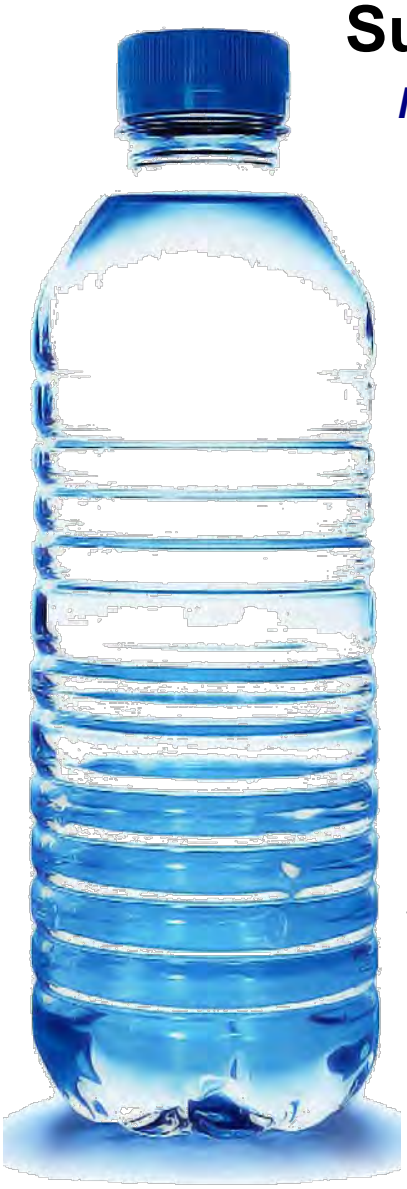
www.stmarys.net info@stmarys.net @StMarysRCDOW

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 33 - 9th June 2023



Summer Term Begins!

Mr Johnston - Headteacher

Summer term has begun this week and the temperatures have been steadily increasing. A weather warning was issued by the Met Office for this weekend and into next week, with temperatures predicted to be in the mid-20s (c25 degrees) for the whole week. On that basis, please note the following points to ensure that the students are more comfortable at school during the day.

- Students to leave their school jumper at home.
- Students to bring in a water bottle and ensure they stay hydrated
- Students to stay in the shaded areas/Refectory at break and lunch time to ensure they are cool
- Students to wear sunscreen and a sun hat/ cap.
- Students with hay fever are to ensure they take preventative measures due to the high pollen levels expected

At this point, we would like the students to arrive at school in their blazers, as the days usually start off cooler, only reaching top temperatures later in the afternoon. We will take a sensible approach to ensuring the students both look smart and keep cool.

It's been a great first week back, and the majority of students have enjoyed break and lunch-times on the school field, which we have opened, or on one of the new picnic tables by the Refectory.

Well done to those students in Year 13 and Year 11 who continue with their external exams this week—not long to go—remember:

"Winners are ordinary people with extraordinary determination!

Have a lovely weekend in the sunshine.

Welcome Back ~ Summer Term

St Francis of Assisi
CATHOLIC ACADEMY TRUST

UPCOMING EVENTS

Week Commencing Monday 12th June 2023
GCSE & A Level Exams Continue ~ Week 4

Monday 12th June 2023
Oracy Day

Wednesday/Thursday 14th/15th June 2023
Year 10 Geography Fieldwork

Week Commencing Monday 19th June 2023
GCSE & A Level Exams Continue ~ Week 5

Wednesday 21st June 2023
Year 7 Theatre Trip to Frozen

Empathy Day

Empathy is being able to experience and understand other people's feelings and points of view

June 8th was Empathy Day and the library currently has a display of books specially picked to develop this important skill.

On Thursday and Friday students took part in an 'Empathy trail' finding out how vital empathy is via definitions from famous authors.

For more information and activities see https://www.empathylab.uk/

Students can earn points for their St Mary's Award by reading one of the titles, so please encourage them to come to the library and take a look.

