

# St Wilfrid's Catholic School

## Spring Term 2021 Newsletter



# Welcome!

Dear Students/Parents/Carers,

It has certainly been a roller coaster of a year so far. So much has happened across society both nationally and locally but hopefully, as we approach the end of Holy Week, there is much to think positively about in the coming days and weeks.

Across society we can look forward to the gradual easing of restrictions. This is much welcomed but we must adopt a cautious approach so that we all continue to take appropriate actions to ensure that the threat of increased virus transmission remains low.

Through the darkness of the pandemic, there is now clearly light emerging, the lifting of shielding requirements, the gradual removal of restrictions and the roll out of the vaccination programme; all of which allow us to look forward with optimism and hope.

At this time of year, this serves to act as a reminder of the importance of the events of Easter, the death and the resurrection of Jesus Christ, saviour of humanity. From the darkness of Good Friday, we emerge into the light of Easter Sunday in the full knowledge that God's sacrifice of his Son was in our name and that from His resurrection, we are also resurrected through the new covenant created by this sacrifice.

We bid goodbye to Jenny Hartland and wish her well and we will be welcoming Elizabeth Papanastasiou who joins us as a Teacher of RE.

I hope that you and your families are able to stay safe and well and wish you a happy and holy Easter.

My very best wishes to you all, God bless

Mr Michael Ferry  
Headteacher



# A Message from our Head Students

As another term comes to a close in what has been a different school year to the ones St Wilfrid's usually experience, we welcome the beginning of Spring and the upcoming Easter celebrations. We want to thank the students and staff for embracing the start of this term with an open mindset, as we are now approaching the end to online learning and lockdown itself.

The return back to school has faced many difficulties with the introduction of testing, the return of bubbles and being in an academic environment again. Not only did the teaching staff miss the students, but the students can't thank the teachers enough for all the hard work and patience they had during online learning and now have back in the classroom. In fact, we want to thank anyone who took part in the testing and the teachers who took time out of class to learn how to provide that for the students. We also thank everyone who continues to test at home to ensure our school community is as safe as possible.

Within this term and the next we understand that for the Year 11 and Year 13 students there is hard work ahead as they face assessments as part of their GCSE, BTEC & A Level grades. We would like to advise everyone in Year 11 and Year 13 to work as hard as possible in the next nine weeks to achieve your very best and then you can enjoy the long, well-deserved Summer ahead.

We wish everyone a safe return to normality both inside and outside of school as the roadmap comes into play.

Wishing you all a safe and holy Easter!

Hattie Burrows    Zuzanna Chojecka    Harriet Cosh    Thomas Draddy    Genevieve Delve    Grace Graham    Madelaine Hartney    Sophie Laver    Tia Porter    Niall O'Mara    Holly Scott    Keira Sharp



## Government Update re: Covid-19 Testing

From 1st April, NHS Test and Trace is reintroducing confirmatory PCR testing for positive LFD tests. This means that all students, parents/carers and staff who get a positive result after using an LFD test (the ones the school have supplied/you have ordered online), should get a confirmatory PCR.

The PCR test should be booked immediately either online or by calling 119 and should be undertaken within 2 days. If anyone gets a positive LFD test result, they and their close contacts and other members of their household, should self-isolate immediately while awaiting the PCR result. If the PCR test is negative, it overrides the LFD test and they/their close contacts/ household members can end their self-isolation and return to normal activities.

# Drama News

## GCSE Practical Performances

Despite the current restrictions placed on our daily routines in and out of school, Year 11 drama students have succeeded in performing monologues which they learnt and rehearsed at home during lockdown, and then recorded back in school.

These performances should have been assessed by a visiting examiner and undertaken as group pieces in which there would have been lots of fun rehearsing together in and out of lessons with set and costume. Instead – and with little notice - the students heartily accepted that monologues were the best option to continue their GCSE during lock-down and rose to the enormous and nerve-racking challenge of performing solo on stage with gusto and determination and the outcome was fantastic.

The skills needed for occupying the stage space alone demonstrated admirable maturity and courage and the Drama department is extremely proud of what they achieved.



