



CONTACT



The Newsletter of St Alban's Catholic High School

January 2019
Edition No. 5

Comments from Headteacher

Matt Baker

We start this year as we left the last – with positive news and a healthy outlook. Applications for Year 7 places, and for Sixth Form, have been strong and I wish to thank all our families for their continued commitment to the School and for clearly spreading this good word around the town. This show of support rewards the efforts of so many to achieve what we have done in so little time.

As you will be aware, I have worked hard to develop partnerships with other schools, businesses, and government agencies. This networking ensures that we are at the cutting edge of teaching and that we continue to grow. We have been told this week that one of our current bids for improving English outcomes has been successful. This means an additional £56,500 will be available to our budget to develop the latest and best teaching. Other funding streams are being explored as I write, and next month I am confident that I can bring further good news for our young people.

We have made further excellent appointments to the staff, as you will see below. In addition, we are delighted that Mrs Gilson has been appointed our new Head of RE.

Welcome

At the start of this term, we welcomed a number of new members of staff to the school:

- **Mrs Helen Arthur** – Key Stage 3 Student Support Lead
- **Mr Sebastian Hart** – Cover Supervisor
- **Mrs Michelle Jarrett** – Teacher of MFL
- **Mrs Michelle Kenney** – Administrative Assistant
- **Mr Dane O'Neill** – Teacher of English
- **Miss Becky Thomas** – Pastoral Administrative Assistant
- **Mrs Lynsey Welham** – Department Administrative Assistant

God Bless.

Key Diary Dates

Wednesday 13 February	Year 9 Curriculum Evening
Monday 18 – Friday 22 February	Half-term Week
25 February – 04 March	Year 11 Spring Mocks (core subjects)
W/C 25 February	Year 8 Briars Retreat (Week 1)
Friday 08 March	International Womens' Day
W/C 25 March	Year 8 Briars Retreat (Week 2)

Severe Weather

With the prospect of inclement weather forecast past us for now it is worth reminding parents that there may be occasions, either due to severe weather or other unforeseen circumstances, when the school will need to close.

Overnight Developments – should overnight weather conditions in Ipswich deteriorate, the relevant authorities will be consulted early in the morning to determine whether conditions are local or general. If conditions are sufficiently bad and a decision is made to close the school, the Local Authority will inform the local radio. Parents should therefore tune in to BBC Radio Suffolk for information relating to schools, from approximately 6.30a.m. onwards. Confirmation of closure will also be found on our website.

Daytime Developments – should conditions begin to deteriorate during the course of the school day the relevant authorities will be consulted who will again inform local radio if the school is closing early in order that students can reach home in safety. Where we have been given parents' e-mail addresses, or parents have registered with 'ParentMail' we will also inform them via this method and details will be displayed on the school website. We will endeavour as a school not to close once we have opened unless safety is compromised. We will give very careful consideration as to whether to open or not in adverse weather conditions. However, if the decision is made to open the school, then it is most likely that the school will remain open for the duration of the school day unless again, safety is compromised.

In the event that we do close early, senior staff will remain on site until all students are on their way home. If any student either faces, or anticipates any difficulty, please be assured that they will be allowed to remain safe in school until their particular situation is satisfactorily resolved. Therefore, they will not be in any danger.

Please try to avoid telephoning the school for information – the school website will be regularly updated throughout the day. Full details of the emergency closure procedure can be found on our website:

https://www.st-albans.suffolk.sch.uk/docs/Emergency_Closure_Letter_2018.pdf

Important Information for Year 11

Mr S Corless, Deputy Headteacher

Year 11 Progress – UPDATE

To follow up information provided previously I thought it appropriate to bring you up to speed with a Year 11 progress update. As you are aware we have been working on implementing a revised Raising Attainment Plan based on the success of last year and to ensure all our Year 11 students achieve their full potential across their GCSE studies. Whilst this year we see all legacy courses (grading system A*-G) replaced by the new GCSE qualifications (grading system 9-1) this no doubt provides a challenging year I am happy to report that from the last data trawl there are a number of positive headlines:

- Progress 8 score of 0.04 (positive)
- Progress 8 score of 0 which is positive for students studying EBacc subjects
- Progress 8 score of 0.05 which is also positive for students studying Open basket option subjects

A **positive score** indicates students are achieving/exceeding their target grade. Whilst departments are working hard to ensure all students achieve their target grades it is imperative that all students attend designated revision being provided by departments after school. The sessions provided after school run every week and finish at 4:30pm each day. Whilst we can appreciate several students will have to make alternative travel arrangements this is a short term sacrifice for a long term gain.