Year 7 ~ Rewarding Excellence

Well Done to all our students for their academic progress this year

Year 7 top 20 AP3 data students celebrated with a cake break

Year 7 boys reward for top 20 and most improved AP data

Dangers of Teen Vaping

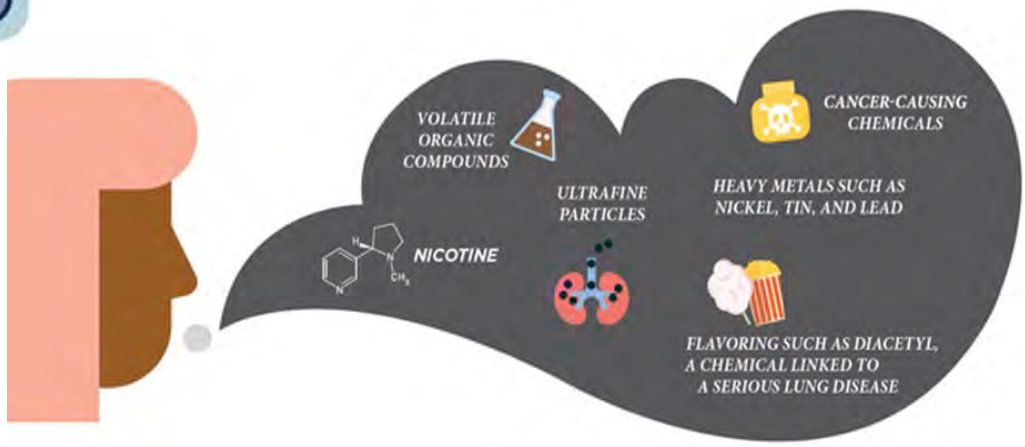
The dangers of vaping by teenagers has been increasingly in the news in the last few weeks as it is a growing significant urgent health concern. Unregulated vapes are commonly found in many pop up shops on the high street and via online shops which sell to children.

Unregulated vapes come in many different designs and styles and are deliberately designed to attract the youth market. A BBC news article has highlighted the importance of this urgent health concern.

In "highlighter vapes" - designed with bright colours to look like highlighter pens - the amounts of the metals found were:

- lead - 12 micrograms per gram, 2.4 times the stipulated safe exposure level
- nickel - 9.6 times safe levels
- chromium - 6.6 times safe levels

The metals were thought to come from the heating element - but the tests showed they were in the e-liquid itself.

