

Information Bulletin for Parents and Carers Friday 3rd March



St. Wilfrid's
R.C. College

Excellence through Faith, Learning and Support

Faith:



Throughout Lent we will be sharing the Youth Ministry Team's 'Wait a minute, it's Lent' videos with our students. If you would like to watch the videos as part of your faith journey this Lent, you may access them here: https://www.youtube.com/playlist?list=PL_whhZ8gzYZ2dRYstN34mfbtaJOuOdgWL

Learning:

Students of the Week

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

Headteacher's Award: Aaliya Armstrong 11A1

Tutor Group of the Week: 11B1

Aidan: Anisa Hossain 9A2 and Nazeem Oyewole 10A2

Bede: Ewan Thompson 10B2 and Millie Armstrong 8B2

Cuthbert: Jasmin Ruane 7C1 and Rosie Lowther 11C1

Hilda:

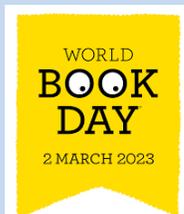
Margaret Clitherow: Portia Moustafi 8MC2 and Millie Sweeting 9MC1

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

World Book Day

Students have been participating in special World Book Day themed activities this week during Reading Time. Students have been exploring the idea that reading can help to improve your mental health. Studies show that reading before bed can help to regulate your sleep and lead to an improved sleeping schedule. It has also been proven that reading can help to ease symptoms of depression.

We have recently broadened our library catalogue to include a wider variety of fiction and non-fiction texts all designed to support our students with wellbeing and mental health.



✨ Reading Stars ✨

Congratulations to last Half Term's St. Wilfrid's Reading Stars!



Jasmine Line Y7



Oscar Frail Y8



Olivia Rutherford Y9

Students won a certificate and £10 book voucher – continue to be excellent readers, well done!

Year 11

Now prelim examinations have concluded, our Year 11 students will resume their Monday morning assemblies next week, where a theme for each week will be shared with them to focus their studies ahead of their upcoming examinations.

Next week we will discuss with Year 11 that *'This is the week to...'* **develop a routine**. From Monday, students have three 30 minute revision tasks to complete each day bespoke to their subjects as well as STEP sessions after school and access to supported study both at lunch and 3.10pm. It is vital that our students develop a routine that works for them to enable them to fulfil their potential whilst looking after their mental well-being.

At St. Wilfrid's we have *'Well-being Wednesday'* and coupled with the weekly academic themes there will be a well-being activity bespoke to the pressures of Year 11. This week we will be asking our Year 11 students to not only plan when they will complete their revision tasks, but how they will organise and spend their breaks from revision, in order to relax and ensure focus during study periods.

Support:

How can students affect change in school?

Students are regularly encouraged to discuss any ideas, issues or concerns with staff. There are many ways of raising any worries/concerns that they may have.

- Form Tutors and House Teams are well placed guide and support students.
- We have an email address - worries@st-wilfrids.org for students to access support or raise concerns.
- We also have a Student Council in school which involves Form Representatives from each form class who work with the representatives who sit on the Student Council. They work closely with senior staff to implement many changes and are a voice we listen to and work with.

School should be an ordered and welcoming environment where all of our students feel safe. Any disruption to normal routines can result in unnecessary anxiety for some students. There are certain rules and expectations in place in school to ensure that it remains a positive environment for our students to learn.

Personal Development

Throughout the next fortnight, the Northumbria Police Education Team will deliver sessions to years 7, 8 and 9. The sessions are designed to keep students safe from malicious communications, knife crime and criminal exploitation. For more information, click here:

<https://northumbria-pcc.gov.uk/v3/wp-content/uploads/2022/09/Education-Brochure-2022.pdf>

- **Year 7: Malicious Communications**

Encourages students to consider the impact and consequences around sending and receiving messages, texts and posts on social media. Students are encouraged to discuss how unkind, in appropriate or offensive messages can impact both the sender and the recipient. The session informs students about the laws in relation to online behaviours and looks at some real life examples of where these have been applied. Students will be made aware of the potential effect a criminal record can have on a person's life and future. The session also addresses the issue of sexting or intimage image abuse, coercion of young people into the sending or distribution of nude or semi-nude photographs and the laws and potential repercussions of such activity. The session concludes with information around what to do if a person becomes involved as an unwilling perpetrator or victim and the support available.

