

St Mary's Catholic School



Parent and Carer Information Session
Monday May 18th 2026

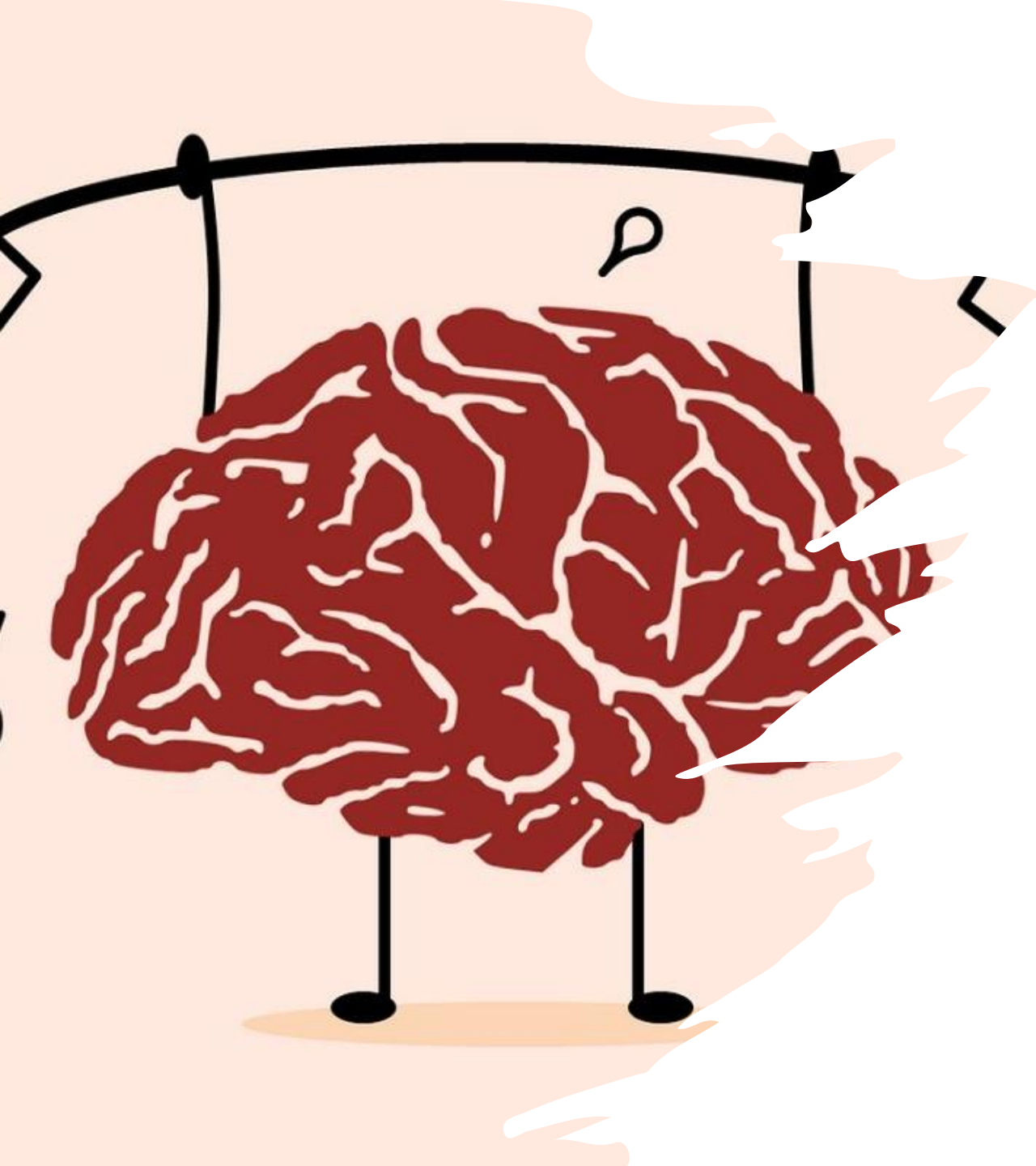
Parental Safeguarding Session

Explore some key safeguarding updates around:

Resilience

Mental Health

Making the Most Out of School Life

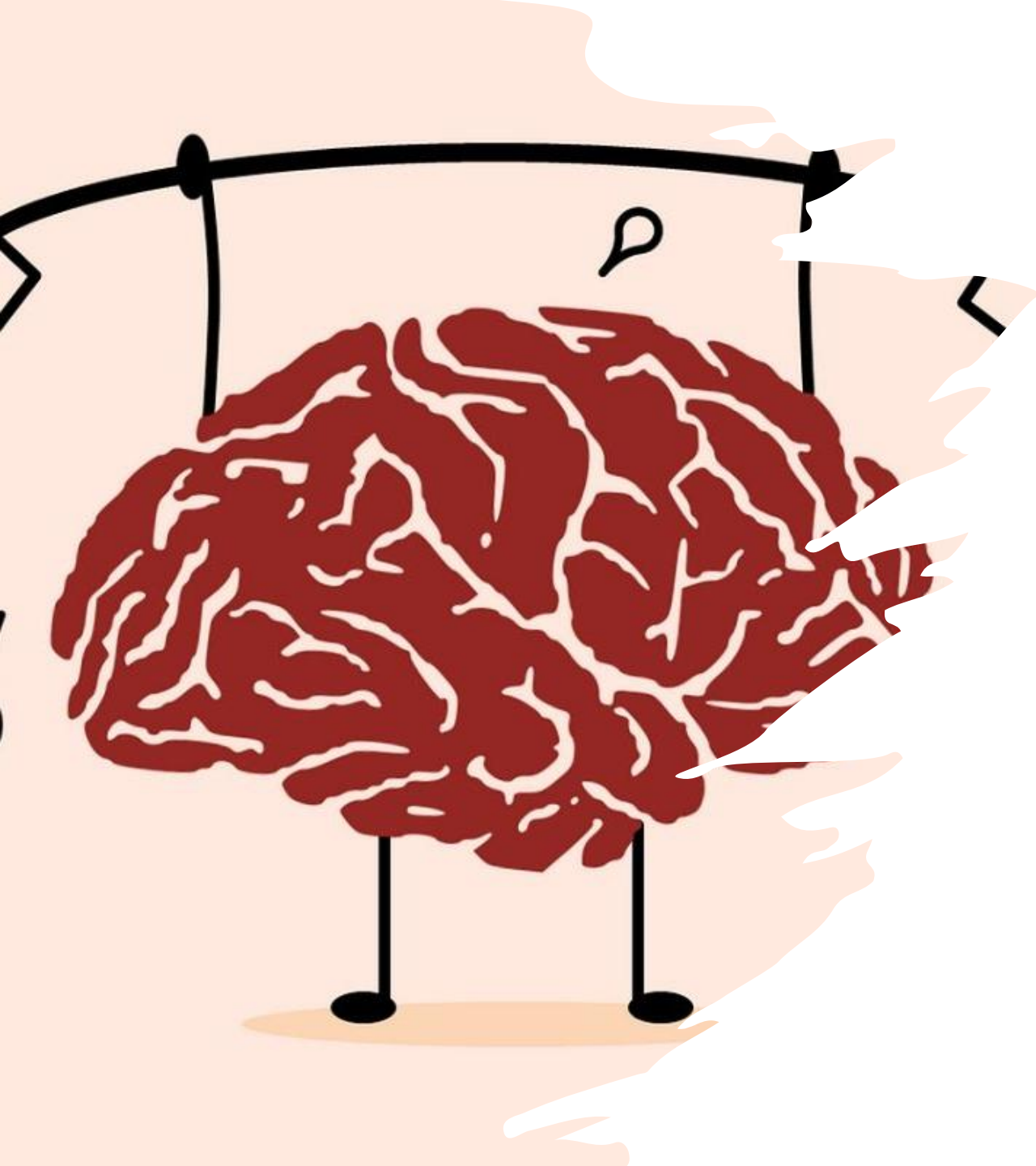


Why are resilience and mental health so important?

According to the Children's Society, 1 in 6 5-16 year olds have a mental health problem

