



Week Commencing Monday 18<sup>th</sup> March 2024

## Headteacher's Update

Dear Parents and Carers

Well done to all Year 11 students who have completed their final mock exams prior to the real thing. Teachers will be marking the papers and providing feedback to students about their next steps in revision. It is a stressful time and we hope to be able to support students with these practical steps.

And it's a well done and good luck to the cast of Replica who performed for the National Theatre assessor last week and have their performance at Salisbury Playhouse on Wednesday 20<sup>th</sup> March.

We also have the Chance to Dance on 20<sup>th</sup> March and you would be welcome to come and watch how amazing the students are.

Mr Farrer

WEEK B	CALENDAR - TERM 4
Monday 18 <sup>th</sup> March	<ul style="list-style-type: none"> <li>Y10 Geography Trip 8:00am – 4:30pm (Swanage)</li> <li>Y13 A Level &amp; Y11 GCSE Exams begin</li> </ul>
Tuesday 19 <sup>th</sup> March	<ul style="list-style-type: none"> <li>Y10 Geography Trip 8:00am – 4:30pm (Swanage)</li> <li>Y8 – Y10 German Theatre Trip/Careers Event 8:50am - 2:00pm (St Mary's School, Calne)</li> </ul>
Wednesday 20 <sup>th</sup> March	<ul style="list-style-type: none"> <li>Y10 NT Connections Performance 9:00am – 10:00pm (Salisbury Playhouse)</li> <li>Chance to Dance Tech &amp; Performance 9:05am - 9:30pm (Wiltshire Music Centre)</li> </ul>
Thursday 21 <sup>st</sup> March	<ul style="list-style-type: none"> <li>Y10 Paris Trip (21<sup>st</sup> – 23<sup>rd</sup> March)</li> <li>Y11 GCSE Music Exams</li> <li>Barbie Movie 3:15pm – 5:30pm</li> </ul>
Friday 22 <sup>nd</sup> March	<ul style="list-style-type: none"> <li>Y11 Food Exam 8:35am – 3:00pm</li> </ul>

<p>Ashley</p>  <p>ASHLEY</p>	<p>Budbury</p>  <p>BUDBURY</p>	<p>Conigre</p>  <p>CONIGRE</p>	<p>Huntingdon</p>  <p>HUNTINGDON</p>	<p>Westfield</p>  <p>WESTFIELD</p>
<b>131217</b>	<b>135566</b>	<b>133913</b>	<b>128463</b>	<b>132503</b>

# Collective Worship at St Laurence

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

- Be still in our busy day
- Connect with our school's Christian vision and values
- Consider turning points
- Take an opportunity for prayer or reflection

Care - Inspire - Succeed



## **Lost Property**

Each term, we have a large amount of lost property left at **Student Reception**, which often goes unclaimed.

At the end of each term, unnamed and unclaimed belongings are disposed of and can no longer be collected.

**This term the deadline for collection from Student Reception is:**

**Friday 22<sup>nd</sup> March between 3:00pm – 4:00pm only.**

Lost property remaining unclaimed by this date will be donated to the St Laurence School Association or a local charity.

**From: Mrs Baldwin – LOTC  
Coordinator**

### **Year 10 Bronze DofE**

If your Year 10 child hasn't submitted a medical form for participation in the Bronze DofE, please can this be completed ASAP. The forms were sent by email or paper copies can be collected from me in room M4.

Thank you, Mrs Baldwin

**From: Ms Favali – Teacher of Psychology**

### **Social Sciences Career Talk**

Any students in year 10, 11, 12 or 13 who might be interested in pursuing a career in counselling are invited to attend a talk from Sam Osbourne, a qualified School Psychotherapist. He will be sharing about his experiences as a Psychotherapist, different types of counselling and the different routes/qualifications into becoming a Psychotherapist.

The talk will take place online on Tuesday 19<sup>th</sup> of March, in S4 at 3:30pm. Students should let Ms Favali or Mrs Butterworth know if they would like to attend.

## **From: Mr Blowers - Assistant Headteacher / Director of 6th Form / DDSL**

### **Key 6<sup>th</sup> Form Information:**

**Year 13 Parents/Carers Revision Session - Thursday 21<sup>st</sup> March 2024: 6:00pm** on Microsoft Teams (approx. 30 mins). The link to the TEAMS event has been shared with you and your child.

