



Spotlight: Shining Lamps



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

St Anthony's Girls' Catholic Academy Newsletter



Twitter: @StAnthsGirls

Facebook: StAnthonysGirlsCatholicAcademy

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Message from the Headteacher

Dear Parents/Carers,

Another busy half term draws to a close at St Anthony's. Public examinations are well under way for our Year 11 and Year 13 students. We all know exams are a stressful time, and the timetable has been especially busy this year, but the students have shown exceptional resilience and faced each exam with determination. We pray their hard work and preparation pays off. Mock exams have already started for Year 12 and will be after half term for Year 10. Everyone is working hard, staff and students alike, to ensure the very best outcomes for all. Today we are celebrating our Leavers' Masses with our Year 11 and Year 13 students. We give thanks to God for their time with us, for all of their gifts and talents, and pray for them as they start the next phase of their journey. We say goodbye to our Year 13 students today as they begin study leave, but staff are still available to support with revision. Year 11 return as normal after the holiday. We look forward to welcoming our Year 11 and Year 13 parents/carers for our Leavers Presentations, Year 13 on 25th June and Year 11 on 21st June. More information to follow. I hope you enjoy reading our newsletter, and hope all of our students have a well earned rest and return to us after the holiday ready to do their best.

Mrs Lanaghan

Acting Headteacher.





Opening Reflection

Come, Holy Spirit, Creator blest,
and in our souls take up Thy rest;
come with Thy grace and heavenly aid
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
and sweet anointing from above.

Thou in Thy sevenfold gifts are known;
Thou, finger of God's hand we own;
Thou, promise of the Father, Thou
Who dost the tongue with power imbue.

Kindle our sense from above,
and make our hearts o'erflow with love;
with patience firm and virtue high
the weakness of our flesh supply.

Far from us drive the foe we dread,
and grant us Thy peace instead;
so shall we not, with Thee for guide,
turn from the path of life aside.

Oh, may Thy grace on us bestow
the Father and the Son to know;
and Thee, through endless times confessed,
of both the eternal Spirit blest.

Now to the Father and the Son,
Who rose from death, be glory given,
with Thou, O Holy Comforter,
henceforth by all in earth and heaven.
Amen.

*Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you."
And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive
anyone's sins, their sins are forgiven; if you do not forgive them, they are not
forgiven." John 20:21-23*

The Holy Spirit is always with you!





Chaplain's Corner

St Cuthbert's Care / The Good Shepherd Mass

Students took part in The Good Shepherd Mass celebrated at St Mary's Cathedral on the 1st of May, 2024. It was a wonderful opportunity to pray and connect with our community, particularly St Cuthbert's Care. More information about St Cuthbert's Care is available through this link: [Homepage - St Cuthbert's Care \(stcuthbertscare.org.uk\)](https://stcuthbertscare.org.uk)

Recently, students held a tuck shop during breaktime on the 10th and 17th of May making £303.07, which we donated to St Cuthbert's Care.

Thank you very much for all your most generous donations.



Our Food Bank

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

Next half-term's food bank rota:

Gabriel w/b 20th May

Lourdes w/b 3rd June

6th Form w/b 10th June

De Sales w/b 17th June

Thomas w/b 24th June

FOOD BANK



Safeguarding Updates

With holidays on the way and in light of the tragic accident in the River Tyne at the weekend, please ensure that your children are aware of the dangers of water. Attached is a useful leaflet from the Royal Life Saving Society, which gives information on staying safe around water at home and when out and about:

[Download.ashx \(rlss.org.uk\)](http://Download.ashx(rlss.org.uk))

Globally, there has been a large increase in reports of children and young people being victims of financially motivated sexual extortion, often referred to in the media as 'sextortion'. Please read the letter to parents below, so you can be aware of some of the exploitation of children and young people that can occur online.

[National Crime Agency -Letter to Parents 08052024.pdf](#)

An officer from Northumbria Police has been into school this term, talking to our Year 10 pupils about knife crime. Fortunately, the incidents of knife crime in the North East are rare, but the consequences of crimes when they occur can have a major impact on families and entire communities.

[Parents and carers - Knife Crime.pdf](#)

From 30th May until 29th June, the Knife Angel will be installed in Keel Square. Standing 27 feet tall, it is made up of over 100,000 surrendered blades, and it is hoped it will bring people together and encourage open conversations about the dangers of carrying bladed weapons.

