

BC14

Lord, this day and forever, may I have the courage never to be afraid of anyone. May I have the generosity to bear ill - feeling towards no-one. Lead me to live in such a way as to treat others in the same way as I would be treated. Inspire me never to be violent in thought, word or action, and lead me to conquer evil with goodness.

Amen

Friday 31st January 2020

Mental Health Week- Monday 3rd February-Friday 7th February Find Your Brave

At Bishop Challoner we aim to promote positive mental health for every member of our school community. In addition, we aim to recognise and respond to mental health issues. Prevention is central to our approach; all staff have a responsibility to promote positive well-being and the staff who form the Mental Health Team have been specifically trained in mental health first aid.

Be brave; take small steps, share your worries and ask for help.

Take time to look after yourself.

An easy breathing technique to bring about rapid relief when needed is the perfect solution to rapidly calm nerves, focus the mind and help you to think more clearly.

Say firmly but silently to yourself - "TAKE CONTROL".

Repeat - "I CAN DO ANYTHING I WANT TO" and breath out slowly.

Slowly breathe in through your nose and then out through pursed lips, allowing the abdomen to soften and rise on the in breath then deflate and return to normal on the out breath.

PAUSE

Slowly repeat this for 6-8 breaths over the minute with the breath out being slightly longer than the breath in.

Say to yourself each time - "I AM BREATHING IN PEACE & BLOWING AWAY TENSION".

Each time you breathe out, make sure you relax your face, jaw, shoulders and hands.

If your symptoms persist, repeat this technique for 3-5 minutes until you feel calm and relaxed.

REMEMBER - IF YOU ARE RELAXED - YOU CAN'T BE TENSE

Mental Health and Wellbeing Support

- Feeling worried about something?
- Do you need to talk to someone?
- Do you need a quiet place to just sit and think or not think?
- Why not 'DROP IN' to one of our wellbeing sessions where you can talk to a mental health champion or just chill in a quiet safe place.

When and where?

TUESDAYS & THURSDAYS

Time	Location
8am-8.40am	KS3/KS4- Student Support Coordinator Office KS5- Sixth Form Office
KS3/KS4 Lunch	Student Support Coordinator Office
KS5 Lunch	Sixth Form Office



Mrs Peckover



Mrs Reynolds

Bishop Challoner Mental Health Team



Mrs Breen



Mr Clarke



Mrs Nutt



Miss Spencer



Mr Tipping

Home School Communication Information-January 2020

We believe that clear communication between the school and parents/carers has a positive impact on students' learning.

The information set out below details how the school communicates with parents/carers and how parents/carers can communicate with the school.

Who to contact

For any Pastoral related issue your son/daughter's Head of Year or Assistant Head of Year should be contacted, email is better for non-urgent issues. All Heads of Year and Assistant Heads of Year have teaching commitments and so will not always be available immediately to respond or take calls. Meetings in school are by appointment only.

Email Contact

Year 7 Head of Year- Mrs McGowan h.mcgowan@bishopchalloner.bham.sch.uk

Assistant Head of Year- Mrs Higginson r.higginson@bishopchalloner.bham.sch.uk

Year 8 Head of Year- Mrs Brown c.brown@bishopchalloner.bham.sch.uk

Assistant Head of Year- Miss Hunter h.hunter@bishopchalloner.bham.sch.uk

Year 9 Head of Year- Mrs Dawson z.dawson@bishopchalloner.bham.sch.uk

Assistant Head of Year- Miss Barron-Richardson t.barron-richardson@bishopchalloner.bham.sch.uk

Year 10 Head of Year- Miss Beard j.beard@bishopchalloner.bham.sch.uk

Assistant Head of Year 10- Mr Fell d.fell@bishopchalloner.bham.sch.uk

Year 11 Head of Year- Mr Clarke s.clarke@bishopchalloner.bham.sch.uk

Assistant of Head Year 11- Miss Williams l.williams@bishopchalloner.bham.sch.uk

Year 12 Head of Year- Miss Bisset f.bisset@bishopchalloner.bham.sch.uk

Year 13 Head of Year- Mrs Healy m.healy@bishopchalloner.bham.sch.uk

Telephone Contact

Parent/carers of students in Year 7-11 can contact the the school on **0121 444 4161** and select **option 2**.

Parents/carers of students in Year 12 or 13 can contact the school on **0121 444 4161** and select **option 3**.

If the Student Services staff are not available to take the call please leave a message and they will deal with it and/or pass it on to the intended member of staff the enquiry is for as soon as possible.

Safeguarding Concerns

For any safeguarding concerns you should contact the school on **0121 444 4161** and ask to speak to one of the Designated Safeguarding Leads (DSL), there are Senior staff also DSL trained in the event that one of the team is not available.

Communication regarding Absence

If your son/daughter is in **Year 7-11** any absence must reported to the school as soon as possible and no later

than the start of the school day where possible. Please contact the school on **0121 444 4161** and select **option 1**.

If your son/daughter is in **Year 12** any absence must be reported to the college as soon as possible and no later than the start of the school day where possible. Please contact the college on **0121 441 6113**.

If your son/daughter is in **Year 13** any absence must be reported to the college as soon as possible and no later than the start of the school day where possible. Please contact the college on **0121 441 6144**.

Other Communication

Text messages, the school website, social media platforms such as Twitter and Facebook are also used by the school to communicate important messages or showcase activities going on in the school. Information regarding all school social media accounts can be found on the school website.

Teaching School Update

We are out on the road! Not only will our flyers for Train to Teach be in your libraries, leisure centres, cafes and parks, but also now on black cabs! Look out for them in the Birmingham area. If you spot one, why not take a photo (if it's safe to do so) and tweet us @teaching_school.

With recruitment well underway for trainees to start their PGCEs in September 2020, we still have places in available in a range of Secondary subjects, and also for Primary. Book a place on our next free information

session and find out if teaching may be for you - it is on Weds 5th February and you can book a time slot via teachingschool@bishopchalloner.bham.sch.uk.



SEND Updates

Higher Education Pathways Event for Young People with SEND and their Parents



Thursday 12 March 2020 from 4.30pm-7.00pm
Room G14 (The Auditorium),
10 Woodcock Street, Birmingham B7 4BG

The City Council is supporting widening participation in higher education. As part of our joint SEND Strategy with the NHS and Children's Trust we are facilitating an event for young people and parents to showcase the diverse pathways in Higher Education available within the city. The purpose of the event is to raise aspirations for young people with SEND and their parents who may not have considered HE.

PROGRAMME DETAILS:

- 4.30pm-5.00pm** Arrival and Refreshments
5.00pm-5.10pm Introduction and Welcome: Parminder Garcha, Head of Service 14-19 Participation and Skills BCC
5.10pm-5.20pm Bal Rana, Aim Higher: Increasing the numbers of young people with SEND accessing Higher Education
5.20pm-5.30pm Teresa Allen, Communication & Autism Team: What does Good Transition look like?
5.30pm-5.40pm Higher Education Opportunities: University of Birmingham/University College Birmingham/Aston University
5.40pm- 5.55pm Students Experience
5.55pm-6.00pm Format of Workshops: Parminder Garcha
6.00pm-7.00pm Information Workshops:
- Student Finance
 - Disabled Students Allowance (and reasonable adjustments/support)
 - Student Life (from the perspective of a young person with SEND, including accommodation)
 - Higher Apprenticeships
 - Access Courses
- 7.00pm-7.05pm** Summary and Close

Booking:

<https://www.eventbrite.co.uk/e/higher-education-pathways-event-for-young-people-with-send-their-parents-tickets-91157906753>

All Enquiries: 14-19@birmingham.gov.uk

*Please note refreshments (tea/Coffee and Biscuits)

Supported by the European Social Fund and the Youth Employment Initiative:



STEP UP TO APPRENTICESHIPS

As part of National Apprenticeship Week 2020, we are hosting a workshop for parents and young people with SEND to discover more about Apprenticeships, the support available and how to access them.

Come and hear from young people, parents and Training Providers!

Thursday 6th February 2020

Doors open: 4:30pm

10 Woodcock Street, Aston, Birmingham B7 4BL

BOOK YOUR PLACE NOW ON EVENTBRITE!

<https://www.eventbrite.co.uk/e/workshop-step-up-to-apprenticeships-tickets-89949077111>



SENCO Surgery at BC

Mrs Breen (SENCO) and Mrs Warhurst (Assistant SENCO) will be available to discuss any queries or concerns you have about your child's special educational needs. Appointments are available between 3.30-6pm. Please telephone on 0121 444 4161 or email:

e.breen@bishopchalloner.bham.sch.uk

s.warhurst@bishopchalloner.bham.sch.uk

These will be held in PE1 on:

Thursday 5th March, 2020 and Thursday 7th May, 2020

Parent Support Group 2019/20

A Parent Support group has been set up by the Communication and Autism Team (CAT). The sessions run on a Friday 9:15 - 11:15 am at GBNFC at Chinnbrook Children's Centre on the following dates:

7th February 2020, 6th March 2020, 3rd April 2020, 15th May 2020, 12th June 2020, 10th July 2020.

For more information please contact: Katie Price, Communication and Autism Team, 0121 303 1792.

GBNFC at Chinnbrook Children's Centre, 213 Tritford Road, Billesley, Birmingham, B13 0ET. Tel: 0121 464 4772

Autism Confident Teens Birmingham, Kings Norton (Evenings)

11th February 2020 at 6:30 pm - 8:00 pm. Introducing our new evening programme which comprises of a one to one session with an autism specialist at the beginning and end, followed by six weekly group sessions held in a relaxed autism friendly environment.

Ages 13–18 years/Meet other autistic teens/Understand more about autism/Recognise & manage anxiety/Understand & manage sensory difficulties/Help navigating the confusing “social world”

Date: Start day–Tuesday 11th February 2020 - Followed by weekly sessions on Tuesday evenings: 25th February, 3rd March, 10th March, 17th March, 24th March Time: 6:30pm – 8:00pm

Location: Autism West Midlands, Imperial Court, Kings Norton Business Centre, Sovereign Road, Kings Norton, B30 3ES

Cost: Free for autistic teenagers living in the Birmingham City Council area.

Booking Information: To book or for more information please contact Amanda or Sue:

E: amandap@autismwestmidlands.org.uk, T: 07881 109 496.

E: suemorris@autismwestmidlands.org.uk, T: 07808 730 519

Early Support Programme for SEND Parent Carers

Be Empowered Workshop

Every Monday 10am – 2pm (for 6 weekly sessions)

Starting Mon 24th February, Mon 2nd March, Mon 9th, Mon 16th, Mon 23rd and Mon 30th March

At South and City College, Hall Green Campus, Cole Bank Road, Hall Green, Birmingham B28 8ES



- Are you a parent of a child with special or additional needs?
- Do you want to meet with other parents and learn more about local and national services and what they can offer?
- Do you want to feel more confident about working with practitioners and making decisions about your child's journey?

We warmly invite you to a series of workshops that have been written by and are led by trainers who are parent/carers of a child with additional needs themselves.

These workshops are for parent/carers of children and young people of any age, with any additional need, following diagnosis. They are an attempt to support parent/carers through times of change and at whatever stage of the journey participants may find themselves.

TO BOOK:

This workshop is going to be conducted in a number of community languages including English, Bengali, French, Punjabi and Urdu

For more information contact:

Gulshan Hussain on, 07827 082 752 or email Gulshan.P.Hussain@birmingham.gov.uk

Chaplaincy News

This term, we have been working with Key Stage 3 Chaplaincy teams. They have been bonding and participating in formation sessions last half term so they can do projects over this term towards spreading the word and raising awareness and donations to CAFOD World Gifts. Each year group have chosen world gifts they want to work towards. Each year group are working together as a community to fundraise for the school charity.

St Chads Sanctuary do so much for asylum seekers, such as giving them clothes, toiletries, food and other necessary items but they also provide schooling until they can attain a place at a school. We donate every half termly. The February donation is soon approaching and

we appreciate any donations towards St Chads.

We have launched a mindfulness club for any year to come in to the chapel on a Tuesday break time so students can come and unwind before their next lesson to take time to reflect.

We have started our Youth Group which will be held on Wednesdays 6:30pm – 8pm on the 1st & 3rd Wednesday of each month. Year 7 and above are welcome and it's held in St Dunstons Conference Room. Our first session saw many young people come together and do fun activities and a short time of reflection. On Thursdays, we hold Rosary Club in the chapel where we do a decade of the rosary and look at what it means to us.

Sports Updates

Well done to those pupils who have been coming to extra-curricular clubs before and after school, numbers have been great and if anyone else would like to come along, everyone is welcome to.

Moving onto fixtures, basketball fixtures have been going brilliantly as the Year 11 boys won their match against Shenley's 29-27. Well done to all those who participated, a great performance by all. Alongside this, the Year 11 girls also beat Kings Norton Girls School 28-17 so a big well done to all of those who played. The Year 8 and 9 girls' basketball team won their game against Four Dwellings whilst the Year 7 girls drew their basketball match against St George's School. Great performances by all, keep up the hard work!

The Year 11 boys' football team were hugely successful in beating George Salter as they won 6-1 in the qualifying round of the West Midlands Cup. A great effort from all of those players, well done!

Furthermore, Year 7 and 8 boys competed in a rugby fixture against Kings Norton Boys School which they unfortunately lost but all team members competed really well and played with fantastic effort.

We have the third intra-form competition of basketball this week so results will be posted following that competition! Good luck to Year 7 and 8 boys competing in the athletics school games indoor tournament this week. A big well done is in order for a selection of Year 9 girls who have undertaken and completed a cricket leaders course which has enabled them to lead and help out with the Year 7 and Year 8 after school cricket club. This week, Year 7 and 8 girls have participated in cricket sessions led by a professional cricket coach from Warwickshire Cricket Club. This was to promote cricket and encourage pupils to come along to cricket club which will be happening every Monday after school. Please come along and give it a go!

Sixth Form

Year 11 Applicants

We have enjoyed meeting our Year 11 applicants to the Sixth Form at their Transition Interviews in the last two weeks. It was interesting to discuss their plans and aspirations and we were very impressed with them. Keep working at those grades!

Next week we start meetings with applicants from other schools.

UCAS Choices

Year 13 have had an assembly on making their Firm and Insurance choices for UCAS. We strongly advise them to discuss this with a parent/carer or a member of the Sixth Form team before making their final decision. If their firm choice is very aspirational, it is essential that their insurance is very realistic one.

Library News

In addition to the reading, studying, homework, courses, and socialising that takes place in the OLC, we had a break time 'skipping' event, and the Chess Tournament for KS3 is well underway.

The new display in the OLC. Would you be surprised to know that these books have been banned?



Well-being

Many students are taking up the opportunity to "drop-in" on Talk Tuesday and Thursday, and at other times. We encourage students to continue to do this. If they have concerns or worries, talking about them is the first step to resolving them.

Knitting

Knitting has made its debut as an Enrichment opportunity as is proving very popular. Our aim is to knit blankets for charity. 3 weeks in and even the complete beginners are getting quite confident. The well-being and cognitive benefits of learning a new skill were highlighted this week on the BBC's Easy Ways to Live Well TV programme!

Upcoming Events

Symphony Hall Trip
Monday 3rd February

Year 7 Rewards
Wednesday 12th February

KS3 Debate Mate Hosting
Tuesday 4th February

Year 8 Rewards
Year 11 Parent Consultation Evening
Thursday 13th February

Early Finish 1.10pm
Wednesday 5th February

Year 9 Rewards
St Chad's Sanctuary Ends

Y9 Lapworth Museum Trip
Thursday 6th February

Half Term
Monday 17th February-
Friday 21st February

Y11 Food Practical Exams
Thursday 6th February-
Friday 14th February

School Open
Monday 24th February

Attendance

Year 7 - 96%
Year 8- 95%
Year 9- 95%

Year 10- 94%
Year 11- 94%
Whole School- 95%

Advertise with us...

Newsletter sponsorship

If you were to kindly sponsor us, we will make sure that we advertise your business in our remaining 2 termly newsletters at Easter and Summer for a total of £100.

Use promo code (BC14) and we will put your advert for FREE in our fortnightly newsletter BC14 as a thank you for supporting our school.

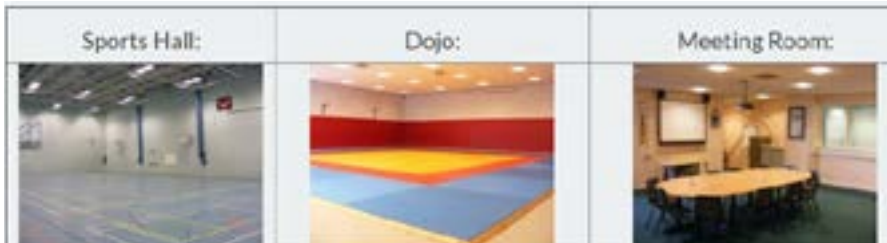
We only require your advert to be sent by email to us and we will do the rest.

We gladly accept BACS payment or Cheque depending on which is convenient for you and we will issue a receipt along with your copy of our Newsletter.

Our Easter newsletter deadline is Monday 17th February 2020.

Please email Gerald Noone:- g.noone@bishopchalloner.bham.sch.uk

Venue Hire For more information call: 0121 441 6103



Don't take our word for it – check out the website stats and see the exposure your advert will receive. (figures quoted 1st Feb – 10th March 2019.)

- 46,167 page views to our website in one month!
- 2,330 actual views on newsletters!

School Fund and Match Fund

Please visit the school website for more information on School Fund contributions and Match Fund through your employer.

Easy Fundraising

Our extra curricular and enrichment programme enriches the lives of young people in our school and gives them the opportunities to fulfil their full potential. Our programme runs 40 clubs per week ranging from book club to gymnastics.

Join easyfundraising and you can collect free donations for us every time you buy something online.

Billboard Advertising

No need to pay the High Street prices for billboard advertising.

You could advertise to 2000 people a day at Bishop Challoner for a fraction of the price.

We are delighted to offer advertising space in our community areas, including our sports hall, function room and gym.

This opportunity is available for £40 per month. Please contact Laura on 0121 441 6103 or email:

sportscentre@bishopchalloner.bham.sch.uk



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