



# Spotlight: Shining Lamps



*'We should be shining lamps, giving light to all around us.'*  
*Venerable Catherine McAuley*

## St Anthony's Girls' Catholic Academy Newsletter



Dear Parent/Carer,

As 2023 draws to a close, may I take this opportunity to thank you for your continued support for our staff and students at St Anthony's. The home-school partnership is so important in order to bring about the best outcomes for our young people. It has been a fantastic year, busy as always and with much change, but the true spirit of our Mercy ethos of care for others, kindness and respect still very much remains at the heart of all that we do. Our new House system has created a real sense of identity and belonging, and each House has adopted a chosen Christmas charity which means something important to them. Their enthusiasm and dedication to raise much needed funds and Christmas hampers for the disadvantaged in our community reflects the true Mercy ethos of our school and gives us great pride. Thank you for your generosity.

May I take this opportunity to thank Mr Sanderson for all of his help and guidance in his role as Executive Head Teacher this term. He has been a great support to myself and the Senior Leadership Team and we look forward to continuing to work together in the new year as our joint Sixth Form goes from strength to strength. It is a real privilege to take up the post of Acting Head Teacher at St Anthony's and I am looking forward to working with you all as we continue on our journey to excellence in all areas of school life.

We wish you all a happy and holy Christmas and a peaceful new year!

### Staffing updates

Mrs Noble, lunchtime supervisor, left us recently after more than 10 years caring for our girls at lunchtime. We wish her a healthy and happy retirement.

We say goodbye to Mr Butler (Business and Maths) and Mr Hope (Maths and Teaching Assistant) at the end of this term. We thank them both for their years of dedicated service, care and friendship, and wish them both well for the future.

In January we welcome Mrs Hall to our MFL Department and Mrs Woollett to the Maths Department.





## Chaplain's Corner



### Guiding Star

Lord, the sight of the guiding star,  
brought hope, courage and joy  
to those who had journeyed to find you.

When our journey seems long,  
when hope seems far away,  
when our courage is failing  
fill us with faith and trust;  
shine your light on our fears,  
lift our hearts with your joy.

Help us to recognise you  
in our brothers and sisters  
throughout the world;  
show us how we can work together  
so that we may all come to share in the life  
promised to us by Jesus,  
the Saviour of us all. Amen

*CAFOD*





## Chaplain's Corner

### Advent Celebration of the Word

Our Chaplaincy team has delivered Advent Celebration of the Word to pupils, staff and governors in both St Aidan's and St Anthony's schools. We enjoyed inviting everyone to take time to prepare for Christ the light of the world.

We also pray that once we are prepared to welcome Jesus at Christmas we will follow the message from our Christmas Celebration of the Word, which is; 'Stay in your lane and keep your eyes on Jesus'.





## Chaplain's Corner

### Year 7 Retreat

90 year 7 pupils went on the retreat to Emmaus Youth Village in this month. We had wonderful time reflecting on our journey and decisions we have made in so far. We took time out to make new friends and returned to school inspired and ready to embrace the challenges that are ahead of us.



### Older Adults Christmas Dinner

On the 19th of December we held Christmas dinner for older adults from our community. This was a joint venture where both St Aidan's and St Anthony's pupils welcomed and entertained our guests. We are very grateful to all for visiting us and to our pupil volunteers for making this event special.

### Christmas Hampers

We have been busy making Christmas Hampers this half term. The hampers will be given to members of our community to make their Christmas time more festive despite the difficulties they are currently enduring. We have a deep commitment to support all our sisters and brothers in need.





## De Sales Christmas Charity Appeal

Advent has been a busy time for the students of De Sales House!

This year we have supported our foodbank hamper appeal where each form class have worked together to create some wonderful Christmas hampers. In addition to this, our students ran our raffle stall at the Christmas marking making a fantastic £50 for our school foodbank - well done to the winners. We have also tried to spread a little joy among the elderly residents in our school community by supporting the Christmas card appeal. We have sent Christmas cards with lovely festive messages to the residents of Thorncliffe House and Belle Vue Road Care Home. Thank you to all parents and carers who have supported our appeals and we hope we have made Christmas a little brighter for lots of families and our community.





## Lourdes House Christmas Hamper Appeal



## Gabriel House Christmas Hamper Appeal





## St John Bosco Visit



St Anthony's welcomed Year 1 from our current neighbours St John Bosco Primary School. Our wonderful Year 12 students led a carousel of activities giving thanks and celebrating our amazing world and it's people within it. Year 1 did some lovely reflections on snowflakes on things 'that make us go WOW.' Thank you St John Bosco and see you soon.

Holding the bell template in your hand, reflect on (think back on) this last year, it's probably full of highs and lows.  
When you think about something that HAS brought you joy, if you want to write or draw it on to the bell!  
Then hang it up with the other bells and let your joy be shared with others!





