



# St. Augustine's RC High School

Newsletter - Issue 11

Dear Parents, Carers and Friends of St. Augustine's,

I hope you had a wonderful half-term break and enjoyed some quality time with family and friends. It has been great to welcome our pupils back, in the correct uniform, equipment and attitude to learning. Thank you for your continued support in meeting our high expectations.

On Ash Wednesday we began our Lenten Journey with a pupil-led Celebration of the Word. Pupils took an active role in administering ashes to other pupils, a wonderful way for our young people to lead one another in faith.

Our talented pupils recently performed at the GRAB semi-final and we are so proud of their dedication and commitment to music and dance. They are all wonderful ambassadors for our school and we look forward to cheering them on in the final next week.

The recent Year 7 progress evening was very well attended and your active participation in this event is greatly appreciated. We are grateful for the feedback provided through the parental voice questionnaire.

Lent is a time for us to turn back to God. It is a time to reflect on the choices we make and the way we live our lives, to seek forgiveness for where we have gone wrong, and to draw closer to God. It is a time to pray, to fast, and to share what we have with others. We will be fundraising for Mary's Meals this Lent as we put our faith in action and focus on the needs of those less fortunate than ourselves.

With every blessing for a restful weekend,

*Mrs Hunt*



## Important Dates

Tuesday 11<sup>th</sup> March – Selected year 9 pupils to visit UCLAN

Friday 14<sup>th</sup> March – GRAB final at The Grand (4.00-10.00pm)

Friday 14<sup>th</sup> – Sunday 16<sup>th</sup> March – Year 8 London Trip

Thursday 20<sup>th</sup> March – Year 10 Progress Evening (4.00-7.00pm)



## Prom Shop – Can you help?

We are thrilled to share that St Augustine's will be holding our first ever Prom shop on Wednesday 12<sup>th</sup> March, 4.30pm – 6.30pm in the school hall!

The event has been launched to support the school's commitment towards sustainability and promote a move away from 'fast-fashion' whilst easing the financial burden of Prom preparations for some of our pupils.

We are hoping to help many of our pupils to find the perfect dress, suit, bag, shoes and accessories, all whilst helping to reduce the environmental impact of Promwear.

We would like to extend a heartfelt thank you to everyone who has already contributed in any way, shape or form to support the event. Your support has made a significant difference and will help to empower our students to look and feel their best for Prom without breaking the bank. If you would like to make any donations, or support in any other way, please contact Mrs Lowe or Miss Billington via email: [info@sarchs.com](mailto:info@sarchs.com)

If you would like to drop in any donations, please do so via the school office before Monday 10<sup>th</sup> March. Thank you!



## Progress Evening Dates

Year 10 – Thursday 20<sup>th</sup> March, 4.00 – 7.00pm

Year 8 – Wednesday 30<sup>th</sup> April, 4.00 – 7.00pm



## PTFA Quiz

Our PTFA Family Quiz Night takes place on Friday 28<sup>th</sup> March.

Doors open at 6.30pm for a 7.00pm start. There will be a fully licensed bar serving alcoholic drinks, soft drinks and snacks. Entry is £3 per ticket or a family ticket for £10, this can be paid in cash on the night.

Prize donations would be gratefully received and can be sent to the main office or pupil services.

We hope to see you there!

## Unifrog

As we continually develop our CIAG (Careers Information Advice and Guidance) offering to all pupils, we have invested in an online application called Unifrog. Unifrog helps schools deliver their statutory duty to provide pupils with impartial and independent guidance on their full range of options.

The tool is particularly helpful because it is the only service which maintains a comprehensive set of the UK's University courses and Apprenticeship Vacancies, and it also pulls together the widest set of data on which to compare these opportunities. We believe that this application will meet the needs of all our pupils particularly well as the vast majority of our leavers pursue studies at college or apprenticeships.

School will also use the Unifrog platform to co-ordinate and organise our year 10 work experience.

The platform is accessible to parents/carers, more information on this will be emailed out shortly.



**FREE**

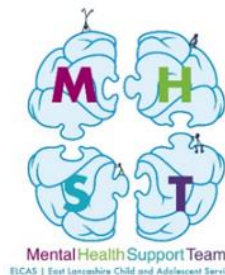
## Thursday March 20th Parent Webinar 6pm - 7pm Exam Stress Workshop

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

We would like to invite parents/carers of young people to a workshop which explores how you can support your child's exam stress-

### The Webinar explores :

- To understand the body's natural reactions to worry and stress
- To discuss helpful ways of supporting your child in managing exam stress
- Normalising worry



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**Meeting ID:396 171 464 736**

**Passcode: 774WkV**

### 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 23<sup>rd</sup> June to Friday 27<sup>th</sup> June 2025. 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.