MENTAL HEALTH NEWS IN SCHOOL:

Mental Health Awareness Week took place from 13th to 17th May and the theme we chose to focus on at school this year was kindness to others. The Mental Health Leadership Group presented a wonderful assembly to all houses during form time last week. During the presentation, one of the ideas they focused on was not only kindness to others but kindness to ourselves. It is important for our mental health and wellbeing that we make time for activities that we enjoy. We all have busy lives but during next week's holiday, try to put some time aside for yourself and do something for you. This is also important for the wellbeing of our Year 11 and Year 13 pupils; while revision is important, it is also vital that they have time to relax and do something enjoyable as well.

Mrs Moran and Mrs Richardson-Dunn will be providing training to our Mental Health Leadership Group next half term. The pupils will be undertaking Mental Health First Aid training, so they will be able to go out and support our pupils in school.

Please find some useful information and webinars below on all aspects of mental health. Ranging from transition to year 7 to anxiety around exam results, Anna Freud offers a series of live and pre-recorded webinars with helpful tips and advice on managing your children's emotions. If you would like any further information, please contact Mrs Richardson-Dunn.

[Parent Newsletter Summer Term](#)





Free breakfast provision after half term



We are delighted to be able to offer a FREE Breakfast provision in school for our children after the May half term holiday.

The free breakfast, provided by the National School Breakfast Programme runs from 8am until 8.25am and includes bagels and a variety of cereals. Other items will still be available to purchase as usual.

The National School Breakfast Programme is funded by the Department for Education and run by Family Action to support schools in England to provide children with a healthy breakfast at the start of the school day.

Family Action is committed to supporting child development, and believe a healthy school breakfast, without barrier or stigma, can set up children to succeed and give them the very best chance to learn.

In a normal school year, schools are open just over half the year (taking into account weekends and school holidays). This means even where breakfast is available within school, children are still having breakfast at home almost 50% of the time. Below you will find tips, ideas, information, recipes, videos and quizzes to make breakfast time an easy part of your morning routine at home.

<https://www.family-action.org.uk/what-we-do/children-families/food/breakfast-support/breakfast-at-home/>



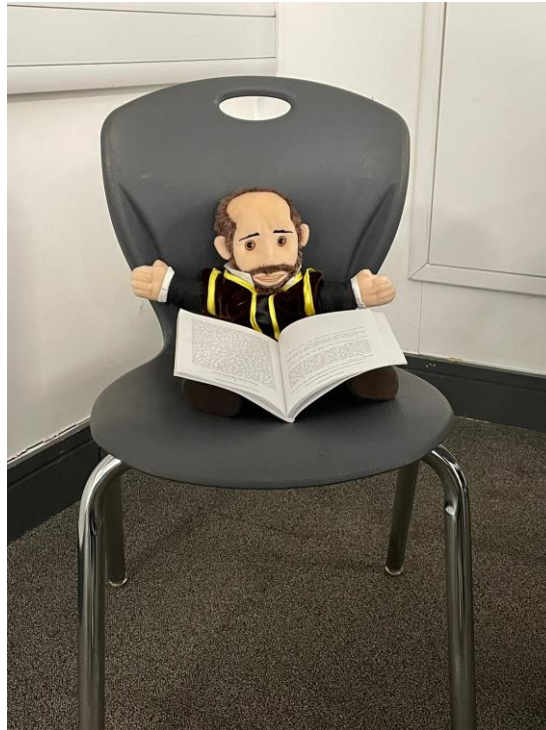


English

In English this half term...

Our KS3 students have been enjoying studying texts and ideas around their topic of 'Cultures, Conflict and Politics'; which has seen them produce a variety of excellent and engaged responses to travel writing, 'My Family and Other Animals' and 'Our Day Out' amongst other things.

At Key Stage 4, our Y10s have moved onto 'Romeo and Juliet' and are quickly getting to grips with how to develop strong GCSE responses. Y11 students have been studying well for their final GCSEs and have confidently tackled their two literature papers. In some lessons, Shakespeare has even been seen modelling good reading habits and concentration skills...



Our KS5 students continue to work hard and show dedication to the subjects they've chosen to study. Final Y13 exams are underway for students of Media, English Language and English Literature. Our Y12s are also starting their mock exams this week!

Whilst this is a very busy half term, it is also an exciting one. We wish all of our students well and would like to remind them that we are always here to support them. Keep up the great work everyone!