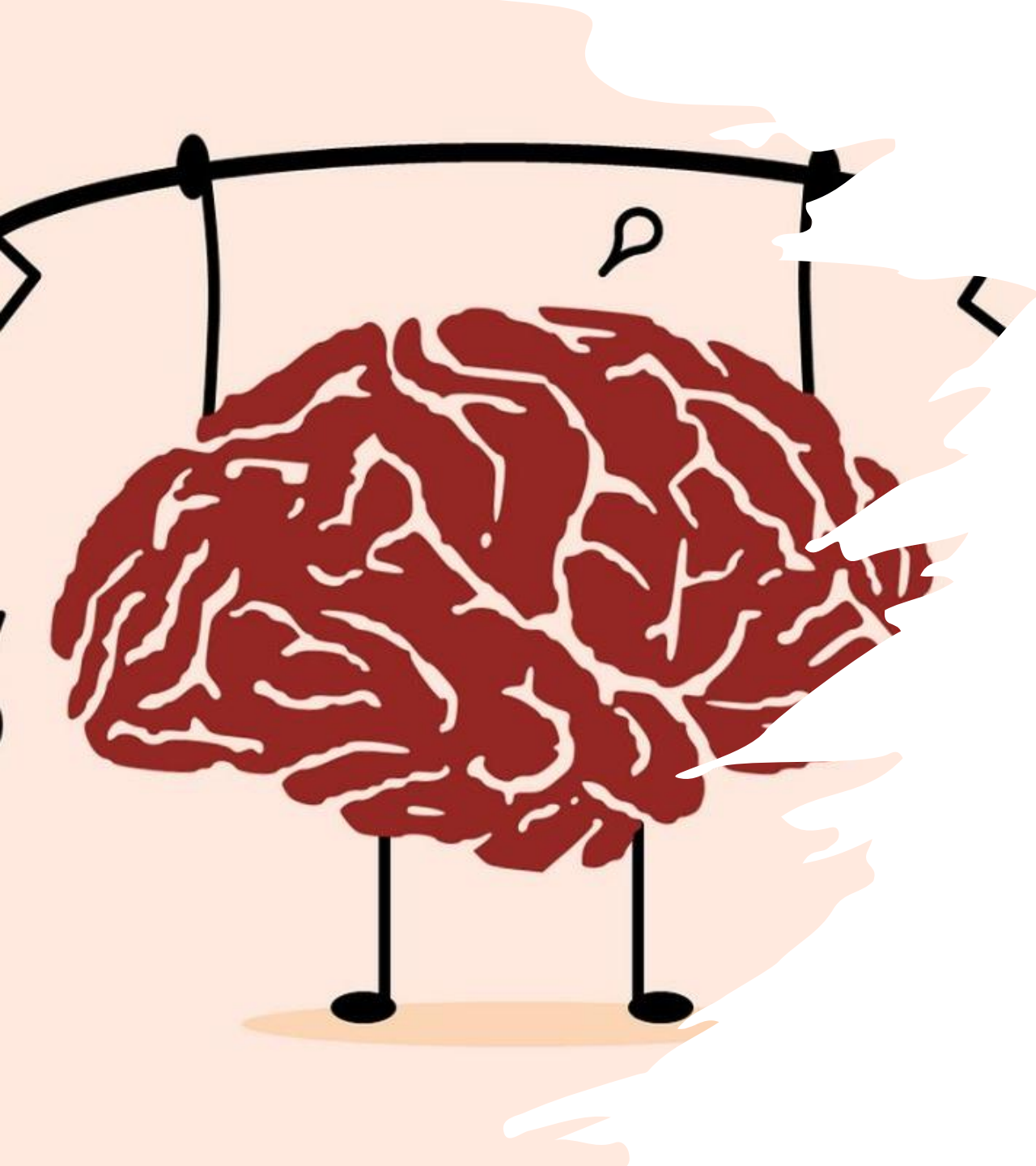
50% of mental health problems start by the age of 14

Poor mental health and its impact on attendance impacts education and children's futures. Department for Education research suggests persistently absent students could earn £10,000 less at age 28 compared to students with near perfect attendance.



What are some common reasons for poor mental health in school?

- Friendship difficulties
- Social media use
- The busy school environment
- Overwhelmed by workload(including homework)

