



Life to the Full

FORTNIGHTLY UPDATES & NEWS

Life to the Full – A Community of Hope, Faith and Opportunity

IN THIS ISSUE: DATES FOR
YOUR DIARY, LEARNING
UPDATES, WELLBEING AND
LIFE AT CARMEL

MONDAY 20TH APRIL- FRIDAY 1ST
MAY 2026 6

WE ARE IN THE SEASON OF EASTERTIDE

Table of Contents

03

DATES FOR YOUR DIARY AND WEEKLY SPIRITUALITY THEMES

04

A MESSAGE FROM THE PRINCIPAL

05

ACADEMIC UPDATES

06

WORK EXPERIENCE

07

PASTORAL AND WELL-BEING

10

SIXTH FORM UPDATES

11

SPORTING SUCCESS – TEAM CARMEL IN ACTION

12

TRIPS AND PILGRIMAGE – FAITH, CULTURE AND UNFORGETTABLE EXPERIENCES

13

RETREAT AND FORMATION – GROWING IN FAITH AND COMMUNITY

14

FAITH IN ACTION – HOLY WEEK AND LENTEN WITNESS

15

STUDENT ACHIEVEMENT – EXCELLENCE BEYOND THE CLASSROOM

16


ENRICHMENT, CREATIVITY AND WIDER OPPORTUNITIES

Dates for your Diary


Date	Event
Monday 20th April – Tuesday 5th May 2026	Year 10 End of Year Assessments
Wednesday 22nd April 2026	Trip to see Joseph at the Hippodrome
Friday 24th – Saturday 25th April 2026	Duke of Edinburgh Silver Expedition
Tuesday 28th April 2026	Year 8 Parents' Evening
Monday 4th May 2026	Bank Holiday – College Closed
Friday 8th – Saturday 9th May 2026	Duke of Edinburgh Bronze Expedition (Year 10 Final)
Saturday 9th – Sunday 10th May 2026	Bronze Duke of Edinburgh Expedition
Week Commencing Monday 11th May 2026	Year 10 Work Experience
Monday 11th – Friday 22nd May 2026	Year 7 & Year 8 End of Year Assessments
Tuesday 19th May 2026	Year 10 Parents' Evening
Monday 25th – Friday 29th May 2026	May Half Term Break – College Closed
Monday 1st June 2026	Students Return to College
Monday 8th – Thursday 11th June 2026	Rome Trip
Week Commencing Monday 8th June 2026	Year 12 End of Year Assessments (Week 1)
Tuesday 9th June 2026	Year 7 Parents' Evening
Week Commencing Monday 15th June 2026	Year 12 End of Year Assessments (Week 2)
Monday 15th – Monday 22nd June 2026	Year 9 End of Key Stage 3 Assessments
Monday 15th June 2026	Year 7 Information Evening
Friday 19th June 2026 (Morning)	Year 13 Leavers' Celebration (Carmel)
Friday 19th June 2026 (Evening)	Year 13 Leavers' Ball – Headlam Hall Hotel
Monday 22nd – Friday 26th June 2026	Year 12 Work Experience
Monday 22nd April & Tuesday 23rd June 2026	Year 12 Induction Days
Thursday 25th – Friday 26th June 2026	Year 7 Transition Days
Tuesday 30th June – Friday 3rd July 2026	Year 8 Culture Trips to Newcastle
Wednesday 1st – Friday 3rd July 2026	Diocesan Summer Festival (God Camp)
Tuesday 30th June – Thursday 16th July 2026	Peru Expedition

Week Commencing:
Monday 20th April 2026
3rd Week of Eastertide Year A

LINKED CST PRINCIPLE
LINKED BHCET VIRTUE
LINKED BRITISH VALUE



Compassion



THEME FOR THE WEEK:
The Road to Emmaus
"Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?" – Luke 24:32


The Road to Emmaus – "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?" – Luke 24:32.
The Emmaus journey illustrates how encountering Christ in Scripture and the breaking of bread sets our hearts aflame, transforming confusion into clarity and sorrow into joy. This week, we encourage our school community to seek those "burning heart" moments—opening Scriptures, listening deeply, and welcoming the living Lord into our daily journey.

