



# Parent / Carer Bulletin

Care • Inspire • Succeed

Week Commencing 5<sup>th</sup> December 2022

## Headteacher's Update

Dear Parent/Carer

Happy Advent!

I would like to promote with you the Christmas Fair and the Carol Service, both of which fall on Wednesday 14<sup>th</sup> December. These are 2 events that are either brand new, or have not been possible due to the pandemic. It is lovely to be able to offer these again and I hope to see many of you there.

**Please note: the time of the Carol Service will now be 6pm start due to the potential for a very popular semi-final kicking off at 7pm that evening**

Well done to all of our Year 11s who have completed their mocks. It was impressive to see how seriously they took it and I am really delighted to report that there were no issues with any mobile devices – this bodes well for the summer season.

I am also really pleased to point you to an article in the bulletin about a new breakfast idea. Please take the time to have a look

Mr Farrer

WEEK A	CALENDAR
Monday 5 <sup>th</sup> December	<ul style="list-style-type: none"> <li>Y11 Practical Art Exam</li> <li>Y7 &amp; Y8 Christmas Tree Festival (Holy Trinity Church)</li> </ul>
Tuesday 6 <sup>th</sup> December	<ul style="list-style-type: none"> <li>Nikolaustag Tutorial Activities</li> </ul>
Wednesday 7 <sup>th</sup> December	<ul style="list-style-type: none"> <li>CHRISTMAS JUMPER AND CHRISTMAS LUNCH DAY</li> <li>Y11 Practical Graphics Exam</li> <li>Y7 Rugby Tournament 11:00am – 4:15pm; (Devizes School)</li> <li>Y12 &amp; Y13 Holburne Museum Trip – 1:00pm – 4:30pm</li> </ul>
Thursday 8 <sup>th</sup> December	<ul style="list-style-type: none"> <li>Y11 Practical Graphics Exam</li> </ul>
Friday 9 <sup>th</sup> December	<ul style="list-style-type: none"> <li>Carol Service Rehearsal 11:30am – 3:00pm</li> </ul>

## Collective Worship Term 2: Hope

Help us to find the reason to face the world with confidence.

May we be given opportunities to see the world as a place we can expect good things to happen.

We want to be able to develop our own knowledge and understanding of the positive stories in our community and around the world.

We know that if we embrace all the opportunities we are given, we will be able to look to the future with excitement.

May all of our actions and accomplishments be a sign that we can trust in the younger generation.

Let us see challenges as real opportunities for change and improvement.

## **FUEL - Winter 2022 Programme - Applications are Open!**

### **Reminder: Applications must be made by Sunday 11<sup>th</sup> December**

Wiltshire Council will be delivering its successful Holiday Activity and Food (FUEL) programme again this winter.

The programme provides children eligible for ***benefits related free school meals, refugees, those currently in the care system and those referred by a professional service*** with access to free high-quality activities, nutritious meals and food education during the school holidays.

The FUEL programme is delivered with funding from the Department for Education and will run from **Monday 19<sup>th</sup> December to Thursday 22<sup>nd</sup> December.**

Eligible families will be able to sign up by following the application link listed on the [FUEL web page](#).

Further information can be found here: [Winter LETTER LEAFLET FUEL 2022.pdf](#)

Dear Parents / Carers,

### **A Celebration of Christmas**

On Wednesday 7th December there will be a Christmas themed Day. Students are able to wear a Christmas jumper or Christmas clothing item on top of their normal school uniform. Students should still wear the rest of their uniform.

The school will also be having a Christmas Day lunch for all students including a vegan, veggie option. There is no need to book tickets for the event but please note you may have to top up your parent pay account for purchasing of food on the day. We will have items at break for purchase as well.

The menu for the day will be:

Christmas Meal Deal £2.80 - Main Meal, Dessert and a drink of Orange or blackcurrant squash.  
FSM will be entitled to a free meal deal.

There will be sandwiches on offer for students who do not wish to purchase a Christmas Dinner and students could bring in their own lunch that day too.