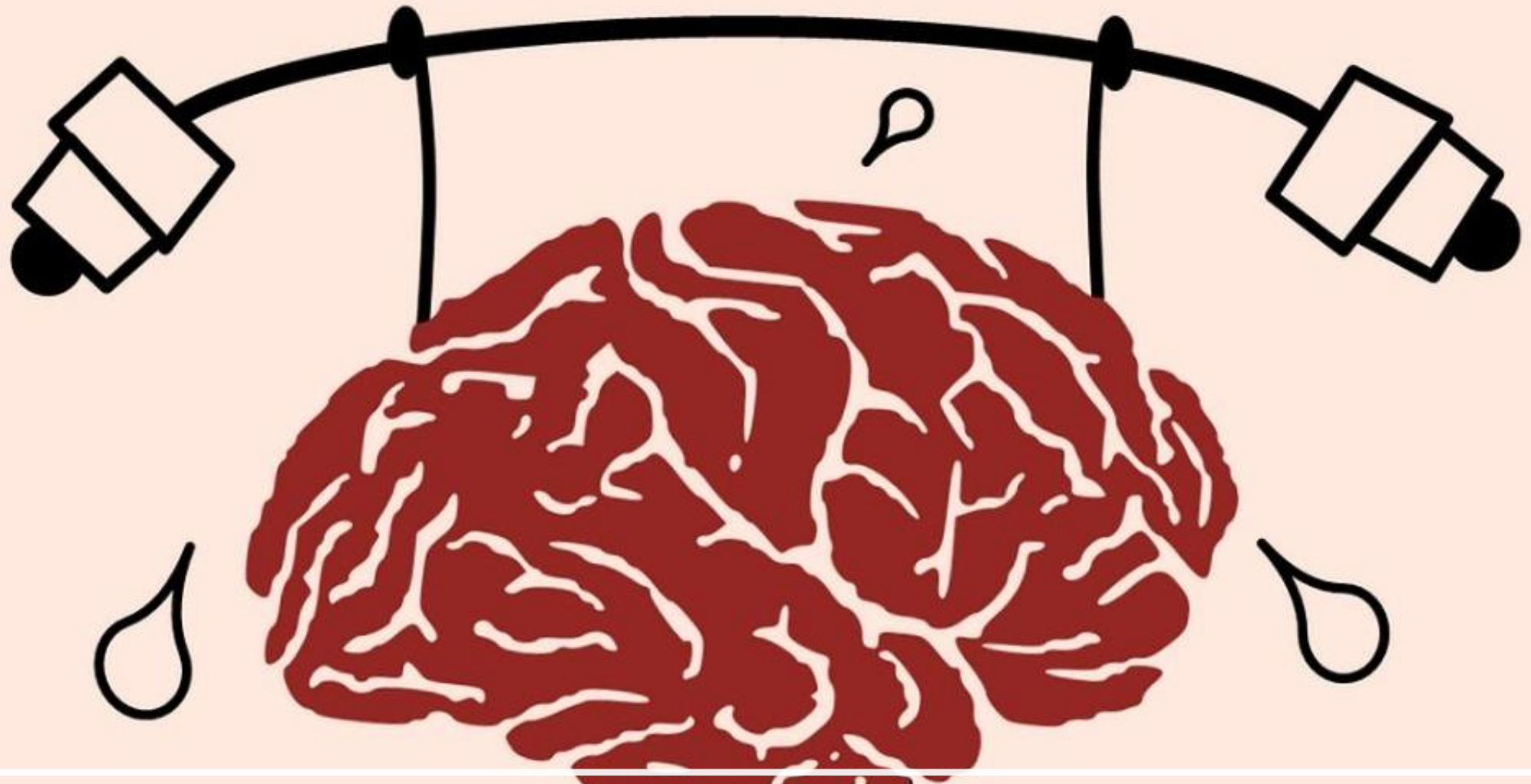


What additional support is available?

