



Week Commencing Monday 20<sup>th</sup> May 2024

## Headteacher's Update

Dear Parents and Carers

This has once again been a busy term and we have seen Year 11 and 13 students well under way with their exams. So far, there don't seem to have been any surprises and most have come out fairly positive about the papers. Long may it continue!

We have had a number of external visitors over the last week, including people on interview, and I have to commend our students on being so welcoming and so positive about the school. Everyone always comments on how articulate and friendly the students are.

I also wanted to share with you that we have seen record numbers of positive points being achieved by students. We always had the certificate for students achieving 1000 points but I have been tasked by the House team to now provide a separate letter and certificate for 1500 points and am now being persuaded to develop a prize for those achieving 2000 points. Incredible work by our students.

Mr Farrer

WEEK A	CALENDAR - TERM 5
Monday 20 <sup>th</sup> May	Y10 French Speaking Exams Y12 French Speaking Exams
Tuesday 21 <sup>st</sup> May	Y10 MFL Speaking Exams
Wednesday 22 <sup>nd</sup> May	Y10 German Speaking Exam
Thursday 23 <sup>rd</sup> May	Y7/8 Trip to Normandy (returns 26/05)
Friday 24 <sup>th</sup> May	<b>TERM 5 ENDS 3:00PM</b>

### In this week's bulletin:

- Recommended Wellbeing Apps (Ms Barber)
- Deadlines for Paying for Trips (Finance Team)
- Drama Updates and Invitations (Mrs Nash)
- Understanding School Avoidance (Poster)
- St Laurence Students win Gold

.... And lots more!

## **From Ms Barber – Assistant Headteacher / Senior Mental Health Lead**

### **Wellbeing Apps**

Helping children manage their mental health and wellbeing is a top priority. Nothing can beat getting out in the fresh air, meeting friends and having fun, but some children may find apps useful for things such as learning about emotions, managing anxiety etc.

There are thousands of these types of apps, but to cut through the fog Internet Matters have put together a list which gives details such as: suitable ages, purpose, how the app works and (where applicable) the cost.

You can find the list of apps here: [Wellbeing apps for kids | Internet Matters](#)

## **From: Finance Team**

### **Re: School Trips**

If your child is attending one of the trips below, please log into your ParentPay account to pay any balance that is due.

If you have any queries regarding the trip please contact the trip leader or [finance@st-laurence.com](mailto:finance@st-laurence.com)

<b>Trip</b>	<b>Trip Leader</b>	<b>Payment</b>	<b>Due</b>
Blackrock	Mrs Baldwin – <a href="mailto:helbal@st-laurence.com">helbal@st-laurence.com</a>	£350.00	19/04/2024
Battlefields	Mr Abrahams – <a href="mailto:niaabr@st-laurence.com">niaabr@st-laurence.com</a>	£385.00	03/05/2024
Year 11 Ball	Mr Hainsworth – <a href="mailto:thohai@st-laurence.com">thohai@st-laurence.com</a>	£33.00	03/05/2024
Year 12 Gold DofE	Mrs Baldwin – <a href="mailto:helbal@st-laurence.com">helbal@st-laurence.com</a>	£240.00	24/05/2024
Year 13 Gold DofE	Mrs Baldwin – <a href="mailto:helbal@st-laurence.com">helbal@st-laurence.com</a>	£260.00	24/05/2024
Zanzibar	Mrs Baldwin – <a href="mailto:helbal@st-laurence.com">helbal@st-laurence.com</a>	£70.00	03/06/2024
Year 13 Prom	Mr Blowers – <a href="mailto:aidblo@st-laurence.com">aidblo@st-laurence.com</a>	£37.00	14/06/2024

## **From: Mrs Nash – Head of Drama**

### **Year 12 Devising**

Year 12 have been working hard to create a devised piece in the style of writer and director John Godber. The final performance will take place in the Drama Studio next Thursday 23<sup>rd</sup> May at 4:30pm (not later as was in last week's bulletin). We would strongly encourage anyone who is taking A Level Drama next year to come and watch, along with any family and friends who wish to support.

### **Shakespeare Schools Festival Autumn 2024**

Letters will be emailed home shortly regarding the opportunity for the current year 7/8 to take part in the 2024/2025 season of the Shakespeare Schools Festival. This will take place early in Term 2 next academic year, so we are going to start the ball rolling early with a 'launch day' for those interested in taking part on Wednesday 5<sup>th</sup> June. Those taking part will perform a short version of a play by Shakespeare at the Tobacco Factory in Bristol. There are 35 places available and to reserve a place an email needs to be sent to Mrs Nash ([catnas@st-laurence.com](mailto:catnas@st-laurence.com))

### **Charlie and The Chocolate Factory**

Years 7-9 are busy rehearsing for the summer production of 'Charlie and The Chocolate Factory'. Tickets will shortly be available to purchase on ParentPay priced £8 (£10 on the door) and £5 for children and St Laurence students.