WORLD RELIGIONS AND CULTURAL EVENTS:

22 Apr - Earth Day
Global environmental movement established annually on 22 April to promote conservation and sustainability. We are called to care for creation as stewards of God's gifts, respecting the life that has entrusted to us.

22 Apr - World Book & Copyright Day / Shakespeare Day
UNESCO designated International Year of the Book, authors, and literature to mark the birth of Shakespeare. We celebrate the power of story especially through its traditions, texts, culture, imagination, and build community.


24 Apr - Roma Remembrance: the Hindu celebration of Lord Rama's birth. Reflects shared values of righteousness, devotion, and the triumph of good—encouraging respectful intercultural knowledge.




FEAST DAYS AND MEMORIALS THIS WEEK:
St Anselm of Canterbury 21st
St George 23rd
St Mark 25th

Week Commencing:
Monday 27th April 2026
Week 4 Eastertide Year A

LINKED CST PRINCIPLE
LINKED BHCET VIRTUE
LINKED BRITISH VALUE



Confidence



THEME FOR THE WEEK:
Life to the Full – John 10:9-10

THEME – Life to the Full – "I am the gate. Whoever enters by me will be saved... I came that they may have life and have it abundantly." – John 10:9-10.
In this reading, Jesus reveals Himself as both the gate to salvation and the Good Shepherd—the one who calls us by name, guides us into safety, and brings us to abundant life. This week, our school community is invited to recognise Jesus' voice amid many others and to follow Him confidently, trusting His gentle guidance and protective care.


WORLD RELIGIONS AND CULTURAL EVENTS:

22 Apr - International Children's Day
Global UNESCO designated celebration of children and youth culture, intended for global expression of spirit, community, and a desire to peace of God.

23 Apr - World Laughter Day
Held on the first Sunday of the new year (Sunday, 1 May 2026). Promotes joy, unity, and optimism—encouraging us that laughter brings healing and builds communal bonds as gratitude for life.

25 Apr - World Book Day
UNESCO designated International Year of the Book, authors, and literature to mark the birth of Shakespeare. We celebrate the power of story especially through its traditions, texts, culture, imagination, and build community.

24 Apr - Roma Remembrance: the Hindu celebration of Lord Rama's birth. Reflects shared values of righteousness, devotion, and the triumph of good—encouraging respectful intercultural knowledge.



FEAST DAYS AND MEMORIALS THIS WEEK:
St Peter Chanel 28th
St Catherine of Siena 29th
Patronal Feast: St Joseph the Worker

Week Commencing Monday 20th April 2026 – Third Week of Eastertide (Year A)

Theme: "Were not our hearts burning within us...?" – Luke 24:32

In the Gospel this week, we journey with the disciples on the road to Emmaus. In their confusion and sadness, the risen Christ walks beside them, opening the Scriptures and revealing Himself in the breaking of bread. Their sorrow is transformed into joy, and their hearts begin to burn with new understanding and hope.

Across our school community, we are invited to seek these "burning heart" moments — times when we encounter Christ in Scripture, in prayer, and in one another. This Easter season reminds us that Jesus is always present, walking with us, speaking into our lives, and drawing us from uncertainty into faith.

Week Commencing Monday 27th April 2026 – Fourth Week of Eastertide (Year A)

Theme: "I came that they may have life... to the full" – John 10:10

In this week's Gospel, Jesus reveals Himself as the gate and the Good Shepherd — the one who calls each of us by name, leads us to safety, and invites us into abundant life.

As a school community, we are encouraged to recognise His voice among many others and to follow Him with trust and confidence. This means choosing what is good, supporting one another, and living with purpose and hope.

In this Easter season, we are reminded that true fullness of life is found in Christ — a life marked by kindness, courage and care for others, as we seek to live out our mission of Life to the Full each day.

