



CONTACT



The Newsletter of St Alban's Catholic High School

October 2018
Edition No. 2

Comments from Headteacher

Matt Baker

There have been so many good news stories already this term. Schools have received their national GCSE data scores from the Department for Education, and I am proud of the students and staff in their achievements. Our progress measure (P8) was even higher than forecast, a significant increase on last year. Not only was progress good, but our attainment was high, signalling a shift upwards in all grades.

Autumn term is also the window for school admissions. I have visited many of our local primary schools, and enjoyed sharing our new successes. Along with a positive Open Evening and Open Morning, I am looking at a vibrant future for the school. Increasing Sixth Form numbers supports this view!

In times of financial challenge in school, I am pleased to announce successful bids for extra money to support our young people. Mrs Lawrence, Assistant Headteacher, and Mrs Sandvig, Executive Headteacher in our proposed MAT, have won a joint bid of £25,000 to improve the teaching of Mathematics across Key Stage 2 and 3. In addition, we have secured a bid for an extra £50,000 over two years for staff development. This is an incredible opportunity to upskill all staff and make sure they have the latest and best training.

As some of you may have read in the EADT, Stowmarket High School teacher Charlotte Shields-Bayliss died last week at the age of 29, only recently having given birth to her daughter. I have offered our condolences via the Headteacher, Dave Lee-Allen, and I would ask that we send our prayers to her family and all at Stowmarket High at this difficult time.

God Bless

Year 11 Revision

Mr Corless, Deputy Headteacher

As we approach the half-term break I thought it appropriate to provide a 'gentle reminder' regarding preparation for the forthcoming Year 11 mock exams (19th -28th November). Students will be receiving their mock exam timetables and it is imperative that **all** students revise well for all of their exams.

I realise that this is a busy year with high expectations for **all** our learners but I cannot stress enough the importance of utilising every opportunity to study using a variety of resources provided by departments.

I will be in touch to report the mock headlines in due course.

Key Diary Dates

Monday 22 – Friday 26 October	Half-term Week
Monday 29 October	PD Day (Students return on Tuesday 30 October)
Wednesday 31 October	Year 13 Parents' Evening
Friday 02 November	Friends' of St Alban's Fireworks Night
Monday 19 – Wednesday 28 November	Year 11 Mocks

Chaplaincy Events

Miss Edwards, Chaplain

By the end of September, all Year 7 students had participated and enjoyed a Reflection Day with their Tutor, Peer Supporters and the Chaplaincy Team. The day was filled with fun games, team work, socialising and finished with prayer.



'I really enjoyed the activity where we had to make a shoe – my group learnt to work as a team and it was fun.'



On 21st On September, 20 students, together with staff, travelled to St John Cathedral in Norwich to celebrate the feast of St Mark with all the Catholic Schools in East Anglia. Bishop Alan Hopes, who presided at the Mass, challenged all the young people to have the courage to be an evangelist in the 21st century. He encouraged them to witness their faith in their everyday life. Each Catholic School was presented with an Icon of St Mark.

Attendance – Information for Parents

Mr Moulding, Attendance Officer

We are seeing an increasing number of regular absences for orthodontic treatment, sometimes for whole days every few weeks over an extended period of time. This can lead to students missing a lot of lessons. A reminder that we will only authorise **emergency** dental appointments during school time and that non-urgent and cosmetic treatment should be scheduled out of school hours or during the school holidays, even if this means delaying the treatment.

Year 13 A Level Biology - Residential Field Trip September 2018

Mrs Roberts

Six intrepid Biology students spent three days and two nights at Flatford Mill Field Studies Centre. The course was led by a member of the team at Flatford and the students were accompanied by Mrs Roberts.

The field trip is an integral component of the A Level Biology course. Apart from being an internationally renowned site of historical and artistic significance, Flatford is ideal for completing part of the Core Practical assessment required by the examination boards; there are a wide variety of habitats at the site or close by.



The students worked hard; the days started with breakfast at 8.00am, an early start for some, then into the classroom. There were short breaks for lunch and tea (with cake) during the working day, however they were back in the classroom after dinner until 8.30pm. Some of the practical work included carrying out a survey of Holbrook saltmarsh on the River Stour; this involved sampling plant life along a transect from the water's edge to the shore. They also dipped ponds and lakes, measured biodiversity in woodlands and considered the correlation between non-living factors such as light and water availability with the diversity and abundance of species. On the third day the students had to plan and carry out an investigation independently.

The students all agreed that they had achieved a great deal but they were ready for a weekend to recover from the hard work!

