



Spotlight: Shining Lamps



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

Happy Easter from us all at St Anthony's Girls' Catholic Academy!

He is
Risen



Twitter: @StAnthsGirls

Facebook: StAnthonysGirlsCatholicAcademy

Instagram: StAnthsGirls





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 Parents and Carers,

I am delighted and honoured to be appointed as the permanent Headteacher of St Anthony's Girls' Catholic Academy in the Bishop Chadwick Catholic Education Trust. It is a real privilege to be entrusted with leading this wonderful school. Founded in 1904 by the Sisters of Mercy, and following in the footsteps of so many inspirational female headteachers, I am fully aware of the huge responsibility that comes with this role.

As a former pupil, a parent of two girls who have attended the school, and a member of staff for over 23 years, I consider my St Anthony's community as family. I am a member of the local community and have built excellent relationships with our students and families over many years. Unlike many newly appointed Headteachers, I am in the fortunate position of knowing my school inside out. I am determined St Anthony's builds on its legacy and strong reputation for providing outstanding all-round education, and inspired by the words of Catherine McAuley, to enable our young people to 'be shining lamps, giving light to all around us', academically, spiritually, and personally, happy and healthy and ready to take their place in the world. I am wholeheartedly committed to retaining our Mercy values and traditions, the thread which runs throughout our daily routines and practices. This is what makes our school unique and distinctive, and I am extremely proud of this heritage and will work hard to ensure it remains very much at the heart of our school life.

As a Catholic school we believe every child is unique and created in the image of God, and we strive to give them every opportunity to become the best version of themselves. I am fortunate to have a very strong team of hardworking, dedicated staff and governors who share my vision for the school, and together we will make sure we employ initiatives and strategies that we can be certain will make St Anthony's go from strength to strength.

The needs of our young people are always at the forefront of school life and drive our decision making, and it is crucial that we work together with parents as the key educators in our children's lives. With your support and commitment of the staff, I will ensure that our high standards and expectations are maintained. Please do get in touch if you have any worries or concerns, the partnership between home and school is vital. I would like to reassure you that as Headteacher I will always do my best to be fair, open and honest and involve parents/carers as much as possible in the life of the school.

I am wholeheartedly committed to ensuring an outstanding education at St Anthony's, and it is my aim to help every student in our care flourish and reach their full potential. Thank you for your continuing support. Have a happy and blessed Easter.

Mrs Marie Lanaghan.





Chaplain's Corner

I will walk in the wind
To meet you Jesus
To let you wash my feet.
I don't want to.
I would rather stay here
in the warm,
Away from your towels
and water
An offers of forgiveness,
For I know what you
mean,
What you ask,
What you give.

But I will come,
For I cannot stay here
alone,
And I cannot run
elsewhere,
For I know that you are
waiting,
Welcoming.
And I know that only you
Can heal me and hold me.

So I will come
With empty hands to your
supper,
Empty hands and dirty
feet.
I will come as your guest
And with water, bread
and wine
You will make me whole
And set me free to serve
you. Amen
Prayer by Ruth Burgess

Our school journey for this term
ends with Maundy Thursday, where
we remember Jesus' teaching for
all of us when he washed the
disciples feet.

*'I, then, the Lord and Master, have
washed your feet, you should wash
each other's feet. I have given you
an example so that you may copy
what I have done to you.'* John
13:15

**How will you follow Jesus's call
to lead through service of others
this Easter?**





Chaplain's Corner

This Lent we have taken time to reflect on how we are created in the image of God. This is called Imago Dei. We also spent time thinking about what we know about God, the Trinity: Father, Son, and the Holy Spirit. God is the community of love and wants us to live in the same way.

We challenged ourselves to create loving relationships in every aspect of our lives. We went to St Mary's Cathedral for Mass and met Bishop Stephen.

A day later older pupils went to the Source at the Cathedral. They enjoyed the opportunity to pray and meet new people.

We are a Mercy School, and therefore, our call to help the poor is very strong. We fundraised for CAFOD this Lent by taking part in the Big Lent Walk. Donations can still be made online through this link.

[Donate - Donation amount - JustGiving](#)

Food Bank

Thank you very much for your kind donations of food towards school Food Bank. We are very grateful for all your help.

