



# St Ursula's Convent School



## Year 6 / 7 Transition Parent / Carer Handbook 2023 - 2024



*insitme  
together*



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# St Ursula's Convent School

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Headteacher: Ms Ursula Norbert, SENCO: Ms Ferriera

Dear Parent / Carer

## Year 7 Parents/Carers' Welcome Letter

My name is Ursula Norbert and I have been the Headteacher at St Ursula's Convent School since September 2022.

I am delighted to welcome you and your child to St Ursula's Convent School.

I hope that this will be the start of a strong partnership as we work together to ensure that your child receives the best education.

We encourage our students to take advantage of the many opportunities that we have to offer at our school.

Transitioning from primary to secondary school can feel like a huge leap for children and families. We are all looking forward to welcoming your child on their educational journey. We really do want the transition to be smooth and will do all we can to give your child the best start to their secondary education.

**Ursula Norbert**  
**Headteacher**





## Message from an Ursuline Sister

Dear Parents/Carers

My name is Sister Alice, and I am an Ursuline sister and have been based in Warsaw in Poland in an Ursuline convent.

I am very familiar with St. Ursula's school and with Ursuline's education. As a school with an Ursuline tradition, your daughters will become familiar with two saints: St. Ursula, the patron of the school and of Ursuline sisters worldwide, and St. Angela, who began the Ursulines in northern Italy in 1535.

Although St. Angela did not found any schools, her writings and ideas formed the bedrock of an educational tradition that now operates in schools all over the world. So, you now belong to something truly international.

St. Angela wrote about the need to love and support each other, to treat each other with respect and for those in charge of younger sisters, to encourage them, support them, and try to understand them. These ideas we have successfully taken into our education of young people in Ursuline schools.

St Ursula probably lived in the fourth century and died for her faith. Jesus was at the centre of her life. She became an inspiration for St. Angela for whom Jesus was also the centre of her life.

Your new school badge, the Serviam badge, has a simple Christian cross in the centre, to remind us that Jesus should also be at the centre of our lives and our school. That badge is worn by students all over the world.

So, your school motto is now '**Serviam**' or '**I will serve**' and you will learn more about this in your journey through school.

St. Angela often used the Italian word 'Insieme' which means 'together'. Her point was that in supporting each other we will not only find ourselves, but the God who created us and loves us. It's a beautiful idea.

My prayer for you is *that God will bless your journey through St. Ursula's; that your teachers will inspire you and that you will make good friends. Friends are a very special gift from God. May you also be happy and fulfilled.*

**God bless you,  
Sr. Alice Montgomery OS**



## Letter from the Senior Leadership Link for Year 7

Dear Future Students,

Welcome to the Ursuline Family! We are delighted that you will be joining the Ursuline community and are very excited to meet all of you as you begin what will be one of the biggest, yet most exciting, steps in your school career. We can reassure you that you have an amazing journey ahead of you, with so many opportunities to come - from meeting lifelong friends to visiting new places, to being supported by all of your teachers. We all work incredibly hard to ensure you feel supported and challenged in all of your lessons, encouraging you to stretch yourself and develop your learning.

PGL in Year 7, and other trips as you progress through the school, are an opportunity to push your boundaries as well as befriend many of your new classmates. With the help of the school, these friendships will only get stronger as you live out Serviam throughout your time here. We hope you make the most of it!



Your journey as an Ursuline is about to begin. Get ready to dive into a plethora of new opportunities, discover hidden talents and find your passion.



St Ursula's has a wide range of extra-curricular activities including

sports clubs, coding clubs, dance and board games. Debating club also enters competitions for those of you eager to have your voice heard. Or, if you are interested in being in the West End, then perhaps Drama, Choir and Orchestra are more to your liking. Be a leader and take charge while you take on and conquer roles on the Student Council, Chaplaincy and Careers Champions. As you can see, there are so many exciting opportunities to get involved, the fun never stops!

