

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 18

Weekly Information Bulletin

Date: Friday 26 January 2024

Catholic Life - This year we are focusing on 'Year of Live Simply'.

Termly Theme: Dignity of Work and Participation

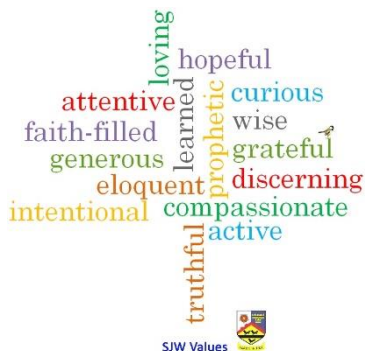
Termly SJW Values – Eloquent and Truthful

This week in weekly worship... "Our weekly worship was about being kind and forgiving to others. Spreading the word of God to other's by evangelising and through mission. Jesus shows the world kindness through his teachings, so it's important to spread the good word of God. When Jesus says to go fishing for people, he means we should spread the good news. In doing so, we ensure that we uphold the catholic social teachings, like the dignity of work and participation".

By Arjun Singh 9ANT

This week in afternoon prayer... "This week we prayed for St. Vincent's Catholic Primary School on their feast day. Their mission statement is 'we are all children of God, brothers and sisters, learning to use our gifts for the good of the world'. We then reflected on how we use our gifts as God's children in our community. I like praying for our feeder primary schools, it's a good way to remember where we came from and how their values link to the ones we have at St. John Wall".

By Sunny Atobrhah 7HEA



Dates to Note

- **Half Term**
Monday 12 February 2024 to Friday 16 February 2024
- **Year 11 Mock 2 Examinations**
Monday 19 February 2024 to Friday 23 February 2024

Wellbeing Top Tips

Have you ever wondered how to deal with sleep and routine? Here are some top tips:

- Regular exercise (60 mins per day) helps you sleep more soundly, as well as improving your general health.
- A warm (not hot) bath will help you relax and get ready for sleep.
- Have a regular bedtime routine. Doing the same things in the same order an hour before bed can help you drift off to sleep.
- Limit your screen time and have at least an hour off screen-free time before going to sleep.
- Cut out the caffeine or drink less caffeine as too much caffeine can stop you falling asleep and reduce the amount of deep sleep you have.



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St Mary's Coffee Club

Today we have been practising our Tai Chi at coffee club. It was a very busy session which pupils became quickly engrossed in, making super efforts to get each move just right. They remarked on how relaxed and calm they felt afterwards and how they were going to recommend it to their families.

By Mrs Clayton



Parents' Afternoon Survey

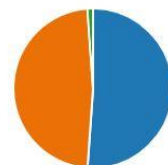
Parents afternoon

Last week, we welcomed Year 7 & 9 parents and carers to their first parent afternoon of the year. We had 155 pupils attend with their parents across the two year groups. Thank you to the 90 parent/carers who responded to our survey during the afternoon. Below you will see some of the really positive responses we received. If you wish to discuss your responses with a member of staff, please contact the school office.

5. My child is well looked after at this school

[More Details](#)

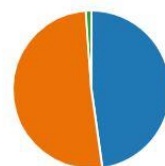
Strongly Agree	46
Agree	43
Disagree	1
Strongly Disagree	0



10. The school's Catholic ethos, values and attitudes have a positive effect on my child.

[More Details](#)

Strongly Agree	43
Agree	46
Disagree	1
Strongly Disagree	0



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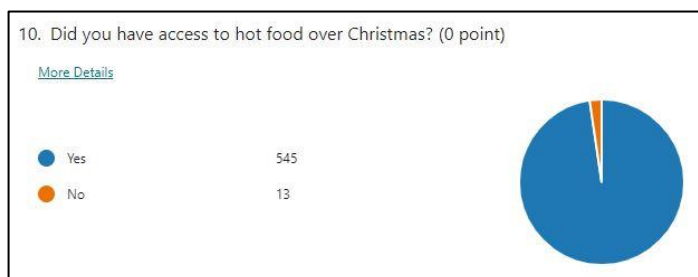
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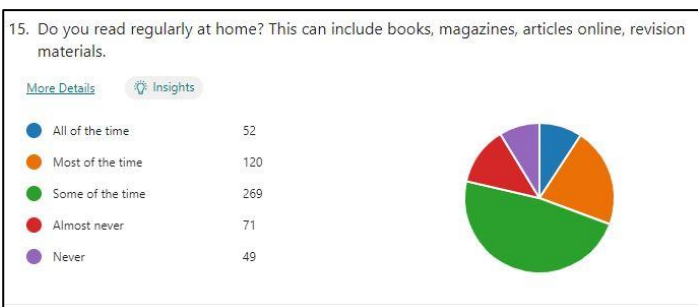
Pupil Voice