## Faith Festival Visits



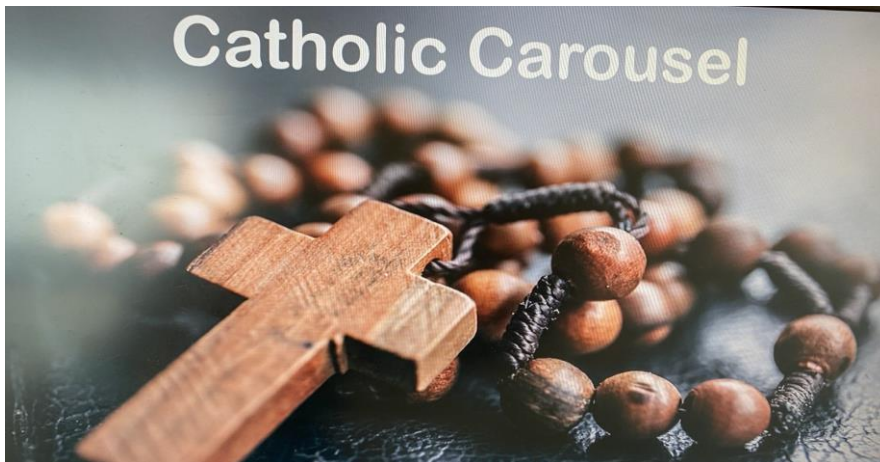
Our annual Faith Festival highlighted our wonderfully diverse community. We had various visitors from the Jewish, Sikh and Buddhist faith as well as many more. Students reflected upon our visits, "I loved learning about the different faiths, it has made me reflect on how much they help others and I want to do the same."







## Catholic Carousel - Faith Festival 2023



During our Faith Festival we invited members of our Parish into our Academy to discuss their faith and work. Students complete a carousel of our faith visitors; including priests, Sisters of Mercy and Parishioners.

Students had a wonderful time investigating their own faith and those of our guests. One student said, "I loved being involved in different parts of the community," and 'taught be lots of new things about the Catholic faith and the different roles people do.'



## Christmas Charity Market



On Friday 15<sup>th</sup> December we held our annual Christmas Charity Market. This was a huge success with lots of stalls run by staff and student leaders. Over £1000 was raised for various charities including: Tiny Lives, Love Amelia, Newcastle Women's Refuge and our School Food Bank. Thank you to all who supported our Market, we couldn't do it without you!



## Safeguarding Updates

### Safeguarding Update

This half term, all staff and pupils have received refresher safeguarding training. In assemblies, students were reminded who to talk to if they had any safeguarding concerns and how to keep safe online.

Our school has a zero-tolerance stance towards any form of peer-on-peer sexual abuse or harassment. Our staff proactively uphold this stance by following the SCAR approach:

**STOP** when you notice

**CHALLENGE** the comment or behaviour

**ADDRESS** let the young person know that it is not appropriate

**REPORT** all incidents should be reported, particularly low-level or first offences, to help build up a picture

Please encourage your children to use our dedicated email for these concerns:

[reportit@staga.co.uk](mailto:reportit@staga.co.uk)

With Christmas approaching and some young people receiving new electronic devices and telephones, it is important that parents monitor their children social media use at home. Please click on the link below for some helpful tips and advice.

[Keep children safe online this Christmas - Top tips - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/keep-children-safe-online-this-christmas-top-tips)

Some parents have continued to raise concerns about an increase in vaping in young people. Current e-cigarette use for 15 year old girls increased from 10% in 2018 to 21% in 2021. In form time, we have highlighted the dangers of vaping to all of our pupils and we would again encourage parents to talk about vaping to their children.

[I'm worried about my child vaping - Support for Parents from Action For Children Vaping: The Facts \(youtube.com\)](#)





## Safeguarding Updates

Please remind your children to stay safe when coming to and from school in the dark. If possible, encourage your children to walk with friends and stay to the well-lit streets, avoiding back lanes. If they have to use the subway between Harvey's and the University, please tell them not to do so alone and avoid approaching any strangers.

### Mental Health Update

Christmas can be a lovely time of the year for many people, getting together with families and friends and exchanging presents. However, it can also be a very difficult time for some, due to issues such as financial worries, illness, bereavement and loneliness. If you are struggling over the Christmas period, please see some useful tips from the mental health charity, Mind:

#### [Christmas and mental health - Mind](#)

If you feel your child is struggling with mental health over the Christmas period, there is a wealth of advice for parents online to provide support. Whilst it is important for young people to have a break from school and relax, also try to encourage them to get out and about, do some form of exercise and meet up with friends. If things become too much, please encourage your child to use the Kooth app, where they can contact counsellors and talk through their issues.

