

St. Augustine's RC High School



Dear families

This time of year, is one of remembrance.



In November, we wear poppies as a show of support for the Armed Forces community, those currently serving, ex-serving personnel and their families; and a symbol of remembrance for all those who have fallen in conflict. During the First World War, Lieutenant Colonel John McCrae, a Canadian doctor, was very moved by the sight of the poppies that grew on the battlefields in Belgium and Northern France. McCrae wrote the poem "In Flanders Fields" after the death of his friend in battle and this inspired The Poppy Appeal, first started 102 years ago.

Our SARCHS standard and rewards and behaviour strategy continue to support our pupils in maximising their learning time in school and in ensuring the highest standards of attitude to learning and behaviour. Each week brings an increase in reward points issued and improved attendance and punctuality. Well done to all pupils who continue to meet, and indeed exceed, the SARCHS standards. These continued improvements would not be possible without the support of our parents, carers and families. We are grateful for your continued support as we work together to deliver the best possible quality of education.

Thank you for supporting our partial closure on the 18th of October, which allowed us to move into our new building. The RE department is now based there, alongside "St Augustine's Gateway," a resourced provision for pupils with cognitive and communication special educational needs. The blessing of this new facility is included in the newsletter.

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

Important Dates

4th November – 15th November – Year 11 Mock Exam Fortnight

11th November – Anti Bullying Week

21st November – Celebration Evening at 7.00pm

27th November – Year 10 and 11 Blood Brothers Trip

28th November – GRAB auditions in the school hall (3.30-5.00pm)





Etihad Stadium Fieldtrips



On the 2nd 10th and 16th October, year 11 GCSE geography pupils visited the Etihad Stadium to take their own primary data to test the hypothesis **“The regeneration of the Etihad Campus has had a positive impact on the locality”**. Pupils were given full access to the stadium including the changing rooms and dugout, before receiving a lecture on the regeneration of the area from a local expert. Following this our pupils took their primary data by completing Environmental Quality Surveys in the vicinity of the stadium. Over the coming weeks our geography pupils will analyse their data, conclude, and evaluate the fieldtrip ahead of their Paper 3 exam in the summer.



Albeit for issues with traffic in getting to the stadium, the trips were a success. The attitudes of our geographers were lauded by the team at Man City:

“I just wanted to email you to express my thanks for your visits. The behaviour of the pupils on each visit was exemplary and their conduct and manners were noted by a number of staff – they were excellent ambassadors for your school” Karen Morris – MCFC education team.

Many thanks to the staff, Miss Walton, Mrs. Clarke, Mr. Dodd, Mrs. Bohannon and Mr. Turner who contributed to three safe and successful trips. Mr. Lord. Curriculum Leader for Geography



Tesco Stronger Starts Initiative - Help Us Create a Sensory Garden for Our Students

We're excited to share that our school has a fantastic opportunity to win up to £1,500 from the Tesco Stronger Starts programme, which will help us build a sensory garden for our SEND pupils. We are asking for your support to help us make our vision a reality.

How can you help?

We are asking all parents, guardians, and friends of our school to support us by participating in Tesco's blue token scheme. When you shop at Great Harwood Tesco or Market Street Colne Tesco, you'll receive a blue token at the checkout. By placing your token in our school's section, you'll be directly helping us secure the funding for this much-needed sensory garden.

The more blue tokens we collect, the better our chances of winning up to £1,500 to make this project possible. Every token counts and we would be incredibly grateful for your support.

This sensory garden will greatly enhance the wellbeing and learning of all our students, and we're eager to bring this vision to life. With your help, we can create a space where our children can thrive emotionally, socially, and academically.

Thank you for supporting our school and helping us provide the best possible learning environment for our students.

Let's work together to make this project a success!



School Uniform

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.

Pupils in year 7-10 must now wear their burgundy v-neck jumpers under their blazers.



Future Engineers visit WEC

The trip to WEC was a fantastic opportunity for our budding year 11 engineers! Pupils had a tour of the training facility after an overview of the business, plus a health and safety briefing. Pupils really enjoyed looking around and then they got the opportunity to do some 'chocolate welding' which was a great hands-on activity. Pupils then had a go at VR Welding in the WEC STEM room. Then they destructively tested their chocolate welds before eating them.

