

Parent / Carer Bulletin

Care • Inspire • Succeed

Week Commencing Monday 9th December 2024

Headteacher's Update

Dear Parents and Carers

It was an absolute delight to spend last Monday evening at Holy Trinity for the annual Carol Service. We had more students taking part than ever before with standing room only at the back for the congregation. It was a lovely way to begin Advent with students sharing their talents from singing to guitar to trombone to reading. If you were there, I hope you enjoyed it as much as I did.

Our Year 11 students have been really flexible with the changes that we had to make to the dates of their practical exams and I hope that they are going well.

We have our Christmas Fayre next Thursday, as well as the 'Wear a Christmas item' day and donations are live on ParentPay.

Mr Farrer

In this week's bulletin:

- Changes to lunch break procedures
- Christmas Fair and Christmas Item Day 12th December

.... And lots more!

WEEK B	CALENDAR - TERM 2
Monday 9 th December	<ul style="list-style-type: none">• Y7-11 Nasal Flu Immunisations (students will be given their appointment time during tutorial)• Y7-8 Glass Workshop
Tuesday 10 th December	<ul style="list-style-type: none">• Y13 Criminology Q&A with Avon & Somerset Police Officer• Y10-11 visit to Bath Dance College• Y10 Glass Workshop
Wednesday 11 th December	<ul style="list-style-type: none">•
Thursday 12 th December	<ul style="list-style-type: none">• Wear a Christmas Item day• Christmas Fair• Christmas Dinner Day £2.80 on Parent Pay
Friday 13 th December	<ul style="list-style-type: none">•

WEEK A	
Monday 16th December	<ul style="list-style-type: none"> • Y9 Dance Workshops
Tuesday 17th December	<ul style="list-style-type: none"> • Y10/11 Visit to Bath Dance College
Wednesday 18th December	<ul style="list-style-type: none"> •
Thursday 19th December	<ul style="list-style-type: none"> • TERM 2 ENDS AT 1:30PM

From Mr Blowers – Assistant Headteacher

Changes to KS3 Lunch:

From Monday 6th January 2025 there will be some changes to KS3 lunches. This is to develop a better experience for students and staff, specifically around timings and behaviour.

The changes are:

Timings:

- **Year 7** will continue to have a separate queue and can enter all lunch
- **Year 9** will have a window from 12.30-40pm
- **Year 8** will have a window from 12.40-50pm
- **If Year 8 or 9 miss** this window, they have 5 mins from 12.50-55

Behaviour:

- Students must line up in the right queue
- Students must be orderly and not push or shove
- Students must be respectful of Duty Staff
- Students must clear their litter and tables in the Restaurant
- Students will receive: Reminder, Warning, Sanction in line with the school Behaviour Policy
- Poor behaviour will result in Detention in Trinity Hall and may result in not being allowed to use the Restaurant at all

The St Laurence Way: ***“In the right place, at the right time, doing the right thing”***

Further support

- We will be adding extra CCTV to monitor behaviour
- Signs will be on display with clear expectations

We hope all of this will improve the experience in the restaurant.

Thanks for your anticipated support of these changes

What’s on the Menu?



Click the link to our Catering page for information on all the different ways our students can enjoy healthy and nutritious meals at school:

[Catering | St Laurence School \(st-laurence.com\)](https://st-laurence.com)

From: Mrs Nash – Head of Drama

St Laurence is going to 'Rock You'!

Anyone who missed the pre audition meeting about the whole school summer musical should collect audition materials from Miss Davies asap. Auditions for ACTING and SINGING will take place in January. Anyone who is interested in being in the dance troupe will audition in February. Please note that it will not be possible to join the acting cast after the audition process in January.

Due to the large numbers of people interested in taking part, we have decided to do 'We Will Rock You' (a 'juke box' musical featuring the songs of Queen) and **NOT** 'Little Shop of Horrors' as previously stated in the weekly bulletin.

Anyone who missed the meeting and who is unfamiliar with the show should please look up what it is about and get listening to the songs!



[Screening: Macbeth - David Tennant & Cush Jumbo - Wiltshire Music Centre](#)
www.wiltshiremusic.org.uk

The Donmar Warehouse production of Macbeth will be screening at the Wiltshire Music centre on the above date.

We would recommend year 11 students take advantage of seeing this production of their GCSE English Literature Shakespeare play at a venue so close to home.

Booking is open.

From: PE Team

Sporting Results and Upcoming Fixtures

Results - Congratulations to all students involved.

Football

St Laurence 5 – 2 Royal Wootton Bassett Academy (U18 boys)

Rugby

Year 7 Rugby Waterfall Tournament: 6th Place

Netball

St Laurence 13 – 10 Matravers (Year 11A)

Upcoming Fixtures

Tuesday 10th December

Year 11 Netball Tournament at Matravers. Return around 5:30pm

From PE Team: Cross Country Inter House Points 2024

At the end of Term 1 all of our KS3 students participated in an Interhouse Cross Country competition on our school fields. This was also an opportunity for students to qualify for our Cross Country team. All of the students were fantastic in their participation and their support of classmates during the competition.