#### [Supporting children and young people with anxiety | Anna Freud](#)

At St Anthony's we are always looking for new ways to support the mental health of our students and staff. With this in mind, Ms Moran has set up a Mental Health Leadership Group, which will focus on pupil voice. The Mental Health Ambassadors had to complete an application to be part of the group and they will meet regularly with Mrs Moran and other staff, to identify ways to improve and support mental health of young people in school.

We would like to wish all our parents and students a happy and mentally healthy 2024.





## Pastoral Updates

### Pastoral Updates

#### **Attendance**

Thank you so much for your support in ensuring that your children attend regularly. Although attendance rates have dipped in recent weeks due to illness and unauthorised holidays, they remain well above regional and national levels. Studies have shown that students with excellent attendance (above 96%) are happier and achieve better at school. Please remember that holidays during term time cannot be authorised and that medical appointments should, where ever possible, be taken out of school hours.

#### **Punctuality**

Our 'Late Gate' system of same day detentions for all students arriving after 8.30am has helped to ensure that punctuality is very good and as a result there is minimum disruption to the school day. Students should aim to be on site by 8.20 am to give them time to get to their designated areas and be ready for a prompt start. Students who are persistently late to school, or to lessons, will be put onto a monitoring programme and will be required to make up time missed at the end of the day.

#### **Behaviour**

The vast majority of our students behave well and are a credit to the school community. They have been rewarded this week when they were given the opportunity to spend hard-earned credits at our Christmas Market. We are working hard to support the minority of students who are struggling to manage their behaviour as we cannot allow them to impact upon the wellbeing of others in the school community.

#### **Uniform**

Uniform is generally very good. Please can you remind your child of the following:

- PE kit is to be worn only on days when there is a timetabled PE lesson. If a child wears their PE kit on any other day they will need to be collected to change or they will have to borrow uniform. Failure to do this will result in them being isolated from lessons.
- Although we relaxed our rules on nails and eyelashes for the last two days of the Christmas Term, we expect our uniform policy to be strictly adhered to from the start of the January Term. False eyelashes and nails are not permitted. Makeup must not be worn and hair must be tied up. Any students in breach of this policy will remain in isolation until the situation is rectified.
- A school bag big enough to hold an A4 file is an important part of our uniform. Students must bring a suitable bag to school. They also need to have their student planner with them every day.





## Personal Development

### School Council

Our school council have been busy this half term. We met with Mr Bullock, our chef, to discuss food choices in the dining hall and to pass on suggestions from students. As a result, Mr Bullock is reviewing the menu and will be feeding back to the school council next term.



We have also been delivering Christmas cards to our local residents this week, living out our Mercy value of 'Building Communities'. We can imagine it's challenging living beside such a large and busy school sometimes, and just wanted to show our thanks through some Christmas cheer!





## Wear Here 4 You

Thank you to the prevention team from Together for Children who have been in school this week with their 'Wear Here 4 You' Bus to chat with Year 11. Students have discussed how to promote safe and healthy relationships and friendships, and have been signposted to other services they may want to use.

'I liked the opportunity to chat in groups about different types of relationships and it was really helpful for the staff to pass on their advice and services we can use if needed' Ava, Year 11

'It was a really useful session and I got a lot from it' Eva, Year 11



## Staff Panto!

On Thursday 21st December all of our students were treated to a very special staff pantomime of Cinderella (oh yes they were!) Students watched as their teachers were transformed into all the famous characters, including the ugly stepsisters, horses and a donkey in three performances over the afternoon as an end of term Christmas treat for them all. We raised a lot of money for our food bank and had so much fun in the process!





## Leadership Groups

We have invited applications and have now selected the members of our Mental Health and Equality and Diversity Leadership Groups. We will be having our first meetings in January to work on plans in our school.

## Mental Health Leadership Group

Miss Moran will be in touch for a first meeting, we are going to be organising training for you all so keep an eye on the Pupil Bulletin



## Equality and Diversity Leadership Group

Miss Moran will be in touch with a meeting date in the New Year

**Congratulations!**





## Careers at St Anthony's

### Work Experience

Year 10 and Year 12 both had their Work Experience launch this half term and have begun looking for their 5 day work placements in July. We have had a variety of exciting applications already, including students going into the engineering, law, beauty and construction sectors.

*If you work for a company or business who would be able to take on one of our students for work experience please get in touch!*

In November we welcomed George from the outreach team at St Anne's College, Oxford, who spoke to Year 8 about future aspirations and life at university. Students learned how degrees work, what a typical university timetable looks like, and the vast choice of courses available. Students asked lots of interesting questions!



We also welcomed Sian from Sunderland College to speak to our Year 11 students about opportunities for study after their GCSEs. Students also completed an application clinic if they were interested in applying to Sunderland college.

## Careers Fair: 31 January 2024

Preparations are well underway for our annual careers fair and we are looking forward to welcoming many providers from the world of work to speak to our students in Year 9 to Year 12 over the course of the day.

