



St. Augustine's RC High School

Newsletter - Issue 12

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

There have been many exciting opportunities for our pupils over the last two weeks including sporting achievements, live drama experiences and leadership opportunities for our Year 10 pupils.

It was a pleasure to attend the GRAB final last week and our talented pupils did St. Augustine's proud.

In assembly, all pupils have listened to Mrs Juriansz and I remind them of our "SARCHS standards" and the high expectations we have to ensure that every member of our school community is safe, happy and successful. We are grateful for your continued support in ensuring your child is in school, on time and fully equipped for the day ahead.

The recent Year 10 progress evening was well attended and your active participation in this event is greatly appreciated. We are grateful for the feedback provided through the parental voice questionnaire.

In this Sunday's Gospel, we hear the call to repentance and also of God's patience. We read of a massacre and a disaster but we are left with a feeling of hopefulness knowing God will not abandon us. I hope we can all find time this Lent for reflection and repentance.

With every blessing for a restful weekend,

Mrs Hunt



Important Dates

- Friday 4th April – school closes at 14.25 for Easter
- Tuesday 22nd April – school re-opens for Summer Term (week 2)
- Wednesday 23rd April – Year 10 Mock Exams start
- Friday 25th April – Work Experience submission deadline
- Wednesday 6th May – GCSE Exams commence



Mary's Meals

We have been raising money for Mary's Meals. This campaign was born in 2002 when a gentleman called Magnus visited Malawi during a famine and met a mother dying from AIDS. When Magnus asked her eldest son Edward what his dreams were in life, he replied simply: "I want to have enough food to eat and to go to school one day."

That moment was a key part of the inspiration which led to the founding of Mary's Meals, which began by feeding just 200 children in Malawi in 2002. Today, they feed 2,429,182 hungry children every school day across 18 countries.

The charity is named in honor of Mary, the mother of Jesus, who brought up her own child in poverty. At St. Augustine's, we aim to raise funds to pay for a whole year of education for as many children as possible.

Each Form has a Collecting Tin, it costs £19.50 to feed a child for a year. We also have a Mary's Meals Buttons on the cash registers in the dining room. When our pupils buy their food at break and lunchtime, they can, with their adult's permission, buy a meal for a child, for 10p.



Easter Egg Collection

We are supporting our local families by having a collection of Easter Eggs. These will be distributed to the Food Bank to spread Easter Joy to those who may go without this Easter.

Pupils can bring donated eggs into school and hand to their form tutors. All donations are gratefully received.



Preparations for Easter during Lent /Easter Gardens - a creative project for Lent.

If any of our green fingered pupils and families wish to plant/grow an Easter Garden, they can be brought into school to display when we return to school on Easter Tuesday. (If your Easter Garden is too big to transport safely please feel free to send in photos after the holidays!)





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!

Year 8 Retreat to Castlerigg

When we got to the Manor, we were welcomed by friendly staff." Much excitement followed, we played games, made new friends through our teams, and had dinner. this was followed by more fun! As it was Ash Wednesday, we thought about Lent and we had our night prayer in the Chapel.

Keswick in the sunshine! The next afternoon we visited Keswick. We skimmed stones on Derwent Water, and explored the town. Party night with Just Dance and music was great fun. On the final morning, we prepared for and celebrated Mass, enjoyed free time, and departed after lunch - having learnt more about the gifts of the Holy Spirit, and our faith.

Thank you! **"I had so much fun at Castlerigg!"** Ciaran Y8



BRAG Event

Last Friday evening it was the final of GRAB talent contest between Clitheroe Grammar, Ribblesdale, St. Augustine's and Bowland High School.

The level of talent of all the pupils involved was incredible!

We had two amazingly talented pupils in the final; Aoife and Gabriella, both in year 7, who were amazing. Congratulations to Gabriella who was runner up winning £150!

Thanks to those pupils; Jack, Cora, Zane and Matilda who also helped with organising the event plus competing in the semi-final and finals!



West End Star Visit

Last week we welcomed former pupil and West End Star Karen Wilkinson to work with our cast of *The Addams Family*. She held an Acting through Song workshop with our soloists and worked with our Ancestors on their movement and characterisation. Karen also gave the pupils an insight into working within the Musical Theatre industry. The pupils clearly gained a great deal from her advice and loved working with her.



Unifrog

As we continually develop our CIAG (Careers Information Advice and Guidance) offering to all pupils, we have invested in an online application called Unifrog. Unifrog helps schools deliver their statutory duty to provide pupils with impartial and independent guidance on their full range of options.

The tool is particularly helpful because it is the only service which maintains a comprehensive set of the UK's University courses and Apprenticeship Vacancies, and it also pulls together the widest set of data on which to compare these opportunities. We believe that this application will meet the needs of all our pupils particularly well as the vast majority of our leavers pursue studies at college or apprenticeships.

School will also use the Unifrog platform to co-ordinate and organise our year 10 work experience.

The platform is accessible to parents/carers, more information on this will be emailed out shortly.



London 2025

42 Year 8 pupils enjoyed another action-packed weekend in London – setting off from school at 5.30 am, we made good time to London. First stop was Sciencelive – a chance to see established and up and coming Scientists discuss their work (the last talk in particular showed us what we can learn from geckos and spiders). From here to the London Eye, with brilliant blue skies. A stop off for pizza before finishing the very long day watching Matilda at the Cambridge Theatre – a few explosions and lasers in the second half certainly made sure we were all still awake!

Saturday was equally as busy – the Science Museum, Tower of London to see the newly exhibited Crown Jewels, and finally HMS Belfast, a first for St. Augustine's. We could have spent a lot longer in each of these three attractions and hopefully many of us will return in the future.

Sunday was a beautiful Mass at the London Oratory in Knightsbridge, with their wonderful school choir, before boarding the coach one final time and coming back.

Three amazing days with amazing weather, activities, staff and most of all our wonderful pupils.



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 deadline for completed work experience submissions (via Unifrog), is Friday 25th April.



Macbeth Performance

Year 11 Literature students were treated to a condensed performance of 'Macbeth' by MANACTCO this week, bringing Shakespeare's bloody tragedy to life in the school hall.

This performance supports their upcoming GCSE examinations. Pupil feedback was that the performance was really enjoyable and definitely beneficial to their Macbeth revision.



P.E. News!

- Well done to our Year 8 & 9 Netball Teams who have both come runners up in the Hyndburn & Ribble Valley Netball Tournament this month!
- Fantastic win from our Y7 Boys Basketball team who made it through to the Lancashire Cup Finals day with a 34-13 win over Alder Grange.



FINAL SUMMER 2025 TIMETABLE

Exam Date	Exam Board	Qualification	Exam Code	Subject	Title	Exam Time	Exam Duration
06/05/2025	Pearson	BTEC	BHS03	Health & Social Care	Health and Wellbeing	AM	2h 00m
08/05/2025	WJEC	GCSE	C690U30-1	Drama	Drama Component 3 (Eduqas)	AM	1h 30m
12/05/2025	WJEC	GCSE	C720U10-1	English Literature	English Literature Component 1 (Eduqas)	AM	2h 00m
12/05/2025	Pearson	GCSE	1CP2 01	Computer Science	Written Paper - Principles of Computer Science	PM	1h 30m
13/05/2025	Pearson	GCSE	1RA0 1A-1C	Religious Studies A	Paper 1: Area of Study 1 – Study of Religion	AM	1h 45m
13/05/2025	AQA	GCSE	8464/B/1F/1H	Combined Science: Trilogy	Combined Science: Trilogy - Biology Paper 1 (both tiers)	PM	1h 15m
13/05/2025	AQA	GCSE	8461/1F/1H	Biology	Biology Paper 1 (both tiers)	PM	1h 45m
14/05/2025	AQA	GCSE	8035/1	Geography	Geography Paper 1	AM	1h 30m
14/05/2025	OCR	Cam Nats	R184/01	Sports Studies	Contemporary Issues in Sport	PM	1h 15m
15/05/2025	Pearson	GCSE	1MA1 1F/1H	Mathematics	Paper 1 (Non-Calculator) - Both tiers	AM	1h 30m
16/05/2025	Pearson	GCSE	1H10 10-13	History	Paper 1: Thematic study and historic environment	AM	1h 20m
19/05/2025	AQA	GCSE	8464/C/1F/1H	Combined Science: Trilogy	Combined Science: Trilogy - Chemistry Paper 1 (both tiers)	AM	1h 15m
19/05/2025	AQA	GCSE	8462/1F/1H	Chemistry	Chemistry Paper 1 (both tiers)	AM	1h 45m
19/05/2025	Pearson	GCSE	1PE0 01	Physical Education	Component 1: Fitness and Body Systems	PM	1h 30m
20/05/2025	WJEC	GCSE	C720U20-1	English Literature	English Literature Component 2 (Eduqas)	AM	2h 30m
20/05/2025	Pearson	GCSE	1CP2 02	Computer Science	Online - Application Comp. Thinking	PM	2h
21/05/2025	AQA	GCSE	8658/LF/LH	French	Listening Paper 1	AM	35m / 45m
21/05/2025	AQA	GCSE	8658/RF/RH	French	Reading Paper 3	AM	45m / 1h
21/05/2025	Pearson	GCSE	1RA0 2A-2G	Religious Studies A	Paper 2: Area of Study 2 – Study of Second Religion	PM	0h 50m
22/05/2025	AQA	GCSE	8464/P/1F/1H	Combined Science: Trilogy	Combined Science: Trilogy - Physics Paper 1 (both tiers)	AM	1h 15m
22/05/2025	AQA	GCSE	8463/1F/1H	Physics	Physics Paper 1 (both tiers)	AM	1h 45m
23/05/2025	WJEC	GCSE	C700U10-1	English Language	English Language Component 1 (Eduqas)	AM	1h 45m

HALF TERM

04/06/2025	Pearson	GCSE	1MA1 2F/2H	Mathematics	Paper 2 (Calculator) - Both tiers	AM	1h 30m
04/06/2025	Pearson	GCSE	1RA0 3A-3C	Religious Studies A	Paper 3: Area of Study 3 – Philosophy and Ethics	PM	0h 50m
05/06/2025	Pearson	GCSE	1H10 2A-2W	History	Paper 2: British depth study & Period study	AM	1h 50m
05/06/2025	AQA	GCSE	8658/WF/WH	French	Writing Paper 4	PM	1h / 1h 15m
06/06/2025	WJEC	GCSE	C700U20-1	English Language	English Language Component 2 (Eduqas)	AM	2h 00m
06/06/2025	AQA	GCSE	8035/2	Geography	Geography Paper 2	PM	1h 30m
09/06/2025	AQA	GCSE	8464/B/2F/2H	Combined Science: Trilogy	Combined Science: Trilogy - Biology Paper 2 (both tiers)	AM	1h 15m
09/06/2025	AQA	GCSE	8461/2F and 2H	Biology	Biology Paper 2 (both tiers)	AM	1h 45m
09/06/2025	Pearson	GCSE	1PE0 02	Physical Education	Component 2: Health and Performance	PM	1h 15m
09/06/2025	OCR	Cam Nats	R093/01	Creative iMedia	Creative iMedia in the media industry	PM	1h 30m
10/06/2025	AQA	GCSE	8698/LF/LH	Spanish	Listening Paper 1	AM	35m / 45m
10/06/2025	AQA	GCSE	8698/RF/RH	Spanish	Reading Paper 3	AM	45m / 1h
10/06/2025	Pearson	GCSE	1H10 30-33	History	Paper 3: Modern depth study	PM	1h 30m
11/06/2025	Pearson	GCSE	1MA1 3F/3H	Mathematics	Paper 3 (Calculator) - Both tiers	AM	1h 30m
12/06/2025	AQA	GCSE	8035/3	Geography	Geography Paper 3	AM	1h 30m
12/06/2025	OCR	Cam Nats	R047/01	Engineering Programmable Systems	Principles of electronic programmable systems	PM	1h 15m
13/06/2025	AQA	GCSE	8464/C/2F/2H	Combined Science: Trilogy	Combined Science: Trilogy - Chemistry Paper 2 (both tiers)	AM	1h 15m
13/06/2025	AQA	GCSE	8462/2F/2H	Chemistry	Chemistry Paper 2 (both tiers)	AM	1h 45m
16/06/2025	AQA	GCSE	8464/P/2F/2H	Combined Science: Trilogy	Combined Science: Trilogy - Physics Paper 2 (both tiers)	AM	1h 15m
16/06/2025	AQA	GCSE	8463/2F and 2H	Physics	Physics Paper 2 (both tiers)	AM	1h 45m
16/06/2025	WJEC	GCSE	C660U30-1	Music	Music Component 3 (Eduqas)	PM	1h 15m approx.
17/06/2025	AQA	GCSE	8698/WF/WH	Spanish	Writing Paper 4	AM	1h / 1h 15m
17/06/2025	WJEC	GCSE	C560UA0-1	Food Preparation and Nutrition	Food Preparation and Nutrition Component 1	PM	1h 45m
18/06/2025	AQA	GCSE	8552/W	Design and Technology	Design & Technology	AM	2h 00m
25/06/2025				CONTINGENCY DAY			



Examinations

Year 10 exams will begin on the 23rd April following our return from the Easter break.

Year 11 GCSE exams begin on the 6th May for some pupils, and then the 9th May for all pupils.

Pupils will be given exam briefings in assemblies prior to them commencing.

With year 11 GCSE's about to commence and year 10 mocks on the horizon, we are conscious that families may be feeling some pressure. We have put together some online resources, full of hints and tips on how to beat exam stress! (click on the hyperlinks below to access the resources)



- [NHS Help your child beat exam stress](#)
- [Anna Freud: How to identify the signs of academic stress, and ways to help](#)
- [Student Minds – resources, tips and blogs about exam stress](#)
- [Ofqual: Coping with exam pressure – a guide for students](#)

We wish all of our pupils the best of luck!

Lost Property

Below is a summary of how lost property is dealt with in school. We appreciate that replacing lost items can be expensive, so hopefully these guidelines will help.

In the unfortunate event that your child does lose something, they should:

1. Visit the last area they were in. If the item is not there, they should retrace their steps and check all classrooms/areas that they have been in that day. Pupils should also ask their form teachers to check their form room.
2. If they have been unable to find their lost item, they should go to Pupil Services at the start of the day, break or lunch to check whether the item has been handed in. Please note that sometimes, it may take a few days before lost items are handed in.
3. If they cannot find it, you can complete [this form](#) and should it turn up, we can reunite you with the item. This form will also be placed on the school website under Parents – Lost Property.

The school will return labelled items promptly to its rightful owner.

Lost property that is *not labelled* will be held for up to four weeks. Due to a lack of storage in school, at the end of this period lost property not claimed, will be donated to a local charity.

Labelling of uniforms is very easy to do; there are sew-on or iron-on name tags, and marker pens for clothing. Simply writing your child's full name, surname or initials on their uniform will help them to reclaim lost items. Labelling of shoes and trainers can be done with a good quality laundry marker pen or permanent marker pen. Just remember that over time the writing will gradually fade.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LIST

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

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 6720



Kooth is a free, safe and anonymous

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