Zumba Class



Every Friday 7pm at St Albans High School in the Sports Hall.

£5 pay as you go. No booking required, just turn up. Please bring water.
All ages and abilities welcome.

More info: www.zumbaipswich.co.uk

Updates from Mr Horne – Assistant Headteacher i/c Behaviour

Mobile Phones and Headphones

Mobile phones are, for many of our students, a vital communication tool to ensure that they get to and from school safely. The ability to communicate with you as parents and carers is important and we recognise this. The rules for the use of these devices are that they should **be put away and switched off when they arrive at the school grounds**. If a student needs to get in contact with home there are mechanisms in place, either through the school office or Pastoral support staff.

There are times where mobile phones may be used for educational purposes in lessons, and in this event, it is at the discretion of the class teacher if they feel that this will enhance learning. **At 3.15pm mobile phones are permitted to be used again** as this may help with arranging pick-ups and lifts. Headphones can also become a distraction and now seem to be something of a fashion item, which can be very expensive. Again, once on the school grounds these are not permitted for use and should be kept away in students bags.

ClassCharts - Parent and Student App

Shortly after the half-term break we will be rolling out access to the ClassChart app. There is one specifically for parents/carers, and one for students. ClassCharts enables staff to track and monitor student behaviour, and soon you will be able to do this too. The app can be downloaded for free directly from the app store for both Google and iOS devices. Every parent/carer and student will be emailed an individualised code, which will allow you to access your child's/student account.

I hope that this new innovation will further help with our engagement with you, so you can see the many positive, and sometimes negative interactions that go on at school.

PYF – County Lines Play

On Thursday 11th October Year 8 and 9 students took part in a day to educate and raise awareness around the issues of gang culture and county lines, which is affecting all parts of the UK. This safeguarding work is a vital part of our ongoing programme to help prepare our students for the wider world. We want our students to achieve, but more importantly know the risks that the wider world can present, and therefore know how to avoid these. Year 8 covered specific work on dangers of grooming and how this process works, whilst Year 9 watched a film on gang culture and its effect on a school environment. Both Year groups then watched a hard hitting and though provoking play called 'County Lines: Out in the Counties' from Alterego Creative Solutions. The play lasted for 40 minutes, and was then followed by a 20 minute question and answer session.

The students were absolutely brilliant in engaging with the actors and asked some very challenging questions. We even managed to get a feature on BBC Look East, which is a fantastic way of highlighting this concerning issue to the wider public. The four students interviewed (Sam, Christian, Rebecca-May and Monique) were all praised by reporter Kevin Birch for how articulate and confident they were speaking to camera.

Well done to all involved!