The full menu is on the next page and on the website: [St Laurence School | Care • Inspire • Succeed \(st-laurence.com\)](#) (under Latest News)



# merry & bright

MERRY CHRISTMAS  
AND A HAPPY NEW YEAR

**Wednesday 7<sup>TH</sup> DECEMBER**

**Roast Turkey with Pigs in Blankets  
& Stuffing Roast Potatoes and Seasonal Vegetables and  
Gravy  
£2.00**

**Roasted Squash and Vegetable Wellington  
Roast Potatoes and Seasonal Vegetables and Gravy  
£2.00**

**Festive Treats  
Mini Christmas cake OR Mint Vegan Brownie  
£0.95**

**Meal Deal £2.80  
Main Meal, Dessert and a drink of Orange or blackcurrant squash**

**INSPIRED FOOD**  
FSM will be entitled to a meal deal  
There will be sandwiches on offer for students who do not wish to  
purchase a Christmas Diner

\* FOR EDUCATION \*

# Christmas Fair

**Just 12 days to Go!!**



It's now just **12 days** until we hold our inaugural Annual Christmas Fair and are excited to announce more of the stall holders joining us:

- The SLSA - a mini sale of second-hand uniform
- Rachel Wood – handmade silver jewellery and candles
- Sarah Christie – Moroccan homewares and gifts
- Single Hill Flowers – eco-friendly dried flower arrangements and “make your own” floral wreath” kits

There will be festive music to accompany you while you browse for that special gift, students selling hot drinks and mince pies plus a bake sale table. For younger siblings there will be a Santa's Grotto (with thanks to Santa for squeezing a visit to St Laurence School during his busiest time of year).

Remember - The Fair takes place on Wednesday 14<sup>th</sup> December, we have a small number of stalls still available so if you would like to book a **FREE** table please email: [admin@st-laurence.com](mailto:admin@st-laurence.com)

## **One person's trash is another person's treasure!! Can you help our students?**

One of our key stalls at the Christmas Fair will be run by the students *for the* students. We hope that students will be able to buy Christmas presents for family and friends and may have the opportunity to buy something that they might not otherwise be able to afford in the shops.

Please could we ask you to look for any unwanted presents and gifts that you might have at home which are in a good enough condition to be sold on and which you would be happy to donate to our stall. All money raised will be split between the Houses' charities.

All donations would be very gratefully received.



## Winter Warmer Initiatives

Dear Parent / Carer,

We have been working with our catering team on providing a winter warmer initiative during the colder months and to support families in these difficult financial times. Our caterer will be providing, from **Monday 5<sup>th</sup> December between 7.45am – 8.30am in the Restaurant:**

1. Free porridge.
2. Hot chocolate and toast £1.00
3. Hot chocolate and croissant for £2.00.

FSM students will be able to have a **free** hot chocolate and toast.

This will be available every day at the restaurant from 7.45am – 8.30am until 1<sup>st</sup> March 2023.



### From: Mrs Hancock – Head of Music

#### **Date for your diary:**

Wednesday 14<sup>th</sup> December, 6.00pm  
Carol Service at Holy Trinity Church, Bradford-on-Avon

#### **St Laurence Students perform at the Wiltshire Music Centre**

Oliver Clack Year 10 (bassoon) and Immy Clack Year 8 (trumpet) were among a group of local musicians who took part in Moon Hares at the Wiltshire Music Centre last Friday, performing alongside professional musicians from the Orchestra of the Age of Enlightenment.

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

A reminder that on Tuesday 6<sup>th</sup> December there is a GCSE Sociology Taster Session for those in Year 9 thinking about options for 2023.

It is from 3:15 pm – 4:15pm and sign up is via SchoolCloud.





## In Careers this week...

### Focus on: Green Careers

Green careers are a fast-growing global employment sector that touches every company, employer, employee, and education establishment.

Green careers reach into every aspect of our lives and offer young people an exciting array of opportunities.

A green career can be any job, role or occupation that contributes to preserving the environment and our planet.