Please see the revision timetable at the end of this edition of 'Contact'. *Please note that students will be invited to bespoke sessions based on their needs as identified by departments.

May I take this opportunity to thank you for your continued support over the remainder of the academic year.

Year 11 GCSE Revision Support

By now your son/daughter should already be in the process of formulating a revision plan to support preparation for the GCSE external exams this coming summer. Therefore, I thought it beneficial if I could provide some helpful links to assist with revision.

BBC Bitesize offers a free online set of digital notes as well as self-test sections to test their knowledge on content. Please see the following web address for access to the secondary subjects page below:



<https://www.bbc.com/bitesize/levels/z98jmp3>

As you can see they cover a host of subjects. I have used these a great deal for a number of years and the content has been reviewed in line with revised specifications. This is a good starting point for anyone wanting to make a start on revising generic subject content.

All GCSE subjects



Architecture



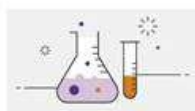
Art and Design



Biology (Single Science)



Business



Chemistry (Single Science)



Combined Science



Computer Science



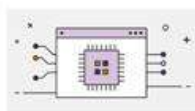
Design and Technology



Digital Technology (CCEA)



Drama



Electronics



Engineering



English Language



English Literature



Food Technology



French



Geography



German



Graphics



History



Home Economics: Food and Nutrition (CCEA)



ICT



Irish - Learners (CCEA)



Journalism (CCEA)

In addition, the school has been a member of Partners in Excellence (PiXL) since last year and this has allowed to school to network with other schools to share good practice, resources aimed at raising student achievement and developing the young people in our care.

The Maths department have been using the PiXL Maths App for SMART phones allowing students to access resources as well as test their subject knowledge on an ongoing basis. The English department has recently purchased the English Literature App will be rolled out along similar lines to Maths in due course.

I will be writing to parents later this term regarding a second wave of mock exams that the Year 11 students will be undertaking across core subjects including Maths, English, RE and Science. These will be similar to the mock exams that were run in November.



Please see the link below:

<https://www.gcsepod.com/students/>

This is an online resource that allows your son/daughter to access GCSE content relating to courses in Year 11. All students access this resource online including access via SMART devices.

Below are a number of benefits including:

- Favourite any Pods on topics you find hard, then revisit them and fill your knowledge gaps
- Complete tests to identify your weaker areas and then watch personalised playlists to help strengthen those areas
- Watch exam specific playlists with everything you need to excel in an upcoming exam
- Complete homework online and get instant feedback
- Listen to GCSEPod privately on your mobile – no one needs to know you are working
- Share Pods via links to Twitter and Facebook and see what your friends are watching

The school has paid a year's subscription to allow full access to the suite of subject content. Please encourage your son/daughter to start using this resource as soon as possible.

May I take this opportunity to wish your son/daughter all their best in their ongoing revision. I hope that the following tips may also aide their preparations.

GCSE Tips

Remember there are only **13** school weeks left until the first exams start so here are **7** handy revision tips to help students prepare for their GCSEs over the next few months.

1. Set goals

Setting goals is a great place to start, as this will set the tone for the next few months. Start by writing down the GCSE subjects you're studying for and the grades you want to achieve. Underneath each subject, write out the list of topics you'll need to understand as well as question formats, techniques and the marking criteria the examiner will be using in the grade band you're aiming for. Doing this will mean you can plan out your study sessions effectively and keep track of the progress you're making.

