

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 9 - 10th November 2023



Sixth Form Open Evening

Mr Johnston - Headteacher

On Thursday evening, we held our Sixth Form Open Evening. The Sixth Form is the flagship of St. Mary's Catholic School, representing the very best that we have to offer and is an excellent springboard into life at university, taking up an apprenticeship or into employment for students in Year 11.

Entering the Sixth Form, for our internal students, represents the culmination of their 7-year St. Mary's journey, and I believe we offer a compelling proposition. Our approach, in line with our values, develops the whole student. We have an academic focus within a supportive, caring, enriching environment. At St. Mary's, students in the Sixth Form are known as individuals by their teachers, pastoral and support staff.

All of this, alongside a strong emphasis on high quality teaching, an extensive enrichment offer and over 30 courses (including A Level Photography, A Level Textiles, Level 3 Performing Arts and other new courses for 2024 entry) means there has been no better time to join the St. Mary's Sixth Form.

Mr Noble (Director of Sixth Form), Ms Ribeiro and Ms Harritt (Year 12 & 13 Managers), Ms Knight (Careers Advisor) and the Sixth Form Tutor team have got great plans for the future!

Full details, including the Sixth Form Video and latest prospectus are available on the Sixth Form pages of our website now!

Extra-curricular Clubs—JOIN IN!!

Details and timetable Page 10&11

This **ANTI-BULLYING WEEK**
we are holding

ODD SOCKS DAY on
MONDAY 13TH NOVEMBER 2023

Odd Socks Day

Come to school wearing your odd socks to celebrate what makes us all unique!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

REMEMBRANCE 2023
REMEMBRANCE SUNDAY 12TH NOVEMBER

We will Remember them...

UPCOMING EVENTS

Monday 13th November 2023
Anti-Bullying Week ~ Odd Socks Day

Thursday / Friday
16th & 17th November 2023
INSET DAYS—School Closed to Students
Students Return to School on Monday 20th November

Monday 20th November 2023
Oracy Day

Wednesday 22nd November 2023
Red Wednesday

Remembrance Ceremony at St Mary's

On Friday morning, we came together as a school community on the tennis courts to commemorate Armistice Day - 11th November - and, as is traditional, held a two minute silence in memory of those who made the ultimate sacrifice for their country. The ceremony began with some of our students dressed in the uniforms of their cadet organisations who led the school cross, and read the bidding prayers. The History department recalled accounts of people who had lost their lives in wars.



Remembrance Day 2023



Remembrance Day is an annual event, where we remember all the people who have lost their lives while serving in the armed forces. It is also called Armistice Day or Poppy Day.

In the UK, Remembrance Day has been a tradition since the end of the First World War. It is also celebrated in many countries across the globe. People from different backgrounds, cultures, and religions come together to honour Remembrance Day.

We remember the bravery and courage of those who fought in the World Wars on Remembrance Day. We also think about the soldiers who are stationed in war zones all around the world and serving in the armed forces today.

Remembrance Day is celebrated every year on the 11th of November. This is because during World War One, the conflict ended "at the eleventh hour of the eleventh day of the eleventh month". The Armistice was when the war ended, which is why Remembrance Day is also called Armistice Day.

Wearing a poppy throughout November is another popular way to commemorate Remembrance Day and helps us show our respect for those who have died. The reason poppies are used to remember those who have given their lives in battle is because they are the flowers which grew on the battlefields after World War One ended. The red poppy is a sign of remembrance and a symbol of hope for a peaceful future.

***"They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
We will remember them."***

REMEMBRANCE 2023
REMEMBRANCE SUNDAY 12TH NOVEMBER

We will Remember them...

And so we pray...

God our Father, your Son Jesus gave up His life to free us from the power of sin and death.
He showed us that the greatest love is in giving up one's life for others.

Today we remember those who fought and died for our freedom.
We ask you to bless and console them together with their families.

Help us to understand the sacrifices they made in leaving their loved ones to face the horrors of war.
May we never forget their generosity.

May your Holy Spirit give us the courage to resist evil in all its forms and show us how to be peacemakers through prayer and action, lest we forget those who fought, suffered and died, that we might have the freedom we enjoy today.

We ask this through Christ, our Lord.

