



Dear Parents,

Our students have shown great resilience in the last couple of weeks, coping with the snow, exams, assessments and seasonal sickness. In response to some queries, we have identified indoor areas for lunchtime that are being used in the event of severe cold weather.

The weather has not stopped a huge variety of activities taking place that have complemented and enriched our curriculum, as you can read in this newsletter.

We were delighted to see that the Sunday Times has placed BUCHS third in its ranking of non-selective schools in the Eastern Region. This is based on absolute results, not the progress measure that we believe is a more accurate representation of the quality of education being received, but nevertheless we are pleased to be ranked 247th in the whole of England, an improvement from 283rd in 2020.

This Christmas we say farewell to Mr Fernandez (Spanish), Mrs Anjum (science) and Mr Gibbs (art). In January we welcome back Ms Overton-Smith (science) and welcome Ms Rodriguez (Spanish). We also say farewell to Mrs Lewis (data administrator) and Mr Ravi (Chaplain), but welcome to our new Chaplain, Ms Gillespie.

Since our comprehensive Kirkland Rowell survey 12 months ago, we have been carrying out extensive follow-up student voice surveys as part of our quality assurance processes, listening to what students are telling us, not just about teaching but also about all other aspects of their lives at school. We strive to act on that feedback and we feel that our already excellent school is improving even further as a result.

It is impossible to please all of the people all of the time, and bearing with one another in the spirit of our school prayer is always going to involve compromise and an unselfish spirit; that said, this newsletter attests to the vibrant and happy atmosphere at Brentwood Ursuline, just as our results attest to the quality of our education.

Thank you for your contribution to our success.

Dr Richard Wilkin MA, EdD, Headteacher



"I had fun, I got to sit with my friends."

"I got to sit with my friends and had lots of fun!"

"The food was good and we enjoyed ourselves. We wore our hats and talked through the cracker conversation starters."

"Mrs Wilkinson-Ross sat with us and asked us who would play us in a movie about our life, as this was a cracker question. It was good fun!"

A huge thank you to Mrs Townsend and team for the delicious Christmas lunch many students enjoyed on 13th and 14th December. Above are some thoughts from our Year 10 diners!



Additional Bank Holiday

Kindly note that there is an additional bank holiday on Monday 8th May 2023 to mark the coronation of King Charles III.



Pre-Loved Uniform Sale

There will be a second hand uniform sale on Thursday 26th January after school between 3:30 and 4:30pm. Parents/carers should arrive through the main reception. The sale will be open to all year groups including Sixth Form.

Please note there will be no onsite parking for this event.



Remembrance Day 11th November 2022

ORDER OF SERVICE



Friday 11th November 2022
at the
Brentwood War Memorial

The Senior Students represented BUCHS at the Royal British Legion's remembrance service at Brentwood War Memorial on Friday 11th November. Olivia read a poem and the students observed two minutes silence in respect.



*I am not a badge of honour,
I am not a racist smear,
I am not a fashion statement, to be worn but once
a year.
I am not glorification of conflict or war.
I am not a paper ornament, a token, I am more.
I am a loving memory of a father or a son,
A permanent reminder of each and every one.
I'm paper or enamel, I'm old or shining new.
I'm a way of saying Thank You to every one of
you.
I am a simple Poppy,
A reminder to you all.
That courage, faith and honour,
Will stand where Heroes fall.*

On Sunday 13th November, a group of students from BUCHS as members of the Brentwood Imperial Youth Band, led an hour long Remembrance Day procession starting at the council building and processing through Brentwood; pausing at the War Memorial for a short service and the Last Post.





Library News

The library marked Remembrance Day with a display of war time photos, War Poetry and a selection of fiction with a war time setting.



Book Fair

Thank you to all those who supported our Book Fair this month. All books and stationery items were half price and so many were able to pick up some fantastic gifts for Christmas! The fair was very well attended. Every book bought earned commission for us to spend on books for the school.

Book Fair Competition Winners

Congratulations to the following students who each won a £5 book token to spend at the Book Fair. Entrants had to complete a book review with a difference! We were thrilled with the number of excellent entries and it was difficult to choose the five best from the selection! Every student who entered the competition has received achievement points. A photo of the winners can be seen opposite.

Lauren 7J Alanna 7U
Dika 7U Maddie 7T
Keren 7J

Congratulations!



Above: Winners of the library's competition to promote the Book Fair.



Library News Continued

Below and opposite: Book Fair



Twelve Books of Christmas Challenge

The library has been supporting Years 7, 8 and 9 in their challenge to read 12 books between 1st December and the Epiphany on 6th January.

Students have been busy reading a wide variety of books: autobiographies, non-fiction, science fiction, classics, fantasy, mystery, poetry and more. Enjoy your reading over the Christmas holiday!



New from January!—BUCHS Bookworm!

BUCHS' library is launching a new reading initiative. It's called BUCHS Bookworm!

It will be open to all year groups, so all are encouraged to join.

There will be three levels of achievement within the scheme. On achieving each level, students will be awarded a pin badge and achievement points. Level 1 is blue, level 2 is brown and level 3 students will be awarded a gold badge.

More details will be shared with students in school. Please ask Mrs Osborn if you have any questions.



"Reading for me, is spending time with a friend." - Gary Paulsen

Library Loans

Can all students with library loans please check the due date stamped in their library book and ensure they return the book prior to, or on this date.

If a book is lost or has been damaged, please come and speak to Mrs Osborn in the library.

Sixth Form students are able to request renewals via email to sosborn@buchs.co.uk



Food Technology News

Year 8 Food Technology students make a mini roast dinner!

Year 8 students have been developing their food preparation skills this term whilst learning about nutrition, healthy eating and where food comes from. For their final assessment, they were asked to plan, make and evaluate a mini roast dinner suitable for the whole family. Their abilities to work safely, cooperate and demonstrate practical skill in the serving of a nutritious meal were put to the test. Students and Mrs Sullivan really enjoyed the results!



Left: Roast chicken, roasted red pepper and onion served with roasted new potatoes



Above: Roast chicken, roasted sweet potato with pepper, served with peas and sweetcorn

Year 7 Food Technology students make layered pasta salad

Year 7 were given the task of designing a layered pasta salad for one of the assessments this term. Students had to demonstrate their knowledge and understanding of how to use the hob safely and different knife cutting techniques like the bridge hold and the claw grip. Students had to select and justify their choice of ingredients and also show how they could present their salad neatly and attractively.

All the recipes in both Years 7 and 8 follow the government's healthy eating guidelines. As well as learning practical food preparation skills, students learn about the Eatwell Guide and the nutritional value of food.



