



St Augustine's RC High School Newsletter 2023/24 – Issue 7

Dear families,

This week, pupils and staff have been involved in Children's Mental Health Week, with a range of activities on offer that help to promote positive mental health in young people. This year's Children's Mental Health Week theme is 'My Voice Matters'. As always, we are grateful for the work of the pupil council, school prefects and many other pupils who hold positions of responsibility in school and who provide useful feedback on school life.

Planning for Year 10 Work Experience is well underway and there will be an online information evening on Wednesday 28th February. It is a good time for families to start thinking about where they would like the work experience placement to be; half term would be a great opportunity to start making enquiries. We also have an exciting Year 8 trip to London coming up with pupils eager to visit 'The Big Smoke'. You can keep up to date with their whereabouts and activities via social media on Facebook and X (Twitter).

School dinners are proving extremely popular at present, with a good range of healthy options available. We do operate a rota system for different year groups for those who are purchasing a lunch so that queuing times are shared evenly between the different years. Please ensure that you top up your child's account each week as pupils arriving at the tills with insufficient funds cause delays, meaning longer waiting times for everybody else.

As always, I wish everybody a happy half term and we look forward to pupils returning on Monday 19th February.

Mr. Wright – Executive Headteacher

Key Dates

W/C 12th February – Half Term

Monday 19th February – School re-opens

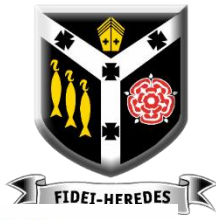
Thursday 22nd February – Year 7 Progress Evening

Wednesday 28th February – Year 10 Work Experience Information Evening (online)

Wednesday 20th March – Year 10 Progress Evening

Friday 22nd – 24th March – Year 8 London Trip

Monday 11th – Wednesday 13th March – Year 8 Retreat



Children's Mental Health Week 2024

Children's Mental Health Week took place in school this week, with the theme of My Voice Matters. It was set up by children's mental health charity Place2Be and shines a spotlight on the importance of children and young people's mental health.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. Here at SARCHS we look after and want our pupils to look after themselves and others every week, but this week gives us a chance to talk in even more detail about this.

I want you to **REMEMBER** that there are **SO MANY** people out there who **LOVE** and **CARE** about you, even if you think there aren't. This period is a blip in your timeline and the pain **WILL** go away. You were put on this world for a **REASON** and no one has the right to take that away from you. You are a **STRONG, BEAUTIFUL** person, **NO MATTER WHAT** anybody says. Always remember that.

Brave the Shave

Well done to Christian in year 7 who recently undertook 'Brave the Shave' to donate his hair to make wigs for children who have lost their own through cancer or other illness. Christian is also raising money for Macmillan Cancer Support.



Ballroom Champion Tilly!

Year 10 pupil, Tilly was invited to compete at the UK International Open Dance Championships last weekend in Bournemouth. It's quite the ballroom and Latin event of the year... On Saturday Tilly danced ballroom and out of nearly 80 dancers from around the world, she became the U16 Open 3 dance ballroom champion.



Good Luck to year those 11 pupils who commenced with part of their GCSE exams last week.

Mr. Sayle has had his pupils whipping up gastronomic delights as part of the Food Technology practical element of their GCSE qualification, whilst Mr. Williams and his Drama pupils have been well underway with performances as part of their final qualification.





Year 10 Young Enterprise Programme

We need a team of approximately 10-15 pupils to help set up a business that will create and sell a commemorative brochure of 60 fantastic years of St. Augustine's.

The team will meet weekly after school (day to be confirmed) to create a company that will research, design and produce this brochure which will eventually be printed and sold. They will act as publishers, gaining interviews, doing research, finding local sponsors, advertising and designing the product! They will also need to work with finances within the business.

If your year 10 child is interested in a career in business, marketing or finance – this could be for them. Ask them to see Mrs Eatough or Mrs Rutter for more information.



Book Fair Book Mark Competition.

