



8th March 2024

Dear Parent/Guardian,

Camogie

Our junior camogs match has been rearranged to **Wednesday 13th March**. Back to back finals, wow what an achievement! We wish them, Mrs Lavery, Miss Quigg and Mrs Johnston the absolute best of luck in their game. A huge thank you to Mrs Lavery, Miss Quigg and Mrs Johnston for their continued hard work, and commitment to the girls. They are incredible ambassadors for our College and we are so proud. Safe travels and good luck.

We are running **supporters buses** to the match. Cost is £20. Priority will be given to Year 11 and 12 pupils. Money should be paid to Mrs Higgins on Monday 11th at breaktime.

The College cannot accept any responsibility for Sixth Formers who travel to the match by car.

Contacting the College

We appreciate that parents may want to contact the College about concerns or when issues have arisen. Please remember that this should be by a phone call to the Head of Year or via the school email info@stpatricks.maghera.co.uk **Please don't email a member or staff directly or approach them outside of school to discuss concerns about events in school.** We appreciate your support with this.

Key Stage 4 and 5 After School Study Club

The Study Club is open to all pupils in Years 11 - Year 14. It will commence on Monday 26th Feb from 3.35pm – 5.30pm and will provide a quiet space for

pupils to revise for their upcoming GCSE, AS and A-Level examinations. Pupils are only allowed to be in the centres (not around the school). There will be refreshments provided for pupils therefore pupils will not be allowed out to shop before the study sessions. If pupils are unable to stay until 5.30pm they must let the supervisor know.



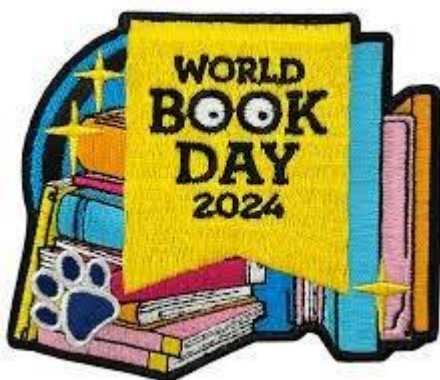
Season of Lent

Mass will take place during the Season of Lent every Wednesday in the St Patrick Site Oratory at 8:40am. Staff and pupils are welcome to attend.

Trocaire:

In the St Patrick's building the Year 13 Pope John pupils will carry out a spare change collection every Wednesday and Friday at the beginning of Period of 5 during the season of Lent.

In the St Mary's building the class captains will carry out a spare change collection every day during period 5.



World Book Day Token attached

Year 8 will celebrate World Book Day after they have completed their Track 2 exams , **on 15th March.**

Pupils are asked to dress up as their favourite book character – you do not have to buy new costumes – recycle or make a costume. Join

up with your friends and create several characters – like wearing your pyjamas for the ‘Midnight Gang’.
Year 8 pupils will also be completing lots of fun activities in class!

READATHON:

The English department are delighted to announce that we are running a *Read for Good* sponsored Readathon for our year 9 pupils as part of World Book Day.

Pupils will receive their Readathon sponsor sheet in school. Alternatively, sponsors can click on the link, <https://readathon.my.salesforce-sites.com/sponsor>, search for St. Patrick's College, and donate online. All donations will go toward providing much-needed books and storytellers for your nearest major children's hospital.

Thank you for your continued support.

Dates for the Diary

18th March	St Patrick’s Day – school holiday
19 th March	Parents Days for Y10-14 (Surname A-Mc) Year 8 and 9 pupils should remain at home
20 th March	Parents Day for Y10-14 (Surname Mc-Z) Year 8 and 9 pupils should remain at home
28th March – 5th April	Easter Holidays
9th – 12th April	Track 3 Assessments Years 11-14
28th – 31st May	Track 3 Assessments Years 8-10
30th November	60th GALA DINNER in the Crown Plaza Belfast

Parents Days 19th and 20th March for Year 10-14 (Sports Hall)

19th March session 1 from 9.00am to 11.00am Surname A-Dillon

19th March session 2 from 11.15am to 1.00pm Surname Doherty - Hyndman

19th March session 3 from 1.35pm to 3.35pm Surname Johnston - McCusker

20th March session 1 from 9.00am to 11.00am Surname McDermott - McMurray

20th March session 2 from 11.15am to 1.00pm Surname McNally – O' Kane

20th March session 3 from 1.35pm to 3.35pm Surname O'Loughlin – Z

Pupils have been assigned to a session to avoid overcrowding.

Where possible please come to the appointed session.

Please allow staff to have their breaks from 11.00am to 11.15am and 1.00pm to 1.35pm.



Friends of St Patrick's

26th March

The PTA are hoping to hold a disco night in SMB for Y8 pupils. To be able to run this event we will need approximately 10 volunteers to make it safe and effective. If you are able to help us out, please let us know, particular if you can DJ!

15th June

As part of the 60th anniversary, the PTA would like to run a community event on June 15th. Again for this to be successful we would need volunteers to man stalls and collect money. We would also be interested in providing opportunities at our summer fun day for catering or for other relevant local businesses to hire a spot. Again if you are able to help please let us know. Finally if anyone knows a business who could sponsor the event to allow us to invest in more activities that would be great!

Have a lovely weekend

Mrs K Crilly

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



#WakeUpWednesday

The National College

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