



St. Anthony's Girl's Catholic Academy Newsletter – 20 January 2023



Theme of the week - Light

Foodbank week beginning 23rd January -
St. Joan of Arc
St. John Boste

Foodbank week beginning 30th January -
St. Margaret Clitherow
St. Margaret Ward



Friday 27th January is Holocaust Memorial Day

Prayer

Loving God,
we come to you with heavy hearts,
remembering the six million Jewish souls murdered during the Holocaust.
In the horrors of that history,
when so many groups were targeted because of their identity,
and in genocides which followed,
we recognise destructive prejudices
that drive people apart.

Forgive us when we give space to fear,
negativity and hatred of others,
simply because they are different from us.

In the light of God,
we see everyone as equally precious manifestations of the Divine,
and can know the courage to face the darkness.

Through our prayers and actions,
help us to stand together with those who are suffering,
so that light may banish all darkness,
love will prevail over hate
and good will triumph over evil.

Amen

Mental Health and Well-being

It is Children's Mental Health week from 6th to 12th February 2023 and we will be marking the occasion with a variety of activities in school for staff and pupils. The theme this year is 'Let's Connect' and parents at home can get involved. Teenagers in particular can be reluctant to talk to parents and we all lead busy lives but try to set aside some time and talk to your child. Get them out of the bedroom and try to start a meaningful conversation, about school, interests or even the news! Setting aside some time to be together can be beneficial for you and your child – try to put your phones aside for even a short time, so neither of you are distracted. You may be surprised what you can learn from each other!

The Year 7 Wellbeing Group has been really popular this term and we have been doing some mindful colouring for the last couple of weeks. Next week, we are going to do some posters supporting the 'Five Ways to Wellbeing'. If you feel that your child would benefit from this, please ask them to see Mrs Richardson-Dunn, who can be found in the Haven, or speak to Miss Jones.

Anna Freud are offering some Webinars for parents who may be struggling with managing the emotions of their children. If you are interested, please see the details below or contact Mrs Richardson-Dunn for further information:

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Date: Monday 30th January & Monday 6th February

Time: 12-1pm

Venue: Virtual via Zoom

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

Monday 30th January:

https://annafreud.zoom.us/meeting/register/tJEodO2srDkoGNQEgWyTobBp5f_3qgYHEtX

Monday 6th February:

<https://annafreud.zoom.us/meeting/register/tJAoduqqDspHtMv1TKCbvKj-YePwfElQpqO>

Emergency Contact Details

Please keep us updated with any changes to address, phone numbers or emergency contacts.

Attendance Update

It has been lovely to welcome our students back after the Christmas break. Attendance last term was well above local and national figures, and we were recognised as being in the top 25% of similar schools in England. We have made an excellent start to the term- attendance last week was 2.5% above the National Average for the same week. Please remember that we are unable to authorise holidays during the school term, any enquires regarding term time absence should be made to Mrs Kershaw, our Pastoral Liaison Officer.



List of Key Dates this term

Date	Event
9 February	Sixth Form Open Evening 6:00 -8:00
13 February	Year 11 & 13 Mock Examinations begin
27 February	Year 9 Options evening 5:00 - 6:00 pm
9 March	Year 9 Parent’s evening 3:00 - 6:30 pm (virtual) Early finish for students at 2:20 pm
24 March	Reports to parents Y7-13
30 March	Year 10 Parents’ evening 3:00 - 6:30 pm (virtual) Early finish for students at 2:20 pm

Marriage and Civil Partnership (Minimum Age) Act 2022

In their Personal Development lessons next week, students will be learning about the change of the age of consent for marriage and civil partnerships raising to 18. This means that 16 to 17-year-olds will no longer be able to marry or enter a civil partnership under any circumstances, including with parental or judicial consent from 26 February 2023.

Careers Education, Information and Guidance: Parents

We are hoping to establish some links with our parents/carers and their career journeys, with a view to inspiring our students and raising awareness of different career pathways in the North East. We are particularly interested in females in leadership roles and parents/carers from BAME heritage. If you are interested in taking part, please email careers@st-anthonys-academy.com to express your initial interest.

Valentine’s Day Bookmark Competition



Pupils can come to the library and colour in a bookmark for Valentine's Day. This is a competition and the winners will be drawn in February please add your name and form class to the back if you want to enter.

The deadline is 14/2/23

Story Competition

Story competition



Designed by Kimberley Atkinson
and Dawson Ellis Year 8

Create your own story. The sheet you will need for this will be in the library. There is 4 story starters you can choose from.

This competition will end on the 14th February 2023.

There will be posters around the school for everyone to look at.

The story can be anything you want it to be about, but it must be 1 of the 4 sentence starters. There are lines on the sheet for you to write on. Good luck!!

Samling Opera Academy

On Tuesday, we welcomed professional opera singers and members of the Samling Opera Academy into school. They performed for all of Year 7 and did a question and answer session for them, and then there was a bespoke programme for our GCSE and A Level students and musicians. We also welcomed St Aidan's staff and students to join us. It was a fantastic cultural session which our students thoroughly enjoyed!



Dance City

A group of Key Stage 3 students took part in a Dance City workshop on Wednesday evening with a qualified dance specialist. It was an amazing session. The students took part in contemporary dance and explored a wide range of movements and dance patterns to music. We are looking to host another session with Dance City during school time. If your child loves dance and would like to dance professionally and attend an advanced dance programme with qualified specialists in Sunderland Please ask them to see Miss Hanson. This is an amazing opportunity not to be missed



Durham County Schools Cross Country

Many Students from St. Anthony's and St. Anthony's & St. Aidan's Catholic Sixth form represented Sunderland at the Durham County Schools cross-country at Farringdon on Saturday 14th January. Special congratulations to Adam (3rd), Izzy (9th) and Freya (12th) who have been selected to represent Durham County and the Inter-country cross-country championships on 4th February.

