

newsletter

May 2023



From the Headteacher

Year 11

Our Year 11 students enjoyed their final formal day in school before exams on Thursday 11 May. As usual, this was a lovely celebration, and it was great that students could dress up. I enjoyed leading their final assembly. They will gather again for their formal 'Prom' in June, to celebrate their exams being over and to be together for the final time as a year group. They are also invited to their Leavers Service at St Mary Redcliffe Church on Tuesday 27 June at 11:30 am.

Year 13

The Year 13 students all enjoyed a wonderful Prom at the Bristol Museum in May. We wish them all well in their exams. We will support all our students into whatever pathway is the best one for them.

Exams

Exams have got off to a well-ordered start. Well done to all our students on being so well organised and prompt. We are running revision sessions and have a study room for those Year 11s who wish to have extra support. They have been notified of the details.

Year 7 to Year 8 Transition

Time flies! We are already approaching the point where Year 7 will be moving up to Year 8 later next term. It feels like only yesterday that we were welcoming them all to St Mary Redcliffe and Temple School, fresh from Year 6. They have been a pleasure to have as a Year 7 group and we know the new Year 8 team will love these students' dedication, care for one another, and passion for learning. In the coming weeks, there will be a detailed handover from Mr Pike (Head of Müller House and Year 7) to the Year 8 team and he will be in touch with families to let you know the dates of transfer to Year 8 tutor groups in the main school, including changing their locker keys and final assemblies.

Community News

We welcomed Mrs Brooker (DT) back from her maternity leave week commencing 15 May, and also welcomed a new Second in DT, Mr Mulligan, to the team. Ms Hale is still part of the DT team but is concentrating on her Main School Careers Lead role, in addition to her DT teaching. We said goodbye to Miss Chan, who was covering some of Mrs Brooker's hours and wished her well.

Mr Whittaker (Head of Biology) will be leaving SMRT at the end of the first week back for a role outside teaching. We wish him well. Our new Head of Biology will be starting in September, along with all our other new recruits! We will provide more information about staff who are retiring or leaving at the end of the academic year nearer the time.

Mrs Parker (RE) is also leaving SMRT during the holiday. We wish her and family all the very best and are keeping them in our thoughts and prayers.

Miss Bugajak is leaving the LSA team at the end of this term, and we wish her well. We have already welcomed Mr Callaghan, Mr Edmundson, Ms Pardie and Ms Gascoyne to the LSA team, so our students with additional needs continue to be well supported. Ms Willmott will be joining the LSA team after the holiday.

We are looking forward to welcoming our new First Aider, Mrs Brown, at the start of next term. She will be working alongside our current First Aider, Miss Obee, for Term 6. Miss Obee is leaving us for a course at UWE at the end of the academic year so will be doing an extended handover with Mrs Brown.

Del Planter, Headteacher

Articles of Faith Exhibition

To my knowledge, this is the first time works from the Methodist Modern Art Collection have been exhibited alongside art/artefacts from other faith traditions. The title of the exhibition 'Articles of Faith' suggests those beliefs which people of faith hold close to our hearts. Last term a number of our students submitted work to the Articles of Faith school competition where their work was exhibited and open to the public in parallel to the main exhibition in the undercroft at Victoria. The competition was open to all secondary school students across Bristol. Many thanks to all



those who took part, it takes a lot of courage to submit work and participate in an exhibition.

An extra congratulations to Amy, Nancy, Cherubin, Rachel, Emily and Maisy for their submissions and being Highly Commended with awards. Finally, we are delighted to share the 1st place winner for secondary schools from SMRT Toyah with her interpretation of Life and Death - A massive congratulations for her outstanding piece of work.