It is never too early to start asking around at local businesses to see if you can secure a placement. The deadline for completed work experience submissions (via Unifrog), is Friday 25<sup>th</sup> April



# LENT



## Wishing you a transformational Lent.

Thank you so much our amazing pupils who led our Ash Wednesday Service through leading, reading and administering ashes across the school.



## Mary's Meals

As part of our Lenten practice of Fasting and Almsgiving We are supporting our Global family by raising awareness and funds for Mary's Meals <https://www.marysmeals.org.uk/> Now, more than ever the plight of the hungry cannot be ignored.

Each Form has a Collecting Tin, it costs £19.50 to feed a child for a year. We also have a Mary's Meals Buttons on the cash registers in the dining room. When our pupils buy their food at break and lunchtime, they can, with their adult's permission, buy a meal for a child, for 10p.



## Easter Egg Collection

We are supporting our Local family by having a collection of Easter Eggs these will be distributed to the Food Bank to spread Easter Joy to those who may go without this Easter.

Pupils can bring donated eggs into school and hand to their form tutors. All donations are gratefully received.



## Preparations for Easter during Lent /Easter Gardens - a creative project for Lent.

If any of our green fingered pupils and families wish to plant/grow an Easter Garden, they can be brought into school to display when we return to school on Easter Tuesday. (If your Easter Garden is too big to transport safely please feel free to send in photos after the holidays!)



# 10 Top Tips for Parents and Educators USING TECHNOLOGY TO BOOST READING SKILLS

The way we engage with text has changed dramatically over the years. Whether reading captions on social media, instructions in a video game or an e-book on a digital device, technology plays a major role in modern literacy. While traditional books remain invaluable, digital tools can enhance reading skills by making text more accessible, interactive and engaging.

## 1 CHOOSING THE RIGHT TYPE OF TEXT

Before integrating technology, consider the types of text that a child engages with. If they need help on occasion, digital reading pens can assist by scanning and reciting words or sentences. These tools are especially useful for students with reading difficulties, and can even be used in exams if they're part of their routine learning process. Proper training and practice are required, but they can be a great help when tackling printed text.

## 2 READING ON SCREEN

Many devices now allow users to customise text for better readability. Adjusting font type, size and background colour can significantly enhance comprehension. For many readers, white text on a black background is the easiest to see, whereas other styles – such as dyslexia-friendly fonts – are designed to help those who are struggling. Teaching children how to personalise text settings on their devices empowers them to read more comfortably and with greater confidence.

## 3 ACCESSIBILITY TOOLS

Most modern devices include built-in tools designed to support readers. These features can be found in Settings under Accessibility and may include text-to-speech, speech-to-text and screen magnification functions. Enabling these tools can make digital reading more user friendly, especially for children with learning difficulties or visual impairments, who might have an easier time with spoken language than the written word, or who might simply require a closer look at the text.

## 4 INTERACTIVE READING PROGRAMMES

Many digital reading devices, such as Kindle and other e-readers, offer features like word highlighting, adjustable text speed and built-in dictionaries. These tools help learners to break down complex words and phrases while maintaining an appropriate reading pace. Some programmes even allow users to track their progress, making reading a more structured and motivating experience.

## 5 VIDEO GAMES AND READING SKILLS

Many video games require players to read instructions, character dialogues and mission objectives, making them an unexpected but effective literacy tool. Games that involve storytelling, puzzles or problem-solving often include large amounts of text – encouraging children to read these texts aloud or discuss them can improve their comprehension and vocabulary in a fun, engaging way.

## 6 SUBTITLES AND CLOSED CAPTIONS

Watching videos with subtitles or closed captions is an effective way to enhance reading skills. As children watch their favourite shows or online videos, they can follow along with the text, gaining a better understanding of how written words sound when spoken aloud. This is particularly beneficial for reluctant readers, as it exposes them to words in a familiar, engaging context. Repeatedly watching content with subtitles reinforces word recognition and comprehension.

## 7 USING AUDIOBOOKS

Audiobooks are an excellent way to develop listening and reading skills simultaneously. Children can follow along with the text while listening to a narrator, reinforcing word recognition and fluency. For struggling readers, listening to an audiobook before attempting to read the text independently can boost their confidence and comprehension.