Your time at St Ursula's is guaranteed to be an unforgettable one, a time of growth, independence and strengths. Seize every opportunity and make the most of it. We look forward to welcoming each one of you as you embark on this new adventure. We hope you are looking forward to meeting us, as we are to meet you.

Yours faithfully,

**Mr. Mandalos**  
**Associate Assistant Head**



# School Trips





## Key Staff for Year 7 in St. Ursula's

### Senior Leadership attached to Year 7

Mr. Mandalos

### SENCO

- Mrs. Ferriera

### Members of the Senior Leadership team

- Mrs. Kirsty Adams – Deputy Headteacher
- Mr. Connor Ferguson – Assistant Headteacher
- Ms. Ciara Hughs – Assistant Headteacher
- Ms. Chantelle Grant- Assistant Headteacher
- Mr. Mandalos - Associate Assistant Headteacher



## Uniform

Our uniform is an integral part of the day-to-day culture of school, therefore we expect it to be worn by all students. The uniform is the public face of the school. It acts as both a unifying element and a point of recognition, whilst removing from parents the financial burden of providing non-uniform clothes.

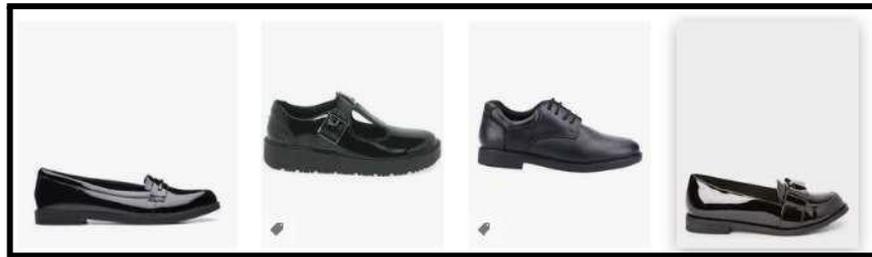


- **School blazer.** This should have the embossed school logo on it and worn with pride. The blazer must be worn at all times, unless the Headteacher permits otherwise e.g. during hot weather.
- **Pleated School skirt/school trousers.** The skirt is a distinctive school style, and NO OTHER VARIANT IS ACCEPTABLE DURING THE FIVE YEARS THE STUDENTS ARE IN THE SCHOOL. The skirt should be below the knee and above the ankle.
- Plain navy St Ursula's uniform tailored trousers. No other variant is acceptable during the five years the students are in the school. No jeans, skinny fit trousers or leggings are permitted.
- **Red plain V-necked jumper** with designated coloured stripe from September 2023 – this should be worn every day

**YR11 – Lilac / YR10 – Gold / YR9 – Green / YR8 – Blue / YR7 Red**

- **Blouse.** White reversed collar blouse. Jumpers and T-shirts should not be worn under the blouse. The school blouse must be tucked into the skirt, and it is not to be regarded as an overblouse.
- **Tights or knee high socks navy blue or black.** Socks must be worn to the knee.
- **Shoes should support the whole foot.** Shoes, which do not firmly grip the upper part of the foot, are not suitable. Boots or ankle boots must not be worn (this includes Kicker Boots). The heels should be flat, no higher than 3cm. The colour is plain black. Bows etc. are not allowed and toes should not be too pointed. Black trainers, Sling back shoes, ankle strap shoes, fabric or plastic beach-type i.e flip-flops and sliders are not suitable.

Fashion Trends must not be followed.



- **Outdoor Uniform.** The school blazer over which a plain navy/black coat should be worn in cold or wet weather. Denim/leather jackets, track suit tops, fleeces/hoodies, body warmers/gilets are not allowed.
- **Winter scarves and gloves.** Plain black or navy blue without any logos.
- **School bag.** Black or navy, strong and made of sturdy material. The bag must be free standing, closed at the top and capable of holding books 40cm x 30cm. Shaped rucksacks in black or navy are acceptable but **should not carry** the maker's branding logo i.e *Nike tick as one example*. Handbags are not acceptable school bags.
- **Hats** are not permitted in school unless advised by the Headteacher with regard to adverse weather or school trips.