0-19 School Health Services

Counselling Services

Wellbeing drop-in



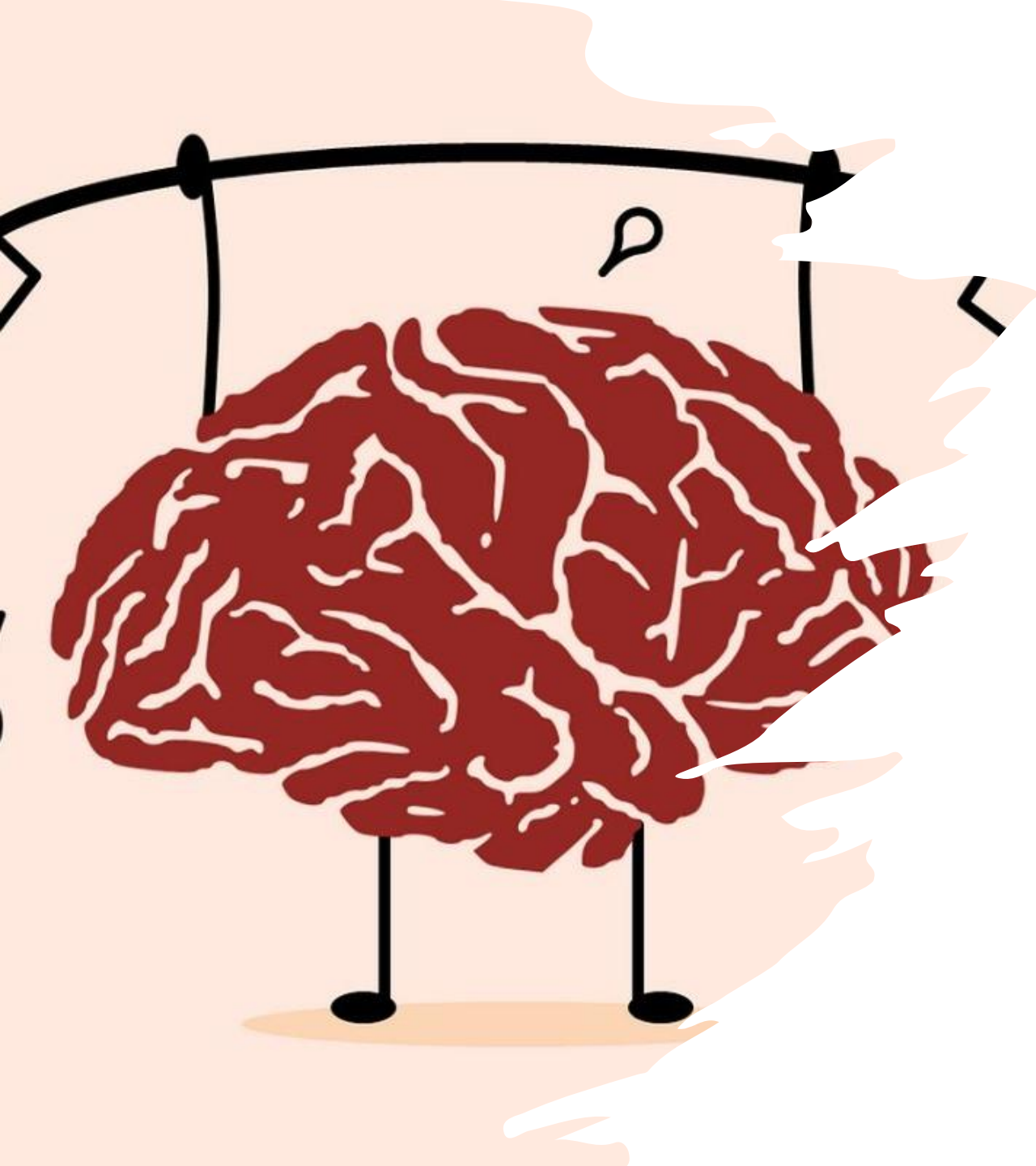
What are the characteristics of a resilient student?

Self- awareness	Self- management	Social awareness	Relationship skills	Responsible decision making
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In their report, *Improving social and emotional learning (in Primary Schools)*, the EEF outline these core skills a resilient learner has.

Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision making
<ul style="list-style-type: none">• Encourage students to identify their emotions• Promote confidence through praise and celebration of achievements	<ul style="list-style-type: none">• Create manageable, achievable goals for learners• Encourage impulse control strategies (time-out)	<ul style="list-style-type: none">• Encourage students to show empathy• Explain how others may feel due to their actions	<ul style="list-style-type: none">• Promoting teamwork in lessons• Joining clubs and teams• Modelling positive communication	<ul style="list-style-type: none">• Identifying problems• Analysing solutions• Reflecting

How can we promote the core skills in our practice?



Key strategies to promote resilience and support mental health...

Excellent student-teacher relationships (*clear routines and expectations, as well as understanding of individual needs*)

Nurturing friendships

Encouraging excellent attendance

Promoting wider curriculum opportunities

Making the Most Out of School Life



School life is more than lessons.

Students flourish when they:

Feel that they belong

Take part in the wider life of school

Build positive relationships

Develop confidence and independence

Serve others and contribute to the community

Learn how to manage challenges



We want students to develop:

Character — integrity, kindness, responsibility

Confidence — the courage to try and contribute

Resilience — coping with setbacks and challenges

Relationships — building positive connections with others

Purpose — understanding their gifts and how to use them

Service — contributing to the good of others



Our Catholic ethos shapes how we live,
learn and treat one another.