Amen

Anti-Bullying Week



MONDAY 13TH NOVEMBER

Once again, this year, we'll be kicking off Anti-Bullying Week with Odd Socks Day, supported by Andy and the Odd Socks front man and cBeebies star, Andy Day.

Odd Socks Day provides a chance for children and adults alike to celebrate Anti-Bullying Week in a positive way by asking everyone to wear odd socks to school, work or home. There is no pressure to wear the latest fashion or buy expensive costumes. All you have to do to take part is wear odd socks, it could not be simpler!



ALL ABOUT BULLYING

WHAT IS BULLYING?

The Anti-Bullying Alliance defines bullying as: "the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power."

Put simply this means any situation where your child is being deliberately and repeatedly hurt by other people and they find it hard to defend themselves. This could be face to face or online, in school or in the community. It may be physical, or it could be verbal or emotional. For example, your child might be pushed around by others, called names, or be excluded from friendship groups.

Children may also target aspects about people they feel are 'different' - this could include disability, race, faith, gender, sex, sexuality, poverty, talent, skin conditions, allergies, or situation at home. Children are influenced by the home, community, and society they grow up in, by the things they see, read, and hear, and the people around them. We all have a role to play in creating communities where children feel safe and valued, where we stand up to prejudice and are united against bullying. Most children will experience or witness bullying during the school years: they may be the target of bullying, may be involved in bullying others, may stand by while others are being bullied or may take positive action to stop bullying.

As a parent you have a vital role to play in helping your child recognise bullying and what you can do together to stop it.

HOW DO I KNOW MY CHILD IS BEING BULLIED?

You know your child best. Look out for any changes in their behaviour - for example becoming quieter or withdrawn or acting out and getting in trouble. They may also be reluctant to go to school or take part in their usual activities, may become upset after using their phones or devices, or may complain of frequent unexplained illnesses like tummy upsets or headaches. You may also find that their sleep is disturbed, and they are showing signs of sadness or anxiety.

Your child may share with you that other people are unkind to them or have said or done things to hurt them. Always listen and take them seriously, consider the facts, and work with them on next steps. Children are developing physically, emotionally, and socially and need our help to understand how to behave towards others and when they have crossed a line. For example, children need to learn when teasing or 'banter' can become bullying behaviour (e.g. when it's offensive and/or causes hurt).

For some children it may be particularly difficult to regulate their behaviour or actions, and they may need additional support. Others will be copying prejudicial or harmful behaviour they have learnt from others. It's also common for children to have arguments and friendship fall outs and they will need our guidance to resolve conflict, make amends and move on. The following bullying temperature check can help you decide the situation your child is in - but please remember every situation is different, and if you are not sure, always ask for help.



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Anti-Bullying Week

BULLYING TEMPERATURE CHECK

GREEN

My child seems happy and content. They like to go to school and have good relationships with other children and staff. While they have the occasional situation where others say or do unkind things to them, or they have said or done unkind things to others, they have been able to resolve the situation (including saying sorry if they have hurt someone else).



AMBER

My child is sometimes sad and can be reluctant to go to school. While they mention one or two friends, they seem to have regular fall outs with other children and have mentioned a number of situations where children have said or done unkind things to them, or they have said or done unkind things to other children. They seem unsure how to resolve these situations and I am not sure they are receiving enough help.



RED

My child is often sad or upset and does not like school or their usual activities. They do not seem to have friends and I am concerned that other children often say or do unkind things to them. They urgently need help to resolve the situation and to enjoy their school and social life.



WHEN SHOULD I STEP IN?

It is a fact of life that your child will not be liked by everyone, will probably be on the receiving end of name calling or negative comments, occasionally will feel left out or alone, will make friends, and lose friends, have arguments and disputes, may be involved in physical fights and may get in the occasional spot of bother for hurting someone else. It's important to prepare them for this and work through strategies for handling these situations.

For example, if someone calls them a name – do they retaliate, shrug it off, or tell a teacher? What might be the outcome of any of these decisions? How can they handle an argument? Do we have to be right all the time? How can we be a peacemaker and resolve a disagreement? As much as it hurts when people no longer want to be our friend, what can we control or what else might we do? What can we say or do if someone wants to fight with us?

