

St Augustine's RC High School



Dear Parents, Carers, Families and Friends,

It has been a privilege to observe our pupils meeting, and indeed exceeding our high expectations. Their attitude to learning, behaviour, and readiness to learn has been excellent and I remain grateful to our parents and carers for their continued support.

Last week Father David celebrated Mass with our Year 7 pupils, parents, and carers. It was a beautiful Mass and a further opportunity for our Year 7 families to get to know St. Augustine's as we begin our five-year partnership.

On Friday we embarked on our whole school-sponsored walk, thank you to all our families, friends, and community who have sponsored our pupils and adults in braving the elements for a 10km walk around Whalley and the surrounding area. All sponsorship will be used to provide an even better educational experience for our pupils.

In Sunday's Gospel, Jesus teaches us that even the smallest acts of kindness hold great value in the Kingdom of God. We are reminded of the importance of tolerance, humility, and love for others. These are virtues that I have witnessed every day in our school.

With every blessing for the week ahead,

Mrs Hunt

Key Dates

Thursday 3rd October - Open Evening (early closure at 12.15pm for all pupils)

Monday 7th October - Year 11 GRAB Careers Event 3.00 - 7.00pm at Holmes Mill

w/c 4th November - Remembrance Assemblies all week

4th - 15th November - Year 11 Mock Exam Fortnight

11th November - Remembrance Service

▪ Ambition and Success

▪ Care and Support

▪ Faith and Love

Romero
Catholic Academy Trust



Saint Augustine's Roman Catholic High School

Open Evening

Thursday, 3rd October 2024
6.30pm – 8.30pm

Elker Lane, Billington, Clitheroe, Lancashire, BB7 9JA.
Telephone – 01254 823362, Email – info@sarchs.com, Website – www.sarchs.com
Follow us on Facebook and Twitter: @SARCHSOfficial



Year 11 BRAG Event

Hanson
Housing Solutions



ROYAL
AIR FORCE

Department
for Work &
Pensions



FORT VALE

NHS
Careers

James'
PLACES

NELSON COLNE
COLLEGE



Craven
college

Burnley
College

CARDINAL
NEWMAN
COLLEGE

Blackburn
College



QEGS
BLACKBURN

Monday 7th October, 3.00–6.30pm

Holmes Mill, Clitheroe



Year 11 Photographs

Year 11 pupils had their school photograph's taken last week. All pupils were given a slip to take home which carries a QR code. Please use this code to view your child's photograph and purchase if you wish.



Sponsored Walk 2024

Our annual sponsored walk took place on Friday 27th September. We have always enjoyed tremendous support from all our families. The event has helped to fund some great projects including minibuses, our "al fresco area" and lighting and sound systems for our stage and hall. This year's appeal will again support the school in a number of ways which will improve the quality of our recreational and learning environments. The Sponsored Walk also finances some of the rewards given to pupils for effort and achievement. Thank you for your support!



School Uniform

Looking clean, decent and well-groomed influences how others treat us and gives us a head start in life. We are pleased that our pupils are regularly complimented on their appearance. Our rules on uniform and appearance have evolved over time and are strongly influenced by the feedback we get from parents who set high standards at home and like to see these being reinforced at school. They want their children to go to school dressed in an appropriate way and they support our emphasis on respect for the dignity of young people. In turn, we value the strong backing we get from parents over uniform matters.

Our uniform is compulsory and must be worn correctly by all pupils at all times in school. Every child admitted to the school has been given a place on the clear understanding that their parents or carers accept and comply with our policies.



Winning Words with Mrs Clapp

This term saw the introduction of a new English club: Winning Words. Open to all, the pupils took part in Scrabble and Boggle games, word wheels and wordle and hangman competitions. It would be lovely to see new faces, so please come along to Room 9 in the English department every Monday lunchtime from 12.25-12.55pm.



Duolingo League returns!

