

St Bede's Catholic Academy

Parents' Newsletter

Friday 1st December 2023

Issue 11



Hope

On this first Sunday of Advent, as we prepare our hearts to celebrate Jesus' arrival as a gift to all humanity; let's stir up in our hearts and homes a sense of anticipation. Over this Advent, we pray that hope would rise up in our spirits in a tangible and life-giving way.

Diary Dates

Wednesday 6th December
North Lincs Cross Country -
Central Park

Monday 11th December
Carol Singing Lindsey Lodge
Hospice

Wednesday 13th December
Medical Mavericks Yr 10

Friday 15th December
OAP Christmas Dinner

Tuesday 19th December
Christmas Dinner

Wednesday 20th December
Carols by Candlelight

Thursday 21st December
Whole School Mass
Last Day of Term

Friday 22nd December
School Closed for Christmas

Monday 8th January
Students Return to School

Thursday 21st December

As the festive season approaches, we would like to inform you of a special arrangement regarding the school schedule. In the spirit of celebrating Christmas, St Bede's Catholic Academy will be closing early at 12:25pm on Thursday 21st December for the Christmas break.

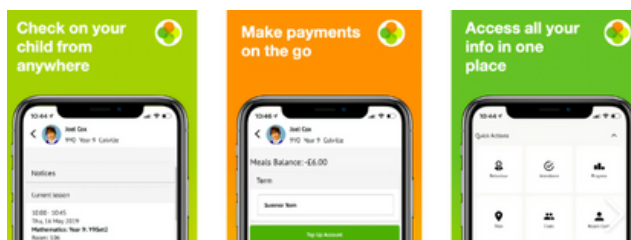
This decision has been made to allow our students, staff, and their families to enjoy quality time together during the holiday season. We believe that this early closure will contribute to the festive atmosphere and provide an opportunity for everyone to partake in the joyous celebrations.

Please make the necessary arrangements to ensure your child is picked up promptly on the specified date and time. If your child is Free school meals and you would like them to bring home a school packed lunch please email kglynn@stbedesscunthorpe.org.uk by 15th December to preorder, the canteen will not be open at lunch time. If you have any concerns or if alternative arrangements need to be made, please do not hesitate to contact the school office. The school bus will collect students at 12:25pm.

We appreciate your understanding and cooperation in this matter.

Arbor App - Urgent Messages

All messages to parents will now be sent via the Arbor app, this includes messages regarding detentions



Christmas Dinner Tuesday 19th December

Christmas Dinner will be on Tuesday 19th December, on this day we will be offering a meat or vegetarian option, there will be no other food options available in the canteen that day and the canteen will be closed at break time so if your child does not wish to have a Christmas Dinner they will be required to bring in a packed lunch/snacks for break. Students not having a Christmas Dinner will still be part of the day and able to sit with friends who have opted for the dinner.

The cost of the school lunch will be £2.60, if your child is Free School Meals it will be provided free of charge.

So we can place the order for the food if your child wishes to have Christmas Dinner please can you access ParentPay and pay for this under the item called 'Christmas Dinner 2023' payment must be made using this item, we are unable to take payment from the current School Dinner option on Parentpay.

If your child is Free School meals we still require you to let us know if they want this, please access ParentPay select the option 'FSM Christmas Dinner 2023' and place your order, a packed lunch option will be available for your child if required. There is no requirement for you to pay.

All payments and orders must be made by Monday 4th December so we are able to order the correct amount of food, we are unable to accept orders after this date.

If you have any queries please do not hesitate to contact the school.

Child exploitations

Please find attached a leaflet explaining what child exploitation is and what you can do. If you are concerned about a child being a victim of exploitation, please call the police on 999 or non-urgent number 101. Children's Services are available on 01724 296500 9am-5pm Monday to Thursday, 9am-4:30pm Friday. 08081 689667 free phone. 01724 296555 Out of Hours. You can contact the school by calling 01724 245 151 and speaking with the safeguarding team.

Double Parking

Can we please remind parents not to double park outside school, this is posing a risk to our students.

Food Technology, KS3 Year 7-9, Mrs Ryan

Please note the following information which may be of help:

• Year 7-9 are issued with an A4 sized booklet with all the recipes, methods and homeworks included.
• Year 7-9 are also issued with a duplicate list of ingredients – one glued into their planner and the other to be kept at home – this list is the order in which they will be cooking the recipes.

• This list is also displayed outside the Food Technology class room.

• Vital every lesson is: a suitable, container eg:- take-away tubs, empty sweet tubs etc. to take home cooked produce. Savoury recipes are maximum 2 portions only. You may adapt and include alternatives to these recipes to suit your tastes – students are encouraged to check the fridge and cupboards before buying.

• Apron - optional

• Cooking days: 7Q- Tues, 7P – Thurs, 8P- Monday. 8Q -Wed, 9P Tues and 9Q Wed – your child will know which class they are in.

All of this information has been communicated to your child including the fact that organisational skills are part of this course and that ultimately it is their responsibility to ensure that they are prepared in advance. Mrs Ryan

Library

If you are having clear out of your bookshelves in the run up to Christmas please consider bringing any books which are in good condition to St Bedes to be donated to our library. We would also love any games you may no longer need such as card games, top trumps and connect 4 for our students to use in our games corner.

Urgent – New Communication Portal

In September we have moved over to a new system called Arbor, this system has replaced ParentPay for all communication. ParentPay is still in place for taking payments, we intend to move this part of ParentPay over early next year. In addition to this Arbor can be used for the booking of parents evening appointments, as year 8 parents evening is approaching it is imperative that all Year 8 parents have access to this to allow you to make appointments.

Since September you should have received a Welcome to Arbor email asking you to download the app and set up the system, once you have access please can I ask you to check your email addresses, contact telephone numbers etc in Arbor and make any necessary amendments, this will allow you to receive messages through this portal.

If you have not already set up Arbor please can I ask you to do this as soon as possible, if you do not believe you have received this Welcome email please contact school, please can I ask you to check your spam first as I know many parents have received it into there.

Young Carers

<https://www.childline.org.uk/get-involved/>

Safeguarding

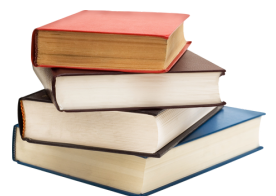
A large concern for our children's mental health is generalised anxiety.

Anxiety affects nearly 1 in 3 of all adolescents aged 13-18. Generalised anxiety disorder is where you feel anxious most of the time. Symptoms of generalised anxiety disorder vary from person to person, but include constant worrying, a sense of dread and difficulty concentrating.

The following link takes you to the Anna Freud website and a video is available explaining what we know about childhood anxiety and what parents can do about it

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

Please contact the safeguarding team at ST Bede's if you require support for your young person.



Reading tips for parents

Make sure they see you reading, even if you don't enjoy stories.

You can't force your child to read, but you can set an example by creating a reading culture at home. If your child sees you reading, then that lets them know that you find reading enjoyable and worthwhile. It's not guaranteed to get them reading, but it certainly sends out the right message. And if you're reading something you think your child might like, leave it lying around so they can see it: autobiographies are always good for piquing curiosity, especially if fiction isn't of interest to you. It's always worthwhile to see the world from someone else's point of view.