



Week Commencing Monday 22nd April 2024

Headteacher's Update

Dear Parents and Carers

It has been lovely welcoming back everyone this week and with the hope of slightly sunnier weather, we are looking forward to a productive summer term.

The main focus of our Collective Worship this week has been to identify that exam times can be stressful and this is completely natural, but that students should not forget to seek support if they need it and I have outlined to them how they can do this. Please do keep in touch and if there are any questions about exams, do contact us or check the website.

I hope the Year 7 subject evening went well for parents but if you were not able to attend, again, please contact subject staff to get an update.

Mr Farrer

WEEK A	CALENDAR - TERM 5
Monday 22 nd April	<ul style="list-style-type: none">Y10 Practical Exams BeginGCSE French Speaking Exam 8:35am – 3:00pm (Ms Heyes)
Tuesday 23 rd April	<ul style="list-style-type: none">GCSE French Speaking Exams 8:35am – 11:05am (Mr Vince)
Wednesday 24 th April	<ul style="list-style-type: none">Y13 A Level Art Exam 8:35am – 3:00pm (Mrs White)Y11 Graphics Exam 8:35am – 3:00pm (Mr Bruten)Y10/Y12 Music Practical Mocks 9:05am – 3:00pm (Miss Hancock/Mr Barclay)
Thursday 25 th April	<ul style="list-style-type: none">Y11 Reports IssuedY13 A Level Art Exam 8:35am – 3:00pm (Mrs White)Y10 Drama Devised Assessment / Evening PerformanceY10 Bronze DofE Parents Information Evening 6:00pm – 7:00pm (Trinity Hall)
Friday 26 th April	<ul style="list-style-type: none">Y13 A Level Art Exam 8:35am – 3:00pm (Mrs White)Y10 Practical Exams end 3:00pm

God, please
help us,
whether we
have faith or no
faith, to..

We hope for peace to prevail in our streets and for harmony within the world. We ask for guidance for our community leaders, that they may make decisions that are just and fair for all members of our community. Help them to govern with wisdom and compassion, always seeking the common good. We also lift those who are struggling and in need in our community. May we, as a community, come together to support and uplift those who are facing challenges and hardships.

Care - Inspire - Succeed



From: Mr Daniels – Head of Huntingdon House

Family Attendance Raffle

The Term 4 raffle was run at the end of last term, the video of the raffle can be seen here:
<https://youtu.be/axlwwU5ztr8>

The winners were as follows:

- **Easter Egg Bundle – Jess Bottomley C1**
- **Easter Egg Bundle – Max Lusby H6**
- **Easter Egg Bundle – Isla Pote C10**
- **Easter Egg Bundle – Abbie Jacob C8**
- **Swim Voucher – Ted Ponsford C6**
- **£10 Mr B’s Book shop - Lilly Oakley-Green A3**
- **£20 Amazon Voucher Isobel Cook H7**

All prizes will be available for parents and carers to collect from Main Reception.

We are running the raffle again in Term 5. The details are as follows:

- We will have a monitoring period during Term 5 (22/04/24 – 22/05/24)
- Previous attendance **will not** count in this monitoring period
- All students who have 100% attendance (or no unauthorised absences) will be entered into the raffle
- Names will be drawn from this list and parents and students will be notified if they have won a prize
- We are aware that some absences are unavoidable and, if this is evidenced or authorised, this will not exclude a student and family from the raffle (please see the attendance policy for further details of how we authorise absence: [Governor’s Arts Policy \(st-laurence.com\)](https://www.st-laurence.com/governors-arts-policy))

Good Luck!

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

House Points

Ashley



156656

Budbury



164516

Conigre



161923

Huntingdon



160803

Westfield



160725

From: Mrs Baldwin – LoTC Coordinator

Year 10 Bronze DofE Practice Weekend

Parents and Carers are invited to an information evening on:

- **Thursday 25th April**
- **6:00pm – 7:00pm**
- **Trinity Hall**

If you are unable to attend, information will be available on ClassCharts following the meeting.

If you have yet to complete a Medical Form, please complete this ASAP. Students can collect copies of the Form from Student Reception.

Thank you, Mrs Baldwin

From: Mr Blowers – Director 6th Form

Year 12 Summer Exams

Written Exams will run in school from **Monday 29th April – Friday 3rd May.**

Year 12 Students will be on study leave for the duration of these written exams and should only be in school for their timetabled exams.

Thank you for your support.

Mr Blowers.

From: Mrs Nash – Head of Drama

Before Easter, students from St Laurence School took part in productions at Salisbury Playhouse and the Tobacco Factory in Bristol.

Salisbury Playhouse

Year 10 Drama students took part in the National Theatre Connections Festival in which 250 groups from across the UK perform one from a selection of ten new plays commissioned especially for the event. This year students performed the play 'Replica' by Titas Holder and were praised for their excellent use of ensemble work and clear storytelling.

The group has a wonderful day at Salisbury, rehearsing on the main stage and participating in a workshop. They were even treated to Domino's pizza by the theatre - a much appreciated treat!