The Modern Languages department are pleased to announce that the Duolingo League, now in its third year, has been launched for our 2024-25 competition. Duolingo, a free language-learning app, allows learners to study one or more different languages and it tracks progress to allow a faster or slower pace. Progress is recorded with XP points, which school can track once learners join our virtual classroom. We have learners of French and Spanish of course, as well as Dutch, Korean and Greek! Weekly prizes and school reward points are awarded, as well as larger prizes for progress over the term. Indeed the biggest prize is the fabulous reward of being able to understand and speak a foreign language!

And that's not all. Our Duolingo League is now better than ever, having expanded to a staff competition! With so many members of staff already using the app and many who wanted to try a new language or rekindle an old one... the competition is hotting up already!

We are so impressed with the number of pupils and staff who are gaining this skill outside of school and the club offers a lunchtime session too for learners in Room 15. It's not too late to join – pupils can ask their Modern Languages teacher how.

Well done to our first weekly winners; Abby in 9M and Mr Dunne! Keep it up!

Well done Carlyne!

Carlyne recently spent the full weekend in Blackpool at the North Lancs swimming gala. She swam brilliantly in all her back-stroke events and gained two silver medals and one bronze medal. Her training has been tough leading up to this – fantastic achievement Carlyne!



Choose which language to study
Earn rewards for study in and out of school
Win prizes for your progress!

Everyone's welcome!

duolingo
League

Wednesdays 12:20-12:50
Room 15



Sacrament of Confirmation

A group of eligible candidates received the Sacrament of Confirmation, in July, at St Mary's Langho church. They prepared by attending a special workshop in school where they reflected on the gifts of the Holy Spirit, the Saints (Heroes in heaven) and sponsors (Heroes on Earth).

As part of our preparation, candidates spent time researching their chosen Saints' names and made prayer cards which were displayed around church. They also reflected on Saints as superheroes and their qualities, which inspire us to live our best lives. They created graphical representations of their Saints as superheroes which were displayed in picture frames around church.

In keeping with the theme of heroes, and living out our vocation with courage, Father David and Father Tim kindly bought the candidates a box of miniature heroes. Each box came with a kindness cheque which had to be cashed in with a chosen act of kindness towards others.

Thank you to all members of the school community who helped to make the Sacrament such a fantastic occasion.



SARCHS School Council

Pupil application is now open the closing date to apply is Friday 27th September. Please check your school email to see how to apply.

The first meeting will take place on Tuesday 8th October after school in the library.

Together we will work to make a difference in our community and in the wider world.

Club News 2024

DAY	YEAR	CLUB	TIME	PLACE
MONDAY	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.20-13.00	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	D&T/Engineering pupils - online CAD	12.30-13.00	Tech 2
	Yr 11	D&T pupils NEA coursework	12.30-13.00	Tech 2
	All years	Winning Words	12.25-12.55	Room 9
	Yr 11	SYSTEMS pupils Unit R049	12.30-13.00	Tech 2
	All years	SARCHS singers	15:30-16:30	Music Room
	All years	After School Study Club	15:15-15:45	Room 20

DAY	YEAR	CLUB	TIME	PLACE
TUESDAY	All years	Band	12.20-12.45	Music 1
	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.20-13.00	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	CAD Club using 2D design/laser cutting	12.35-13.00	Tech 2
	All years	Quiet Space	12.20-13.05	Room 33
	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
	Year 7	Science Club	12.20-12.45	Lab 7
	Yr 10	Work book support and Circuit Design & Make	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
	All years	Duo Lingo	12.20-12.50	Room 15
	Year 7,8&9	Creative Club - workshop skills	12.35-13.00	Tech 1
	Year 7	Netball Club	15.15-16.15	PE
	Year 7,8&9	Creative Club - workshop skills	15.15-16.00	Tech 1
	All years	After School Study Club	15:15-15:45	Room 20
	Yr 11	D&T pupils NEA coursework	15.15-16.00	Tech 2
	Yr 11	SYSTEMS pupils Unit R049	15.15-16.00	Tech 2
	Yr 10	D&T/Engineering pupils - online CAD	15.15-16.00	Tech 2

