

# Parent / Carer Bulletin



Care • Inspire • Succeed

Week Commencing Monday 2<sup>nd</sup> September 2024

WEEK A	CALENDAR - TERM 1
Monday 2 <sup>nd</sup> September	
Tuesday 3 <sup>rd</sup> September	
Wednesday 4 <sup>th</sup> September	<ul style="list-style-type: none"><li>• <b>Y7 &amp; Y12 Students ONLY Return</b></li></ul>
Thursday 5 <sup>th</sup> September	<ul style="list-style-type: none"><li>• <b>All Students Return</b></li></ul>
Friday 6 <sup>th</sup> September	

## From: Mrs Nash and Miss Davies - Drama Team



Thank you to everyone who came to 'Charlie and The Chocolate Factory' last week. The KS3 cast did a fabulous job of entertaining the audiences across 4 performances - including to over 300 Year 5 children from local primary schools! The crew was also made up of pupils from Chloe Harvey - our expert stage manager, ably assisted by Stanley Bennett, Hebe Vincent and Sophia Nucci. The sound was run by Aron Taylor and the lights by Oona Parker and Eleanor Webb. These young technicians stayed calm under pressure, and, without them, the show would not have run so smoothly. Our thanks to Mr Evans and Mr Brown for all their invaluable help and support, Mr 'can do' Gant and the Art/DT departments - particularly Mr

Kastner - for the creation of the set and props.

It's been a busy season for drama with 'The Taming of the Shrew' in Bristol for the Shakespeare Schools Festival, 'Replica' here in school and at the Salisbury Playhouse for the National Theatre Connections and four GCSE/A Level assessment evenings. Thank you to everyone who has come to support any of these. We hope that we will see you all at next season's performances too - starting with 'Macbeth' at the Merlin Theatre in Frome on 6<sup>th</sup> November (more details coming next term).

If you are having any sort of clear out over the summer and come across anything which might be useful for our costume and prop store - please do save it for us. We are particularly looking for anything tartan at the moment!

We'd like to take this opportunity to wish you and your families a restful and enjoyable summer holiday.

Catherine Nash and Milly Davies



To report a student absence please ring the Attendance Line by 8:30am on 01225 309501

**From: Miss Bryer – Head of PHSE**



Year 7 Launch for the Year 8 Wellbeing residential  
Thursday 3rd July to Saturday 5th July 2025.

As part of our challenge and personal development programme, we are inviting all Year 7 students to attend a tailor-made Wellbeing Residential in Dorset, incorporating activities lead by the provider Land and Wave. The date is when students will be in year 8. We have put together stimulating days of activities which we are sure will become a memorable experience for them and will allow them to be exposed to first hand wellbeing strategies in action. The activities we expect to include are coasteering, bush craft, paddle boarding, hiking, kayaking, visiting Corfe Castle and campfire activities, staying at the provider Land and Wave's camp site, just outside Corfe Castle. This year we have added an extra activity of the Dorset Water Park.

Students have received a copy of the invitation letter, and parents/carers have been emailed a copy of the letter. Please return the form, so that we know your intentions- If you lose the letter, you can get another one from student reception.

**Deposits via Parent Pay-** We have extended this deadline to September.

To secure your place on this trip you **MUST** return the form to student reception.

**Students will need to be able to swim 25metres**, as most of the activities are water based.

Provider for the campsite and activities-[Land & Wave | Adventures in Dorset \(landandwave.co.uk\)](http://landandwave.co.uk)

**From: Mrs Butterworth – Head of Psychology and Sociology**

**Science Crime Scene to Courtroom Day - Thursday 14<sup>th</sup> November**

A reminder to all parents/carers that **reply slips need to be returned as soon as possible**. It is recommended for all students covering Level 3 Criminology, Psychology, Sociology and Law. Places are allocated on a first come first serve basis. Year 13 Criminology students get first priority. We have 15 spaces left. Payment is not needed until late September.

Please email Mrs Butterworth for more details [nicbut@st-laurence.com](mailto:nicbut@st-laurence.com). Copies of the letters are available from S2 or they can be emailed again.

**Calling all parents/carers that work in the courts or prison services:**

We would welcome contact from anyone that works in the sector and would be willing to come and talk to students face to face or online next academic year. Please contact Mrs Butterworth for further details.

