



Week Commencing Monday 26th February 2024

Headteacher's Update

Dear Parents and Carers

I do hope that you had a very restful and enjoyable half term. For those of you with year 12 students, I hope the subject evening was useful but please do contact us if you need further information.

Also, please take a moment to review what is happening next week with our second mental health and wellbeing week. There are events for students and parents, and we would welcome you to take part.

Mr Farrer

WEEK A	CALENDAR - TERM 4
Monday 26 th February	<ul style="list-style-type: none"> • Neuroheadway Parent Talk (MHWB Week); 6.00pm - 7.00pm (Link below)
Tuesday 27 th February	<ul style="list-style-type: none"> • Y10 Bristol Beacon Science Trip; 09.15am - 4.15pm
Wednesday 28 th February	<ul style="list-style-type: none"> • Rewards Event; 6.30pm - 8.00pm • Y11/Y13 Drama dress rehearsal performance; 3.00pm - 8.00pm
Thursday 29 th February	<ul style="list-style-type: none"> • Mental Health and Wellbeing Fair; 08.15am - 4.00pm • Y7 States of Matter Chemistry Show by Explorer Dome, Bristol; 09.05am - 11.30am (Lecture Theatre) • Y9 Black Rock Parent Information Evening; 6.00pm - 7.00pm
Friday 1 st March	<ul style="list-style-type: none"> •

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

Safeguarding Snippet...

What do the following acronyms stand for? CSE, CCE, HBA, PVE and MASH

Child Sexual Exploitation

Child Criminal Exploitation

Honour-based Abuse

Preventing Violent Extremism

Multi-agency Safeguarding Hub

.... because safeguarding is everyone's priority.

House Points



From: Mrs Overfield – Deputy Head and Designated Safeguarding Lead

The Family and Community Learning team from Wiltshire Council are running a series of training opportunities for parents and carers. Please see the posters and information on how to sign up below.

We are running **Understanding the Early Stages of School Avoidance** online on **Wednesday 6 March**. This course is suitable for parents of children who are still attending school but where attendance may be suffering a dip or causing emotional issues. It will provide an opportunity for parents to share experiences, discover new strategies and ask questions of an educational psychologist. This course won't be so helpful for parents of children who are currently not managing to attend school.

We also have a pair of our helping my child courses coming up.

Helping My Child Build Concentration and Resilience (Thursday 29 February) explores how the environment affects concentration and how words can help develop resilience. **Helping My Child Prepare Positively for Change (Thursday 7 March)** considers how and why change can be difficult for children and explores practical techniques to ease transitions, such as using stories and visual supports. These courses are most helpful for parents of children aged from about three years to 13 years old.

Supporting Myself to Support My Child is a three-session course starting on **Thursday 14 March**. This course is ideal for parents and carers of children who need additional support. Initially, it reminds carers how important their own wellbeing is and looks at ways to develop strategies to support their wellbeing. Then they explore ways to respond to the individual needs of their children and how to build resilience. Participants will form an understanding of the Five to Thrive approach and, finally, look at working positively with professionals to support their child.

A phone call or email can initiate a booking. New learners will need to complete an enrolment form, which we can do by phone or by providing a link. Booking closes one week before the start of a course. Please get in touch if you have any questions.

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

Family and Community Learning course List February – March 2024

Adult Wellbeing and Family Skills

Wellbeing	From 20 February	Tuesdays 10.30am – 12.30pm	5 x sessions	JCP Trowbridge
Supporting My Teen with Wellbeing	20 February	Tuesday 10am – 12 noon	1 x session	Online
Supporting Myself to Support My Child	From 20 February	Tuesdays 9.45am – 11.45pm	3 x sessions	West Lavington Village Hall
Helping My Child with Anxiety and Worry	22 February	Thursday 10am – 12pm	1 x session	Online
Supporting My Teen with Transitions to Adulthood	From 27 February	Tuesdays 10am – 12 noon	5 x sessions	Online
Helping My Child Build Concentration and Resilience	29 February	Thursday 10am – 12 noon	1 x session	Online
Understanding School Avoidance	6 March	Thursday 10am – 12 noon	1 x session	Online
Helping My Child Prepare Positively for Change	7 March	Thursday 10am – 12 noon	1 x session	Online
Supporting Myself to Support My Child	From 14 March	Tuesdays 10am – 12 noon	3 x sessions	Online

From: Mrs Barber – Assistant Headteacher

MENTAL HEALTH AND WELLBEING WEEK

Date for your diaries - Monday 26th February 6:00pm – 7:00pm on Zoom [click here](#).