Food Bank rota:

- Gabriel w/b 15th of April
- Lourdes w/b 22nd of April
- 6th Form w/b 29th of April
- De Sales w/b 6th of May
- Thomas w/b 13th of May





Chaplain's Corner





SAFEGUARDING UPDATE

Children can be exposed to different views and receive information from various sources. Some of these views may be considered radical or extreme.

Radicalisation is the process through which a person comes to support or be involved in extremist ideologies. It can result in a person becoming drawn into terrorism and is in itself a form of harm.

The DfE have produced advice on the Prevent Duty for schools and childcare providers in England. This gives more detailed guidance about the actions schools and childcare providers should take to prevent and respond to concerns about radicalisation.

At school, staff have undergone updated training this term in relation to the Prevent duty. If you have any concerns or worries in this area, please contact Kath Richardson-Dunn (Designated Safeguarding Lead) on 0191-5658904.

[Radicalisation and child protection | NSPCC Learning](#)

Please see the attached link from the Childline website below. This contains information about staying safe online. It is important that children do not share their passwords with other people, apart from their parents. Please monitor your child's activity on social media closely, to ensure they are safe at all times.

[Staying safe online | Childline](#)

Each app your child uses will have an age rating and it's useful to know what these are. Most have a minimum age of 13 years, but you should check the age rating of individual apps to make sure.

You know your child best, and you might decide that they need to be a little bit older before they can use certain apps.

As part of the governments agenda to reduce Parental Conflict, which Sunderland has adopted the term Relationships Matter, Together for Children have acquired the Oneplusone Digital Resource which consists of three online courses.

The aim of this resource is to help parents reflect on conflict in their relationship with current or ex-partners, and the impact of that conflict on their children. Parents can access the course via a QR code using their mobile phone or tablet.

[OnePlusOne RPC course flier 3-in-1.pdf](#)





Children's Mental Health

CHILDREN'S MENTAL HEALTH WEEK 2024

Children's Mental Health Week took place from 5-11 February 2024. The theme this year was 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

As parents and carers, you play an important role in your child's mental health. This year, we want to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing. Our aim is for Children's Mental Health Week is for all children and young people to be able to say - and believe - "My Voice Matters."

Please click on the link below for tips to help your child with their mental health: [cmhw-24-top-tips-for-families.pdf \(childrensmentalhealthweek.org.uk\)](https://www.childrensmentalhealthweek.org.uk/cmhw-24-top-tips-for-families.pdf)

MENTAL HEALTH NEWS IN SCHOOL:

The Mental Health Leadership Group has met twice this term, to discuss ways to improve and support the mental health of young people in our school. Their first task was to prepare and present assemblies to all Houses in Children's Mental Health Week. Thank you to all the pupils involved and Ms Moran for co-ordinating the group. The group will continue to meet next half term and hopefully implement some of their good ideas, in and around school.

COPING WITH SELF-HARM:

Self-harm is when someone hurts themselves on purpose as a way of trying to manage distressing or overwhelming feelings and experiences. Someone who is self-harming might be dealing with lots of intense thoughts and feelings, and hurting themselves may feel like the only way to cope. Or, they might feel numb and hurt themselves in order to feel something.

If your child is self-harming, or you're concerned they might be, it can be incredibly worrying and upsetting for you as their parent. The important thing to remember is that you and your child are not alone - lots of young people go through this and come out the other side with different ways of coping with their feelings.

If you need any further support or advice in relation to this matter, please contact school and speak to Mrs Richardson-Dunn. There are also many excellent websites which can offer useful information for parents. Here are some suggestions:

[Self-Harm & Mental Health | Guide For Parents | YoungMinds](#)

[Understanding Child Self-Harm & Keep Them Safe | NSPCC](#)

[Helping someone who self-harms - Mind](#)





Staffing Update

We said goodbye to Mrs Rutherford at the end of February as she has taken up a new role working with children in the community. Mrs Rutherford has been a loyal and hardworking member of staff for over 25 years and has dedicated years of service to supporting students in PE and lately in the SEND Department. As well as teaching, she has given her time so generously to take students on international expeditions, outdoor visits to Derwent Hill, Duke of Edinburgh trips, and numerous other ventures to support the personal development of our young people.