2. Create a realistic revision timetable

Building a revision timetable will add structure to your studying and allows you to organise your time in the way that best suits you and your schedule. As you will be mapping out study slots for each topic, if you identify a GCSE subject that you want to spend more time on, you can add these extra sessions in. It's also important to create a realistic schedule and know there are limits to how much work can effectively be completed in a day. Balancing leisure and revision equally means you'll be much more productive and motivated in the long run and be able to revise more effectively. Just plan your study time out depending on what works best for you - so if this is 5 out of 7 days a week, or 7 days a week but an hour per day, that's okay- everyone will be slightly different!

3. Understand your learning style

There is not a one size fits all way to study as everyone works in different ways. Understanding your learning style and whether you're a visual, auditory or kinaesthetic learner will make revision so much easier! Once you know the method of learning that suits you best, simply tailor each study session by choosing more effective revision techniques that will make remembering and recalling information much easier.

4. Take regular breaks

It is really important that you consider taking regular study breaks when it comes to GCSE revision. Studying for long periods of time can be counterproductive as the brain becomes tired and you can easily lose focus, meaning you're not actually revising effectively. Instead aim for 30-45 minute sessions with short breaks in between and ideally no more than 4 hours of study per day. This way you'll have much more productive bursts of revision rather than trying to stay alert covering multiple subjects for hours on end.

5. Practice papers are your new best friend!

One of the best revision tips to help you prepare for your GCSE exams is to do as many practice papers as you can. They will help you become familiar with the exam format, question style and time restraints, so when it comes to the real thing you'll already know what to expect. Completing old exam papers is also a good way to test your current knowledge and help you identify any areas you're struggling with. Don't forget to ask your subject teachers for a few years' worth of papers and schedule one or two a week into your revision timetable. You can also access plenty of past paper/specimen questions via exam board websites. Please see the school website section labelled 'Departments'

6. Work in study groups

If you're finding revision too much to tackle on your own, then working in a study group is a great way to find support. Collaborate with your peers as well as attending the revision support sessions that are outlined in the Week 1/2 schedule included in this month's edition. Sharing knowledge is powerful and can break down the monotony of trying to cram all your knowledge alone!

7. Mix it up!

Mixing up your study habits is a great way to stay motivated, inspired and keep your brain alert and active while revising for your GCSEs. Try alternative methods such as listening to a podcast, watching videos or documentaries, working in a group, creating revision posters or using different coloured paper for each set of revision notes.

God bless.

Chaplaincy News

Miss K Edwards, Lay Chaplain

Flame 19 – 2 March 2019

Flame is the National Catholic Youth event at Wembley Arena aimed at those in Year 9 and above. 10,000 young people will gather to receive faith-filled inspiration from world class speakers interspersed with music from Guvna B. This will be an amazing opportunity for young people to explore, reflect and grow in their faith. Whilst this event is being run by the Catholic Youth Ministry Federation it is open to all students.

The theme of this year's Conference is 'Significance'. Many young people in the world today are constrained to measure self-esteem in Twitter or Instagram 'likes', responses to Facebook status updates, and Snapchat conversations. The Flame Conference is designed to offer young people a fresh perspective, centred in their creation of being made in the image and likeness of God. Please encourage your child to watch the following trailer: <https://cymfed.org.uk/flame2019/> and then sign up for the trip through ParentMail. The cost of the Conference, including transport is £30.

Flame CYMFED
2nd March 2019
The SSE Arena, Wembley
#SIGNIFICANCE
The biggest Catholic youth event
in England and Wales is back!
For more info on
SPEAKERS | MUSICIANS | BOOKINGS
go to www.cymfed.org.uk/flame2019

Speakers and Musicians (from top to bottom):
Cardinal Vincent Nichols
Robert Moou
Guvna B
Tim Hughes
Archbishop Eamon Martin
Exclusive video by Jean Vanier
With drama by RISE theatre
Supported by JESUS of Don Bosco, CATHOLIC YOUTH MINISTRY FEDERATION, Gospel

Social media icons: Facebook, Twitter, Instagram

Quote: "FAITH IS A **Flame** THAT GROWS STRONGER THE MORE IT IS SHARED AND PASSED ON ..."
Pope Francis

INSPIRE STEM 2019

Mrs A Keating-Fedders

Inspire STEM 19, our inaugural event, has been instituted to promote the STEM subjects within further and higher education, as well as in careers. In particular, we would like to encourage our female students in these fields. There is certainly a local and national need for this. A recent report stated that the total output of the STEM economy is £127,580,000,000 a year, but only 14.4% of STEM roles are taken by women. We must, therefore, enlighten, inspire, and educate young minds in the vast and diverse options and opportunities available to them.

