



St. Augustine's RC High School

Dear Parents, Carers and Friends of St Augustine's,

We have had another busy few weeks with lots of learning taking place and many wonderful achievements celebrated by our pupils.

Our extra-curricular and revision sessions continue to run regularly, and it has been wonderful to see so many pupils actively engaged in activities beyond the classroom. The Year 11 revision sessions are also up and running, at lunchtime and afterschool, to help support our Year 11 pupils with revision in the lead up to their exams.

Last week was "Children's Mental Health Week" and we hosted a variety of activities and events including daily form time sessions, hot chocolate and chat drop ins and Mass (with treats). Please do see the links to resources in this newsletter to support mental health and wellbeing.

As we approach this weekend, we reflect on Sunday's Gospel, where we are reminded of the need for us to trust in God. This may not always be easy but will always be rewarding. Trust strengthens and sustains us, especially through life's challenges. By placing our trust in God, we can find the courage to give our best each day and entrust the future to his guidance.

Thank you for your continued support and I look forward to seeing you at our forthcoming progress evenings. God Bless and I wish you a restful weekend and a wonderful half term break, we look forward to seeing pupils when we re-open on **Tuesday 25th February**

Mrs Hunt



Important Dates

Tuesday 25th February – School Re-opens after half term (timetable week 2)

Monday 3rd and Tuesday 4th March – Year 11 GCSE Music Practical

Wednesday 5th March – Ash Wednesday

Wednesday 5th March – GRAB Semi Final at The Grand – 4.00-9.30pm

Thursday 6th March – Year 7 Progress Evening



Prom Shop – Can you help?

We are thrilled to share that St Augustine's will be holding our first ever Prom shop on Wednesday 12th March, 4.30pm – 6.30pm in the school hall!

The event has been launched to support the school's commitment towards sustainability and promote a move away from 'fast-fashion' whilst easing the financial burden of Prom preparations for some of our pupils.

We are hoping to help many of our pupils to find the perfect dress, suit, bag, shoes and accessories, all whilst helping to reduce the environmental impact of Promwear.

We would like to extend a heartfelt thank you to everyone who has already contributed in any way, shape or form to support the event. Your support has made a significant difference and will help to empower our students to look and feel their best for Prom without breaking the bank. If you would like to make any donations, or support in any other way, please contact Mrs Lowe or Miss Billington via email: info@sarchs.com

If you would like to drop in any donations, please do so via the school office before Monday 10th March. Thank you!

Year 7 Progress Evening

Year 7 Progress Evening will take place in school on Thursday 6th March.

Letters will go home to parents when we return from the half term break, we ask that you choose a time slot that suits you and return the appointment sheet with your child so that they can make appointments with their teachers.





Progress Evening Dates

Year 7 – Thursday 6th March, 4.00 – 7.00pm

Year 10 – Thursday 20th March, 4.00 – 7.00pm

Year 8 – Wednesday 30th April, 4.00 – 7.00pm



PTFA Quiz

Our PTFA Family Quiz Night takes place on Friday 28th March.

Doors open at 6.30pm for a 7.00pm start. There will be a fully licensed bar serving alcoholic drinks, soft drinks and snacks.

Entry is £3 per ticket or a family ticket for £10, this can be paid in cash on the night.

Prize donations would be gratefully received and can be sent to the main office or pupil services.

We hope to see you there!



Book Fair Book Mark Competition.

Pupils were tasked with designing a book mark this week as part of the annual book fair. They won a £5 voucher each to spend at the fair and will have their bookmarks published, these will be available in the library for students to use. Well done to our winners!



Onatti.

On the 28th January, we had the pleasure of welcoming the theatre group Onatti to school. The company tours the UK delivering a range of plays designed for teenage language learners. All pupils studying French in Years 9, 10 and 11 were treated to an action-packed play performed entirely in French by native speakers. The plot centred around two rogue antique dealers who tried to sell fake artefacts as real and how a quick-thinking customer turned the tables on them and took revenge. It was a fantastic opportunity for pupils to practise their listening skills and to get involved. There was excellent participation by pupils who showed some great acting skills in addition to good understanding! Bravo!



