



## Farewell from Mr Wright!

As you know, this Easter marks the end of my time as the headteacher at St Augustine's. It has been a privilege to serve in this role since September 2012, in which time I have been fortunate to meet over 3500 pupils and watch them grow, learn, and thrive. Despite the negative press that young people often receive, the hard work, determination and kindness of our pupils never ceases to amaze me.

Together, we have accomplished a huge amount. From excellent academic results to sporting successes and trips to many amazing places, from the fabulous school productions to the work of the school chaplaincy team, charity work and community initiatives, the school continues to provide so many opportunities for our young people.

Leaving behind such an incredible school community is not easy and I have mixed of emotions as I depart; sadness as I bid farewell to a place that means so much to me, but also excitement for the new journey that lies ahead as I take up my new job as Director of Education at the Romero Catholic Trust, working with the nine Catholic high schools in the north of Salford Diocese. I have every confidence that I leave the school in the capable hands of dedicated governors, teachers, staff, and the new Headteacher, Mrs Hunt, who are all committed to the success and well-being of our pupils.

Change can be challenging but it also brings new opportunities for growth and discovery. In my final remarks to pupils in the Holy Week Masses, I encouraged them to embrace every moment, seize every opportunity and never stop reaching for their dreams; to be kind, to try their best in everything they do, to believe in themselves and always strive to make a positive difference in the world around them.

I would like to thank families you for your support over the last 12 years and even though I am leaving my position as headteacher of St Augustine's, I will forever remain a proud member of this extraordinary community.





## Mary's Meals

We have been raising money for Mary's Meals. This campaign was born in 2002 when a gentleman called Magnus visited Malawi during a famine and met a mother dying from AIDS. When Magnus asked her eldest son Edward what his dreams were in life, he replied simply: "I want to have enough food to eat and to go to school one day."

That moment was a key part of the inspiration which led to the founding of Mary's Meals, which began by feeding just 200 children in Malawi in 2002. Today, they feed 2,429,182 hungry children every school day across 18 countries.

The charity is named in honor of Mary, the mother of Jesus, who brought up her own child in poverty. At St. Augustine's, we aim to raise funds to pay for a whole year of education for as many children as possible.



## School Uniform

Looking clean, decent and well-groomed influences how others treat us and gives us a head start in life. We are pleased that our pupils are regularly complimented on their appearance. Our rules on uniform and appearance have evolved over time and are strongly influenced by the feedback we get from parents who set high standards at home and like to see these being reinforced at school. They want their children to go to school dressed in an appropriate way and they support our emphasis on respect for the dignity of young people. In turn, we value the strong backing we get from parents over uniform matters.

Pupils are allowed to have short-sleeved shirts and blouses which can be worn without ties as optional summer wear, this is seasonal and comes into effect when we return after the Easter break – pullovers will not be compulsory (with the exception of year 11 sweatshirts).

Make-up, fake tan, nail-varnish and aerosols are banned. Nails must be kept short. False nails (e.g. acrylic or gel) are banned for safety reasons. Jewellery of all kinds, including non-metallic wristbands, is banned with one exception; pupils may wear one pair of plain studs or sleepers (not large hoops) in the ear lobes only and these must be removed for PE lessons. No other jewellery of any kind whatsoever is allowed.

Hair must be groomed, tidy and one natural colour. We consider dyed, highlighted and streaked hair to be inappropriate for school children, as are false eyelashes. Gels should be used sparingly. Pupils may not come to school with their eyebrows dyed or sections shaved. Inappropriate hairstyles (e.g. wedges, shaved sections, extensions, anything shorter than a Number 2 cut, hair covering the eyes) are unacceptable. The use of braids is unacceptable for safety reasons. Hair accessories should be simple and not present a safety risk

## Key Dates

Thursday 28<sup>th</sup> March – School Closes at 3.15pm for Easter

Monday 15<sup>th</sup> April – School Re-Opens after Easter Break for the Summer Term

Wednesday 17<sup>th</sup> April – Friday 19<sup>th</sup> April – Year 11 GCSE Modern Language Speaking Exams

Wednesday 24<sup>th</sup> April – Year 10 Exams Commence

Thursday 25<sup>th</sup> April – Year 8 Progress Evening

Friday 26<sup>th</sup> April – Selected Year 9 Pupils Enterprise Reward Trip



## Year 8 Visit to London

Year 8 pupils recently had the most amazing, adventurous time in 'The Big Smoke!'

There were many activities, including a guided tour of Kensington Palace, a West End performance of Frozen, a ride on the London Eye, followed by walking along the riverbank to the Millennium Bridge. Then on to explore the Tower of London and inspect the impressive Crown Jewels, before braving the glass floor of the Tower Bridge, the day ended with a sunset cruise along the Thames. The visit was finished off with a beautiful Palm Sunday Mass at the London Oratory before heading to the Science Museum for the last stop of the trip.

Needless to say, both staff and pupils alike were exhausted by the end of the trip, but had the most spectacular time!