With this in mind, we have invited a number of professionals to come and speak to Year 8, 9, 10 and 12 students, about their career, their passion and their pathway. Many of these are ex St Albans students who have excelled in their field. Students will also have the opportunity to meet them and ask questions. There will also be representations from a number of universities.

If you are interested in getting involved or would like more information please contact me.

St Alban's Relief Trust

Mr M Pattinson

StART is a small charity founded in 2013 to provide financial assistance to students and immediate past students for the purpose of assisting their transition into independent living. Several of our young people and their families have benefitted from the support that **StART** can offer. It is funded from donations (much from the staff themselves) and operates independently of school funds and administration meaning that we can act swiftly in urgent situations.

The sort of things that we have helped with include, purchasing clothes, helping with transport costs to college and employment interviews, gifts of laptops and software, funding attendance at respite events, contributing to transport costs, financing the deposit for independent accommodation.

Please do get in touch if you feel that this is something that you would like to support:

mpattinson@st-albans.suffolk.sch.uk

Careers

Whether you're deciding what to study, taking your exams, planning a career, or just curious, the BBC Bitesize also now includes careers information. There is information on the world of work, with advice and useful tips.

<https://www.bbc.com/bitesize/careers>

Confirmation Classes – St Mary's Confirmation Parish

Students (Year 9 upwards) wanting to be Confirmed this year should contact St Mary's Parish within the next few weeks <http://www.st-mary.org.uk/> where they can obtain details about the Confirmation programme.

Well Done Choir!

Mrs E Alexander

I would like to thank and congratulate the members of the school choir who took part in the annual Willis Towers Watson Carol Service on Thursday 20 December. They joined choir members from Pop Chorus and the Willis Towers Watson staff choir to perform individual and joint pieces to entertain the employees in the iconic Norman Foster Willis building in Ipswich town centre.

The choir is open to any students across the whole school and regularly performs at school and external events throughout the year. In the past couple of years they have performed at Snape Maltings, Ipswich Corn Exchange and on televised recordings for BBC's Songs of Praise. Future bookings include Carl Orff's Carmina Burana at Snape Maltings in September 2019.

Please encourage your son/daughter to join if they would like to be involved in this successful club. Rehearsals are every Thursday lunch time in the music room.

Does Good School Attendance Matter?

Mr R Moulding, Attendance and Admissions Officer

There has been quite a bit of analysis of the impact on children who miss school. Overwhelming the impact is found to be negative. Children with lower attendance achieve less well in their GCSEs, tend to be involved with more anti-social activities and have other problems.

But how low is low?

It may seem to you that a few days off here and there or maybe a week of term-time holiday is going to have little impact. However, it has been found to often have a bigger and more long-term impact than expected. Being absent for a single lesson can mean a key learning point is missed on which several other lessons are based. This makes the next lessons more difficult. It can be particularly acute in Years 10 and 11 running up to GCSEs when the opportunities to cover material again become limited. It can lead to a student becoming disengaged and the start of other problems.

The issues of missing school become worse as attendance heads down towards 90%. Only around 1/3rd of students with 90% attendance achieve even the minimum of five GCSE passes but this rises to over 2/3rds of student with attendance over 94%! So, my nagging of you about your children's attendance is done with their wellbeing and long-term prospects in mind.

What can you do about it though?

The average attendance here in Years 7 to 11 is a little over 96%. Have a look at your child's interim report and check the attendance level shown there. If it is below 96% and especially if it is closer to 90% then you need to appreciate that this will be having an impact on their progress here.