# Democracy Award

St Wilfrid's are delighted to receive a Silver Award of participation in the West Sussex Youth Cabinet Elections. The award recognises that St Wilfrid's is an organisation that takes part in youth elections. To gain a Silver standard, St Wilfrid's was required to have over 75% of students contribute to the last West Sussex Youth Cabinet and UK Youth Parliament Elections in 2021.



This is another recognition of our excellent engagement in democracy at St Wilfrid's – from our General Election and Referendum Debates and student elections as well as representation at the Crawley Young People's Parliament and West Sussex Youth Cabinet, we are always proud to get young people interested and engaged with democracy. The awards were presented "virtually" by Tim Loughton MP at a Zoom event on 1 April.

# Students Mental Health & Wellbeing

Since the reopening of schools on 8th March we have seen how our students have found it tough to settle back into their routines; some are struggling with sleep, some are feeling anxious and some are feeling overwhelmed. These are all things we expected to see after what has been a very long year in a global pandemic but we felt it was important to share advice in helping you support your children at home.

We have put together a list of some key resources and services on the following couple of pages which will help you support your children with their mental health, wellbeing and online safety. These are the areas we feel are most important to focus on coming out of the latest national lockdown.

If you have any specific concerns, please do not hesitate to get in touch and we will support you and your child / children in any way we can.

Enabling Families are a brilliant resource that I would urge you to consider using if you are facing challenges at home. They are able to offer great support and advice to families, particularly where your worries may be very different to what we see in school. If you live outside of Crawley we can provide you with contact information for other Hubs.

We have seen first hand the impact of the COVID-19 pandemic on young people, and it is more important than ever to look after our mental health and wellbeing. There are many things you can do to help your children manage their feelings and to have positive coping strategies. It is important for them to understand that it is perfectly normal to have days where you feel low, anxious or unhappy and there are ways they can manage this.

The following link will direct you to a Coronavirus Anxiety Workbook which is a brilliant tool in helping build resilience during the current pandemic. In particular, the section on 'reducing anxiety' is really helpful with finding coping strategies to get through challenging times: [Coronavirus Anxiety Workbook](#)

Crawley Hub  
**Enabling Families**

With a little direction I can find a solution

I need some guidance to solve the problem

**Are you a parent facing challenges?  
Are you worried about a family situation or problem?  
Would it help to talk it through?**

Families please call or email for further information and to book an appointment.

Please call 07542856334, Monday - Friday 9am - 4pm for further information and to book an appointment

Each appointment slot will last 45 minutes



# Useful Websites for Mental and Physical Health and Wellbeing

*Please click on the logo to go to the website:*



Secondary age pupils can text any health questions to a school nurse on 07480635424.



UK based charity who provide support and guidance to anyone affected by eating disorders.



Free, safe and anonymous support with mental health and wellbeing for young people.



Mental health support and information.



Information and advice for young people, parents and professionals on a range of topics covering mental health and wellbeing.



Meditation and mindfulness information.



Mental health charity who support children and their families.



Suicide prevention advice.



National support for young people under 25 on a range of topics including mental health, drink, drugs, relationships and general safety.

# Managing Stress & Anxiety - Top Tips

Your feelings  
are valid -  
you are not a  
burden

Know your  
limits and  
triggers

Ground  
yourself by  
trying to slow  
your breathing

Challenge  
your negative  
thoughts

Gradually  
confront  
situations but  
have a plan

Focus on  
a positive  
memory or  
distraction

Break tasks  
down to  
manageable  
amounts

Find a  
positive  
outlet

Set  
achievable  
goals

Don't be  
afraid to  
ask for help





# Chaplaincy News by Mrs Franke



This Spring Term, like any other, the Chaplaincy door has been open and many students have taken advantage of our "Listening service". We hope that for all it is a welcome place to come to have a chat and feel supported. A big part the Chaplains day to day role is to listen and support anyone who is going through a tough time or feeling anxious about absolutely anything. As you can imagine the "Listening Service" has been busy since school fully reopened.

It also may also be of use to note that at present we are running the Rainbows (Bereavement) and Boost (Self-esteem) on an individual basis. We don't have peer groups as we did in the past but please don't hesitate to get in contact if you would like support in these areas by emailing me at [c.franke2@stwilfrids.com](mailto:c.franke2@stwilfrids.com).