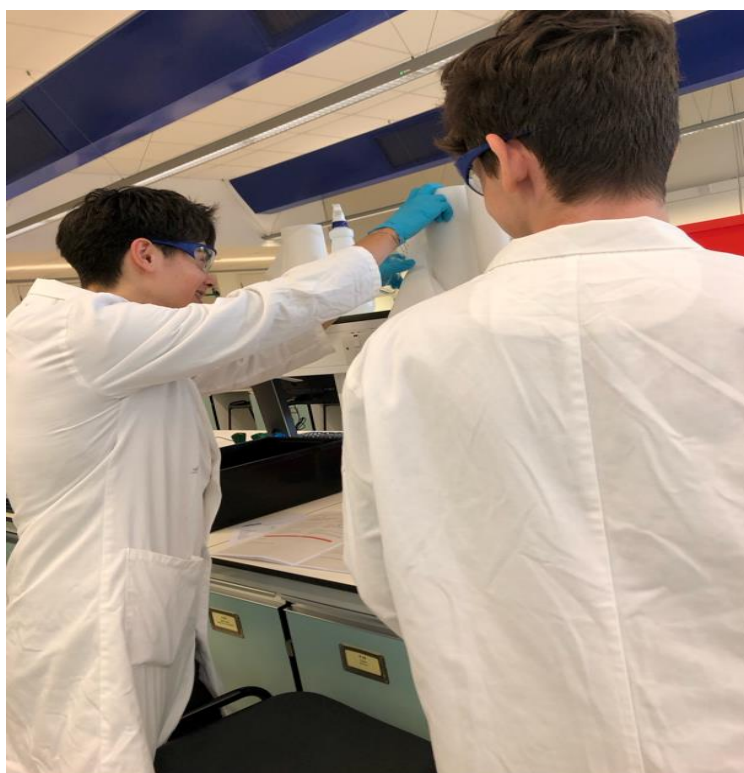
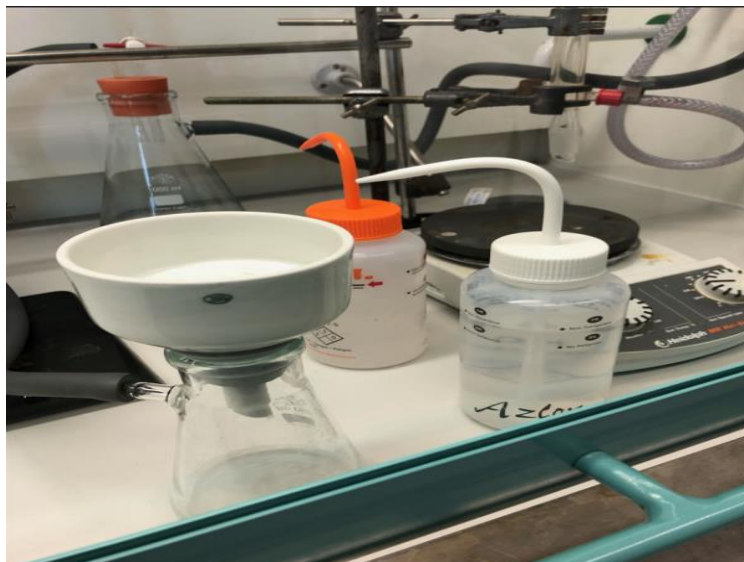
The Art Department

Miss Guttridge

The Salter's Festival of Chemistry - Discovery Day Wednesday 10th May

Our discovery day took place at Bristol University, where we were able to carry out an undergraduate practical chemistry experiment. The day started with a question-and-answer session about exciting developments in Chemistry. We then spent 2 laboratory sessions synthesising and purifying aspirin. We finished the day by taking part in a question-and-answer session about career opportunities in Chemistry. The discovery day allowed us to appreciate the potential of Chemistry and the opportunities that exist working in Science.

B Barrie, T Farirai, A Shaw, R Hope (Year 10)
and Mrs Richards



Mrs Richards

Dates for the Diary

[Click here](#) to visit our website calendar for up to the minute dates.

June 2023	
Mon 5 Jun	1 ST Day of Term 6
Tue 6 Jun	Year 9 Reports Home
	Pentecost Service (SMR)
Wed 7 Jun	Year 10 Geography Trip – Holford
Thu 8 Jun	Year 10 Parent/Carer Study Skills Evening
Tue 13 Jun	Friends of SMRT Meeting @ 7pm
Wed 14 Jun	Year 10 Geography Trip -Holford
Mon 19 Jun	Year 10 Internal Exams begin
Wed 21 Jun	Year 12 PE Trip to Bath University
Thu 22 Jun	Year 12 Art Exhibition begins
Fri 23 Jun	GCSE Exams Finish
	Y12 Birmingham University Trip
Mon 26 Jun	Beginning of Inter House Spelling Bee
Tue 27 Jun	Y11 Leavers Service @ 11:30
	SEND Parents Group Meeting
Wed 28 Jun	Community Coffee Afternoon
	Y6-Y7 Induction Evening
Thu 29 Jun	Y11 Prom
	Y12 Gradesheet Out
	Y12 Oxford University Trip

The full school calendar will be available [here](#) on the school website (School Life, Calendar). While correct at the time of publication there are occasional changes to the dates above, so for the latest information please refer to Options Form In the calendar on the website. If you don't have computer access and would like to receive a paper copy of the Newsletter, please contact Mrs Long at Visitor Reception on 0117 3772100 ext 250. St Mary Redcliffe & Temple School, Somerset Square, Bristol BS1 6RT
T: 0117 3772100 | enquiries@smrt.bristol.sch.uk



Anna Freud
National Centre for
Children and Families

Talking mental health with young people at secondary school



**Some advice for
parents and carers**

It's good to talk

"The teenage years are both exciting and challenging to parents and children. Children start to see a future independent of their parents while parents have to find new ways of protecting a young person who may choose to turn to peers rather than parents for support."