Maths

Maths Challenges 2024

The UK Mathematics Trust Maths Challenges encourage mathematical reasoning, precision of thought, and fluency to make students think and problem solve. The challenge is taken nationwide and is intended to stretch and challenge the most able of Mathematicians across the country and Gold, Silver, and Bronze certificates are awarded to the highest performers. Our most talented Mathematicians took part in the Junior (Y7 & 8), Intermediate (Y10) and Senior (Y12&13) Maths Challenges. All of the students who competed did very well with notable mentions to **Isabella Drysdale** and **Isabel Knight** who tied for “Best in School” with Gold certificates in the Junior Challenge. **Connie Chan** who achieved a Silver certificate and “Best in School” for the Intermediate Challenge and **Shay Forbes** who achieved a Silver certificate and “Best in School” for the Senior Challenge.

The following students were awarded certificates:





Maths

Maths Challenges 2024 - winners!

Junior		Intermediate		Senior	
Isabella Drysdale	Gold BiS	Connie Chan	Silver BiS	Shay Forbes	Silver BiS
Isabel Knight	Gold BiS	Imogen Parkes	Silver	Josh Henderson	Silver
Macey Bowe	Gold	Amelia Donnelly	Silver	Jack Bowley	Silver
Charlotte Clark	Gold	Jasmine Pannu	Silver	James Spence	Silver
Emmeline Ashe	Silver	Molly Cowley	Silver	Nathan Hewison	Silver
Hannah Bransby	Silver	Umamah Khatun	Silver	Eve Fawcett	Silver
Evie Campbell	Silver	Elizabeth Hughes	Silver	Callum Kendray	Silver
Fearne Brown	Silver	Imogen Whelam	Bronze	Aisha Gulbhar	Bronze
Gracie Maddison	Silver	Maddison Preece	Bronze	Francesca Gale	Bronze
Sofia Robson	Silver	Emma Burn	Bronze	Aimee Goldsmith	Bronze
Sophia Webster	Silver	Serena-Kate Caddick	Bronze	Mpumelelo Sithole	Bronze
Ella Freeman	Silver	Elva Xue	Bronze	Thomas Hart	Bronze
Amelia Chowdhury	Silver	Isabel Evans	Bronze	Didar Miah	Bronze
Niamh Clark	Silver	Mya Ellis	Bronze	Isabella Shields	Bronze
Rachel Dore	Silver	Tasniah Ahmed	Bronze	Aleena Alukkal	Bronze
Hannah Banks	Silver	Maiya Sholl	Bronze	Jack Kirkwood	Bronze
Emily Watt	Silver	Gaia Locquiao	Bronze	Jael Braimah	Bronze
Nancy Marshall	Silver	Sameya Rahman	Bronze	Mia Stevens	Bronze
Robyn Conlon	Bronze	Ruby Hill	Bronze	Megan Hughes	Bronze
Isabelle Robson	Bronze	Hannah Storey	Bronze	Dyjon Nsubuga	Bronze
Stella Corsar	Bronze	Nina Galano	Bronze		
Rebecca Hart	Bronze	Leah Sumby	Bronze		
Gabriella Zazycka	Bronze	Kaya Brown	Bronze		
Isabella Downey	Bronze				
Amelia Rose	Bronze				
Britney Braimah	Bronze				
Lyla Green	Bronze				
Lily Bell	Bronze				
Holly Cruickshanks	Bronze				
Maryam Tauhid	Bronze				
Heidi Footes	Bronze				
Ruby Laidler-Gilchrist	Bronze				
Alexis Law	Bronze				
Valerie Onogholo	Bronze				
Olivia Prologo	Bronze				
Aila Wilson	Bronze				
Sophia Chambers	Bronze				
Megan Lister	Bronze				
Emily Davies	Bronze				
Felicity Wilson	Bronze				





Classics and History

Classics and Ancient History Summit

In the Easter holidays, Year 12 students attended a 2-day session exploring Ancient History and Classics. On the first day, they explored the ancient Greeks, Romans and Egyptians at the Oriental Museum in Durham. They had the chance to handle archaeological objects and discuss their origin and what their use would have been. They met with an archaeologist from Durham University to discuss and handle Roman potsherds (pieces of pottery) found across Britain. On the second day they visited two forts on Hadrian's Wall, Housesteads and Chesters. They explored the forts, including completing a murder mystery puzzle at Housesteads. They also handled replica and original Roman artefacts found on Hadrian's Wall. Well done to the students for their enthusiasm and interest on the two days.