## 9 TEXT-TO-VOICE TECHNOLOGY

Text-to-voice software reads digital text aloud, making it easier for learners to follow along. Most smartphones, tablets and computers come with this function built in. When enabled, users can highlight a passage or sentence and press Play to hear it read aloud. This tool is particularly helpful for auditory learners and those who struggle with decoding written words.

## 8 VOICE-TO-TEXT FOR WRITING AND READING

Voice-to-text tools allow users to dictate words, which are then transcribed into text. This feature helps children see the connection between spoken and written language. By using text-to-voice to have their dictated words read back to them, learners can identify mistakes and improve their reading and writing skills simultaneously.

## 10 SOCIAL MEDIA AND PARENTAL CONTROLS

While social media provides opportunities for reading, most platforms have age restrictions of 13–16 years old, making parental guidance essential. Many social media videos include captions and comments that can encourage reading. However, it's important to use the platform's parental controls (such as time limits and content filters) to create a safe and educational online environment for children. Encouraging responsible social media use can ensure a balanced and productive approach to digital literacy.

## Meet Our Expert

Catrina Lowrie is a qualified special needs teacher and experienced SENCO. She recently launched her own site, Neuroteachers, which offers a library of short, 'how-to' and explanation videos for educators. Catrina also writes and delivers online training and events for multi-academy trusts, businesses, schools and training organisations.





## An Inspector Calls

Last week, the English and Drama departments took 110 pupils to see J.B. Priestley's 'An Inspector Calls' at the Grand Theatre, Blackpool. Pupils and staff loved the performance of the play that continues to be as relevant today as it was when it was written, 80 years ago.



## P.E. News!

- Last week pupil attended a fantastic rugby union festival within school. Ribblesdale, Bowland and Unity College also attended, playing some excellent rugby on a glorious late afternoon. Thanks to Mark from Clitheroe RUFC for helping to organise the event.
- Amazing work from our year 10 Girls Netball team who were crowned Hyndburn and Ribble Valley champions last week!





## Lost Property

Below is a summary of how lost property is dealt with in school. We appreciate that replacing lost items can be expensive, so hopefully these guidelines will help.

In the unfortunate event that your child does lose something, they should:

1. Visit the last area they were in. If the item is not there, they should retrace their steps and check all classrooms/areas that they have been in that day. Pupils should also ask their form teachers to check their form room.
2. If they have been unable to find their lost item, they should go to Pupil Services at the start of the day, break or lunch to check whether the item has been handed in. Please note that sometimes, it may take a few days before lost items are handed in.
3. If they cannot find it, you can complete [this form](#) and should it turn up, we can reunite you with the item. This form will also be placed on the school website under Parents – Lost Property.

The school will return labelled items promptly to its rightful owner.

Lost property that is *not labelled* will be held for up to four weeks. Due to a lack of storage in school, at the end of this period lost property not claimed, will be donated to a local charity.

Labelling of uniforms is very easy to do; there are sew-on or iron-on name tags, and marker pens for clothing. Simply writing your child's full name, surname or initials on their uniform will help them to reclaim lost items. Labelling of shoes and trainers can be done with a good quality laundry marker pen or permanent marker pen. Just remember that over time the writing will gradually fade.





## 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!



# Year 11 Revision Sessions

## After School (Most sessions will run from 3.15 – 4.15pm)

Mon	Tue	Wed	Thur	Fri
<p><b>Geography</b> Rm22 Mr Lord + Rm23 Mrs Clarke</p> <p><b>Science Combined</b> Spanish Foundation Rm12 Mrs Janigova</p> <p><b>Food &amp; Nutrition</b> Mr Sayle – FD 2</p>	<p><b>RE</b> Rm 37</p>	<p><b>English</b> Mrs Mooney or Miss Pentony</p> <p><b>Science</b> Seperates</p> <p><b>Design Technology</b> Tech 1 Maths Foundation Mrs Bury</p>	<p><b>English</b> Mrs Clements</p> <p><b>Computer Sci + Imedia</b> Mr Burton and Mr McManus</p> <p><b>Spanish</b> Higher Mrs Swindells Rm15</p> <p><b>Design Technology</b> Tech 1</p> <p><b>Engineering Systems</b> Coursework Tech 2 <b>Food &amp; Nutrition</b> Mr Sayle – FD 2</p>	<p><b>Spanish</b> Friday Drop In - 15:30 Rm 15 Miss Swindells</p>

