

Saint John Wall Catholic School

A Catholic School For All



Mission Statement

'To educate each and every unique child in our care to hear and respond to what God calls them to be'



Issue 15

Weekly Information Bulletin

Date: Friday 6 January 2023

Catholic Life - This year we are focusing on 'The Year of Sanctuary'.

Termly theme: Peace

Termly SJW Values – Eloquent and Truthful

Dear Lord. As we begin this new spring term and year, we pray that we may be eloquent and truthful in all we do. May we use the parable of The Prodigal Son to know that God's love for us is unconditional. We pray for a year of peace for our school, our homes and our communities. Amen.

Important Dates to Note

- **Year 8 and Year 10 Assessment Week**
Monday 30 January 2023
- **Year 7 Transition Trip – Nechells Wellbeing Centre (10 Pupils)**
Tuesday 7 February 2023 - 9am to 12.30pm
- **Year 7 and 8 Girls Football Festival – King Edward Aston**
Wednesday 8 February 2023 – 9am to 1pm
- **Year 9 Retreat to Soli House (30 Pupils)**
Wednesday 15 February to Friday 17 February 2023
(Leaving at 2pm arriving back at school at 4pm on Friday)
- **Year 10 Parents' Afternoon + Invited Year 7, 8 & 9**
Thursday 16 February 2023 – 1.30pm to 3.30pm
- **Half Term**
Monday 20 February to Friday 24 February 2023
- **Year 11 Mock 2**
Week commencing 27 February 2023

Welcome back and Happy New Year

We welcome back all of our pupils and we wish you all a Happy New Year.

Just a reminder that we expect all pupils to be in full school uniform each and every day. Our uniform policy is available on our school website under the 'About Us' drop-down menu then selecting 'Policies'.

Safety Notice

We continue to work with the police supporting their initiatives to ensure that pupils are aware of any dangers and risk to their life and others. Therefore, we shall be spot checking pupils as well as searching whole year groups as appropriate over the academic year in line with our behaviour policy.

By Mrs Crooks



Oxhill Road
Handsworth
Birmingham
B21 8HH



0121 554 1825



enquiry@sjw.bham.sch.uk
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Epiphany Mass

On Thursday, we celebrated our whole school Epiphany Mass. Due to not having a Priest Chaplain and the COVID lockdown, we have been unable to gather as a school to celebrate Mass in 4 years. Father Gerry Lennon kindly returned to Saint John Wall to celebrate Mass with us. Father Gerry Lennon was our school chaplain for 22 years and was very pleased to see how reverent and respectful our pupils were during the Masses.

Epiphany celebrates the journey of the Three Wise Men (Magi) to the manger to bring their gifts to the baby Jesus. It also focuses on the first time Jesus is revealed to the world as the Son of God. The gifts of Gold, Frankincense and Myrrh highlight the prophecies foretold in the Old Testament regarding the Messiah. Father Gerry reminded us all about our own gifts that we can offer to God, we had the opportunity in Mass to reflect on these gifts. During the Mass, Mr Lloyd-Price explained what was happening at various important moments. This supports us in our mission as A Catholic School for All, ensuring that all people can fully participate in the Catholic Life of our school.

Thank you to Mrs Ellis and Mr Lysaght for planning and leading our Mass. Well done to our readers - Emmanuel Ifeosame 10HAL, Laaiba Akhtar 10WIO, Darren Omali Okonkwo 10GOS and Gloria Osavbie Osazemwinde 7JAS.

A special mention for all our pupils who showed an excellent level of reverence and respect during the Mass.

By Mr Lloyd-Price



Sparx - Maths



Sparx Maths

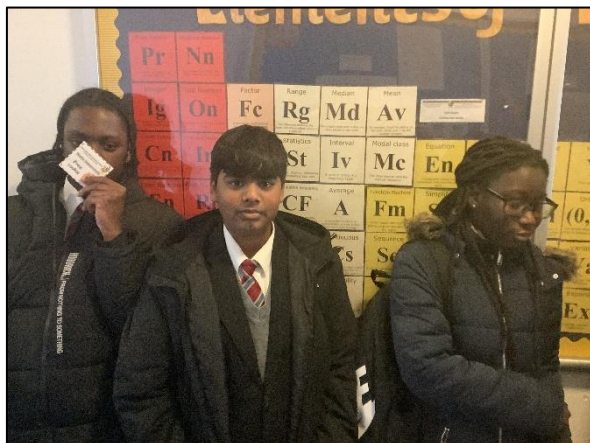
The first Sparx raffle was drawn the final week in December, with 15 pupils winning a variety of prizes. The next draw will be done at the end of the Spring term, with the main prize being a new iPad. Keep working hard on your Sparx homework to increase your chances of winning.