To support you and your child to get the very best out of their upcoming A level exams I would like to invite you to a short live online event where we will focus on:

- **Proven evidence-based research on how to revise effectively**
- **Creating the best environment for revision**
- **A chance for any Qs**

We hope that in this short presentation we will be able to share a range of ideas which can genuinely support all of us in getting the very best outcomes for our young people.

Thanks for your anticipated support at this critical time. I can assure you that we are all working hard at St Laurence to do the very best for our students in the 6<sup>th</sup> Form and we hope that this event will provide further opportunities to drive their success in the remaining weeks this year.

## **From: Mrs Nash – Head of Drama**

### **Replica**

Thank you to everyone who came to support the Year 10 cast of 'Replica' who performed in Trinity Hall last week. In addition to family and friends we were joined by representatives from Wiltshire Creative and the National Theatre who gave the students valuable feedback ahead of the show's transfer to the Salisbury Playhouse on Wednesday 20<sup>th</sup> March. Laura from Wiltshire Creative was impressed with the strong ensemble work while Stewart Melton from the NT praised the storytelling of the piece.

Students involved in the performance on the 20<sup>th</sup> are reminded that they can come to school in their own clothes as we are travelling to Salisbury after tutor time. They should bring their costume and any necessary props with them. They will also need enough food and drink for both lunch and tea - or they can bring money as there is a Sainsburys nearby if they need to buy anything. The show starts at 7:00pm and the evening will end at approximately 9:00pm. Tickets are available from Wiltshire Creative [NT Connections Festival 2024 | Wiltshire Creative](#)

It's been a great experience so far and we wish the cast every success with the final performance.

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

The cast list for 'Charlie' is now up and we congratulate all those involved. Unfortunately, we were not able to cast anyone who was unavailable to rehearse on a Friday, so please let us know if circumstances change. Letters with details of important information, including dates, will be sent home in due course. There will be a meeting on Tuesday 19<sup>th</sup> March for those who wish to be involved with a backstage role and a read through for the whole cast on Friday 22<sup>nd</sup> March. With a show like this there are bound to be some disappointments with casting and we would reassure everyone involved that there will be plenty for everyone to do and that the show will be great fun - as well as hard work!

**Monday 25<sup>th</sup> March** - Our cast of 'The Taming of the Shrew' will be performing at the Tobacco Factory in Bristol as part of the Shakespeare Schools Festival. Information on how to get tickets can be found here [Shakespeare Schools Festival 2024 - March - Tobacco Factory Theatres](#)