An online workshop facilitated by NeuroHeadway for parents and carers. Topics for the talk are mental health and wellbeing, self-harm, depression, and anxiety and coping with exam pressure.

Connect - Richard Bruten and Heather Browne

The latest issue of the student-led and produced school magazine Connect is out now at [St Laurence Connect Term 3 Growth \(adobe.com\)](#)

The issue's theme is 'Growth' and inside you will find an interview with Miss Owen about being diagnosed with ADHD in her 40s, the experiences of two students who are young carers and a feature on trans students around the world. There are also all the usual features including Staff in the Spotlight featuring new SENDCo Ms Whittle and former student Tom Curtis who is making waves in the Royal Navy. We hope you find something you enjoy.

If you have a story for Connect, please contact heabro@st-laurence.com or ricbru@st-laurence.com

From: Mrs Jones – Exams Officer

Timetable of Y11 March English & Maths Mock Exams w/c 11 March 2024 (in Sports Hall) Week A	
Tue, 12 March	
Lesson 4 & 5 early lunch	1.00pm - Maths paper 1 1h30m (non-calculator)
Wed, 13 March	
Lesson Tut & 1	8.35am - English Language 1h
Lesson 4 & 5 early lunch	1.00pm - Maths paper 2 1h30m (calculator)
Thu, 14 March	
Lesson Tut & 1	8.35am - English Literature 45m

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From: Mrs Baldwin – Outdoor Education Coordinator

Year 9: Black Rock Residential parents/carers information evening

There will be an information evening for parents/carers only on the **29th February in Trinity Hall, 6-7pm.** Gof Daine who runs Hill House and organises the activities will be there to discuss the details of the trip. It is important that you be there but if you can't attend, all information will be available after the meeting.

Year 10: Bronze Duke of Edinburgh Award

There will be an information evening for parents/carers only on the **7th March in Trinity Hall, 6-7pm.** Chris Horobin who runs the provider that we use will be there to outline the expectations and details of both the practice weekend and the expedition. It is important that you be there but if you can't attend, all information will be available after the meeting.

From: Mrs Butterworth – Head of Psychology and Sociology

Social Science Study Support

Every Wednesday after school for those in year 13 studying Psychology and Criminology with Mrs Butterworth in S2. 3.00pm - 4.00pm.

Mrs Butterworth

From: Mrs Nash – Head of Drama

Auditions for our summer production of 'Charlie and the Chocolate Factory' take place during the week beginning 4th March. Students in Year 7-9 who did not attend the meeting can collect audition material from Mrs Nash or Miss Davies. All students who wish to be considered for an acting role will need to sign up on the sheet on the drama office door for an audition slot.

Students interested in helping with technical or backstage roles should email Miss Davies (emidav@st-laurence.com).

Rehearsals start the week beginning 11th March and the production takes place in the week beginning 8th July.

There is a compulsory rehearsal on Saturday 6th July which students must be able to attend to take part.

Any questions about 'Charlie' please contact Mrs Nash or Miss Davies.

Forthcoming events in Term 4

Please support our students at the following events.

Wed 28th February 6pm Drama Studio - our Year 11 GCSE students present their scripted assessments ahead of their practical examination. Family and friends are invited to attend, and we would recommend current Year 10 drama students, as well as those considering taking GCSE drama, come along.

Fri 8th March 7pm Trinity Hall Year 10 GCSE Students present 'Replica' for the National Theatre Connections. Ahead of their performance at the Salisbury Playhouse, the Year 10 GCSE pupils will perform a preview of this new play. The performance will be watched by a judge from the National Theatre who will give feedback - a large and supportive audience will be most appreciated. Tickets for this event cost £5 and are available now on parentpay.