Talking doesn't solve all our problems but it really is a step in the right direction and paired with some spiritual guidance it really can help.

In a time of change, the one constant in our lives is Jesus. Jesus is the bridge that connects one stage in our lives to the next. It's good to explore different ways that we can turn to Jesus in prayer and learn how He can support us through all the challenges and joys that life can bring.

## Prayer life of the School

### Prayer Requests Email

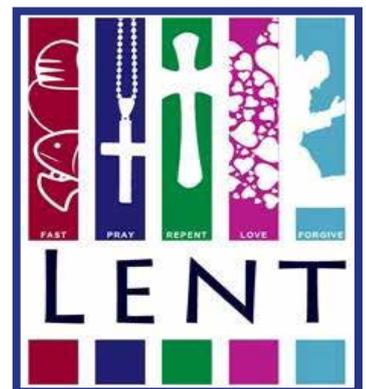
During the first Lockdown we set up a special prayer requests email that has been used by all members of our community including Students, Staff and Parents. It has become an established line of communication for our community and has also been very helpful in picking up pastoral issues that might have "slipped through the net" during our times of school closure.

### Lent Liturgy

The Lent Liturgy will take place on the last day of term and will focus on Modern Stations of the Cross. With the help of Miss McDonald the drama club have been reflecting the meaning and relevance of the Stations of the Cross in our lives. They will be using Modern images of suffering as well as our traditional Chapel Stations to bring the story and message of Good Friday to life. Their aim is to help us unite our lives with Christ and to reflect on how we can be more like him in our ways.

### Prayer Resources

In addition to our weekly prayer resources being updated on the Website all staff, students and parents were emailed the resources every Monday during the lockdowns and we set up a special prayer requests email that has been used by all members of our community in equal numbers (Staff/Parents/Students). Our whole school acts of worship continue as "The Message" pre-recorded film that is premiered at 9am every Monday Morning.



## Spiritual Life Group - SLG

When the school was closed to most we established a new "Spiritual Life Group". Students who are particularly active in the Catholic life of the school were invited to join our regular Teams meetings. We discussed what the young people wanted and needed in order to stay connected to their faith and their community. From this came requests for more acts of worship to be filmed in the Chapel including Adoration and Meditation and a CAFOD "Walk for Water" Challenge to be launched with KS3. See links below:

**Adoration:** [Theme of the week: Sacred Space; Adoration - YouTube](#)

**Meditation:** <https://youtu.be/4LjbMPRdKBA>

**Walk for Water:** [Walk for Water | CAFOD](#)

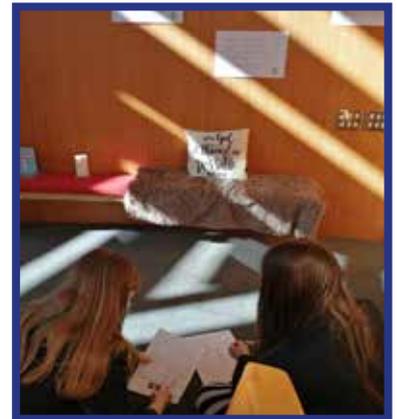
## Holocaust Beacon School

Chaplaincy PSHE, History and RE have been working together this year to support our "Holocaust Beacon School" status. We marked Holocaust Memorial Day with a series of events and reflective tasks running across the different subject areas. We also adopted the HMD theme "Be the light in the darkness" for all our reflections and prayer resources this Lent. Starting with a joint Lent Message: <https://www.youtube.com/watch?v=UZIBC7Ibvi0>



## Stations of the Cross

Since we have been back we have been able to use our brand new Stations of the Cross with all of Year 8 & 10. It is not easy to use the Chapel and PLC for activities like these at the moment due to COVID restrictions. Classes who now have to use the PLC have to be displaced and timings have to be considered so as to keep the integrity of the bubbles. Also we can only have students from one year group using the space on each day so that we don't lose time having to do extra fogging. That said we are very committed to finding a way to create prayerful opportunities for our students in the chapel.



