

Information Bulletin for Parents and Carers Friday 26 January 2024



St. Wilfrid's
R.C. College

Excellence through Faith, Learning and Support

Faith:

This week's theme for Celebration of the Word was unity and togetherness. Pope Francis wrote a letter entitled 'Fratelli Tutti' in October 2020, calling for us to be 'brothers and sisters all'.

The letter is a call for social friendship, and it deals with global problems such as war, indifference, racism, poverty, migration, and globalization. The Pope invites all people of good will to dialogue and work together for the common good.

At St Wilfrid's we are one family, focusing on the promotion of peace and the spreading of kindness. It is imperative that we respect and celebrate each other's differences.

Learning:

Students of the Week

Our wonderful winners this week were:

Aidan: Iyla Scroggins 8A1 and David Maslak 10A2

Bede: Ben Lomas 7B1 and Millie Armstrong 9B2

Cuthbert: Kara Graham 8C2 and Charlotte Taylor 11C2

Hilda: Poppy Ambelez-Clayton 8H2 and Poppy Melia 10H2

Margaret Clitherow: Lacey Duffield 8MC2 and Isabella Stonehouse 11MC2

Well done to all of you – an excellent achievement! Keep being the best versions of yourselves.

Celebrating Student Achievements

Please send your children's achievements to celebrate@st-wilfrids.org so we can congratulate them.

PSHE Achievement Award

This week we have celebrated five students for their outstanding contribution throughout the first two rotations of PSHE. Each student who received the reward has achieved the most credits in their year group in PSHE so far, this academic year.

Year 7: Xian Baz 7H1

Year 8: Faith Udofot 8MC1

Year 9: Thomas Forster 9B1

Year 10: Daisy Lincoln 10B1

Year 11: Molly Edgar 11MC1

Congratulations to our winners for their outstanding contributions. Keep up the great work!

Year 11

STEP will take place on Tuesday, Wednesday and Thursday next week, which will be the final week of this cycle. All students should check their timetabled sessions with their tutor.

R(ev)ise and Shine, our morning revision sessions for Year 11 continue next week.

The schedule is as follows:

- Tuesday: English - English Language writing skills.
- Wednesday: RE - 'D style' exam question practice.
- Thursday: Maths - Exam question practice.
- Friday: Science/Biology - Transport in cells.

All sessions are 8-8.30am and students attending can receive a free breakfast. Look out for daily reminders on our social media platforms!

Support:

Wellbeing Wednesday: Recapping core elements of our Wellbeing PSHE curriculum

This week on Wellbeing Wednesday, we revisited some key areas of wellbeing to secure our students' understanding. This included:

- Year 7 – PREVENT / extremism – signs of radicalisation
- Year 8 – Cyberbullying
- Year 9 / 11 – Careers – planning ahead to safeguard your future
- Year 10 - Drugs

Holocaust Memorial Day

Saturday 27th January is Holocaust Memorial Day, where we commemorate the millions of people

murdered in the Holocaust, under Nazi persecution, and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur. This week in school we have commemorated this through our house assemblies, where we have looked at this year's theme, the 'Fragility of Freedom'. We explored how peoples' freedoms were taken away by the perpetrators of genocide, how that people risked their freedom to help others, and how we can often take our freedom for granted. Additionally, on Tuesday 23rd January all Year 9 students were fortunate to watch a live webcast from the Holocaust Educational Trust of the testimony of Holocaust survivor Hedi Argent MBE. It was an incredibly moving and special event; Hedi shared her experiences of anti-Semitism growing up in Austria and how Nazi persecution impacted her and her family. The Year 9s will be going on to study the Holocaust in their history lessons later this term which will help to add context to Hedi's testimony. Hopefully this valuable experience has given them an insight into the personal experiences of those who suffered at the hands of the Nazi persecutors.



Time To Talk Day

Thursday 2 February is national 'Time to Talk Day' - this is in advance of Children's Mental Health Week which begins on Monday 5 February. It is a day to encourage children to talk about mental health. On the day, we will be sharing top tips to look after your mental health with our children, as well as ensuring our teachers and support staff are aware of what children and young people say they want and need from schools.

Place2Be (<https://www.place2be.org.uk/>) has produced some fabulous, simple resources to help parents/carers talk to your child about mental health:

My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off' conversations about our mental health – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)



CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?



WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?



Mr Logan is our Senior Mental Health Lead. For any concerns regarding your child's mental health, please contact their Head of House who will be able to assist and signpost you to additional support too. We also have an email that students can email if they are worried about themselves or others: worry@st-wilfrids.org - this email is checked every morning and the action to support is allocated to the most appropriate member of staff.

Careers Education, Information, Advice and Guidance (CEIAG)

The South Shields Marine School:

The South Shields Marine School careers at sea open day will be on Saturday 27th Jan 10am - 2pm.

ARE YOU READY TO SET SAIL?

A CAREER AT SEA IS NOT JUST A JOB...IT'S AN ADVENTURE!

SOUTH SHIELDS MARINE SCHOOL

CAREERS OPEN DAY | SATURDAY 27TH JANUARY | 10AM-2PM

Discover the world of maritime careers and the exciting opportunities it holds at our upcoming Marine School Open Event. The Merchant Navy includes a wide range of jobs from navigation to engineering and electrical, and our event is the perfect place to gain insight into this dynamic industry!