- Parent and Carer guide to Green careers: <https://www.theparentsguideto.co.uk/post/the-parents-guide-to-green-careers-week>
- Careerpilot: <https://www.careerpilot.org.uk/job-sectors/green-jobs>
- ASK: Scan the QR code to watch this film from Amazing Apprenticeships about possible green careers



### ASK Information Webinar: How to register and apply for apprenticeships

Please find here the link to this webinar for parents, carers and students:

[https://us02web.zoom.us/webinar/register/WN\\_4U6xj9ziR7KcCUgnQeXKeA](https://us02web.zoom.us/webinar/register/WN_4U6xj9ziR7KcCUgnQeXKeA)

### Hi-Tech workshop with the Rosalind Franklin Institute:

On Thursday 8<sup>th</sup> December, all students in Year 9 will be taking part in their Maths lessons in a workshop with interactive activities and Q&A opportunities, aimed at supporting students to gain an insight into careers within the hi-tech industries.

We are very fortunate that the workshop will be run by the Rosalind Franklin Institute, a national institute dedicated to developing new technologies to tackle important national health challenges:

<https://www.rfi.ac.uk/>.

All students will receive an information pack that they will bring home.

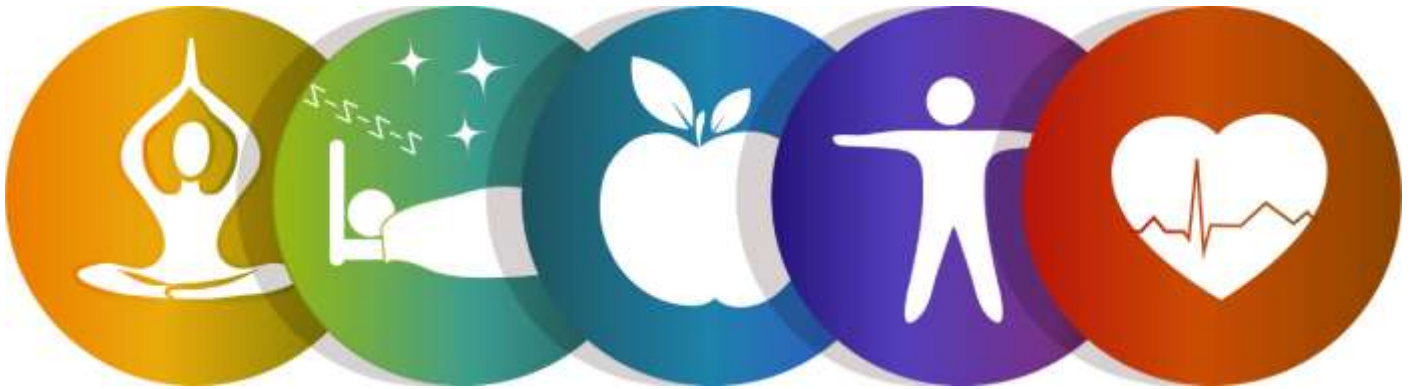
### Get the Jump:

Get the Jump is the website run by the National Careers Service to support students and their parents and carers to develop their knowledge of the different options available to them:

<https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices>



# Mental Health and Wellbeing Self-Help Guide for Students



# ***Crisis? Suicidal thoughts?***

**ASK FOR HELP.** If you have problems that will not go away or you need help to cope, you may need specialist mental health support. Ask your GP or, if you are at school or college, speak to the Guidance staff. **You can also get immediate support from these helplines.**

## **Emotional Support Agencies To Call or Text**

Childline	0800 11 11	Any worries that you have, no matter how big or small Free and confidential
Samaritans to talk	116 123	Free from any phone, 24 hours a day, 365 days a year  about anything that is upsetting you
National Suicide Thoughts Prevention Helpline	0800 689 5652	A supportive listening service to anyone with suicidal thoughts
SHOUT need of	85258	A text service for mental health support if you are in  immediate help
Switchboard webservice	0300 330 0630	If you identify as LGBT+, you can call or use their  All operators identify as LGBT+
NHS Urgent support Mental Health Helpline	0800 953 1919	Discuss your mental health and be referred for further support

## **Ways to be Well**

**NURTURE**



To nurture ourselves we should try to eat well, sleep well, be active and cut out things that are bad for us.

Try and make time to relax and have fun. Try to think positively rather than negatively.