Well done to all the winners this time, and good luck to you all for April's draw.

Malika Rahman 11HIR
Krista Liedeskrastine 8FOR
Kemissa Ible 8PAW
Bethany Goring 10GOS
Fatou Ndou 10GOS
Faria Khan 10HEA
Armani Christie 11BAT
Khadija Ceasay 10JON

Navraj Sabharwal 11BRE
Mawra Hussain 9BRK
Azailea Tweede 11BRE
Gloria Osazemwinde 7JAS
Varlin Kaur 10HAR
Samiya Muhumed 11BRE
Christel Mjedi 9MCI

By Mr Simmons and the Maths Team



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Worrying about money?

Support is available in Birmingham

Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: 5)

See options 1 2 6

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See option 1 2

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option 3

I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options 1 4

Other Support

Birmingham and Solihull Women's Aid
Support for women and children affected by domestic violence and abuse
0800 800 0028 | www.bsawid.org

Shelter
Housing advice
0800 800 4444 | england.shelter.org.uk

MoneyHelper
Advice to help improve your finances
0800 138 7777
07701 342 744 (WhatsApp)
www.moneyhelper.org.uk

Step Change
Debt charity offering debt advice and money management
0800 138 1111 | www.stepchange.org

Turn2Us
Information and financial support
0800 802 2000 | www.turn2us.org.uk
benefits-calculator-2.turn2us.org.uk

The Active Wellbeing Society
Listen and Connect support people to feel heard, connect with others, be active, live well and access information
0121 728 7030
listenandconnect@theaws.org
www.theaws.co.uk/listen-connect

Healthy Start Vouchers
To help buy fruit, vegetables and milk if you're on a low income and pregnant or have a child under 4.

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Central England Law Centre
Accredited immigration and asylum advice. Legal advice to access services and financial support
0121 227 6540
enquiries@centrallenglandlc.org.uk
www.centrallenglandlc.org.uk

ASIRT
Advice on immigration and support options for people facing destitution because of the precarity of their immigration status
0121 213 5893 | www.asirt.org.uk

Migrant Help
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK
Asylum helpline: 0800 8010 503
ASCorrespondence@migranthelpuk.org
www.migranthelpuk.org (Webchat available)

The Refugee and Migrant Centre
Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship
0121 374 0140 | info@rmcentre.org.uk
www.rmcentre.org.uk

About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets. The information on this leaflet was last updated on 06/12/21.

Feedback? What did you find useful about this guide? www.bit.ly/moneyadvicefeedback



Step 2: What are some options?

1 Council Support Schemes

People on low incomes may be eligible for Housing Benefit, Council Tax Support and Discretionary Housing Payment from the council. This will depend on your current circumstances. You may also be eligible for a Council Tax Discretionary Hardship Payment, Crisis Grant or Community Support Grant Payment.

Find out more at: www.birmingham.gov.uk/benefits

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you find cheaper deals on things like gas and electricity and make sure you're not missing out on things like school clothing grants or free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help? Each of these services offer free and confidential advice

BIRMINGHAM CITY COUNCIL

Neighbourhood Advice Service
Advice on benefits, debt, housing and other money-related issues
0121 216 3030

Help with options: 1 2 3 6

CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more
0344 477 1010
enquiries@bcabs.cabnet.org.uk
www.bcabs.org.uk

Help with options: 1 2 3 4 5 6

THE PROJECT

Benefit, debt and housing advice
0121 453 0606
www.theprojectbirmingham.org

Help with options: 1 2 3 4 5 6

BIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on benefits, debt and managing your money
0121 250 0765
money.advice@bsettlement.org.uk
www.birminghamsettlement.org.uk

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

Advice on money, benefit, housing and employment issues
0121 747 5932 | info@castlevalle.org.uk
www.spitfireservices.org.uk

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support
0121 227 6540
enquiries@centrallenglandlc.org.uk
www.centrallenglandlc.org.uk