To report a student absence please ring the Attendance Line by 8:30am on 01225 309501

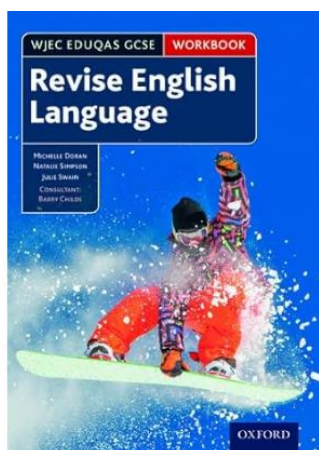
## **From: Mrs Curtis – Second in English**

### **Parents and Carers of Year 10 Students**

Some additional reading has been put on Classcharts for all year 10 students. These are a selection of enjoyable and diverse short stories with an additional writing review task. Reading unseen texts is a key aspect of the English Language GCSE and completing this summer reading will be an enjoyable way of boosting those skills and vocabulary.

We would like to recommend this revision guide for all Y10 students. It is an interactive text which focuses on the skills needed for the English language exam. Definitely worth purchasing in preparation for the new term.

[WJEC Eduqas GCSE English Language: Revision workbook: Amazon.co.uk: Doran, Michelle, Simpson, Natalie, Swain, Julie, Childs, Barry: 9780198359210: Books](https://www.amazon.co.uk/dp/9780198359210)



## **From: Ms Haigh - Teacher of RE, Sociology & Criminology**

### **Gardening at St Laurence School**

I would like to set up a gardening club at St Laurence with the aim of restoring some unloved areas of the school site and making them into lovely, wildlife-friendly areas that students can feel proud of.

I would really appreciate it if you can raid your sheds and donate any unwanted garden tools to us! We particularly need trowels, forks, spades, secateurs, and gloves. They don't have to be in perfect condition as long as they are usable and safe.

Many thanks, Ms Haigh

### **From: PE Department**

A huge thank you to all of the students and parents who have supported our extra-curricular activities over the course of the year. It has been a fantastic sporting season with over 600 students attending at least one sports club or representing the school in competitions. We wanted to finish the year by sharing some of the highlights from members of the PE team from both PE lessons and experiences with our clubs and teams, we hope you enjoy them.

Have a great summer watching the Olympics and we look forward to building on this year's success from September.

To report a student absence please ring the Attendance Line by 8:30am on 01225 309501



### **Mrs Overfield**

Working with the Y12's this year. I had the best response to the setting of homework that I've ever had in 24 years of teaching! I asked them to produce two case studies documenting an example of violence in sport committed by the sports performer and the spectator. The due diligence they spent researching, comparing, discarding in their search for the best possible example was simply inspiring and their enthusiasm when delivering was infectious! A total over and above attitude was displayed by all.



### **Mr Woodburn**

I think that the best I have seen this year is in the summer athletics - particularly the year 7 and 9 girl's teams. Both teams played a very big role in our overall school success at the West Wiltshire Athletics competition winning their year events by wide margins, with individual successes but importantly a very strong team ethos.

An excellent regular, hardworking attendance at Athletics club each Thursday and attending additional practices to hone certain skills really paid dividends. I think they epitomise what is good about PE at St Laurence School and the more year groups that create that same dedication and team spirit the more successful they will be.

Year 7 girls: Erin O, Erin T, Erin W, Emilia W, Tess B, Lottie R, Vanessa T, Isla J, Wren O - plus many more who attended athletics practice pushing the best from the team selected.

Year 9 girls; Jess L, Izzie O, Edie N, Ella W, Alice T, Ezra E, Freya N - very supportive team ethos - happy when others in the team are successful, being great role models for our younger students - culminating in a 25m victory in the 4x100m relay, which gives a visual picture of their great team success.



### **Mr Oaten**

My highlight would be 7LG5. They are excellent as an LG for learning in PE – keen, determined, focused, supportive of one another. I hope I still have them next year! There was a cricket lesson on the astro around defensive blocks and drive shots. Jacob M – listened and watched the demo intently and then absolutely was nailing drives off the tee in the practice. He was so surprised and happy with himself that he'd learnt it and could do it consistently. Lots of celebrations! He was the epitome of determination to succeed and finding joy in sporting success.



### **Miss Rose**

My highlight is from my Reece W in my yr11 GCSE class. When asked how his revision was going his reply was 'brilliant thanks Miss - 9 incoming!'