There are some obvious things to be done, like not taking a term-time family holiday and not extending the school holidays for travel. This is not widespread here but some families do still do it.

You can also be more challenging over minor sickness. I see the same names reported again and again through the year when there is no underlying cause. Students with a sniffle or mild stomach ache usually do quite well sitting in warm classrooms after some non-prescription medication. The students who achieve their best here are often those whose parents/carers have a "You are going to school no matter what" attitude.

If you are struggling with getting your child to attend as much as you'd like then give me a call or arrange to meet. It's what I'm here for.

Year 13 Business Department Trip to the Houses of Parliament

Mrs H Franklin and Mr C Tournay-Godfrey

On Monday 21 January the Year 13 Business and Economics class visited the Houses of Parliament. We also met with the Ipswich MP Sandy Martin who took time to answer questions from our students. The visit was excellent; our students were fantastic and they represented St Alban's with professionalism, courteousness and pride. They were able to visit both the House of Commons and the House of Lords, they stood on the back benches and our guide explained parliamentary procedures.

During the meeting with Sandy Martin our students asked intelligent and probing questions on Economics and the possible impact of BREXIT. Sandy Martin was a very good host and showed a great deal of respect and honesty with each response. Our students were able to learn the importance of showing a view that considers both sides of a disagreement which is a valuable learning point of evaluation.



During the afternoon we visited the Bank of England Museum. Again our students represented St Alban's with professionalism courteousness and pride as they toured around the museum. We would recommend that anyone visiting London should visit this interesting and free museum that documents the history of the Bank of England.

Below are some of the comments from our students.



'On the trip to the Houses of Parliament I found out a lot about the history of Parliament and the fact that there is a statue of a politician which a suffragette chained herself to in order to get her message across for women to get the vote, the statue to this day is still damaged to show the significance of these events. I also learnt that

the reason MP's turn and bow towards the speaker when exiting the chamber is supposed to derive from a gesture of respect made to the altar (the Speaker sat in front of the altar) in St Stephen's Chapel, which the Commons occupied from about 1550 until 1834. Lastly, when MP's are asked to vote on certain aspects of an amendment if the speaker cannot identify whether the yes or no's have a majority, he will call for a division where all MP's have 8 minutes to get to either the yes or no room, the doors will then be locked and votes counted up. The trip was also very good because we got to meet with our MP and ask him questions about parliament but also more current things like Brexit, to get an actual insight of what is going on in the debates and what he believes is best for the UK and its economy'. - Rebecca

'I enjoyed the trip to London for the experience as a whole, but particularly the insight I was given into the Politics and Economics of the UK from knowledgeable experts. The conversation with Sandy Martin was interesting to understand how an important politician views the situation, but is also local and representative of home. I also found the given functions of the Bank of England useful in understanding economics'. - Jack

'During the business trip I gained a deeper understanding for the formation of Parliament throughout history and how the changes influenced it. It was interesting to see the House of Commons and lords and how they differ on the TV screen. Sandy Martin helped to understand that politics cannot only fully concentrate on economics but also has to account for people's views and opinions to create a successful government. He also described how complex and large scale Brexit is in terms of our economy which shall help when evaluating'. - Kacper

'The day out whilst cold was very interesting and engaging; the historic value of the once most notorious empire in the world was far beyond my own current knowledge. The tour guide was informative and spoke thoroughly throughout the walk around Parliament. The House of Commons was one of my most favoured parts of the trip; from seeing it on the T.V and watching debates between MPs to actually visiting the room it takes place in was strange but I liked it. In person it is a whole lot smaller than perhaps displayed in Prime Minister's questions showcased on the television. Additionally, being under the roof of royalty and being shown where Queen Elizabeth II resided was breath-taking just knowing she had been right where I was standing. The Bank of England was very interactive with puzzles, games and presentations to interact with. They demonstrated the key purpose of the Bank of England's presence in the UK without being lifeless and drowning in history. By the far the best part of the day was being able to lift and feel a solid gold bar which was valued at £400,000 in the BoE which was unthinkable to even handle. It also presented on the display above it that the value changes every single day of the golden bars and in the vaults they had over 400,000 of them, estimated to be worth around £160 billion'. - Jacob

News from the Friends' of St Alban's (FoSA)

Sharon Cullum, Chair

Thank you to everyone who took part in our Christmas Hamper raffle which raised £127.