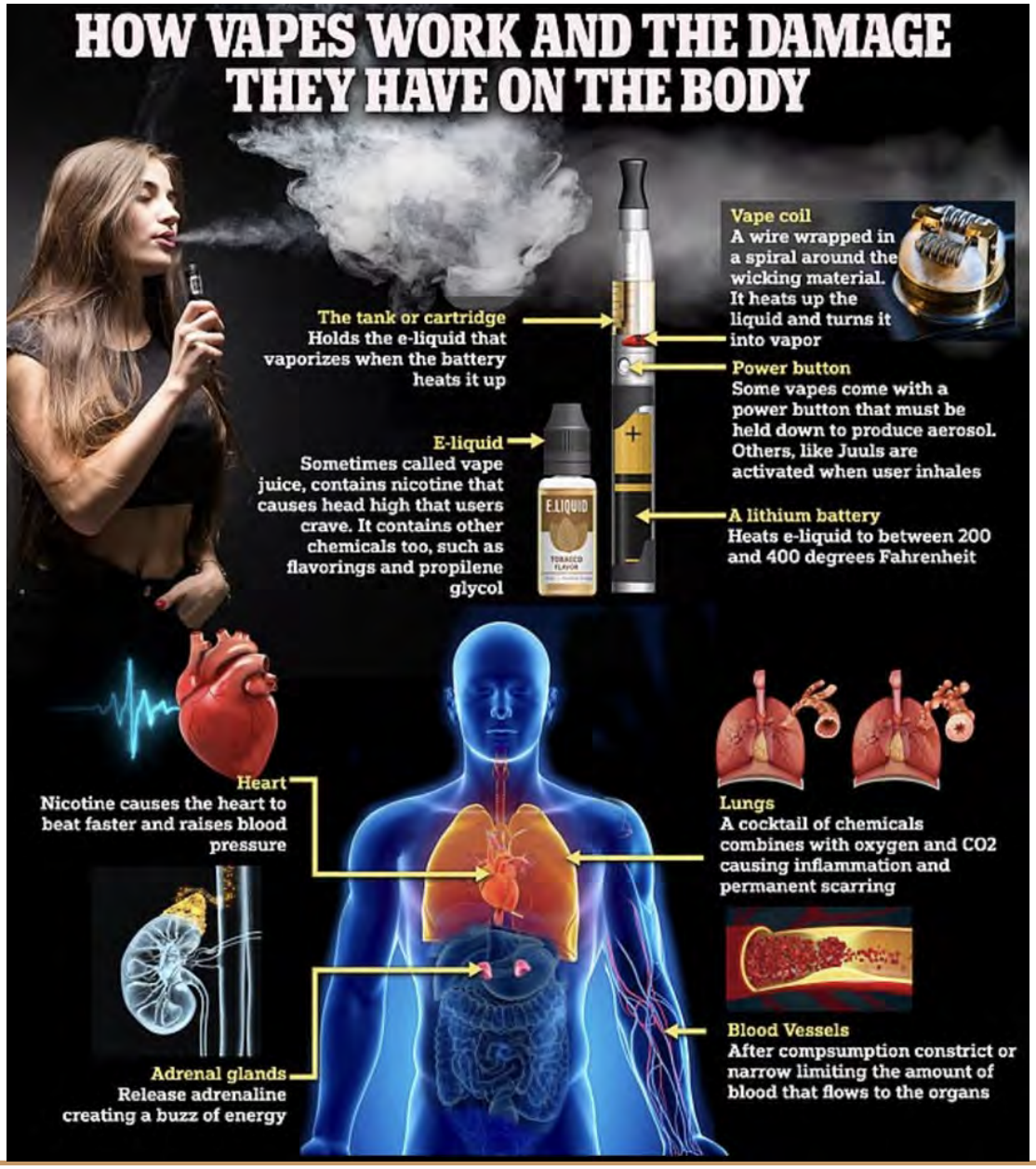


Dangers of Teen Vaping

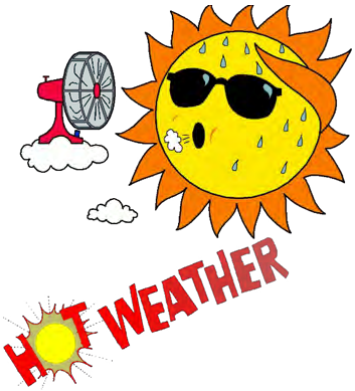
University of Nottingham epidemiology professor John Britton, who sits on the Royal College of Physicians Tobacco Group, said inhaling metals could be dangerous. "Lead is a neurotoxin and impairs brain development, chrome and nickel are allergens and metal particles in general in the bloodstream can trigger blood clotting and can exacerbate cardiovascular disease," he said. "The carbonyls are mildly carcinogenic and so with sustained use will increase the risk of cancer - but in legal products, the levels of all of these things is extremely low so the lifetime risk to the individual is extremely small."

The full newspaper article can be found by clicking this link:
https://www.bbc.co.uk/news/health-65614078

Please do speak with your child about the dangers and addiction of vaping to help ensure we are doing all we can to safeguard our young people.



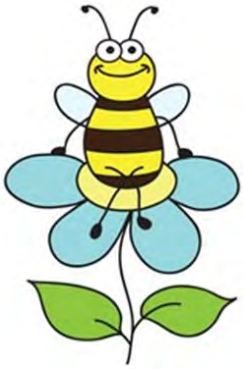
Hot Weather!



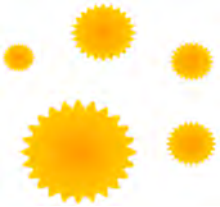
The Met Office has issued the first heat alert of the year as parts of the UK are set to have higher temperatures this weekend.