## PE

- **Games kit.** (purchased at suppliers)
- St Ursula's Joggers,
- St Ursula's PE Jumper,
- St Ursula's Polo Shirt,
- St Ursula's socks, navy blue that cover the ankle. A pair of predominantly white, navy or black sports trainers (***Leisure shoes, canvas shoes and plimsolls are not allowed***).
- **PE. Dance and Trampolining.** St Ursula's PE leggings





All students are expected to wear the correct uniform and to wear it well. The school uniform is kept as simple and inexpensive as possible. If there are any special temporary difficulties, please let the Pastoral Lead know. **All items of the uniform should be clearly marked with the owner's name.**

Students may wear a watch, a small crucifix under the blouse and one small set of plain gold or silver studs in the lower ear lobe; Nose studs or any other form of body piercings are forbidden. Retainers for piercings are not permitted. No other jewellery is allowed.

All make-up, including make-up accessories, are banned. Nail varnish and false/acrylic nails are banned. Nail extensions represent a Health & Safety risk in a number of practical lessons and for this reason are not allowed.

False eyelashes/eyelash extensions are not permitted.

Hairbands/headbands/hair clips must be navy blue or black. Hair embellishments and beads are not permitted.

Hairstyles, hair colour and hair colour including braids should be a natural hair colouring; extreme hair colouring, e.g. Fire engine red, Pink, Blue etc. is not allowed: Dip dying and half hair dying is not permitted. Hair should not be worn over the face or eyes. Undercuts are not permitted. The definition of extreme lies with the school; failure to comply with the aforesaid may result in the immediate sending home of the student.

## **SCHOOL OUTFITTERS**

**Bailwood Fashion Ltd - <https://www.bailwood.co.uk>**

246 Lewisham High St, London SE13 6JU (Tel: 020 8852 8727)

**Khalsa schoolwear - [www.khalsaschoolwear.co.uk](http://www.khalsaschoolwear.co.uk)**

388-390 Bethnal Grn Rd, London E2 0AH (Tel:

**Lucilla Ltd - [www.lucillaschoolwear.co.uk](http://www.lucillaschoolwear.co.uk)**

School House, 180a Cranbrook Road, Ilford, IG1 4LX (Tel: 020 8554 5133)



## School Resources

Below is a list of items that students will need before starting school.

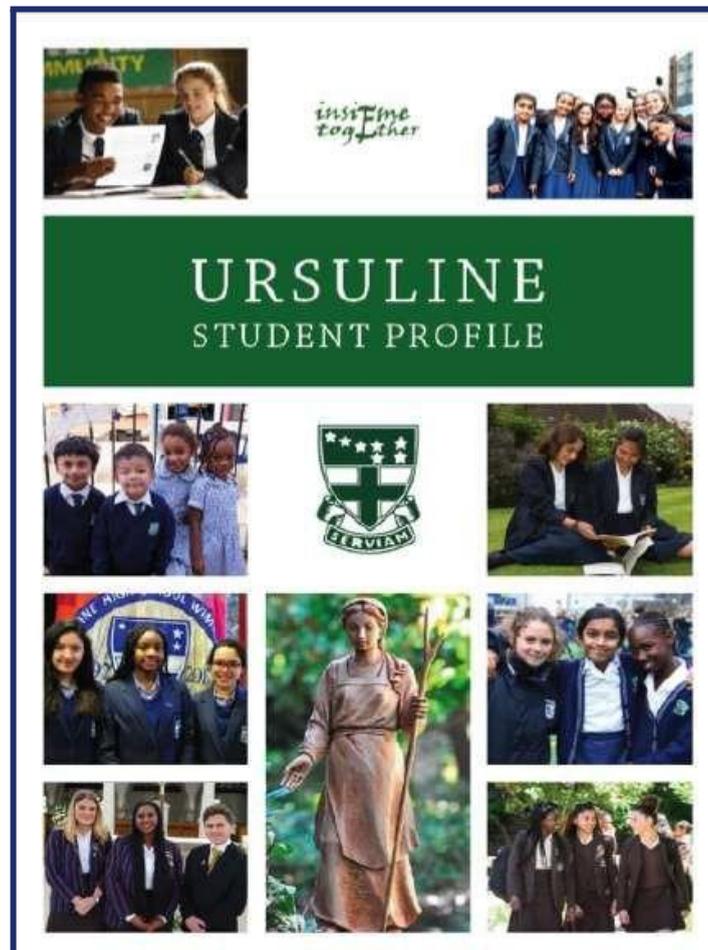
Subject	Resource required
All subjects	<b>Blue or black pens for handwriting</b> <b>Green writing pen and purple writing pen for directed improvement time</b> <b>Whiteboard marker X2</b> <b>Writing pencil</b> <b>Ruler</b> <b>Rubber</b> <b>Glue stick</b>
Art	Resources pack – <b>purchased from the school for £1.50*</b>
RE	Good News Bible - these will be provided free of charge by The Gideons in your child's 1st term at St Ursula's.
PE	Kit Bag - <b>purchased from the school for £5.00*</b>
English	Pocket Dictionary
Maths	Calculator - CASIO FX83GT Geometry set