[Follow the readings at Mass here.](#)



A Welcome Back from Mrs Kane

Welcome back to the summer term at Carmel College. I hope you and your families enjoyed a restful and joyful Easter break.

It has been wonderful to see the College come back to life so quickly, with students returning with energy and focus for the term ahead. This is a particularly important time for many of our young people, with Year 10 currently completing their mock examinations and our Year 11 and Year 13 students preparing for the start of their public exams. I would like to commend them for the maturity, resilience and determination they are showing at this crucial stage.

I would also like to take this opportunity to thank our staff for their continued dedication. Over the Easter break, many gave their time generously — supporting revision sessions, coursework and exam preparation, as well as accompanying students on our Lourdes pilgrimage and Paris trip. These experiences, alongside the support provided in school, are a powerful reminder of the commitment we have to ensuring every student is supported to achieve their very best.

Before we broke up for Easter, we gathered as a community for our Holy Week liturgies, walking together through the most sacred days of the Church's year. The generosity shown through our Lenten almsgiving was truly outstanding, raising significant funds to support the work of the St Vincent de Paul Society in our local community. This is Carmel at its very best — faith in action.

As you will have seen in the national news, the government has announced that it will introduce a legal requirement for schools regarding mobile phone use. Students have been made aware of this, and as a College we will be moving towards a phone-free school day after the external exams. We will share further details with parents and carers in the coming weeks to ensure this is implemented clearly and successfully.

The Church now gives us the great gift of Eastertide — a season of hope and new life, reminding us that even in challenge there is always the promise of renewal. As we journey through this term together, we look forward to all that lies ahead.

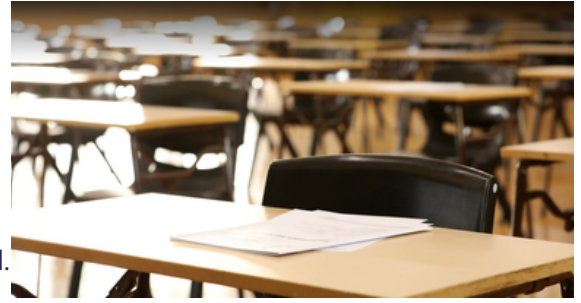
Thank you, as always, for your continued support of our College community.

Melanie Kane

Academic Updates

YEAR 8 PARENTS' EVENING

We look forward to welcoming parents and carers of Year 8 students to Parents' Evening on Tuesday 28th April, 4:00–6:30pm. This is an excellent opportunity to speak with subject teachers about progress and next steps. No booking is required.



YEAR 10 MOCK EXAMINATIONS

Our Year 10 students are currently completing their end of year mock examinations in the exam hall, which began on Monday 20th April. Students have approached this period with maturity and focus, and invigilators have commented positively on their conduct. These assessments provide valuable preparation as students move into their final GCSE year.

PREPARING FOR PUBLIC EXAMINATIONS – YEARS 11 & 13

Our Year 11 and Year 13 students continue to work with focus and determination as they prepare for their public examinations.

- Year 11 GCSEs: Friday 1st May – Tuesday 16th June
- Year 13 A Levels: Monday 11th May – Thursday 18th June

This is a significant period, and we are proud of the resilience, commitment and maturity shown by our students.

Year 11 GCSE Timetable – [Click here](#)
 Year 13 A Level Timetable – [Click here](#)

Intervention sessions are continuing across PSHE, form time, lunchtimes and after school to support students in this final stretch, with the first full cohort exam (English) taking place on Monday 11th May.

- GCSE French and Spanish speaking exams are taking place over these two weeks.
- GCSE PE moderation will take place on Monday 28th April for selected students

END OF YEAR ASSESSMENTS ACROSS THE COLLEGE

Students across all year groups are preparing for upcoming assessments:

- Year 7 & Year 8: Week commencing 11th May – 22nd May
- Year 9: 15th – 22nd June
- Year 12: Week commencing 8th June – 19th June

These assessments are an important part of tracking progress, identifying strengths and supporting students as they move into the next stage of their learning.