Geography

Geography Fieldtrip to Blyth March 2024

Geography students carry out fieldwork as part of the GCSE. This year we went to Blyth town centre, the port area and South Beach. We looked at regeneration to see if this had a positive impact on the town.

We walked between 6 sites, carrying out environmental surveys and questionnaires. We had a break in Ridley Park for a toilet stop and to test the park facilities, as you can see, these were great.

In the afternoon, we looked at the coastal defences at South Beach, using bipolar scoring for the sea wall, gabions, and groynes. Students measured the longshore drift at Blyth and the effectiveness of the groynes.





PE

PE Kit

Do you have any pre-loved St. Anthony's PE kit and trainers at home?

If so, the PE department would be grateful for any donations of t-shirts, 1/4 zip tops, hoodies, leggings, joggers, shorts and trainers of any size that are in good condition.

If you have any items that you can donate, even if they have student initials on, please bring them into reception or straight to the PE department.

Any items received will be greatly appreciated and put to good use within our school community.





PE

Y7 Students have started a six-week course in Olympic Weight Lifting with www.weightandcakes.com They offer a range of opportunities outside of school, and some are free of charge.

Take a look!



GIRL POWER

Introduction to weightlifting

WEIGHTS & CAKES

We are offering a free course for girls to learn Olympic Weightlifting.

Every Saturday 12.30pm

Book via our website

Suitable for Y6 upwards

COMMUNITY FUND

The Kings Road, Southwick.





PE

Under 12's Weightlifting Club
Tuesday & Thursday 4.30pm,
Friday 4.30pm
Saturday 10.30am

**WEIGHT
LIFTING**

Register now
www.weightsandcakes.com



Teenage weightlifting Club
Tuesday & Thursday 5.30pm,
Friday 4.30pm
Saturday 11.30am

**WEIGHT
LIFTING**

Register now
www.weightsandcakes.com





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 based 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 crossing at 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 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.

Active 8

Well done to the Active 8 students. They have participated in a range of activities this year as part of the Active 8 group. They have been snowtubing, taking part in fitness-based activities, football, dodgeball, darts, and recently competed against other schools in a mini rounders tournament this term and thoroughly enjoyed it. Well done for your constant commitment to extra-curricular!





PE

Barclaycard Football Activators

Thank you to the Barclaycard Football Activators for the amazing work they have done to plan a year 5 Football event. They will be leading and inspiring girls in football this term, delivering events to a variety of girls. They will be continuing their hard work and dedication into the next half-term. An amazing achievement - well done.





PE

U13 Cricket

Well done to the U13 Cricket team. They took part in the annual 'Chance To Compete Cricket' competition at Sedgefield Cricket ground this term and were placed 5th overall. They all played extremely well and had a great experience playing at a professional cricket ground against students in the North East. Well done for your constant positive attitude and commitment to extra-curricular Cricket.





Duke of Edinburgh

The Duke of Edinburgh Award

We have had several groups out on an expedition for the Duke of Edinburgh since Easter. The Year 10s completed their Silver practice expedition, and several Year 9 groups have completed their Bronze expedition. The students showed excellent independence in the expeditions, navigating themselves, cooking, and setting up their tents. Can students please remember to upload their evidence for the other sections (volunteering, physical, and skill) so that they can receive their certificates when they have completed all of their sections?





MFL

9Y4 has recently taken part in a cultural project based on the film Coco. They watched the film and analysed the key themes. Then, using a range of materials, they designed and made their own shoebox 'ofrendas' - home altars used to honour and remember loved ones during the Dia de los Muertos celebrations. We are very impressed with their creativity and attention to detail - and we are so proud of the overall effect of the ofrendas.





Personal Development

Year 10: County Lines and Exploitation



We welcomed Kerry and Alan from Northumbria Police's Violence Reduction Unit into school to speak with our Year 10 students about County Lines and Exploitation. The sessions were informative and sparked some excellent questioning and reasoning from our students about what to do if they or their friends got caught up in that situation. Grace said, 'I didn't realise how easy it can be to end up in a difficult situation. The talk really helped to understand how to report concerns'.

Amelia said, 'We all enjoyed the session and it gave us solutions to any problems we might face. It was really interesting looking at the case studies'.

