



**Romero**  
Catholic Academy Trust

# St Augustine's RC High School

## Newsletter 2023/24 – Issue 1

Dear families,

As we reach October, it is lovely to see just how well our new Year 7 pupils have settled into life at St Augustine's. Following their retreat day, we were delighted to welcome families to the Year 7 Mass and were grateful to Father David and Father Tim for celebrating with us. Year 11 have also made a fantastic start to the year, taking on the important roles of prefects and pupil leaders, enjoying photograph day and so many already attending the after-school revision sessions that staff are running. Year 11 pupils are also looking forward to life after St Augustine's with talks from local colleges and sixth form providers taking place in school. We are grateful to post-16 providers for these informative sessions.

This month we also say farewell to two long-serving members of staff. Mrs Pope joined the Art department in 2010 and leaves due to family circumstance while Mr Nolan has given 19 years of excellent service to the Geography department and we offer him our best wishes in his retirement.

**Mr M Wright – Executive Headteacher**

### Key Dates

- Tuesday 10<sup>th</sup> October, 3.30-4.30pm – Pupil Council Meeting
- Thursday 19<sup>th</sup> October – School Closes at 3.15pm for Half Term
- Monday 30<sup>th</sup> October – School Opens after Half Term
- Wednesday 1<sup>st</sup> November – Year 11 Trip to see Blood Brothers (not all pupils)
- Monday 6<sup>th</sup> – Friday 17<sup>th</sup> November – Year 11 Mock Exam Fortnight
- Friday 10<sup>th</sup> November – School Remembrance Service
- W/c 13<sup>th</sup> November – Anti Bullying Week
- Thursday 23<sup>rd</sup> November – Year 8 Drama Trip to Shakespeare Playhouse North (not all pupils)
- Thursday 23<sup>rd</sup> November, 3.00pm – Dance Festival at Burnley Mechanics
- Thursday 23<sup>rd</sup> November, 7.00pm – Celebration Evening
- Monday 27<sup>th</sup> November – Year 11 Mock Interviews
- Tuesday 12<sup>th</sup> December – Carol Service
- Wednesday 13<sup>th</sup> December – Visit to see Shrek (various year groups)
- Thursday 14<sup>th</sup> December – Senior Citizens' Party
- Friday 22<sup>nd</sup> December – Year 11 Mock Results
- Friday 22<sup>nd</sup> December – Early closure for Christmas Break



FIDEI-HEREDES

## Sponsored Walk

We were fortunate with the weather last Friday on our annual sponsored walk. It was great to see so many pupils enjoying the walk and raising lots of money to support school. Thank you to our families for their continued support of school endeavours.



## Year 11 Revision Sessions

Year 11 have made an excellent start and have already started attending revision sessions for English, Science and RE in preparation for the mock exam fortnights which commences on Monday 6<sup>th</sup> November.



## Year 7 Retreat Day and Welcome Mass

Our Year 7's have made a fantastic start and got fully involved in their retreat day and welcome mass. It was lovely to see so many of our pupils get involved in the readings and bidding prayers. A huge thank you to our school Chaplain, Anita, Year 7 Leader, Mr Simcoe and the RE and music departments.



## Year 11 Photographs

The sun was shining last week when we had our Year 11 photographs taken by Kittle Photography.

Please note, orders must be placed by the 17<sup>th</sup> October.



## Open Evening 2023

We had a wonderful turnout for our annual Open Evening this week. It was wonderful to meet all of our potential new families in school. Thank you to many of our pupils from all year groups, that volunteered their time to showcase our amazing school!



*Open Evening*

Thursday, 5<sup>th</sup> October 2023  
6.30pm – 8.30pm

Elker Lane, Billington, Clitheroe, Lancashire, BB7 9JA.  
Telephone – 01254 82362; Email – [info@sarchs.com](mailto:info@sarchs.com); Website – [www.sarchs.com](http://www.sarchs.com)  
Follow us on Facebook and Twitter: @SARCHSOfficial

## Brag Event

We had a fantastic turnout for the year 11 BRAG event this year. This is a collaboration with our local High schools; Ribblesdale, Clitheroe Grammar and Bowland High. Many post-16 providers were in attendance and available to offer much sought support and guidance. Thank you to all involved, pupils really got something valuable out of the event.



## Post 16 Talks

We have had lots of local post 16 providers in for Year 11 assemblies and we have many more booked in before Christmas. Pupils are excited about what options are available to them and are ready to start applying! Thank you to those providers that have already visited school, we look forward to welcoming those that are yet to come along.



## Pupil Leadership Team

Congratulations to our Pupil Leadership Team!

Last week we held our Pupil Leadership Commissioning Service. We ask the Lord to bless them in their work, as they guide our pupil community in the year ahead.