**ALL SCHOOL PURCHASES are via Parent Pay**



## Serviam & the UEC

As an Ursuline School we are part of a global network of schools with an Ursuline tradition and charism. For more information about the Ursuline Education Community please follow this link: [Ursuline Education Community](#)



**Our Motto is Serviam - To Serve**

**We have many activities planned each term for students to fulfill their commitment to Serviam and do good deeds for others. Students keep a Serviam Log of all the acts of service they have performed throughout the year.**

## Some examples of our Charity Fundraising

- Creating gifts for the 999 Club in Deptford – students prepare a shoe box and fill it with items such as toothpaste, socks, sweets and a Christmas card. Always greatly received each year
- Much fundraising for Charities around the world
- Food Drops for the Manna Centre in London Bridge
- Bites and Bingo for local elderly people
- Sponsored Walk





## Ethos and Values

St Ursula's Convent School is a Christ-centred community guided by Gospel values and rooted in the spirit of St Angela. The school endeavours to live our motto "Serviam" by valuing each member of our community, setting high expectations for behaviour as a prerequisite for learning.

We recognise that the best way to encourage good behavioural standards is through a clear code of conduct reinforced by a balanced combination of rewards and sanctions held within a positive, caring atmosphere. We believe that students need to behave in a professional way in order to learn. We have a virtues-led school culture, which uses proactive, consistent systems to remove all barriers to learning so that all students reach their potential. Promoting positive behaviour is the responsibility of all members of the school community. Our children have the right to protection, regardless of age, gender, race, culture or disability. They have a right to be safe and feel safe in our school

St Ursula's ethos is 'Insieme' which means 'togetherness' and we respond to the needs of each individual student developing the whole personality and fostering qualities of mind, body and spirit, feeling and imagination in a supportive Catholic atmosphere. We do this through fostering the core Ursuline virtues of:

- Serviam
- Respect
- Kindness
- Generosity
- Perseverance
- Gratitude

### Our aims

St Ursula's aims to help students:

- To develop lively enquiring minds, and the skills and abilities necessary to ensure success and the highest personal academic achievement.
- To develop an understanding and appreciation for their religious faith and the spiritual and moral dimensions of their lives.
- To learn to demonstrate Gospel, Ursuline and British values through their actions and contributions to school life with a focus on our Ursuline virtues.
- To learn to respond to the needs of others; to respect other races, cultures and religions.
- To celebrate and enjoy experiences of friendship, success, happiness and shared endeavour.
- To create an environment where 'Every Child Matters'.