*Could you find a way to nurture yourself - perhaps eat or drink more healthily?*



## Useful websites and apps

**Eat Better Feel Better** - Make changes to how you shop, cook and eat - tips, recipes and advice. [www.eatbetterfeelbetter.co.uk](http://www.eatbetterfeelbetter.co.uk)

**Take Life On** - Find out about ways to eat healthier and get active in your local area. [www.takelifeon.co.uk](http://www.takelifeon.co.uk)

**Relax Melodies App** - Relax, unwind, lose any anxiety and sleep better. Use sounds, meditations, and music to create a relaxing mood.

# BELONG

Our identity is shaped by belonging to a community or a particular group. Feeling that we belong - that we are included - is good for our wellbeing.

*Could you find a new way to connect with someone?*

*Could you join an extra-curricular club?*



## Useful websites and apps

**Bradford on Avon Youth** – Youth Organisation and Community Centre [BoA Youth](#) | [Bradford-on-Avon](#) | [Facebook](#)

**Scouts** - [Scouts](#) – Preparing young people with skills for life – find your local group on the website

**Girl guiding** - [About us](#) | [Girlguiding](#) The leading charity for girls and young women in the UK

# BE ACTIVE

Exercising regularly can make you feel more confident, happier, less stressed, sleep better and be more energised.

Children need to be physically active for at least an hour a day. For adults, activity should add up to at least 2½ hours of moderate activity a week.

*Could you find a way to be more active?*

Reporting a Student Absence: 01225 309501 or Email: [attendance@st-laurence.com](mailto:attendance@st-laurence.com)

## Useful websites and apps

**Local facilities** - helping young people to get involved with sport in a fun and safe environment [Activities for young people - Wiltshire Council](#)

**Better Health – Get Active** [Get active - Better Health - NHS \(www.nhs.uk\)](#)

**My Fitness Pal App** - A free journal App that you can download to help keep track of food and exercise.



**Strava App** - Millions of runners and cyclists use the Strava Running and Cycling GPS App to record activities and share stories.

## BE KIND

Small acts of support and kindness can make a big difference to people and communities. Being kind helps to build trust and a sense of safety.

Giving and receiving from others helps to build a support network. Take notice of how you feel when you give to another person - it can make you feel good.

*Could you do something kind for yourself or somebody else?*

## Useful websites and apps

**Epic Friends** - Helping you to help your friends who might be struggling to cope emotionally. [www.epicfriends.co.uk](http://www.epicfriends.co.uk)



**Borrow My Doggy** - Leaving 'Pawprints of Happiness' on the lives of dogs and people. Dog lovers help out because they love dogs, not to get paid. [www.borrowmydoggy.com](http://www.borrowmydoggy.com)

## ENJOY AND LEARN

A lifestyle that includes enjoyable activities and interests can help you to have greater wellbeing and feel more fulfilled.

Think about what you enjoy doing - it could be something creative, or musical, or outdoors. Only you can decide what you enjoy doing. Try different things until you find what you like.

*Could you find an activity or interest that you enjoy doing?*

Reporting a Student Absence: 01225 309501 or Email: [attendance@st-laurence.com](mailto:attendance@st-laurence.com)

## Useful websites and apps



**Unstuck App** - Unstuck is a digital coach that helps us see and solve situations with fresh perspective through questions, tips, and action tools.

## BE AWARE

Paying more attention to the present moment, being aware of your thoughts, feelings and surroundings can make a difference to how you feel. This is called mindfulness.

Becoming more mindful can help your wellbeing and help you to de-stress. Give yourself some 'me time'.