If any of our parents/carers would like to be a provider at our careers fair, or would like to be involved in our careers programme in any way, please contact our Careers leader Mrs Dudley [ldudley@staga.co.uk](mailto:ldudley@staga.co.uk) who would be delighted to hear from you!

## RSE Webinar

Thank you to the parents, carers and families that joined us for our RSE information webinar in December. A reminder that our RSE policy and all resources are available for parents/carers via our website.



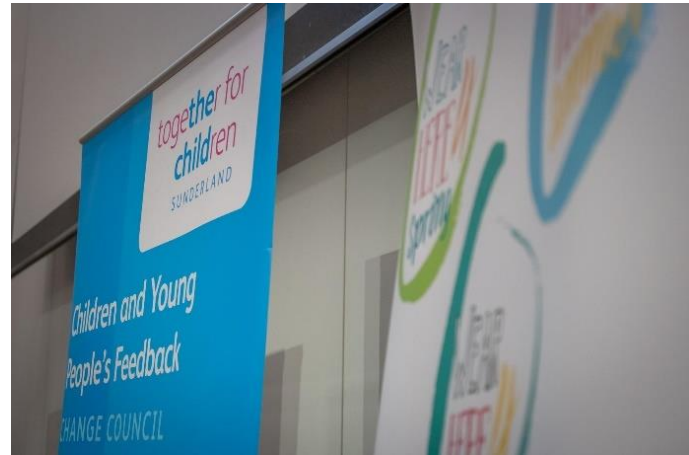
## St Anthony's hosts Sunderland's Anti-bullying conference

We were delighted to host Together for Children's annual Anti-bullying conference in November and welcomed seven primary schools and seven secondary schools alongside our School Council and Anti-bullying leadership group.

Students discussed and debated important topics such as mental health wellbeing, identity and how to prevent bullying and were able to develop communication and teamwork skills.

Della Mitchinson, School Council member in Year 11 said, "The conference really made me think about how we can develop our understanding of anti-bullying strategies in school. We will be working alongside the anti-bullying leadership team in school and our teachers to carry out our pledge to call out bullying when we see it".

We all had an incredibly valuable day with our newly elected leadership groups. Our students were a credit to the school and showed exceptional leadership qualities with our primary school visitors. We look forward to meeting and working on ways to improve our anti-bullying work in school even further.





## Wonder Challenge North East

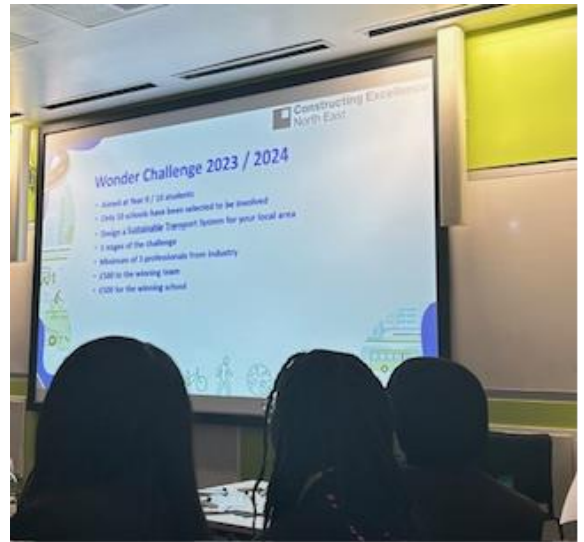
Year 9s were invited to The University of Newcastle this month to the launch of this STEM challenge.

The objectives of the challenge is to provide a structured programme to give young people an understanding of what the construction industry does and the career opportunities available.

The mayor of Newcastle introduced the challenge and pupils were introduced to industry mentors.

Pupils are working together setting up a company working on a design brief.

Good luck year 9!





## Staff Photography Exhibition - 'Autumn' Edition

Over the past term the staff at St. Anthony's have been gathering their best shots to celebrate the beauty of the autumnal world around us. We had over 50 entries into the staff exhibition that have been displayed around school on the TV's. The response to the theme was amazing and the variety and quality of shots was clear for all to see. There were, however, 3 outstanding pieces of photographic work by Mrs Rutherford, Ms Moran and Mr Le Roy (please see images below) in response to the theme. Well done to all staff who took part in the digital exhibition!

Feedback from the digital exhibition has been really positive, so much so that preparations have already started on our 'Winter' theme, so watch this space for some more amazing photographic examples from our staff!

### **Mrs Rutherford's Photographic entry**



### **Ms Moran's Photographic Entry**



### **Mr Le Roy's Photographic Entry**





## BCCET Mass Setting - Catholic Leaders and Clergy Conference

Well done to all students who represented St Anthony's as part of a choir consisting of pupils from the five secondary schools in Bishop Chadwick Catholic Education Trust at the Diocesan Headteacher's Conference Mass, St Mary's Cathedral, Newcastle on Friday 10 November 2023. They performed a new Mass setting 'Gaudete' written especially for our trust by acclaimed composer Will Todd. Our students loved working with Will Todd and were excellent ambassadors for St Anthony's.