## Spiritual Life of St Ursula's



As an Ursuline school, everything we do is characterized by St. Angela Merici's lifelong commitment to loving Jesus Christ. Inspired by her example and supported by her prayers we carry on her legacy by learning, sharing and growing together in the love of Christ.

### Sacrament of Reconciliation

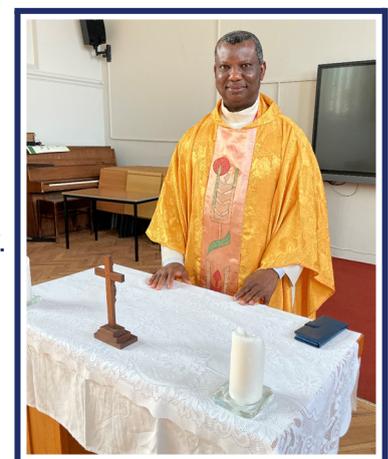
During Advent and Lent all students and staff are given the opportunity to receive the Sacrament of Reconciliation.

### Weekly Mass

Mass takes place every Friday morning at 8.00 am, at Our Ladye Star of the Sea. This Mass is an opportunity to pray for any members of our school community. Key Stage 3 students also attend the Parish Mass on a rota basis taking a full and active part in the service.

### Prayer

Prayer underpins everything we do, but there are many ways to pray and no one way is better than another. At St. Ursula's you will find many opportunities to pray in year group or form group collective worship, small group prayer, or private prayer.





## **Retreats**

All year groups have a retreat day. Some are in school, facilitated by outside providers, whilst others are off-site. Opportunities for day and residential retreats are very important for our students to experience various styles of prayer that are relevant and attractive for their age group. This experience enables them to develop their own spirituality and unique way of relating to God.

## **Outreach**

There is an active Chaplaincy Team which supports the spiritual and liturgical life of the school as well as putting faith into action through charitable outreach in the spirit of SERVIAM.

## **Ursuline Links**

St Ursula's as an Ursuline School has strong links to the worldwide network of Ursuline Schools. We regularly link with other local and international Ursuline Schools sharing our faith, learning and experiences.





## Our Traditions

Every new student and new member of staff in St Ursula's takes the school pledge. This is a very proud moment for our entire school community.

*I hope to be a person  
Who will serve  
Who will pray  
Who will act  
Who will be open Who has courage  
Who is enterprising*

**I am aware that God is near me at all times  
I want to use my talents to make a difference  
I want to reach out to those in need I want to do what is truly right  
I want to challenge wrong and fight for justice  
I want to serve God, my neighbour and my school  
I am an Ursuline  
Today, tomorrow, always**

We also start each lesson with the school prayer:

### St. Ursula School Prayer

**O my God.  
We offer you this lesson  
for your greater honour and glory.  
Holy Guardian Angel watch over us.  
St. Ursula pray for us.  
*Amen***



## Life at St Ursula's

Secondary school life is a little different to that at primary school. You now have a range of subjects to explore throughout each day and you will need to move from one classroom to the next. In order to know which class to go to, you will be given a timetable like the one below. The school day is divided into five lessons known as periods (P1 etc). The School Gate is opened at 8:20 a.m. and Students are expected to be on site by 8:30am for line up.

### The School Day

<b>Start Time</b>	<b>Period</b>	<b>Length</b>
8:40 - 9:40	1	60 Minutes
9:40 - 10:40	2	60 Minutes
10:40 - 11:00	Break	20 Minutes
11:00 - 12:00	3	60 Minutes
12:00 - 13:00	4	60 Minutes
13:00 - 13:50	Lunch	50 Minutes
13:50 - 14:50	5	60 Minutes
14:50 - 15:10	Registration	20 Minutes



## Extra-curricular Activities

At St Ursula's Convent School we recognise that classroom-based learning is just one part of the education process. In striving to develop the potential of individuals to the full, we offer an extensive range of extra-curricular activities which both complement and increase learning opportunities for all students who wish to participate, whatever their age or ability.