Cake Decorating Demonstration for Year 10

Shannon Sullivan came to BUCHS to demonstrate how to create simple but effective Christmas cup cake designs to Year 10 GCSE Food Preparation and Nutrition students. She explained how to colour the icing, fill the piping bag and use it to decorate the cakes. Shannon also talked about how she set up and grew her business. The Year 10s thoroughly enjoyed the session and some planned to use the techniques in their Autumn 2 practical assessment which is based on researching, planning and making a dish suitable for a celebration.

Parents and guardians can find Shannon online as **Shannon's Cakes** and also on Instagram where you will be able to see all her amazing cake designs.



Food Technology News Continued

Shannon demonstrates different icing techniques



Shannon's finished cup cakes



Autumn Term 2022 Round Up

This term has seen both Year 7 and 8 pupils undertaking Food Tech lessons at BUCHS. They have all cooked every lesson and have enjoyed being able to learn about healthy eating and creating healthy, attractive and value for money meals.

Year 7 have cooked scrambled eggs on toast, pizza toast, layered pasta salad, vegetable soup, chicken goujons with wedges, pizza and Christmas muffins.

Year 8 tackled savoury rice, homemade burgers, pasta bake, carrot muffins, fajitas, a tray baked roast dinner and Christmas cookies.

The level of enthusiasm has been tangible in the classroom and one class (8F4) gave their thoughts on what they have enjoyed most about the Food Tech lessons:

Joyce: I have enjoyed watching the demonstrations.

Rhia: I liked the baking lessons best.

Shekinnah: I liked chopping fruit and vegetables.

Natalia: I liked the Christmas cookies best.

Ayola: I liked seeing a bag of ingredients turn into a meal!

Caitlin: It was my first time trying carrot cake. I have never eaten it before and I enjoyed it.

Jennifer: I enjoyed learning to use an oven properly and safely.

Cara: I made the savoury rice at home after we made it in class!

Lydia: I was happy with the variety of different recipes.

Ufuoma: I was able to learn how to use a sharp knife safely.

Annette: I liked using ingredients I have never come across before.

Yaa: I enjoyed things like melting butter.

Florence: I was happy to be able to cook meat free options and was given a wide choice of ingredients.

Cassia: I liked that I was given a recipe and it was a success each time.

Mrs Sullivan: And Chloe, what did you enjoy in Food Tech this term?

Chloe: Everything Miss!



Food Technology News Continued

Clearly this has been a really enjoyable and 'fruitful' term for these students and it has been my pleasure to get to know them all better and to cook with them. We look forward to more lessons with new Year 7 and 8s in January 2023.

Mrs S Sullivan, Teacher of Food Tech

English

The English Department recently entered a group of Year 7 and 8 students into The Young Writer's Power of Poetry competition. We are delighted to announce that 36 students have been selected to be published in the Power of Poetry Anthology which will be published in early 2023.



Huge congratulations to:

Abigail	Genevieve	Nicole	Thai'Lia
Amelie	Gloria	Nicole	Tianna
Audrey	Grace	Paris	Toluwalase
Bibire	Jaeda	Robyn	
Cheryl	Kaylee	Royal	
Chloe	Lauren	Ruisse	
Emmanuella	Lena	Shantay	
Fara	Lily	Sienna	
Fehintola	Marney	Sky	
Freya	Michelle	Sofia	
	Nadia	Summer	

Curriculum Extension Day

December 1st saw the second CED for our students this academic year. Students came off timetable for the day and, across the year groups, engaged in a wide variety of activities ranging from African drumming and origami, to listening to a speaker whose father was a Holocaust survivor. Year 11s were asked to come to school smartly dressed with their current CV and experienced a mock interview.

Below are photos of a Year 7 group with Ms Sarah Appiah-Bimpong who explained the heritage of the type of African drum she was demonstrating (called the djembe.) The students, each with their own djembe, were taught some rhythms and how to make the best sound with the instrument. There were some fantastic sounds coming from room C31 that day!





Curriculum Extension Day Continued

Year 10



Last week on the 1st of December, Year 10's got the chance to go to Essex University as part of their curriculum extension day and see what university is all about. We had a tour of the campus and got an insight into some of the degree courses they offer. We also heard from some of the students talking about what subjects they are studying, and it was an opportunity to ask any questions we had. Some of our students said:

"I found the trip really helpful because it made me re-think the degree I want to study at university."

"It was good because we got to have a look round and I have never seen how a university looks."

"The trip was a good opportunity to ask any questions I had about degree courses as although the time seems far away, it will come before I know it."

"The university was a fun experience which showed me an inside look at what university is really like."

Chanelle, Year 10 Media Rep



Mentoring

Pictured below are Tilly and Poppy (Year 11) who are being mentored online by scientists at St Thomas' Hospital.



This is an ongoing mentoring programme that Mrs Harrington has organised with a company called Synnovis. They are the largest pathology provider in the UK, and provide pathology services for many hospitals. Topics they cover in their sessions include: how to get into healthcare roles post GCSEs, and sessions with the recruitment team who will also help them write a good CV. Ultimately, they will be offered a chance to interview for an apprenticeship at St Thomas's post GCSEs.

Anti Bullying Week

National anti bullying week was marked by BUCHS in assemblies and also on Friday 18th November when students were invited to wear odd socks to school to show their support for this important cause.



Cost of Living Advice

Click on the link below for advice from Essex County Council

<https://news.news.essex.gov.uk/9j46/send/m4e-h8449>



Support with the Cost of living

BILLS & MONEY



Support to make the most of your money and find help if you need it.

WORK



Advice and support to help you work.

WELLBEING



If you need urgent mental health support, call NHS 111 and select option 2 to speak with a mental health practitioner. You can also text 'SHOUT' to 85258.

FOOD & ESSENTIALS



Guidance on eating on a budget, finding your local foodbank, money saving tips and cheap recipes.

GO GREEN



Ways you can reduce your energy costs to go green, and enjoy the borough's green spaces.