## Annie March 2024

Rehearsals are underway for our next Academy musical production coming to St Anthony's in March 2024! We are all very excited to be continuing the St Anthony's musical tradition and to be working with a fantastic cast of over 100 students from Y7-13. We will be advertising for a crew of students to support us with backstage, front of house, lighting, sound etc in the new term so keep an eye out if you're interested!





## St Anthony's Christmas Concert 2023

Our sold-out Christmas concert took place on Tuesday 5 December 2023, involving well over 100 students from Y7-13 in a range of performances including our orchestra, 'Joseph' cast, Junior Choir, Senior Choir, Sixth Form Chamber Choir and a range of solos and ensembles. Thank you to all students and parents for their support, we hope we made you all feel in the Christmas spirit!



## Sunderland Symphony Orchestra Christmas Concert

St Anthony's Senior Choir performed at Sunderland Symphony Orchestra's Christmas Concert on Saturday 16 December 2023 at St Gabriel's Church, Sunderland. Our students sang beautifully and we received some lovely feedback from members of the orchestra who were very impressed with them all. Thank you to Callum Kendray in Y12 for accompanying us too!





## Joy in my Heart

Congratulations to all students who attended 'Joy in my Heart', the final event of the BCCET Journeys of Hope project at Rainton Arena on Thursday 23 November 2023. The evening consisted of lots of joyful singing, rejoicing and building communities across the trust - there were even some opportunities for audience participation! Our students loved working with both Mike McGrother and Will Todd, who worked collaboratively to deliver a wonderful evening of music from 'Give me joy' to 'Caravan of love' to the 'Gaudete Mass' and everything in between. St Anthony's performed 'The Prayer' beautifully and were accompanied by Sister Josepha and Sister Adrienne for a special rendition of 'Sisters are doing it for themselves'. We are so proud of everyone involved, well done and thank you!









## Product Design



This term our students have been learning about new materials and new processes from inputs/outputs to CAD/CAM. This is a sample of their work.





## Eco-Committee

We have completed audits on factors such as water, energy, grounds, transport and food in order to create some specific goals to help improve the school environment. So far students have placed energy saving stickers around school to promote turning off lights, collected batteries from home to be recycled, taken part in flower planting and created eco-friendly crafts to sell at the Christmas Charity market.



**Sunderland  
City Council**



## Certificate of Achievement

### St. Anthony's Girls' Catholic Academy

Has successfully completed 10 actions towards becoming a Climate Friendly School in 2023





## Senior Maths Challenge 2023-24

Forty-two of our Sixth Form students have achieved an award in the UK Maths Trust Individual Senior Maths Challenge 2023-24! The challenge for pupils in Year 12 and 13 is based upon problem-solving, using Mathematics.

*The award of Best in School was shared by Shay Forbes and Luca Trulli.*

Silver awards go to Jack Bowley, Xyrus Gepte, Eve Fawcett, Shay Forbes, Josh Henderson, Nathan Hewison, Callum Kendray, Ben Mulvaney, James Spence, Luca Trulli and Timothy Xue.

Bronze awards go to Aleena Alukkal, Justin Arellano, Sajida Begum, Jael Braimah, Erin Brown, Leanne Cabanting, Alannah Fernandez, Francesca Gale, James Galsim, Bradley Gayares, Aimee Goldsmith, Aisha Gulbar, Thomas Hart, Evie Houghton, Megan Hughes, Anne Joy, Jack Kirkwood, Mason Less, Matilda Maddison, Kristof Abrian Mayamaya, Adam McKenzie, Leo Merritt, Didar Miah, Nayan Nair, Dyjon Nsubuga, Arhum Salman, Isabella Shields, Mpumelelo Sithole, Poppy Smith, Mia Stevens and Murtaza Zahid.

All the students study Advanced Level Mathematics with some also studying Further Mathematics.

Some of our award winners below:



***Well done to all of the students who took part in the Maths Challenge!***





## Maths

Congratulations to our Sparx Maths Stars!