This period can be a confusing and testing time which can be hard for parents. Most young people navigate their way through adolescence. However, for a small number of children problems can become persistent and can threaten the connection between parent and child. Talking early on, before problems become too ingrained, almost always helps.



Sometimes we stop talking because we don't know what to say. We hope this leaflet may help. Of course, we all know that it's not always possible to talk, but it is always good to make the offer. Sometimes supportive friends or a trusted adult – perhaps a teacher – can help. Professionals are there, but even if their help is required, it is still good to talk."

Professor Peter Fonagy, CEO of the Anna Freud National Centre for Children and Families

Mental health and wellbeing during secondary school

As parents and carers, it can be hard to know whether your child's feelings and behaviour are normal or becoming a problem. This is especially during adolescence when young people can feel a great deal of pressure and increasingly want to loosen their family ties.



Young people's need for independence is partly due to changes in brain development. This makes reading and understanding others more difficult than when they were younger. This can leave parents feeling that young people are in a world of their own, when actually they can be struggling to understand themselves and others!

A rollercoaster of changing emotions and feelings that come and go is completely normal at this age. Feelings and moods that become a problem are those which last a long time, become overwhelming, and stop your child from doing what they want to in their lives.

We know that having strong relationships lies at the heart of good mental health. As parents and carers we also have our own stresses such as money, job security and juggling family demands. These can put pressure on our capacity to respond sensitively to our children.

Talking can be a helpful way for young people to manage their wellbeing as it helps them to make sense of and manage difficult experiences and feelings.



Top tips for talking

- ★ **Give your full attention, be curious and take it seriously.** We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.
- ★ **Emphasise that you are always available to talk.** It may be that your child doesn't want to talk, can't find the words at the moment or is trying to assert their independence. But don't be misled by your teenager's need for separation. They need you just as much as ever.
- ★ **Take time to reflect.** Research shows that thinking about what is going on in your child's mind and being aware of your own thoughts and feelings promotes secure attachment, good social skills and the ability to 'read' others.
- ★ **Provide empathy.** When children feel truly understood they start to be able to manage their emotions and this has a big impact on their wellbeing. Using empathy is also a great way to defuse tension.
- ★ **Be aware of your own stress and negative feelings.** They can really get in the way of feeling close to your child. Reflecting on the causes of stress can prevent it from spilling into your relationships at home.
- ★ **Think about timing.** Ask yourself 'Is this the right time to talk?' Choose a time when you can focus on your child and ignore distractions.
- ★ **What should I do if I am worried?** You can find some advice and guidance listed on the back of this leaflet. In particular, MindEd for Families provides comprehensive information on a range of mental health problems. If problems persist, become overwhelming or you feel your child is displaying particular symptoms, we strongly recommend that you visit your GP.



Where can I find advice and guidance?

Child in Mind: a series of podcasts we have developed at the Anna Freud National Centre for Children and Families. They feature BBC Radio 4 presenter Claudia Hammond interviewing our clinical experts, and have been shortlisted for the Mind Media Awards. They are freely available at www.annafreud.org:

- The adolescent mind
- What is therapy and how does it work?
- Why do some people self-harm?
- What is trauma and how does it affect the brain?
- Is medication for mental health problems safe?
- The impact of sexual material online
- What do we know about anxiety and what can parents do about it?
- What is ADHD and what help is available for children with ADHD?
- What do we know about eating disorders and how to cope?



ChildLine for 18s and under
0800 1111

Youth Wellbeing Directory
youthwellbeing.co.uk

Anna Freud National Centre for Children and Families
www.annafreud.org

YoungMinds Parent Helpline
0808 802 5544

NSPCC 0808 800 5000

The Mix www.themix.org.uk

MindEd for Families
www.minded.org.uk/families

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

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Tuesday 30th May 5-7pm / Tuesday 18th July 5-7pm

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Share your Bristol!

Our students travel from all over the world to our school to learn English. Staying with a host is an excellent way for them to improve their English and learn about British culture. It is often the most enriching part of their trip.

Our hosts find the experience rewarding and inspiring too. They enjoy the company and cultural exchange. Over the years, our hosts have made long-term international friendships, been invited to weddings and holidays, and inspired their children to learn languages and work abroad!

Hosting is different from letting out a room. Hosts usually provide breakfast and dinner for their student and welcome them as a full member of their household, eating and sharing experiences together.

Does this sound like something that would fit in well with your lifestyle?

If you have any questions, please get in touch!

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