### **Mr Burrows**

Firstly, the growth of girls football this year including the Year 7 team I took to Kingdown in March for their first tournament where we were unbeaten. Secondly, the Year 10 Cricket team making it to the T20 County semi-finals where it was an absolute pleasure to see them battle against Marlborough College with some outstanding performances. Both examples of amazing students representing the school and being successful.



Miss Bryer

Highlights for me were the year 11 netball team. They were so motivated and passionate throughout their last season. I am pretty sure they were undefeated too!



Mr Carter

For me it is the growth of girl's football within the school and wider area. At its peak we had over 90 girls training on Thursday evenings. This all began with the passion of two students who were determined to make girls football happen in the school. They led by example, recruiting players and encouraging them to come to training. As a result, there is now a registered girls' football tournament involving schools in both West and North Wiltshire. Without the drive and passion from these two students, girls' football would not be as big as it is at St Laurence School.

### Online Safety and Wellbeing

## What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

### UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterized by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

### DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognize when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

### WHAT ARE THE RISKS?

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unaddressed, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and concerns openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### SEEK PROFESSIONAL HELP

Recognizing when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

### Meet Our Expert

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



## St Laurence School

has joined the following SOCIAL MEDIA platforms to keep you informed of some of the great work your children are doing at school.

We will post news and photos from school trips, dance and drama performances, STEM events and lots more. Follow us on Facebook, Instagram and Twitter and “like” and “share” our stories.

**FOLLOW**

**LIKE |  & SHARE**



[facebook.com/StLaurenceSch](https://facebook.com/StLaurenceSch)



[instagram.com/stlaurencesch/](https://instagram.com/stlaurencesch/)



[twitter.com/stlaurencesch](https://twitter.com/stlaurencesch)

[www.st-laurence.com](http://www.st-laurence.com)

# BOA PLAYDAY

7 AUGUST — 10am to 1pm

POULTON PARK

## PLAY & PICNIC

- FACE PAINTING
- DROP-IN DISCO
- CRAFT WITH WILTSHIRE SCRAPSTORE
- HOOK A' DUCK
- RUGBY & FOOTBALL ACTIVITIES
- LAWN GAMES
- SKATE & SCOOT SESSIONS £5  
BOOKABLE SLOTS FROM 10.30-3
- BUILD A BUG HOTEL



BOOK HERE



## Summer Club

MONDAY, TUESDAY & WEDNESDAY  
29TH, 30TH & 31ST JULY

BRADFORD ON AVON  
10AM - 4PM. AGE 8 TO 13 YRS  
ONLY £75 FOR 3 DAYS.

3 days of fun, craft, adventures  
and empowerment with the  
Mighty Girls team.

Further details visit [www.mightygirls.co.uk](http://www.mightygirls.co.uk)



The club is offered at a discounted rate for  
all & free to some, thanks to the support  
from:



Working in partnership with

Wiltshire Council



The HUB is open during the school holidays, should you need help please contact them on [01225 920748](tel:01225920748) stating you are a St Laurence School parent.



**THE HUB@BA15**  
BRIDGING THE GAP

OPEN MON - FRI  
10am-1pm

WELCOMING & FOR EVERYONE

HOPE DEBT ADVICE SERVICE

BRADFORD ON AVON

BRADFORD ON AVON foodbank

Working in partnership with:

BRADFORD ON AVON TOWN COUNCIL  
CHILDREN'S TOGETHER BRADFORD ON AVON  
Wiltshire Council  
BOO CAN  
the trussell trust

**THE HUB@BA15**  
is a voluntary community group offering advice, information and support

Foodbank • Debt & budgeting advice • Welfare benefits & tax credit advice • Meeting room for hire • Drop ins / signposting to organisations & agencies (Julian House, Selwood, PCSO ) • Form filling • CV • Job applications Internet access • Weekly recovery groups (AA & CA)

SEVERING THE BRADFORD-ON-AVON COMMUNITY AREA  
Bradford on Avon Winsley • Holt • Limpley Stoke • South Wraxall Westwood • Staverton Wingfield

01225 920748 - [www.boahub.co.uk](http://www.boahub.co.uk) - [info@boahub.co.uk](mailto:info@boahub.co.uk)  
Church Street, Bradford on Avon, BA15 1LS Charity Number- 1160807



The Friends of Great Chalfield is a local Association supporting development of the gardens at Great Chalfield

## GREAT CHALFIELD MANOR SN12 8NH

### ENGLISH CIVIL WAR RE-ENACTMENT EVENT

Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> AUGUST 2024

from 10.00am to 5pm, 4.30pm on Sunday

Admission £6 for Adults, 16 years and under go free.

