



Welcome from the Head of School



In this edition of the St Patrick's Catholic College newsletter, we reflect on the importance of developing the whole person and continue to celebrate the wonderful individual successes of our school community.

Our pupils have taken time to enhance their culinary skills, we have given praise to our young people in their extracurricular events and, most importantly, we have paused to allow self-reflection and guide our pupils on their own spiritual journey.

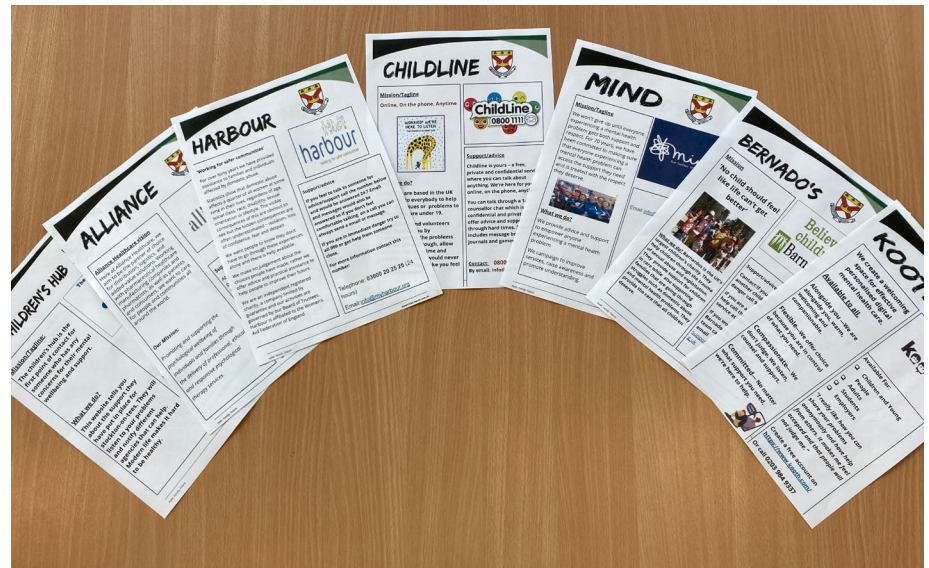
I am always proud of our pupils, as every day they demonstrate growth, strength and resilience to make the progress they are capable of.

I am also proud of the staff who continue to develop their own practice to ensure pupils get the best possible learning experience.

Finally, I hope you all enjoyed the half-term break. We all look forward to helping our school make even more progress in the weeks ahead.

Deborah Law
Head of School

Growing Together during Children's Mental Health Awareness Week



The theme of this year's Children's Mental Health Week was "Growing Together", highlighting the importance of growing emotionally and finding ways to help each other thrive.

Throughout the week we encouraged both staff and pupils to reflect on how they have grown and how they can help others grow.

Challenges and setbacks can help us to grow and adapt and trying new things can enable us to move beyond our comfort zone into a new realm of possibility and potential.

However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a little bit "stuck".

One in six children and young people have a diagnosable mental health problem and many more struggle with challenges ranging from bullying to bereavement.

Research shows that 75 per cent of mental illnesses develop before a person's 18th birthday. We also know early preventative support can help stop a child's mental health from deteriorating.

To promote positive mental health in

school and the wider community, our house captains were asked to create a range of supportive resources to be displayed in the dining area.

These information leaflets provided pupils with key facts about different agencies offering mental health support.

The leaflets also gave details of how to make contact if anyone felt the need to reach out for some extra help.

We also asked staff and pupils to tell us how they manage their own mental health and then made a video of the responses, which included activities such as playing sport, listening to music, reading and going to watch football.

Mental Health UK recently launched Parenting Hub, an online community for parents and carers to get information and access to peer support.

Visit parentinghub.clic-uk.org for more details.

STAFF ADD EXPERTISE TO DEVELOPMENT PROGRAMME



More and more teaching staff have been delivering aspects of our continuing professional development based upon their own strengths and expertise.

Mr Stubbs, Mr Dixon, Miss Holdsworth, Mrs Willis and Mrs Greathead have recently led "Plug and Play" sessions to their colleagues, helping effective teaching and learning in St Patrick's go from strength to strength.

Salmon gift is catch of the day!



In a national first, we recently took delivery of a free consignment of wild Alaska pink salmon for our cookery and nutrition pupils.

The gift is part of the Fish in Schools Hero programme, which is ran by the Food Teachers Centre in partnership with the Alaska Seafood Marketing Institute.

It aims to ensure that every child gets a chance to prepare, cook and eat fish before they leave school.

Mrs Greathead successfully applied for the scheme, resulting in a delivery of 40 quick-frozen salmon supremes worth £54!

She is currently planning some dishes for pupils to cook this half-term.

Marvellous myths come to life in English and art



Year 7 pupils created some wonderful creative writing and art in a collaboration between the English and art departments based on Greek mythology.

In English, pupils read Greek myths that were used to inspire their own writing.

Jayne Elwell from the Northern School of Art then delivered workshops in art classes to help pupils create representations of Greek mythological figures such as Hades, Icarus and Medusa using air dry-clay, textiles and lino prints.

Their creations will be displayed in an exhibition later this year.

COUNTY'S CALL FOR YEAR 9 NETBALL STARS

Two of our Year 9 girls, Leah B and Millie R, have been nominated to take part in the South Durham and Cleveland netball trials.

Leah and Millie's impressive talent and commitment was spotted by the scouts and they have now been given the chance to earn representative honours.

A huge well done to both girls for this excellent achievement - we'll all be right behind you in your trials!



ASPIRE PROGRAMME HELPS PUPILS REACH FULL POTENTIAL



High quality online learning opportunities for Year 10 & 11 students who want to **DO MORE | BE MORE | ACHIEVE MORE**

A wide range of academic subjects will be offered as part of the Aspire programme. Lessons will be delivered by subject experts, every Tuesday and Thursday 4-5pm on Google Classroom. To find out how to take part, go to:

npcat.org.uk/aspire

Year 10 and 11 pupils are being encouraged to take part in the NPCAT Aspire programme to help them reach their full potential.

The programme - which runs every Tuesday and Thursday from 4pm to 5pm - offers pupils throughout the trust high-quality online learning opportunities from the comfort of their homes, with the aim of helping them do more, be more and achieve more.

Lessons are delivered by subject experts and take place on Google Classroom.

School community gathers to mark Holocaust Memorial Day

The St Patrick's community gathered to reflect on the Holocaust and subsequent genocides as we marked Holocaust Memorial Day.



The Holocaust threatened the fabric of civilisation, and genocide must still be resisted every day. Our world often feels fragile and vulnerable and we cannot be complacent.

Even in the UK, prejudice and the language of hatred must be challenged by us all.

Our Catholic Life Ambassadors wrote a special prayer based on this year's theme, "One Day".