With warmer weather on its way, can we please remind you:

- Students to bring in a water bottle and ensure they stay hydrated during the warm weather
- Students to stay in the shaded areas/Refectory at break and lunch time to ensure they are cool
- Students to leave their school jumper at home.
- Students to wear sunscreen and a hat
- Students with hay fever are to ensure they take preventative measures due to the high pollen levels expected



Hay Fever Season



If your child has hay fever, please can you make sure they have had their antihistamine medication before coming to school. Students can bring spare medication to the Student Hub. First aid trained staff will administer non-prescription medication when a parent/carer has provided a written letter of consent, and the medication is provided in a labelled container, with instructions for dosage. All medicines are stored safely in the Student Hub.

A big thank you!

Thank you!
To all the parents/carers of Year 11 and Year 13 students who have donated to the library.

This payment item will be closing on 16th June, so there is **still time to contribute!**

You can choose to pay £5 or £10 via Parentpay, using the item 'Y11/13 Leaver book gift to the school library'.

The money will be used to buy a book in your child's name: a special bookplate with your name on it will be added to a new book in the library in September, as a permanent record of your contribution to the school.

Forgetting to bring items into school…?

We have had lots of students forgetting to bring items into school (especially PE kits) and asking their parents to bring them in. Please note: we cannot accept the items at School Reception unless it is for an exceptional reason beyond their control or for medical reasons.

A reminder that Physical Education plays an important part in the curriculum at St Mary's and PE kit must always be worn. When a pupil fails to bring the correct PE kit, students will be issued with a minus house point. The PE Department will lend the pupil PE kit to wear should they forget to bring their own kit. The pupils must wear the PE kit they are provided with.

No Panic ~ Youth Hub

No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.
No Panic also provides support for the carers of people who suffer from anxiety disorders.

Unfortunately, health services in the UK are overstretched and have long waiting times, which despite the fact that over 75% of anxiety disorder sufferers do not even seek professional help of any kind!

No Panic believes each and every one of us will have a dip in our mental health at different times throughout our lives. Mental ill-health knows no class, gender, age or economic boundaries and can affect any one of us at any time. COVID-19 is further exacerbating this already alarming crisis.

No Panic provides crucial support that fills the gaps left by statutory services. Quite often people who contact No Panic have been waiting a long time for therapy or have been refused help as they do not fit the mandatory service criteria. No Panic offers support that can prevent certain situations from reaching crisis point. We have the insight to know that no one treatment will work for an individual. Enabling choice is paramount in helping people to discover their own potential which educates them on how to personally manage their mental health.

Our guiding philosophy is that people can and do recover from mental health issues (however severe they may be), and go on to live lives of their own choosing if they are provided with tailored made needs. Our recovery programs use layperson Cognitive Behaviour Therapy and anxiety management as their base. Whilst no therapy guarantees success, this method has at the present time, the highest success rate.

All of our services are provided over the telephone or internet which provide enormous flexibility, comfort and confidentiality to those we support.

No Panic have a Youth Hub which is accessible to those aged under18. Here you can access parental advice, self-help as well as Youth one-to-one mentoring. Youth Membership is £5 and access to the mentoring is £10 (adult costs are slightly more). For further details please follow this link:

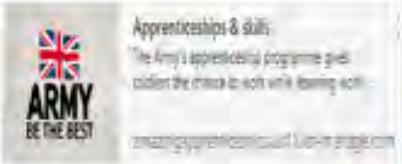
https://nopanic.org.uk/youth-hub/

ST MARY'S CATHOLIC SCHOOL CAREERS BULLETIN

The ARMY offer apprenticeships in:

- Public Services and Health
- Engineering
- Telecommunications and IT
- Animal Care
- Logistics
- Construction
- Business Administration.

For more information visit: https://jobs.army.mod.uk/regular-army/what-you-get/apprenticeships-skills/?cid=mail5255829949



OPEN EVENINGS

LONG ROAD SIXTH FORM COLLEGE CAMBRIDGE

LONG ROAD OPEN EVENINGS
4TH & 5TH JULY 2023, 5–9PM

hrc Hertford Regional College

Thursday 29th June 2023 – 17:30 to 20:00

GO EXPLORE, GO FIND YOUR CAREER

NHS and Social Care Careers Expedition!