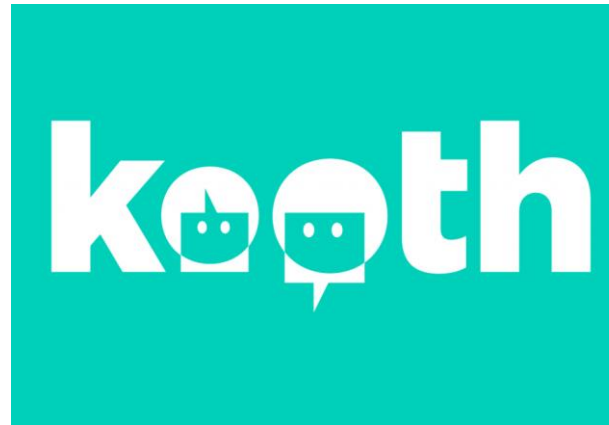


## Kooth

With the Easter break approaching, Kooth Digital Health appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides.

Kooth Digital Health offers free and anonymous therapeutic mental health and wellbeing support to young people. Funded and endorsed by public health and the NHS, services remain available over the Easter period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device via the following website- [www.kooth.com](http://www.kooth.com)

Kooth offers free access to online text-based practitioner chats, self-help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer to peer communities. If you have any questions regarding the service, please contact Kooth, simply email [parents@kooth.com](mailto:parents@kooth.com).



## Work Experience

Work experience is an opportunity for our year 10 pupils to visit a place of work and learn about a work-based environment. It does not necessarily have to be connected to what you want to become but can also help inform and give vital experience when making decisions on future career choices.

The placement dates will be Monday 24th June to Friday 28th, 2024. During this week, pupils have the opportunity to learn vital employability skills by working with an employer and experience the world of work to prepare them for their future pathways.

The presentation is now available to watch in the careers section of the school website and forms have now been handed out to pupils.

The Easter break is the perfect time to get those placements secured and paperwork completed!





## 100% Attendance

In school there is a clear link between attendance and success. Excellent attendance and punctuality are essential for thorough exam and assessment preparation. Pupils with excellent attendance and punctuality are more likely to achieve or beat their targets at GCSE than those whose attendance is a cause for concern. Our best results correspond with our highest attendance levels. This is why our attendance target of 100% is so important.

To encourage our pupils, and create some healthy competition, we now have an attendance competition each week. Every pupil that has 100% attendance for the week will be put into their year group draw, with a voucher up for grabs, but you will need to be in the following week to collect your prize during your year group assembly. Pupils are absolutely loving this incentive and attendance has been great so far this academic year, we thank parents and carers for their support with such an important matter.

## Lateness

Pupils who arrive persistently late to lessons will be given an Amber detention. Further incidents of being late will result in pupils being placed on a weekly punctuality card and making the time up on a Monday, during an after-school detention.

## Traffic on Elker Lane

Please be aware that the entrance to Lower Elker Farm (over the bridge on Elker Lane) is the entrance to a working farm and should not be used for parking. Farm vehicles require access to the track and if cars are parked in this area it presents a hazard as tractors and trailers are not able to pull in off Elker Lane. Please be mindful of our neighbours' needs when dropping off / collecting pupils by car.





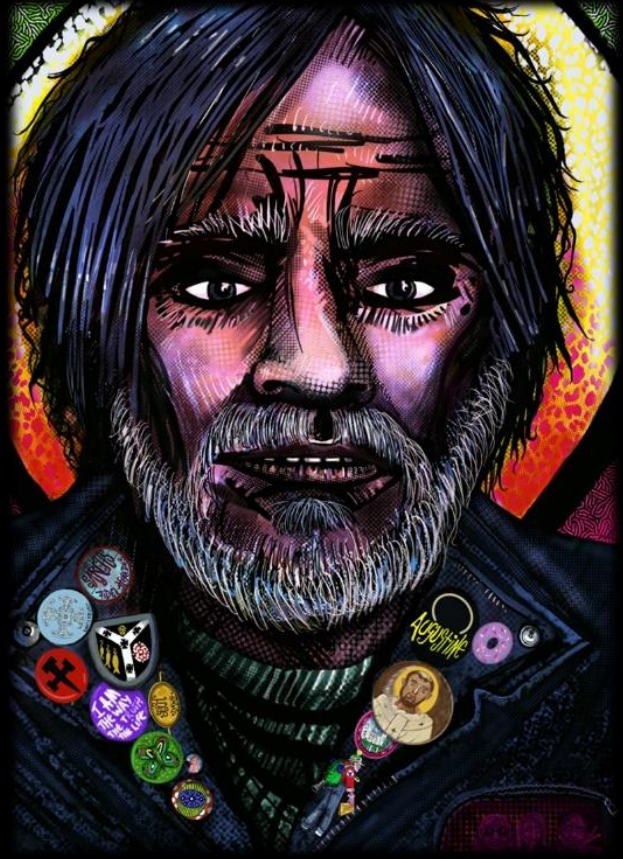
### The Conversion Job

St Augustine's 60th Anniversary Production of 'The Conversion Job' by Peter Rose and Anne Conlon, in conjunction with our partner primary schools, will be performed on Friday 19th April at 7pm.

