



BULLETIN FOR PARENTS AND PUPILS

15th May 2024



All: In the name of the Father, and of the Son, and of the Holy Spirit, Amen

As we begin a new week, let us pause and think about all the things we can do to make this week special. All the amazing opportunities we have to help and support those around us. This week is national Mental Health awareness week. May we be mindful of those around us who have silent challenges every day.

Today we offer 2 Hail Mary's for all those struggling with their mental health.

ALL TOGETHER: Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen



A message from the Headteacher

We are always impressed by the courtesy and respect with which our students conduct themselves, and are justly proud of their academic efforts and achievements, never more so than this week when we received a visit from Ofsted. You will appreciate that the outcome of the inspection remains confidential at this stage, but I look forward to sharing the report with you at the earliest opportunity. Please pass on my thanks, and those of all the staff team, to our impressive young people, who always represent our school community so wonderfully.



Mr Robson



CHCS Transition 2024



Congratulations to Year 6 on completing their SATs this week! We hope they have a celebration this weekend, and wish them all the very best for their remaining weeks at primary school.

We published the Summer School application form and flyer last week, and are delighted to have received a number applications already. Please use this link to apply for a place at Summer School. <https://forms.office.com/e/1XRsnDQSDK>

We are excited to be launching our Family Learning programme on Wednesday next week with the first Craft session. This session is now fully booked but there are still places available for English, and Maths.

Please visit the Transition page of the website for further details of our Transition Programme.

[Transition - Cardinal Hume Catholic School](#)

BEFORE SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Poetry Club – KS4 Social Club (F10)			Social Club (F10)

BREAKFAST HUB 8:10 TO 8:35 in D2

KS3 LUNCH CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HW club every day in F10 (invitation)				
Year 8/9 DEA club (F14 – 2 nd half term)	Chess Team – library	Year 9 Debate Club (LON)		Book club – library Junior choir
	Gothic Writing Club – Y8	KS3 Languages Club (T24)		Coding Club (Y7) – F13
		Junior Orchestra Drama Cube		Junior Choir

KS4 LUNCH CLUBS

HW club every day in F10 (invitation)				
		IT/Comp Science (F12)	Creative Writing Club (Starts October ESN)	Book club – library Senior choir
		Snr orchestra Drama cube	KS4 and 5 Humanities Culture Club	Poetry lectures – main hall
				Senior Choir

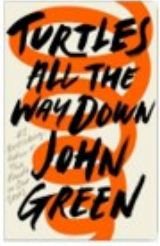
AFTERSCHOOLS CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sport – Y7+8 Netball	KS4 Gym Club	Sport – Y9, 10, 11 Netball	Sport – Girls Football	Sport – Y7 football
Sport – Y7 +8 Futsal		Sport – Y7 and 8 Rugby	Climbing Club	
Chess Club - library		Sport - Gymnastics	Sport – Y9-11 Rugby	
School Production 3:15-4:30		DT club – KS3	Craft Club (F10)	
Games Club (F10)		KS3 – Gifted Art Club	Y8 Food Champions	
Y7 Science Club (S4)		Activities Club (F10)		



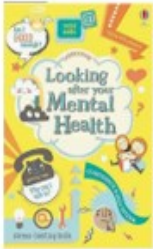
This week is Mental Health Week. Reading for pleasure is an excellent way to support mental wellbeing as it has been proven to reduce stress and inspire creativity. Reading also makes young people feel connected and encourages empathy with others.

Reading for Wellbeing



In John Green's *Turtles All the Way Down*, sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred thousand dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts. (KS4 GRE)

From the AR collection aimed at KS3 students, Lara Williamson's *The Girl with the Space in her Heart* is all about Mabel. Mabel has a suitcase full of worries - it turned up just after her dad disappeared. She worries about big things and little things and shoves them into her suitcase until it's so full it might explode. Can she get rid of her worries (AR 5.7)



For any students looking for something more practical, we also have a shelf of wellbeing books which offer practical advice. The books in the wellbeing collection are written for teenagers and offer advice of a range of topics from sleep to exam stress and friendships to body confidence.