HEATHER
GREY



NAVY
SMOKE



DEEP
BLACK



BABY
PINK



Year 11 Hoodies

It has become a tradition in past years to have leavers' hoodies available for purchase for our departing Year 11 pupils. This year the pupils will have a choice from the following four colours:

- Heather grey
- Navy smoke
- Deep Black
- Baby Pink

They will have each pupils' name included in the design on the back as well as the school crest on the front. **The cost will be £21.00.**

If you wish to purchase a hoodie and view colour choices, this can be done directly through our suppliers' website using the link below:

<https://www.graysschoolwear.co.uk/products/st-augustines-2025-leavers-hoodies?variant=42420533756140>

Please note this is the only available option for purchase and orders cannot be placed through school.

Orders can be placed now, up until **Friday 28th February**. Hoodies will be delivered into school and given to pupils on their last day of school.

FREE

Thursday 27th February Parent Webinar 6pm - 7pm Children's mental health in the digital age Workshop

We would like to invite parents/carers of young people to a workshop which explores Children's mental health in digital age

NHS
Lancashire &
South Cumbria
NHS Foundation Trust

The workshop explores :

- Evidence around social media, technology and mental health
- Moving with the times
- Impact on mental health
- Thoughts, feelings, behaviour cycle
- What can you do to support your child.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



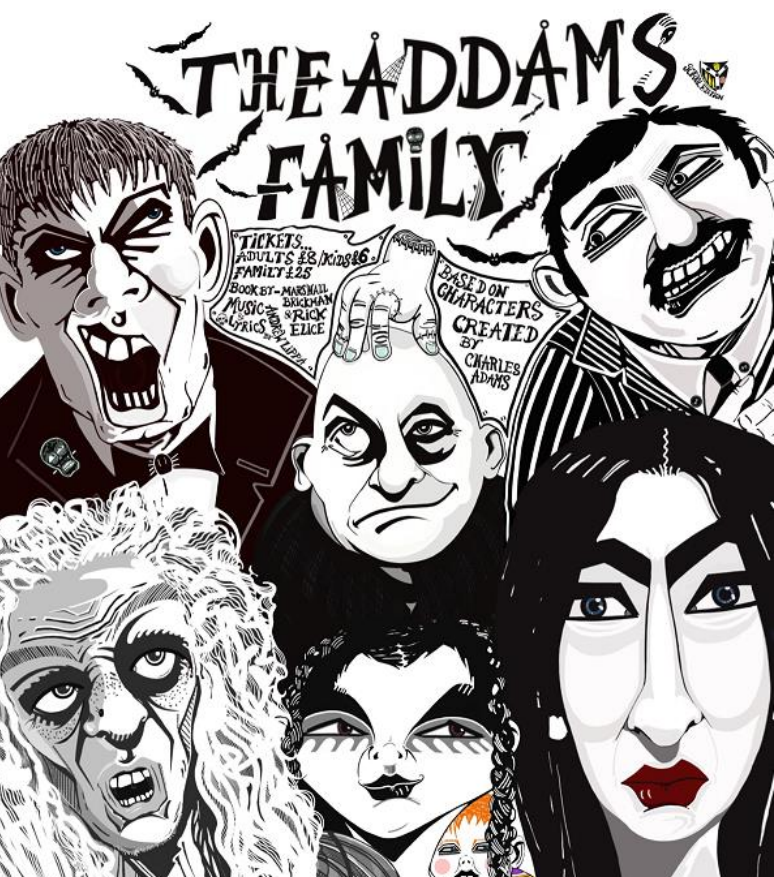
Meeting ID: 363 868 611 921
Passcode: KHRBHE

Work Experience

Work experience is an opportunity for our year 10 pupils to visit a place of work and learn about a work-based environment. It does not necessarily have to be connected to what you want to become but can also help inform and give vital experience when making decisions on future career choices.