Mrs Nash, Head of Drama      Miss Davies, Drama Teacher

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

## Reminder please - Equipment for lessons

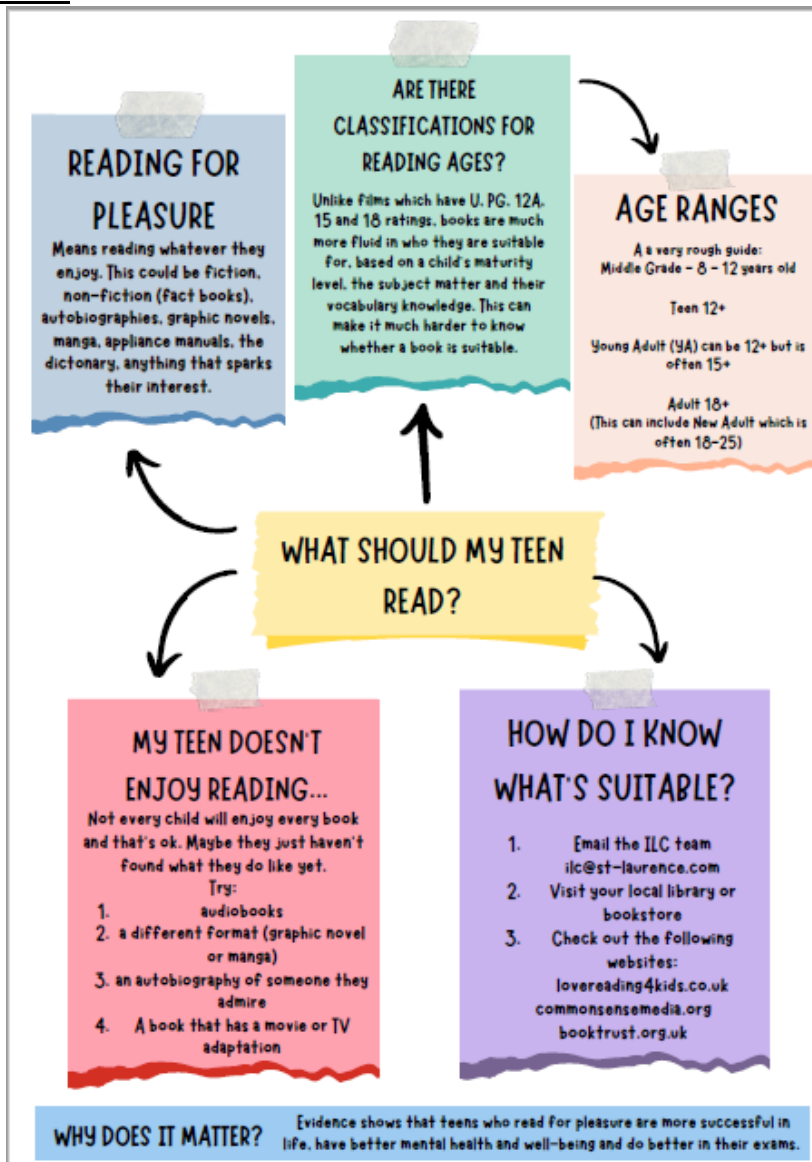
It is vitally important that all children are equipped for their lessons. By being prepared, every student can start their lesson smoothly and productively. Having the correct equipment allows them to access the learning and skills being taught in the lesson e.g. highlighting keywords, drawing a diagram using a pencil, drawing a straight line with a ruler.

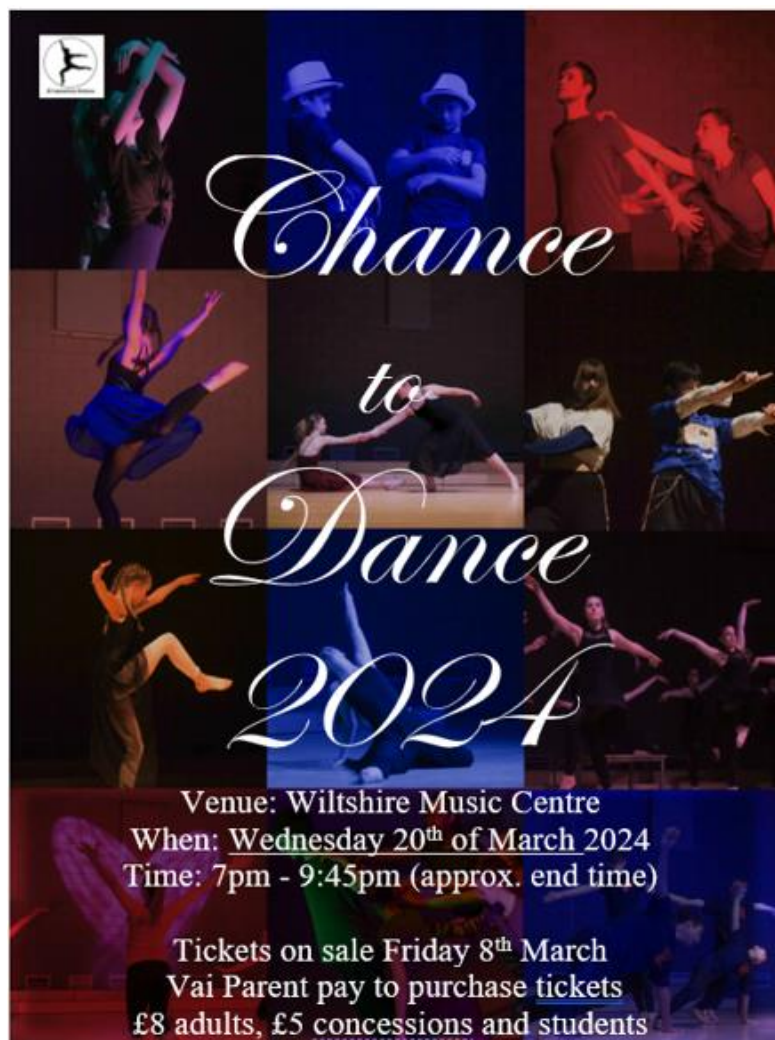
A reminder of the equipment needed for your child's pencil case is below.