Mobile Phones Update

As you may be aware, the government has announced that it will introduce a legal requirement for schools regarding mobile phone use. Students have been informed that Carmel College will move towards a phone-free school day after the external exams. Further information will be shared with parents and carers in the coming weeks to outline how this will be implemented.

WORK EXPERIENCE 2026

YEAR 10: 11TH-15TH MAY

YEAR 12: 22ND-26TH JUNE



CAN YOU HELP CARMEL
STUDENTS STEP INTO
THE WORLD OF WORK?

SHAPE FUTURES. FULFIL DREAMS.

HANNAHTEASDALE@CARMEL.BHCET.ORG.UK

#LifeToTheFull



YEAR 10 WORK EXPERIENCE – CAN YOU SUPPORT OUR STUDENTS?

Our Year 10 students will take part in work experience during the week commencing Monday 11th May. This is a valuable opportunity to explore career pathways, develop workplace skills and gain first-hand experience of the world of work.

Students should now be securing placements and updating details on Unifrog so arrangements can be approved in good time. Any student requiring support should contact the school careers team.

Can you help?

We welcome support from parents, carers and members of the community who may be able to offer a work experience placement. Opportunities across all sectors are greatly appreciated and can have a lasting impact on our students' future aspirations.

hannahteadale@carmel.bhcet.org.uk

Pastoral and Well-Being

ATTENDANCE MATTERS

As we begin the summer term, we would like to thank parents and carers for your continued support in ensuring strong attendance. We also commend our students for the resilience and commitment they show in attending College each day.

Regular attendance is vital. Students who attend consistently achieve more, feel more confident and have better opportunities for success. Out of 365 days in a year, students are expected to attend College for 190 days, leaving 175 days for holidays, family time and special occasions.

A two-week holiday during term time reduces attendance to 95%, which can have a significant impact on progress. For this reason, we strongly discourage holidays during term time. Every day really does count.

EXAM WELLBEING AND SELF-CARE

With exams approaching, it is important that students look after their wellbeing alongside their studies. Revision can support wellbeing by helping students feel prepared and in control, but it is important to maintain balance.

We encourage students to:

- Plan revision in short, manageable sessions
 - Take regular breaks
- Use revision timetables to stay organised
 - Work with friends where helpful
 - Build in time to rest and recharge

Small, consistent steps help reduce stress and build confidence. Further support and guidance can be found through trusted organisations such as Anna Freud, which offers excellent advice for young people managing exam pressure.

PARKING PLEDGE – KEEPING OUR COMMUNITY SAFE

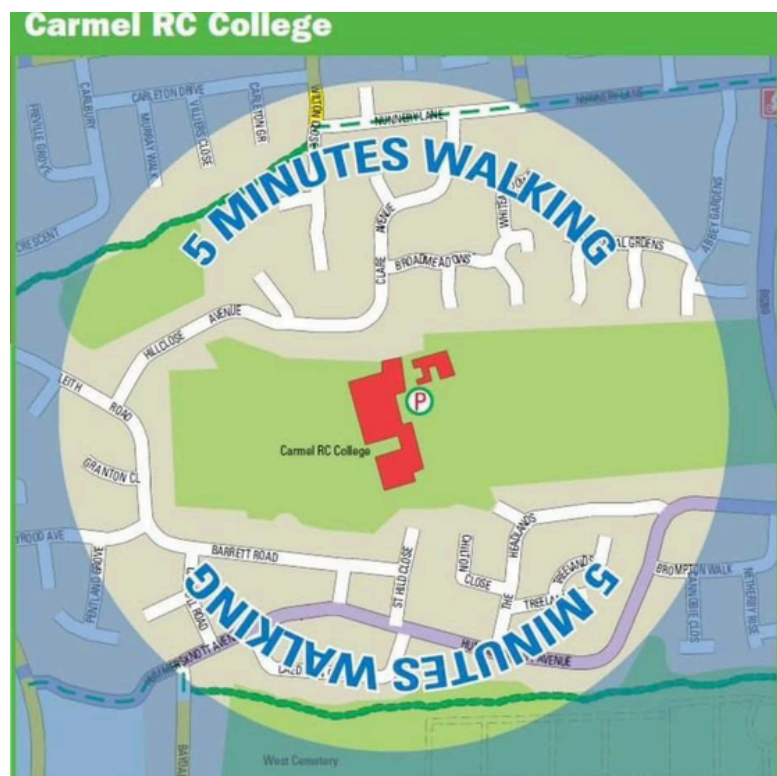
The safety of our students and local community remains a priority. We ask all families to continue supporting our Parking Pledge.