Thanks must go to Mr Peters who drove a minibus and stayed with the group the whole day - and took us on a short walking tour of Salisbury to get some fresh air in between activities.

The festival is not a competition, but one group will be chosen to perform at the National Theatre in July - you never know! We have also applied to take part again next year when, if we are successful, the new Year 10 group will get to enjoy a similar experience.

Tobacco Factory

Secondly, 20 Year 8 and 9 students performed 'The Taming of the Shrew' as part of the Coram Shakespeare School's Festival. Once again, students enjoyed an excellent time at the Tobacco Factory - rehearsing and performing on the stage in front of a large, appreciative audience. This time we also has two technical students who expertly worked the lights and sound under the guidance of the theatre crew. For this project we are given an appraisal by a member of the SSF team - and we were very proud to receive the following from appraiser **Rachel Walsh**:

“Congratulations St Laurence School for your fantastic reimagining of The Taming of the Shrew as part of the Spring 24 Shakespeare Schools Festival. It was a thrilling night of theatre, and I'd like to shine a spotlight on some aspects I really loved.

I love when a company has something so contemporary to say with a classic text and you absolutely did that with this performance. Simple but clever costume choices, in your use of blue and pink scarves, gave us a clear visual indication of the ideas at play within this text and supported our understanding of the story and its conflict. I also loved your decision around the ending, having Katherina rise up against Petruchio, and thought it was a brilliant choice for a modern production and audience.

This company was so professional from beginning to end of our time working together. Their technical rehearsal ran like an absolute dream and special mention must go to our two tech students Chloe and Eleanor who were incredibly prepared and skilled teching the show. Their creative choices and work with sound and lighting elevated the brilliant performances onstage making this an incredibly slick production.

Clever work by the ensemble explored the themes and action brilliantly. I particularly loved the lightbulb moment, the reactions to the battle of wits and creating the hearts. These choices felt like brilliant motifs that foreshadowed the most striking image of all - the holding out of hands at the end of the play and the powerful last moment we're left with.

Well done on a slick and modern Taming of the Shrew from a bold and committed cast. We're thrilled to have reimagined Shakespeare with you this year and have loved being with you on your journey from classroom to stage”.

Thank you to everyone who supported one (or both) these projects - especially the family, friends and staff who came to watch the performances.

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

Forthcoming Events

Year 10 GCSE Drama students will be off timetable on Thursday 25th April, preparing for their devised performance. This unit is worth 40% of their total GCSE and is made up of the performance and a piece of written coursework.

Students should arrange to stay in school at 3:00pm for technical rehearsals. They will be given free time from 4:00pm but will need to be back in school at 5:00pm and can stay on site if going home is not possible. They will need to bring food/drink or have your permission to visit the local Co-op.

Family and friends are invited to come and watch the performances which take place at 6:00pm in the Drama Studio. The evening will finish around 7:00pm. Students who are taking GCSE Drama next year are also encouraged to attend.



Year 12 students Ellie Davies and Lily Jones, receiving their Orange belt in kickboxing, presented by Senior Instructor Kelly and Second instructor, Alicia.

Ellie and Lily passed their grading with Distinction.

Sent on behalf of the SLSA

We are holding a bumper second hand uniform sale from Friday 19th to Sunday 28th April (10 days), at Hand Crafted Mirrors in Lamb Yard opposite the Co-Op in BoA town centre. Shop hours are 12:00 noon – 5:00pm on weekdays and 10:00am – 2:00pm on weekends.

Please support this by sending in all donations of uniforms. We are in particular need of Year 10 - 11 sized uniforms, Huntingdon polos and all PE kits. Donations can be left at school Reception or at the shop.

St Laurence School

Second Hand Uniform Pop Up Shop

Hand Crafted Mirrors, Lamb Yard, Bradford on Avon

19 April - 28 April inclusive

(12-5pm each week days / 10-2pm weekends)



Donations can be dropped off at school reception or pop up shop.

Cash and cards accepted



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

From: The English Department

The Importance of Reading

When we study subjects at school, we learn more effectively with a good understanding of the language of those subjects. When we study Biology, we are not just studying plants and animals: we are studying *language about* plants and animals.

Students who read widely, and for pleasure, tend to learn more and perform better in school subjects than those who do not. Reading increases our knowledge about the world, improves our vocabulary, and opens our minds to a great range of ideas about how we live. In short, reading makes you cleverer; being a good, fluent reader helps students across school – and in their whole life. The feeling of getting immersed in a good book is simply one of the most calming, rewarding, and enjoyable there is.

All students study whole literary texts in English lessons. They can choose reading books from the ILC and are encouraged to always have a book on the go – whether this is the latest novel in a series they have been reading, a biography of a sporting hero, or a collection of short stories. We believe that there is “a book for everyone” and actively encourage students to explore a range of books. We want to challenge students to develop their own reading journeys, experiment with what they read and in doing so increase their insight, empathy and understanding of the wider world.

