

# Information Bulletin for Parents and Carers

## Friday 2 February 2024



**St. Wilfrid's**  
R.C. College

*Excellence through Faith, Learning and Support*

### **Faith:**

This week's theme for Celebration of the Word was one of the seven virtues that form the character development of our students: Justice.

In school we encourage students to demonstrate justice in their character by working together and developing interpersonal skills that facilitate a harmonious environment. Treating everybody with dignity and respect is a key component of justice. We reward our students for showing commitment to justice by giving them credits for teamwork, manners and one of our key focuses this year - respect.

### **Learning:**

#### **Students of the Week**

Our wonderful winners this week were:

**Aidan:** Leo Ferreira 10A1 and Lawrence McGurk 8A1

**Bede:** Rasin Kalam 11B1 and Bradley Law 11B2

**Cuthbert:** Tia Fox 9C2 and Jonson Harris-Briggs 8C1

**Hilda:** Jasmine Hardy 11H1 and Yasmin Crow 8H2

**Margaret Clitherow:** Bradley Haswell 10MC2 and Paige Foster 8MC1

**Headteacher's Award:** Ava Horsfall 8A1

**Tutor Group of the Week:** 10MC2

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

**Celebrating Student Achievements**

Massive congratulations to William Duncan! William has been invited to join the GB Climbing England Regional Squad. William has already had a national podium and has been the North East & Lakes series winner for the Youth Climbing Series for the last two years. He is really looking forward to training with GB Climbing. Well done, Will!



Please send your children's achievements to [celebrate@st-wilfrids.org](mailto:celebrate@st-wilfrids.org) so we can congratulate them.

## Year 11

Our Year 11 students begin their first week of **Prelim** examinations on Monday and to support them with their revision, all students will receive an updated homework planner. Our students will continue to complete three thirty-minute blocks of revision each day, however they will be expected to complete independent revision using resources provided by departments rather than set homework tasks.

Year 11 received a refresher on effective revision strategies and techniques on Monday during assembly. If you would like to support your child with their revision, you can access resources in the 'Family Learning' section of our website. Also, the slides from our Year 11 Parent Information Evening in January can be found in the 'Letters for Parents' section.

Our morning revision sessions, ***R(ev)ise and Shine***, will pause temporarily during the Prelim examination weeks. Saints Cafe will be available for all Year 11 students from 8am, to receive a free breakfast and a calm start to the day, so they are ready to be the best version of themselves.

## **Support:**

### **Attendance**



Attending school every day can help your child to achieve their aspirations, and the aspirations you have for them. Help your child to be the best version of themselves that they can be by attending school regularly.

Your child should have brought their half termly traffic light letter home this week. Please use the link below to support with your child's attendance.

If you have any concerns or queries regarding your child's attendance, please get in touch with school. [Is my child too ill for school? - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### **Wellbeing Wednesday: Tackling Anti-social Behaviour**

Having received information from Northumbria Police about anti-social behaviour in and around the North Marine Park area of South Shields, we have focused upon anti-social behaviour and 'street crime' this week, and will continue to do so after half term.

This week's specific focus was upon vandalism – a kind of criminal damage. It is often carried out in groups or pairs, rather than by individuals. It can be done on impulse, in anger, or for the buzz. Vandalism is often not recognised as serious by those who do it. All these aspects were explored in the session along with the effects vandalism has on communities.

### **A Letter from South Tyneside Council regarding Anti-social Behaviour in North Marine Park, the Foreshore and the Transport Interchange**

Dear parents and carers.

You may be aware of recent events concerning anti-social behaviour and disorder in North Marine Park, at the Foreshore and in and around the transport Interchange at South Shields.

We understand that the vast majority of young people are respectful of their communities and are not

engaging in this type of activity.

However, since October last year, there have been numerous incidents of criminal activity, violence and evidence to suggest drug and alcohol misuse where there have been large gatherings of children and young people in these locations.

We are concerned that this is putting their safety at risk, as well as exposing them to potential consequences of engaging in reckless activity, which can have a serious detrimental impact on their future.

Since the start of October, there have been three arrests, five summons to court and 32 dispersal notices issued.

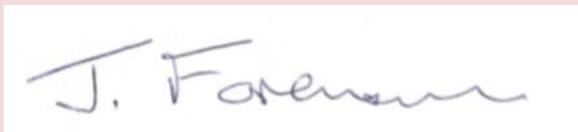
Anti-social behaviour can be very intimidating, even if that is not the intention, and recent events are having a negative impact on local communities.

We'd encourage you to speak to your children to ensure they are aware of these risks and that they enjoy their free time safely.

Please find below links to activities and support services that you may find useful:

- <https://southtyneside.gov.uk/article/3992/South-Tyneside-Youth-Service>
- <https://southtyneside.gov.uk/article/1086/Family-Hubs>
- [www.ypmatrix.org](http://www.ypmatrix.org)
- [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

If you would like to further discuss support service available, please contact Early Help Duty team on 0191 4246210



Cllr Jim Foreman, Lead Member for Housing and Community Safety, South Tyneside Council



Neighbourhood Inspector Gemma Calvert, Northumbria Police

## **Time To Talk Day**

As mentioned in last week's bulletin, Thursday 2 February was national 'Time to Talk Day'. We have encouraged children to speak up and to talk to one another and trusted adults as well as recognising that sometimes we mask when we're not feeling mentally healthy and to share concerns about our

friends so that staff can reach out and support them.

We discussed 10 ways children can look after their mental health and this poster has been added to tutor group notice boards as a reminder throughout the year should students need some support. Our Pastoral Team and our Designated Safeguarding Leads are always available to support students that are suffering with their mental health.

# MY VOICE MATTERS

Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK

## 10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Here are some brilliant tips from young people just like you on how you can look after your mental health.



**1** Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.

**2** Talk to someone you trust and feel comfortable with – a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.

**3** Write your thoughts and feelings down.

**4** Keep in contact with people, don't isolate yourself.

**5** Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.

**6** Focus on the good parts of your life and doing what you love, rather than the negative.

**7** If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.

**8** Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTuber, listen to music.

**9** Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!

**10** Remember that you're not alone, even if it sometimes feels like you are.

\*With thanks to students at Stewards Academy and Ark Globe Academy



### ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit
- [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit: [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice

## **Safer Internet Day: 6 February**

This year's Safer Internet Day focuses on the theme of 'inspiring change'. We will join with professionals nationwide to inspire our students to make a difference with their online presence, manage their understanding and interpretation of online influence and navigate the internet and social media wisely and safely.

In school we keep our students safe with our **filtering and monitoring software**. We use Smoothwall to filter our internet access and we use Senso to monitor online usage.

'Filtering' is like a fence around a yard. It isn't a wall that hides everything away from our students; some things are visible and accessible safely but some things that we consider dangerous are inaccessible.

'Monitoring' is like having a teacher on duty on the yard. They observe the students' behaviour and, when required, intervene to ensure students behave appropriately and safely. When changes and interventions are required, we act upon that.

The government released filtering and monitoring standards last year and we are using them to self-evaluate and ensure our systems continue to protect and support our students whilst enabling them to navigate and learn online appropriately with new and emerging technology.

## **Children's Mental Health Week: 5-11 February**

This year's theme is '**My Voice Matters**'. The focus is empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want all of our children – whatever their age, background or ability – to be empowered to work together to create a positive change for their mental health and wellbeing.

## **Careers Education, Information, Advice and Guidance (CEIAG)**

### **National Apprenticeship Week 5 – 11 February:**

All next week, the school will be participating in National Apprenticeships week. We will have speakers coming into school to talk to students, key information on our daily PREP pupil bulletin, and apprentice-based activities posted on year group Teams chats.

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

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

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

### **North East Apprenticeship vacancies:**

Please follow the link below to view the most recent apprenticeship vacancy report for South Tyneside.

<https://www.st-wilfrids.org/wp-content/uploads/2024/02/Vacancy-Report-31.01.24.xlsx>

This has been generated from [Find an apprenticeship - GOV.UK \(www.gov.uk\)](https://www.gov.uk) and is one of the many platforms highlighting apprenticeship opportunities. We also encourage a broader search including reviewing training provider and employer websites plus the many online job's boards.

### **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 1<sup>st</sup> Sept '24 and have the right to work in the UK.

Applications close 28<sup>th</sup> 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>

### **Apprenticeships with South Tyneside Homes | Tuesday 6<sup>th</sup> 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 8<sup>th</sup> 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/g9h6aCnBCU> or drop in on the day.

### **Key dates / upcoming events:**

- **5 – 11 February:** Children's Mental Health Week
- **5 – 11 February:** National Apprenticeship Week
- **6 February:** Safer Internet Day
- **9 February:** End of Half Term 3
- **19 February:** Start of Half Term 4 (Timetable Week 1)

- **19 – 23 February:** Year 10 and Year 12 Work Experience Week
- **4 – 9 March:** National Careers Week

## Sixth Form:

### PSHE

Year 12

- Planning for Form assemblies

Year 13

- Stress Management

**Responsible**

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**Resilient**

-

**Respectful**



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