*Could you find a few minutes of 'me time' each day?*

## Useful websites and apps



**Headspace** - Meditation made simple. [www.headspace.com](http://www.headspace.com)



**Be Mindful** - Learn about mindfulness and how it can help you. [www.bemindful.co.uk](http://www.bemindful.co.uk)



**SafeSpot** - App and website for creating a personal 'safe spot' with tools, resources and planning to get you through tricky times. [www.safespot.org.uk](http://www.safespot.org.uk)



**In Hand App** - A simple tool to help you focus on where you're at and help bring back balance to daily stresses and anxiety. [www.inhand.org.uk](http://www.inhand.org.uk)



**Moodometer App** - Interactive mood diary for monitoring and understanding emotional well-being.

# Self-Help For Mental Health Problems

## *General information and resources about mental health problems*

**MoodJuice** - NHS website designed to help you think about emotional problems and work towards solving them.

[www.moodjuice.nhs.uk](http://www.moodjuice.nhs.uk)

Reporting a Student Absence: 01225 309501 or Email: [attendance@st-laurence.com](mailto:attendance@st-laurence.com)

**Young Minds** - The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Aye Mind** - Improving the mental health and wellbeing of young people by making better use of the Internet, social media and mobile technologies. [www.ayemind.com](http://www.ayemind.com)

**BBC Advice** - Information about mental health.

[www.bbc.co.uk/programmes/articles/4PPP6YxNrgk4dXNjrcvctZg/mental-health](http://www.bbc.co.uk/programmes/articles/4PPP6YxNrgk4dXNjrcvctZg/mental-health)

**Mental Health Foundation** - Information about mental health.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Talk to Frank** - Information about drugs and drug use. Confidential helpline for anyone concerned about drug use.

[www.talktofrank.com](http://www.talktofrank.com)

**Get Self Help** - Self Help and therapy resources.

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

**The Mix** – a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.

[Speak To Our Team | Support For Mental Health & Other Issues | The Mix](#)

**National Self Harm Network** - Support individuals who self-harm to reduce emotional distress and improve their quality of life.

[The NSHN Forum](#)

**CAMHS Resources Websites** – provides links to a collection of websites that provide information and support to young people and families.

[WEBSITES | CAMHS Resources \(camhs-resources.co.uk\)](#)

**DISCLAIMER:** This self-help guide contains links to websites and apps which are not under the control of St Laurence School. We have no control over the content or availability of listed sites or apps. The inclusion of any links does not necessarily imply a recommendation or endorsement. Use of the websites / apps presented in this self-help guide are not intended to be a substitute for a consultation with a healthcare professional. It is up to you to contact a healthcare professional if you are concerned about your health.



# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that parents and carers know what content young people are consuming, what they're posting and the intentions they're having. On social media it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted - sometimes to tragic effect. We might be dazzled by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental health by recognising when something isn't OK and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

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Algorithms feed content by user interest, so users who regularly interact with sports news, may see the latest results at the top of their feed. However, if a user knows content that can cause harm, that's what'll be recommended to them in future. Some platforms have a 'feed' that lists the posts which reflect the most interest. This should not be suggested to them over and over.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of personalised content that's shown. Users can opt to only see posts from people they know or see posts that they don't want to see more of. Some of the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

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Chatting about what your child's seen online helps you work out the context they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that their child has a responsible control in being thoughtful of those who they follow, what posts they like and what comes up in their feeds. If you're not sure, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbled across content that's upsetting or makes them feel bad, it's well worth including your profile any similar content not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to stop seeing content of what your child sees online.

## 5. SET DAILY LIMITS

Phone and most apps can tell you how much they're being used. Spending too long on one app means a third more out on other activities that are important to it - from sleeping. You could set some family rules for everyone to follow - around device use, such as screen time limits and switching devices 'braking' your and in creating the atmosphere that makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not seeing potentially dangerous content. As they grow up, of course, children need to know to check their privacy settings so that you can't see anything you're not supposed to. Be transparent about your own social media use and try to be a good judgemental parent yourself.

## 7. TURN OFF PUSH NOTIFICATIONS

Open for weeks, it's tempting to check an email or message as soon as the start sound rings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to focus on other things that are more important to them. Push notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Using children's internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to highly damaging content. You could consider making a particular app or website a designated space to use phones, tablets and so on - making it much easier to monitor what content your child is viewing and if necessary, steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Special health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and regular sleep as mental wellbeing. Encouraging these activities that are broken down to feel like an encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be increasingly beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This means the risk of being 'out' or 'outed' is minimal, but - just in case you're not - this digital world can still make children feel as if they need to act or feel a certain way to fit in. Talk to your child about peer pressure, and refer to any resources or professionals that support they need.