Wed 20th March - NT Connections at the Salisbury Playhouse. Tickets available here [NT Connections Festival 2024 | Wiltshire Creative](#)

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

Monday 25th 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](#)

From: Mr Blowers – Head of Sixth Form

Sixth Form Quiz Fundraiser – Students only

Thursday 14th March Trinity Hall: 5 - 7.30pm £6 per person

We run this as a fundraiser for the 6th form, please note it is for **both Year 12 & Year 13 Students**.

This is run by the 6th Form Leadership team.

There are 120 places available, and these will be sold on a first come first served basis.

Students are welcome to organise themselves into teams of between 4-8. Don't worry if you don't have a team, we can add you on arrival.

The cost of the event: **£6 per student**

Access: **This will be via Trinity Hall from Ashley Road**

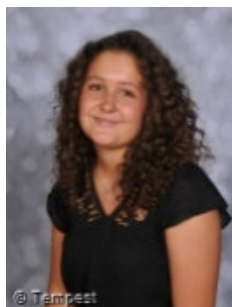
At the event students will each get a soft drink and a slice of pizza. We will be ordering this and ensure that we have Vegetarian and Vegan Options.

We also hope to run a cake sale so **students can bring some cash to support this**.

If a student wishes to attend, **please pay £6 via Parentpay and also tick the consent form** as well as letting us know the type of pizza you would like please: **Meat/Vegetarian/Vegan – Parentpay will open on Monday 26th February**

Thanks for your anticipated support of this event.

Welcome to our new Head Students 2024-25: Evie Brown & Tom Ottley



We are delighted to introduce Evie and Tom as our new Head Students. They were voted for by all of our students, along with three other candidates, as having the highest number of votes.

Following this, the five candidates were interviewed by: Mr Farrer, Mr Blowers, Mrs Chatfield and our current Head Students: Michaela Sillem and Choe Smith.

They were deservedly successful, although commiserations to the wonderful Year 12 students who had the bravery to apply but sadly missed out. We hope they will involve themselves in our Leadership team in a range of capacities.

Well done Tom and Evie. We look forward to the school moving forward under your leadership and would like to take the opportunity to thank Michaela and Chloe for the exceptional job that they have done as Head Students over the last year.

Thanks

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

Online Safety and Wellbeing

What Parents & Carers Need to Know about ONLINE DATING & RELATIONSHIPS

WHAT ARE THE RISKS?

Most online dating apps claim to be for over-18s only but, in some cases, relaxed age verification also allows children to access them. What's more, some popular social media platforms use similar design features to many dating sites – blurring the line between why a young person initially downloads an app and what they actually end up using it for.

ONLINE GROOMING

Online grooming is when someone forms a connection with a child in the digital world and carefully cultivates the relationship with the intention of manipulating the child into doing something sexual or illegal. The process involves gaining the young person's confidence – which can make them far less likely to tell a trusted adult about their new online 'friend', or to recognise what is even happening.

WEBCAM BLACKMAIL

Some young people have been coaxed into getting naked or semi-nude on a video chat with someone they met on a dating platform. They're then told that, unless they hand over a certain amount of money, a recording of the video will be posted online (or possibly sent to their contacts). This can be hugely traumatic for a young person and, in extreme cases, has resulted in self-harm and even suicide.

DAMAGE TO SELF ESTEEM

Many dating platforms encourage users to rate the images that people upload. This has clear potential to negatively impact a young person's self-esteem. On some apps, pictures of a user's face and body can be rated anonymously, with notifications informing them if someone has their declined to match with them. This form of rejection can feel extremely hurtful and degrading.

CATFISHING AND SCAMS

Creating a false identity to deliberately lure people into a relationship (whether romantic or platonic) online is known as catfishing. Commonly, someone pretends to share interests or beliefs with their victim and gradually gains their trust. A young person's feelings for the fake 'friend' and possibly their judgement and can lead to them transferring money, personal images, passwords and so on.

STALKING AND HARASSMENT

Stalking is obsessive behaviour by a fixated individual which disrupts their victim's life. It can bring severe distress and even the fear of violence. There have been frequent reports of stalking cases that originated on dating apps, with perpetrators creating new accounts in response to being reported or blocked. It's a particular cause for concern if a young person has ever given out personal details (such as their street or school name) online.

