

Information Bulletin for Parents and Carers Friday 21st April



St. Wilfrid's
R.C. College

Excellence through Faith, Learning and Support

Faith:



Last term - last opportunities

"Commit your work to the Lord, and your plans will be established"

Proverbs 16:3

A prayer as we begin our final term:

Loving God, as we begin our final term of the year together we ask for your blessing. We may have promised ourselves we would change something about our school work and effort; some of us may have made those changes while some of us have yet to make them.

Whatever our situation, Lord, we ask for the courage and strength to keep working hard and to make those changes. Help us not to take the easy way all the time - help us to challenge ourselves so that we can end this year on a high and with pride in what we have done. Amen.

Learning:

School Colours

At the end of the Spring term we were delighted to award School Colours to a number of our students. Well done to you all:

- **Full colours: Emily Peel 9H1, Xawery Wisniewski 12C4**
- **Two colours: Atiya Menon (Learning, Support) 11A2, Nathaniel Cerdena (Faith, Learning) 11A2**
- **One colour (all learning) Phoebe Haws 8MC2, Sophie Hearn 8MC2, Eva Hewitt 8MC2, Poppy Irving 8B2**

Students of the Week

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

Aidan: Monique Lubega and Keira Walker

Bede: Messi Bakou and Holly Gray

Cuthbert: Makala Cowell

Hilda: Martha Mullen and Sebastian Wardropper

Margaret Clitherow: Keegan Pascoe and Marissa Towns

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

Year 11

This week we discussed with Year 11 that *'This is the week to...'* **begin your final push.**

The external examination season begins on Monday 15th May and it is vital our students are maximising all the opportunities available to them in the final weeks.

Our STEP programme resumed this week on a Tuesday, Wednesday and Thursday evening. Students should check the lists with their tutor to ensure they are attending all targeted intervention sessions. Our students should also continue to use their preparation planner which includes three 30 minute revision tasks to complete each day, to ensure they are distributing their time across all subjects. We would encourage our students to organise their time effectively by attending supported study at lunch and after school, as well as the lunch time drop in sessions available to them in specific subjects.

Our Year 11 teachers, tutors and wider community are all on hand to support our Year 11 students ahead of their first exam in three weeks.

SPRING CONCERT - **CHANGE OF DATE:**

St Wilfrid's RC College

SPRING CONCERT

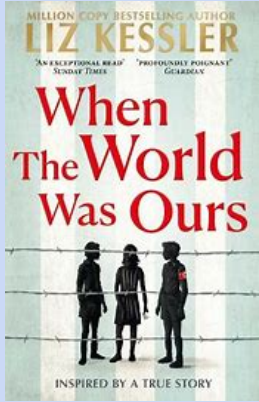
Join us for an evening of music performed by junior choir, senior choir, orchestra and talented soloists.

CHANGE OF DATE

FREE ENTRY
FREE ENTRY
FREE ENTRY

WEDNESDAY	LIVE MUSIC * REFRESHMENTS
26th APRIL	TICKETS ARE FREE * * * AVAILABLE AT RECEPTION
	6 PM

REFRESHMENTS SERVED FROM 5:30



Year 7 Author Visit: Liz Kessler

KS3 students had an inspiring and creative day on Tuesday when best-selling writer, Liz Kessler, visited school. In the morning, Year 7 students attended a talk by Liz all about her book 'When the World Was Ours' and heard about the incredible real-life story that inspired it. Liz's Jewish grandparents had a chance encounter on a boat which in later years gave them a passage to safety to get out of Nazi occupied territories. Finding a letter amongst her dad's possessions motivated Liz to write the book.

Year 7 loved the talk and asked Liz many inspired questions at the end of the session - well done Year 7.

Later on in the day, some students from Years 8 and 9 were invited to participate in a creative writing workshop. Teachers joined in too! We created fun characters and used some of Liz's family's real-life documents to inspire some very moving stories. Two of our students' stories even brought a tear to Liz's eye as she commented on what excellent writers we have here at St Wilfrid's.

Overall, everyone got something out of the day. We hope it has inspired all involved to read and write for pleasure!

Support:

Healthy Minds

Please follow this link to information about a Parent/Carer Peer Support Group organised by the STC Healthy Minds Team: [Peer-Network-Session-Ad April 23.pdf \(st-wilfrids.org\)](#)

Careers Guidance

Work Experience Reminder

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

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

Safeguarding policy

Please see our updated safeguarding policy : [Safeguarding-Policy-1.pdf \(st-wilfrids.org\)](#)

Group Chats and social media

More and more students are spending time online in group chats on social media. We have seen an increase in the number of friendship issues developing because of this, please reinforce these handy hints with your child.

What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Key dates / upcoming events:

- Next week is week 2 of the timetable
- Partial closures of school on Thursday 27 April and Tuesday 2 May:
[Partial-school-closure-on-27-April-and-2-May.pdf \(st-wilfrids.org\)](#)
- 60 students from Year 11 have been selected to attend a booster day in Science and RE at South Tyneside College on 27th April, a letter and text to those involved has been sent today.
- Y10 and Y12 assessments begin on Wednesday 3 May. Y10 students will receive their exam timetables today. Only Core subjects are shown (English, Maths, Science and RE), assessments in other subjects will be taking place in lessons during this period. Teachers will inform students when their assessment is taking place.
 - Building Careers Programme students - When there is a clash between an exam and when the pupils are at Sunderland College, pupils must still attend Sunderland College and their missed exam will be timetabled later in the exam period.

Sixth Form

Year 12 Employability Week

Employability Week gives Year 12 students the opportunity of completing one week in the world of work. This will take place from Monday 12th June to Friday 16th June 2023.

Pupils should have returned completed Personal Placement forms from employers offering Work Experience by today.

All pupils should have contacted the employers by telephone to confirm the arrangements for their placement by Friday 12th May.

PSHE next week:

Year 12 Structured revision for Assessment Week

Year 13 Preparation for University:

- 13COL3 Cooking.
- 13COL1,2,4 - Financial Planning / Managing your Money