The Marquess of Winchester's Regiment of the English Civil War Society will re-enact the two-day Royalist occupation of the manor house in 1644 – over 375 years ago.

This event is both to educate the audience about the seventeenth century and to entertain them. The Regiment will march in at the start of each day and guards will be posted to keep watch. The soldiers will drill and fire muskets and cannon during the day.



In tents in the garden civilians and soldiers will show and tell you how people lived in the seventeenth century (Living History).

A clerk will be in the Great Hall to replicate the writing of the accounts of September 1644. The officers, soldiers, musicians and civilians will recreate activities around the manor. In the afternoon a Parliamentarian patrol will be driven off in a sharp skirmish. Any prisoners taken will be tried and then marched off under escort.

*"It's actually bringing history to life; you can really smell gun powder, hear the noise, and for children it gives them a sense of actually being there and makes history more interesting" (visitor comment).*



Admission charges for adults including National Trust members at this event contribute to maintenance and development of the Arts & Crafts gardens at Great Chalfield.

Holy Communion Service (*Book of Common Prayer*) will be in All Saints' Parish Church at 10:00 am on 11th August.

For further details see:  
[www.marquisofwinchesters.co.uk](http://www.marquisofwinchesters.co.uk) and  
[www.greatchalfield.co.uk](http://www.greatchalfield.co.uk)

# COUNSELLING & LISTENING SUPPORT




Need a safe place to talk?  
Off The Record BANES offer free and confidential counselling and listening support services for people aged 10 - 25

## LISTENING SUPPORT

You can make an appointment to see an Off The Record worker for a 20-minute 1-to-1 session and use it to discuss anything you like.

## COUNSELLING

Meet with a qualified counsellor and have a chance to explore issues in depth and to make connections between past and present experiences in a way that can empower and improve your current and future choices.

To make a referral visit our website:  
[www.offtherecord-banes.co.uk](http://www.offtherecord-banes.co.uk)  
 @otrbanes @OTRbathnes


# BOA HOLIDAY CLUB

## WHAT'S ON THIS SUMMER

<b>Monday 5 August - Outdoor Adventures with BoA Youth</b> Ages 7-13 + 9am-1pm + BoA Youth Centre + £5
<b>Tuesday 6 August - Magic Workshop with Wessex Community Circus</b> Ages 8-13 + 9am-2pm + BoA Youth Centre + £10
<b>Monday 12 August - Crafting with Wiltshire Scrapstore</b> Ages 7-13 + 9am-12pm + BoA Youth Centre + £5
<b>Tuesday 13 August - Crafting with Wiltshire Scrapstore</b> Ages 7-13 + 9am-12pm + BoA Youth Centre + £5
<b>Monday 19 August - Cheerleading with Bop About Dance</b> Ages 7-13 + 9am-1pm + BoA Youth Centre + £5
<b>Tuesday 20 August - Beatboxing Workshop with Jack Salt</b> Ages 7-13 + 9am-1pm + BoA Youth Centre + £10
<b>Wednesday 21 August - Football Fun Factory</b> Ages 7-13 + 9am-12.30pm + St Margaret's Hall + £5
<b>Tuesday 27 August - Making &amp; Baking with BoA Youth</b> Ages 7-13 + 9am-1pm + BoA Youth Centre + £5
<b>Wednesday 28 August - Circus Workshop with Wessex Community Circus</b> Ages 7-13 + 9am-2pm + St Margaret's Hall + £10

8.45am drop-off available - please select when booking.  
Numbers are limited with some fully funded places available to children eligible for benefit related free school meals.

Book your place at:  
[tickettailor.com/events/bradfordonavontowncouncil](http://tickettailor.com/events/bradfordonavontowncouncil)


# BOA youth DROP-IN




**Christ Church**  
Bradford-on-Avon

**Every Thursday, term-time only**  
From 3pm – 4pm

- Enjoy hot chocolates, snacks & games
- Activities with a heritage twist
- Safe, warm and welcoming
- Space to relax and chat

## All are welcome!

For more info, email [becky.strike@discoverchristchurch.org.uk](mailto:becky.strike@discoverchristchurch.org.uk)