Advice for Parents & Carers

KEEP THE CONVERSATION GOING

Reassure your child that they can always talk to you about anything online that's worried them. Emphasise that if they're being sent unwanted images – or if they've shared images or video content themselves – they should tell you straight away. Discuss the potential risks of online dating and check in with them frequently to ensure that they're feeling comfortable about their online relationships.

TAKE A 'SAFETY FIRST' STANDPOINT

Encourage young people to be careful about who they send invitations to – and accept them from – on dating sites and apps. Familiarise yourself with how to adjust the privacy settings on your child's devices and apps to help them control who can access their profiles and information. Talk to your child about why it's unwise to share any sensitive, private or confidential information in their profile.

PROTECT CONTACT DETAILS

If a young person is interested in using online dating sites or apps, strongly encourage them to choose one that offers the facility to conceal both profile, email addresses when messaging prospective dates. If that's not possible, ensure that the young person sets up a separate email address which doesn't include their real name. This is easy to do via providers like Hotmail, Yahoo! Mail or gmail.

HIGHLIGHT COMMON DANGER SIGNS

Talk to your child about some of the obvious red flags in online dating: requests for money, for instance, should always ring alarm bells. Likewise, if a young person is in contact with someone who they feel is pressuring them into providing personal or financial information – or who they suspect is trying to trick them into it – they should end communication immediately and contact the dating service provider.

Meet Our Expert

Robynne Attridge has been a 20-year expert in the field of relationships and health education. She led an advisory workshop and writing for young people, parents and schools, she also a co-developer expert on health for the Department of Education.

The National College | National Online Safety | #WakeUpWednesday

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Instagram Checklist - Southwest Grid for Learning

Instagram is one of the most used platforms among young people and adults alike. Over the past decade, the platform has become ubiquitous and is an excellent source of entertainment and information for people globally. The global reach of the platform though, can be a cause for concern for those who have children or work with under-18s. The programme is principally a digestion source focused on images and videos, with a private chat function which for many is the sole reason for its use. In today's image focused society, it can be an outlet for how people wish to be perceived physically or regarding their personality. As a result, it actively encourages people to post about their personal life, in a way that would be detrimental should everyone have access to it. Privacy is optional on Instagram, and there is a wide spectrum of privacy options. To understand these options better the Southwest Grid for Learning has published resources aimed at achieving this goal. Please click on the link below to find out more and to download their Privacy and Safety checklist.

CHARACTERS
STAGE SCHOOL



Annie

Taster Workshop
Saturday 24th February
10.15am-1.15pm or 1.30pm-4.30pm
Mount Pleasant, BoA
for our exciting July Production

'Betcha bottom dollar' that you will have fun joining us for this exciting session working on this classic Broadway Show exploring songs, scenes and choreography from the show. If you enjoy it, you can be in the cast of this special production performing in a professional theatre in July 2024!

Ages 7-18
Limited Places.

CHARACTERS Email: moira@charactersstageschool.com
STAGE SCHOOL Phone: 07932 785807



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

Restaurant Menu for Week Commencing Monday 26th February 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 & 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
PLANT BASED / VEGETARIAN	SPICED FALAFEL FLATBREAD SERVED WITH SALAD AND WEDGES	HUNTERS QUORN 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 AND BEANS & CURRY SAUCE
STREET FOOD	VEGETABLE FRENCHBREAD PIZZA	VEGAN CHILLI & INFUSED GARLIC RICE	AMERICAN STYLE HOT DOG	MEATBALL SUB	FISH FINGER BAP
TAKEAWAY TUBS	SOUP OF THE DAY & ROLL	CHICKEN NUGGETS & SALAD	QUICHE & SALAD	VEGETABLE NOODLES	PESTO PASTA BAKE
PIZZA SLICE	PIZZA OF THE DAY	PIZZA OF THE DAY	PIZZA OF THE DAY	PIZZA OF THE DAY	PIZZA OF THE DAY
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 70P EACH.				
DESSERTS	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



+



+



£

All UK Car Main Meals and Desserts are freshly made on the every day