State of the City Debate

After our academy took part in Youth Parliament's 'Make Your Mark' initiative, where students had to vote on the top three areas affecting young people in the UK today, our school council represented St Anthony's at the State of the City Debate with Youth Parliament, held in the Mayor's Chambers in April. The Youth Parliament put forward their cases for the top three areas voted for by Sunderland and students debated and finally held a vote for the winning theme.

At the end of the debate, the panel voted Culture, Media and Sport to be a key focus for Sunderland for the next year.

We also bumped into Angela Howson, our past pupil, who sits on Youth Parliament now. Well done to everyone involved!





Personal Development

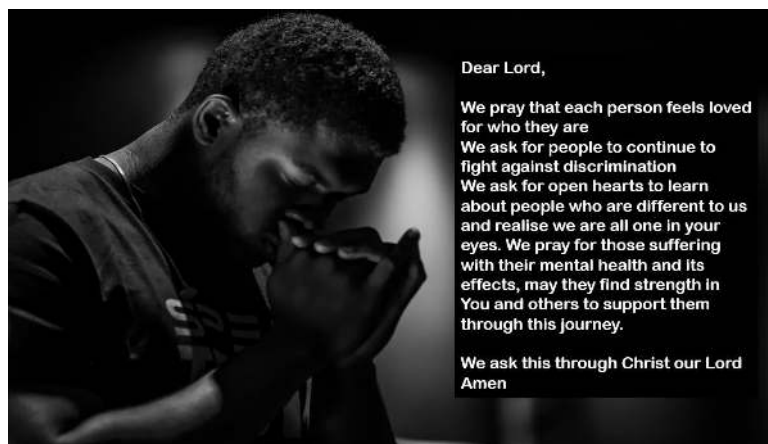
International Women's Day

In March, we celebrated International Women's Day as a whole school community. As a Mercy Academy and using the legacy of Catherine McAuley, we want to emphasise the role of women and the continued fight for gender equality. We had a celebration and market stall where our Empower Group sold items connected to International Women's Day. We also held assemblies throughout the week to celebrate a diverse group of women who are leading the way for gender equality. We will continue to work with various charities in 2024-25 to support our students as young women in a modern world.




Mental Health Awareness Week

The week of the 13th May is World Mental Health Awareness Week, in St Anthony's Academy we have a newly appointed mental health leadership group who communicates the message of kindness to ourselves and others during assemblies. We are very proud of their contribution and their determination to support their peers' mental health. In the summer term, we will be holding training for our student leadership groups on how to respond to mental health queries. We also held a session with Year 11 in the build-up to their examinations and how to support their own mental health at this stressful and important time.