Where possible, we encourage walking or cycling to College. If driving is necessary, please park a short distance away and walk the final few minutes.

When dropping off or collecting students:

- Follow the one-way system via The Headlands
- Park only on the left-hand side
- Use the nearside door for drop-off
- Avoid stopping on keep-clear markings or across driveways
- Do not park on pavements or verges
- No vehicles are permitted on site between 3:15–3:45pm

By working together, we can reduce congestion, improve safety and show respect for our neighbours. Thank you for your continued support.





BISHOP HOGARTH
Catholic Education Trust

ATTENDANCE

Why is it so important?

Children are required by law to attend school **190 days per year**. The Government states that every pupil's attendance should be at least **95%**.

ATTENDANCE	DAYS ABSENT	WEEKS ABSENT	LESSONS MISSED
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

How do you measure up?

89% & Below

Drastic effect on academic achievement

95% - 90%

Cause for concern

100% - 96%

Excellent



Pastoral and Well-Being

UNIFORM EXPECTATIONS

Thank you for your continued support in maintaining our high standards of uniform and presentation. A reminder that:

- Students must wear plain black shoes
- Only one pair of stud earrings is permitted
- Acrylic nails, nail polish and false eyelashes are not permitted

These expectations help promote consistency, pride and a strong sense of belonging across our College community.



SAFEGUARDING IS EVERYONE'S RESPONSIBILITY

- Designated Safeguarding Lead: Mrs Thornton, Vice Principal (Pastoral)
- Deputy DSLs: Mr McCann and Mrs Parnaby

If you have any concerns about a child's safety or wellbeing, please contact the safeguarding team through the main school office.

RENEW SHOP AND PROM SUPPORT

Our Renew Shop continues to support families by providing high-quality pre-loved uniform. We are always grateful for donations of clean, good-quality items.

As we approach the end of the academic year, our Year 11 and Year 13 students are looking forward to their Prom and Leavers' Ball. If you have any suitable dresses, suits or formal wear that could help our students celebrate in style, we would be delighted to receive them.

We also warmly welcome donations of First Holy Communion dresses, which we will pass on to our partner primary schools to support families preparing for this special sacrament.

ReNew

BY DONATING AND PURCHASING GENTLY USED UNIFORMS, SCIENTIFIC CALCULATORS AND BOOKS, WE REDUCE WASTE AND OFFER AFFORDABLE OPTIONS, PRACTICALLY EXPRESSING OUR FAITH AND COMMITMENT TO THE ENVIRONMENT.

AFFORDABLE AND INCLUSIVE: ALL CLOTHING ITEMS ARE CAPPED AT £5 ENSURING ALL FAMILIES HAVE ACCESS, REFLECTING OUR BELIEF IN DIGNITY AND EQUALITY FOR ALL.

COMMUNITY INVOLVEMENT: WE INVITE PARENT/CARER VOLUNTEERS TO JOIN US IN THIS ENDEAVOUR. YOUR INVOLVEMENT IS KEY TO THE SUCCESS OF THE RENEW SHOP AND IS A GREAT WAY TO ACTIVELY PRACTICE STEWARDSHIP WITHIN OUR COMMUNITY.

YOUR CONTRIBUTIONS AND PURCHASES SUPPORT NOT ONLY ENVIRONMENTAL STEWARDSHIP BUT ALSO OUR GOAL OF FUNDING OUR NEW COLLEGE MINIBUS.