Most extra-curricular activities take place in the form of school clubs either at the end of the school day, beginning at 3:15pm - finishing no later than 4:30p.m., during lunch break or before school.

In year 7, we encourage all students to sign up to at least 1 extra curricular activity.

Here is a sample of some of the activities we have on offer.

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <h3>St Ursula's Convent School</h3> </div> <div style="text-align: center;"> </div> <div style="text-align: right;"> <h3>Extra - Curricular Timetable Autumn Term 2022</h3> </div> </div>					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before school</b>		Library 8:00-8:25 (previous booking)	Library 8:00-8:25 (previous booking)	Library 8:00-8:25 (previous booking)	Library 8:00-8:25 (previous booking)
<b>Lunchtime</b>	Library Y7 Music Y7 1:00-1:25: String club  Y8&9:1:00-1:40 String club Badminton Y7 (W1) CGR	Library Y8 Music Y7 1:00-1:25: Guitar club (and basses and ukuleles)  Y8&9:1:00-1:40 String club Badminton Y11 (W1) CGR Basketball Y11 (W2) CGR	Library Y9 Music Y7 1:00-1:25: Music Tech lub  Y8&9:1:00-1:40 String club Badminton Y10 (W1) EWM Basketball Y10 (W2) EWM	Library Y10 Music Y7 1:00-1:25: Piano skills Y8&9:1:00-1:40 Piano improvisation club Badminton Y9 (W1) CGR Basketball Y19 (W2) CGR	Library Y11 Y8&9:1:00-1:40 Jack Petchey Glee Club (invitation only) Informal concert once a half term Badminton Y8(W1) CGR
<b>After School</b>	Homework Club L3 3:15-4:00 Library 3:15-4:00 MFL Club F6 (15:20-16:20) KS3 Writing Club M4 Band Club Netball Y7&8 (W1) CGR Netball Y7&8 (W2) CGR	Homework Club L3 3:15-4:00 Library 3:15-4:00 Orchestra Netball Y9&10 (W2) CGR	Homework Club L3 3:15-4:00 Library 3:15-4:00 Wind band Cheerleading Y7 (EWM) (W1) Cheerleading Y8&9 (EWM) (W2)	Homework Club L3 3:15-4:00 Library 3:15-4:00 Choir Football Y9&10 (AIN) (W1) Football Y7&8 (AIN) (W2)	KS4 Writing Club M4 Library 3:15-4:00 Y11 GCSE Session (W1) Y10 GCSE Session (W2)



## School Meals

The School Canteen is a hub where students get to eat and socialise together. We have an international menu that gives a range of healthy and exciting options. The canteen is open for break time and Lunchtime.

### We use a Cashless Card System:

St Ursula's operates a cashless card system for meal payment. This is further supported by our online payment system called ParentPay. (More information on this on the next page)

### Sample Menu:

# MENU WEEK 1

MON

TUES

WED

THUR

FRI

# SPICE IT UP!

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.

<p><b>MAIN</b> LIVE YOUR BEST LUNCH! £2.00</p>	<p>Penne pasta with a rich bolognese sauce (G)</p>	<p>Chicken tikka masala with pilau rice and Bombay potatoes (G)</p>	<p>Sliced roast gammon served with roast potatoes and garden peas (None)</p>	<p>Chilli con carne with steamed rice, topped with sour cream and crushed nachos (Mk,G,Mu)</p>	<p>Battered pollock fillet with tartare sauce and lemon, served with oven baked chips and peas (Mu,Mk,F,E,G)</p>
<p><b>EDGY VEG</b> MEAT FREE FEASTS! £2.00</p>	<p>Feta and spinach puff pie with a chunky tomato sauce, new potatoes and green beans (Mk,G,E,Cr)</p>	<p>Spinach sweet potato and lentil dahl (Mk,E)</p>	<p>Roast vegetarian loaf served with roast potatoes (G,Mk,E,Ce)</p>	<p>Spinach and cheddar Quiche served with green beans (G,Mk,E,So)</p>	<p>Cheese and onion pie (G,Su,So,Se,Mk,E)</p>
<p><b>GLOBAL EATS</b> A WORLD OF FLAVOUR! £2.00</p>	<p>Jumbo hot dog served with BBQ sauce and sweet potato wedges (G,Su,So,Mk,E)</p>		<p>Chicken pad Thai with sweet chilli sauce (E)</p>		
<p><b>PERFECT PUDS</b> SWEET TREAT! £0.90</p>	<p>Apple and berry crumble served with custard (Mk,G)</p>	<p>St Stephens pudding with custard (G,Mk,F,Se,So)</p>	<p>Chocolate chip banana bread (G,Mk,F,So)</p>	<p>Steamed jam sponge and custard (Mk,F,G,So)</p>	<p>Vanilla ice cream (Mk,So)</p>

**MEAL DEAL**  
Meal deal – Main meal & dessert £2.20

**ALLERGENS**  
 Cr = Dairy    G = Cereals containing Gluten    Mu = Mustard    So = Soy  
 D = Dishes    L = Lactose    N = Nuts    Su = Sulphur Dioxide  
 E = Eggs    Mk = Milk    P = Peanuts    Se = Sesame Seeds  
 F = Fish    Mo = Molluscs

TRY SOMETHING NEW WITH OUR FLAVOUR OF THE MONTH

- MARCH CARAWAY BRITISH PIE WEEK THURSDAY 5TH
- APRIL STAR ANISE ST GEORGES DAY THURSDAY 23RD
- MAY PAPRIKA NATIONAL BISCUIT DAY THURSDAY 21ST
- JUNE CUMIN NATIONAL CREAM TEA DAY THURSDAY 25TH
- JULY CHILLI INDEPENDENCE DAY THURSDAY 2ND

**Our catering company is committed to using fresh, sustainable ingredients. We also have a cold food counter in Hilltops serving a range of sandwiches, baguettes and baked goods.**



## ParentPay

### **Cashless Card System:**

St Ursula's operates a cashless card system for the payment of all things in school. From school trips, equipment, the school water bottle etc.

This is further supported by our online payment system, ParentPay. Please click on the link below.

[www.parentpay.com](http://www.parentpay.com)

Benefits of using parentpay include:

- A simple to use web interface
- An ability to view payment history
- A reduced risk of students losing cash

Further information on how to set this up will be given in due course.

**WELCOME TO  
PARENTPAY**

Trusted Cashless School Payments

Schools – Find out more

Parents – Get started



## FOSTUR - Parents' Association

The Friends of St Ursula's Convent School "FOSTUR" has been created to foster links between school and home. We hope to encourage a feeling of 'community' amongst the parents and carers through its social events whilst at the same time raising funds for the benefit of the students who attend the school. All parents and carers of St Ursula's Convent School students are automatic members of FOSTUR.



# Summer 2023 Update Fundraising news



FOSTUR would like to welcome all new parents and carers to the school and hope we can get to know many of you over the next few years.

Our AGM is planned for the autumn term, please look out for the date. We warmly welcome everyone in our school community to attend.

### Fundraising

Despite being unable to run any events last year we managed to raise over £2,000 from kind donations and online shopping commissions at [easyfundraising.com](https://www.easyfundraising.com). This means that since we launched in 2015, we have raised £45,000 for the school and funded many items, such as IT equipment, garden seating and much more.

We've used our funds this year to pay towards end of term achievement prizes, subsidy for the Christmas lunches, a contribution to the year 11 leavers Prom and a treat for everyone at Christmas.

### 2023/24 events

FOSTUR have plans for this next academic year to return to those events we so much enjoyed in previous years which we hope include the FOSTUR quiz night and potentially a Summer fair.

We are particularly keen for FOSTUR supporters to take part in sponsored events to raise funds for the school. In the past parents and teachers have taken part in public Park running events. FOSTUR can set up sponsorship pages for any event, do speak to us about it!