## End of term Liturgies

Filming is currently underway for our Lent liturgy which will be using our new Stations of the Cross as the main focus. It will follow a similar format to our Advent liturgy, being pre-recorded but premièred at 9am for all tutor groups to watch from their Tutor bases. It will also have a similar reflective craft activity to finish with. Please click on the following link to see our Lent liturgy <https://www.youtube.com/watch?v=p22kCgqgrCw>

## And finally....

I would like to end by thanking Maxine Bousfield the Grandparent of one of our Year 7 students, who kindly made us a new tabernacle curtain for Lent. It makes our Chapel look even more Beautiful – Thank you!

As the days get brighter and restrictions begin to lift may you all be filled with the Hope and Joy of the Easter Story – He is Risen!



# St Wilfrid's Recommends....

by Mrs Kate Jones, Director of Reading

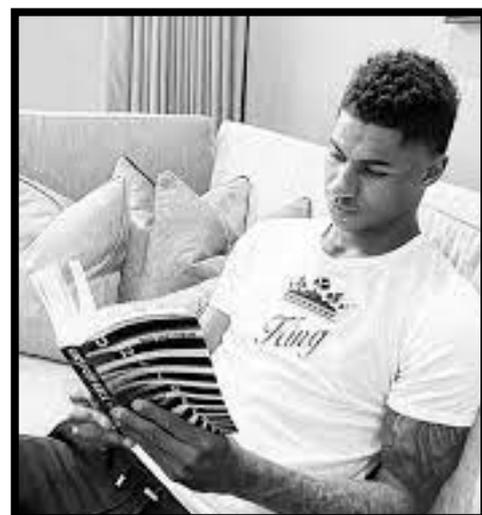


Here at St Wilfrid's we recognise that reading is an incredibly important tool for student development, which is why it was wonderful to see how engaged our student population were in our recent Lockdown Reading Challenge. House leaders were overwhelmed by reviews from their eager students and myself, Mr Iddles and Miss Kennedy were incredibly impressed with the quality - Year 8 student Zahra Mesquita narrowly pipped Year 13 student Grace Graham to first place, with Year 8 Daniela Volpe in a creditable 3rd place. Their prizes of Amazon vouchers will be given out during the end of term awards.

This year has seen a real resurgence of value for reading as a pastime - recently released research from BookTrust, National Literacy Trust and The Reading Agency suggests that both children and adults "embraced reading" at the beginning of the Pandemic. With 40% of the young people involved in the studies saying it helped them relax and 35% saying it made them feel happy. Given that recently reading had seemed to have declined in favour of electronic pursuits, this can only be positive. In turn this is a positive factor for the progress of the students - reading widely has been shown to be a bigger factor for future success than the education level of a student's parents. Not only does it increase students' vocabulary it has also been shown to improve attainment across all subjects in the curriculum - including subjects you might not expect, like Maths.



Reading has recently gained another high-profile supporter as the premiership footballer Marcus Rashford has made "literacy for all" his latest target for anti-poverty campaigning. Rashford is passionate that reading should be available as an escape for all - not just those that can afford it. He said: "Approx 390,000 children in the UK have never owned a book. Time for that to change." A view very much corroborated by the research which suggests that students from disadvantaged backgrounds have little access to books. We recognise that here at St Wilfrid's and were delighted to send each of our disadvantaged students a book of their own to keep during the last lockdown. Some key worker students were in school to select their titles as Miss Kennedy and I were arranging the dispatch and I could see how much joy it brought.



I would urge all of our parents and guardians to demonstrate and value reading as a valid past time, setting a strong reading role model for your child is one of the most positive things you can do to support them. It could also give you something to connect with them about as you discuss what you are both reading. With that in mind, this week we released the latest set of reading recommendations for our students based on the reviews that were submitted ,by them, in our competition - you'll notice that it's wide-ranging and inspiring and who knows, you may find something for yourself.

# Sports News

During the third lockdown we took part in the Active Sussex School Games which incorporated Winter Sports such as Ice Sports, Bob Sports and Team Ice Sports that could be done in your home. Four weeks were put on with all students and staff being provided with the opportunity to participate. We had between 2 and 9% of the school community take part each week. The results were that out of the secondary schools in Crawley we attained three Bronze certificates and one Silver, which was great.