When combining scores across the year groups, the overall winners are **HUNTINGDON**. Congratulations to all students involved. Please see a breakdown of the points below.

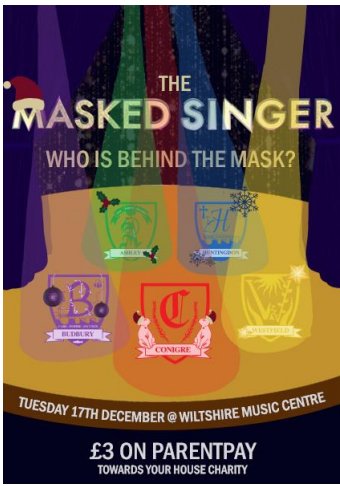
House	Y7	Y8	Y9	Total
Ashley	688	756	695	2139
Budbury	730	667	637	2034
Conigre	596	792	850	2238
Huntingdon	587	1105	827	<u>2519</u>
Westfield	711	1017	900	2439

During Term 2 all of our KS3 students participated in an Interhouse **Rugby and Netball** competitions. This was an opportunity for students to demonstrate their learning from PE lessons and compete against other houses.

All the students were fantastic in their participation and their support of classmates during the competition. When combining scores across the year groups, the overall winners are **BUDBURY**.

Congratulations to all students involved. Please see a breakdown of the points below.

House	Y7	Y8	Y9	Total
Ashley	27	21	35	83
Budbury	37	29	33	<u>99</u>
Conigre	29	20	19	68
Huntingdon	19	25	36	80
Westfield	15	36	15	66



This year will be Christmas themed and hosted on Tuesday, 17th December, straight after school in the Wiltshire Music Centre.

This year, we are opening the masked singer up as a whole school fundraiser, where the price of a student's ticket will go to their House charity, so encourage your House to be the ones who raise the most amount of money.



Festive jumper day on the 12th of December!! Please pay £1 on parent pay to wear brightly coloured jumpers over your school uniform, with processes going to Save The Children. We are looking forward to seeing your jumpers!

Christmas Dinner Day – Free to Free School Meal Students

Online Safety

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY
Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN
Some apps add the words 'help' or 'support' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "your child is good to go... let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT
Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION
Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful skills to manage their condition – such as keeping an anxiety diary, improving nutrition and practicing mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to user's individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY
As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these organisations may share data with third parties for numerous reasons (such as targeted advertisements), and it's a user's sharing personal and sensitive information within the app, they probably don't want it ending up somewhere without their consent.

IN-APP PURCHASES
Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a mental health professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP
Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations. As there are no standard indicators of legitimacy, developers can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT
Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the support of a trained professional. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY
Look into the app's terms of service – especially its privacy policy. Do you by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION
Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

#WakeUpWednesday The National College

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

6th Form Shoebox Appeal!



Please donate unwrapped gifts to your child's tutor group to put in shoeboxes. These will be donated to Salvation Army who will distribute them to the members of our community who need them most.

Here are some suggested gift ideas for different age brackets:

- **0-3 years:** dolls, teddy bears, cot mobiles, baby clothes, bath toys, puzzles
- **3-5 years:** dolls and action figures, cars, lorries, colouring sets, pencils, crayons, books, puzzles
- **5-9 years:** educational games & toys, stationery (colouring sets, pencils, crayons, school sets), books, puzzles, wordsearch, crosswords
- **9-12 years:** games and toys, stationery, books, t-shirts, hair accessories, gloves, scarves, hats
- **13-16 years:** books, make-up and toiletries (please try to ensure hypoallergenic ingredients if possible), gloves, scarves, hats, t-shirts, hair accessories and gift vouchers

We cannot take preloved items so please make sure your donations are new. The deadline for this appeal is Friday 13th December when Student Heads of House will come and collect the boxes.

Thank you for your support, Evie and Tom

St Laurence Christmas Fair

Thursday 12th December 2024

1:00pm – 4:00pm

Please remember to bring your money for the Christmas Fair next week.

Years 7 – 9 during afternoon lessons.

Open after school for everyone else, including parents and carers.



FREE EVENT



Christmas **CONVERSATION & CRAFT**

CHRIST CHURCH, BRADFORD-ON-AVON

**WEDNESDAY 11TH DEC 2024
3PM - 5PM**

**DELICIOUS
CAKES**

**HOT
DRINKS**

**FRIENDLY
CHAT**

**VARIETY OF
GAMES**

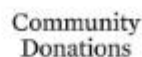
**SELECTION OF
SANDWICHES**

**CHRISTMASSY
CRAFT**

**CHRISTMAS
CAROLS**

Drop by any time - all welcome!

With grateful thanks to our funders





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.

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LIKE 

& SHARE



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www.st-laurence.com