<p>Definition:</p> <p>1) A quality or feature regarded as a characteristic or inherent part of someone or something.</p> <p>2) Regard something as being caused by.</p>	<p>Synonyms:</p> <p>1) trait, characteristic, hallmark</p> <p>2) accredited</p>
<p>Attribute</p>	
<p>Example:</p> <p>1) Loyalty is one of his key attributes.</p> <p>2) Her achievement can be attributed to hard work.</p>	<p>Antonyms:</p> <p>Disconnect, deny, discredit</p>

Wellbeing Resources For Parents and Children



Improving
children's
mental health

Improving children's mental health in



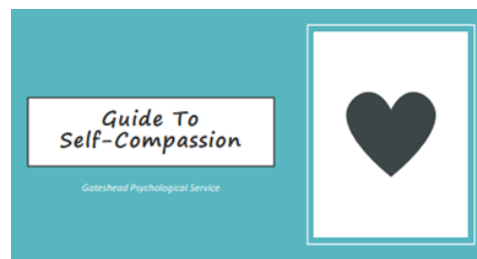
Home - Kooth

NSPCC

Signs That a child is Suffering



YoungMinds | Mental Health Charity For
Children And Young People | YoungMinds



Prince's Trust

START SOMETHING

<https://tinyurl.com/44pyw673>



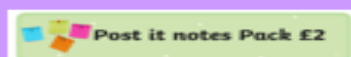
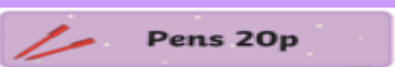
Year 11



Revision Shop

Are you missing vital equipment for your exams?

Look no further than our revision shop!



Located in the
Atrium during
Lunch times!

Navigating exam season

Supporting your child to beat exam stress

Exams can be a challenging time for young people, and many young people can feel worried and stressed in the lead up to exams. As parents and carers, it can be difficult to know what we can do to support them. We've shared some tips on supporting your child if they're feeling stressed about exams.



Look for signs of stress

Stress can present differently in everyone. Signs of stress could include not sleeping or sleeping more than usual, losing interest in food or eating more than usual, being irritable, having headaches or stomach aches, being negative, feeling hopeless, or not enjoying activities they previously enjoyed.


If you notice your child is struggling, ask them what you can do to help them.



Talk about stress and nerves

Remind your child that it's perfectly normal to feel worried or stressed about their exams. The key is to put these nerves to positive use.

Talk openly about how you cope with your own stressful situations, so your child has a positive role model for managing their emotions and time.

Practice relaxation techniques with your child, we love [these ideas from from NHS Scotland](#). 



Support your child to create a routine

Routines and rituals can help your child keep healthy habits, and can help you ensure your child is getting enough sleep and eating well.

If they haven't already, encourage your child to create a revision plan or timetable, splitting their day up into chunks. Encourage them to take regular breaks - which they could use to have a meal, get some exercise or unwind - and try to discourage them from staying up late revising.

Navigating exam season

Supporting your child to beat exam stress



Try not to add to the pressure

Many young people feel pressure to do well in their exams to make their teachers, or families proud. Try not to add to this pressure. Be reassuring, positive, and help put things into perspective. Remind them that there is more to life than their grades, and their results don't define who they are. Reassure them you will be proud of them 'no matter what'.



Make yourself available to listen

Sometimes your child may not want to talk, and it's important we don't force them to have a conversation they don't want to have. Make yourself available but don't pressure them to talk.

You may find that your child opens up in situations where they feel less pressure – for example when you're in the car on the way home from school, or during a walk



Help them unwind after exams

Find ways to help your child unwind after each exam, so they don't dwell on things they could have done better or differently. After each exam, you and your child could watch a film or enjoy your favourite meal together, before they start revising for the next test.



Seek additional support

If you're concerned about your child's stress, or find they don't want to talk to you, encourage them to seek support elsewhere. This could be someone at their school, or an organisation such as Shout or Childline.

- Text CONNECT to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice