

BC14

God our Father,
We give you thanks for the talents you have
given to mankind and for the blessings received
through those who use their gifts well.
Amen

Friday 25th September 2020

Message from Mrs Breen, Vice Principal

As we are now back into the fast pace of school life I must applaud our young people on how they are responding to all the changes made to their daily routines. Face coverings, one-way systems, staggered starts to mention only a few, are being adhered to and it is obvious that all members of our community understand the importance of why these systems have had to be put in to place in order to help keep us all safe.

Our Year 11 and Year 13 students have made a magnificent start to their after school study sessions and there is a real sense of commitment to their academic studies. Alongside this, many extra-curricular clubs have been able to start again and it is wonderful to see such great attendance at these clubs.

St John Bosco, who one of our form groups is now named after, worked tirelessly with young people to help them find jobs and apprenticeships when other members of society had given up on them, he once said 'Do not put off till tomorrow the good you can do today' and if we were all able to be led by his insightful words then we can go a long way in helping and supporting each other through these very difficult times.

Second GREEN FLAG Award

Bishop Challoner's continued work towards making our site as environmentally friendly as possible. has once again been recognised with a second Green Flag. We are only the second school in the whole of Birmingham to receive two Green Flag awards. We harvested over 600 potatoes, planted over 200 spring bulbs, countless wild flowers and we are looking forward to many more exciting projects this year.



Attendance

Year 7 - 96%
Year 8- 96%

Year 9- 93%
Year 10- 95%

Year 11- 94%
Whole School- 95%

Chaplaincy

In Chaplaincy, we have been seeing students from all year groups on different days. We have been leading mindfulness and prayer sessions. Year 7 are reflecting and prayer journaling and taking time to pause for prayer. Year 8 have been looking at applying to become chaplaincy champions to become advocates for catholic life in their year group. Year 9 have been doing mindful scripture art. This allows students to take time to pause for prayer and reflection. Also, we have started collecting for St Chad's Sanctuary which our school community are coming together to support others to give glory to God through helping others.

On Monday 28th September, we start collections for the Colm Smyth Christmas shoebox appeal. Colm gave so much time and effort into the shoebox appeal and as a school, we are doing the shoebox appeal as a memorial of his life and his dedication to the school. Shoeboxes can be filled with toys, toiletries, stationery, and hats/scarves/gloves. In the year of community, we come together to fulfil our school's mission statement of giving glory to God by serving others. Any shoebox donations are to be brought to the school chapel.

We appreciate all the support with these initiatives and invite you to take part.

Dates coming up in the Liturgical Calendar:

- Saint Therese of the Child Jesus 1st October
- Our Lady of the Rosary 7th October

Have a look at the @BC_Chaplaincy Twitter Account for scripture quotes and reflections for these feast days.

Notable Dates 2020-2021

The Birmingham diocese highlighted these dates where we take time to pause for prayer & reflection.

- Sunday 13 September - Education Sunday
- Friday 2 October - Harvest Fast Day
- Sunday 1 November - Solemnity of All Saints Day
- Monday 2 November - The Commemoration of All the Faithful Departed
- Sunday 22 November - Solemnity of Christ the King (Youth Sunday)
- Sunday 29 November - First Sunday of Advent
- Tuesday 8 December - The Immaculate Conception Blessed Virgin Mary (Diocesan Patronal Feast Day)
- Friday 25 December - Solemnity of The Nativity of the Lord



It has been revealed in recent years that YouTube is the most popular destination for children online, and that they are preferring this method of entertainment to traditional TV. The reasons for this vary but it is widely accepted that it is in part, due to the sheer volume of content that is on the platform, content that covers everything from football; make up tutorials; did you know videos and daily blogs. Whilst inappropriate content is not permitted on the site, this does not include foul language, extreme views, conspiracy theories, discussion of adult topics and content that could be deemed as inappropriate to young viewers. Used correctly YouTube can be a great place for both entertainment and education. However, there are some steps that we recommend you take with children, especially young ones, to ensure that their experience of the platform is positive. These are:

- To be aware of what your child is watching on the platform – this can be done through asking them to show you their viewing history.
- Setting up parental controls on the platform – this can be done by placing the platform into ‘restrictive mode’, which filters content deemed inappropriate.

Parental controls guide: <https://www.lifewire.com/youtube-parental-controls-2487977>

Shelfhelp for Improving Mental Health

Clearly, the benefits of being back at school are having a positive impact upon our students, with structure and routine to the day, re-engaging with friends and teachers and some regaining of normality. The students have adapted well to the new routines but it is likely that more of our students, and /or family members, will also be suffering with anxiety. Anxiety and other mental health problems can be all consuming or transient and may require professional help. Some can be self-managed.

One way of improving and sustaining mental health is to read. Reading a book for enjoyment may be sufficient in raising mood. Some books are particularly uplifting and inspiring. The ‘Unlikely Pilgrimage of Harold Fry’ by Rachel Joyce is my particular favourite.

More subtle methods for improving mental health are reading relatable books, such as Judy Blume, ‘Are you

there God? It’s me Margaret’ or ‘Louder than Words’ by Laura Jarratt. These books can help students to feel less alone and more ‘normal’.

Specific self-help books might be even more beneficial in managing mental illness. ‘Mind Your Head’ by Juno Dawson, ‘Stuff that Sucks’ by Bed Sedley or ‘Self-Esteem and Being You’ by Kate Collins Donnelly. There are so many books out there to help with Anxiety, Worry, Panic, ADHD, Body Image and Eating Disorders, Bullying, Depression and Mood Swings, Confidence and Self Esteem. Our students will be able to borrow some of these books through the Library click and collect service or through the e library. They are also readily available at public libraries or to purchase in bookshops or online.

Whatever the day brings us, we must be kind to ourselves and kind to others. We none of us know what each person is going through.

Mrs Fanning (Librarian).

CORONAVIRUS: PUBLIC INFORMATION

There are three simple actions we must all do to keep on protecting each other



- **Wash hands** - keep washing your hands regularly
- **Cover face** wear a face covering in enclosed spaces
- **Make space** stay at least 2 metres apart - or 1 metre with a face covering or other precautions

You must not meet in groups larger than 6 (with some limited exceptions)

If you have symptoms (high temperature, a new, continuous cough, loss of, or change to your sense of smell or taste) - get a test. Do not leave home for at least 10 days if your test result is positive.

If someone in your house has symptoms, stay at home until they have their test results. If they are positive you must stay at home for 14 days from the first day of symptoms. Further updates regarding Coronavirus (COVID-19) can be found at

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Absence Reporting and Covid-19

Please ensure you contact school if your son/daughter is not well and cannot attend. Calls should be made each day they are absent.

If your son/daughter is required to self isolate in line with government guidance work will only be made available via Class Charts when the school is informed. Please keep school informed of any progress regarding testing.

If your son/daughter’s is confirmed positive please inform the school immediately.

Bike Safety

It is good to see a higher proportion of students cycling to school, we will be providing additional bike parking racks in the near future.

It is essential that your son/daughter rides responsibly and they **MUST** wear a helmet.

Should we have any concerns re your son/daughters road safety we will be in touch.

Birmingham Wellbeing Youth Forum

Calling all Birmingham Young People who are Passionate about wellbeing



Do you want to have a say in what the best approach should be to make sure wellbeing support provided in Birmingham schools actually works for children and young people?

Do you want to help Birmingham City Council to make sure that we have the right approaches in place for providing a whole school approach to mental health and wellbeing?

If the answer is yes, then Nichola Jones Assistant Director for Inclusion, SEND and wellbeing at Birmingham City Council would like to invite you to apply to be part of our Wellbeing Youth Forum.

We are looking for 12 young people, from Birmingham's secondary schools to be a part of Birmingham first wellbeing youth forum. You are the experts by experience and your contributions are important to us. Being on this forum is a chance for you to contribute to how we change the way we offer support within Birmingham's schools to ensure that young people wellbeing is at the heart at all our decisions.

Together we can ensure that the support being provided actually works for children and young people!

The role involves advising Birmingham City Council to develop, deliver and review their programmes of activities, meeting with officials, councillors and other key figures such as the Director of Education and Skills.

If you think you're the right person for the job, then please email youthforum@birmingham.gov.uk we will

send you an application pack which you will need to complete and return by Monday 12th October 2020. Interviews for the role will take place in early November 2020. The first meeting of the wellbeing Youth Forum will be held in November 2020.

You will need to attend group meetings that happen at least 12 times a year and will be held on a day that best suits the group members, this could be a Saturday, during school holidays or at the end of a school day. Some meeting may also take place online via Microsoft teams. As a sign of our appreciation we will arrange and pay a reimbursement through a gift voucher for your time.

As well as helping to shape the wellbeing offer within schools, being a member of the forum will give you an opportunity to develop new skills and to meet and get to know other young people from across Birmingham. As a forum member you will be committed to the work of the group and together we will ensure that our meetings are accessible, productive and allow everyone's voice to be heard. So, if you like the sound of this exciting opportunity, please let us know.

If you have any questions, please contact: youthforum@birmingham.gov.uk and we will respond to your enquiry.

What will happen next?

Once all the applications have been received, they will be discussed by a panel and interviews arranged. We will let you know if you have been successful as soon as possible.

We look forward to hearing from you!

The point of view of a child with ADHD

Take my hand and come with me,
I want to teach you about ADHD.
I need you to know, I want to explain,
I have a very different brain.
Sights, sounds, and thoughts collide.
What to do first? I can't decide.
Please understand I'm not to blame,
I just can't process things the same.
Take my hand and walk with me,
Let me show you about ADHD.
I try to behave, I want to be good,
But I sometimes forget to do as I should.
Walk with me and wear my shoes,
You'll see its not the way I'd choose.
I do know what I'm supposed to do,
But my brain is slow getting the message through.
Take my hand and talk with me,
I want to tell you about ADHD.
I rarely think before I talk,
I often run when I should walk.
It's hard to get my school work done,
My thoughts are outside having fun.
I never know just where to start,
I think with my feelings and see with my heart.
Take my hand and stand by me,
I need you to know about ADHD.
It's hard to explain but I want you to know,
I can't help letting my feelings show.

Sometimes I'm angry, jealous, or sad.
I feel overwhelmed, frustrated, and mad.
I can't concentrate and I lose all my stuff.
I try really hard but it's never enough.
Take my hand and learn with me,
We need to know more about ADHD.
I worry a lot about getting things wrong,
Everything I do takes twice as long.
Everyday is exhausting for me...
Looking through the fog of ADHD.
I'm often so misunderstood,
I would change in a heartbeat if I could.
Take my hand and listen to me,
I want to share a secret about ADHD.
I want you to know there is more to me.
I'm not defined by it, you see.
I'm sensitive, kind and lots of fun.
I'm blamed for things I haven't done.
I'm the loyalist friend you'll ever know,
I just need a chance to let it show.
Take my hand and look at me
Just forget about the ADHD.
I have real feelings just like you.
The love in my heart is just as true.
I may have a brain that can never rest,
But please understand I'm trying my best.
I want you to know, I need you to see,
I'm more than the label, I am still me!!!!

Match Fund

You will hopefully be aware of the hard work that is being done to raise funds for Bishop Challoner Catholic College. We wanted to take this opportunity to inform you about the Match Funding scheme and how a little bit of your time could raise much needed funds to support our enrichment activities.

What is match funding?

Match giving or match funding is a simple way of maximising the fundraising efforts of our parents. It is an informal albeit corporate arrangement between a company and their employee. Not all companies offer matched funding but those that do will pledge a sum of money relating to the amount their employee has raised for the school. If you work for an organisation that has a match funding policy, any money we raise could be matched by your employer. These policies vary from a fixed monetary contribution right through to matching the total amount raised by the event.

How can you help?

We would be grateful if you could investigate if your employer is able to match fund. We understand that banks, building societies, supermarkets, utilities, accounting firms and large corporations are likely to offer match funding, but these schemes are not exclusive to the major corporate giants. If you work for an independent company, they may be interested in charitable giving through match funding too. Your contribution would then be limited to just an hour of your time, helping at any event during the year, and then submitting the paperwork. Your help doesn't have to be during an event - it could be a simple preparation job that could be done at any time to suit you, for example folding quiz tickets or wrapping attendance prizes.

How can we help?

Head of Outreach, Mr Noone is assigned to this and he will complete as much of the paperwork required by your company as possible.

This is a simple way to raise money which in turn benefits the school and your son/daughter!

If you are able to help us in this way, please let us know. Please email g.noone@bishopchalloner.bham.sch.uk

Thank you for your support.

Below is a list of companies that we are aware offer match funding schemes. For those not on the list, please contact your Human Resources department to enquire if such a scheme exists.

Abbey National	British Gas	IBM	Rolls Royce
Accenture	BT	Royal and Sun Alliance	
Alliance & Leicester	National Grid Transco	Royal Bank of Scotland	
American Express	npower	Royal London Mutual	
Anglian Water	Norwich Union	Insurance	
Argos	O2	Royal Sun Alliance	
Arla Foods	Peugeot	Sainsbury's	
Asda	Philips	Shell	
Aviva Marks and Spencer	PwC	Siemens	
Mars	Camelot Group	Sky Broadcasting	
Microsoft	Capital International	Southern Electric	
Midland Bank	Research	Stagecoach	
Midlands Electricity	Carlsberg Tetley	Johnson & Johnson	
Mitsubishi	Centrica	J P Morgan & Co	
Morgan Stanley	Citibank	Kellogg's	
BAA	Cooperative Bank	KPMG Legal & General	
Bank of England	Debenhams	Littlewoods	
Barclays Bank	DHL	Lloyds TSB	
Boots	Ernst & Young	Tesco	
BP	Ford	Texaco	
Bradford and Bingley	Halifax	Thames Water	
	HSBC	Xserve	

School Fund

In addition to our curriculum provision we also offer a rich and wide ranging programme of extra-curricular activities and educational visits. We try to ensure that students spend their time in a stimulating and well maintained environment and have plenty of exciting opportunities to explore new things.

