



# St Augustine's RC High School

Dear families and friends of St. Augustine's,

Welcome to issue 12 of our school newsletter; I do hope that you had a restful bank holiday weekend.

We are fully immersed in examination season and this week our Year 11 pupils have sat their first written GCSE examinations in the school gym. We are incredibly proud of how hard Year 11 pupils have worked towards their exams and I am grateful to our committed staff who have worked tirelessly in supporting them. Exam season can be a daunting time but our pupils have approached their studies and revision with positivity and a desire to succeed. Thank you to all our families who have supported their child in preparing for these.

Year 10 work experience planning is well underway and plans are now being finalised. Please ensure all paperwork is submitted to school over the next fortnight to ensure that all of our Year 10 pupils can access work experience. We already have an array of providers and it is always a pleasure to hear the pupil's stories upon their return.

Plans for our 60<sup>th</sup> anniversary Mass are now established and details on how to book a place are contained within this newsletter. Our Young Enterprise group, "Celebrating SARCHS," have this week launched sales of the St Augustine's sustainable wildflower pen. Proceeds from the sale of these pens will go towards the design and printing of the ephemera, which is available on pre-sale now. The pen costs just £2 and pupils can purchase these in school (information to be relayed via Pupil Messages). They will also be sold at a selection of our local primary schools.

As we approach the last Sunday of Easter before Pentecost, we reflect on the Gospel where Jesus prayed for his disciples and for all "those who will believe in (him) through their word." (John 17:20). We are reminded that prayer is a remarkable gift and every prayer is heard by God.

The newsletter provides an insight into the many achievements and celebrations that take place within our school community; I do hope you enjoy the read.

Have a restful weekend,

**Mrs Hunt - Headteacher**



## Key Dates

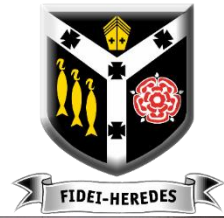
Friday 24<sup>th</sup> May – Leavers Mass (12.15pm early finish for years 7-10)

Monday 27<sup>th</sup> – Friday 31<sup>st</sup> May – Half Term

Tuesday 11<sup>th</sup> June - Sports Day

Thursday 13<sup>th</sup> June – Reserve Sports Day

Friday 14<sup>th</sup> – Saturday 15<sup>th</sup> June – Duke of Edinburgh Practice Expedition



## Year 9 Visit to Hotel Football and The Lowry Hotel

During Careers Week in January, the whole of year 9 were tasked with designing a boutique hotel. This was judged by visitors Tom (The Lowry Hotel) and Jess (Hotel Football) and the winning teams were treated to a tour of both hotels plus lunch at The Lowry.

It was a fantastic day where pupils learned about all different aspects of the hospitality industry. Pupils behaved impeccably and we cannot wait to visit again with next year's winners.

Thank you to both hotels, once again, for such a wonderful experience for our pupils.



## Well done George!

Year 9 pupil, George represented St. Augustine's at the Lancashire Under 18's Schools Championship at Lancaster Golf Club. He came first and had the best gross score going around the course in 71, and also the best net score. He will now progress to the under 18 national finals, representing St Augustine's.

On Sunday he also won the Northern Junior Gold Tour. An incredibly strong start to the season and we can't wait to see what the rest of the year has in store for you George! Well done!



**SAY NO  
TO VAPING**

## Vaping on the School Buses

LCC have contacted all schools, as they are becoming increasingly concerned with the number of pupils who are vaping on the school bus services run by Lancashire County Council.

There is a strict no smoking/no vaping policy on our school bus services and together with LCC we will be imposing immediate sanctions to anyone caught smoking/vaping. Please note bus bans will be given.

In some areas of Lancashire, there have been reports of pupils losing consciousness and inappropriate behaviours due to vaping. LCC have now deployed our Travel Safety Officers and have advised their Public Health Team of their findings to make them aware of the rising use of vapes by school children across Lancashire.





## Beat Exam Stress

With year 11 GCSE's underway, we are conscious that families may be feeling some pressure. We have put together some online resources, full of hints and tips on how to beat exam stress! (click on the hyperlinks below to access the resources)

- [NHS Help your child beat exam stress](#)
- [Anna Freud: How to identify the signs of academic stress, and ways to help](#)
- [Student Minds – resources, tips and blogs about exam stress](#)
- [Ofqual: Coping with exam pressure – a guide for students](#)

We wish all of our pupils the best of luck!



## 60 Years of SARCHS – Celebrate with us!

In 1963, St Augustine's Roman Catholic High School (SARCHS), Billington, opened its doors for the first time to an initial cohort of 450 students. Sixty years later, we are celebrating this historic milestone with a very special ephemera. The ephemera looks back at six decades of memorable moments for the whole SARCHS community.