Visit: www.brentwood.gov.uk/cost-of-living

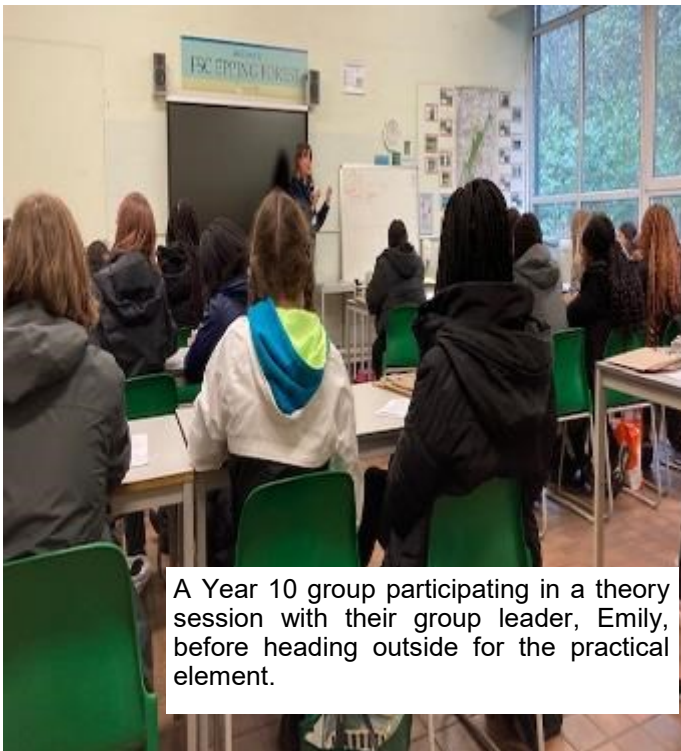
Call: 01277 312500

Email: communitysupport@brentwood.gov.uk



Geography GCSE Field Trips

On Monday 7th November, a large group of Year 10 Geography students were taken by coach to FSC (Field Study Centre) Epping Forest Centre for some theory and practical work about rivers. This day was significant as it is necessary to complete this field work to qualify for the Geography GCSE qualification.



A Year 10 group participating in a theory session with their group leader, Emily, before heading outside for the practical element.

The day began with some classroom work, led by one of the staff members at the site. Students then donned their wellies and made the walk over to the forest, and specifically to the areas where the staff felt it was most useful to take river measurements.

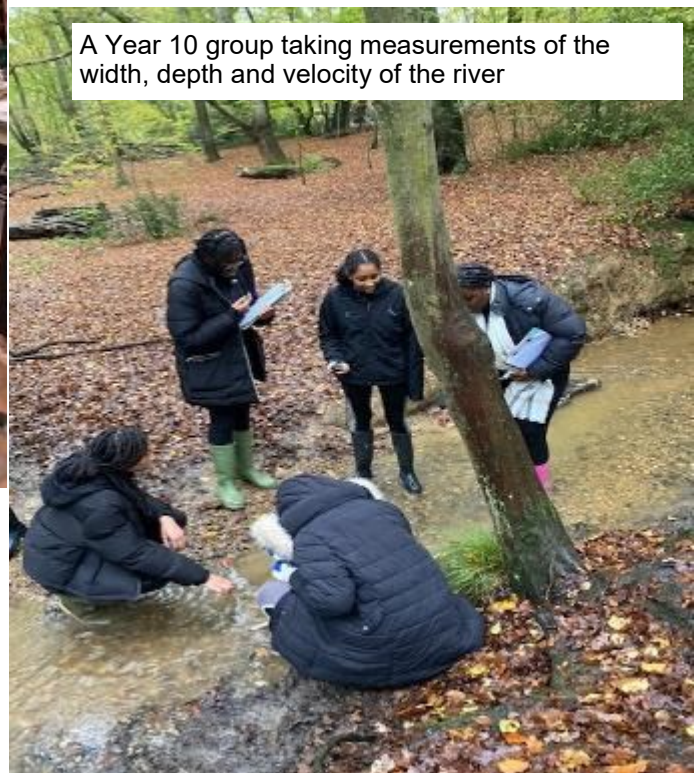
The students were put into small groups of around 5 and each student had a role to play in the activity.

Some were in charge of measuring, some recording results, and others were responsible for letting a cork go in the river. The time it took the cork to pass from one point to another helped the students calculate the river's velocity.

Students compared their results at various points along the river.

On completion of the day's work, everyone boarded the coach and were back to school in time for the end of period 6.

Then, on the following Monday (14th November,) the Geography Department repeated the trip again; this time with a Year 11 cohort. This visit was slightly less muddy than the previous week, but no less successful!



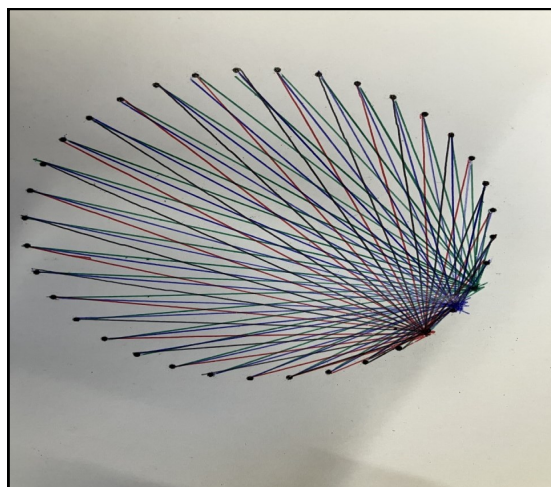
A Year 10 group taking measurements of the width, depth and velocity of the river



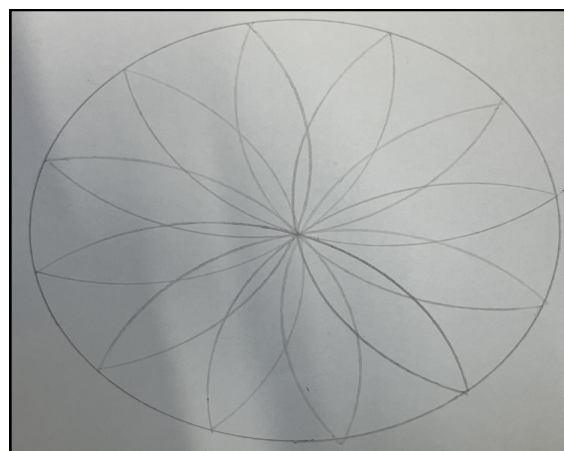
FSC Epping Forest



Maths News



The Maths Department celebrated this year's Maths Week England with a number of activities. The theme of the week was 'powers of 2,' with form groups looking at how quickly numbers grow when doubled (you only need to fold a piece of paper in half 42 times to reach the moon!) Students also had the opportunity to drop in to our lunchtime games club, developing strategical and logical thinking with games like chess, 'Genius Squares' and 'Connect Four.' Mrs Harbott ran a mathematical art event, producing roses and other designs using compasses and other mathematical equipment. The Maths Department are looking forward to our next event, the Interhouse Maths competition, which will be launching in January for Years 7 - 11.



Sparx Maths

Proud to be a

Sparx Maths School

The Maths Department have been using a new online learning platform, Sparx Maths, since the start of the school year. We have been exceptionally impressed by the engagement that the students have shown and the progress that they have made. Special mention goes to the following students who have gone above and beyond the compulsory homework and really engaged with the independent learning, reflecting the Meta Skills that all good learners have. Prizes will be making their way to these students via form tutors.