Many thanks, Mrs Rhodes



## From: The ILC Team





## **Barbie Movie Screening – Feminista Fundraiser in aid of Women for Women International**



On Thursday 21st March, the Feminista group will be showing the Barbie movie in order to raise funds in aid of Women for Women International which supports women affected by conflict.

The event is open to all year groups, and wearing pink is encouraged! It will run from 3:15pm until 5:30pm in the Lecture Theatre.

The event costs £5 to include a snack and a drink.

Tickets are available to purchase from ParentPay until **Wednesday 20th March.**



Our recent Wonderful Westfield Bake Off raised an amazing £200.84 for the Family Counselling Trust, a children’s mental health charity which provides low cost counselling services.

There were so many delicious bakes to choose from that some of even had more than one!

Westfield House staff and students thank you for your kind support of their chosen House Charity.

### School Clubs – Easter Baking

Our Easter Baking Club students have had great fun over the past few weeks – in week 1 they made Lemon Swiss Rolls, week 2 was decorated cupcakes and in week 3 hot cross buns. As these photos demonstrate we have some very creative students in the club.



Week 1 – Lemon Swiss Rolls



Week 2 – Decorated Cupcakes

**You can find out more about St Laurence Extra Afterschool Clubs here:**

[Parent Portal | St Laurence School \(st-laurence.com\)](http://st-laurence.com)

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

## 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they've switched off, impacting how easily and how well a person can sleep.

## 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

## 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for that toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

## 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

## 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

## 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

## 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

## 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

## 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

## 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

The National College

X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024



The students of Conigre House invite you to join their Charity Fundraiser in aid of Wiltshire Treehouse - supporting children and young people through bereavement.

16 of our most "talented" staff bravely agreed to be videoed whilst singing and dancing for your entertainment – and of course, to help Conigre House students raise much needed funds for the young people of Wiltshire affected by loss.

Come along and see if you can put a name to the performer!

When?

Tuesday 26<sup>th</sup> March

Where?

Wiltshire Music Centre

Time?

The show starts at 3:00pm and ends at 4:30pm

How?

Buy your tickets from ParentPay for just **£3.00 each**

**ALL ARE WELCOME**

## St Laurence Star Students



### Owning the stage at the Mid Somerset Festival

A number of singing students recently competed at the Mid-Somerset Festival in Bath. Singing Teacher, Felicity Courage, was proud to share the results of the day with us:

Year 7 student Emilia Williams sang First Time in Forever and was awarded 3<sup>rd</sup> place.

Year 8 student Nyah Taylor performed a rendition of Wouldn't It Be Lovely from My Fair Lady, complete with the cockney accent, and received a "Commended" for her performance.

Year 9 students Poppy Foot, with a song from Fiddler on the Roof, and George Sullivan-Lane, singing a song from Oklahoma, were each awarded a "Merit".

Year 10 students Harry Britner and Lowri Pugh each achieved a grade of "Commended" in their show song categories.

#### In the Duet and Trios category:

Nyah returned to sing with Annabelle Screen, Year 8, competing against Poppy and George. Both duos received a "Distinction" and resulted in Poppy and George taking 1<sup>st</sup> place and Annabelle and Nyah 2<sup>nd</sup> place.

Harry and Lowri, competing a duet in their age category, achieved a "Distinction" and went on to win 2<sup>nd</sup> place.

Poppy returned to sing beautifully in the Art Song category and won the entire category! 1<sup>st</sup> place for Poppy!

Congratulations to all the participants who demonstrated great bravery and musicianship. Amazing work and a proud day for St Laurence School. Well done all!