At the heart of our school community is
the belief that every person is:

Loved by God

Created with dignity and worth

Called to use their gifts for good

Responsible for others

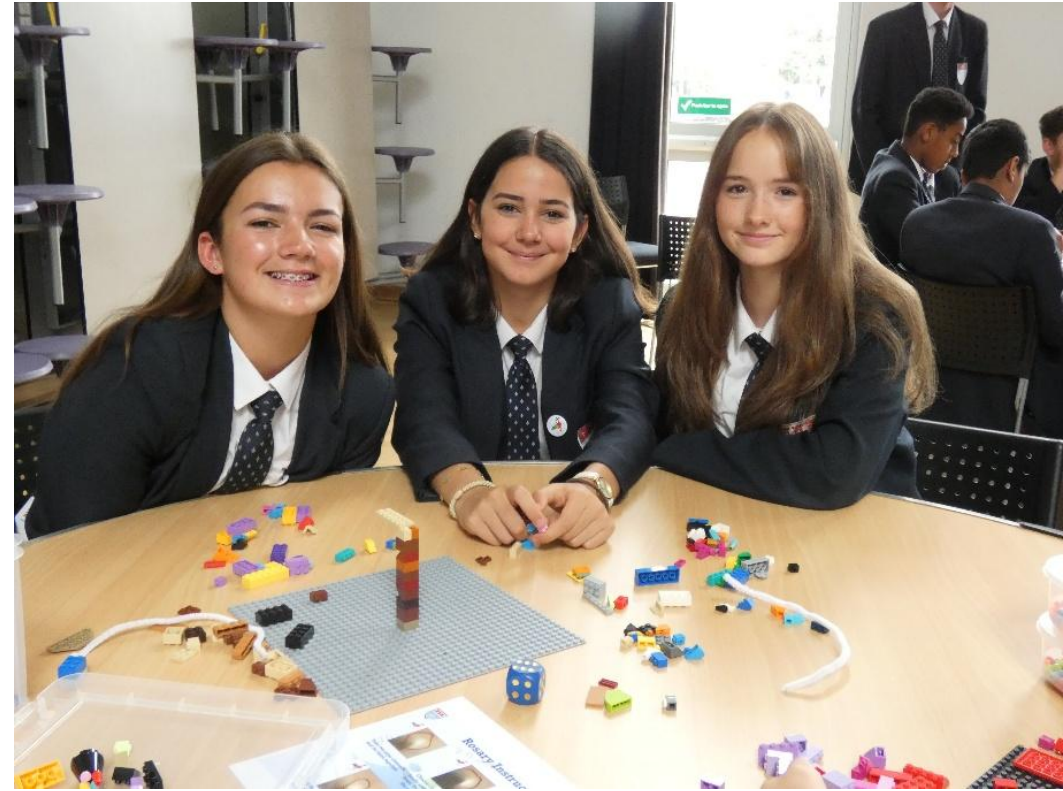
Invited to grow in faith, hope and love



Shining together in faith, joy and love.

Students shine in faith when they:

- Understand that they are valued and loved
- Reflect on the kind of person they want to become
- Make choices guided by conscience
- Show respect for the dignity of others
- Take part in prayer, reflection and the life of the school community
- Recognise that their gifts can be used to serve others



Shining together in faith, joy and love.

Joy is found in belonging, participation and gratitude.

Students shine in joy when they:

Feel part of the school community

Take part in clubs, events, trips and activities

Celebrate the success of others

show enthusiasm and positivity

Develop friendships and shared memories

Learn to be grateful for opportunities



Shining together in faith, joy and love.

Love is shown through service, kindness and responsibility.

Students shine in love when they:

Treat others with kindness and respect

Forgive and repair relationships

Serve the school and wider community

notice those who need support

Use their words carefully

Understand that their actions affect

others



Character is formed through daily choices.

Students develop character when they:

Show respect

Take responsibility

Speak truthfully

Keep going when things are difficult

Apologise and make things right

Choose kindness even when it is hard

Act with integrity when no one is

watching



The wider life of school helps students discover their gifts.

Opportunities may include:

Clubs and societies

Sports teams and performing arts

Trips and visits

Volunteering and charity work

Competitions and challenges

Mentoring and leadership roles

Careers and personal development activities



Leadership is about service, not status.

Students grow when they ask:

How can I help?

Who needs my support?

What can I contribute?

How can I make our school better?

What example do I want to set?

How can I use my gifts for others?



Trips and visits are a vital part of students' personal development.