Year 7

Amelia 18539XP
Ria 16154XP
Cecilia 15216XP

Year 8

Frances 24133XP
Success 15717XP
Grace 11769XP

Year 9

Rita 16237XP
Temilope 16032XP
Violet 14227XP

Year 10

Mayowa 13200XP
Riona 10583XP
Yvonne 10304XP

Year 11

Sally 6877XP
Rebecca 6833XP
Kehinde 6448XP



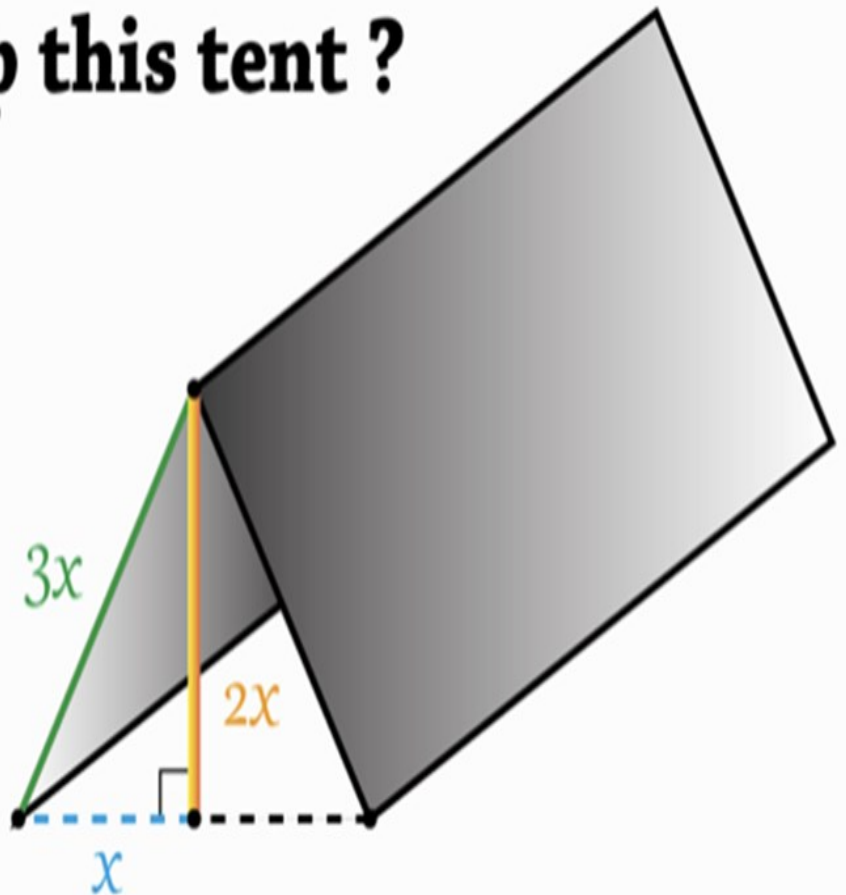
Maths News Continued

Maths Puzzle

Can you solve this trick Maths puzzle? This challenge is open to students in all year groups. If you think you know the answer, send it to Mr Moore. All entries will get achievement points and the best solution will be awarded a prize.

Can this tent exist in real life?

Can we set up this tent ?



Mr Moore, Head of Mathematics



Child and Family Counselling Services

Parents are now able to access direct support for their child by referring them into the safe hands of our Child and Family Counselling Services (CFCS). We have a team of highly experienced Counsellors, Specialist Child and Adolescent Counsellors and Play Therapists available within the counselling team who work in our specially adapted therapy rooms.



We offer support to children, young people and parents through talking, play and art therapy.

CFCS provides therapy to children, young people and families. We support many different issues such as:

- Self-harm
- Identity
- Anxiety
- Bullying
- Bereavement
- Parental separation and family issues or conflict.

The pathway is overseen by our Head of Child and Family Counselling Services, who is supported by a team that are both passionate about and dedicated to the wellbeing of children and young people. The team has achieved very positive and reparative outcomes for children and families.

What can you expect?

After an initial contact, we will arrange an assessment to explore the issues your child may be experiencing and will then identify which model best supports the difficulty your child may be facing.

Who do you contact?

If you are worried about your child and would like to talk to us further, please either email Catherine cmunns@bccs.org.uk or call on 07792 732206 and we will be pleased to help.

Take a moment to read about the experience a parent shared with us:

*I had contacted a number of professional services to assist me in helping my daughter. At the suggestion of my daughter's school a referral was made to **BCCS** and it was then that I met one of their counsellors. After months of unanswered questions and "hitting brick walls" I finally had answers, structure and a profound understanding of how a small little girl's mind works.*

*For me, there has been nothing so worrying as watching your child struggle and the **BCCS** counsellor's help has enabled me to help her for which I will be forever grateful.*



www.bccs.org.uk



headoffice@bccs.org.uk

BCCS, 133 High Street, Billericay, Essex, CM12 9AB

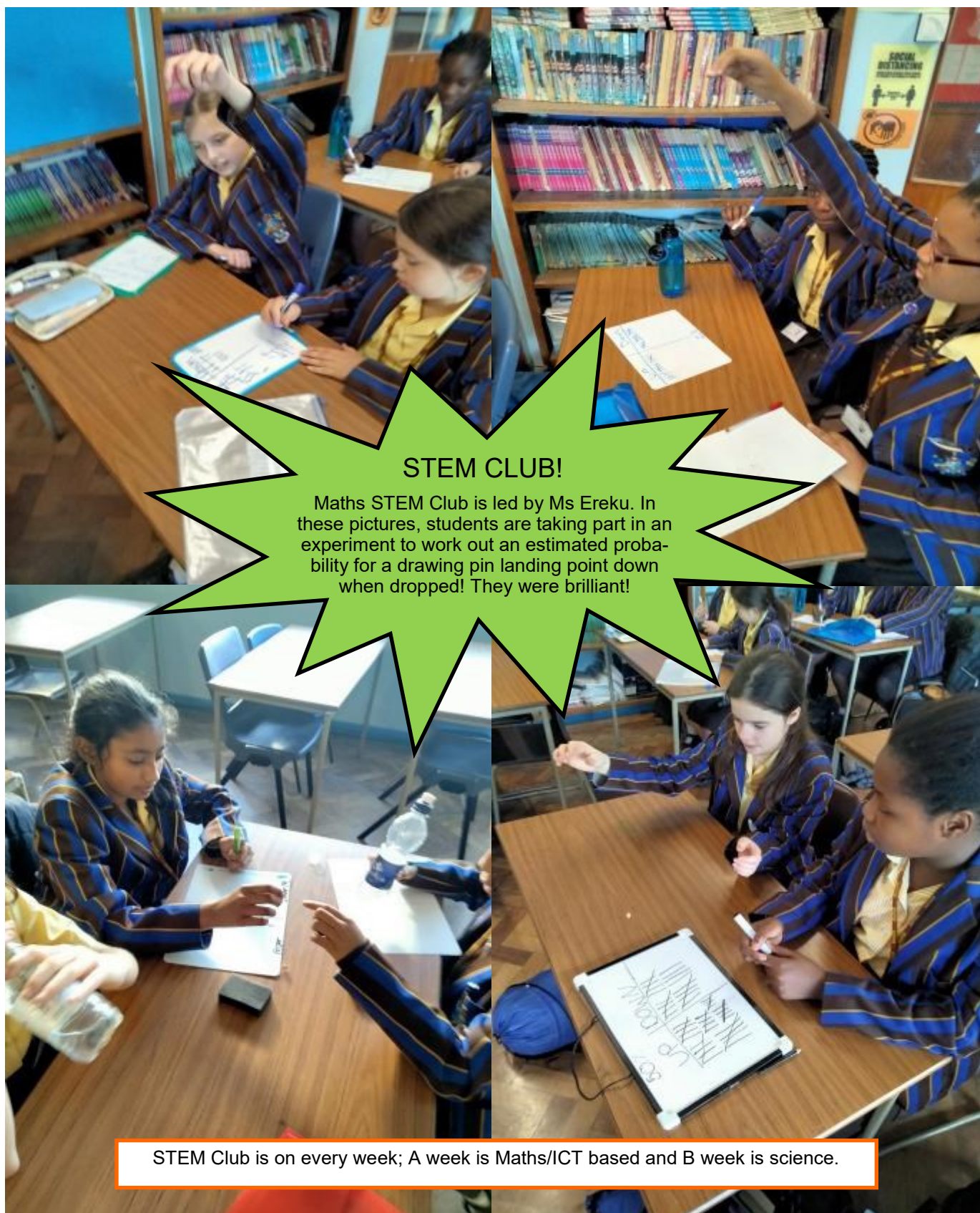
Brentwood Catholic Children's Society - Registered Charity Number: 1000661