DAY	YEAR	CLUB	TIME	PLACE
THURSDAY	All Years	Show choir	12.20-12.45	Music 1
	Yr 10&11	GCSE Art, Graphic Photography (if staff available)	12.20-13.00	Art Rooms
	all years	Safeguarding/wellbeing drop in	12.45-13.10	Drama
	Yr 9	3D Design 3D Printing (for pupils who were part of Yr 8)	12.30-13.00	Tech 2
	all years	Fun Writing club	12.20-13.10	Room 7
	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 10	Work book support and Circuit Design & Make	12.50-13.20	Tech 2
	Yr 10	D&T/Engineering pupils - online CAD	12.50-13.20	Tech 2
	Yr 11	SYSTEMS pupils Unit R049	12.50-13.20	Tech 2
	Yr 11	D&T pupils NEA coursework	12.50-13.20	Tech 2



SCHOOL ADMISSIONS SECONDARY

EAST

**Do you have a child starting
secondary school in September 2025
and living in Lancashire?**

Closing date: 31 October 2024

You **must** apply even if a brother or sister is already at the school. Please read the admission criteria for your chosen schools on the website, or get a copy from them.

Apply for a school place now by scanning
the QR code or visit [lancashire.gov.uk/schools](https://www.lancashire.gov.uk/schools)



If travel cost is an important factor in your school preference,
please check the guidance on our website, or call 01254 220747.

**HAVE
YOUR SAY**

*Between 1 October and 31 January schools are consulting with
you to make sure admission arrangements meet future needs.
To find out more please visit www.lancashire.gov.uk/schoolplaces
and click 'school admission policies'.*

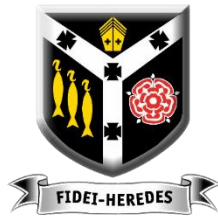
[lancashire.gov.uk](https://www.lancashire.gov.uk)



Lancashire

County
Council





@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



We are an Operation Encompass School

For further information, please come and see us.



Lancashire Constabulary

St Augustine's PTFA



50-50 Club

How it works and how you can join



The PTFA 50-50 Club has proved to be a big success in terms of raising much needed funds to resource additional incentives and facilities for children at St Augustine's. Your contributions make a huge difference to our children.

The 50-50 Club works by friends of the school purchasing numbers at a cost of £1 each. You can buy any amount of numbers from **two upwards (minimum £2 per month)**. These numbers will then be entered into a draw at the end of each month. At present, the first prize is £40, second prize £20 and third prize £15; prizes will increase as more members join. The remaining funds then go to the PTFA to fund school initiatives. The more numbers you buy the more chances you have to win. Draws take place at the start of every month in school. Winners are then contacted and listed on our website and social media accounts.

We really need new members to make running the club viable and your support would be greatly appreciated.

To take part, please register your commitment using this online form: [PTFA 50-50 Registration](#) and then set up a **monthly direct debit direct/standing order (minimum £2 per month) via your online banking** using these details for payment. PLEASE NOTE YOU WILL NOT BE ENTERED INTO THE DRAW WITHOUT THE MONTHLY PAYMENTS SET UP.

Beneficiary Details								
Bank	Barclay's Bank PLC Clitheroe							
Account number	6	0	6	2	6	0	9	0
Sort Code	2	0	0	9	7	2		
Beneficiary Name	St Augustine's Association							

**If you are already a 50-50 Club member, a HUGE thank you for your continued support!
If you are intending to become a member, thank you in anticipation!**

Easyfundraising.org.uk

Another way to support the school PTFA is by registering with Easyfundraising.org.uk which provides a donation to school (at no cost to you) whenever you make purchases online. Most of the popular online retailers are part of this scheme and signing up is a simple process. So far over £2000 has been raised via Easyfundraising.org.uk. For details of how to sign up visit the school website under the PTFA section.

Yours faithfully

Mrs Bury

Assistant Headteacher

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION
13+

follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

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:

Tel: 0800 1111

www.ceop.police.uk

Web:

www.childline.co.uk

childline



Kooth is a free, safe and anonymous online mental wellbeing community which includes a live chat with the team feature, discussion boards, magazines and helpful articles and a daily journal.



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 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