She will be a huge miss to the academy but we wish her well in her new role.





Sparx Maths

The following students have excelled in Maths this term and are our Spring Term Sparx Stars:

Year 7: Corin Emmerson

Year 8: Maryjane Ozokonkwo

Year 9: Chisolm Echeta

Year 10: Andrea Nsubuga

Year 11: Natasha Nnaji





English

Congratulations to the Year 7 and 8 creative writing students who have had their work selected for publication in 'The Glitch' Young Writers story collection:

Tess Brotchie,
Katherine Nichols,
Olivia Jacques,
Ava Middleton,
Rebecca Hart,
Georgina Lowes,
Mia Banaszek,
Fajr Anber.

Well done to all entrants - this is a fantastic achievement!





Law

Year 13 BTEC Law students attended Sunderland University to work with lecturers developing their skills in advocacy and applying general defences. This was an excellent opportunity for students to get a feel for what studying Law at university is like. They met staff from the School of Law and used the new moot court area to practice some essential skills. The staff worked with them on content that is essential to their Applied Law exam.

Some students took on the role of the defence counsel and others took on the role of the prosecution. They presented their closing statements to the judge and then decided what they thought the likely outcome of the case would be.

They also had some fun posing in the barristers wig and robe, Mrs Hoey also enjoyed being referred to as ma'am and having full control over court proceedings while pretending to be the judge!

Students were a credit to the school, the staff at the university were very impressed and would love to have some of them as students next year.



MFL

This half term, the MFL Department has been celebrating a wide range of languages and cultures through a poetry competition! Students have been tasked with writing a poem in a language they speak at home, or a language they are currently learning, on any topic that inspires them. We have had some fantastic entries celebrating languages such as Russian, Japanese, Arabic and Igbo, which have been entered into the regional Mother Tongue Other Tongue poetry competition. Well done to the following students for their fantastic entries:

- Jennifer Nwaigwe Y7
- Georgina Lowes Y7
- Rachel Dore Y7
- Isabella Drysdale Y7
- Asil Shaheen Y7
- Janet Clara Gigi Y7
- Neha Shon Y8
- Hoor Kashif Y9
- Andrea Nsubuga Y10

Watch this space for any winners!

Poems - Malayalam	Neha Shon 8LA
ശാന്നി	
മൃത്തുകളി തൻ നാളം പാടുന്നു	
ശാന്നി തൻ ദരല	
പക്ഷി പാടും ശാന്നം കേൾക്കൂ	
ശാന്നി തൻ ദരല	
സരിത്തിൽ നിന്നും മത്സ്യം	
ശാന്നി തൻ ദരല	
കുട്ടികൾ തൻ തിമർക്കും ചിരിയോ	
ശാന്നി തൻ ദരല	
വമ്പത്തിൽ മുളും ശാന്നം	
ശാന്നി തൻ ദരല	
ഉദിച്ചത്ഭവിക്കും സൂര്യഭവൻ	
അലകൾ പാടും ശാന്നവും	
ശാന്നി തൻ ദരല	

ദാമ നിജത്തിടാര
 Omathinkal Kidavo
 Malayalam (This Sweet Babe)
 - ദാമനികളത്തിടാര
 Is This Sweet babe, the bright crescent
 നല്ല ഭാമമുണ്ണമരച്ചുരൾ
 moon of the charming flower of the lotus
 ദരിൽ നിന്ന മടര
 The honey in a flower of
 ചരിതമന്നം തന്റെ നിലാര
 the full moon
 ടന്നൻ പരിഭ്രമിക്കാ
 A pure coral gem, or the pleasant
 മല തന്നകൾ കെട്ടും മലിയാ
 Chatter of parrots
 ചിരയിടും മലയാ
 A dancing peacock, or a sweet singingbird
 ചിര പാലം പാടും മലയാ
 A bounding young deer, or a bright
 കളമടമിടൻ കിടാരം രോ
 Shining Star
 കളമടമിടൻ കിടാരം
 A treasure from God, or the pet
 മലയാൽ തൻ നിലയാ
 parent in the hands of Isvari
 പരമേശ്വരനും മലയാ
 The tender leaf of the Kalpa tree, or
 ചരിതമന്നം തന്റെ
 The Jewet of my tree of fortune
 തന്റെ ചരിതമന്നം രോ
 A golden Casket to enclose the jewel
 of my love