## Lunch Time Sessions (Please see staff for timings)

Mon	Tue	Wed	Thur	Fri
<p><b>History</b> Mr Watson Rm33</p> <p><b>Engineering Systems</b> Coursework Tech 2</p> <p><b>Design Technology</b> Tech 1</p> <p><b>Food &amp; Nutrition</b> Mr Sayle – FD 2</p> <p><b>Health &amp; Social Care</b> Miss Sharp &amp; Mrs Lambert F1</p>	<p><b>English Language Drop-in</b> session - Mrs Mooney</p> <p><b>History</b> – Mrs Lowe Rm31</p>	<p><b>English Literature</b> Drop-In session - Mrs Mooney</p> <p><b>History</b> Miss Porter Room 32</p> <p><b>French Listening</b> 12:40 - Room 14 – CFL</p> <p><b>Engineering Systems</b> Coursework Tech 2</p>	<p><b>English Language Support</b> Mrs Curl and Mrs Clapp</p> <p><b>Computer Sci + Imedia</b> Mr Burton and Mr McManus</p> <p><b>History</b> Mrs Lowe Rm31</p> <p><b>Design Technology</b> Tech 1</p> <p><b>Food &amp; Nutrition</b> Mr Sayle – FD 2</p>	<p><b>History</b> Mr Watson Rm33</p> <p><b>Spanish</b> Listening Blitz Friday 13:00 Mrs Swindells Rm15</p> <p><b>PE</b> <b>GCSE PE</b> PE1</p>

\*English from 13<sup>th</sup> Jan / RE from 20<sup>th</sup> Jan / Spanish 3.15 – 4.30pm

# Club News 2025

DAY	YEAR	CLUB	TIME	PLACE
MONDAY	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.30-13.00	Art Rooms
	All years	Safeguarding/wellbeing drop in	12.45-13.10	Drama
	Yr 9	BAE Systems/Create Education project	12.30-13.00	Tech 2
	Yr 10	Yr 10&11 Systems (support)	12.30-13.00	Tech 2
	Yr 11	Yr 11 GCSE/ Engineering	12.30-13.00	Tech 1
	All years	Winning Words	12.25-12.55	Room 9
	All years	SARCHS singers	15:15-16:15	Music Room
	All years	After School Study Club	15:15-15:45	Room 20

DAY	YEAR	CLUB	TIME	PLACE
TUESDAY	All years	Show Choir	12.20-12.45	Music 1
	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.30-13.00	Art Rooms
	All Years	Chess Club	12.45-13.10	Room 19
	All years	Safeguarding/wellbeing drop in	12.45-13.10	Drama
	Yr 7&8	CAD Club	12.35-13.00	Tech 2
	All years	Quiet Space	12.20-13.05	Room 31
	All years	After School Study Club	15:15-15:45	Room 20

DAY	YEAR	CLUB	TIME	PLACE
WEDNESDAY	All years	Book Club	12.20-13.10	Library
	Yr 9	Create STEM Team	12.30-13.00	Tech 2
	Year 7,8&9	Art Club	12.30-13.00	Art 1
	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.20-13.00	Art Rooms
	yr 10/11	GCSE/Engineering	12.20-13.00	Tech 2
	All years	Duo Lingo	12.20-12.50	Room 15
	Year 7&8	workshop skills	12.35-13.00	Tech 1
	Year 7	Netball Club	15.15-16.15	PE
	All years	After School Study Club	15:15-15:45	Room 20
	All Years	D&T& Engineering	15.15-16.15	Tech 2

DAY	YEAR	CLUB	TIME	PLACE
THURSDAY	All Years	Band	12.20-12.45	Music 1
	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.30-13.00	Art Rooms
	All years	Safeguarding/wellbeing drop in	12.45-13.10	Drama
	Yr 7&8	CAD Club	12.30-13.00	Tech 2
	yr 10/11	GCSE/Engineering	12.20-13.00	Tech 2
	All years	After School Study Club	15.15-16.00	Room 20

DAY	YEAR	CLUB	TIME	PLACE
FRIDAY	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.50-13.20	Art Rooms
	All years	Safeguarding/wellbeing drop in	12.55-13.20	Drama
	Yr 9	Create STEM (TEAM)	12.50-13.15	Tech 2
	All years	Board games	12.40-13.15	Room 31

# 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:

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



### Lancashire Children's Services

0300 123 6720



Kooth is a free, safe and anonymous

Tel: 0800 1111

Web:

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

**childline**



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](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