School Uniform

We have a lot of good quality second hand school uniform for sale including the following:

- 60 blazers - £5 each
- 30 PE tops/bottoms/shorts/scorts and school trousers - £2.50 each
- Ties - £1.50
- 40 PE fleeces and school jumpers - £3.50 each

A variety of sizes are available. Please email me on friendsofstalbans@outlook.com to enquire about sizes and I will be happy to provide more details.

Also, please contact me if you are interested in joining the FoSA committee.

Thank you for your continued support.

Miss C Seager

Our netballers have performed well this term so far with two away wins! The girls all played amazingly and should be really proud of themselves!



Year 7 won 14-4 against Ipswich School



Year 10 won 8-10 against Westbourne

FREE ESOL lessons
English for Speakers of
Other Languages

Every Wednesday from 13.00 – 15.00
Starting on 30th January 2019

At West Suffolk College
 IP-City Centre, 1 Bath Street, Ipswich
 IP2 8SD



All levels welcome!

For more information phone 01473 351500 or
 email vicky.skinner@wsc.ac.uk or just come on
 the day!

The infographic is a circular chart with six main categories in the center, each represented by a colored wedge. Surrounding these are concentric rings of app icons, each labeled with its name. The categories and their associated apps are as follows:

- Memory (Yellow wedge):** Includes apps like Remember the Milk, My Secret Diary, Calendar, Brain School Training, Side By Side, Outline Pro, Inspiration, and Popplot.
- Reading (Purple wedge):** Includes apps like Me books, Toy Story Read Along, Comic Life, Our Story for iPad, Story Creator, Book Creator, vBookz Reader, Kindle, iBooks, and Bibo.
- Writing (Green wedge):** Includes apps like Writing Wizard, abclinedup, Pocket Phonics, Harry Letters, Sentence Builder, App Writer, iReadWrite, Co-Writer, and WritePad.
- Numeracy (Blue wedge):** Includes apps like Talking Scientific Calculator, Talking Calculator, MyScript Calculator, Dragon Dictation, Snr, Pages, SoundNote, MyScript Memo, Paperport Notes, Circus Ponies Notebook, iTakeNotes, and Evernote.
- Organisation (Orange wedge):** Includes apps like Flashcards+, Memory Workout, Lumosity, Web Reader, Outline Pro, Inspiration, Mathpad, MathPaper, Mathboard, and TalkCalc.
- Creativity (Pink wedge):** Includes apps like Pinterest, Safari, Navidys, Scoop It!, Idea Sketch, Mathpad, MathPaper, Mathboard, and TalkCalc.

Dyslexia Detector What is Dyslexia? iCep

Dyslexia Indicator apps don't fit into the 'wheel', but are definitely worth knowing about. These apps (particularly Dyslexia Detector and 'What is Dyslexia?') do not provide formal screening tests, but give an indication that a learner MAY have dyslexia and that this should be investigated further.

Note that some apps address a range of difficulties. In order to save space, we have decided not to place individual apps into multiple categories, but have placed them according to a single category that is particularly relevant to the app.

- *The Pedagogy Wheel* - Allan Carrington
- *Mobile Learning with Bloom's Taxonomy & the Pedagogy Wheel* - Cherie Pickering & Amanda Pickering
- *Apps for Students with Autism Spectrum Disorders* - Mark Cooper.

These representations are available from various web sites, but can all be downloaded from: <http://apps4stages.wikispaces.com/AppWheels>.



Version 1.0, November 2013 CALL Scotland, The University of Edinburgh.
CALL Scotland is part funded by Scottish Government.
An electronic version of this chart can be downloaded from:
<http://bit.ly/1ggOszG>

CALL Scotland
Communication, Access, Literacy and Learning

Strengthening Families Programme

For parents/carers and young people aged 10-14

Comments from
Parents....