To report a student absence please ring the Attendance Line by 8:30am on 01225 309501

**From: Mrs Gorton – Head of MFL**

**Year 10 and 12 French and German Speaking Exams**

From Monday 20<sup>th</sup> to Wednesday 22<sup>nd</sup> May students in Year 10 and 12 who study GCSE/A-Level French or German will be sitting their end of year speaking exams.

Students have been given an appointment time and venue by their teacher and must arrive promptly.

We wish the students all the best in their exams.

**From: Mrs Hamblin**

Food Technology are getting very low on plastic tubs to lend to students who need to borrow one to take their food home in.

If your child has borrowed one to take food home in from their lesson, we would be very grateful for its return please.

Thank you, Mrs Hamblin

## House Points

Ashley



173052

Budbury



178772

Conigre



177200

Huntingdon



176914

Westfield



177045

### **For Students Arriving by Bus**

Please remind students to be at the bus stop a minimum of 5 minutes before departure time to enable them to embark and the bus to arrive at each stop within the designated intervals. Failure to be at the bus stop may result in it leaving without students.

Thank you (on behalf of the bus company).

# What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

### UNDERSTANDING SCHOOL AVOIDANCE

#### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

#### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress - such as changes in the environment, changes of routine and sensory stimuli.

#### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

### IMPACT OF SCHOOL AVOIDANCE

#### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

#### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

#### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious - increasing their desire to stay at home.

## Advice for Parents & Educators

#### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

#### MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

#### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

#### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.






Source: See full reference list on guide page at [nationalcollege.com/bateman/school-avoidance](https://nationalcollege.com/bateman/school-avoidance)

## Proud Parents of 2 Students Share Gold Winning News

**From: Mrs Carey, mum of Year 9 student Alastair**

“I just wanted to share with the school that Alastair Carey has been awarded the Chief Scout’s Gold Award. This is the highest award in Scouts, and it is the first to be awarded in Bradford on Avon for nearly 20 years”.

**“We’re obviously incredibly proud of him and hope the school will be too!”**



**From: Mrs Mellowdew, mum of Year 11 student Elsie**

Elsie’s mum shared this photograph of Elsie competing for Team England in the World Cheerleading Championships in Florida in April.

Elsie’s Team went on to win the Gold medal in the Adaptive Abilities Advanced Level 4 category.



## St Laurence School

has joined the following SOCIAL MEDIA platforms to keep you informed of some of the great work your children are doing at school.

We will post news and photos from school trips, dance and drama performances, STEM events and lots more. Follow us on Facebook, Instagram and Twitter and “like” and “share” our stories.

**FOLLOW**

**LIKE** 

**& SHARE**



[facebook.com/StLaurenceSch](https://facebook.com/StLaurenceSch)



[instagram.com/stlaurencesch/](https://instagram.com/stlaurencesch/)



[twitter.com/stlaurencesch](https://twitter.com/stlaurencesch)

[www.st-laurence.com](http://www.st-laurence.com)

## Menu for Week Commencing Monday 20<sup>th</sup> May 2024

Lunch week 3

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mexican Vegetable Quesadillas Served With Cajun Wedges And Salad	Sausage & Mash Served With Onion Gravy And Vegetables	Beef Lasagna Served With New Potatoes, Vegetables And Garlic Bread	Meat Feast Pasta Bake Served With Mixed Salad	Battered Fish Served With Chips, Beans And Tartare Sauce
PLANT BASED	Cheesy Potato Patty Cake, Served With Cajun Wedges And Salad	Vegetable Sausage & Mash Served With Onion Gravy And Vegetables	Vegetable Lasagna Served With New Potatoes, Vegetables And Garlic Bread	Quorn Cobbler Served With Mixed Salad	Vegan Roll Served With Chips, Beans
STREET FOOD	Pizza Of The Day	Grilled Pesto Chicken Panini	Vegetable Curry Served With A Naan	Spicy Meatball Sub	Cheesy Chips
TAKEAWAY TUBS	Vegetable Chilli Burrito	Macaroni Cheese	Chilli And Rice Bowl Served With Salsa And Sour Cream	Stir Fried Vegetable Noodles	Chicken Nuggets Served With Salad
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 70P EACH.				
DESSERTS	Berry Cake Served With Strawberry Sauce	Chocolate Orange Jaffa Pudding	Apple Turnover	Banoffee Cake	Chocolate Cheesecake

### Meal Deal

Main Meal With Vegetables And Dessert



All Our Main Meals and Desserts Are Freshly Made On Site Every Day