منزل سے آگے بڑھ کر منزل تلاش کر
 مل جائے تجھ کو دریا تو سمندر تلاش کر
 لیرٹیش ٹوٹ جاتا ہے پتھری چوٹ سے
 پتھری ٹوٹ جائے وہ شیش تلاش کر
 سجدوں سے تیرے کیا ہوا صدیاں گزر گئیں؟
 دنیا تیری بدل دے وہ سجدہ تلاش کر
 (علامہ اقبال)

Name: Hoor Kashif



PE



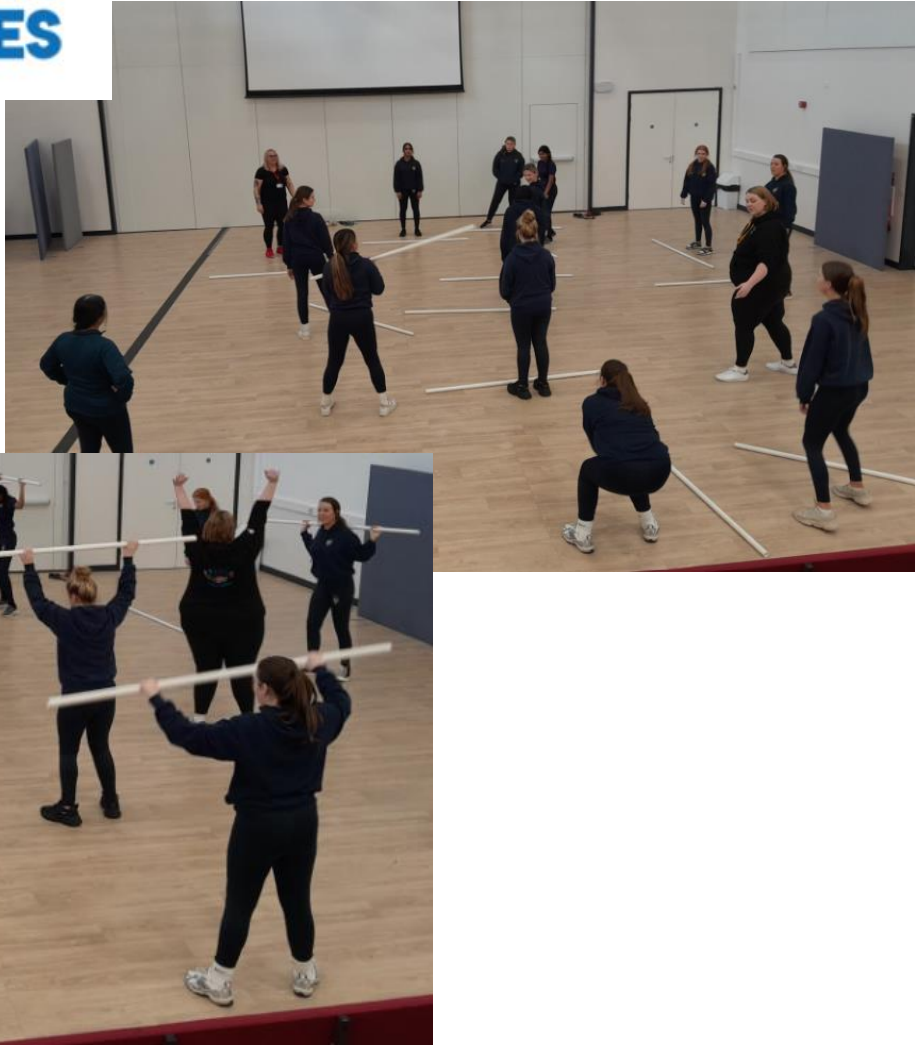
Active Sunderland Schools Triathlon Champions!

Y7 & 8 students from St. Anthony's and St. Aidan's joined forces in the Active Sunderland Schools Triathlon on Tuesday, 5th March. The team were crowned champions overall and Macey was awarded individual champion across the whole competition. Huge congratulations to everyone for representing our schools.