I've developed patience, understanding and ways to listen more (these sound easy but believe me they weren't at first!)

I now know how to set limits and goals using rewards and consequences that work!

I have learnt to change and grow with my youth

We now work together as a family

Comments from Young
People.....

Spending time with my mum has made us closer

I've learnt to look after me!

I've learnt to not go mad and just stay calm

The Strengthening Families Programme is a 7-week programme that supports families in strengthening their relationships with each other.

Parents and Young People meet in separate groups for the first hour, and then come together in the second hour for a family session.

The group is led by a group of people from a variety of different agencies and backgrounds, who already work with young people and their families.

It includes activities designed to:

Help parents and carers build on their skills that support their children.

Get some new ideas on dealing with setting boundaries and supporting your youth through their school years

Support families to solve problems together

Help young people develop skills in handling peer pressure and building a positive future

WELLINGTON CHILDRENS CENTRE
CHEVALLIER ST IPSWICH IP1 2PB
TEL: 01473 263900

Starting: Tuesday 30th April – Tuesday 18th June
(7 weeks)
4:00pm- 6:30pm

(No group half term week Tuesday 28th May)

To book a place contact
Bernie Stephenson parenting co-ordinator
Email Bernie.stephenson@suffolk.gov.uk
Mobile: 07718100891



Small changes,
big differences.



Triple P Positive Parenting Seminar

CASTLE HILL INFANT AND JUNIOR SCHOOL

Dryden Rd Ipswich IP1 6QD

Thursday 28th February

1:30pm – 3pm

THE POWER OF POSITIVE PARENTING

Triple P helps parents to support their children to:

- ❖ Create a stable, supportive, harmonious family environment
- ❖ Teach your children the skills they need to get along with others
- ❖ Deal positively, consistently and decisively with problem behaviour should it arise.
 - ❖ Encourage behaviour you like.
- ❖ Develop realistic expectations of your children and yourself
 - ❖ Take care of yourself as a parent

Contact Bernie Stephenson – Area Parenting Co-ordinator on 07718100891
email: Bernie.stephenson@suffolk.gov.uk

www.triplep.net



Building Skills for Life -

Free conference for Mums, Dads and Carers

Hear testimonies from young people and from services which promote the participation of children & young people, their independence & skills for life (see over).

When: Wednesday 13th March 2019
9:30am – 3:30pm
Welcome & refreshments 9:30 - 10am
Market Place 2.30 - 3.30pm

Where: Riverside Community Centre
6, Great Glemham Road
Saxmundham
IP17 1LJ

Lunch and refreshments provided

Booking via Eventbrite: www.eventbrite.co.uk
Search for: Building Skills for Life Conference

The morning will include testimonies of young people and presentations from Essex Travel Trainers and SENDIASS.



In the afternoon, attendees can choose one of the following workshops:

1. Listening to the voice of the child: including children and young people in meetings about them - Psychology & Therapeutic Service
2. Young Person SEND Champions co-delivering a workshop explaining their SEND Network programme and the impact of the young person's voice in SEND decisions.
3. Raising Resilient Teens - Suffolk Parenting Team
4. Annual Health Checks for Young People with Disabilities - NHS Learning Disability Nursing Team