Working through these scenarios will help your child to feel confident and prepared. You know your child and their situation best, refer to the bullying temperature check and work with them to consider next steps. If your child has been seriously harmed or is at risk of serious harm this is a safeguarding issue, and you should seek immediate help (e.g. call 999 and/or your local children's services team). If your child has been on the receiving end of prejudicial behaviour because of their race or faith, disability, gender, sex or sexuality, even if this was a one-off incident and you don't consider it to be bullying, it's important to alert the school as it may point to a wider cultural issue in the school that needs to be addressed.

HELP! MY CHILD IS BULLYING OTHERS

We are all capable of bullying behaviour. What is important is that we recognise it and endeavour to stop it, and where we have hurt others, learn to take action to put things right. If you have been told by others that your child is showing bullying behaviour, it's important to stay calm and ask for examples of the things they have said or done and the impact this has had on others.

This is your opportunity to explore with your child what has happened, the impact this has had, whether there is anything that has upset or hurt them that has led to that behaviour, what needs to change, and the actions they can take to show they are sorry (e.g. if they have repeatedly left a child out of a game, making sure they include them in the future). Many children who bully others are in a difficult place themselves and will need help to explore how they are feeling, what led to the behaviour, and what needs to change.



SOURCES OF ADVICE AND SUPPORT

FOR PARENTS AND CARERS



Kidscape provides advice and support for parents and carers concerned about bullying. Information is available through the Kidscape website and social media channels, through the Kidscape Parent Advice Line, and regular peer to peer support groups. Parents also can attend workshops to help them support their children through their school journey. For more details visit www.kidscape.org.uk

- Family Lives www.familylives.org.uk
- Parent Zone (digital family life) www.parentzone.org.uk/home
- Red Balloon Learner Centres www.redballoonlearner.org
- YoungMinds (for support with mental health) www.youngminds.org.uk
- Papyrus UK (suicide prevention support) www.papyrus-uk.org
- Report Harmful Content (for cyberbullying and online harms) www.reportharmfulcontent.com
- Childnet International (for cyberbullying and online harms) www.childnet.com
- Internet Matters (for cyberbullying and online harms) www.internetmatters.org/issues/cyberbullying/

ANTI-BULLYING ALLIANCE: PARENT AND CARER ONLINE TOOL



ABA has developed an online anti-bullying information tool for parents and carers. The tool will help parents and carers who are:

- Concerned that their child may be vulnerable to bullying at school
- Worried that their child might be getting bullied
- Aware that their son or daughter is being bullied
- Just wanting to learn more www.anti-bullyingalliance.org.uk/parenttool

FOR CHILDREN AND YOUNG PEOPLE

- Anti-Bullying Pro www.anti-bullyingpro.com
- ChildLine www.childline.org.uk
- The Mix www.themix.org.uk
- Report Harmful Content (for 13+ concerned about cyberbullying and online harms) www.reportharmfulcontent.com
- Childnet International (for cyberbullying and online harms) www.childnet.com
- YoungMinds (for mental health) www.youngminds.org.uk
- Papyrus UK (suicide prevention support) www.papyrus-uk.org

Anti-Bullying Week



Anti-Bullying Pledge

As a member of St Mary's Catholic School community we agree to work together to stop bullying at our school. Everyone has the right to feel physically and emotionally safe at our school. We will do everything we can as members of our school community to create a safe environment for everyone. Bullying is defined as intentional aggressive behaviour that can take many forms (verbal, physical, direct, indirect and cyber bullying). Bullying can be one child bullying another, a group of children ganging up against one child, or one group of students targeting another group. Some examples of bullying include:

- Spreading rumours or posting degrading, or harmful pictures, messages, or information using social media/internet.
- Name calling, joking, or making offensive remarks about a person's religion, gender, ethnicity, sexuality, or socioeconomic status.
- Physical acts of bullying, such as punching, slapping, or tripping someone.

I agree to:

- Treat other members with kindness and respect.
- Not engage in verbal, physical or cyber bullying.
- Abide by the schools anti-bullying policies and procedures.
- Support the students who have been victimized by bullies.
- Speak out against bullying.
- Notify a parent or staff when bullying does occur.
- Be a role model for other students.
- I make a COMMITMENT to take a stand against bullying.
- I will treat others with RESPECT and KINDNESS.
- I will have the COMPASSION to not be a bully and the COURAGE to not be a bystander.
- It is my RESPONSIBILITY to help others being bullied and to report bullying.