As well as celebrating the past, we are also looking towards the future, and to celebrate this, we have created our one of a kind commemorative sustainable SARCHS plantable pen. Made from certified bio-corn starch and recycled paper, it is 100% biodegradable. Once you use it, you can plant it! The pen costs just £2 and pupils can purchase these in school (information to be relayed via Pupil Messages). They will also be sold at a selection of our local primary schools.

Once you are ready to plant your pen, the seeds will feed off the corn starch. Just as our wildflowers provide lots of the essentials for our beautiful bees and nature to thrive; such as food in the form of nectar and pollen, as well as places to shelter and rest. We wanted the pens to reflect the 60 years of grounding that the school has provided for students to flourish, and we want our wildflowers to reflect the next 60 years of growth too!

Please support our Young Enterprise team and the next 60 years of SARCHS by buying our collection of commemorative gifts online.

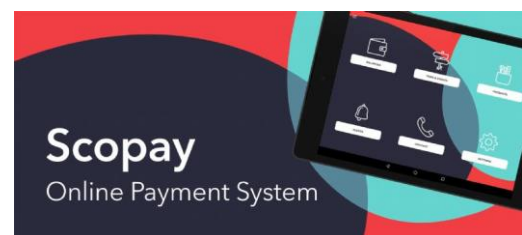


## School Meal Payments

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.





## 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.



## 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!**







## 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 28<sup>th</sup>, 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 paperwork deadline has now passed, thank you to all of those pupils that have returned it so promptly. If you do have your paperwork outstanding, can this please be returned as a matter of urgency?

We are very excited to see where all of our pupils have managed to find placements.



## Important information from the National Crime Agency

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card.

Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18. A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Find out more about online blackmail on CEOP Education's parents and carers website.



## Talking to your child

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support them if something goes wrong. Financially motivated sexual extortion should be included in those conversations. Here are some tips about how to approach this:

- Chat regularly about their life online: have ongoing conversations with them about their life and time online. Continue to take an interest as they grow, explore new apps and sites together and talk in a balanced way, considering the benefits and the potential harms.
- Talk about where to find information about relationships and sex: organisations like CEOP Education, Childline and Brook have age-appropriate advice topics such as sexual communication and image sharing.
- This will help your child to understand what unhealthy relationships look like, such as applying pressure and blackmail; and give them trusted sources of information to explore these topics.
- Review privacy settings: talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them. Read CEOP Education's advice on how to talk your child about their privacy settings.
- Make sure they know where to go for support: let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.

# kooth

Over the coming weeks your child may mention they have been made aware of a service called Kooth. At Kooth, we provide a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners.

Kooth offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support which young people are able to contribute to. Everything is pre-moderated and age appropriate, in order to safeguard our users, so you know that what your child is accessing is safe.

Kooth work alongside schools and colleges across the UK and regularly present webinars to promote Kooth as an accessible, trusted service to offer wellbeing support. Kooth is also offering free virtual sessions for parents on the 22nd & 25th April that provide tips on how you can support your child manage anxiety about their upcoming exams - please use [this link](#) to sign up.

There's also resources designed especially for parents available on our website including advice on how to talk to your teen about their feelings: [Parents/Carers resources](#). If you have any questions or would like to discuss what Kooth.com can offer you can email us on [parents@kooth.com](mailto:parents@kooth.com).

## Mental Health Awareness Week

Next week is Mental Health Awareness Week. The week is organised by the Mental Health Foundation. This year, the theme is 'Movement: moving more for our mental health'. This promotes movement and exercise to protect and build our mental wellbeing, boost our mood, and help us look after our health.

Building on what we already do in school and on the week of activities in February that we carried out for Children's Mental Health Week, we felt it would be good to use this week as another platform for more discussions around looking after our mental health.

More information can be found on the Mental Health Foundation website: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

And the Anna Freud Mentally Healthy Schools website: [https://www.mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2024-toolkit-of-resources/?utm\\_source=mhs&utm\\_medium=email&utm\\_campaign=mhaw24](https://www.mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2024-toolkit-of-resources/?utm_source=mhs&utm_medium=email&utm_campaign=mhaw24)

As a school, we understand the importance of supporting with promoting these important conversations about looking after our mental health. If you do have any concerns around this topic, please contact the school safeguarding team.



## Year 11 Leaver's Ball

There are some very exciting times ahead for our year 11 pupils. To culminate their time at St Augustine's and finishing their exams, the Leaver's Ball will take place at Mytton Fold Hotel on the Fourth of July. Arrivals from 6.00pm

We would like to invite the families of the year 11 pupils that are attending the ball to come and see them arriving in style to Mytton Fold, it is always such a happy and wonderful evening.





# St. Augustine's RC High School



To commemorate 60 years of our wonderful school, we will be holding an

## Anniversary Mass

celebrated by

# The Right Reverend Bishop Arnold

on

## Thursday 13<sup>th</sup> June 2024

## 6.30pm

## in the school hall

All are welcome, we look forward to you joining us.

To help with planning, please confirm your intention to attend via the link on the QR code, or by calling the school office. This is an anonymous form, no names will be collated/held by school.



