



St Augustine's RC High School

Newsletter 2023/24 – Issue 9

Dear families,

Throughout Lent, our school community will engage in various activities and events to deepen our faith and understanding of the significance of this season. We will observe Lenten practices, such as fasting, prayer, and almsgiving, and reflect on how we can better serve others and live out our Catholic faith. Our pupils have been set a challenge in form groups to raise money for Mary's Meals, a charity that provides for people in the poorest parts of the world. We are asking each form group to raise £19.15 each - this will feed a person in a third-world country for one whole year! We are incredibly proud of our pupils for their participation and enthusiasm during these activities.

Our Young Enterprise group is now established, with the company name of 'Celebrating SARCHS' and we are very much looking forward to seeing their final project, a commemorative magazine remembering 60 years of St. Augustine's! If you have anything you would like to contribute, photographs, newspaper articles etc, please feel free to forward them to school via email – they will be greatly received.

We have a busy two weeks in school, rehearsals for the school production of 'The Conversion Job' are well underway, the Year 8 Castlerigg Retreat took place this week, the Year 10 Progress Evening takes place next week and our Year 8 visit to London departs next Friday – I would like to thank all the staff for supporting such endeavours, they are so valuable to our pupils here at St. Augustine's.

Have a restful weekend,
Mr. Wright – Executive Headteacher

Key Dates

Wednesday 20th March – Year 10 Progress Evening

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

Wednesday 27th March – Year 10 Prefect Training Day

Thursday 28th March – School Closes at 3.15pm for Easter

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



Mary's Meals

The Mary's Meals campaign was born in 2002 when 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.

Our pupils have been challenged to raise £19.15 per form group, the amount that will feed one child for a whole year.



Penalty Shoot Out

A huge thank you to all pupils who took part in the penalty shoot-out on Friday to raise money for Mary's Meals! An even bigger thank you to Mr Dixon and Cameron who worked all lunch trying to save the goals.

Here is a fantastic picture of Jack in year 10 taking on Mr Dixon!

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.



Every School Day Counts



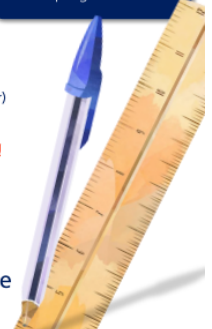
Every Minute Counts

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!





FIDEI-HEREDES

Picture News this Fortnight

Story: Coca-Cola has announced it will temporarily be removing labels from Sprite and Sprite Zero bottles to trial 'label-less' packaging in some areas of the UK.

Question: How important is packaging?

British Value focus: Individual Liberty, Protected Characteristics: Religion & Belief



The PTFA Easter Draw

PTFA Easter draw tickets are going home with pupils today. Funds raised will go towards supporting different departments in school. Money and tickets should be returned to school before Tuesday 26th March. Winning tickets will be drawn after the end of term Masses. Thank you in advance for your continued support.



Prefects

Emails have been sent out to families and pupils in year 10 that have been selected to be on the prefect team next year. Please could you ask your child to check their school email to read the letter of congratulations and to respond via the forms document by the deadline of Tuesday 19th March 2024. This is a really important role and such a privilege to be considered.



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.



Lenten Masses

Lenten Masses are taking place every Friday during lunchtime in our school Chapel.

All pupils and staff are welcome!





Sporting Achievements

- Well done to the year 8 netball team who came runner up in the Hyndburn & Ribble Valley Schools Netball Tournament, out of 12 schools. They won every game apart from one against CRGS. Fantastic.
- Well done to Sophie, y11 While at the Dance Nation championships on Friday 1st to Sunday 3rd March Sophie achieved 1st place in her age group in contemporary dance, 3rd place in commercial/street dance and 6th place in fast freestyle



🇬🇧 England U15 Schoolgirls 🇬🇧

Well done to Sophia B in year 10 and the England U15 Schoolgirls, who continued their winning streak with a 6-0 win over the Wales U16 Schoolgirls at The New Saints of Oswestry Town FC.

All focus now turns to the Bob Docherty Tournament at the end of the month.

We are so proud of Sophia who scored a goal!



'Reserva Duplicada'

Tuesday 27th February 2024.

On the 27th February, the students taking or planning to take GCSE Spanish had the opportunity to watch and even participate in a fully Spanish-speaking play by a theatre company called Onatti. Through this the students had the opportunity to put into practice their knowledge of the beautiful Spanish language. The play told the story of Carlota and Carlos have booked a large remote airbnb house for the weekend and they are looking forward to their first weekend away together. Paloma too has booked an airbnb for a few days after the break-up with her boyfriend. But, she as booked the same airbnb for the same weekend - a mistaken double booking by the owner. Carlota and Carlos realise there is something not right with the place and Carlos soon discovers their airbnb has been double booked by Paloma - his ex-girlfriend!

This play was very interactive and had many moments of laughter. We had two volunteers; Yu Xin (Year 10) and Jayden (Year 9).

I think everyone enjoyed this play, including the visitors we had from local schools, Oakhill and QEGS. Although translating may have been a challenge, I think many of us understood the idea of most of it as our lovely actors, Violeta and Borja, made it easier to follow. Personally, while I can only speak for us both, I think we are all excited for next year's!

By Nyssa and Yu Xin



SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

UNDER 18

NEVER SHARE YOUR PASSCODE



Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS



If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT



Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT



Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS



Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS



There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION



A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION



In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

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#WakeUpWednesday

CAUTION

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 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