PE



This half term, students in Y10 experienced two Olympic weightlifting taster sessions with Zoe and Gemma from Weight and Cakes Sunderland. Based in Southwick, their core mission is to increase social inclusion, improve fitness and general well-being, as well as improve self-confidence amongst those they engage with in their safe and inclusive space. We look forward to welcoming them back to work with our KS3 students next term.

To find out more and get involved outside of school visit the website [Weights and Cakes |](https://www.weightsandcakes.co.uk/)





PE

#LetGirlsPlay



On March 8th, the PE department celebrated International Women's Day by taking part in the #LetGirlsPlay Biggest EVER Football Session with England Football and Barclays.

180 students in Years 7 & 8 took part in a mass football session.

Football is a core activity within our PE curriculum and is offered as an extra-curricular activity where students have the opportunity to represent the school.





PE

Football is the
most popular
team sport
for children
in England...



BUT ONLY...

LET  **T**

AGED 5-18 PARTICIPATE
EVERY WEEK

and what's more,

G  **R** **L** **S**

OF GIRLS WITHOUT ACCESS
TO FOOTBALL IN PE WANT IT

#LETGIRLSPLAY





Rugby

FREE girls rugby sessions at Sunderland RFC
Monday nights 7-8PM.

Please see Miss Northrop in 3.64 for more details.





PE



Hetton Bike Hub Launch

Hetton Lyons Country Park, April 13 2024 at 10–2pm

Come along to Hetton Lyons Country Park where Active Sunderland, British Triathlon and Springboard will be launching the brand new Hetton Bike Hub. Take part in led walks and runs, bike maintenance and bike hire. No booking required just turn up on the day ready to have fun.

For more information and to hire bikes please contact 0191 526 6684 or email: jpooley@springboard-ne.org

**Active
Sunderland**


springboard
leap to success


Springboard Adventure

 **SWIM
BIKE
RUN**
Hub





PE



Do you want to get into Swim Bike Run but don't know where to start?

Want to get back into it or improve your Swim
Bike Run skills? If so these Hubs are for you.

Find out more by visiting:
mysunderland.co.uk/swim-bike-run-hubs
or scan the QR code



**Sunderland
City Council**

**Active
Sunderland**



oce23218





PE

Extend Panathlon Event 21st March 2024: 4th place!
Well done to our Y7-10 students who competed in the events.





PE - Extracurricular Timetable

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 Sport Revision Y12 ARD S9	Department Intervention 7/8/11 LCF, LH & ELA			Staff Fitness 15.15-16.00 ARD Dance Studio	Cricket 15.00-16.00 LH School Yard/Field
Tuesday	SL Intervention 7/8/11 ARD		Department Intervention 9/10 LCF, ELA, LH		STAFF TRAINING/MEETINGS	
Wednesday					Rounders 15.00-16.00 ELA Sports Hall	
Thursday	BTEC revision Y11 ELA W11		SL Intervention 9/10 ARD	BTEC Study support Y10 LCF & LH W20	Athletics 15.00-16.00 ARD & AMU Field	Tennis 15:00-16:00 LCF Tennis Courts
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)	
Monday	BTEC Sport Revision Y12 ARD S9		Department Intervention 9/10 LCF, ELA, LH		Staff Fitness 15.15-16.00 ARD Dance Studio	Cricket 15.00-16.00 LH Sports Hall
Tuesday			Department Intervention 9/10 LCF, LH		STAFF TRAINING/MEETINGS	
Wednesday	SL Intervention 7/8/11 ARD	Department Intervention 7/8/11 LH			Rounders 15.00-16.00 ELA Sports Hall	
Thursday	BTEC revision Y11 ELA W21		SL Intervention 9/10 ARD	BTEC Study support Y10 LCF & LH W20	Athletics 15.00-16.00 ARD & AMU Field	Tennis 15:00-16:00 LCF Tennis Courts
Friday	BTEC Study support Y13 ARD		Department Intervention 9/10 LCF		Ski Club 15.45-16.45 Silksworth Ski Slope ARD & ALO	





PE

Tennis lessons during the summer term



During the summer term all PE classes will visit the tennis courts for a 6-lesson block based on a rotation between April-July.