Where: ARU Chelmsford CM1 1SQ When:

Monday 3rd July 9:30 – 11:30 or 12.30 – 2.30pm.

Careers Stands Include:

- Social & Community Care
- Midwifery
- Healthcare Sciences
- Ambulance Service
- Pharmacy
- Nursing
- Primary Care
- Mental Health
- Medicine
- Allied Health Professionals e.g. Occupational Health, Physiotherapy, Radiotherapy, Speech & Language, Prosthetics, Podiatrists

Work Experience within the NHS

Work experience is a fantastic way of gaining insight into a career especially what a day in the life is like for that job. With over 350 career options available in health and care it can seem a daunting experience to choose which job is right for you and work experience can help you with those decisions. There are multiple work experience placements within the NHS via their Academy website https://academy.healthierfuture.org.uk/work-experience-and-volunteering/

Get out there, Get Experience, Get Career Exploring!

FASHION RETAIL ACADEMY

Undergraduate and Level 4 Open Evening – Wednesday 21st June 2023. Level 2 & Level 3 Open Day – Saturday 24th June 2023

HARLOW COLLEGE

Apprenticeship Vacancies available NOW with HRC

JOB OF THE WEEK

Outdoor Pursuits Manager

Outdoor Pursuits Managers run centres that allow people to take part in outdoor sports and activities. They often work with target groups such as school children, youth groups, people with needs and young offenders. If you love working with people and being adventurous outdoors, this could be the job for you.

Instructor Salary: £18,000 - £25,000

Management Salary: £35,000

Do you need a Degree? No, although it may help secure a more senior position.

Careers ~ Medicine ~ Information Event

NHS
Health Education England

LINCOLNSHIRE TRAINING HUB
Primary Care Education

FUTURE DOCTOR

Should I become a Doctor?

Virtual Zoom Event– Tuesday 13th of June 6:30 – 8pm

GAIN AN INSIGHT INTO LIFE AS A MEDICAL STUDENT AND DOCTOR.

This presentation, held my medical students, is designed to help Year 9 – 12 students decide whether 'Medicine' is for them. It could also be helpful for anyone else seeking information about the Medicine Application Process – including parents and teachers.

It is will be held on the 13th of June between 6:30-8pm on Zoom. **Please fill in the sign-up form below to receive the log in details,** or find It on our website under Training & Events > Futures Programme > Future Doctor: ***https://forms.gle/GpQkhniCirnnEs7h7***

The evening will include:

- How do I know medicine is right for me?
- The Application Process
- The Medical Degree / Life as a Medic
- Foundation Years (Post Degree)

The discussion will be led by our Student Ambassadors, who are all in varying stages of their medical degrees. There will be time at the end to ask questions.

If you have any more questions, please contact molly.butcher@nhs.net

@HubLincolnshire
@LincsFutures

EMAIL: molly.butcher@nhs.net
WEBSITE: www.lincolnshiretraininghub.nhs.uk

Careers ~ Building Crafts College

It is our mission to offer both craft and technical education in constructiona skills and building conservation a the highest level. This high- quality training enables learners to reach their full potential . Our tutors are experienced, industry experts, who deliver training tailored to the needs of the learners. Training is delivered in our dedicated, high quality workshops and classrooms.

The college is 5 minutes' walk from Stratford (London) Station, with links to the underground and overground rail network and local buses.

Maintaining the traditions of today
for the skills of tomorrow

HOW TO APPLY

www.thebcc.ac.uk

Email: admissions@thebcc.ac.uk

T: 0208 522 1705

Building Crafts College
Kennard Road, Stratford
London
E15 1AH

BUILDING
CRAFTS
COLLEGE

CRAFTING EXCELLENCE

1893

Bench Joinery and Fine Woodwork

WHAT WE DO

The Building Crafts College has great experience liasing with schools and other educational establishments - and those who work with us quickly realise that our learners gain more than a qualification, but a career as well.