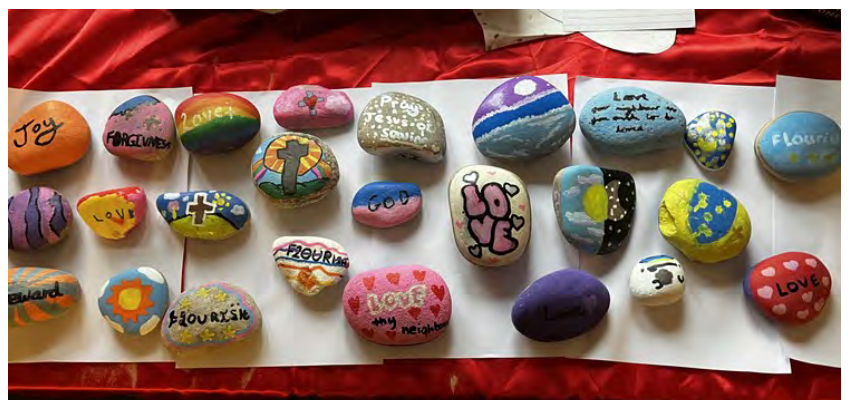
Year 7 Form Day Retreat

This week we continued with our Year 7 Form Day Retreats.



The students attended Mass, and spent time reflecting on how we are called to help others in need and stand up against injustices in our world.

In the afternoon, students had the opportunity to decorate some prayer rocks for our prayer garden.



Religious Education Department ~ Competition



St Mary's Catholic School
Religious Education Department



10th December 2023 is the 75th Anniversary of the Universal Declaration of Human Rights.

COMPETITION!

Title: **"I Stand Up To Racism"**

KS3 competition: Produce a poster on the theme, referring to the principle of Dignity from Catholic Social Teaching

KS4 competition: Write a speech on the theme, explaining the relevance of Catholic Social Teaching

Prizes:

- The winning poster and speech will each receive a **certificate**, a **£20 Amazon Gift Card** and **10 house points**, as well as being celebrated in our "Headlines".
- There will also be a certificate, 5 house points and a small prize for the most highly commended poster and speech.

All entries received will receive a St Mary's Award (Competition) and 1 or 2 house points, depending on effort displayed.

Information:

KS3: Your poster must be A4 to A3 size, single-sided. It must include quotes, reference to human dignity, relevant images and clearly show why you stand up to racism.

KS4: Your speech must be 250-500 words and include relevant quotes, explain why you stand up to racism and elucidate Catholic Social Teaching on this matter.

Ensure the title and your name and form are clearly displayed on your work!

Please submit your entry to your R.E teacher (or to Mrs Lewer) by Friday 1st December 2023. We look forward to receiving your entries!



Religious Education Department ~ Competition



Resources you may wish to use:

Racism, xenophobia and related discrimination and intolerance exist in all societies, everywhere. Racism harms not just the lives of those who endure it, but also society as a whole. We all lose in a society characterized by discrimination, division, distrust, intolerance, and hate. The fight against racism is everyone's fight. We all have a part to play in building a world beyond racism. (Source: United Nations website)

<https://youtu.be/ATu9Pnq5838?t=7>

<https://www.un.org/en/observances/end-racism-day/messages>

<https://youtu.be/NDKOzFyes5Q>

The traumatic events of the Second World War brought home that human rights are not always universally respected. The extermination of almost 17 million people during the Holocaust, including 6 million Jews, horrified the entire world. After the war, governments worldwide made a concerted effort to foster international peace and prevent conflict. This resulted in the establishment of the [United Nations](#) in June 1945.

In 1948, representatives from the 50 member states of the United Nations came together under the guidance of [Eleanor Roosevelt](#) (First Lady of the United States 1933-1945) to devise a list of all the human rights that everybody across the world should enjoy.

On 10 December 1948, the General Assembly of the United Nations announced the [Universal Declaration of Human Rights \(UDHR\)](#) - 30 rights and freedoms that belong to all of us. (More than) Seven decades on and the rights they included continue to form the basis for all [international human rights law](#).

