

St Bede's Catholic Academy

Parents' Newsletter

Friday 7th June 2024
Issue 29



Sports Day

Sports Day will be held at **Quibell Park** in Scunthorpe on **Thursday 27th June 2024**.

Students are required to make their own way to and from Quibell Park (2 Brumby Wood Lane, Scunthorpe DN17 1SR). The school bus will not be running this day and therefore the cost of this will be reimbursed to parents. The gates will open at 8:30am for an 8:40am start, and Sports Day will finish at 2.30pm.

All students should be prepared for any weather conditions, as there is very little shelter and will require a packed lunch. If your child is in receipt of free school meals, a packed lunch will be provided.

Please ensure that your emergency contact information, any medical information and consent information is completed and correct on Arbor as this information will be used for the day if needed.

If your child needs any medication, it should be handed to the designated first aider at Quibell Park (this can be done on the morning or in advance via main reception).

Tuesday 25th June – Year 7 Consultation

The Year 7 consultation is on the above date a letter has been emailed to you to book your appointments on the Arbor app. We look forward to seeing you and your child at this event.

Young carers

At St Bede's Catholic Voluntary Academy we work hard to support our young carers.

A young carer is a person under 18 who regularly provides emotional and/or practical support and assistance for a family member who is disabled, physically or mentally unwell or who misuses substances.

If you need extra support or feel you know someone who is a young carer please see the following link.

There is also further support on the school website.

The young carer team is -

Operational lead- Mrs Frost

Ms Busk, Mrs Jackson

External support

Tracey Abrahams Porter-Young carer team

Emer Magee- With me in mind EMHP

<https://carers.org/downloads/help-and-advice-section/knowyourrights.pdf>

Safeguarding - Snus:

It is made from ground-up leaves packed into a pouch, which is placed under the top lip. Some athletes, particularly footballers, have been seen using this as a stimulant. However, there are health warnings being issued over the use of the product. Unfortunately, there is a rise in young people joining a craze whereby they engage in taking snus. It can cause unpleasant side effects including vomiting, eye rolling, loss of control over limbs, and longer term damage to the teeth and gums. Like any substance, there is also the danger of becoming addicted. If you are concerned that your child needs support, please contact the safeguarding team who will be able to help.

Diary Dates

2024

W/C Monday 17th June
Year 10 mock examinations

Wednesday 19th June
Geography Field Visit

Thursday 20th June
Lincolnshire Show

Monday 24th June
Year 8 vaccinations

Tuesday 25th June
NLC Taster Day
Year 7 Consultation

Wednesday 26th June
Humber Quad Kids - Costello

Thursday 27th June
Sports Day

Tuesday 2nd July
District Athletics

Wednesday 3rd July
JLC Taster Day Yr10

Thursday 11th July
Awards Evening

Friday 12th July
Yr 10 Hardwick Hall
Year 8,9 & 10 reports

Monday 15th July
Yr 9 Drama Day - Hull Truck Theatre

Tuesday 16th July
Yr 9 Medical Mavericks

Sign posting for domestic abuse

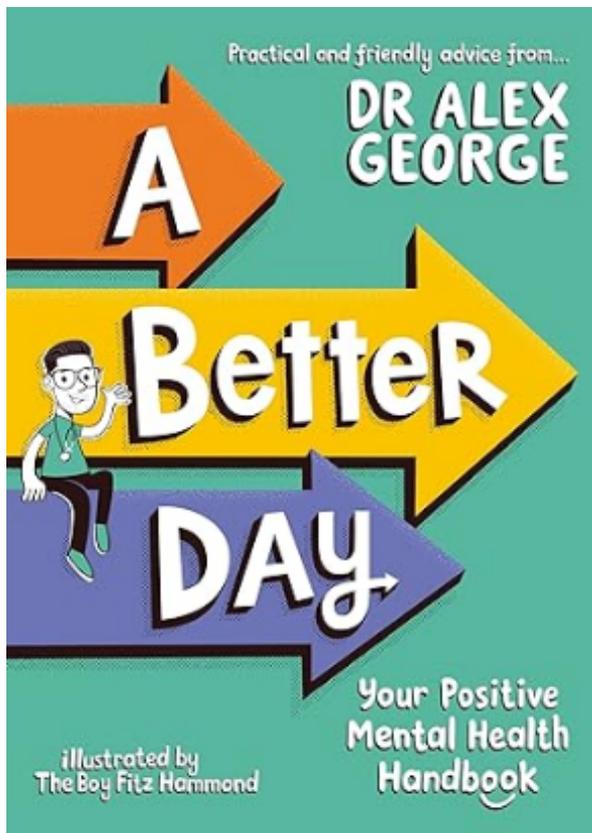
Dear parents and carers,

Another contextual factor that is on the raise is the concern around domestic violence within North Lincolnshire.

We define domestic abuse as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer. It is very common. In the vast majority of cases it is experienced by women and is perpetrated by men but this is not always the case and men can also be victims as can children.

If you feel you need support for domestic abuse please follow the link to direct you to many different support services that are available.

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>



**ST BEDE'S
READS**

Winner of the Children's Non-fiction Book of the Year in the British Book Awards 2023

What if we could think of mental health in a positive way? Sweep away the rain clouds. Talk about what's on our minds. And care for our mental health in the same way we look after our bodies. In this empowering and hopeful handbook, Youth Mental Health Ambassador Dr Alex George is here to show children how.

A Better Day is a positive, accessible and practical toolkit guiding young readers in how they can care for their mental health with confidence.

From peer pressure and exam stress to online trolls and anxiety, life is full of ups and downs. But there are ways we can stay on top of our mental health - including overcoming stigma, talking about our feelings, developing resilience and switching our mindset.

This book provides all the scaffolding and practical techniques, so readers can look towards their future with optimism and positivity. Because no matter what, there is always hope for a better day.

Menu - Week 1 w/c 09/03, 25/03, 29/4, 20/5, 17/6, 8/7

	monday	tuesday	wednesday	thursday	friday
Italian	Pepperoni Pizza ✓ Mascarpone Pasta	✓ Veggie Supreme Pizza Bolognese Pasta	✓ Spinach Calzone Spicy Chicken Pasta	✓ Hawaiian Pizza Carbonara Pasta	✓ Cheese & Tomato Pizza ✓ Veggie Bolognese Pasta
Mexican	Beef chilli pot & rice	✓ Macaroni cheese pot	Beef empanada	Chicken Fajita	✓ Vegan Mexican Chilli
Chicken	Chicken curry & rice pots	Hot wrap cajun	Breaded chicken burger	BBQ chicken wings	
Sides	✓ Lime dressed 'slaw	✓ Mixed salad	✓ House 'slaw	✓ Tangy mustard 'slaw	✓ Cheesy garlic bread
Panini & Jackets	✓ Cheese & Tomato Panini ✓ Jacket & Topping	✓ Jacket & Topping	Pepperoni Panini ✓ Jacket & Topping	✓ Jacket & Topping	✓ Cheese panini ✓ Jacket & Topping