All of this though comes at a cost. Our limited school budget is carefully managed and overseen by Governors in order to provide the very best value for money. We use our budget to fund staffing, equipment and the necessary support that enables the school to be successful.

This, however, allows very little flexibility to finance the 'extras' that we think are an important part of all young peoples' schooling. We therefore request from all families a school fund payment that helps us provide the equipment and opportunities that make such a difference to students' experience in school. In recent years your donations have been provided funding to support activities as diverse as:-

- An extra-curricular provision that is significantly diverse and rich.
- Upkeep of four mini buses to transport students across the country to different events.
- Resources for our Eco Project to enhance the environment, reflect pride in our school and raise the awareness of global issues.
- Upkeep of facilities so all students have the opportunities to reach their full potential.

The requested school fund payment is £40 per child paid in two instalments

School fund is spent only on the approval of the Governors. Payments should be made through our Schools Comms system and it will be requested in September and again in March. Please note that the request for payment automatically appears on School Comms for all students from Years 7 to 13. If you have more than one child in the school please make the payment for the youngest only.

I would like to thank you in anticipation of your generosity. If you have concerns about the contents of this letter please write to myself or the Chair of Governors, care of the school.

Sports Updates

Extra-Curricular

Extra-curricular clubs are up and running! We are currently offering a range of sporting activities to Year 7 – Year 9 before and after school and the extra-curricular timetable has been uploaded onto the school website. Different year groups have been allocated a certain day as to when they can attend a club, so please have a look when your class group are scheduled to attend extra-curricular clubs. We strongly encourage pupils to attend these clubs as they are a fantastic opportunity for you to engage in more physical activity time as well as enjoying playing some more sport with friends in your year group.

	AM- 7.45-8.25	PM- 3.20-4.15
Monday	9X/ 7RC Miss Shirley & Miss Hunter	8X Mr Wilson & Miss Shirley
Tuesday	7B Mr Noone & Mr Malley	8Y Miss Ellis
Wednesday	None	7RC Miss Hampson & Mr Malley
Thursday	None	7B Mr Moreira & Miss Smyllie
Friday	9Y Miss Beall & Miss Smyllie	None

Year 7

The Year 7 Boys Football Trials started on 09/09/20 and will continue for 1 more week until the team is announced at the start of October. Like most events, the trials this year have been impacted by COVID-19 and as a result, have been spread across 4 weeks to limit the number in attendance to each trial. I was pleased with the attitude and performance from all students in attendance to the first trial and hopefully this will be replicated in the weeks ahead. From the standard on show so far, I believe we will have another very competitive Boys Football team who will also be able to compete for some silverware at the end of the season! Thank you and well done to all the Year 7 pupils who have attended trials so far. All future trial dates can be seen below.

Trial 1: 7RC P.E. Group - Wednesday 9th September 2020, 3:25-4:45pm, Transport Ground

Trial 2: 7B P.E. Group – Tuesday 15th September 2020, 3:25-4:45pm, Transport Ground

Trial 3: 7RC P.E. Group – Wednesday 23rd September 2020, 3:25-4:45pm, Transport Ground

Trial 4: 7B P.E. Group – Tuesday 29th September 2020, 3:25-4:45pm, Transport Ground

PE Virtual Tour for Open Evening

Some of our pupils have recently taken part in the creation of our very first Virtual Open Evening Tour! Please take a look at the fantastic video to see our enthusiastic pupils participating in a range of physical activities and sport. It was lovely to see so many pupils demonstrating their skills, working hard and enjoying their Physical Education lessons.

Sixth Form

Thank you to our students

A big thank you to our students, who are really setting an example to younger years by observing the new measures put in place to keep our community safe.

Parents information Evenings

Sadly, this year, for obvious reasons, we have not been able to host our usual parents/carers' information evenings. The information relevant to both year groups has been posted on the website.

Face coverings

A reminder that these are to be worn at all times in public areas, outside of lessons. If students lose/forget theirs, disposable or washable masks can be purchased from the Sixth Form Office.

Dress code

Please remember that currently the only students who should be wearing tracksuit/jogging bottoms are 12 students who have a practical sport lesson on that day.

Now that we are well into the autumn term, there should be no need for any student to be wearing shorts.

UCAS

All of our Year 13 have been invited to UCAS workshops in recent weeks and are well on with their university applications, using the the Unifrog portal.

Upcoming Events

Year 11 Spoken Language

Year 12 Settling in Interviews

Monday 28th September - Friday 2nd October

Colm Smyth Shoebox Appeal starts

Monday 28th September