Enrichment

 St Anthony's Girls' Catholic Academy Enrichment Timetable: Term 3 2023-24 <i>'We should be shining lamps, giving light to all around us'</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ARTS AWARD Y7-12 MC3 12.45 or 1.35 Week A/B	LEGO ROBOT CLUB Y7 1.36 12.40-1.15 Week A/B	CREATIVE WRITING Y7-8 MC9 12.40-1.15 Week A/B	JUNIOR CHOIR Y7-8 Hall 12.45-1.15 Week A/B	ART CLUB Y7-9 2.49 12.25-1.00 Week A
	RPG CLUB Y9-10 W25 1.15-2.00 Week A/B	FRENCH CLUB Y7-8 3.64 12.45-1.15 Week B	MFL CULTURE CLUB Y12 3.62 12.45-1.15 Week A/B	ECO COMMITTEE Y7,8,11 2.52 12.45-1.15 Week B	GREEK CLUB Y7-8 2.55 12.25-1.15 Week B
	ECO COMMITTEE Y9,10,12 2.52 1.35-2.05 Week A	NHS CADETS Y12-13 ST AIDAN'S 3.00-4.00 Week A/B	CARNEGIE GROUP Y7-8 O4 1.15-2.00 Week A/B	SPELLING BEE Y7-9 W9 12.45 or 1.35 Week A/B	WORLD RELIGIONS CLUB Y7-8 0.5 12.45-1.15 Week A
	MANDARIN CLUB Y7-10 3.63 3.00-4.00 Week A/B	INSTRUMENTAL/ VOCAL LESSONS (MON-FRI) PIANO * GUITAR * DRUM KIT * SINGING * FLUTE * CLARINET * SAXOPHONE * TRUMPET * TENOR HORN * VIOLIN * CELLO * HARP	WORLD RELIGIONS CLUB Y9-10 0.5 1.30-2.00 Week B	SAFE SPACE X EMPOWER Y7-12 0.8 3.00-4.00 Week A/B	SKI CLUB Y7-13 Silksworth Ski Slope 3.45-4.45 Week A/B
	SENIOR CHOIR Y9-13 Hall 3.00-4.00 Week A/B		SEWING BEES Y9-10 2.46 1.30-2.05 Week B	ATHLETICS Y7-13 Field 3.00-4.00 Week A/B	STUDENT LEADERSHIP (MON-FRI) SCHOOL COUNCIL * ANTI- BULLYING CHAMPIONS * MENTAL HEALTH CHAMPIONS * EQUALITY & DIVERSITY CHAMPIONS * CAREERS CHAMPIONS * ARTS CHAMPIONS * SPORTS CHAMPIONS * STEM CHAMPIONS * LITERACY CHAMPIONS * NUMERACY CHAMPIONS * PUPIL LIBRARIANS *
	CHAMBER CHOIR Y12-13 Hall 4.00-4.30 Week A/B		MUSICAL THEATRE CLUB Y7-13 Hall 3.00-4.00 Week A/B	TENNIS Y7-13 Courts 3.00-4.00 Week A/B	
	CRICKET Y7-13 Yard/Field 3.00-4.00 Week A/B		MUSICAL THEATRE CLUB Y7-13 Hall 3.00-4.00 Week A/B	ORCHESTRA Y7-13 MC1 3.00-4.00 Week A/B	
		WELLBEING (MON-FRI) QUIZZES AND GAMES IN THE HAVEN	ROUNDERS Y7-13 Sports Hall 3.00-4.00 Week A/B	PUPIL CHAPLAINCY TEAM Y7-12 Chapel 3.00-4.00 Week A/B	
				SCIENCE CLUB Y7-8 1.22 3.00-4.00 Week A/B	
				DUKE OF EDINBURGH Y9-10 3.66 3.00-3.45 Week A/B	

Enrichment opportunities: Term 3

We have a wide range of enrichment and leadership opportunities on offer to all students in Years 7-13 every day of the week. For more information about any of these activities, please speak to subject staff.

Activities Week: 15-19 July 2024

Our final week of the summer term is always our activities week, where students have the opportunity to face new experiences and challenges. We value this week not only for the enrichment it offers our students but also the opportunity it provides to build and develop positive relationships with peers and adults. This year there are activities such as year group trips, sponsored walks, drama workshops, enterprise activities, and of course the famous annual sports day! More information to students and families after half term!





Careers

Focus on LMI

Labour Market Information

*LMI obtained from the Office for National Statistics and Gov.uk. Last updated January 2020

National
Careers
Service®

North East LEP

County Durham, Gateshead, Newcastle, North Tyneside, Northumberland, South Tyneside & Sunderland

Employment



UK - 76.3%

LEP - 72%

16-64 year old population = 1,246,100

Total population = 1,983,600

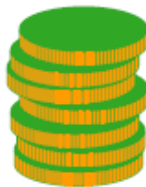
Unemployment



UK - 3.8%

LEP - 5.4%

Salary



UK Average - £30,414

LEP Average - £27,690

Self-Employment



9.6%

119,600 people in the region
are self-employed

Growth Sectors



Health and Social Care



Science and Technology



Creative, Digital & I.T



Advanced Manufacturing



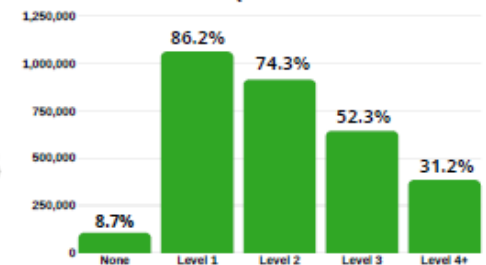
Energy

There are many other sectors that will grow in your region

Qualification levels



912,700 people have at least a level 2 qualification
such as GCSEs or an NVQ.



Where do people work right now?

Most jobs



Health & Social Care - 125,000 (15.7%)



Wholesale & Retail - 111,000 (14%)



Manufacturing - 90,000 (11.3%)



Education - 75,000 (9.4%)



Administration - 67,000 (8.4%)

Fewest jobs



Arts & Entertainment - 17,000 (2.1%)



Real Estate - 14,000 (1.8%)



Water, Sewerage & Waste - 6,000 (0.8%)



Electricity, Gas & Air - 5,000 (0.6%)



Mining, Quarrying & Utilities - 600 (0.1%)

Did you know...