The UDHR marked an important shift by daring to say that all human beings are free and equal, regardless of colour, creed or religion. For the first time, a global agreement put human beings, not power politics, at the heart of its agenda.

The 30 rights and freedoms set out in the UDHR include the right to [asylum](#), the right to [freedom from torture](#), the right to [free speech](#) and the right to [education](#). It includes civil and political rights, like the right to [life](#), [liberty](#), [free speech](#) and [privacy](#). It also includes economic, social and cultural rights, like the right to [social security](#), [health](#) and [education](#).

(Source: Amnesty International website)



PE Extra Curricular Clubs



PE Extra Curricular Timetable HT2

The PE Clubs are open to all abilities, there is no need to sign up or let us know you are going to attend, simply turn up with your kit and join in!

**** Basketball Club starts week commencing 13th November****

Club	Year 7	Year 8	Year 9	Year 10	Senior
Basketball	Monday	Monday	Tuesday	Tuesday	
Girls Football	Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Cross-Country	Friday	Friday	Friday	Friday	Friday

**All clubs run from 3:15 to 4:15pm.
You must organise your own transport home from school.**





Extra Curricular Clubs ~ update

All students are invited to come along and join in our wide range of activities/clubs
(please see website for Autumn Term Clubs)

We have some new clubs on offer this term.

Regular attendance at a club will count towards your St Mary's Award.
Joining a club is an excellent way to make new friends with similar interests and also take part in life outside the classroom here at St Marys.



Monday

***New* Dance Club in the Sports Hall**

Monday

***New* Portuguese Language Club in F2**



Tuesday

***New* Chess Club in F2**

Wednesday

***New* Craft Club in C2**



St Mary's Extra Curricular Clubs ~ Autumn Term See School Website for further details		
	Lunchtime Clubs	After School Clubs
Monday	Choir Club Italian GCSE Language Club Spanish Spelling Bee Club	Drama Club Boys Rugby Yoga Club GCSE Music Club Lexia A Level/GCSE DT Support Club Geography GCSE Support Club
Tuesday	Year 7 Japanese Club	F24 Greenpower Race Club KS4/5 Business and Finance Club Eco Club Homework Club Lexia Chess Club Girls Football Lego Club
Wednesday	*During am Registration* Gospel Choir French GCSE Language Club Mathematic Society Club KS5 Medical Society Club	Homework Club Lexia A Level Sociology Club Debate Club Orchestra Club
Thursday	Games Club Choir Club Sparx Homework Club	Homework Club
Friday	Sparx Homework Club Knitting and Crochet Club Year 11 Spanish Revision Club	Cross Country (All Years) Books & Biscuits Club

INTER - HOUSE CHRISTMAS CARD COMPETITION

A festive illustration on a dark blue background. It features a large yellow bird with green leaves on its back, a small red bird, a yellow bell, and various snowflakes and leaves. The text 'INTER - HOUSE CHRISTMAS CARD COMPETITION' is written in white capital letters at the top.

We look forward to seeing your child's beautiful Christmas creations!



RE News...

YOUNG REPORTER AWARD

2023-24

ENTRIES OPEN FROM
12 JUNE 2023 - 30 APRIL 2024

**£1,000 TO A
YOUNG JOURNALIST**
WHO HAS SHOWN EXCELLENT
KNOWLEDGE AND SKILL IN
REPORTING A STORY COVERING
SOME ASPECT OF RELIGIOUS LIFE

ENTER NOW



SUBMIT YOUR ENTRY TO:
info@religionmediacentre.org.uk

Community Reporting Award for Young Journalists

The Religion Media Centre is to present a £1,000 prize to a young journalist who has shown excellent knowledge and skill in reporting a story covering communities and some aspect of religious life

The entries will be reviewed and shortlist made by the Religion Media Centre team and the winner chosen from the shortlist by a panel of experienced religious reporters.

