

St. Aidan's Catholic Academy

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To all in our community,

I am amazed that we only have one week to go in this first half term. What a wonderful start to the year it has been! Our new year 7 intake have now fully immersed themselves into our school and from chatting to them on the yard during their social time, they have loved every minute of their new adventure. They were especially keen to describe their trip to the Lake District to summit a real mountain and rightly took pride in what they had achieved. This is what education is all about. Opening doors to new experiences and unlocking hidden potential in all our pupils. After half term both Y13 and Y11 begin their first mock examinations of the year. These form a central part of our assessment for this cycle as many young people will be thinking about next steps and will need some predicted grades to add onto application forms in the coming months. We recommend that all pupils in these years are revising for several hours per night and having a big push with their revision during the half term break. This will give them the best possible chance to achieve their full potential and will get them into good habits for what lies ahead later in the academic year. We are still progressing behind the scenes with the school rebuild. Over the coming months we will begin to see more people on site as the preliminary work continues. I cannot wait to establish our outstanding school in a state-of-the-art facility which will be fit for education in the 21st century.

Take care and God bless.

Glenn Sanderson



Upcoming Events

Friday, October 20, 2023

INSET Day – School closed to pupils.

Loving Father,

Bless my family with peace today.

Bless them not just with worldly favour in all they seek to accomplish but with hearts and minds filled with your lovingkindness.

Protect them and guide them in all decisions they make.

Amen.

Chaplaincy

Sunday Gospel

Matthew 22:1-14

The Parable of the Wedding Banquet

Once more Jesus spoke to them in parables, saying: "The kingdom of heaven may be compared to a king who gave a wedding banquet for his son. He sent his slaves to call those who had been invited to the wedding banquet, but they would not come. Again he sent other slaves, saying, 'Tell those who have been invited: Look, I have prepared my dinner, my oxen and my fat calves have been slaughtered, and everything is ready;



come to the wedding banquet.' But they made light of it and went away, one to his farm, another to his business, while the rest seized his slaves, mistreated them, and killed them. The king was enraged. He sent his troops, destroyed those murderers, and burned their city. Then he said to his slaves, 'The wedding is ready, but those invited were not worthy. Go therefore into the main streets, and invite everyone you find to the wedding banquet.' Those slaves went out into the streets and gathered all whom they found, both good and bad; so the wedding hall was filled with guests.

"But when the king came in to see the guests, he noticed a man there who was not wearing a wedding robe, and he said to him, 'Friend, how did you get in here without a wedding robe?' And he was speechless. Then the king said to the attendants, 'Bind him hand and foot, and throw him into the outer darkness, where there will be weeping and gnashing of teeth.' For many are called, but few are chosen."

Our Food Bank is open, we have variety of food should you need it.
Email kszczepanska@staca.co.uk to arrange collection time.

Thank you very much to everyone donating to Food Bank.



YouTube Originals
THE LETTER
 A MESSAGE FOR OUR EARTH

St Anthony's Girls Catholic Academy invites every local community member to join us and watch The Letter. The film will be shown at St Anthony's, in Our Lady's Hall on the 15th of November 2023 at 3:30 pm. Refreshments will be provided. For more information and the reserve a place email kszczepanska@staca.co.uk



Many of people ask how to help those suffering due to emergencies at present. CAFOD supports our sisters and brothers all over the world. Donation link is displayed below.



Emergencies and disasters

Help people survive whenever and wherever disaster strikes.

[Donate to an emergency](https://cafod.org.uk/give/donate-to-emergencies)

<https://cafod.org.uk/give/donate-to-emergencies>

Pastoral News

Friday 20th October - This is a staff training day. School is closed to all pupils.

Monday 30th October - Year 8 Parents Evening. Save the date. More information to follow

To accommodate our parent evenings this academic year, school will close at 1.55pm for all pupils on the following dates:

Monday 30th October 2023

Wednesday 29th November 2023

Monday 11th December 2023

Thursday 11th January 2024

Monday 19th February 2024

Wednesday 6th March 2024

Tuesday 30th April 2024



Annual House Competition



Week 5 – WB 2nd October 2023

House	Overall Points	Points awarded this week
Ashbrooke	850	150
Corby	1650	250
Brookfield	1200	150



Attendance

While we place great importance on the health and wellbeing of all of our pupils we also need to, where possible, minimise absence to ensure pupils are provided with a first-class education.

The importance of school attendance cannot be overstated – a pupil with attendance of below 91% is statistically likely to drop, on average, one GCSE grade per subject. If your attendance is between 96% and 100% you are twice as likely to achieve 5 or more GCSE at Grade 5 and above.

The statistics above provide stark evidence as to why we set all of our pupils an attendance target of 97%, as we know this provides them with the greatest possible chance to achieve their best possible outcomes; this is a habit born in lower year groups and embedded in the culture and ethos of our school.



Attendance Stars



Week 5 – WB 2nd October 2023



10B – 100%



Weeks attendance – 94.2%

Whole school attendance from Sept – 94.5%



Parent Engagement Sessions September and October 2023



DATE	TIME	WHAT'S ON	MORE INFORMATION	VENUE
29 th September	9:30am - 11:30am	Macmillan Coffee Morning	Coffee Morning in Aid of Macmillan Cancer Care	Staff Room
3rd October	5:30pm	Year 7 Parent Induction Programme - Achievement, Behaviour, Enrichment, Wellbeing and The Curriculum	An opportunity for you to learn more about the day-to day life of our school. We will take you through school policies, school procedures and how we will support your son to reach the top of his mountain and be the best version of himself.	Upper Room
4th October	9:30am	Walk and Talk with our school Chaplain Miss Szczepanska	Enjoy a relaxed chat with our school Chaplain in the beautiful Backhouse Park.	Backhouse Park
9th October	5:30-6:30pm	Y11/Y13 Parent Information Session	More information will be shared closer to the date via a letter.	Upper Room
11th October	2:20pm	Rosary in the Chapel	Time to focus on prayer in the Month of the Rosary.	School Chapel
11th October	5:30pm	Supporting Literacy and Numeracy	This is an ideal opportunity for you to learn more about the day-to day life of our school. Within the presentation we will take you through school policies, school procedures and how we will support your son to reach the top of his mountain and be the best version of himself.	Upper Room
30th October	2:15-6:15	Y8 Parents Evening	This will take place online and sessions will be available to book nearer to the time.	School Cloud

Year 8 Parents' Evening

A reminder to parents to log into School Cloud to book their online appointments for Parents' Evening on 30th October 2023.

During Parents' Evening you will have the opportunity to discuss your son's academic progress with his subject teachers. We hope you will agree that this is a very important phase in your son's education and success is dependent upon continued partnerships between school and parents; for this reason we are asking that you attend **with your son**. Appointments can be made until **29th October 2023 at 8.00pm**.

Please visit <https://staca.schoolcloud.co.uk/> to book your appointments.

Arbor

You have recently received a letter explaining that we will soon be moving our Management Information System from SIMS to Arbor. In advance of this happening we ask all parents to download the Arbor App. Once the migration is complete you will receive information on how to set up your account.

School Lunches

You can find an overview of our school lunch menu here: [School Meals - St. Aidan's Catholic Academy St. Aidan's Catholic Academy \(staidanscatholicacademy.co.uk\)](https://staidanscatholicacademy.co.uk/SchoolMeals)

As of Monday 30th October 2023 will be no longer be serving plain pasta. Pasta must be purchased with a sauce or topping.

A huge thank you all pupils, parents and carers for your support with our Macmillan coffee morning on September the 29th. We raised an amazing £494.96 beating last year's total. We are overwhelmed with the kindness and generosity of you all.



We had an awe-inspiring day with our visitors from the Edmund Rice Network recently. Our pupils explored issues of justice and advocacy together with representatives from the Justice Desk Africa and also PRATYeK who work to train young people to know their human rights.



Black History Month

October is Black History month, a time for us to celebrate, recognise and reflect on the contribution African and Caribbean communities have made to the UK. The theme for this year is 'Saluting our Sisters' where we will pay homage to the contributions made by black women.



Punctuality

A reminder that pupils must be on the school yard by 8.15am. A free breakfast FOR ALL is available in the main dining hall from 7.45am should pupils need to get an earlier bus or arrive at school early in order to be punctual. From Monday the 16th October any pupil who is late will complete morning meeting once they have completed their late correction.



World Mental Health Day

Every year we celebrate World Mental Health Day on 10th October. The theme for 2023, set by the World Federation of Mental Health, is 'Mental health is a universal human right'.

Everyone has a right to:

- Have help in looking after their mental health
- Be protected from risks that can harm mental health
- Be included in the community

Good mental health is important for our overall health and wellbeing.

Did you know?

- One in eight people around the world live with a mental health condition.
- Mental health conditions are affecting an increasing number of young people.

Having a mental health problem should NEVER be a reason to:

- Deprive a person of their human rights.
- Discriminate or treat someone unfairly.
- Not include someone.

Everybody knows how to look after physical health looking after our mental health is just as important.

Looking after our mental health.

We all have times when we feel good and not so good and that is OK. There will be some emotions that we find comfortable and some that we find uncomfortable. There are lots of things we can do to support our mental health and to help ourselves feel better if we are feeling sad, worried or anxious.

Think of ways you could support your own mental health. Remember:

- Sleep and eat healthily
- Connect with others
- Be aware – use your 5 senses
- Give to others
- Learn something new
- Be Active

If we notice uncomfortable emotions, thoughts or that we are behaving in a way that hurts us or other people, it is important to talk to someone about it. **Who could we talk to if we are worried about uncomfortable feelings or emotions?**

<p>Choose someone you trust to talk to:</p> <ul style="list-style-type: none">• Parents/Carers / Family member• Teacher/HOH/ <p>Mental Health First Aider</p> <ul style="list-style-type: none">• Sports Coach• Support Helpline	<p>Think about the best place to talk:</p> <ul style="list-style-type: none">• Somewhere private• Somewhere you feel comfortable	<p>Prepare yourself for their reaction:</p> <ul style="list-style-type: none">• At first, they may be worried• Allow them time to fully understand	<p>Practice and Prepare:</p> <ul style="list-style-type: none">• Think about what you want to say and how you are going to say it• Practice saying your words out loud• Write down your thoughts to help/prompt you
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Sporting Success

Last week the Year 11 football team beat Academy 360, 4-2 in the semi-final of the Sunderland Schools league cup. Goals from Liam, Ethan M, Ethan H and a rocket from Mason on his debut sealed the win. It was a tough physical battle at times, but football won in the end, with some excellent play from the boys. MOM Ethan M. Well done lads.





The Y7 football teams have made a very good start to their seasons, with the A team beating Venerable Bede 5-0, Castle view 4-0 and knocking Cardinal Hume out of the national cup on pens. Whilst the B team beat Seaham 3-1 as well as registering two goalless draws against Venerable Bede and Castle view. Well done to all involved; you have been a credit to the school.



PDE

Over the past fortnight we have been increasing the awareness of Mental Health. Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone. It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling. All of the pupils have attended assemblies and learnt about the potential signs, symptoms and challenges of mental health.

The pupils have learnt about the importance of physical activity and the benefits nature can have on their mental health. [The mental health benefits of nature with Dr Julie Smith](#)  [The Green Planet](#)  [BBC - YouTube](#)

The pupils have also been reminded of all the support we have in school to help them as well as other external agencies such as Kooth, who create a welcoming space for effective personalised digital mental health care. Available to all.

For more information visit <https://www.koothplc.com/our-products/young-people>

ChildLine: www.childline.org.uk Phone: 0800 1111

Young Minds: www.youngminds.org.uk

Samaritans: www.samaritans.org Phone: 116 123

MIND: www.mind.org.uk/ or Phone **0300 123 3393**

TALK TO FRANK [Honest information about drugs | FRANK \(talktofrank.com\)](http://www.talktofrank.com)

Literacy

Year 13 pupils have had a busy week supporting our younger boys with establishing good reading habits. It is proven that with guided reading and reading aloud, pupils improve their reading skills, problem-solving techniques, and learn to read with meaning. Our Yr.13 pupils guide the pupils individually through the reading process encouraging them to tackle increasingly challenging texts on their own with confidence and ease. The 'Sixth Form Buddy' system is a new and exciting part of our literacy programme and one we hope to grow. We look forward to sharing the story with you throughout the year!



Year 7 parents enjoyed a presentation from our literacy and numeracy team on Wednesday night. It was great to see so many parents in attendance. Staff took the audience through a range of topics stretching from the Reading Canon through to Drop Everything and Reason. Mr Richardson delivered an in-depth overview of the ambitious Year 7 English Curriculum and Mr Mann explored numeracy interventions with parents. Reading plus and Phonics were also on the menu, and Mrs Moorhead explained in great depth how the Academy supports ALL learners to reach their literacy 'mountain top'. Mr Lannon guided parents through how we support with Handwriting and the all-important St Aidan's Standard.



Careers

Careers Fair

Our annual careers fair will take place in school on **Wednesday 18th October 2023** for all Yr11 and Yr13 pupils. They will have the opportunity to meet with a range of education providers, including colleges, training providers and universities. We also have a host of employers attending to speak with pupils about their company, entry routes and apprenticeships. This is a fantastic event that will help prepare pupils for their 'next steps'. Further information will be sent to parents/carers prior to the event.

University and Apprenticeship Search

Year 12 pupils attended the UK University & Apprenticeship search at James' Park last Friday. The event featured a vast array of exhibiting universities, apprenticeship providers and colleges. The fair provided pupils with all of the guidance towards their decision-making process, whether choosing the right University/HE course, to enabling pupils to gain an overview of the range of academic and career pathways they can pursue. A great way to start the year!



NA College and Nissan

Our Yr11 Engineers spent the day at NA College this week to work on their final GCSE project. By working with our industry partners, Nissan, we were able to create a unique link with NA college, allowing pupils to gain first-hand experience of working in a bespoke engineering workshop. This also allowed pupils to experience a learning environment used by Nissan for their apprenticeship cohorts, we even met some former pupils who were pursuing their careers in Engineering. We are thankful for the support offered to us by both providers!



HE plus

Yr12 have the opportunity to apply for this years HE+ programme. This is ran by Cambridge University, Newcastle University and North East Schools. Further details can be found below.

Closing date:30.10.23



The poster features the University of Cambridge logo and the HE+ logo at the top. The main heading asks 'ARE YOU IN YEAR 12 & THINKING ABOUT APPLYING TO UNIVERSITY?'. Below this, it states that HE+ provides support to Year 12 students thinking about applying to highly selective universities. A list of benefits includes access to lectures by PhD students, participation in the HE+ Project, mock seminars, in-person events, and webinars. An 'APPLY NOW' button with a QR code is prominently displayed. The application deadline is 'OCTOBER 30 2023 @ 7pm'. A small note at the bottom states that applications from non-partner schools will not be considered and will be verified by teachers. The text 'HE+ Tyneside' is at the bottom right.

UNIVERSITY OF CAMBRIDGE

HE+

ARE YOU IN YEAR 12 & THINKING ABOUT APPLYING TO UNIVERSITY?

HE+ provides support to Year 12 students who are thinking about applying to highly selective universities. We partner with your school to provide you with the opportunity to:

- Access lectures delivered by PhD students at the University of Cambridge
- Participate in the HE+ Project and develop an academic research poster for entry into the National HE+ Project Competition
- Take part in mock seminars facilitated by University of Cambridge students
- Attend in-person events in your region and visit Cambridge (subject to availability)
- Access webinars focused on the application process and life at university

APPLY NOW

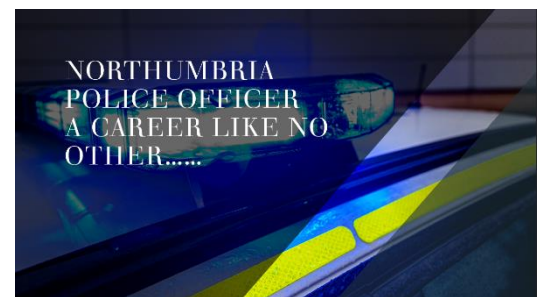
APPLICATION DEADLINE: OCTOBER 30 2023 @ 7pm

Applications from students who do not study at our partner schools will not be considered. All applications will be verified by teachers.

HE+ Tyneside

Northumbria Police

Northumbria Police presented to Yr13 in assembly this week. Showcasing their various post-18 routes into the organisation. A timely event for pupils considering the Police Constable Degree Apprenticeship. For those considering this vocation, following a University degree may consider the Graduate Detective Programme or Degree Holder Entry Programme. PC Alan Fox will be at our careers fair next week to answer any further questions.

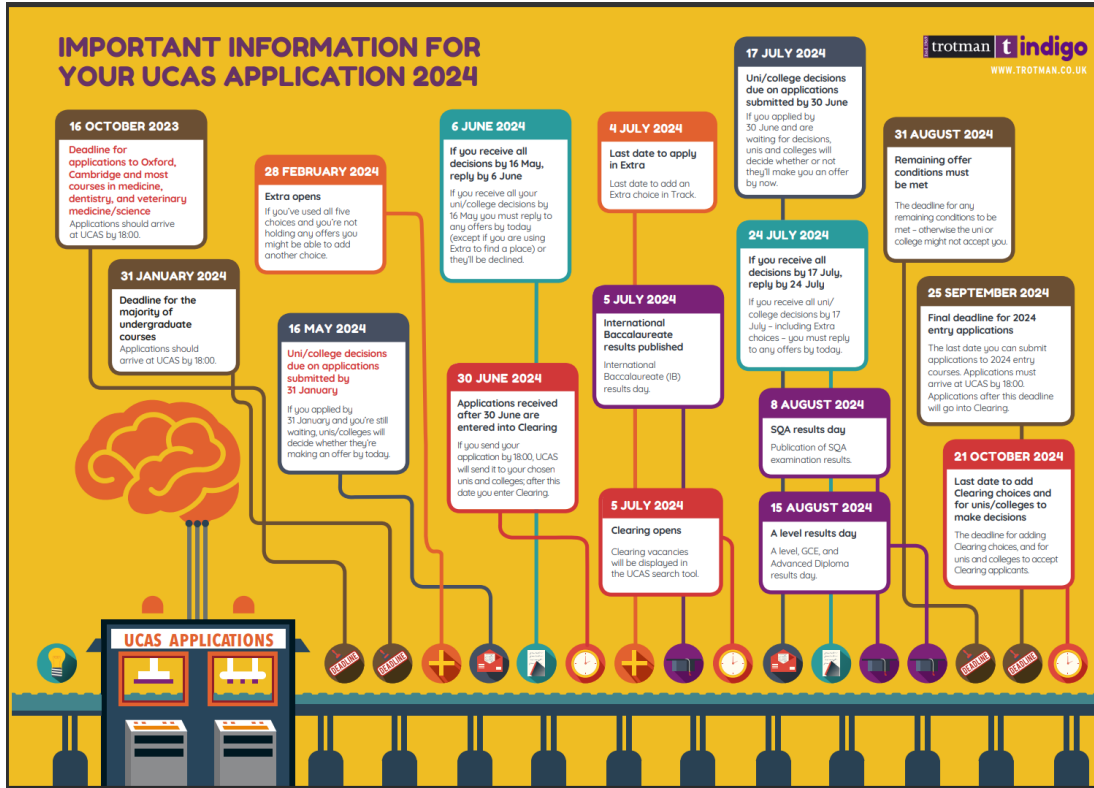


Work Experience – Save the date

Yr10 work experience Monday 8th – Friday 19th July 2024

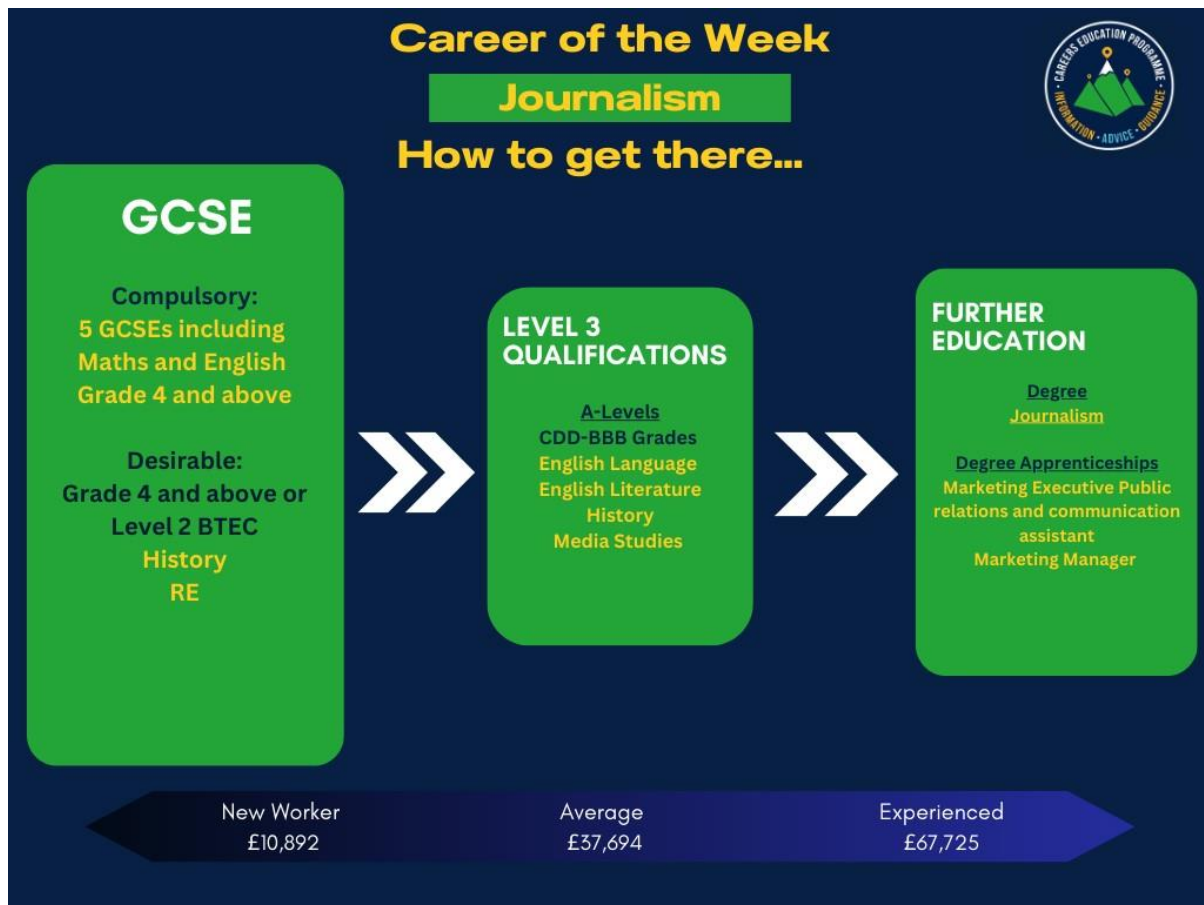
Yr12 work experience Monday 15th – Thursday 18th July 2024

UCAS Applications



Links to career information and advice for both parents/carers and pupils can be found on our school website. Please follow us on twitter to follow our careers journey! @SACA_CareersEd

Career of the Week



Music

Instrumental Lessons and Enrichment

Well done to all students who have signed up to instrumental lessons, The Bunker and St Aidan's Singers. We have a really full programme of events coming up and even started rehearsals for our Christmas Fair!

Music Enrichment:

St Aidan's Singers Wednesday Music Department

Drum Fun Wednesday Music Room

Year 8 Rock Band Thursday The Bunker (4-6pm)

Instrumental lessons:

Monday	Bass	Mr Harland
Tuesday	Violin, Piano	Mr Nyberg, Mr Shepherd
Wednesday	Drums, Guitar	Mr Wake, Mr Smith
Thursday	Guitar	Mr Smith
Friday	Woodwind, Cello	Mr Toomey, Miss Pearson

If you wish your child to sign up to/continue instrument lessons please email me at musiclessons@staca.co.uk stating your son's name, form and desired instrument. For further information please see our [Instrumental Music Policy here](#).

Our "Live Music Friday" breaktime slots are continuing this half term - it's an excellent opportunity to practise your live performing skills in front of a low pressure and friendly audience. Please see Mr Payne for further details.

Community News







In September, we hosted a fun event for a local Scout group. This was organised and led by Thomas in Y10. Thomas demonstrated excellent leadership skills and both parents as well as the children involved were very impressed. The event took place after school, which also demonstrated Thomas' commitment to promoting our allotment and making it thrive. There were approximately 20 children on site ranging from the age of 4 to 15. As a young leader, Thomas organised activities involving planting vegetables, maintaining the allotment, watering, harvesting and composting. For the youngest visitors we also had story time- 'Superworm' by Julia Donaldson. Thomas was able to delegate, efficiently manage time, and make the experience fun as well as meaningful. As a result, he took another step towards receiving his Young Leader's Badge. We are very proud of Thomas- he is an excellent role model.

Environmental, Green and Sustainable Group (EGS)

At the start of October, one of our Y8 pupils attended the EGS group at the Sunderland City Council. This group is designed for young people across Sunderland to get involved in environmental issues that affect their local community. In the meeting, the group discussed ways in which we can be more sustainable and responsible. The young people involved also thought about ways in which we can promote environmentalism in our schools and encourage everyone to care of our common home. At St. Aidan's we are very proud to have an environmental policy which can be found on our website. We encourage our staff and pupils to be stewards and as part of our enrichment, we offer environmental activities including litter picking and the crisp packet appeal. Bringing our ideas to others into council meetings gives us all a sense of purpose and makes our work more meaningful.

Enrichment

St. Aidan's Catholic Academy Enrichment Cycle 1 2023-2024

	Monday	Tuesday	Wednesday	Thursday	Friday		
MORNING	Breakfast Canteen	Breakfast Canteen	Breakfast Canteen	Breakfast Canteen	Breakfast Canteen		
	Reading Club Reading Room Mrs Naile	Reading Club Reading Room Mrs Naile	Reading Club Reading Room Mrs Naile	Reading Club Reading Room Mrs Naile	Reading Club Reading Room Mrs Naile		
AFTER SCHOOL	Bass Guitar Lessons Music Room Mr Harland (£72 per term)	Dodgeball Sports Hall Mr Hutton - 	Piano Lessons Music room Mr Shepherd (£72 per term)	Guitar Lessons Music room Mr Smith (£72 per term)	Basketball Sports Hall Mr Adey & Coach (£1) 	Guitar Lessons Music room Mr Smith (£72 per term)	Drum Lessons Music room Mr Wake (£72 per term)
	Bronze iDEA Award Digital Enterprise (ICT) 312 - Miss Cain	Indoor Cricket Sports Hall Mr Hutton 	Violin Lessons Music room Mr Nyberg (£72 per term)	Badminton Sports Hall - Mr Jones 	Maths Enrichment 212 - Mr Mann	Lego Fun Club Mrs Whitten	Cello Lessons Music room Mrs Pearson (£72 per term)
	Chess Club 209 - Mr Herbertson	Volleyball Club Sports Hall Mr Hutton	Homework Club Room 313, 314	Book to film club 303 Mrs Wheeler	Brass Lessons Music room (£72 per term)	Performing Arts Mrs Moorhead/Mr Payne 	Woodwind Lessons Music Room Mr Tooney (£72 per term)
	Camp Craft 111- Mrs Kilminster	Fitness School Gym – Mr Gray	Football with Mo Year 7&8 (£4 per session) Sports Hall	Dungeons and Dragons Reading Room Mr Richardson	Careers Champion 103 - Mrs Osmialowski	Robotics Club 164 - Mr Wallace	Football (Y7&8) Sports Hall Mo *£5 a session
	Football (Year 10&11) Ashbrooke 3G Mr Watts	Board Games 206 – Mrs Cooper	Drum Fun Music Room – Mr Wallace	Equality and diversity group 160 Mrs Gill	Fitness School gym Mr Watts	Science Club 121 – Science Staff	Homework Club 313, 314
	Further Maths (Y11) 210 - Mrs Hudson	GCSE Spanish Club Year 10 & 11 104 – Mrs McKenna		Fitness School gym Mr Flounders	Football (Year 9) The Limes with Mr Flounders	Table Tennis Mobiles Mr Hamilton	Rugby Ashbrooke 3G Mr Adey
	Archaeology Club 110 - Mrs Jopling	Sparx Maths Club 312 – Mrs Smith		Football (Year 8) Ashbrooke 3G Mr Gray	1st Lego League – Super Power 166 - Mrs Swales	Rock Band @ The Bunker 4-6pm Mr Payne	BTEC Music Mr Payne
	Homework Club 313, 314	British Sign Language 301 - Mrs Gardner		Homework Club 313, 314	Homework Club 313, 314	GCSE History booster 108 - Mr Nunn	
	Keyboard Ninja Club (ICT) 312 - Mrs Cain	Justice and Peace (KS5) Briery Miss Gordon/ Mrs Preist		Science STEM Award 125– Science Staff	NEA Master Class Room 401- Mr Morris	Educake Support 223 - Mr Stephenson	
	Orienteering Ashbrooke Mr Watts	Handwriting Club 123 - Miss Hodgson		St. Aidan's Singers Music room Mr Payne	Football (Year 7) The Limes with Mr Hutton 		
	Art Club 162 - Mrs Nipper			Gardening Club Briery Mrs Armstrong			
				Running Club Sports Hall - Mr Coon			
			Spanish Club 106 - Mrs Alonso/Miss Donkin				
			Crisp Packet Appeal 205 - Mrs Priest				
			Litter Picking 203 - Mr Brown				

Here at St. Aidan's Catholic Academy we believe in a curriculum that the mind, enriches the community and advances the future of our students. Our enrichment programme is integral to this broad and rich curriculum. If you have any questions please do not hesitate to contact:
0191 520 0333

"St. Aidan's Catholic Academy, where excellence is a habit!"