The NHS is the UK's
biggest employer, and
the 5th biggest
employer in the world!

What are some of the region's big name companies to work for?





Careers

Sunderland residents invited to "Come Outside" at the next Expo Sunderland event

Expo Sunderland are inviting local residents to "Come Outside" and "have a go" at new activities at Keel Edge, the event space outside City Hall as part of the multi-million-pound Riverside Sunderland development.

"Come Outside" is the latest in the series of exciting pilot events aimed at residents and visitors, ahead of Expo Sunderland, which will go big from 2025. It is aimed at all age groups, with a wide variety of attractions designed for different interests and abilities during the half term holidays. There will be plenty of family friendly and group attractions, including free-to-book low and high impact exercise sessions, electric driving tasters and City Hall tours. There will also be bike repairs, nature activities, arts and crafts, and sessions within City Hall itself to promote sustainability, health and wellbeing, getting a sneak peek on city developments as well as the chance to be part of the footage for Expo Sunderland promotion in 2025. For more details regarding Come Outside, please go to www.exposunderland.com/future-living/come-outside-2024. Please note that some activities are ticket only.

Come Outside 28-30 May 2024



Keel Edge & City Hall, Sunderland

Discover our new outdoor city scene for a healthier life



Daily activities (11am - 4pm)

University of Sunderland
Forest school & leaf art
Polytunnel and planting
Rock painting
Bootcamp
Netball & basketball
Kick tennis
Podiatry
State-of-the-art gym equipment
Spark FM (live broadcasting)
HIT session*
Pilates session*
Yoga*

Sunderland Art Trail & Sunderland BID
Tree of emotion
Skateboard art**

Sunderland City Council
Plant a pledge
Bug hotel art
Smoothie Bike
Healthy eating recipes & advice
Healthy lifestyle hints & tips

Back on the Map
Mini-bugs, recycled planters and twig stars

Sunderland Home Grown
Vegetable planting workshop*
Hanging basket workshop*
Plants for sale

Everyone Active
Circuit & PT sessions
Strength & balance

Foundation of Light
Live cooking demonstrations & tastings
Mental wellbeing

Sunderland Youth bike Project
Bring your bike for a health check
Turbo bikes

Back in 2 Nature
Hapazome
Mini mud kitchen
Sensory nature play

Sunderland Culture
Creative writing
Sustainable Arts and crafts

Age UK Sunderland
Trishaw demonstrations
Information centre

Sunderland City Council
Electric driving sessions*
Electric bike sessions

City Hall Tours*
Preview of park and new buildings
Free coffee for booked visitors upon exit

*book online
**Chance to win a free personalised skateboard

Stage programme

City Hall - Chamber
11:30 Mental Health & fitness
12:00 Strength & balance session
12:30 Guest speaker
13:00 HIT session
14:00 Guest speaker
14:30 Pilates / HIT / Yoga session

Keel Edge
11:15 Welcome & group warm up
11:30 Guest musician
12:00 Guest dance act
12:15 Live cooking demonstration
13:30 Guest dance act
14:00 Group exercise
14:15 Mental Health & Fitness
15:00 Guest musician





Alumni - Charlotte Galloway

As a student at St Anthony's, from 2011 to 2018, I could often be found in the music department, singing, practising piano, exploring the cupboards of musical instruments, playing anything I could get my hands on (and of course a bit of studying too...!) As well as being heavily involved in extra curricular music activities I studied the subject at both GCSE and then A Level alongside Maths and Spanish. Being allowed this space to discover music in my own time and way has been one of the key factors in my ability to start a career in music.



Since leaving St Anthony's, nothing has quite worked out as I expected it to! However, I am a firm believer that it's in the uncertainty and tricky decisions that we learn the most, so I would not change any of it even if I could. From school I went straight to study piano at Birmingham Conservatoire, an amazing opportunity but one I quickly realised was not for me. I learnt a lot during this time musically, but also in making the decision to leave. I then went to study music at the University of York which I absolutely loved, I got involved in lots of societies, most notably the Music Education Group, and also enjoyed the huge range of modules on offer. Unfortunately COVID had a huge impact on my time at York and coupled with my own health challenges I again made the tricky decision to step away from my studies even though at this point I was very nearly finished. It is a decision I have not regretted in the slightest, I actually think in making it and allowing myself the space it gave me a clearer a sense of direction.