## World Mental Health Day

Tuesday 10th October is World Mental Health Day. Here in school we will be marking the day with activities and discussion in form time and our Y11 Safeguarding Ambassadors will be introducing themselves to pupils in assemblies throughout the week. The day gives us an extra opportunity to think about how we can look after our mental health and highlight the many on-going services in school if pupils need extra support. For more information on World Mental Health Day and links to useful websites and resources please see:

- <https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>
- <https://www.youngminds.org.uk/>



# 2023/24 – Issue 1

## Sporting Achievements.

Well done to the following teams on their fantastic results!

### Football:

Girls U'13 beat Blessed Trinity 7-6 in English School Cup

Girls U'12 beat Darwen Vale 5-2 in the Lancashire Cup

Girls Yr. 8 played Montgomery School in the Lancashire Cup

Boys Yr. 8 beat Mount Carmel 3-0

The Y9 and 10 Girls football team won the H&RV tournament, winning all their games without conceding a goal.

Boys Yr. 11 beat Clitheroe Grammar in the Lancashire Cup 4-2

Boys Yr. 10 played Ribblesdale (4-2), St. Christopher's (2-1) and Longridge County (6-4)

### Netball:

The Yr. 11 girl's netball team are H&RV champions for the 5th year in a row - a fantastic achievement. Well done girls.

### Dodgeball:

Year 9 beat Ribblesdale 5-1

## Shrek Rehearsals & Auditions

WOW! We were so excited to welcome more than 55 pupils into the drama room this week n to launch our summer production of 'Shrek the Musical'! Auditions were open to pupils in all year groups.

School is buzzing with excitement about the show!

## Extra-Curricular Fair

Last week, we held an extra-curricular fair in the school hall throughout lunch, all pupils are invited to come down and find out what enrichment activities are available in school. We had a fantastic turnout and lots of clubs are now bursting at the seams with pupils taking part!



# Club News

DAY	YEAR	CLUB	TIME	PLACE
MONDAY	Yr 9	CREATE Education	12:35-13:10	TE2
	All years	Shrek: The Musical rehearsals	15:15-16:30	Hall
	Yr 9	Create Education 3D	12:35-13:10	TE2
	Yr 10/11	Computer Science club	Lunch	Room 18
	Yr11	Chemistry study (separate science only)	15.15-16.00	Lab 1
	All years	After School Study Club	15:15-15:45	Room 20

DAY	YEAR	CLUB	TIME	PLACE
TUESDAY	All years	Band	12.20	Music 1
	Yr 7	Science Club	12.20	Lab 7
	All Years	Chess Club	12.45-13.10	Room 19
	All years	Shrek: The Musical rehearsals	15:15-16:30	Hall
	Yr 10/11	Engineering Systems	12:45-13:10	TE2
	Yr 10/11	Computer Science club	Lunch	Room 18
	All years	After School Study Club	15:15-15:45	Room 20

DAY	YEAR	CLUB	TIME	PLACE
WEDNESDAY	All Years	Duolingo Club	12:20-12:50	Room 15
	Yr 7/8	Laser / 3d Design & Make	12:35-13:10	TE2
	All Years	Book Club	12.20-13.15	Library
	All Years	Calligraphy Club	12.30-13.10	Rm 33
	Yr 10/11	GCSE Drama drop in	15.15-16.15	Drama
	Yr 7-9	D&T Create Club	15:15-16:15	TE1
	Yr11	Engineering Systems	15:15-16:15	TE2
	Yr11	D&T Coursework	12:35-13:10	TCOM
	All years	After School Study Club	15:15-15:45	Room 20

DAY	YEAR	CLUB	TIME	PLACE
THURSDAY	All Years	Show choir	12.20	Music 1
	All Years	SARCHS singers	15.15-16.15	Music 1
	All years	Craft Club	12.45	LS Green Rm
	All years	Fun Writing Club	12.20	Room 7
	All Years	Art Space	12.30 - 13.10	Rm 33
	All years	Shrek: The Musical rehearsals	15.15-16.30	Hall
	Yr11	Engineering Systems	12.20-12.45	TE2
	Yr10/11	D&T projects workshop	15.15-16.15	TE1
	Yr11	English Revision and support	15.15-16.15	Room 10
	Yr11	Food & Nutrition A1/A2 write ups	15.15	Food 2
	All years	After School Study Club	15.15-15.45	Room 20

DAY	YEAR	CLUB	TIME	PLACE
FRIDAY	Yr 9	CREATE Education	12:35-13:10	TE2
	Yr10/11	GCSE catch up Graphics/Art	12.55-13.20	Art2
	Yr11	D&T Coursework	12:50-13:20	TCOM

# 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**



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



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.09.2023

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

# 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