On our return to school, the PE department recognised that students will have missed out on so many well-being elements that PE can support. We decided to go down the route of an active recovery by providing the inclusion of all vulnerable young students and using the power of sport to rebuild the social and emotional well-being of our community. The department engaged students in opportunities for challenge, connectedness, re-formed relationships, play and fun in a relaxed and safe environment.

## Future Plans

After the Easter break we will be looking to put on extra-curricular provision delivered in line with Government guidelines which involve collaboration, communication, and teamwork. More information will be sent out but this includes a couch to 5k opportunity for year 12 students.

Sports Day 2021 has been moved from Tuesday June 16th to Friday July 16th. Updates will be provided dependant on the recovery roadmap of the government.

## Coming up on 7th October 2021

Nick Butter is coming in for the day to talk to our students and give a talk in the evening about his experiences. But who is Nick Butter you may ask? Well, this is a chance to listen to stories from the man who's run a marathon in every country on the planet. From spine tingling highs, to horrendous lows - this outrageously evocative journey is one of adventure, challenge and solo endurance. This remarkable journey took Nick 674 days running 3 marathons, in 3 new countries a week, every week, for 96 weeks.



Muggings, erupting volcanoes, extreme weather, war zones, juggling passports and the hugely physical, logistical and mentally relentless nature of this expedition makes for some jaw dropping anecdotes; the sheer scale and diversity of the planet really shines through. Accompanied with stunning photography and video footage.

Over Christmas, Nick was in Italy running 100 marathons in 100 days but from April 17th he is currently planning on running 200 marathons in 100 days around the British coast in support of his 196 foundation <https://www.nickbutter.com/the-196-foundation>.

# Important Information

## Reporting a Covid-19 Absence

Please be aware if you need to report any COVID-19 related absences, please complete a Covid Infection Form which is on the website in the Parents section, [Parents > COVID infection form](#). You can complete your child's details and any information relating to their absence and please ensure you include the correct dates so we know when they are due to return to school, as well as any other relevant information. Please contact the school reception if you have any questions.

## Contact Details

Please could you make sure you update the Student Services Office with any change of address, new telephone numbers or email addresses as soon as possible to ensure we always have a method of contacting you.

## Attendance

At St Wilfrid's, attendance really does matter! Our students value their school and enjoy coming here. **The results of this can be seen in our ever increasing improvement in attendance especially at this time as we have some of the highest attendance of any school in West Sussex.** Please could you make sure that you contact school on the first day of your son or daughter's absence or if they are going to be late due to a medical appointment by calling 01293 421421 and then press 1 for students in Year 7-11 or 2 for 6th form, leaving the name of your child, tutor group and reason for absence before 9.00am where possible. You can also email [absence@stwilfrids.com](mailto:absence@stwilfrids.com). **Please do not email individual staff members regarding your child's absence.**

## School Policies

Our School Policies are available to download from the school website: [Our School Policies](#) or by request from the Clerk to Governors, Mrs James-Bailey at: [clerk@stwilfrids.com](mailto:clerk@stwilfrids.com)

## Cashless System

St Wilfrid's is a 'cashless' school. This means all payments for educational visits, school lunches, revision aids, etc will be made electronically via ParentPay which by now you are familiar with. Please contact Debra Riches via [d.riches@stwilfrids.com](mailto:d.riches@stwilfrids.com) if you have any questions regarding this or require a reminder of your ParentPay login details. If you aren't able to pay online, St Wilfrid's now accept PayPoint payments. By making PayPoint payments you can still pay in cash but there is no need for your child to carry money into school, creating a completely cashless school. You can make PayPoint payments for school by visiting any store displaying the yellow and purple PayPoint sign. To find out where you can pay click on the store locator and enter your full post code to receive a list of your nearest stores.

## Twitter/Facebook/Instagram

Please follow us at @StWilfridSchool <https://twitter.com/stwilfridschool> to get tweets about what is going on in school throughout the day as well as information about school trips, after school clubs and general school information. We have over 1300 followers to date which includes staff, students, parents and members of our local community!



We are also on Facebook: <https://www.facebook.com/StWilfridsCrawley/>

We are also on Instagram:

St Wilfrid's Catholic School <https://www.instagram.com/stwilfridschool>

St Wilfrid's VI Form <https://www.instagram.com/stwilfridsviform>