- **Year 8: Knife Crime Awareness**

Students consider the impact and consequences of knife crime. The lesson is an interactive discussion on the law, Joint Enterprise and the effect of knife crime on perpetrators, victims, families and communities. Students are encouraged to voice opinion on non-graphic thought provoking video clips, promoting debate and questions. The session offers an opportunity for students to receive information, ask questions and to dispel myths around the subject. Maintaining personal safety is explored, although incidents are rare and students are reassured of this.

- **Year 9: Child Criminal Exploitation**

Exploring Child Criminal Exploitation by Organised Crime Groups, including 'county lines'. The session encourages discussion on how young people might be exploited and by using a short film, students will be asked about the characters involved, their different perspectives and how they might be feeling. They will consider the consequences of exploitation, how to recognise the signs and build resilience against becoming a victim. The aim is to empower students to speak out if they suspect exploitation of themselves or someone they know, and where to go.

Key dates / upcoming events:

- **Monday 6 March:** National Careers Week
- **Monday 6 March:** Year 7 Malicious Communication Personal Development (full cohort)
- **Monday 6 March:** School Colours Portfolios to be submitted this week
- **Tuesday 7 March:** Year 9 Options evening
- **Wednesday 8 March:** Year 8 Knife Crime Personal Development (half cohort)
- **Thursday 9 March:** Year 12 Parents' Evening
- **Friday 10 March:** Year 9 Options assembly
- **Tuesday 14th March:** Year 11 Parent Information Evening (further info. to follow next week)

Sixth Form

Please see the attached letter for our year 12 parents evening next Thursday at St Wilfrid's. Appointments can be booked from 4 pm today.

[Year 12 parents evening 2023.docx \(st-wilfrids.org\)](#)

Sixth Form Library Update

Some of our Year 12 students had a fantastic afternoon at Borderline Books in Gateshead on the Friday before half term, selecting books to stock our Sixth Form Library. We selected 360 books for our library in school across a range of genres.

Borderline books Collect books no longer needed by publishers, libraries, shops and the general public, and donate them to organisations working with people who for one reason or another are not in a position to buy books. This includes organisations such as schools, women's refuges, refugee groups and people in prison.

Borderline books also accept monetary donations using the following page.

<https://www.totalgiving.co.uk/donate/the%2Dkittiwake%2Dtrust>

For more information about the fantastic work that this charity does, you can use this link:

<https://borderlinebooks.org>



Allied Healthcare Careers Fayre

15 of our year 12 students and two year 9 students attended the careers fayre at Temple Park and explored some of the 350 careers on offer in the health care sector. The questions about the opportunities on offer for volunteering to get involved in hospital care and charitable organisations supporting people in need in our local community have been exceptional.

Some of our students even tried their hand at some surgical techniques!

A huge well done to our students who attended !



Access to the school site

Sixth Formers no longer have access to the external gates to school site. This is due to safeguarding reasons. Students are still welcome to leave site for lunch as usual, but must buzz reception to let them out and back in. The only entrances and exits to school are via the main drive from Temple Park road, or the Grey Hen path.

Coming up next week:

Sunderland First Choice Welcome Workshop - Wednesday 8th March

This Wednesday, 43 of our Year 12 students will be attending the Sunderland University First choice welcome workshop. This will include a tour of the campus and allow students to explore what life will be

like as an undergraduate. This is a really exciting opportunity for the students to begin to develop transferable skills that can apply to any university that they choose to apply to. Students should make their own way and meet Miss Siedle on campus at 12.30pm. A reminder of the information for the day can be found: [University-of-Sunderland-First-Choice-Workshop-1.pdf \(st-wilfrids.org\)](#)

If your child is attending, please complete the consent form by clicking this link: [Sunderland University First Choice Trip - 8th March \(google.com\)](#)

PSHE next week:

Year 12: Are exploring Post 18 options with FutureMe

Year 13: Ben Hughes (*Associate Partner, St James's Place, Financial Planning*) will be working with Y13 students to understand personal finances. This will include mortgages, credit cards, loan agreements and much much more.