Highly desirable, our diplomas and apprenticeships represent a practical alternative to more traditional types of higher education.

Working in conjunction with industry, the staff we employ know exactly what skills make someone attractive to business. Something that is reflected in the very high number of our former students who quickly find employment.

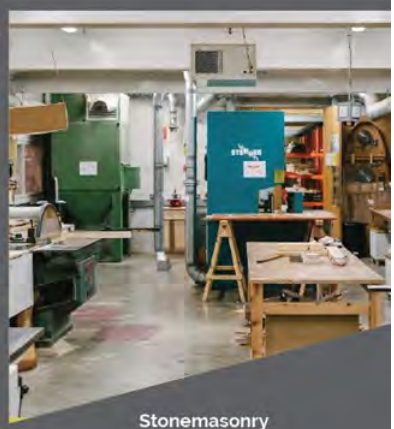
COURSES WE OFFER

Carpentry & Joinery Level 2
Apprenticeship Standard

Advanced Carpentry & Joinery Level 3
Apprenticeship Standard

Architectural joinery
for those aged 16+, and is ideal for anyone who wishes to have a career in a workshop setting

Site Carpentry
For those aged 16+ this will be of interest to people who might prefer to work on multiple building sites



Stonemasonry
Level 2 / Apprenticeship
Banker
Heritage
External Fixer

Along with these core building disciplines we also teach several shorter courses in:

Plastering

Wood Carving

Building conservation and heritage

Furniture Making

Careers in STEM

Routes into STEM Experience for Years 9-10 this SUMMER!

Hello Student,

Are you enjoying your Tech, Design, Maths or Science subjects? Would like to know what exciting future these subjects could lead to?

Join us on our Routes into STEM virtual experience this summer and find out all about **college, university, apprenticeships and careers in STEM**. The experience provides a guided learning for you to work through the content flexibly during the course dates, you will also have a selection of tailor-made STEM projects and activities at your fingertips. A variety of live sessions will give you an opportunity to ask questions to the panels of experts, students and apprentices.

Throughout the duration of the experience you will have a unique opportunity to access content from:

Universities	Colleges	Workshops by companies
Abertay University University of Bedfordshire University of Birmingham University of Cambridge Durham University Heriot-Watt University University of Hertfordshire University of Liverpool University of Nottingham University of Plymouth University of Wales Trinity Saint David University of the West of England University of Westminster	Calderdale College Cardiff and Vale College City College Plymouth Coleg Gwent Cornwall College Coventry College Dundee & Angus College Forth Valley College Kendal College Leicester College Newcastle College North Hertfordshire College South and City College Birmingham South Thames College Warwickshire College	Design and the Built Environment with Arup, Murphy, Balfour Beatty and others Transport and Flight with BAE Systems, Network Rail, Leonardo etc and Studying Aerospace Engineering at University The future of Technology by WCIT, studying IT at college and university, Phyton Tutorial and more The Future of Medicine at University, GSK and NHS Careers The Electric Revolution and Net Zero Explained by Innovate UK, Siemens, Rolls-Royce and many more Energy including Babcock International, Cory Riverside Energy, Bechtel etc Problem Solving – Maths and Forensics including Maths at University, Maths Careers, Forensic Science etc

Although right now it may feel long way to go until summer holidays, the start date is next month. So do not delay and apply today, this is an opportunity not to be missed!

To find out more please visit our website https://www.etrust.org.uk/routes-into-stem-read-more

Careers ~ Styling Courses in September 2023

FASHION RETAIL ACADEMY

STUDY STYLING AT THE FASHION RETAIL ACADEMY

We don't want your students to miss out on our brand-new **fully funded** Level 3 Visual Communications & Styling course for September 2023.

Level 3 Visual Communications & Styling

We'll teach your students to create visual stories for fashion media that engage consumers and transform fashion products into must-have trend pieces. They will learn to create on-brand communications through creative design and styling, as well as how to tell a cohesive and compelling story to their target audience.