Here is what you can expect at our event:

- Meet representatives from shipping companies who are actively recruiting candidates for their esteemed 3-year cadetship training programs.
- Engage with industry experienced lecturers who will be available to discuss various educational and career options in depth.
- Tours of our state-of-the-art facilities, including our renowned multi-award-winning simulation centre, top-rated Ofsted 'Outstanding' Halls of Residence, workshops, and captivating demonstrations.

for a fulfilling life at sea but also provide you with a debt-free educational experience and transferable skills that will serve you throughout your lifetime.

Don't miss out on this exceptional event; it's your gateway to a world of maritime opportunities!

SIGN UP NOW

Scan the QR code or visit: <https://www.stc.ac.uk/events-marine>

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SOUTH SHIELDS MARINE SCHOOL

The Queen's Anniversary Prize

Apprenticeships:

The Parents' Guide to National Apprenticeship Week 2024 – your free guide:

[National Apprenticeship Week - parent guide \(theparentsguideto.co.uk\)](http://theparentsguideto.co.uk)

Many parents aren't as familiar with apprenticeships as a fantastic career path compared to other options. National Apprenticeship Week is a time to celebrate the value of apprenticeships, and to shine a light on the positive impact that apprenticeships make to individuals, businesses and the wider economy. The theme for this year is 'Skills for Life'.

This is a free guide covering all the key facts – whether that's for post GCSE apprenticeships or post 18 opportunities.

Apprenticeship update:

Nissan Apprenticeships

Applications for 2024 Apprenticeships are now open, with over 140 opportunities across several schemes, including Manufacturing, Maintenance, Production Quality and Engineering (Degree Apprenticeship)

There are no upper age restrictions, though candidates must be at least 16 years of age by 1st Sept '24 and have the right to work in the UK.

Applications close 28th February '24 and interested candidates must apply on the Nissan website:

<https://careersatnissan.co.uk/apprentices/>

Nissan are also hosting **two open evenings** during National Apprenticeship Week on site at Nissan Sunderland in February for candidates who would like to learn more about these opportunities – to register for free tickets, simply scan the QR code attached, or visit:

<https://www.surveymonkey.com/r/Nissanapp24>

Turner and Townsend Apprenticeships

Turner & Townsend are a global construction consultancy organization, operating in over 130 countries with over 10,000 employees. They offer project management, cost management and project controls professional services (plus more) to a wide number of globally recognized clients.

Turner and Townsend are hosting an Open Office Evening for potential apprentices on the 1st February (17.30-19.30). It is an opportunity for them to come into the office, get an insight into the company, the projects we work on, ask any questions and generally understand what life as an Apprentice at T&T could be like.

Open Doors Evening
Newcastle Office Thursday 1st
February 2024

Venue:
Turner and Townsend – 3rd
Floor, Time Central, Gallowgate,
Newcastle upon Tyne, NE1 4SN

Turner & Townsend

Overview:

- 17:30 – 18:00** Keynote Presentation
- 18:00 – 18:30** Q&A Session on our Apprentice Development Programme
- 18:30 – 19:00** Hints and tips on the ADP application process
- 19:00 – 19:30** Networking drinks with senior professionals, former and current apprentices and graduates

You are invited to Turner & Townsend's open office evening event. This exclusive event is an opportunity for prospective applicants to learn about our business, the industry, and our renowned Apprentice Development Programme.

Please register your attendance by scanning the QR code or contacting an email below. Please note that registration is essential as there are limited spaces at this event and will be issued on a first-come, first-served basis.

For any other enquiries please contact us by email at will.bennett@turntown.co.uk or emily.wickenden@turntown.co.uk

Please Note:
In the interest of sustainability, an issue which is at the forefront of our company's agenda, we encourage you to travel by public transport or active travel where possible. There is NO parking available at our Newcastle office, there is limited parking within the area which will incur a charge. This charge will NOT be reimbursed.

Register attendance below

Apprenticeships with South Tyneside Homes | Tuesday 6th February | 17:30-19:00 | Jarrow Focus

Whether you're considering a trade role or something more office based, join current and past apprentices from South Tyneside Homes to find out about their experience of earning and learning as well as their top tips to consider when submitting an application.

Registration essential at: <https://forms.office.com/e/AM6SyTVSig>

Your Next Steps Live – Find an Apprenticeship | Thursday 8th February | 15:30 – 19:00 | South Shields Town Hall

Opportunity for young people, parents/carers and wider residents to meet employers recruiting apprentices and seek support on where to find roles and how to apply. Current confirmed employers include: South Tyneside Council, South Tyneside Homes, Hitachi Construction Machinery, North East Solicitor Apprenticeship, Hays Travel, South Tyneside and Sunderland NHS Foundation Trust, Ford Aerospace, Nexus, Dogger Bank Wind Farm, Port of Tyne, British Engines – there'll also be support available from National Apprenticeship Service, Connexions South Tyneside and South Tyneside Works.

Register at: <https://forms.office.com/e/q9h6aCnBCU> or drop in on the day.

Key dates / upcoming events:

- **31 January – 1 February:** School musical production – Annie Jr (6.00-7.30pm)
- **1 February:** Time to Talk Day
- **5 – 11 February:** Children’s Mental Health Week
- **5 – 11 February:** National Apprenticeship Week
- **19 – 23 February:** Year 10 and Year 12 Work Experience Week
- **4 – 9 March:** National Careers Week

Sixth Form:

PSHE

Year 12

- FutureMe presentation - The Great Big HE Quiz

Year 13

- Tyne Coast College – An introduction to Apprenticeships

Responsible

-

Resilient

-

Respectful



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