Come along for an evening to celebrate the story of our school patron saint performed by present and future pupils of our school community. Tickets are available for £5 by ringing the school office (all tickets will be non-allocated seating).

# The Conversion Job

By Peter Rose and Anne Conlon



St Augustine's RC High School  
60th Anniversary Production  
in collaboration with our primaries

7PM FRIDAY 19TH APRIL

£5 per ticket



#### Do you recognise yourself in this photograph?

As you are aware, we are celebrating turning 60 with a lovely printed ephemera! We would like to pack it full of St. Augustine's nostalgia, and are hoping that past pupils and staff can help us.

If you have any photographs or old newspaper cuttings, please email [eatoughc@sarchs.com](mailto:eatoughc@sarchs.com). We are looking ideally for items from the 1960's/1970's and 2000's. Thank you 🙏



## Easter Raffle

Thank you to all our Year 9 Charity Ambassadors who sold raffle tickets last week during lunchtime for a Finch Bakery Easter Raffle! This is their second fundraising event of the year to raise money for Young Lives vs Cancer. A huge thank you to the team at Finch Bakery too as they have donated two £20 gift vouchers as extra prizes for this fantastic cause!



## Year 10 Prefect Training Day

Selected year 10 pupils took part in their inaugural Prefect Training today, where they ran through role expectations and responsibilities. Some pupils had an extended, more in depth training session as they had been chosen as senior prefects!

Well done to those of you who were selected for both prefect and senior prefect positions – what an honour!



## Year 10 Visit to Accrington and Rossendale College

A group of year 10 pupils were lucky enough to visit Accrington and Rossendale College this week. They took part in a Media workshop, did a tour of the construction and motor vehicle facilities and also got a guided tour of the campus including the fantastic library facilities.



## Examinations

Year 10 exams will begin on the 24<sup>th</sup> April following our return from the Easter break.

Year 11 GCSE exams begin on the 7<sup>th</sup> May for some pupils, and then the 9<sup>th</sup> May for all pupils.

Pupils will be given exam briefings in assemblies prior to them commencing.



# HOLIDAY ACTIVITIES & FOOD'S



# EASTER HOLIDAY ACTIVITIES

FOR CHILDREN AGES 5-16YRS

SCHOOL HOLIDAY ACTIVITIES  
TO KEEP  
YOUR KIDS HEALTHY  
& ACTIVE



# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

### WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS  
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk)



@thenatcollege



/thenationalcollege



# Useful Resources and Support

## Useful Online Safety Websites

National Online Safety – safety guides on ALL aspects of internet use  
<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.  
<https://www.internetmatters.org/>

## Useful contacts to report a concern

If you are worried and need help, then please contact one of the following:

Tel: 0800 1111

[www.ceop.police.uk](http://www.ceop.police.uk)

Web:

[www.childline.co.uk](http://www.childline.co.uk)

**childline**



Kooth is a free, safe and anonymous online mental wellbeing community which includes a live chat with the team feature, discussion boards, magazines and helpful articles and a daily journal.



Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call 0800 068 4141 or text 07860 039967 (opening hours: 9.00am – 12.00am, 365 days a year)



Samaritans are here to listen 24/7, 365 days a year. Call 116 123 for support

## Online Resources

There are apps available, such as 'Calm Harm' and 'Clear Fear' that you can download to your mobile, or if you have a tablet. These can provide useful distraction techniques for managing anxiety and thoughts of self-harm.

## Useful Contacts

- The Mental Health Crisis Line in Lancashire are available 24/7 over the phone and can be contacted on 0800 953 0110
- The Well-Being Helpline is available Monday – Friday, 7.00pm – 11.00pm plus Saturday & Sunday 12.00pm – 12.00am, it is staffed by volunteers who can offer emotional support or if you would like to chat about your mental health. This helpline can be reached on 0800 915 4640 or by texting the word 'Hello@' to 07860 022846
- Hopeline UK is a young person's suicide prevention charity. They can be called on 0800 068 4141 or text 07860 039967
- [www.youngminds.org.uk](http://www.youngminds.org.uk) Information for children and young people about mental health and wellbeing. Free 24/7 crisis messenger – text YM to 85258
- <https://www.nhs.uk/every-mind-matters/> advice and practical tips to help look after your mental health and wellbeing.
- [www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk) Listings of local counsellors
- [www.themix.org.uk](http://www.themix.org.uk) The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258 Helpline: 0800 808 4994
- [www.thecalmzone.net](http://www.thecalmzone.net) Support for young men who are down or in a crisis. Helpline 0800585858
- <http://www.centreplace.org.uk/talkzone.htm> counselling, live chat on-line or telephone
- [www.the-lookout.org.uk](http://www.the-lookout.org.uk) Support around domestic abuse for young people and families, run by Children & Family Wellbeing service.
- [www.mind.org.uk/information-support/for-young-people](http://www.mind.org.uk/information-support/for-young-people) Information and support for mental health and wellbeing issues.
- <https://mermaidsuk.org.uk> - Helping gender-diverse kids, young people and their families