ALL CLOTHING ITEMS WILL BE LAUNDERED, IRONED AND AVAILABLE VIA OUR PASTORAL LEARNING MANAGERS

"BEHOLD, I AM MAKING ALL THINGS NEW."
REVELATION 21:5

Sixth Form Updates

YEAR 13 – FINAL PUSH

Our Year 13 students are working incredibly hard as they enter the final stretch before their A Level examinations. This is the last push, and students are expected to attend all lessons right up until their final exam in each subject.

A wide range of teacher-led revision and intervention sessions are taking place at lunchtimes and after school, providing valuable support to help students achieve their very best. We are proud of their focus, determination and commitment at this important time.

STUDENT DRIVING AND ROAD SAFETY

Congratulations to the growing number of Sixth Form students who have recently passed their driving test. As part of our commitment to safety, we have been working with students on responsible driving and road awareness.

Parents and carers are asked to support us by ensuring:

- Appropriate insurance details are shared with the College
- The College Safe Driving Agreement has been completed

YEAR 13 LEAVERS' EVENTS

We are looking forward to celebrating our Year 13 students:

- Leavers' Celebration: Friday 19th June, starting at 9:45am in the John Caden Hall with refreshments
- Leavers' Ball: Friday 19th June (evening) at Headlam Hall Hotel

This week is the final opportunity to secure tickets for the Leavers' Ball.

Results Day: Thursday 13th August

Further information will be shared by Mrs Parnaby in due course.

YEAR 12 – ASSESSMENTS AND NEXT STEPS

Year 12 students are preparing for their end of year assessments, which take place:

- Week commencing 8th June – Friday 19th June

Alongside this, students will take part in Work Experience:

- Week commencing 22nd June – Friday 26th June

Students should ensure all placement details are uploaded to Unifrog as soon as possible. This is a valuable opportunity to explore career pathways before moving into the next phase of university applications, apprenticeships or employment.

SIXTH FORM INDUCTION (YEAR 11)

We are excited to welcome prospective Sixth Form students for our induction days:

- Monday 22nd – Tuesday 23rd June

These two days will provide a fantastic opportunity for students to experience life as a Carmel Sixth Former, including taster lessons, meeting staff and building new friendships.



Sporting Success – Team Carmel in Action

Sport continues to be a major strength of College life, with students achieving success across a wide range of disciplines.

Our girls' futsal teams reached the County Finals, finishing as runners-up following a strong journey through the competition. The U14 girls' football team secured a place in the semi-finals of the County Cup with a confident and disciplined performance, while inter-year group charity matches provided both competitive action and an opportunity to raise funds for the SVP.

Beyond school fixtures, students continue to excel at regional and national level. Oliver demonstrated outstanding leadership in rugby, captaining his team at a national festival, while Seb successfully defended his karting title with a dominant performance in challenging conditions.

These achievements reflect not only talent, but commitment, teamwork and resilience.





Trips and Pilgrimage – Faith, Culture and Unforgettable Experiences

It has been a remarkable period of travel and experience for our students, with opportunities to explore both culture and faith on an international stage.

Our Paris trip provided students with an unforgettable insight into one of Europe’s most iconic cities. From exploring the Louvre Museum, home to over 35,000 works of art, to visiting the stunning Sacré-Cœur Basilica, students engaged with both culture and spirituality. A particularly special moment came as students paused in prayer within the basilica, reflecting the values that underpin all we do at Carmel. The trip concluded with a magical visit to Disneyland Paris, where students created lasting memories together, supported by exemplary behaviour throughout.

At the same time, our HCPT Lourdes pilgrimage offered a deeply moving experience of faith, service and community. Students joined thousands of pilgrims from around the world in acts of worship including the Grotto Mass, the torchlight procession, and communal prayer through the Rosary. These moments were enriched by student leadership, with Holly Ramsbottom (Year 13) leading the Rosary before large crowds and Evangeline Wright (Year 12) guiding prayer with confidence and reverence.