BCCS
a children's charity for
Essex and East London



STEM Club



STEM CLUB!

Maths STEM Club is led by Ms Ereku. In these pictures, students are taking part in an experiment to work out an estimated probability for a drawing pin landing point down when dropped! They were brilliant!

STEM Club is on every week; A week is Maths/ICT based and B week is science.



Theatre Trip to see 'A Christmas Carol'



On Tuesday 29th November, staff took a group of Year 10 and 11 GCSE English Literature students to Brentwood Theatre to watch Charles Dickens' 'A Christmas Carol.' The cast consisted of two actors who played all the roles in this classic tale. It was exciting that the female actor took on the role of Ebenezer Scrooge! At the end of the play, the actors took questions from the audience. This session proved really useful as it provided a greater depth of understanding of how Dickens approached his work and we gained an insight into his life and writing.



"It's a great opportunity to change a child's life."

Josh came into care aged 8 with his belongings in a black binbag, he tells us how his foster carers changed his life [in this short film](#). Foster carers offer safe and nurturing homes to our vulnerable children so they too can enjoy a happy childhood. Fostering is incredibly rewarding, offers great flexibility and puts family at its heart. Training is local, support is 24/7 and your family could receive £483 per child, per week. Find out more by visiting [the website](#) or calling our friendly team on 0800 801 530.

Join Essex County Council's fostering community and together we can transform children's lives.



Student Subject Fayre 2022



FIND THE TOOLS YOU NEED TO
MAKE AN INFORMED DECISION POST-16
FREE RESOURCES, STALLS AND TALKS.

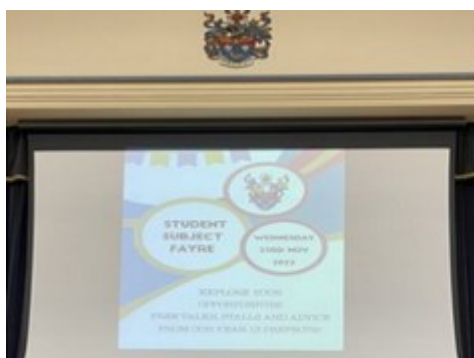
WEDNESDAY 23RD NOVEMBER

YEAR 11 AND 13 STUDENTS



Thank you to our Sixth Form students who led a successful event in November for Year 11. The Subject Fayre offered a student's insight into the world of A-Levels and the wide range of options we offer here at BUCHS' Sixth Form.

"I loved being able to talk to the students about their subjects!"
Year 11 Student



'Thank you Year 13; it was a really fun morning and I really appreciated the two year groups coming together.' Year 11 Student

"It was very helpful and I liked how each subject provided us with different resources." Year 11 Student





PE News

Year 7 Netball

The Year 7 netball team had their first Essex cup game of the competition against Redden Court in Havering. With light fading fast and a squad of 13, the girls fought hard and played well in their different rotations. Although they were closing in during the final minutes, they lost 15-12. Redden Court are the leaders of the group so this should hopefully set them up for winning ways after Christmas.



Interhouse Competitions

The end of term saw some interhouse competitions for Years 7, 8 and 10.

These are started in lessons and the finals are at lunchtime.

Some of our GCSE Year 9 and 10 students helped officiate in order to give them some leadership opportunities.

The Year 7 netball winners were Trinity who were quite a force to be reckoned with on the court. The Year 7 basketball winners were Ursula's who won their final 22-2, and the Year 7 football winners were Clare's in a tight final winning 2-1.

Here are some pictures of some of the students in their matches.





PE News Continued

The interhouse finals took place on Tuesday 13th December. Trinity won the basketball 8-0 and in an extra time golden goal, Brescia won the netball 4-3.



RE News

This half term, Year 8 were set a creative project to complete based on their understanding of our Sacred Stories unit. Students were challenged to be creative, to be original and to be a good storyteller, and they did not disappoint! We have had comic strips, painted canvases, digital art, sculptures, crocheted whales, Lego, a model computer and even a cake! A huge well done to all Year 8s who rose to the challenge!



Year 7 completed a treasure hunt earlier in the term based on All Saints Day, where they had to match the teacher to their Saints Bingo Card. It was wonderful to see so many students involved, and a big thank you to all staff involved too. The winners were 7B with the most completed and correct Bingo Cards.

Well done!



Dance News



On Sunday 20th November, 28 participants from Tap Company came together to perform a routine of 'Don't Stop Me Now' as part of a Guinness World Record attempt for the most people performing the same tap routine at the same time. The attempt is also an opportunity to raise money for Children in Need and, as a school, we were able to raise an impressive £350! Unfortunately, the current target of 7,596 persons tapping fell short by just a few hundred, as 7,284 tappers performed on Tapathon Day. Collectively, an incredible £29,136 was raised though which is just fantastic! We will try once again to beat the record next year on Sunday 19th November. Well done to everyone who took part!