Please do get in touch on [fosturatse10@gmail.com](mailto:fosturatse10@gmail.com) and come to the AGM if you have any ideas or want to be more actively involved, or follow our Facebook page <https://www.facebook.com/groups/146431592382512/>



**FO  
ST  
UR**

FRIENDS OF  
ST URSULA'S



## Autumn 2022 Update Fundraising news

### There are several ways to support the school through FOSTUR:

- 1) Come along to our meetings or email us to share ideas or volunteer
- 2) Sign up to our shopping commission website at Easyfundraising
- 3) Regular or one-off donations through Easyfundraising. This is set up to automatically pass on gift aid, which means we get **25% extra** for each donation



We have now raised over £1,000 through easyfundraising and Amazon smile since we began! If you do online shopping, please think to click on the links first – all the small amounts add up in no time!

<https://www.easyfundraising.org.uk/causes/friendsofstursulas/>

*We are looking for  
new supporters  
and ideas for  
fundraising.*



Please get in touch on  
[fosturatse10@gmail.com](mailto:fosturatse10@gmail.com)

**Thank you for your future support; it is very much appreciated by the students of  
St Ursula's Convent School.**



## Emotional Wellbeing and Mental Health Vision Statement



As an Ursuline school we commit to promoting positive social and emotional wellbeing, mental health and resilience for students, staff and everyone in our community. We acknowledge that this task must be shared by everyone – governors, staff, students, parents and visitors in a spirit of openness and mutual support.

All members of our community will endeavour to create an environment that is stimulating, secure and provides opportunities for all to grow in knowledge, strength and love.

At times all of us feel worried and afraid...There are many people and organisations who are here to help you.

- If you need to talk to someone about your feelings while at school, you can talk to any of our Designated Safeguarding Leads (DSL) or ANY teacher at any time.
- Your SLT, Pastoral team and subject teachers are always there to help



## Useful Links

If you are at home and need some support try these wonderful websites and helplines who are there for exactly that reason!

### Links to help you:

Click here to contact Child Line:

<https://www.childline.org.uk/get-support/contacting-childne/>

Click her to call the Hope Line at Papyrus: <https://www.papyrus-uk.org/>

Click here to contact the Samaritans:

<http://www.samaritans.org/how-we-can-help-you/contact-us>

Click here to contact SANE: <http://www.sane.org.uk/>

Click here for help with your emotions:

<https://www.childline.org.uk/info-advice/your-feelings/>

Click here for the childline toolbox: <https://www.childline.org.uk/toolbox/>

Click here for help with bullying:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/#explore>

Click here for staying safe online:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

Click here for help with thoughts about self harming:

<https://www.childline.org.uk/info-advice/your-feelings/self-harm/>

Click here for help with gender issues:

<https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/>

Click here for advice with eating problems:

<https://www.childline.org.uk/info-advice/your-feelings/eating-problems/>

<https://www.nhs.uk/conditions/eating-disorders/>

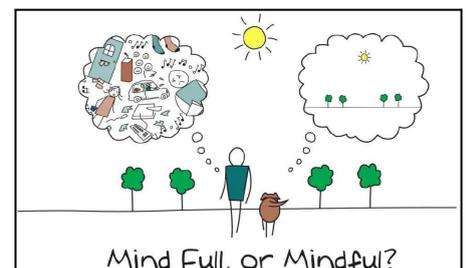
Click here to contact MIND: <https://www.mind.org.uk>

Contact The Charlie Waller Memorial Trust: <https://www.cwmt.org.uk/>

Click here to contact the Education Support Partnership for

Professionals: <https://www.educationsupportpartnership.org.uk/>

Click here to contact the Anna Freud Centre: <https://www.annafreud.org/>





**Please remember that you are not alone – there are many people who understand and are here to help you**

**In the words of our Foundress,**

***“Do something, get moving.  
Be confident, risk new things, stick with it  
and be ready for the big surprises!”***

**St Angela Merici**