The placement dates will be Monday 23rd June to Friday 27th June 2025. During this week, pupils have the opportunity to learn vital employability skills by working with an employer and experience the world of work to prepare them for their future pathways.

It is never too early to start asking around at local businesses to see if you can secure a placement.



The Addams Family

The Addams Family rehearsals have started ready for the show to open in July in school. It has been great to see so many pupils turning up every Monday and Thursday night and starting to read through their roles and get acquainted with their parts. Pupils have been given a timetable of the rehearsals.

Safeguarding

St Augustine's is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment.

We have a number of policies and procedures in place that contribute to our safeguarding commitment, including our Child Protection Policy which can be viewed in the policies section on our website.

If you have any concerns relating to a child please contact the school on 01254 823362 and ask to speak to one of our Designated Safeguarding Leads, Mrs Bleazard, Mrs Juriansz, Mrs Rutter or Miss Sharp.

Should school be closed or during a school holiday, you are advised to use the contact details below and share your concern:

Lancashire Children's Social Care 0300 123 6720, cypreferrals@lancashire.gov.uk, (out of hours 0300 123 6721).

Lancashire Police 101 or 999 in an emergency.

Further advice can be obtained via our safeguarding section of the website and in the newsletter.





P.E. News!

- Congratulations to the England U16's Girls' team beating Denmark 1-0 at St George's Park. St Augustine's very own Sophia Burton scored the winning goal!! Well done Sophia, we are very proud of you and the team.
- Great to see so many of our pupils representing Hyndburn and Ribble Valley at the Lancashire Schools Cross Country Championships last week. Below are Niall and Harry who finished 19th and 42nd respectively in the Junior Boys category – so proud of all of our runners.
- Well done to our pupils who competed in the indoor cricket competitions held at Bolton arena last week. Some superb performances from both our y9/10 team and y7/8 team.

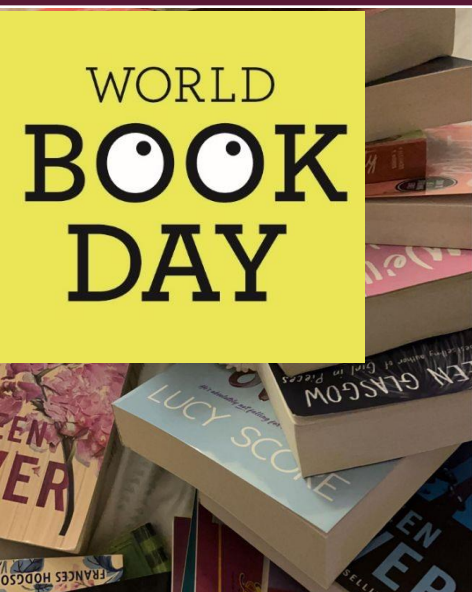


@sarchsPEDEPT

SARCHS PE Extra-Curricular Timetable – Autumn Term



Day	Lunch (GYM)	After School
Monday	Girls Badminton: 12:25-12:45pm Boys Badminton: 12:50-1:10pm	Football (Boys & Girls): 3:20-4:30pm
Tuesday	Y7 & 8 Netball: 12:25-12:45pm Boys Basketball: 12:50-1:10pm	Inter-school sports fixtures
Wednesday	Y9 & 10 Netball: 12:25-12:45pm Dodgeball: 12:50-1:10pm	Inter-school sports fixtures
Thursday	Dance: 12:25-12:45pm Table Tennis: 12:50-1:10pm	Girls Basketball: 3:20-4:30pm
Friday	Badminton (Boys and Girls): 12:45-1:15pm	Rugby (Boys and Girls): 2:35-3:45pm



World Book Day – Book Swap

To celebrate World Book Day on 6th March, we are hosting a Book Swap.