Help with options: 6

DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people
03030 402 040 | drc@disability.co.uk
www.disability.co.uk

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty
0800 328 0006
www.capuk.org

Help with options: 3

WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home
0800 196 8298 (option 1)
www.warmerhomesWM.org.uk

Help with options: 1 2 4 6

Other Support

Stop Loan Sharks
Investigates and prosecutes illegal money lenders and provides support for borrowers
0300 555 2222 | www.stoploan sharks.co.uk
reportalanshark@stoploan sharks.co.uk

Local Energy Advice Partnership (LEAP)
Energy and money saving service
0800 060 7567 | support@applyforleap.org.uk
www.applyforleap.org.uk

Age UK Birmingham
Information, advice and helpline services for older people (50+), their families and carers
0121 437 0479 | info@ageukbirmingham.org.uk
www.ageuk.org.uk/birmingham

Birmingham Mind
Providing advice, information and signposting for people affected by mental health issues
0121 262 3555 | help@birminghammind.org
www.birminghammind.org



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Online safety tips for parents of teenagers 14+ Year Olds

internet matters.org

*As they get older 8 out of 10 teens spend most of their time online chatting to friends on social media or in games**

*Source: *In their own words: The digital lives of schoolchildren - Cybersurvey 2019*



Checklist:

Keep talking

Stay interested in what they're doing online and discuss what they might have come across. **Don't be afraid to tackle difficult subjects like cyberbullying, and sexting and pornography.** Help them to be critical of things they see online and judge the quality and reliability of online sources. Acknowledge that this is difficult considering how content can be manipulated online to persuade even the most savvy people. Talk together about how to manage some of these challenges and why it is important.

Manage their online reputation

Let them know that anything they upload, email or message could stay online forever. **Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.** There are lots of stories in the media that highlight the importance of online reputation and clearly demonstrate how things that happened years ago can resurface in the future. See our [online reputation advice hub](#) to get tips to support young people on this issue.

Adjust controls

Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to set up safe search in Google by going to the [Google Safety Centre](#). Remember that at this age they are likely to have friends with unfiltered devices and whilst parental controls and filtering is important this needs to be



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done alongside dialogue and discussion.

Privacy matters

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school. [Use our social media privacy how-to guides](#) to support them.

Stay safe on the move

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about. **Also, encourage them to use the parental control tools on their device** just in case they do connect to an unfiltered WiFi - such as at a friend's house.



Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big online safety issues.

Learn about it: Teach your child some simple rules

- Make sure your child knows how to **block abusive comments and report content** that worries them.
- Teach them to **respect others online and think about comments before they post them** and discuss how easily comments made online can be misinterpreted.
- Don't arrange to meet people in real life that they've only talked to online and **remind them that some people may not be who they say they are.**
- Advise them to use **secure and legal sites to download music and games** to avoid experiencing the risks associated with streaming content from unauthorised sites. [Visit our 'Dangers of digital piracy' advice hub](#) more advice.
- **Check attachments and pop-ups for viruses** before they click or download anything.
- When using the internet for homework, **make sure they use information appropriately** and explain things in their own words rather than copying.



Talk about it: Tips for a meaningful conversation

- Make sure your child knows **they can come to you if they're upset by something they've seen online** and make sure that you listen and don't overreact - the important thing is that they have come to you for help and support.
- **Tackle peer pressure** by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police. [Visit our guide to see more tips on online peer pressure to support young people.](#)
- **Tell them you trust them to do the right thing** rather than over monitoring their internet use.
- **Talk to them about how much time they spend online** and make sure this is balanced against other activities. [See our "Screen time" guide for 14+ for age-specific advice.](#)
- If your child comes to you with an issue, **stay calm and listen without judging them** and don't threaten to take away their devices.
- Discuss how they can **report any harmful or inappropriate content or behaviour** that they encounter online - empower them to take control themselves.



Deal with it

You can find out where to get help and advice on the [Report issue page of internetmatters.org](#), where we include information on how to report problems - and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as [cyberbullying](#), finding [inappropriate content](#), [privacy and identity theft](#), your child's [online reputation](#), [online pornography](#), and [child grooming](#).

Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online - [find out more about the latest apps at internetmatters.org/apps](#).

Visit internetmatters.org for more advice

InternetMatters internetmatters @im_org

internet
matters.org



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