In January, we sent out our pupil voice to all pupils from Year 7 -11. In total, 561 pupils responded. Well done to Year 9 who submitted the most responses with 119 responses. The pupil voice helps us focus on how we can support pupils and improve pupil's experience at the school, we also use this information to help us to make changes in school to improve the pupil experience. The questions focus on a range of topics including the Christmas break, pupil's interests outside of school and pupil's view of the school community.

Following this question, Heads of Year spoke with pupils to find out if any support could be offered at home. May I take this opportunity to remind you that we have a daily 'supper club' at St John Wall which includes a free hot meal for all pupils. We also have access to external agencies who can provide items like food packages and can signpost you to local foodbank. If this is the support you may require, please contact the school and we will do our best to support you (see poster in this newsletter).



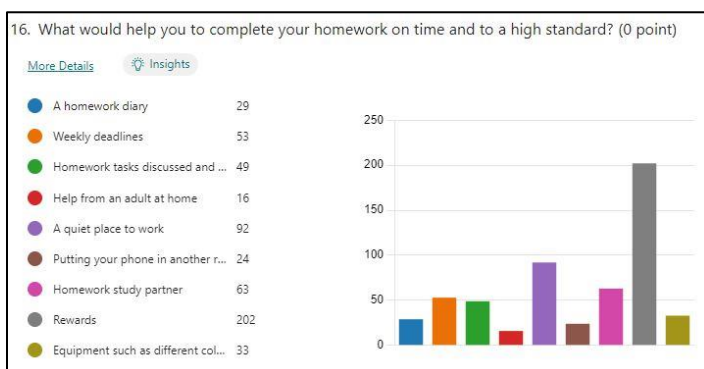
Following this question, Mrs Breslin will be working closely with Mr Mull in the library and the English team to promote a love of reading across the school. We already hold termly reading relays where pupils have the opportunity to read a text throughout the school day in their different lessons. We have also given out free reading books to our pupils. Next month we celebrate World Book Day and Literacy Week, there will be many opportunities for pupils to further develop their love of reading. We have a new page on our school website which can be found here: <https://www.sjw.bham.sch.uk/page/?title=Local+Opportunities+Outside+of+School&pid=178>. You will find details here on local libraries that are available.



We are always keen to support pupils in completing homework on time and to a high standard. Development Homework (accessed through the school website) is a great way to embed the learning you have been doing in school. We offer our library and supper club as two additional opportunities for pupils to have a quiet space and time to complete homework. Examination homework booklets are issued 6 weeks before their calendared assessments. Pupils also receive compulsory homework in Maths and English.

We also asked pupils what clubs/teams/groups they belong to outside of school. We will share this information with the relevant staff to ensure that your child's hobbies and interests are promoted in school. We love to hear about our pupil's achievements outside of school and are keen to celebrate these so please do keep us informed! On the webpage mentioned above

(<https://www.sjw.bham.sch.uk/page/?title=Local+Opportunities+Outside+of+School&pid=178>), there are links to local groups/teams/clubs which your child can join.



By Mr Lloyd-Price



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Parental Support

Saint John Wall Catholic School

Would you like support with food deliveries and food parcels?

Our Pastoral team at Saint John Wall can offer support and advice.

Please contact the school for further information or email:

wellbeing@sjw.bham.sch.uk

We are here to help.

IT Support

Did you know we can offer your child a laptop and Internet data to study at home?

Please contact the school for further information.

We are here to help.



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West Midlands Police MUSEUM

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Friends of West Midlands Police Museum, please help us to maintain the high standard of our educational provision by passing this message someone who could volunteer with us.