Choose one workshop when you register on Eventbrite: www.eventbrite.co.uk

Search for: Building Skills for Life Conference

Email: enquiries@suffolksendiass.co.uk

Year 11 Revision Timetable

Week 1	DAY	SUBJECT	TEACHER	TIME	ROOM	INFORMATION
	MONDAY	English Language/Literature	Mrs Yelland Ms Page Mrs Midgley Mrs MacFarlane Miss Sturman	3:30-4:15	27 29 25 26 23	Target grades (4-6)
		German	Miss Cross	3:30-4:30	19	Speaking and Listening
		French	Mr Magotte	3:30-4:30	16	Speaking and Listening
		Computer Science	Mr Robinson	1:20-1:55	3	
	TUESDAY	History (From 14th Jan onwards)	Mrs Wise Mr Harpur	8:00-8:45	A5 A4	Exam Skill session
		Geography	Mrs Welbourne	8:00-8:40	A7	Exam skill session
		Business Studies	Mr Tournay-Godfrey	1:20-1:55	S16	Intervention
		P.E	Mr Deacon Mr Roche	3:30-4:30	A6	Catch up and revision session
		Drama	Ms Templeman	3:30-4:30	A1/A9	Rehearsal time
		Computer Science	Mr Robinson	3:30-4:30	3	Target grades (6-9)
		Art	Mrs Wright Mr Hammond	3:30-4:45	A2 A3	Course work catch up (until end of January) EXAM focus- Practical sessions
		Maths	Mr Peck (11x4) Mr Greenaway (11x1) Mrs Hind (11x2) Mrs Keating-Fedders (11x3) Mr Sims (11y1) Mr Silk (11y2) Mrs Thomas (11y3)	1:20-1:55 3:30-4:30	13 14 15 12 13 14 22	Exam skill session
	WEDNESDAY	Business Studies	Mr Corless Mrs Franklin	1:20-1:55 3:30-4:30	S16	Grade 3 intervention Targeted intervention
	THURSDAY	History	Mrs Wise Mr Harpur	3:30-4:30	A5 A4	Catch up session
		Combined Science	All Science Teachers	3:30-4:30	Science Department	Set 3-7
		Drama	Mrs Templeman	3:30-4:30	A1/A9	Rehearsal time
		Art	Mrs Wright	3.30-4.45	A3/A2	Course work catch up (until end of January) EXAM focus- Practical sessions
		Food, Prep & Nutrition	Miss Dowe	3:30-4:30	T5	Basic skills, coursework catch up
	EVERYDAY	Technology		After school	Workshop	Course work catch up
		Food, Prep & Nutrition		1:20-1:55	T5	

Week 2

DAY	SUBJECT	TEACHER	TIME	ROOM	INFORMATION
MONDAY	English Language/Literature	Mrs Yelland Ms Page Mrs Midgley Mrs MacFarlane Miss Stuman	3:30-4:15	27 29 25 26 23	Target grades (7-9)
	German	Miss Cross	3:30-4:30	19	Speaking and Listening
	French	Mr Magotte	3:30-4:30	16	Speaking and Listening
	Computer Science	Mr Robinson	1:20-1:55	3	
TUESDAY	History (From 14 th Jan onwards)	Mrs Wise Mr Harpur	8:00-8:45	A5 A4	Exam Skill session
	Drama	Ms Templeman	3:30-4:30	A1/A9	Rehearsal time
	Computer Science	Mr Robinson	3:30-4:30	3	Target grades (5-1)
	Art	Mrs Wright Mr Hammond	3:30-4:45	A2 A3	Course work catch up (until end of January) EXAM focus- Practical sessions
	Business Studies	Mr Tournay-Godfrey	3:30-4:30	S16	Intervention
	Maths	Mr Peck (11x4) Mr Greenaway (11x1) Mrs Hind (11x2) Mrs Keating-Fedders (11x3) Mr Sims (11y1) Mr Silk (11y2) Mrs Thomas (11y3)	1:20-1:55 3:30-4:30	13 14 15 12 13 14 22	Exam skill session
WEDNESDAY	Business Studies	Mr Corless Mrs Franklin	1:20-1:55 3:30-4:30	S16	Grade 3 intervention Targeted Intervention
THURSDAY	History	Mrs Wise Mr Harpur	3:30-4:30	A5 A4	Catch up session
	Geography	Mrs Welbourne	3:30-4:10	A7	Exam skill session
	Biology, Chemistry and Physics	All Science Staff	3:30-4:30	Science Department	Set 1 & Set 2
	Drama	Ms Templeman	3:30-4:30	A1/A9	Rehearsal time
	Art	Mrs Wright/Mr Hammond	3.30-4.45	A3/A2	EXAM focus- Practical sessions
	Food, Prep & Nutrition	Miss Dowe	3:30-4:30	T5	Basic skills, coursework catch up
EVERYDAY	Technology		After school	Workshop	Course work catch up
	Food, Prep & Nutrition		1:20-1:55	T5	