Criteria for Entry:

- The journalist must be under 30 years of age on April 30th 2024
- All forms of media accepted, the more the better: newspaper, radio, podcast, TV/video report, social media
- The entry must be no less than 800 words or 2 minutes of run time
- The content can be on a story about religion, broadly defined
- Entries must be endorsed by the editor/exec from the publisher
- Entries must be published in the period between May 1st 2023 and April 30th 2024
- Entries must be submitted online by midnight on April 30th 2024

How to Enter:

- Send your story/media including original files and the link where it was published if applicable.
- Submit your entry by email to be reviewed by the Religion Media Centre team:
info@religionmediacentre.org.uk

Religious News in the World



The Religion Media Centre provides a useful compilation of comprehensive religious related news on current affairs and faith. This is a useful link for all sixth form students to widen their depth of knowledge of the world around them. To be religiously conversant in all matters of faith, history and current affairs.

<https://religionmediacentre.org.uk/all-news/>

Introducing some of our new staff...

Welcome our new staff!

Mrs Ribeiro Sixth Form Manager—Year 13



Fifteen years ago, while living in Brazil, I worked for the Brazilian Army. I loved this job, and it taught me many life skills, such as discipline and resilience. During that time, I was studying for a degree as a Dietitian and just a year before I finished, I moved to the UK. My initial plan was to study English for two years and help one of the local churches in Bishops Stortford. Learning English would enrich my career, and living in a different culture would maximize my abilities. However, I was offered an opportunity to work as a Pastoral Assistant in this Church community, and through learning another language and meeting new people, I was able to work with families, young people, and children, helping them overcome their challenges. I am currently studying Psychology and Counselling, and I am grateful for this opportunity.

After four years of not working in a corporate environment, I was pleased to restart and work with young people again, but this time as a Sixth Form Manager. My role involves applying motivation and encouragement, helping students discover their abilities and ensuring they learn to be focused, disciplined and responsible, preparing them for their future careers. As a team, we strive to provide they make the most of their time with us in every aspect.

In my free time, I love spending time with my family and friends. I enjoy baking, watching football, and running, which is the sport that makes me feel great and accomplished.



#RedWednesday – 22nd November 2023

Break the Silence on the persecution of Christians worldwide



LOVE-RESPECT-FLOURISH

#DedicatedtoExcellence



STUDENTS ARE INVITED TO THE ST MARY'S

Christmas Dinner

DECEMBER 19, 2023

Prepay £4.70

Please pay via Parentpay by 01/12/23.
Payment cannot be made on the day

Vegetarian option available

No other food is available
from the Refectory on the day,
packed lunch only.





BISHOP'S STORTFORD
INITIAL TEACHER TRAINING

Are you looking to train to teach?

TRAIN TO TEACH *With us!*

We offer QTS and PGCE routes into Early Years, Primary and Secondary teaching, training in local schools with bursaries of up to £29,000

Please come and meet the Team on:

Thursday 16th November 2023

1pm - 2.30pm

at

Windhill 21, Windhill, CM23 2NE

Please click [here](#) for further information or email recruitment@bsitt.org.uk to register your interest



- ▶ 1 day of provider led training at your training hub.
- ▶ Excellent subject knowledge training.
- ▶ 4 days in school - immersed in school life and learning how to teach.
- ▶ Bespoke course that will meet your individual needs.

COURSES:

- ▶ Primary Age 5-11 | KS1 and KS2 } Tuition for (non-salaried) & salaried
- ▶ PGCE
- ▶ QTS only
- ▶ Primary with SEND Age 5-11 | (Special School experience).
- ▶ Primary with Maths (Leading Maths experience).
- ▶ Secondary Age 11-16 | KS3 and KS4 | (Subject specific): English, Maths, Science (Biology, Physics, Chemistry), Physical Education, Computer Science, Music, Geography, History, Religious Education, Art & Design, Design & Technology, Languages (French, Spanish, German), Business Studies, Dance, Drama, Sociology, Economics, Psychology.
- ▶ Secondary Age 14-19 | KS3 and KS4 | Business Studies, Sociology, Economics, Psychology
- ▶ Undergraduate Degree | 3 years (Education Studies), with Qualified Teacher Status.

WHAT YOU NEED:
GCSE Grade 4 or above in Maths & English (Primary requires Science).
A Degree.
Enjoy working with young people.

We are committed to safeguarding and promoting the welfare of children; relevant DBS checks will be taken.

We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

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