The tennis courts are located on Thornholme Road, adjacent to Thornhill School.

All classes travel to and from the tennis courts on foot escorted by their PE teacher, via Thornhill Terrace, Beechwood Terrace, and the zebra crossing on Thornholme Road.

PE staff carry the department mobile phone, there is a first aid kit at the courts and on arrival the gates to the courts are locked for the duration of the lesson.

If the lesson takes place during period 5, to make the most of the available lesson time, students are dismissed at 3pm from the tennis courts:

The following options are available:

1. Parents are permitted to pick students up from the courts. This must be at 3pm.
2. Students are permitted to walk home or to their usual bus stop.
3. Students are permitted to return to school to meet friends/siblings, and they will be escorted by their PE teacher. They will arrive back at school between 3.05-3.10pm.





PE

Easter Holiday Activities



Fun sports, activities and games for young people with SEND, aged 8 - 19 years. Siblings are welcome!

Suggested donation of £1 pp



Week 1: 2nd-5th April

Wednesday 3rd

10am-12nn at Nelson Village
Community Centre, Cramlington,
NE23 1HG



Friday 5th

10am-12nn at The Venue, Community
Centre, Stanley, DH9 6AH



Week 2: 8th-12th April

Monday 8th

1.45pm-3.45pm at
The Pavilion, Peterlee, SR8 1ER

Tuesday 9th

10am-12nn at Tyneside Badminton
Centre, Newcastle, NE5 2TA

Wednesday 10th

10am-12nn at Nelson Village
Community Centre, Cramlington,
NE23 1HG

Thursday 11th

10am-12nn at
Jubilee Fields Community
Centre, Shildon, DL4 2AL



Book now:

info@smilethroughsport.com

01670 457 757



@smilethroughsport



@smiletsport





Personal Development

Year 10: Army Youth Challenge day

On Friday March 22nd, fifty Year 10 students visited Albemarle Barracks in Newcastle-upon-Tyne to take part in a series of challenges and to learn about what life in the army is like.

Students learned how to look for signs of life in the forest, how to camouflage themselves, how to work as a team to carry a 'casualty' to safety across 'dangerous terrain' and how to shoot at targets. Students also learned some basic first aid skills such as how to make a tourniquet. At the end of a fantastic day, students were told about the breadth of careers available in the army and army staff did a question and answer session.

Congratulations to Mia Elliott, who was nominated 'student of the day' and was awarded a certificate from Major Bob Humphries!



Make Your Mark ballot

Students in all year groups had the opportunity to vote in Youth Parliament's 'Make Your Mark' initiative, where students had to decide on the top three areas affecting young people in the UK today. This also served as a key reminder to the importance of the British value of democracy in our society.

Ten members of our school council have been invited to take part in the debate at the mayor's chambers in April!



National Citizenship Service: Year 11

Representatives from NCS came into school to speak to Year 11 about an opportunity for their 'Away from Home' experience in the summer holidays. The residential is aimed at students wanting to build employability skills and push themselves outside of their comfort zone, and looks brilliant on application forms and CVs. For more information, please visit the website <https://wearencs.com/what-is-ncs>

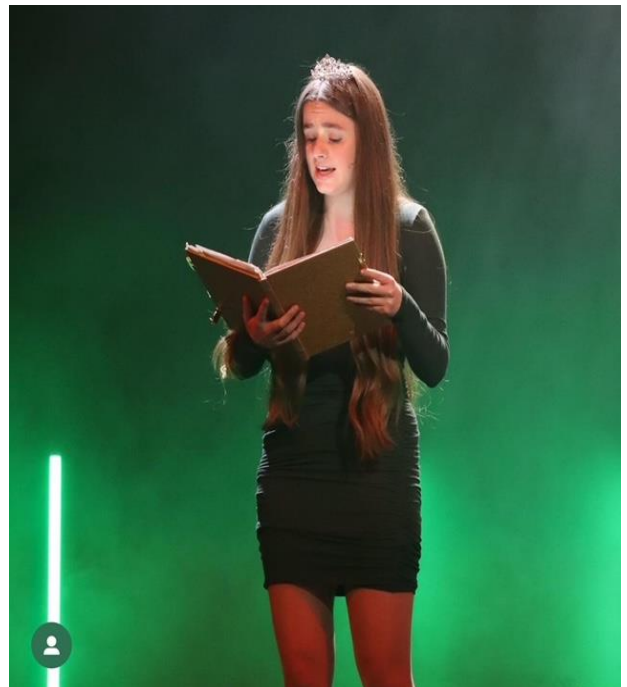


Music

Student Achievement:

Congratulations to Ruby Hill, Ava Welsh and Imogen Whelam in Y10 who performed 'I Know It's Today' from Shrek at the Gala Theatre Durham during February half term after winning another competition.

The girls originally won our school Search For A Star competition with this song last year too! Well done to you all!





Music

GCSE Music:

Some of our GCSE Music students attended Mozart's Clarinet Concerto performed by the Royal Northern Sinfonia at the Fire Station, Sunderland on Sunday 25 February. It was brilliant!

The Royal Northern Sinfonia are coming back to the Fire Station in May to perform Vivaldi's Four Seasons and we highly recommend it! Under 18 tickets are available for only £4.55!





Annie

We have reached the finale of our latest school production 'Annie Junior' and it was a resounding success! We had over 120 students involved in our cast, backstage crew, front of house team and orchestra - well done to everyone involved, the musicals team are all so proud of you and the show wouldn't have been the same without you! Look out for the announcement of next year's show in the Summer term...!

"I was really surprised and happy to be cast as Annie in Year 7. I have loved getting to know more teachers and girls in other years. They were all really nice and I learned from them. I'm looking forward to performing in more St Anthony's shows." Annie (Isabelle Jennings, Y7)

"I have loved playing Miss Hannigan! It has been one of the most amazing experiences and I am so grateful for this incredible opportunity. This show has been amazing, and it has been an honour to work with the most amazing cast, crew and creatives! Thank you!!" Miss Hannigan (Imogen Whelam, Y10)

"Playing Miss Hannigan in 'Annie' has been an experience that will stick with me for a long time. I have enjoyed being involved with the St. Anthony's musicals since Year 7 and this show has allowed me to make even more fantastic memories as I prepare to leave Sixth Form. The role presented lots of challenges (from learning a New York accent to screaming very loudly!) and it has been a great way to further develop my confidence. Being involved with the shows is a great way to make friends across year groups, and it was a lovely opportunity to perform alongside people I know from main school now that I am based at the Briery for Year 13. I am so grateful for the support I have received from all of the staff involved, as well as all my theatre friends." Miss Hannigan (Gabby Collins, Y13)

"I have absolutely loved every moment rehearsing for and performing in Annie this year! It was a joy to play Grace Farrell and was so wonderful to work with such a talented and hardworking cast and creative team. I am so grateful for this opportunity and loved being onstage with so many supportive and gifted individuals. Thank you so much, I can't wait for the next show!" Grace Farrell (Ava Welsh, Y10)

"I've loved my experience of being in Annie as it has allowed me to make friends across all year groups and I have enjoyed working in a professional environment with my peers. It is a great way for me to have a break from exam stress and do something that I love." Oliver Warbucks (Imogen Parkes, Y10)

"I've taken part in the school shows since joining in Year 7, Annie definitely one of my favourite productions we've ever done. It's always amazing to connect with students from different years who you would never normally have the opportunity to. I'm so proud of the whole cast for coming together to create such a fantastic production, and though I'm sad this was my last musical in St Anthony's, getting to work alongside such a talented group of people is always one of the highlights of my year." Oliver Warbucks (Erin Simpson, Y13)





Annie





Annie





Annie





Annie



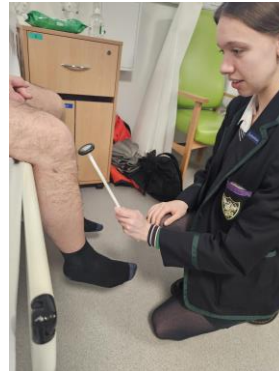


Careers

Year 11: Medicine taster day at Sunderland University

On Wednesday, March 6th, some of our Year 11 students interested in a career in medicine had the opportunity to visit Sunderland University to experience studying medicine at the university. It was a brilliant day, and students had the opportunity to attend a lecture on anatomy, have discussions with a GP about diagnosing health issues, and have the amazing experience of visiting the mock ward at Sunderland University with actor patients who the students had to communicate with, carry out simple tests upon, and attempt to diagnose! The day ended with a Q&A session with medical teaching staff, medical students, and admissions tutors.