In the run up to the 6th March, pupils can bring in their unwanted books (in good condition), give them to their English teacher and receive a ticket for each book they donate.

They can then come along to Room 9 at lunchtime on 6th March and swap their tickets for some new (pre-loved) books.



Well done Sophia

Sophia Burton attended the England U16s camp in February, playing 2 games against Denmark at St George's Park. The Young Lionesses won the first game, 1-0, with Sophia scoring the winning goal. Sophia played the last 30 minutes of the second game and was given the honour of wearing the captain's armband when she came onto the pitch. England won the second game 2-1.



Hot Chocolate Wellbeing Drop-in

As part of this year's Children's Mental Health Week, we've hosted Hot Chocolate & Chat well-being drop-in sessions each lunchtime. Over 250 pupils have come along across the week and it has been a nice space for a chat with other pupils and staff, along with tasty treats.



Music Department News

Lancashire Music Service is launching a Wind Ensemble at St. Augustine's, designed for children in Years 4-8 who are new to playing an instrument or are just starting their musical journey.

Musical ensembles are a fantastic way for children to develop teamwork, confidence, and communication skills. They enhance focus and problem-solving abilities while providing a creative outlet for emotional expression, helping pupils build confidence and feel a sense of belonging. Pupils also explore different cultures through music, build friendships, and experience the joy of performing together. Joining a musical ensemble is a wonderful way for pupils to connect, grow, and enjoy the magic of music!

This ensemble is available to all year 7 and 8 pupils here at St. Augustine's, as well as pupils from years 4-6 in our feeder primary schools, and will feature woodwind and brass instruments, which will be supplied by Lancashire Music Service. The cost of the ensemble will be £29 per term on the Silver Package run by Lancashire Music Service.

If your child is interested in this exciting opportunity, please scan the QR code on the poster to register, or email Mrs. Hudson for more information.



**LANCASHIRE
MUSIC SERVICE**

WIND ENSEMBLE

For children in year 4 and above

Beginners welcome

Instruments will be provided during the ensemble session

Begins 27th February 2025

Thursday, 4pm - 5pm



**St Augustines's RC High School
Elker Lane, Billington, Clitheroe BB7 9JA**

**SIGN UP: [https://uklancashire.speedadmin.dk/registration?
signupSchoolID=1610#/Course/1058/0/6575/1610](https://uklancashire.speedadmin.dk/registration?signupSchoolID=1610#/Course/1058/0/6575/1610)**



Lancashire
Music Hub

For more information email:
victoria.fletcher@lancashire.gov.uk



Club News 2025

DAY	YEAR	CLUB	TIME	PLACE
MONDAY	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.30-13.00	Art Rooms
	All years	Safeguarding/wellbeing drop in	12.45-13.10	Drama
	Yr 9	BAE Systems/Create Education project	12.30-13.00	Tech 2
	Yr 10	Yr 10&11 Systems (support)	12.30-13.00	Tech 2
	Yr 11	Yr 11 GCSE/ Engineering	12.30-13.00	Tech 1
	All years	Winning Words	12.25-12.55	Room 9
	All years	SARCHS singers	15:15-16:15	Music Room
	All years	After School Study Club	15:15-15:45	Room 20

DAY	YEAR	CLUB	TIME	PLACE
TUESDAY	All years	Show Choir	12.20-12.45	Music 1
	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.30-13.00	Art Rooms
	All Years	Chess Club	12.45-13.10	Room 19
	All years	Safeguarding/wellbeing drop in	12.45-13.10	Drama
	Yr 7&8	CAD Club	12.35-13.00	Tech 2
	All years	Quiet Space	12.20-13.05	Room 31
	All years	After School Study Club	15:15-15:45	Room 20