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Schools and Colleges Early Support Service: Parent and Carer Webinars



Dear Parents and Carers,

We would like to invite you to attend the **Spring Term** webinar series specially tailored for parents and carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

The topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- How to support your young person with low mood
- Early emerging School Based Avoidance: practical tips and strategies to support your child
- Anxiety in adolescence: how can parents and carers help?
- Adolescent self-harm: how to make sense of it and when to seek support
- Building resilience, staying connected and nurturing your relationship with your teen
- Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel okay again
- Managing teen behaviour that challenges: tips and tricks
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing

Further details on each webinar are below. To register please click on the relevant Zoom link. After registering, you will receive a confirmation email containing information about joining the meeting.

How to support your young person with low mood *Tuesday 6 February 12:00-13:00*

Low mood does not just affect adults. Young people can experience low mood too. Common signs of low mood often include sadness that does not go away, feeling irritable all of the time, not being interested in things that used to be enjoyed, feeling tired and exhausted a lot of the time. Things that might increase low mood include family difficulties, bullying, bereavement, parental separation, friendship issues.



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Our webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.

[Click here](#) to register.

Early emerging School Based Avoidance: practical tips and strategies to support your child

Thursday 8 February 17:00-18:00

Feelings of worry or anxiety are something that everyone will experience from time to time. It is not uncommon for young people to worry about school. For some young people, however, that worry can become so great that they may have difficulties in attending school. If your child has high levels of anxiety and is finding it difficult to attend school, they may be experiencing Emotionally Based School Avoidance (EBSA). Emotionally-based school avoidance is a term referring to reduced or nonattendance at school by a child or young person. Rather than the term 'school refusal', the term EBSA recognises that this avoidance has its root in emotional, mental health or wellbeing issues.

This webinar focuses on young people who have **early emerging** presentations of EBSA. The parent/carer webinar will offer advice on how to support your child, understand the anxiety cycle of avoidance and suggest practical tips and strategies to help your child overcome their difficulties.

[Click here](#) to register.

Anxiety in adolescence: how can parents and carers help?

Tuesday 5 March 12:00-13:00

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety.

It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

[Click here](#) to register.



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Adolescent self-harm: how to make sense of it and when to seek support

Wednesday 13 March 17:00-18:00

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents.

This webinar will provide an overview of the risk factors and methods of self-harm. It will explore the various reasons why young people may self-harm and offer ideas on how parents can talk to and support their teens. Lastly, it will discuss instances of self-harmful behaviour that may require professional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

[Click here](#) to register.

Building resilience, staying connected and nurturing your relationship with your teen

Tuesday 19 March 12:00-13:00

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger.

This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

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Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel OK again

Thursday 21 March 12:00-13:00

While lots of young people experience bullying, it is an incredibly difficult thing to go through and can have a huge effect on your child's mental health and wellbeing. As a parent/carer, it can also feel very challenging and worrying.

This webinar will outline the different ways in which young people are bullied and discuss how this might impact them day to day. There will also be useful practical strategies to help you support your young person to get through their experience and feel ok again.

[Click here](#) to register.

Managing teen behaviour that challenges: tips and tricks

Wednesday 17 April 12:00-13:00

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

[Click here](#) to register.



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Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Tuesday 23 April 12:00-13:00

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens.

This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid.

Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

[Click here](#) to register.

Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing

Thursday 25 April 17:00-18.00

Scientists have discovered that our brains physically change in response to our experiences throughout our lives. The teenage years are a time of significant brain change when young people are learning to adapt to the world around them.

This webinar will provide an insight into the stages of brain development through early childhood, adolescence and into adulthood. We will consider how changes in the brain affect the emotions and behaviour of your young person whilst providing evidence-based strategies to help you understand and support their mental wellbeing.

[Click here](#) to register.



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Parent and carer webinars: on-demand

Schools and Colleges
Early Support Service



How to support your young person with low mood

This webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.



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How to support your young person when they get their exam results

This webinar will explore ways in which you can support your young person with feelings of anxiety around results day. We will offer top tips from our Young Champions and healthy strategies that you can use to support both yours and your young person's mental wellbeing.

Transition to secondary school: supporting your year 7 child with the ending and new beginning

This webinar will explore ways that you can support your child during this period of change. Top tips will be shared to help you to consider challenges and opportunities that may arise during transition, spotting when your child may be struggling, strategies to help you to support your child and exploring your own wellbeing. Resources will be shared on how you/they might seek further support if needed.



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How to support your young person with anxiety

This webinar explores when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

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