- 16 - 18 year olds only
- **Fully funded**
- Equivalent to three A-Levels, awarding up to 168 UCAS Points
- Includes a three-week work placement with a major brand
- Study two full days per week enabling you to work part-time alongside

LOVE-RESPECT-FLOURISH

#DedicatedtoExcellence

School Caretaker Vacancy at St Mary's

School Caretaker - Full Time, all year round

Full Time (37 hours per week)

Salary: H3:5- H4:9 (depending on skills and experience)

Start Date: ASAP

Are you a hands on, practical person looking for a role in an excellent secondary school?

Do you enjoy working on buildings, grounds or property maintenance, or have experience in estates, premises, facilities or caretaking duties? Perhaps you have skills or experience in one or more of these areas and are looking to expand your role.

If you are able to work on your own initiative, practical and hardworking and hold a full driving licence (or be working towards one), and have the skills (or able to learn the skills) to carry out a wide range of practical tasks then we would love to hear from you.

We are looking for someone to take on a full time, all year round role, for 37 hours per week (including working in school holidays and outside school hours). There may also be the opportunity for additional paid hours outside of this, for example relating to lettings etc.

If you think this role might be for you, why not arrange to come in for an informal chat and see for yourself! Site visits are warmly encouraged. Please email recruitment@stmarys.net to arrange a visit.

We look forward to hearing from you!

Apply in writing using the forms available on our website www.stmarys.net: Support Staff Application Form, Consent to Obtain References Form, Rehabilitation of Offenders Form & Recruitment Monitoring Form. Applicants are reminded that they should read the Notes to Applicants before completing an application.

Please note only applications on St Mary's forms will be accepted.

Please contact Recruitment@stmarys.net to submit an application or for more information.

We are hiring!

St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

https://www.stmarys.net/vacancies

Hertfordshire Services for Young People

HAPpy summer holiday projects delivered by SfYP

Young people aged 13-16 who are in receipt of Free School Meals (FSM) or experiencing particular hardship can meet other young people and get involved with fun and informal activities to help with a healthy lifestyle including sports, arts and/or music at our SfYP HAPpy camps this summer. A Free and healthy meal will be provided at each session.

We will be able to share final details on dates, times and booking details soon, but in the meantime if you know a young person who would like to participate, please make a referral on our website.

Services for Young People

Support for young people following exam results

Young people who are getting their A Level and GCSE results this summer can get support from SfYP as they consider their next steps. Whether the results are better or worse than expected, or they want to rethink their plans, our personal advisers can help young people explore their options at this pivotal time. One-to-one personalised advice and guidance is available at young people's centres - call, text or email to make an appointment, or just drop in during the opening times. Phone and video-call appointments are also available. Telephone: 0300 123 7538

Citizens Advice Survey

Citizens Advice East Herts is a local charity which provides free, independent and confidential advice to people on a wide range of issues. They're running a short survey to find out about local community needs, in particular how people would like to access the services they provide. If you'd like to take part, please visit: https://forms.gle/cuhbek5VrDPsU6MYA

Hertfordshire Community NHS ~ Oral Health

Hertfordshire Family Centre Service

NHS Hertfordshire Community NHS Trust

ORAL HEALTH FOR YOUNG PEOPLE

WHAT IS TOOTH DECAY?

Tooth decay is when the hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. Tooth decay can cause pain, and infections, and problems with eating, speaking, playing, learning, smiling and socialising.

Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

REDUCE THE RISK OF TOOTH DECAY

- Brush teeth twice a day with fluoride toothpaste - no rinsing
- You should see a dentist at least yearly
- You should have fluoride varnish at each visit, this is free to all young people
- Use fluoride toothpaste containing between 1,350 ppm and 1,500ppm of fluoride
- Clean in between your teeth every day using floss or interdental brushes

WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.

Dental care is free for children and young people aged 0-19.

TOP TIPS

- Brush teeth morning and bed-time for 2 minutes with fluoride toothpaste
- Only use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse if you rinse, the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to meal times

- Brush to the beat - why not download the Brush DJ app and brush to your favourite song?
- Set reminders and timers on your phone
- Go electric with an electric toothbrush

HOW TO BRUSH