On 13th and 14th December the annual Christmas Show was able to return once again to a live audience. Despite many setbacks of train and postal strikes, heavy snow and no technical rehearsal, the students performed with enthusiasm and professionalism and I am very proud of each and every one of them for their resilience! Special thanks to the Site Team, Mrs Corless, Mrs Wortley, Mrs Strachan, Mrs Carroll, Mrs Hammond, Mrs Grace, Mrs Kempton and Mr Whitworth for all their help and support backstage and front of house, and of course to Mia, our Dance Prefect, for assisting with choreography and running extra-curricular Dance Companies. Thank you also to our audience who braved the elements to join us for the shows. We greatly appreciate your support. A DVD of the performance will be available to purchase through ParentPay and sent to registration groups when ready in the New Year.



Pictured above: Faye, 9C. In November, Faye was awarded UK National Champion for her age group (Intermediate) in Commercial Dancing. She's now the title holder until next year. Congratulations and well done Faye!

Mrs Hilder, Teacher in Charge of Dance

Safeguarding



BUCHS STAFF SAFEGUARDING REFERRAL GUIDELINES










Brentwood Ursuline Convent High School is committed to safeguarding and promoting the welfare of children and young people and requires all staff and volunteers to share that commitment. This policy applies to all pupils, staff, parents, governors, volunteers, students and visitors to our school. For fuller details please refer to the school safeguarding policy or the BUCHS Safeguarding Staff Guide. The School Child Protection and Safeguarding Policy can be found on the school website; the link is www.brentwoodursuline.co.uk about the school/policies.

These staff members are the first point of contact for parents, students, teaching and non-teaching staff and external agencies in all matters of child protection.
** Child Sexual Exploitation (CSE) Champion*



School Safeguarding Team

Only take this next step if you continue to have concerns about a child and feel the situation is not being addressed appropriately by the Child Protection team.

			
Angela Corless - Designated Safeguarding Lead acorless@buchs.co.uk			
Deputy Designated Safeguarding Leads			
			
Kerry Mackenzie kmackenzie@buchs.co.uk	Bernadette Guler* bguler@buchs.co.uk	David Giles dgiles@buchs.co.uk	Sally Harbott sharbott@buchs.co.uk
			
Sam Wilkinson-Ross swilkinsonross@buchs.co.uk	Lucy Newman lnewman@buchs.co.uk	Sinthu Ratnapalan sratnapalan@buchs.co.uk <i>(Maternity Leave)</i>	Chloe Sanders csanders@buchs.co.uk <i>(Maternity Leave)</i>

How to make a referral to the Children and Families Hub
 Mon – Thurs 8.45am – 5.30pm and Fri 8.45am – 4.30pm
0345-603-7627 (Out of Hours: 0845-606-1212)

An adviser will listen to and respond to your concerns and will signpost support depending on the level of need identified.

Radicalisation Concerns
 Act Early Support Line - 0800 011 3764



Letter from UK Health Security Agency

Increase In Scarlet Fever

December 2022

Dear Parent(s) / Carer(s),

We are writing to inform you of a recent national increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), above seasonal expected levels.

We would like to take this opportunity to remind you of the signs, symptoms and the actions to be taken if you think that you or your child might have scarlet fever.

Signs and symptoms of scarlet fever

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes*, or group A *Streptococcus* (GAS). It is not usually serious, but should be treated with antibiotics to reduce the risk of complications (such as pneumonia) and spread to others. The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and be pale around the mouth. This may be accompanied by a bright red red 'strawberry' tongue.

If you think you, or your child, might have scarlet fever:

- contact your GP or NHS 111 as soon as possible
- make sure that you or your child take(s) the full course of any antibiotics prescribed. Although you or your child will feel better soon after starting the course of antibiotics, you must complete the course to ensure that you do not carry the bacteria in your throat after you have recovered
- stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection

You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues should be disposed of immediately.

Invasive Group A Strep (iGAS)

The same bacteria which cause scarlet fever can also cause a range of other types of infection such as skin infections (impetigo) and sore throat. In very rare cases, the bacteria can get into the bloodstream and cause an illness called invasive group A strep (iGAS).

Whilst still very uncommon, there has been an increase in iGAS cases this year, particularly in children under 10 years old. It is very rare for children with scarlet fever to develop iGAS infection.

As a parent, you should trust your own judgement.

Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake

Stop the spread

During periods of high incidence of scarlet fever, there may also be an increase in outbreaks in schools, nurseries and other childcare settings. Children and adults with suspected scarlet fever should stay off nursery / school / work until 24 hours after the start of appropriate antibiotic treatment. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.



Gospel Choir Hosts Special Guest

The BUCHS Gospel Choir put on a fabulous afternoon workshop/rehearsal in the presence of music specialist Mrs Salter-Kay. Mrs Salter-Kay has great interest in promoting gospel music in her own school. Directing our students with their usual high standards were Luciya and Naima (Year 11.)



Year 10 Student Success at Southend Music Festival

Lots of congratulations to Mary for her recent music performance success. She achieved two silver awards for her cello playing. Mary is pictured with her teacher (right.)





Online Safety

Parents want their children to be safe online. Although it is important to have regular discussions with your children about their online use, there are several good 'parental controls' – sets of tools that can help you to ensure their safety.

The ThinkuKnow website is run by the Child Exploitation and Online Protection Centre (CEOP) and includes advice and information for parents, carers and children. CEOP's Thinkuknow for parents and carers page includes separate sections for primary and secondary aged children, a video explaining internet safety for parents and plugins to make your browser safer.

Here information can be obtained on;

- What is my child doing online?
- Risks my child might face
- Tools to protect my child
- How you as a parent can get involved.
- Tablet or mobile for a birthday?



KidSMART Website

The KidSMART parents' page contains advice and activities to help keep children safe online.

Parentzone

The Parentzone website contains a wealth of information about e-Safety. It is run by Vodafone and is frequently updated. They produce a Digital Parenting Magazine that all parents can access. Recent issues can be viewed online.



It is illegal to take a nude photo or video of anyone under 18, even if it is of yourself. It is also illegal to share it with someone else.

If you have been pressured into any sexual activity you should call 101 and report this to the police.

Under 18s can report online sexual abuse to CEOP.

In an emergency, call the police on 999.



Red Oak Roller Festive Opening Times

Our school shop will be CLOSED Tuesday 13th and Thursday 15th December due to our annual stock take.

On Saturday 17th December we will EXTEND our opening hours to 9am-4pm

We will then CLOSE for Christmas on 24th December 2022 and re-open on Tuesday 3rd January 2023.

NORMAL OPENING HOURS:
Tuesday, Wednesday and Thursday: 12pm – 5pm
Saturday: 9am – 1pm



Year 9 PSHE

This term, Year 9 have been learning about the topics of Body Image and Eating Disorders and also how social media might have a role to play in these areas. 9O produced a sensitive assessment piece in the style of a letter to a friend and their insight and understanding of the issues, together with their obvious kindness and common sense, made for a very interesting and uplifting read. Here is a summary put together by this class.