They help students to:

Experience learning beyond the classroom

Develop independence, confidence and resilience

Build stronger friendships and year group identity

Encounter culture, history, languages, nature and the wider world

Try new experiences that may stay with them for life

Develop responsibility, teamwork and leadership through opportunities such as The Duke of Edinburgh Award

Examples include:

University visits, theatre trips, cultural visits, Spanish restaurant visits, Thurston in Year 7, Barcelona in Year 8, Ski Trip in Year 9, Battlefields in Year 10, Edinburgh in Year 12, and DofE.



Growth often happens when students are gently challenged.

Students may need encouragement to:

Join a club

Attend a trip

Speak in front of others

Apply for a leadership role

Make new friends

Ask for help

Try again after disappointment



We want students to leave us as people of faith, character and purpose.

The wider life of school helps students

develop:

communication

independence

empathy

teamwork

leadership

responsibility

self-awareness

confidence in new situations

commitment to serving others



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Badminton Ys 7,8 & 9 (A); Ys 10 &11 (B) Sports Hall	Book Club All Years G04	Arts Award Years 7, 8 & 9 F02	Debate Club Years 7, 8 & 9 G15	Cinema Club All Years Inclusion
	Easter Crystal Club All Years F04 (Week B)	Chamber Choir Years 9, 10, 11, 12 & 13 S05	Choir All Years G17	Community Outreach Club All Years F01 (Week A)	Colouring Club All Years F17 (Week A)
	Horrible Histories All Years F15	Christian Union All Years G16	Drama Club Years 7, 8 & 9 G25	Geography Club All Years F21	Film Club Years 9, 10, 11, 12 & 13 G08 (Week B)
	Medicine & Dentistry Year 13 S07	Computing Club (Girls) All Years F20	Handball Years 7 & 8 Sports Hall	Handball Years 9 & 10 Sports Hall	Football Years 10 & 11 Sports Hall
	Mindfulness All Years Inclusion	Dance Club Years 7, 8 & 9 F31	Historical Fiction Club Years 7, 8 & 9 F17	Languages Club Years 7, 8 & 9 S05	History Board Games Club Years 7, 8 & 9 F16
	Polish Club All Years G05	Football (Girls) All Years Sports Hall	Oxbridge Year 12 S07 (Week B)	Resilience All Years Inclusion	Orchestra All Years G17
	Python Club Years 7, 8 & 9 F20	German Club Years 7 S04	Physics Coding Year 12 & 13 F21	Table Tennis Ys 7,8, 9 (A); Ys 10,11 (B) Activity Studio	Poetry Club All Years G07
	Red Castles (Band) All Years G17	Lego Club All Years Inclusion	Scrabble Club All Years G03		Rosary Club Games All Years Chapel
	STEM Club Years 7, 8, 9 & 10 F30	Japanese Club Years 7 & 8 G22	Social Skills All Years Inclusion		Science Media Club All Years F26/27

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime		Reading Club Ys7-9 (A); Ys10-11 (B) G04	Subbuteo All Years G16		Warhammer Club All Years F00
		Star Wars Club Years 7, 8 & 9 G13 (Week B)	Tech Titans Years 10 & 11 F20		Wilding Group All Years G12
			What Went Well All Years G15		

	Monday	Tuesday	Wednesday	Thursday	Friday
After School	Basketball All Years Sports Hall	Netball Years 9 & 10 Sports Hall (Week A)	Arts Award Years 7, 8 & 9 F02	Creative Writing Club All Years G10	Badminton Ys 9, 10, 11 (A); Ys 7, 8 (B) Sports Hall
		Netball Years 7 & 8 Sports Hall (Week B)	Chess Club All Years Library	Football (Boys) Year 8 Sports Hall (Week A)	Boccia Years 7, 8 & 9 Dance Studio
			Football (Girls) All Years Sports Hall	Football (Boys) Year 9 Sports Hall (Week B)	Dungeons & Dragons All Years G22/23
			Podcast Club Years 7-10 G06	Netball Years 9, 10 & 11 Tennis Courts	
				ORBYTS Club Year 10 F21	

Thank you so much for attending this 'Parental Safeguarding Briefing'. We really hope that the information shared has been helpful and informative.

If you do have any questions, please feel free to contact school anytime or pose a question in the chat facility. Please ensure questions do not mention any students or staff by name.

If you are ever worried about your child, please contact school. We are here to help. Thank you for your continued support.