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



Felicity Courage, Singing Teacher

Editor's note: Wow! What a tribute to Felicity and her amazing work with our students. For those that like numbers - our super star students were awarded a total of:



- 1<sup>st</sup> Place = 1
- 2<sup>nd</sup> Place = 2
- 3<sup>rd</sup> Place = 1
- Commended = 3
- Merit = 2
- Distinction = 3

Hosted by Bradford on Avon Town Council

# SHREK



**St Margaret's Hall**  
Sunday 17 March  
doors open @ 2pm  
film starts @ 2.30pm  
£1 entry for adults  
children under 18 free



## Self Defence half day workshop

**TUESDAY 9TH APRIL**  
BRADFORD ON AVON  
2PM - 5PM. AGE 11+  
COST £22

**Calling all girls from Year 6 to Year 10!**

- ★ Gain invaluable self-defence techniques
- ★ Connect with other amazing girls
- ★ Build confidence and empowerment

[www.mightygirls.co.uk](http://www.mightygirls.co.uk) or QR Code to book





## 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)

## Restaurant Menu for Week Commencing Monday 18<sup>th</sup> March 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
<b>MAIN MEAL</b>	CHEESE & BEAN SLICE SERVED WITH WEDGES & GREEN SALAD	HUNTERS CHICKEN SERVED WITH RICE & VEGETABLES	ROAST CHICKEN SERVED WITH ALL THE TRIMMINGS	CHICKEN & VEGETABLE PIE SERVED WITH NEW POTATOES AND VEGETABLES	SAUSAGE SERVED WITH CHIPS AND BEANS & CURRY SAUCE
<b>PLANT BASED / VEGETARIAN</b>	SPICED FALAFEL FLATBREAD SERVED WITH SALAD AND WEDGES	HUNTERS QORN FILLETS WITH RICE AND VEGETABLES	QUORN ROAST SERVED WITH ALL THE TRIMMINGS	VEGETABLE MINCE PIE SERVED WITH NEW POTATOES AND VEGETABLES	VEGAN SAUSAGE SERVED WITH CHIPS BEANS & CURRY SAUCE
<b>STREET FOOD</b>	VEGETABLE FRENCH BREAD PIZZA	VEGAN CHILLI & INFUSED GARLIC RICE	AMERICAN STYLE HOT DOG	MEATBALL SUB	FISH FINGER BAP WITH LEMON MAYO AND CRISPY ICEBERG
<b>HOT SNACKS</b>	SOUP OF THE DAY & ROLL	CHICKEN NUGGETS WITH A DIP AND SALAD	VEGETARIAN QUICHE & CRISPY SALAD	STIR FRIED VEGETABLE NOODLES	PESTO PASTA BAKE
<b>PIZZA SLICE</b>	PIZZA OF THE DAY SALAD BAR	PIZZA OF THE DAY SALAD BAR	PIZZA OF THE DAY SALAD BAR	PIZZA OF THE DAY SALAD BAR	PIZZA OF THE DAY SALAD BAR
<b>JACKETS</b>	TRY OUR DELICIOUS FILLINGS FROM 70P EACH.				
<b>DESSERTS</b>	STEAMED JAM SPONGE & CUSTARD	WARM GINGER CAKE SERVED WITH CREAM	PEAR CRUMBLE & CUSTARD	TOFFEE APPLE CAKE SERVED WITH CUSTARD	CHOCOLATE CHEESECAKE

### Meal Deal

Main Meal  
With Vegetables  
And Dessert



£2.80

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

## **FUEL Programme**

FUEL is the holiday activity and food programme (HAF) that is funded by the Department of Education. FUEL provides eligible school-aged children with free access to enriching activities, nutritious meals and healthy eating information during the Easter, Summer and Christmas holidays.

The HAF programme is delivered in Wiltshire using the brand FUEL (Food, Unity, Energy, Laughter) and the programme is a direct response to the growing issue of holiday hunger.

## **Who is eligible for the FUEL Programme?**

The FUEL Programme is a bespoke provision for school aged children from reception to year 11 who receive benefit-related free school meals.

Benefits-related free school meals (FSM) are available to pupils if their parents are in receipt of one of the qualifying benefits, and have a claim verified by their school or local authority.

Further information on eligibility for [Free school meals](#).

The FUEL Programme is also available to children that meet any of the below:

- children that are refugees
- children that are currently in the care system
- young carers
- children that are referred into the programme by a professional service (eg. Local authority, schools, social service)

## **FUEL Programme - Easter 2024**

The FUEL Programme is back for the Easter holidays and parents or guardians can now request places for children who are eligible for the programme. We will once again be working with a range of organisations to provide activities for the FUEL programme across Wiltshire during the Easter school holiday.

Please see details of the organisations and How to book a place section here: [FUEL Programme - Wiltshire Council](#)

Booking will remain open until **27 March 2024**.