News from the PE Department

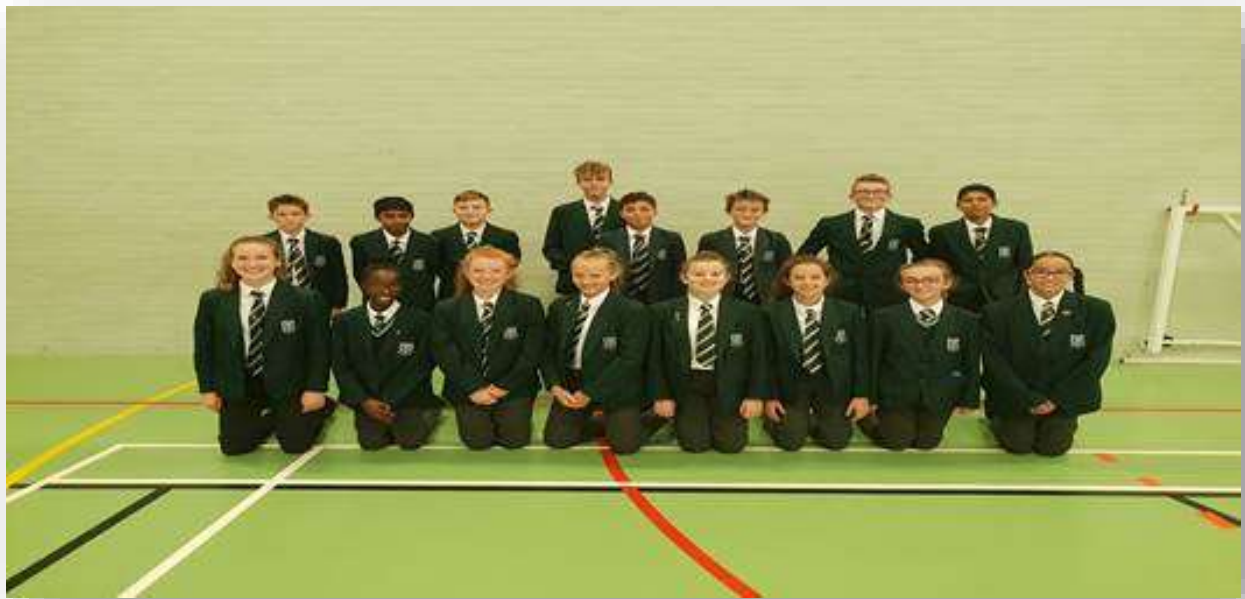
Miss Lewis

Netball

Massive congratulations to Beth (10SK), Lauren (9RS), Meadow (8WM) and Grace (7PC) for being selected to attend the Suffolk Netball Performance Academy.

Cross Country

St Alban's Catholic High School had a fantastic day at the annual cross country event held at the Royal Hospital School on Thursday 11 October. All of the students involved worked really hard and displayed an excellent attitude throughout the day. Three of our students: Zara (11GD), Brogan (7PC) and Benjamin (7PC) qualified to the next round. Well done to all!



Past Student Success

Mrs Welbourne, Head of Geography

Alice Noller and Sam Woor left St Alban's Sixth Form in 2015. Both went on to study Geography. Alice was at Aberystwyth and Sam attended Oxford.

I am pleased to say that both Alice and Sam graduated this year with **First Class Honours degrees**.



Our Photographs Reach the Public!

Mrs Nield, Lead Teacher of Photography

On Wednesday 3rd October, we had the privilege of visiting the Pain Clinic at Ipswich Hospital to view our photographs on display. The Photography Department at St Alban's had been contacted by the hospital earlier in the year with a request to provide uplifting and positive images for display. Six of our students photographs can now be viewed at the clinic and have been so well received, we have been asked to continue with this partnership, providing regular updates to the display. Year 13 students Thomas and Max had the opportunity to meet with Toni Miles, Specialist Clinical Phycologist, and Anthony Flury from the Pain User Group to discuss the work.



We are very grateful to have had the opportunity to work with the clinic and see our images reach a wider audience. It was also a thought-provoking experience for us all when we learnt of the difficulties faced by the patients of the clinic and heard how our photographs have contributed in providing an uplifting environment. We are keen to continue working within our local community and are already planning our next selection of photographs for the hospital!

Friends of St Alban's (FosA) Update

Sharon Cullum, Chair

We are looking forward to seeing you all at our Fireworks Fun Night! This is our biggest fund raiser of the year. The tickets are reasonably priced but reduced if you buy them before the event. Your son/daughter can purchase them from School Reception. If they bring in an envelope with cash or cheque (payable to Friends of St Alban's) they will be given the tickets to take home.

Another favourite fundraiser of ours is the Giving Machine, see the poster further on in this edition of 'Contact'. If you download their 'Shop & Give' app FoSA will receive a percent each time you make a purchase from Amazon, JD Sports etc.

We look forward to seeing you soon!

In the meantime if you have questions about second hand uniform, the above or any queries please contact me on friendsofstalbans@outlook.com

Office 365

As part of the school licensing agreement with Microsoft we are pleased to be able to offer all students free access to Office 365 whilst at St Alban's Catholic High School.

Office 365 gives you access to an online suite of applications such as Word, Excel and PowerPoint as well as allowing you to download the latest version onto a personal device up to five times.

To access these applications please go to <https://portal.office.com> and sign in using your full @st-albans.suffolk.sch.uk email address and usual network password.

Students will be entitled to this as long as they are on roll at St Alban's Catholic High School. When they leave the school their account will be deactivated automatically and any data will be removed.

This service is provided 'as is'. Help is available via the Microsoft website and respective help documentation within programs. Whilst this is an offer we are actively promoting, we cannot accept any responsibility for any issues you have with the installation, loss of data or compatibility issues.

Sixth Form Students Visit BT

Mr Robinson

On Thursday 11 October seven Computer Science students from Year 12 and Year 13 visited BT Adastral Park to work on robotics activities using the 'crumble robot'.

Students competed against other schools to complete challenges involving different kinds of sensor and motors. One of the main tasks was following a line. Students experimented to see which algorithm produced the fastest time around the track.

All students enjoyed the experience and some were inspired to look at choosing robotics as a project to go toward their course at the end of Year 13.



