding phrases are: 1. A teal bubble with "CONNECT" and the phrase "TALK & LISTEN, BE THERE, FEEL CONNECTED". 2. A purple bubble with "BE ACTIVE" and the phrase "DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD". 3. An orange bubble with "TAKE NOTICE" and the phrase "REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY". 4. A green bubble with "KEEP LEARNING" and the phrase "EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF". 5. A pink bubble with "Give" and the phrase "Your time, your words, your presence".

Safer Internet Day

Tuesday 7 February is Safer Internet Day. Throughout the week we will be reminding students how to keep safe online; in assembly, students will learn about online risks, the dangers of sexting, fake friends, cyberbullying and how to seek support if they feel affected by any of these.

A great website for parents and carers is The UK Safer Internet Centre. There is a newsletter that you can sign up to which gives advice and guidance on the ever changing and developing world of social media and the internet: <https://saferinternet.org.uk/>

Top Tips for Parents and Carers

These top tips have been written for you (parents and carers) to help you support your child to stay safe and happy online.

This Safer Internet Day make space for....

- **Make space for regular conversations about life online**
Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.
- **Make space for enjoying and exploring the online world together!**
Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.
- **Make space for working as a family to agree expectations for going online**
Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.
- **Make space for learning about the apps, games and websites your child is using**
There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.
- **Make space for supporting and reassuring your child if things go wrong**
Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.

Careers Guidance

Work Experience Reminder

Year 10 Work Experience will take place from Monday 17th July to Friday 21st July.

Parental Consent form to be returned to Mrs Hillcoat on reception by 17th February.

Pupil Placement form to be returned to Mrs Hillcoat on reception before Friday 28th April.

National Apprenticeships Week - 6th to 10th February

Next week is National Apprenticeship Week.

Part of our CEIAG programme and statutory guidance is to ensure students are aware of all possible post-16 and post-18 routes, so it's important our students learn about apprenticeships, traineeships and T-Levels alongside further and higher education.

During lessons next week students will watch short videos on apprenticeships linked to that particular subject and receive extensive apprenticeship information via their respective year group Google Classroom streams

More information and a range of general apprenticeship stories (90 second clips) can be found here under 'Meet Amazing Apprenticeships': <https://amazingapprenticeships.com/apprenticeships/>

Key dates / upcoming events:

- **Monday 6 February 2023:** Children's Mental Health Week
- **Tuesday 7 February 2023:** Safer Internet Day
- **Monday 6th February to 10th February** - National Apprenticeships Week
- **Monday 13 February** - Y11 and Y13 prelim exams begin

Sixth Form:

We are delighted to offer a Sixth Form taster evening on Thursday 30th March between 4.30 and 6.30pm. Year 11 students will be given the opportunity to experience what A level lessons are like here at St Wilfrid's and chat to academic and pastoral staff alongside current Sixth Form students. Keep an eye out on our school website and social media for further communications around this.

This week in Sixth Form, our Year 12 students have been visited from Tyne Coast College to explain the different levels of Apprenticeships on offer to them when they have finished their A level courses.

Year 13 Students have started their research into Student Finance and how they can apply for this support throughout their time at university. We will be building on this in a couple of weeks time when we will invite a financial adviser, Ben Hughes into school to speak with Year 13 about managing household finances, budgeting, credit card, loans and mortgages.