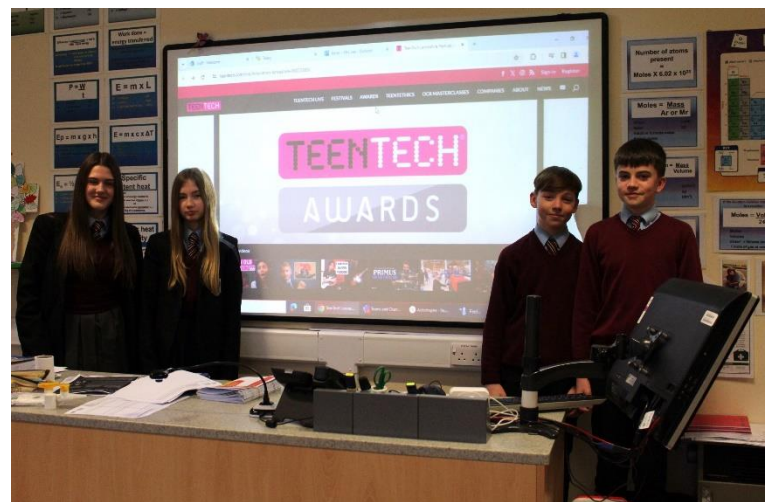
Pupils were tasked with designing a book mark this week as part of the annual book fair. They won a £5 voucher each to spend at the fair and will have their bookmarks published, these will be available in the library for students to use. Well done to our winners!

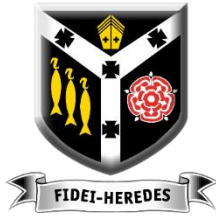
TeenTech

Selected pupils took part in a live virtual innovation session with TeenTech, on the topic of Innovation, AI and Cybersecurity. Pupils then worked in teams to create a project to make life better, simpler, easier or more fun.

Pupils were then set an innovation challenge, where they came up with solutions to address real-world problems connected to the session topic.

Pupils will now be invited to the TeenTech Lancashire Festival on Thursday 20th June at the University of Central Lancashire where they will receive feedback from industry experts and participate in a series of lively challenges and activities which bring the world of science and technology to life.





School Meal Payments

Please be mindful that our catering areas are now cashless. Dinner money can be pre-loaded to your child's account via the online system, Scopay. You can also set up an alert that will inform you if your child's account money is running low:

- Log onto Scopay
- Click Alerts
- Click here to configure the alerts for you
- Choose dinner account
- Add an alert limit
- Choose either a text reminder or email.



If you are experiencing any issues with Scopay, please contact the school and we will help to get you set up.

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.

Our uniform is compulsory and must be worn correctly by all pupils at all times in school. Every child admitted to the school has been given a place on the clear understanding that their parents or carers accept and comply with our policies.



Every School Day Counts



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 Friday, during an after-school detention.



Every Minute Counts

LATENESS = LOST LEARNING

- (figures below are calculated over a school year)
- 5 minutes late each day = 3 days lost!
 - 10 minutes late each day = 6.5 days lost!
 - 15 minutes late each day = 10 days lost!
 - 20 minutes late each day = 13 days lost!
 - 30 minutes late each day = 19 days lost!

Be at the classroom on time and ready to learn!



Elker Meadows Parking Request

Please be mindful when parking around school and to avoid parking on Elker Meadows as this is a private road. School and residents politely ask that you refrain from using this when visiting us.

We understand that around school can be heavily congested during drop off and pick up times, always park responsibly, and think of the safety of our pupils and staff.

Sporting Achievements

- Well done to our Netballers who played Ribblesdale. The results were: Year 10: Won 10-4 and Year 9: Lost 3-6
- Well done to Oliver in year 11, 2nd place at Lancashire Schools cross country. Great run, we are very proud!
- A great win for the Boys' Basketball team in the U14s Lancashire Cup. A last-second winning lay-up by Giuseppe secured a 25-24 win at Clitheroe Grammar which sent the boys through to the final four.
- Great to see our Year 7 boys' rugby team getting stuck in against Tauheedul Boys - all played in the right spirit and a fantastic match!



ST AUGUSTINE'S RC HIGH SCHOOL PTFA



FAMILY QUIZ NIGHT

Friday 1st March 2024
School Hall

£

CASH PRIZES

**£10
family
ticket**

DOORS OPEN AT 6:30 PM, QUIZ STARTS AT 7:00 PM
ENTRY £3 PER PERSON / MAXIMUM 8 PER TEAM

**Licensed Bar, Soft Drinks and Snacks
Raffle / Stand-Up Bingo**

Tickets can be purchased on the night

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 |

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

Web:

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

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 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 Listings of local counsellors
- 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 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 Support around domestic abuse for young people and families, run by Children & Family Wellbeing service.
- 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