



# Painsley Catholic College

Specialist Science College

Specialist Mathematics and Computing College

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Dear Parent/ Carer,

Thank you to those of you who took the time to respond to our parent survey throughout last week. We will be looking closely at your responses and comments and will share our actions in due course.

Throughout this week we have hosted the ABRSM exams and Intermediate Maths Challenge, in addition to students completing their mock exams and assessments.

Monday marks the beginning of children's Mental Health Week (7<sup>th</sup> – 13<sup>th</sup> February). The theme this year is 'growing together'. The Emmaus programme and Acts of Worship next week will focus on 'growing together', growing emotionally and finding ways to help each other grow. Students will consider how challenges and setbacks can help us to grow as we learn to cope. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. 1 in 6 children and young people have a diagnosable mental health problem, and many more struggle with challenges from bullying to bereavement. Growth does not have to be about developing new skills, it could be about making changes that will help us feel better. Students need parents, carers, teachers and friends to support growth. Especially when things get tough. Students often need others to help self-belief, to keep going and to try and do things differently. An encouraging word or a smile can help us to support others and grow together. Students will consider the signs of mental health issues, sources of support and include discussion and reflection on their own mental health.

Next week is National Apprenticeship Week, which will give our students the opportunity to find out more about apprenticeships as a future career pathway. In addition, next week is a designated 'Careers in the Curriculum' week, where subjects will be showcasing the skills and opportunities in the world of work that are related to their subjects. It is also Safer Internet Day on Tuesday, when themes will be explored in lessons and activities throughout the week.

Year 8 will benefit from the long-awaited Harry Potter visits in the week ahead as part of their 'Arts' provision and Year 10 will celebrate Mass for the feast of 'Our Lady of Lourdes' and NCS (National Citizenship Service) will be in school to talk to Year 11 regarding their opportunities post-examinations. We await the publication of examination guidance for Year 11 & 13 which is being published on Monday. Please be assured we are eagerly awaiting the guidance to tailor our support for the curriculum, interventions and indeed our Easter and May half-term revision guidance and support.

As a reminder, on the 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> February we have our school production of 'Beauty and the Beast'. Please do consider supporting the students and coming to watch one of the performances. It has been a long time since we have been able to showcase the hard work and dedication of the students in this way.

In the gospel on Sunday we hear the story of the call of the first disciples (Luke 5:1-11). The disciples are told they will be 'fishers of men'. In this week where we are thinking about children's mental health, it is a reminder to us that we all have a responsibility to respond to Jesus' call, to look out for one another and to be 'fishers of men'.

I wish you all a great weekend and week ahead.

God Bless

Mrs Waugh



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