

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 21 - 24th February 2023



'Spring Cleaning'

Mr Neves
Executive Headteacher

February half term always marks the halfway point of the school year. As we resume school this week, we begin the second half. In assemblies this week I used the analogy of a football manager's half time talk - that time for the team to reflect on its first half performance and plan for the next 45 minutes. In a similar way I asked students to reflect on the school year since September and to ask themselves how well they had performed: had they given their best efforts? Was everything going the way they had planned? Were there aspects of their participation in school life that could be improved. For those who may feel the first half had not gone as well as possible, I reassured them that there was plenty of time to make an improvement, and that the staff were here to help. This exercise in reflection linked nicely with my second theme: the beginning of Lent. In assemblies and our Ash Wednesday liturgies, we explored the meaning of this special season in the Church's year - some 'spring cleaning' in preparation for the most important celebration in the Church's calendar: Easter. The traditional three themes were presented: prayer, fasting and almsgiving. I reminded students that these next 40 days are an opportunity to re-evaluate our relationship with God and how we are living out our faith in our school community. In order to help with prayer during Lent we have introduced 'SiLent' - a two minute silence at midday, each day at school throughout Lent. At this time we stop whatever we are doing and have time, individually, for prayer and reflection. During the next six weeks we have time to recommit to our values of love and respect, in order that we may all flourish.



St Francis of Assisi
CATHOLIC ACADEMY TRUST

UPCOMING EVENTS

Week Commencing
Monday 27 February 2023
GCSE Mocks

Tuesday 28 February 2023
Year 7 Mass

Wednesday 1 March 2023
Strike Day

Thursday 2 March 2023
World Book Day

Week Commencing
Monday 6 March 2023
Careers Week

Week Commencing
Monday 6 March 2023
Science Week

Half Term Ski Trip



Well done to the 52 students who went on the school ski trip during half term.

Everyone all skied brilliantly and made really fast progress.

We will look to be launching the next trip for 2024 shortly.

Mr Wright
Subject Leader PE



HMD Competition Winners



#HolocaustMemorialDay
27 January

Holocaust Memorial Day Diary Competition Winners!

For this competition, students were asked to research the life of an ordinary person during the Holocaust and write a one page diary entry from their perspective.



We were blown away by the level of research, imagination and empathy that went into all the diaries submitted for this competition.

Congratulations to the following students for their winning entries:



Year 7

Winner = Chisom I

Runner Up = Amelia B

Year 8

Winner = William A

Year 9

Winner = Christabel E

Runner Up = Marius G



Inter House Quiz



This week almost 70 students in Year 9 and Year 10 took part in our Inter House Quiz.

Working in pairs, they had picture rounds of logos and celebrities, a map of USA to complete (and yes, some of them knew where every state went!), a synonyms crossword and a number round.

So there was something for everyone and lots of challenge too!

The six Year 12 helpers were marking furiously until well after the bell went and I am delighted to announce the clear winners as follows:



Year 10: T House

Year 9 : K House



A small group of students will now be invited to an individual round to determine who will represent St Mary's in next month's Rotary Interschool Quiz.



Well done to everyone



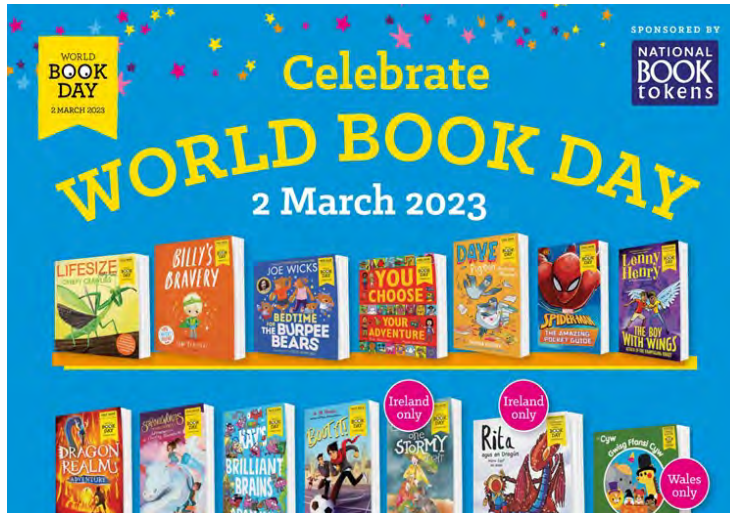
Inter House Quiz



**There was huge
engagement and
enthusiasm from
everyone!**



World Book Day 2023



Following feedback, the World Book Day £1 book tokens are changing from paper to digital tokens for secondary schools.

To exchange the digital book token for a free World Book Day £1 book or get £1 off a full price book or audio book, simply scan the barcode below using a mobile phone/tablet at checkout.

Not all retailers will be able to scan the digital barcode and some may require a printed version so please check with your nearest participating retailer.



SCAN the QR CODE
to get your World Book Day
DIGITAL BOOK TOKEN

Find your nearest participating retailer at: worldbookday.com/participating-retailers

World Book Day ~ Thursday 2nd March ~ Book Swap



For next week's World Book Day, Thursday 2nd March, we will be holding a Book Swap event in the library.

Students can bring a book they no longer want from home to swap for a book brought by someone else.

Any books brought need to be in good condition, and secondary level please.

Books can be dropped before school or break on the day.

Any left over books will be donated to the library or to charity.



World Book Day Competition

DESIGN A NATIONAL BOOK TOKEN COMPETITION

It wouldn't be World Book Day without National Book Tokens' **DESIGN A NATIONAL BOOK TOKEN** competition, the annual nationwide contest that encourages children and young people of all ages to share their creativity – and their love for books and reading – by designing their own fabulous gift cards!

The winning entrants can bag **HUNDREDS** of pounds worth of National Book Tokens for their schools – including, for the overall winner, a £10/€10 National Book Token in their winning design for every student in their class!

This year the theme of the competition is 'Choosing to read'. Young people can interpret this any way they want to celebrate and communicate the joy that comes from choosing to read, as well as choosing which books to read.

To enter, young people should design a National Book Tokens gift card with this theme in mind – and thinking about what might make their gift card appeal to customers if it was on display in a real shop.

NATIONAL
BOOK
tokens



ONE OVERALL WINNER

will get a £10/€10 gift card in their design for every student in their class*, and the opportunity for their class to visit a real bookshop, virtually or in person, to spend their National Book Tokens.

FIRST PRIZE

in each age range wins:

- £350/€380 National Book Tokens for the school
- £100/€110 National Book Tokens for the student

SECOND PRIZE

in each age range wins:

- £200/€220 National Book Tokens for the school
- £50/€60 National Book Tokens for the student

(*Up to 35 gift cards; see terms and conditions for home-schooled students)

HOW TO ENTER

Visit worldbookday.com/competition/design-a-nbt for full details and to download the entry form.

Closing date
for entries is
Sunday 2 April
2023.



World Book Day ~ Audio Books



Does your child enjoy listening to audiobooks?

There are free books available to download, courtesy of World Book Day here:
<https://www.worldbookday.com/world-of-stories/>

World Book Day Audiobooks

Welcome to World Book Day's World of Stories, where you can bring story time to life with audiobooks of your favourite books **FOR FREE**.
www.worldbookday.com

National Careers Week 6-11 March 2023



National Careers Week

NCW

National Careers Week is coming up shortly! The aim of Careers Week is to get the students thinking about their future and to help the students make effective choices about their future career. This year, we are focusing our form time activities on Labour Market Information, something which is crucial for our students to consider. What kinds of jobs will be in demand after leaving school and what kinds of skills will be needed?

We have guest speakers coming in to speak with some year groups, a dedicated career PSHE lesson for each year group and other career related events. We're very excited to get the students motivated and thinking ahead.

During National Careers Week we will be sharing Labour Market Information with you and resources, all of which will be available on our website.

Year 10 Work Experience



Parents and Carers should this week have received a letter and Parent Guide for Work Experience this year which will be taking place Monday 10th July – Friday 14th July 2023.

All Year 10 students are encouraged to find their own work experience placements.

Please read the letter and Parent Guide carefully as it confirms full instructions on how to use the Unifrog Placements tool.

Any questions, please email Mrs Knight Careers at info@stmarys.net.

unifrog

Placements

✖ No placements added

Go to tool >

(Year 12 Work Experience letters will be sent out soon)



Art Department



Artist in Focus... **Rebecca T, Year 13 Student**

Why do you study or love Art?

Tell us about your journey and who you are...

I study Art as it is a chance to express my feelings of the world around me. I have two separate styles of Art, one is quite realistic so I can feel as if I can accurately record the world around me and the other is very much more abstract. My other style is non-conformist and when creating work like this I don't care what it is 'meant' to look like.

Who inspires you?

I love an artist I found on Instagram called **Kuebra**, she's based in Berlin, Germany, and I feel so inspired by her abstract textured pieces.

Where do you want to go and what do you want to do when you leave St Mary's?

After my time here at St Mary's I strive to study fine Art and Norwich University of the Arts.

What advice would you give aspiring artists here at St Mary's?

Art isn't just from one perspective, don't let others work stop you from making it your own and even though it can be tough keep persevering.





Introducing some of our new staff!

Mr Chapman Head of Music (maternity cover)



My name is John Chapman, and I have joined St Marys as a temporary Head of Music whilst Mrs Matthews is on maternity leave.

I arrive having been the Director of Music of a very busy Music Department in another Catholic school in Essex, and for me the blend of faith and education forms a very good basis for one's outlook in life.

In the few weeks since I joined the school we have a new Gospel Choir, we have started our audition process for this year's production of Frozen, and we have plans for a Percussion Ensemble, to add to the other groups we already run in the department.

I am a former professional violinist and I enjoy following Ipswich Town.



One fact many of the pupils find very interesting is in my rather unusual weekly commute to work. I live in Norway!



CAFOD
Catholic Agency for
Overseas Development

CAFOD Family Fast Day 2023

Friday 3 March 2023
CAFOD Family Fast Day

The school will be doing a Soup and Bread lunch time menu on that day to support the event.

This Lent, join in Family Fast Day on Friday 3 March 2023.
Your generosity and prayers will help more families around the world.
Donations can be made on ParentPay.

Student Discounted Rail Travel

greateranglia

Greater Anglia Business Travel offer discount season tickets for students rail travel, and offer significant discounts for students travelling to Bishop's Stortford.



Greater Anglia's Academic Hub

You can buy Annual, Termly or Monthly Subscription scholar rail passes.

Spring Term 2023 passes are now available to purchase.

Greater Anglia offer generous discounts when buying a rail season ticket for your child to travel to school, college or university with them.

On average, students aged 16-19 will save up to **57%** against a full price season.

You can buy either an Annual or a One Term ticket.

Term time rail ticket validity for Academic Year 2022 to 2023 are:

Autumn – 30th August 2022 to 21st December 2022

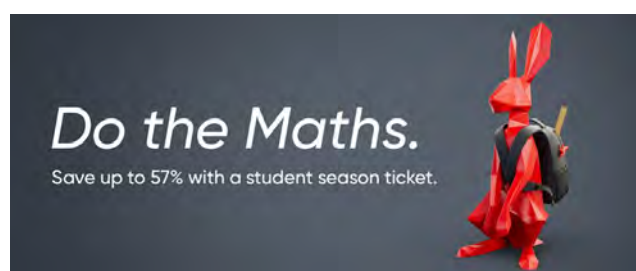
Spring – 3rd January 2023 to 31st March 2023

Summer SHORT Term – 17th April 2023 to 2nd June 2023

Summer FULL Term – 17th April 2023 to 28th July 2023

For information on how to purchase student rail passes, please visit the website:

<https://railplus.greateranglia.co.uk>



TERM DATES REMINDER

Spring Term

Spring Term Ends on Friday 31st March 2023

Summer Term

Students Return to School on Monday 17th April 2023

HALF-TERM WEEK

Monday-Friday 29th May—2nd June 2023

First Steps ED is a leading eating disorder charity providing **hope, opportunities, and choices** to lives affected by eating difficulties and disorders...



Join us!

If you are a parent, carer, or loved ones of someone with disordered eating, you can refer yourself for our 4-week workshop.

To self-refer, use the QR code or visit <https://form.jotform.com/220964041104343>

We believe in early intervention and prevention of eating difficulties and disorders which is why we're passionate about supporting parents, carers, families and professionals to help them play an effective role in recognising the signs of an eating disorder, and providing effective supporting and guidance.

Workshops are available monthly. To register your interest in any upcoming series please scan the QR code or contact our team at info@firststepsed.co.uk



Skills for Carers Workshop

What we'll cover:

Our 'Skills for Carers' course is a four-week course for parents, partners and siblings who wish to understand their role in a loved one's recovery. Each session will offer practical tips and information to help you develop self-reflective and care-giving skills to help support a loved one.

For more support & resources visit



www.firststepsed.co.uk





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#DedicatedtoExcellence

Drugs Awareness Education



On Tuesday 14th March 2023, Paul Hannaford – Drugs Awareness Education Guest Speaker, will be in School and students in all year groups will attend a session in the School Hall.

WHAT DO
PARENTS
KNOW?

There will also be a **Parent Information Session** on **Tuesday 14th March** at 7pm to 8pm in the School Hall.

A Prayer for Lent



*Guide me as I humbly seek to repent and
return to your love.*

*May humility guide my efforts to be reconciled with you
and live forever in your abundant grace.*

Transform me this Lent, heavenly Father.

*Give me the strength to commit myself to grow
closer to you each day.*

We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

<https://www.stmarys.net/vacancies>