YEAR 11 COUNTDOWN

Dates for your Planner

**October - December
2018**

Research time

- Look at careers information on school notice boards
- Attend Work Wednesdays Presentations held though out the year during lunchbreak - led by industry and leading academics.
- Check out the internet - see leaflet outside Careers Office
- Talk to Mrs Carter or Mrs Shemming - Careers co-ordinators, teachers and family
- Attend school open evenings, **6th Form Open Evening at St Albans is Wednesday 17th October**
- **Attend St. Albans Taster Day Tuesday 4th December**
- Find out how to apply for full-time courses and apprenticeships. Useful websites on the school webpage
- Apprenticeship Work Shops available
- Provisional exam timetable will be on display

**January - March
2019**

Decision time

- Mock exams - how have you done? Do you need to revise your plans?
- Student individual exam timetables will be available at the end of February
- Complete your CV and send it to companies that may offer apprenticeships.
- Attend open days or evenings at schools and colleges
- **St Albans Application Deadline
Date to be advised**
- Apply for courses or apprenticeships
- Interviews start, Remember - **FIRST IMPRESSIONS MEAN A LOT**
- Check apprenticeship vacancies
- Apprenticeship Work Shop 24th January Please speak to Mrs Carter or Mrs Shemming to add your name to the list
- Keep looking out for Work Wednesdays presentations during lunchbreak

**April - July
2019**

Exams - good luck!

- Make a revision plan and stick to it
- Attend interviews
- Check plans with Mrs Carter or Mrs Shemming careers co-ordinators

**August - September
2019**

The next step

- Stay in touch until you have a suitable course, apprenticeship or job with training
- GCSE results day is:
22nd August 2019



The Giving Machine

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and get free cash for our charity

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Support
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Fireworks fun night!

Friday 2nd November 2018

AT ST. ALBAN'S CATHOLIC HIGH SCHOOL,
DIGBY RD, Ipswich



Hot drinks, BBQ

Firework display

Stalls & games

Popcorn & candy floss

The gates open at 6pm with fireworks at 7.15pm
Tickets in advance: £4 adult, £3 child, £15 family (2 adults & up to 5 children). On the day: £5 adult, £4 child, £20 family.

FREE PARKING AVAILABLE

A discount will be given to large organized groups. Please ask on purchasing. Ticket requests with payment please (cheques payable to "Friends of St. Alban's") to school office in envelope marked "Fireworks". Please include name & address details for return of tickets. For more details email friendsofstalbans@gmail.com or telephone the school at 01473 726378.

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NO ADDITIONAL FIREWORKS PLEASE

Work Wednesdays



Employer networking coming soon to St. Albans.
[To be held in the 6th Form Library
All Year groups welcome to attend.

You are invited to come along to listen and speak with our guest speakers.

The guest speaker will start at
1.25pm – 2pm prompt



Wednesday 10th October
LinkedIn Psychometric Testing
Presented by Nicole Hogger/Peter Foy



From Just Recruitment

To be held in the LinkedIn is a business and employment-oriented service that operates via websites and mobile apps. It is mainly used for professional networking, including employers posting jobs.

To be held in the 6th Form Library

Wednesday 7th November
NHS

Presented by Zoe Knight



With more than 300 different careers on offer, there is a job for you no matter what your interests, skills or qualifications.



Wednesday 14th November
Suffolk New College & Otley College
Presented by Hayley Sermons & Adele Wyse



See courses on offer at local colleges



Wednesday 5th December
Police
Presented by Rachael Partridge

Find out about the role as a Police Officer

Wednesday 12th December
C.V. Writing

Presented by Daniella Lord



Wednesday 16th January
Apprenticeship presentation
Presented by AIM Apprenticeships

This is a 15/20 minute presentation which covers the main informative points on apprenticeships, including: what an apprenticeship is, the levels, the sectors you could get an apprenticeship, Degree apprenticeship, employers and how to apply.

Wednesday 23rd January
Software Engineering
Presented by Paul Graham



MATRIX Software, Inc. provides real-time solutions for digital service providers (DSP) worldwide.



Wednesday 6th February
Ensors - Accountancy
Presented by TBC

Wednesday 13th February
Attwells Solicitors
Presented by Nick Attwell
Partner



Wednesday 6th March
Apprenticeships – C.V. & interview skills
Presented by AIM Apprenticeships

Year 11, 12 and 13 students are expected to attend event relating to their subject areas but are also welcome to attend any other events of interest.

Year 7, 8, 9, and Year 10 students are welcome to attend all events.
Please speak to your form tutor to confirm a place.

Refreshments will be provided free at each event.
Staff are welcome to attend.