SCAN ME

St. Augustine's RCHS, Elker Lance, Billington BB7 9JA Tel: 01254 823362





## Create Education Challenge at BAE

Year 9 Pupils in Design Technology have been working on the Create Education Challenge after taking part in a 3D printing project in year 8.

This project allows the pupils to respond to a design challenge. This year they designed and made a prototype sampling raft to take water out of the river each day for 5 days.

Their working prototype was presented at the finals at BAE and they won the Engineering Award of Excellence.

Well done to Isaac, Katie L, Katie H and Grace B. They have also been helping all year with the year 7 Create club which is a really successful Wednesday lunchtime activity in school.



## PE News

- Well done to our under 15's who fought hard but have had to bow out of the Lancashire cup in a narrow defeat to AKS Lytham. It was a great effort to take the game so close. Good luck to AKS in the next round and we look forward to now turning our focus to the Lancashire Plate competition.
- Well done our year 11 boys in their last ever core PE lesson. They chose to have a full 11 v 11 (with subs) game of football which was played in the correct spirit and finished in a 2-2 honourable draw. Well done lads and good luck with your upcoming GCSE exams
- A fantastic result for our year 10 girls on Wednesday, who won the district rounders tournament!







## The JJ Effect

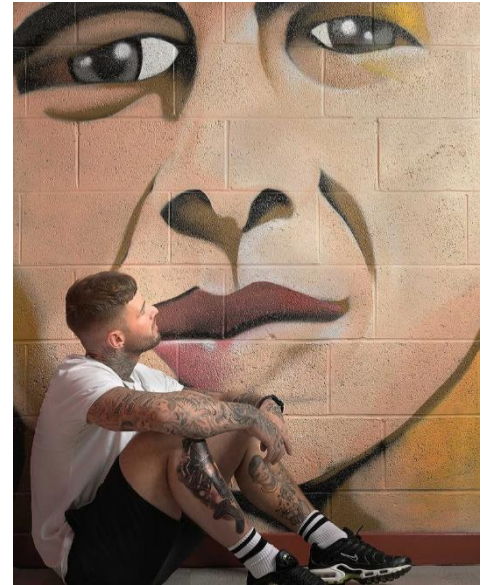
On Monday 13th May, Year 9 will have an extended assembly. The assembly is called, The JJ Effect and the police have secured partial funding to be able to present this to our school.

This will be a hard-hitting anti-knife crime presentation, in memory of Jon-Jo who tragically lost his life to knife crime in 2014.

More information can be found here: <https://thejjeffect.org/>

This was delivered to our Y9's last year and the feedback was excellent.

Should you have any questions, please contact Mrs Bleazard - Assistant Headteacher.



## Swimathon Fundraiser

Oliver T and Giuseppe V, in year 9, have completed a 5K Swimathon for Cancer Research UK and Marie Curie.

The boys were superstars and a team to be proud of. They completed, this huge undertaking in a staggering in 1hr 22 minutes and managed to raise an impressive £725!

Well done boys.



## 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.





Hopefully, you will be able to get out and about now the days are getting longer and warmer. Regular physical activity, especially outdoors, has lots of physical and mental health benefits. Throughout Lancashire you have access to Country parks and lots of green spaces. We want you to enjoy the outdoors in our wonderful County safely. So, there are a few things which, whilst uncommon, it's better to be aware of and take the necessary preventative action so you can enjoy the outdoors safely.

### Ticks and Lyme disease

Ticks are small, spider-like creatures, usually between 1mm to 1cm long with 6 or 8 legs and are found in many outdoor environments but are particularly common in woodland or grassy areas. Whilst ticks are most active in Spring and Summer, they can be found all year. Ticks can carry and spread a bacterial infection, called Lyme disease to humans, this is usually identified by a circular or oval red rash which usually develops within a few weeks or can take a few months.

Other symptoms include:

- High temperature, feeling hot and shivery;
- Headache;
- Muscle and joint pain and tiredness

What YOU can do to keep safe and help prevent infection

- Cover your skin while walking outdoors and tuck your trousers into your socks.
- Use insect repellent on your clothes and skin – products containing DEET are best. (DEET is the most common active ingredient in insect repellents).
- Stay on clear paths whenever possible and avoid brushing against vegetation.
- Wear light-coloured clothing so ticks are easier to see and brush off.

### Pollen and Hay Fever

Hay fever is a common allergy causing sneezing, coughing and itchy eyes. Symptoms are usually worse between late March and September when the pollen count is at its highest, but with a changing climate the pollen season may start earlier than expected. A Pharmacist can give advice and suggest the best treatment to help with your symptoms, these may be antihistamine eye drops, nasal sprays or tablets. For more information visit: - Hay fever - NHS [www.nhs.uk](http://www.nhs.uk)

For further information and support on health protection, please contact the Lancashire County Council Health Protection Team via email at [healthprotection@lancashire.gov.uk](mailto:healthprotection@lancashire.gov.uk)



# 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