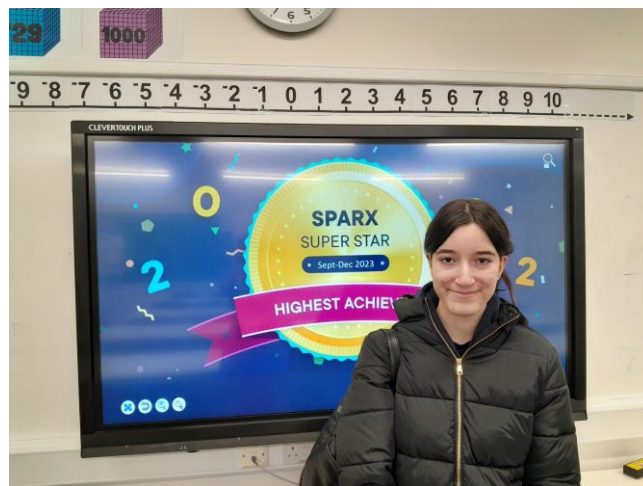
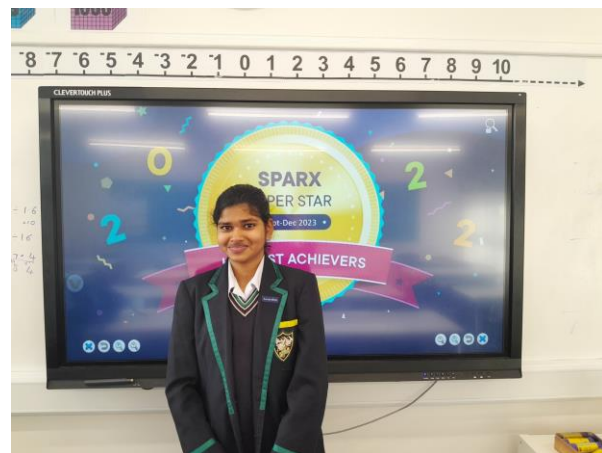
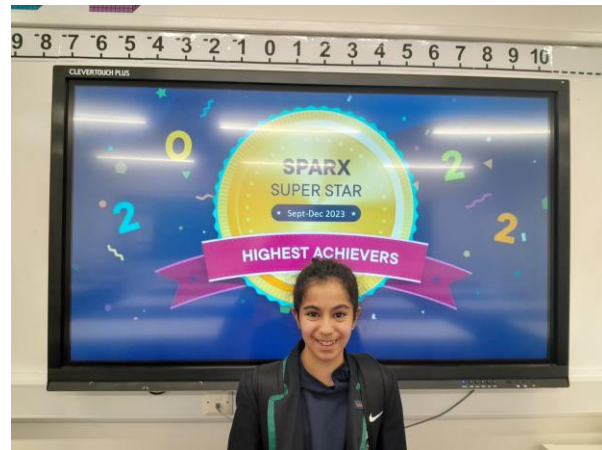
Year 7: Fajr Anber

Year 8: Deborah Alaba

Year 9: Bahran Hangomi

Year 10: Alona Roy

Year 11: Sareen Ariana







## Year 12 Biology - Anatomy trip

Year 12 A level Biologists enjoyed their visit to Sunderland University Anatomy department in October. The session was designed for students to learn about the heart and its blood supply. They got to see the impressive Anatomage table and made a model of the heart and coronary arteries. Students also saw how the heart can be examined using ultrasound thanks to a volunteer patient.



The Anatomage table showing an MRI image of the Human heart





## Year 7 Biology

7Y1 have been learning about energy sources and have been comparing fossil fuels with renewable energy sources. They have made some excellent posters about fossil fuels and the problems with their use.

Pippa Dodds

### What is a Fossil Fuel?

A fossil fuel are known to be the fossil of plants and living things that lived many, many years ago. Most people know that when you burn a "fossil fuel" it produces energy but also smoke. This is because the fossil fuels contain carbon which is a conductor of energy.




### Why are they useful?

Fossil fuels are useful because they are naturally made, easy to obtain and produce large amounts of energy. These points are vital as if we didn't have fossil fuels, the world would not work properly as humans need energy to live.



### How can we help?

Some ways we can help are using them sparingly, find renewable energy instead, tell others to stop using them. These three ways are the simple but effective way to help stop the pollution of our earth and to help improve air quality.



### What is the problem with them?

The problem with fossil fuels is that when burning fossil fuels, it is bad for the environment which contributes to climate change. As well as that, it releases carbon dioxide which is polluting the air, harming and damages our health.



Jennahviva Galsim

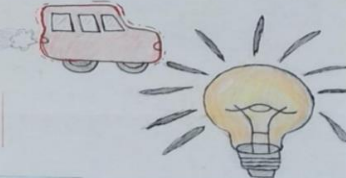
## FOSSIL FUELS

Fossil fuels are formed from the decomposition of Carbon-based organisms that died millions of years ago. They are non-renewable and currently supply 80% of the world's energy.

### WHY ARE FOSSIL FUELS USEFUL?


When fossil fuels are burnt, that provides us humans with electricity, heat and transportation. They also feed the processes that make a huge range of products, from steel to plastics.

*Chemicals from the smoke*




### PROBLEMS WITH FOSSIL FUELS

Producing + creating fossil fuels can cause air pollution that harms health, change climate change, put a harsh impact on ecosystems etc. These changes can also change the chemistry of increasing its acidity which is harmful to the organisms in it.