The ILC Team have an exceptional knowledge of the kinds of books students will enjoy! The ILC runs competitions and events throughout the year, and these are particularly good at suggesting next steps or new challenges for reading.

“St Laurence Reads” is a weekly tutorial activity where the whole school reads and discusses the same book - underlining how important we think reading is at St Laurence.

Together with the ILC Team we have produced reading lists that complement the schemes of learning that Years 7, 8 and 9 are following at this point in the academic year.

This is the recommendation for Year 7. The lists for Year 8 and Year 9 will follow next week.

English Wider Reading at St Laurence

Year 7
Term 5 and 6
Heroes and Villains

ALEX RIDER
ANTHONY HOROWITZ

PERCY JACKSON
RICK RIORDAN

RICK RIORDAN

THE RECRUIT
ROBERT MUCHAMORE

NEVERMOOR
JESSICA TOWNSEND

holes
LOUIE STOWELL

Stormbreaker (and others in Alex Rider series) – Anthony Horowitz
CHERUB: The Recruit – Robert Muchamore
Robin Hood - Robert Muchamore
Harry Potter series – JK Rowling
Percy Jackson series – Rick Riordan
Heroes of Olympus series – Rick Riordan
The Haven – Simon Lelic
Loki: A bad God's guide to being good – Louie Stowell
Nevermoor – Jessica Townsend
Artemis Fowl – Eoin Colfer
Skulduggery Pleasant – Derek Landy
H.I.V.E. - Mark Walden

More of a challenge
Frankenstein – Mary Shelley
The Strange Case of Dr Jekyll and Mr Hyde – Robert Louis Stevenson

ARTEMIS FOWL
ROBIN HOOD
SKULDUGGERY PLEASANT
HARRY POTTER
MARK WALDEN



Keeping children safe online

A Parent's Guide to Safety and Privacy Settings



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online

When you give a child access to the Internet, you give them access to the adult world.

The Internet treats everyone as adults and there are many things, they are not yet ready to know, which is why it is vital that some form of safety settings are in place. Doing something is better than doing nothing.

What happens online has an effect to what happens offline and what happens offline has an effect to what happens online.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



www.skipssafetynet.org

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine, often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

@wake_up_weds

/wuw.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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Sent on behalf of Wiltshire Music Centre (WMC)

WMC are working with [Sound Connections](#) on a cultural needs assessment, to understand our audience better and inform our plans for the future as a centre.

The staff, students and parents/families from St Laurence represent a key part of our local community. We want to understand how we can shape our programming and space to be more welcoming and accessible to everyone. This isn't just about music students - we feel the centre should be a cultural and creative place for all of the community!

"Help us Shape our Future" Survey - the survey takes about 5 minutes to complete, and answers are completely anonymous and will only be used for this purpose.

The survey closes on **Sunday 21st April**

As a thank you, we offer a chance to win a **£50 e-gift card** from Love2Shop, with access to 1,000's of the UK's biggest brands. To be entered into the prize draw, please complete the online survey using the link below and make sure you add your email address.

COMPLETE SURVEY

Or share this link: [Have your Say and Help Shape Our Future - Wiltshire Music Centre](#)





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



instagram.com/stlaurencesch/



twitter.com/stlaurencesch

www.st-laurence.com

Menu for Week Commencing Monday 22nd April 2024

Lunch week 2

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	Cheese Onion Pasty Served With Sweet Potato Fries And Salad	Chicken Enchiladas Served With Infused Rice And Vegetables	Roast Gammon Served With All The Trimmings	Pasta Bolognese Served With Garlic Bread And Green Salad	Battered Fish Served With Chips, Beans And Tartare Sauce
PLANT BASED	Cheesy Bean Slice Served With Sweet Potato Fries And Salad	Mixed Bean Enchiladas Served With Infused Rice And Vegetables	Roast Quorn Served With All The Trimmings	Pasta Bolognese Served With Garlic Bread And Green Salad	Veggie Nuggets Served With Chips And Beans
STREET FOOD	Falafel Salad Burger	Doner Meat, Crunchy Salad Served In A Pitta Bread	Stir Fried Chinese Chicken Noodles	Loaded And Plain Hot Dogs	BBQ Pulled Pork Tacos
TAKEAWAY TUBS	Soup Of The Day, Served With A Warm Roll	Vegetable Loaded And Plain Hot Dogs	Cheese Onion And Tomato Turnover	Pesto Pasta Bake	Spring Rolls Served With Asian Slaw And Salad
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 70P EACH.				
DESSERTS	Chocolate Cake Served With Chocolate Sauce	Toffee Apple Cake	Apple Strudel	Lemon Drizzle Cake	Strawberry Cheesecake

Meal Deal
Main Meal With Vegetables And Dessert



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

Build a BURGER DAY



Thursday 25th April

1/4 Pounder Beef Burger
1/4 Pounder cheeseburger
Chicken Burger
Veggie Burger
Hot Dog

Served With Potato Wedges,
Salad, And A Selection of
Sauces.

Banoffee Pie