## Meet Our Expert

Dr. Sarah Johnson is a senior lecturer in psychology at a primary school and an accredited therapy coach, working with children and young people on the NHS, in schools, youth and wellbeing groups. A qualified advocate for children's issues, she is a member of the Chartered College of Teaching and the author of the book 'The Digital World: A Parent's Guide to Keeping Children Safe Online'.





NEW MEMBERS WELCOME

# **U13** **RUGBY** **TRAINING**



**SUNDAYS @ 10AM**

**AGE 12-13 BOYS (YEAR 8)**  
**ALL ABILITIES WELCOME**

Ashley Lane, Bradford on Avon BA15 2HR



**#boarugby**



# Better bus service in BoA?

Would you like to see a Community Owned, Zero-emission, Solar Powered Electric Bus Service in and around the town? Bradford on Avon Area Board and Town Council, The Big Lemon, and Option 24/7 are working together to gauge the potential for this exciting idea. The purpose of this would be both to reduce carbon emissions in the town, and also to provide better bus links for residents to reduce isolation and loneliness.

If you're interested, please take the survey at: [thebiglemon.com/bradfordonavon](https://thebiglemon.com/bradfordonavon) ; physical copies are available from the Town Council offices at Kingston House Office, Kingston Rd, Bradford on Avon BA15 1AA



\*The survey will close on Sunday, 8 January 2023.

**Wiltshire Council**



**The Big Lemon**





## Restaurant Menu for Week Commencing Monday 5<sup>th</sup> December

\*Refer to Christmas Lunch Menu for Wednesday 7<sup>th</sup> December

**SIDE DISHES: A seasonal selection of fresh vegetables and potatoes.**

*\*Homemade soup of the day personalised with a selection of toppings.*

*\*\*Jackets available "naked" or "rubbed" with a choice of chilli oil, garlic oil or Indian spice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>				
<b>Savoury Mince Beef Lasagne</b> with Fresh Salad & Garlic Bread	<b>Toad in the Hole</b> Premium Sausages in a Crispy Batter with Potatoes and Broccoli	<b>Hand Carved Honey Roast Ham</b> with Roast Potatoes, Seasonal Vegetables & Gravy	<b>Tandoori Chicken</b> A Lightly Spiced Chicken Curry served with Turmeric Infused Rice	<b>Crispy Fillet of fish</b> served with Oven Baked Fries and Peas
<b>MAIN COURSE (MEAT FREE)</b>				
<b>Savoury Vegetable Lasagne</b> with Fresh Salad & Garlic Bread	<b>Cheese &amp; BBQ Bean Bake</b> with Creamy Mashed Potato and Broccoli	<b>Vegetable Chow Mein</b> Egg Noodles & Chinese Vegetables served with Black Bean Sauce	<b>Vegetarian Tandoori</b> A Lightly Spiced Vegetable Curry served with Turmeric Infused Rice	<b>Penne Provençal</b> Penne Pasta in a Rich Tomato Sauce Topped with Grated Mature Cheddar Cheese & served with Garlic Bread
<b>TUBS &amp; BOWLS</b>				
<b>Chicken Katsu Curry</b> Crumbed Chicken with a Japanese Curry Sauce with Fragrant Rice	<b>Pasta Carbonara</b> Pasta Spirals bound in a Cheesy Sauce & Topped with or without Crispy Bacon Pieces	<b>Chicken Chow Mein</b> Chicken, Egg Noodles & Chinese Vegetables served with Black Bean Sauce	<b>Pork Tagine</b> Moroccan Spiced Pork served with a Vegetable Couscous	<b>Meatball Penne Provençal</b> Penne Pasta in a Rich Tomato Sauce served with Spicy Pork Meatballs & Garlic Bread
<b>HAND HELD</b>				
<b>Mushroom &amp; Pepper French Bread Pizza</b>	<b>Mexican Chilli Beef Taco with Tomato Salsa</b>	<b>Jumbo Hotdog with Cheese</b>	<b>Three Cheese Pizza Supreme</b>	<b>Chinese Kaathi in a Folded Naan Bread</b>