The host 'Ed' was really good at encouraging pupils to look for apprenticeships in the new year; giving them guidance on achieving good grades in all subject areas. Special reward for Maciej who won the VR welding and was invited for an interview.



Blessing of the New Building October 29th

Last week we welcomed Fr David Yates & Carmine Rea, a seminarian who is on placement at English Martyrs, for the Blessing of our new building. We gathered outside for prayer and a blessing.

Lord, let your spirit be in this place of learning. Give us your blessing and your peace. May it be a space for education and salvific healing. Fill those who teach and guide here with the spirit of knowledge, wisdom and reverence. Inspire those who learn to use their skills and talents to act justly, love tenderly, and walk humbly with You, to grow your kingdom. We ask this through Christ Our Lord, Amen.

Then each room and the students were liberally sprinkled with holy water! It was a joyful, beautiful occasion enjoyed by all.



Good News for Everyone

Last week we welcomed Jilly & Alistair MacDonald who led the Year 7 Assembly and presented our pupils with their own copy of the New Testament and Psalms to treasure.

"What a privilege to be welcomed so warmly by the wonderful staff and well behaved and courteous pupils when we gave them their gift of Scripture to Year 7. We look forward to being invited back, and pray we will be!"



Well done Nyla!

Year 9 pupil Nyla had huge success at a dance competition in Wolverhampton recently. She won her section, out of 52 dancers and then danced against the winners and won overall too!

Nyla got to share the stage with Lilliana Clifton, who came 2nd on last year's BGT!

We are really proud of Nyla and all she has achieved, this shows great dedication and commitment. Maybe we will see you on Strictly!



SMJ Falconry

A group of pupils visited SMJ Falconry near Haworth this week and were delighted by a diverse collection of more than 50 birds of prey including owls, falcons, hawks, kites and an eagle and a vulture! The morning was filled with interesting facts, and was extremely engaging and interactive!

Pupils learned lots about the different species of birds of prey and were able to get up close to see these amazing creatures.

When they came back to school, they had plenty of discussion about the birds of prey and continually looking within the local area to see if they can spot any more.



PLEASE JOIN US FOR THE ST. AUGUSTINE'S

Christmas Party

HOSTED BY OUR YEAR 11 PUPILS

10th December Start 1.15 PM

(PLEASE DO NOT ARRIVE BEFORE 1.00PM)

RSVP TO THE SCHOOL OFFICE ON 01254 823362

BRING THIS INVITATION WITH YOU TO GO INTO A FREE PRIZE DRAW!

We can't wait to see you!



Annual Senior Citizens Christmas Party

Do you know someone who would enjoy attending our annual Senior Citizens Christmas Party?

Please contact the school via email (info@sarchs.com) if you have an elderly relative who would like to attend, then an invitation can be sent out to them. Can this be done by Friday 29th November.



Remembrance Assemblies

A calm, respectful atmosphere filled the hall as the pupils led thought provoking prayer service for Remembrance.

'We had time to pause for a moment to reflect and to say "Thank you" to those who gave their lives for us, and to those who continue to serve.'

Words by Taylor, Charlotte, Romie & Emily - Year 9



Lancashire Book of the Year!

Over the next 10 months, some of our Year 9 pupils are taking part in Lancashire Book of The Year.

This award has been running for 39 Years and involves students from schools across Lancashire, reading through a longlist of 95 titles, and judging which books will be shortlisted and eventually building up to a final celebration event with the top 10 books where the winner along with the author is then announced.

This week some of our year 9 pupils took part in a critical thinking workshop to help them gain skills for their judging rolls, at Lancashire Archives in Preston. We were lucky enough to have a tour of one of their archive rooms and were able to see a handwritten letter from Queen Elizabeth I, writing to the Emperor of China, a document about buying some land dating back to 1115, old drawings and maps.

The students really enjoyed their experience and as usual their behaviour and input were exceptional.



Poppies for sale

Pupils have been selling poppies during registration and break time this week, thank you to the pupil volunteers that have done a fantastic job of keeping everything so organised. Also, thank you to each and every pupil and member of staff that have purchased a poppy.

In Flanders' Fields

by John McCrae

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modeling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modeling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child is upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practice this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

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

Web:

www.childline.co.uk

childline

www.ceop.police.uk



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