A particularly powerful moment saw Ava (Year 13) receive the Eucharist for the first time as part of her RCIA journey, a deeply personal milestone shared within the wider Carmel community. These experiences of pilgrimage, service and shared faith truly reflect what it means to be Pilgrims of Hope.

Retreat and Formation – Growing in Faith and Community



Closer to home, our Year 7 and 8 retreat at the Emmaus Youth Village provided students with a valuable opportunity for reflection, growth and community building.

Through a balance of prayer, reflection and activity, students demonstrated outstanding behaviour, kindness and respect. Highlights included environmental stewardship activities, team challenges and moments of shared prayer, including Mass for the Solemnity of the Annunciation. The retreat concluded with celebration and recognition of students' achievements, with awards highlighting resilience, companionship and confidence.

These experiences play a vital role in supporting students' spiritual and personal development, helping them to grow in faith, friendship and self-understanding.





Faith in Action – Holy Week and Lenten Witness

The final weeks of Lent and Holy Week have been marked by deep reflection and active participation across the College.

Students took part in Celebrations of the Word on Maundy Thursday, journeying through the events of Holy Week through scripture, music and reflection. A whole-college penitential service and opportunities for the Sacrament of Reconciliation provided a powerful space for renewal and preparation for Easter.

Prayerful experiences such as the Stations of the Cross, both in RE lessons and as part of wider liturgical life, allowed students to engage meaningfully with the story of Christ's passion. These moments have been characterised by reverence, maturity and a growing confidence in faith.

Alongside this, our Lenten almsgiving through the SVP Heart to Heart campaign has been extraordinary. The Carmel community has raised over £2,500 to support the vital work of the St Vincent de Paul Society in Darlington, helping families in need, the elderly, and those experiencing hardship. This is faith lived out in action.





Student Achievement – Excellence Beyond the Classroom

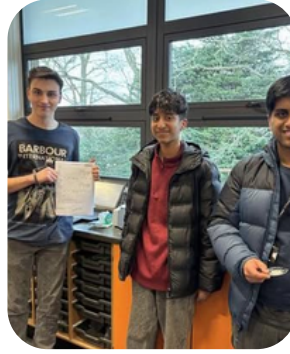
We continue to celebrate exceptional individual achievements across a wide range of activities.

Evie Russell (Year 11) has been elected as Youth Member of Parliament for Darlington, receiving over 3,000 votes. This prestigious role reflects her commitment to leadership, inclusion and service, and she will represent young people across the borough in the year ahead.

In the performing arts, Isabella achieved a remarkable triple win in Classical, Ballroom and Latin dance at a national competition, while Katie (Year 7) secured first place in the UKA Highland Dancing Pre-Championship.

Further success came in cheerleading, where Nevaeh (Year 8) achieved multiple division wins across competitions.

These achievements highlight the breadth of talent across the College and the ambition of our students to succeed in all areas of life.



Enrichment, Creativity and Wider Opportunities

Our enrichment programme continues to play a vital role in developing confident, well-rounded young people, offering a wide range of opportunities that extend learning beyond the classroom.

In lessons, students benefit from meaningful real-world experiences. A recent visit from Newcastle University enabled our A Level Chemistry students to explore advanced analytical techniques, achieving exceptional outcomes and gaining valuable insight into university-level study.

Creativity and performance also remain at the heart of life at Carmel. Our recent “Bless Our Show” fundraising concert raised over £800 in support of our upcoming production of Sister Act, showcasing the talent, confidence and community spirit of our students. This was complemented by an outstanding performance from our musicians at the Darlington Hippodrome, where they collaborated with professional composers and performers in a truly inspiring project.

Alongside this, our Sixth Form students continue to develop essential life skills through practical experiences. Their “cooking on a budget” sessions in PSHE have seen students creating a range of impressive, affordable meals, building independence and preparing them well for life beyond Carmel — and ensuring they will not be living off beans.

Together, these opportunities enrich the student experience, broaden horizons and support every young person in living Life to the Full.