Dear friend,

We talked about your eating habits recently and I vowed I would help you.

I discovered that the three main types of eating disorders are anorexia nervosa, bulimia and binge eating disorder. Across all of these illnesses, the body is deprived of nutrients and the sufferer can become secretive and withdrawn.

You and I talked about healthy diets as soon as you opened up the conversation. This means eating a variety of fruit, vegetables, protein, carbohydrates and dairy or dairy free substitutes. One third of your plate should be filled with fruit and vegetables. Where possible, we should choose wholegrain products. We know this from lessons in school and we should also drink six to eight glasses of water per day. Have a look at the Eatwell Guide, you can find it on the NHS website.

Influencers on social media have a responsibility here. What they say and what they do can affect young people. Those who post pictures of themselves and what they are eating and unhealthy weight loss tips are present in every corner of the internet and we feel that in some way, we want to be like them, and this poses a danger to us as teenagers. The standards and goal posts are always changing. Be thin, be curvy, be something else. Many of these people are using filters. Next time you see a picture of someone with smooth skin or the perfect bikini body, remember that these pictures may not be real. Wanting to get more 'likes' in the online world also poses a problem. Why not be happy with likes in the real world, from your loved ones? There are however, also positives in the online world. Social media can offer support and advice. You can gain information and knowledge too, if you look in the right places and rather than comparing yourself to others you can also find communities ready to help.

We are all beautiful and we don't need to change the way we look for anyone. Your body is yours entirely. Where to go now? You can overcome insecurities with the help of friends and



Year 9 PSHE Continued

Family, and if you need outside help there are numbers you can call for advice. Can such things be fixed? Fixed is the wrong word. We can change our thinking and we can understand more about what 'disordered eating' is and the challenges it presents by reading up on it and by asking our teachers.

I want you to know that even if you slip back into the habits of 2022, it's ok. It takes time. I'll be there for you all the way. I hope you have taken my advice to heart. Communication is key. You see yourself differently sometimes to the way in which other people see you. We see you for what you are. Brilliant.

Your friend x

With thanks to Ellie, Ruby, Tilly, Holly, Macey, Ruth, Erin, Beth, Eleanor, Emelia, Beatrix, Arabella, Ayanna, Maxine, Amshica, Tess, Gemma, Olivia, Corinne, Essence, Grace, Kayla, Alissa, Gabriella, Mia, Tami, Isabella.

Mrs Sullivan, Teacher of PSHE

starts 6th Dec

Cosy Club

Tuesdays - 3.15pm - 5pm
Hermit Youth Centre
15 Shenfield Road, CM15 8AG

Come along for fun & freshly cooked food every week and to get out of the cold!

Make it your own! Come in for homework club, reading corner, arts and crafts, games, pool, and much more!

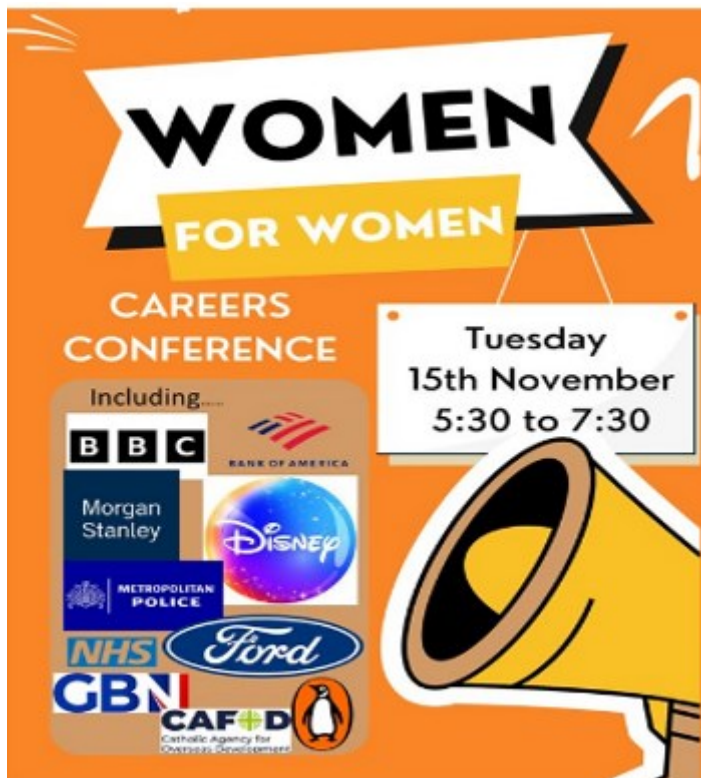
Who can come?
You must be 11-19 (or up to 25 with SEND) - everyone welcome!

For more info contact: Claire.Love@essex.gov.uk



Women for Women Careers Event

Women from a wide variety of industries (including many BUCHS alumnae) came together in the Merici Hall in November to talk informally to our students about their career paths, and to offer them guidance and advice for their own future. Students and parents were welcome to this 'drop in' event which proved extremely enlightening and useful to many. The event was arranged by Mr Barber and was very well attended.



It was useful because it covered a wide variety of jobs like primary school teachers, police and lawyers. Angela, Year 11

It helped give me guidance for my future career path. I spoke to a solicitor and finance manager. Francesca, Year 11

It was very useful as it opened my eyes to jobs and opportunities. Beatrice, Year 10

It helped me feel more prepared and know what steps I need to take. Cherys, Year 10





CO-CURRICULAR ACTIVITIES 2023 Spring Term

For Any DofE Enquiries please see Mr. J. Addicott.

DAY	TIME	ACTIVITY	LOCATION
MONDAY			
Lunchtimes	12:50	GCSE Dance intervention & support	Dance Studio
	Lunchtime	PE All years Rackets Sports Recreational (SB/RBO)	Merici Hall
	Lunchtime	Yr. 11 GCSE Science Intervention (students to be invited) (Wk. B)	A21/A22/A26
	Lunchtime	Yrs. 7&8 Friendship Club	T43
	13:00-13:25	Yr. 7 Drama Club	U24
	13:00-13:30	Learning Support Lunch Club (TO)	Learning Support
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	Lunchtime	GCSE Spanish revision (Wk. A) (LFH)	T42
	Lunchtime	GCSE French revision (SYA)	T41
After School	15:15	PE Fixtures	
TUESDAY			
Lunchtimes	12:50	PE Yr. 11 GCSE Intervention (KM)	MH2
	Lunchtime	Debate Club (held Fortnightly) (DEA)	J31
	Lunchtime	Yrs. 9+ Senior Dance Company (CH)	Dance
	13:00-13:30	Learning Support Lunch Club (TO)	Learning Support
	Lunchtime	PE Yrs. 8&9 Netball (LN)	Merici Hall
	Lunchtime	PE Yrs. 10&11 Football (RBO)	Netball Courts
	Lunchtime	String Orchestra (AMC)	C3.1
	Lunchtime	GCSE Geography Intervention (ELL)	U22
	Lunchtime	KS5 Biology Intervention	A12
	Lunchtime	KS5 Physics Intervention	A34
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
After School	15:10-16:10	Yrs. 8,9,10 Performance from Text	Drama Studio
	15:15-16:15	GCSE Art (priority to Yr. 11) (YMC)	C12
	15:10-16:00	Bee Keeping (MF)	
	15:15	PE Yr. 7 Netball (SB/SWR)	Netball Courts/Merici Hall
	15:15	PE Yrs. 8&9 Football (LG/AH)	Football Pitch
	15:15-16:15	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	15:15	Yr. 11 French Intervention (DS)	J22
WEDNESDAY			
Lunchtimes	12:50	Yrs. 7&8 only Dance Junior Company	Dance Studio
	Lunchtime	PE Yrs. 7,8&9 Basketball (LG)	Merici Hall
	Lunchtime	PE Rock Painting (SWR)	MH2