### WHAT CAN WE DO TO HELP?

Reduce. Reuse. Recycle. Also known as the 3 R's. This is a good example of how to help the environment. Investing in renewable energy sources like solar panels + wind. Supporting companies that use sustainable practices and educating others about the effects of fossil fuels.



Isabel Smith


### What is a Fossil Fuel?

A Fossil Fuel is a hydrocarbon containing material such as coal, oil and natural gas, formed naturally in the earth's crust from the remains of dead plants and animals that is extracted and burned as a fuel. Fossil Fuels may be burned to provide heat to use directly, power engines, or to generate energy.

### Why are they so useful?

Fossil Fuels are used to produce energy; in the home they are burned to produce heat, in large power stations they are used to produce electricity and they are also used to power engines. Fossil Fuels power all the electricity that we need but they are non-renewable so there is a possibility that one day they will run out.


#### Fossil Fuel Examples



### What are the problem with them?


Producing and burning fossil fuels creates air pollution that harms our health and generates toxic emissions that drive climate changes.

#### Fossil Fuel Impacts Include:



### What can we do to reduce?

To reduce Fossil Fuels we can use natural energy e.g. solar energy, wind energy and tidal energy.

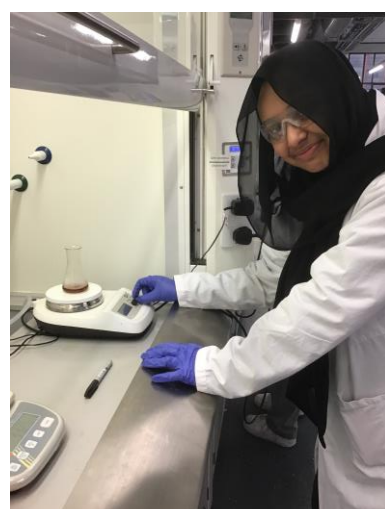
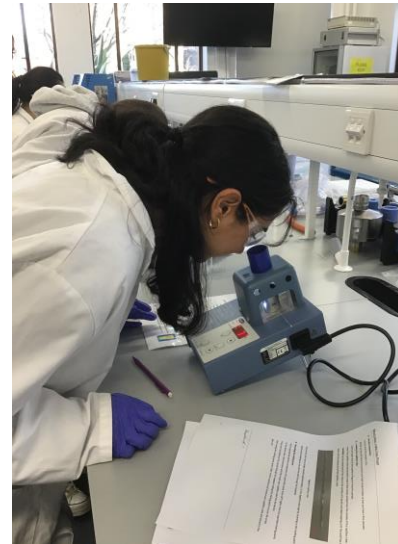






## Year 12 Chemistry

Year 12 pupils spent the day in the Pharmacy Department of Newcastle University. During the day, students were able to synthesise the commonly used medicine paracetamol. They also carried out a range of sophisticated analytical tests including thin-layer chromatography, melting point analysis and infra-red spectroscopy.







## PE & Sport Curriculum Enrichment Activities January - March 2024

Week A	Lesson 4a 12.25-13.15 (50 mins) Lunch 7/8/11/12/13		Lesson 4b 13.15-14.05 (50 mins) Lunch 9/10		After school 15.00-16.00 (60 mins)	
Monday	BTEC Study support Y12 ARD	Department Intervention 7/8/11 LCF, LH & ELA			Staff Fitness 15.15-16.00 ARD Dance Studio	Netball 15.00-16.00 LH & LCF Sports Hall
Tuesday	SL Intervention 7/8/11 ARD		Department Intervention 9/10 LCF, ELA, LH		STAFF TRAINING/MEETINGS	
Wednesday					Badminton 15.00-16.00 ELA Sports Hall	
Thursday	BTEC Study support Y11 ELA W21		SL Intervention 9/10 ARD	BTEC Study support Y10 LCF & LH W20	Trampoline 15.00-16.00 LCF & ARD Sports Hall	Football ELA 15.00-16.00 School Field
Friday	BTEC Study support Y13 ARD		Department Intervention 9/10 LCF & LH		Ski Club 15.45-16.45 Silksworth Ski Slope ARD & ALO	

Week B	Lesson 4a 12.25-13.15 (50 mins) Lunch 7/8/11/12/13		Lesson 4b 13.15-14.05 (50 mins) Lunch 9/10		After school 15.00-16.00 (60 mins)	
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### Year 5 Girls' Football Competition.

Well done to the Year 10 Leadership students. They organised and delivered a very successful year 5 girls' Football Competition.

Congratulations to St. Benet's, the winners of the tournament.

### Sports Hall Athletics

Year 8 students competed in the Sunderland School Games sports hall athletics on Thursday 30th November. They achieved 5th place as a team. Well done to everyone involved.