Alumni - Charlotte Galloway

Since leaving York in December 2021 I have broadly been working as a freelance musician which includes a wide variety of things making it quite hard to sum up in words! Freelance work can be a scary prospect but also a very exciting one if you are willing to be open minded and give anything a go. Depending on the day (sometimes just on the hour!) I can be doing anything from leading or accompanying choirs, running youth/community singing projects, writing and presenting shows, singing for film recordings, performing around the country, and of course all the admin that comes with being self employed. No two days are ever the same and I love that! Some of my favourite jobs so far include writing and presenting family concerts for Warwick Arts Centre where I get free creative reign to write stories, music, and make props that introduce children to music in a fun, accessible and interactive way. Working for National Youth Choir in a variety of musical and creative roles including being musicianship lead (the technical side of singing) on national residential courses and progressing from a volunteer to workshop lead running projects around the country. Also being part of the creative team for the BBC Proms in 2022, where I got to help write and programme Prom 60 and then also took an active role in presenting part of the Prom to 5500 people and on BBC Radio 3, a pretty epic experience! I value all of my work equally whether it's performing in the Royal Albert Hall or leading a community choir in a village hall, making music accessible to those who want to listen and get involved is the most important thing.

So, I've not had a straightforward/typical path into work (in fact it's still twisting and turning!) but I believe that if you find something that you love and are willing to put in hard work then it really doesn't matter how you get there or if your path looks 'normal', and in my case I just keep singing!





Chadwick Chats

Read the first edition of our Trust newsletter by clicking on the photo below:





Next Half Term - Key Dates

INSET Day

School is closed to all students on 5th July for a Trust training day.

Final Day of Term

The final day of this academic year is Friday 19th July. School will close at 12.30pm.

Half Term Family Activities

Half Term family activities

- Wednesday 29 May - Recycled Face Planters with Suzie Winsor (6- 11 yrs), 10 am - 12 pm. Book here <https://www.eventbrite.co.uk/e/recycled-face-planters-with-suzie-winsor-tickets-894436913887>
- Thursday 30 May - Marionette Puppet Making with Rachelle Harrigan (6-11 yrs), 10 am - 12 pm. Book here <https://www.eventbrite.co.uk/e/marionette-puppet-making-with-rachelle-harrigan-tickets-895171420817>
- Friday 31 May - Cardboard Box Characters with Sally Southern (5-11 yrs), 10 am - 12 pm. Book here <https://www.eventbrite.co.uk/e/cardboard-box-characters-with-sally-southern-tickets-895198953167>
- Tuesday 28 May - Fairytale Puppet Making with Georgia Hill and Cardboard Box Characters with Sally Southern (5-11 yrs), 10 am - 1 pm. Book here - <https://www.eventbrite.co.uk/e/fairytale-puppet-making-and-cardboard-box-characters-tickets-893747973247>
- Thursday 30 May - Lego coding with Andrea Errington and Illustration with Liz Million (5-11 yrs), 10 am - 1 pm. Book here - <https://www.eventbrite.co.uk/e/lego-coding-and-illustration-tickets-902448867857>.
Washington Millennium Centre, The Oval, Concord, Washington NE37 2QD
- Wednesday 29 May - Marionette Puppet Making with Rachelle Harrigan (6- 11 yrs), 10 am - 12 pm. Book here - <https://www.eventbrite.co.uk/e/marionette-puppet-making-with-rachelle-harrigan-tickets-895206385397>
- Friday 31 May - Hanging Mobiles with Andrea Errington (5-11 yrs), 10 am - 12 pm. Book here - <https://www.eventbrite.co.uk/e/hanging-mobiles-with-andrea-errington-tickets-89520814064>
- Saturday 1 June - Illustration with Liz Million (6-11 yrs), 10:30 am - 12 pm. Book here - <https://www.eventbrite.co.uk/e/illustration-with-liz-million-tickets-895209996197>





Closing Prayer

Heavenly Father,
Grant us the wisdom and strength
To build communities rooted in love,
Where every person is welcomed and cherished,
And every voice is heard and respected.
Guide us as we come together
In fellowship and solidarity,
To share our joys and sorrows,
And to support one another in faith.
May our actions be guided by Your love,
And may our communities reflect Your grace,
As we strive to build a world
Where all are seen as brothers and sisters.
In the name of Jesus Christ, our Lord,
Amen.