One of the students who attended, Leana, said, *'I've always been interested in medicine but this has made me really eager to study it in the future and possibly have a career in it as well. I enjoyed everything about it. The atmosphere was really friendly and helpful and I also enjoyed experiencing the type of activities that some med students might do. Overall, the people were really friendly and supportive and I thoroughly enjoyed it'.*



Year 12 Visit to Durham University

A group of Year 12 students had the opportunity to attend a university preparation event at Durham University. They enjoyed a tour of the campus and were able to look at one of the colleges to find out more about student life at Durham University. The students participated in a session on how to write an effective personal statement. They then had the opportunity to have a Q&A session with some current students, which they found really beneficial. Several of the Year 12 students are considering applying to Durham after their visit.

Work Experience deadline: Year 10 and Year 12

The deadline for all work experience placements to be secured for Year 10 and Year 12 students is **Monday 15th April**. Students are expected to self-source these placements in order to ensure they go to a relevant workplace linked to their future career aspirations. Placements must be inputted to Unifrog - there will be sessions after Easter for any students having difficulties in this area.

Any students who don't manage to secure their own placement will be placed somewhere chosen by the school, so please encourage and support your child to find their own placement over the Easter holidays if they haven't yet secured a placement.





Shining Lamps: Alumni - Emma Ford

I joined St Anthony's in 2009 as a Year 7 pupil and concluded my time there in 2016 after successfully completing my A-Levels in English, History, and Music at the Sixth Form. Throughout my time at St. Anthony's, I always had an aspiration to pursue a career in the performing arts, a passion that was not only fostered but actively encouraged by the dedicated staff, particularly Mrs Dudley. As a member of the Senior Choir, I had the privilege of travelling to destinations such as Venice, Salzburg, Paris, and London and singing in prestigious venues. I was also fortunate to be involved in the annual school musicals, with principal roles in Joseph, Oliver, Into the Woods, and Calamity Jane.



Following the support and encouragement I received from St Anthony's, I went on to study Voice in Performance at the London College of Music. During my time here, I was able to complete work experience at Abbey Road Studios with the English Session Orchestra and was trained by esteemed theatre practitioners. We devised a new piece of theatre inspired by the legacies of Bertolt Brecht and Kurt Weill, and my final production was an adaptation of Lorca's Blood Wedding.

Despite graduating amidst the challenging situation of the pandemic in April 2020, I remained undeterred in my pursuit of a career in the performing arts. Signing with an agent, I secured roles in lockdown-safe performances, refusing to let adverse circumstances stifle my passion.



Emerging from lockdown, I eagerly participated in esteemed theatre festivals, notably the Festival of New Theatre in Scotland (FoNTS), and more recently I was at the 2023 Edinburgh Fringe Festival starring as the role of Isla Kerr in Brief Candle. The production received a glowing reception, earning multiple 4-star reviews, and I was honoured with a nomination for Best Solo Performance at the OffFest Awards.

Additionally, I am proud to be a founding member of 'Songbirds', a vocal ensemble established in 2015 during our time at St. Anthony's. Committed to using our talent for the betterment of our community, we regularly entertain residents at Care Homes and organise biannual charity concerts, raising over £13.8k for local causes since 2016. It is so rewarding seeing the difference we make by giving up a small amount of our time, this makes it one of my favourite things to be a part of.

To support my passion in the performing arts, I currently work as a Fraud Preventions Manager. As much as performing arts is what I would love to do full time, this role ensures financial stability, a testament to the well-rounded education I received at St. Anthony's.





Closing Prayer

Risen Lord,
the joyful message is that
suffering and death were not
the end.

You rose triumphantly in a new
and glorified body, opening the
door for all who believe in You
to do the same.

Draw me in, dear Lord, to Your
suffering and death so that I
may also be drawn into the
glory of Your Resurrection.
Amen