## Year 7 and 8 Football news

Well done to the year 7 and 8 football team who have made a great start to the season, winning three games out of four. The team have shown excellent teamwork during their games, scoring some fantastic team goals. Well done everyone, keep up the good work!



**FOUNDATION  
OF LIGHT**

THE WORLD AT YOUR FEET

## CHRISTMAS FOOTBALL CAMP

**SIGN UP NOW TO ATTEND OUR FREE TRAINING CAMP  
FOR YEARS 9, 10 & 11 PLAYERS**

**21<sup>ST</sup> + 22<sup>ND</sup> DECEMBER / 3<sup>RD</sup> + 4<sup>TH</sup>  
JANUARY**

**10AM - 3PM**

**SUNDERLAND COLLEGE**

**FOOTBALL COACHING SESSIONS**

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## Sports Hall Athletics

Year 7 students competed in the Sunderland School Games sports hall athletics on Tuesday 7th November. Most students finished in the top 3 in their event and over all the team secured 4th place. Well done to everyone involved.



## Year 7 Netball

Well done to the Year 7 Netball team. They played their first game against Monkwearmouth and played extremely well. The team beat Monkwearmouth B team 8-0 and lost against Monkwearmouth A team 2-10.

A great start!





## ACTIVE 8

Well done to the Year 7 students that took part in Trampolining, Dodgeball and Brazilian Soccer Skills at Farrington Academy as part of the Active 8 programme. It was an excellent evening and enjoyed by all students.



### The Great Active Sunderland Charter



St. Anthony's PE Department celebrate the Silver Great Active Sunderland School Charter. This award celebrates the Academy's contribution to PE, Sport, Physical Activity and its role in the Community. The reward reflects the overall health and wellbeing of pupils, sport and physical activity opportunities and community involvement. Well done to the staff and students involved in PE and sport within the curriculum and the school community. This is a fantastic achievement.



## Year 7&8 School Games Dodgeball

Congratulations to the Year 7 & 8 students who took part in the School Games Dodgeball Competition at Monkwearmouth Academy. They were placed 3<sup>rd</sup> and 5<sup>th</sup> overall. Well done to the students taking part, they played extremely well and thoroughly enjoyed the competition.



## Active 8 – Snowtubing

The Year 7 Active 8 PE group had a fun time snowtubing at Silksworth Ski Slope this week.



## SKI CLUB: NEW BEGINNERS JANUARY 2024

Great News!!!!

We are hoping to offer skiing to new beginners from January 2024.

Please contact Mrs Roddam in the PE department if you are interested.

[enquiries@staga.co.uk](mailto:enquiries@staga.co.uk)

Skiing takes place at Silksworth every Friday 3.45-4.45.  
The cost for next term is £62.50 (10 weeks of ski instruction).





## Alumni - Sophie Jackson



I proudly reflect on my time at St Anthony's from when I started in Year 7 in 2009, to when I left in 2016 in Year 13. I completed A-levels in Economics, Geography, and Government and Politics - a challenging phase that proved to be a significant leap from my earlier GCSEs.

My time at St. Anthony's remains a cherished chapter in my life, filled with invaluable experiences, including my first trip to Parliament 8 years ago with my A-level politics class. On this trip, I questioned Nadine Dorries MP at a youth parliament conference, and little did I know that I would be sharing a workplace with her 8 years later!

I have great memories of engaging lessons in A-level politics that continue to guide me today. Notably, Mrs Smith's A-level Politics class sparked my interest in voting systems, a passion that has translated into my ongoing advocacy for a fairer and more democratic electoral process.

After my gap year, I pursued a degree in International Relations and Politics at Northumbria University. The four-year course included a sandwich year split between Amsterdam and Newcastle studying International Business.

During my university years, I seized opportunities to gain practical experience, completing a work placement with Grahame Morris MP, part-time work for the Labour Party in Newcastle, and offering my time to internships with feminist charities.

Upon completing my degree, I was offered a role as a caseworker in Grahame Morris MP's constituency office. I worked there for two years before I was promoted to the position of Senior Parliamentary Assistant, a role that led to my relocation to the heart of political activity in Westminster.

My responsibilities encompass a wide range of parliamentary tasks, including crafting speeches, formulating debate proposals, raising urgent questions, and overseeing the many aspects of our work in Westminster for the benefit of our constituents.

St. Anthony's laid the foundations for my career journey from the very start when I was elected to the Student Council in Year 7, and the values instilled throughout my school years continue to guide me in my professional endeavours. I will be forever grateful for the supportive environment at St Anthony's that supported my growth and prepared me for the challenges of a career in politics!







## Closing Prayer

Father, please help my family as we head towards Christmas and the new year.

Lord, we ask for Your love to enter our lives.

We're thankful for all we have, and we pray that we can maintain our focus on what is right and good. Father, please guard us throughout the holiday season and prepare our hearts for what is to come in the new year.

In the name of Your son Jesus I pray. Amen.