DAY	YEAR	CLUB	TIME	PLACE
WEDNESDAY	All years	Book Club	12.20-13.10	Library
	Yr 9	Create STEM Team	12.30-13.00	Tech 2
	Year 7,8&9	Art Club	12.30-13.00	Art 1
	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.20-13.00	Art Rooms
	yr 10/11	GCSE/Engineering	12.20-13.00	Tech 2
	All years	Duo Lingo	12.20-12.50	Room 15
	Year 7&8	workshop skills	12.35-13.00	Tech 1
	Year 7	Netball Club	15.15-16.15	PE
	All years	After School Study Club	15:15-15:45	Room 20
	All Years	D&T& Engineering	15.15-16.15	Tech 2

DAY	YEAR	CLUB	TIME	PLACE
THURSDAY	All Years	Band	12.20-12.45	Music 1
	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.30-13.00	Art Rooms
	All years	Safeguarding/wellbeing drop in	12.45-13.10	Drama
	Yr 7&8	CAD Club	12.30-13.00	Tech 2
	yr 10/11	GCSE/Engineering	12.20-13.00	Tech 2
	All years	After School Study Club	15.15-16.00	Room 20

DAY	YEAR	CLUB	TIME	PLACE
FRIDAY	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.50-13.20	Art Rooms
	All years	Safeguarding/wellbeing drop in	12.55-13.20	Drama
	Yr 9	Create STEM (TEAM)	12.50-13.15	Tech 2
	All years	Board games	12.40-13.15	Room 31

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.



2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.



3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.



4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.



5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.



6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be available on their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.



7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.



8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.



9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.



10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.



Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



The National College

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788040/survey_of_pupils_and_their_parents_or_carers-wave_5.pdf
<https://www.oecd.org/education/talis/talis2018tables.htm> | https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/621070/Health_behaviour_in_school_age_children_cyberbullying.pdf

Useful Resources and Support

Useful Online Safety Websites

National Online Safety – safety guides on ALL aspects of internet use

<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

Useful contacts to report a concern

If you are worried and need help, then please contact one of the following:

www.ceop.police.uk



Lancashire Children's Services

0300 123 6730

SAMARITANS

Samaritans are here to listen

24/7, 365 days a year. Call 116 123



Kooth is a free, safe and anonymo

Tel: 0800 1111

Web:

www.childline.co.uk

childline



Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call 0800 068 4141 or text 07860 039967 (opening hours: 9.00am – 12.00am, 365 days a year)

SAMARITANS

Samaritans are here to listen 24/7, 365 days a year. Call 116 123 for support

Online Resources

There are apps available, such as 'Calm Harm' and 'Clear Fear' that you can download to your mobile, or if you have a tablet. These can provide useful distraction techniques for managing anxiety and thoughts of self-harm.

Useful Contacts

- The Mental Health Crisis Line in Lancashire are available 24/7 over the phone and can be contacted on 0800 953 0110
- The Well-Being Helpline is available Monday – Friday, 7.00pm – 11.00pm plus Saturday & Sunday 12.00pm – 12.00am, it is staffed by volunteers who can offer emotional support or if you would like to chat about your mental health. This helpline can be reached on 0800 915 4640 or by texting the word 'Hello@' to 07860 022846
- Hopeline UK is a young person's suicide prevention charity. They can be called on 0800 068 4141 or text 07860 039967
- www.youngminds.org.uk Information for children and young people about mental health and wellbeing. Free 24/7 crisis messenger – text YM to 85258
- <https://www.nhs.uk/every-mind-matters/> advice and practical tips to help look after your mental health and wellbeing.
- www.itsgoodtotalk.org.uk Listings of local counsellors
- www.themix.org.uk The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258 Helpline: 0800 808 4994
- www.thecalmzone.net Support for young men who are down or in a crisis. Helpline 0800585858
- <http://www.centreplace.org.uk/talkzone.htm> counselling, live chat on-line or telephone
- www.the-lookout.org.uk Support around domestic abuse for young people and families, run by Children & Family Wellbeing service.
- www.mind.org.uk/information-support/for-young-people Information and support for mental health and wellbeing issues.
- <https://mermaidsuk.org.uk> - Helping gender-diverse kids, young people and their families