CO-CURRICULAR ACTIVITIES 2023 Spring Term

	Lunchtime	KS4 Chemistry Intervention & workshop (HC)	A23
	Lunchtime	Yr. 10 BUCHS Geographical Society (ELL)	U22
	13:00-13:25	Yrs. 7,8,9 Theatre Design Club	U24
	13:00-13:30	Learning Support Lunch Club (TO)	Learning Support
	Lunchtime	KS4 Chemistry Workshops (HC)	A23
	Lunchtime	Gospel Choir	C32
	Lunchtime	GCSE History mentoring	J33
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	Lunchtime	Wind Band (SHT & EBR)	C32
After School	15:15	PE All years Hockey (Gumshield & Shin Pads required) (SWR)	Courts
		PE All years Rugby (RBO)	Top Field
THURSDAY			
Lunchtimes	12:50	All years Ballet Company	Dance Studio
	12:50	PE Yr. 7 Netball (SWR/RBO)	Merici Hall
	12:50	PE All years Volleyball (LG)	Gym
	13:00	Justice & Peace Group (Wk. B) (JRA)	Chapel
	Lunchtime	KS5 Chemistry Intervention	A23
	Lunchtime	Creative Writing (JK)	T25
	13:00-13:25	Yr. 8 GCSE Drama Taster Club	U24
	Lunchtime	Yr. 10 BUCHS Geographical Society (Wk. A) (ELL)	U22
	Lunchtime	Yrs. 7&8 Globebusters (Wk. B) (ELL)	U22
	13:00-13:20	Yr. 11 RE Judaism Intervention	T34
	Lunchtime	Yrs. 7&8 The History Detectives (History Club) (WK. B)	J32
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	Lunchtime	GCSE Spanish revision (Wk. B) (LFH)	T42
After School	15:15	Chamber Choir (RH)	C3.2
	15:15-16:15	GCSE Art (priority to Yr. 11) (YMC)	C12
	15:15	PE U14&U16 Netball (LN)	Merici Hall
	15:15	PE Yr. 7 Football (LG)	Field
	15:15	Eco-Club (Wk. B) (AHU)	A21
	15:15-16:15	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	15:15	GCSE French revision (SYA)	T41



CO-CURRICULAR ACTIVITIES 2023 Spring Term

FRIDAY			
Lunchtimes	13:00-13:25	LAMDA Club (invite only)	Drama Studio
	12:50	All years Tap Company	Dance Studio
	Lunchtime	PE Yrs. 10-13 Basketball (RBO)	Merici Hall
	Lunchtime	Yrs. 7&8 Friendship Club	T43
	Lunchtime	Initiation to Russian (Wk. B) (DS)	J22
	Lunchtime	KS3 Yrs. 7&8 STEM Club (Wk. B)	A24
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	Yrs. 7&8 Online Art Club drop-in session for extra help/guidance (YMC)	C12
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	Lunchtime	Yrs. 7&8 Online Textiles Club drop-in session for extra help/guidance (CST)	T37
	Lunchtime	GCSE Spanish revision (Wk. B) CG	T36
	Lunchtime	Yrs. 7-9 French Club (Wk. B)	T41
	Lunchtime	Initiation to Russian (Wk. B) (DS)	J22
	Lunchtime	Yr. 11 Set 1 Further Maths (SMO)	A35
After School			
	15:15	Staff Sport	
	15:10-16:00	Dance Club (CH)	Dance Studio
	15:10-16:10	Whole School Production (starts December)	U24



Parent/Student Calendar

<u>SPRING TERM</u>		
Sun	01/01/23	Saint of the Month: St Francis de Sales.
Wk 17A		Human Dignity
Mon	02/01/23	Bank Holiday.
Tue	03/01/23	Christmas Holidays.
Wed	04/01/23	STUDENTS RETURN TODAY
Thur	05/01/23	
Fri	06/01/23	Epiphany Mass (Holy Day of Obligation) – Yrs 7 & 8 will attend the parish Mass at the Cathedral.
Sat	07/01/23	
Sun	08/01/23	
<u>Wk 18B</u>		Dependence on God
Mon	09/01/23	
Tue	10/01/23	
Wed	11/01/23	Psychology Interhouse Challenge: Christmas Creations (lunchtime) Yr12 Unit 1 BTEC exam part (B), Dance. In a computer room.
Thur	12/01/23	Year 9: Drama Performance by N'Act of 'Invisible.' (Teachers of lesson 5 register students then bring them along with bags etc to Main Hall)
Fri	13/01/23	
Sat	14/01/23	
Sun	15/01/23	
Wk 19A		The Servant Messiah
Mon	16/01/23	MFL Speaking Mocks in Fairview CG DS
Tue	17/01/23	MFL Speaking Mocks in Fairview CG DS SYA Flu Immunisations for Years 7-9
Wed	18/01/23	MFL Speaking Mocks in Fairview CG SYA
Thur	19/01/23	MFL Speaking Mocks in Fairview CG SYA
Fri	20/01/23	MFL Speaking Mocks in Fairview CG SYA
Sat	21/01/23	
Sun	22/01/23	



Parent/Student Calendar

<u>SPRING TERM</u>		
Wk 20B		Christ Our Light Angela's House Week
Mon	23/01/23	Yr13 Photography Mock Exam.
Tue	24/01/23	Yr13 Art & Textiles Exam.
Wed	25/01/23	
Thur	26/01/23	Feast of St. Angela (Mass at Cathedral & School 10:45-11:45) Two Year groups will have in school mass. Bentley Photographics: Panoramic Photographs - Year 13 only. Panoramic Photographs - Year 11 only. School Council. Music Scholars. Further details TBC Yr8 Parent Consultation Eve – Virtual, 4.30-7.10pm.
Fri	27/01/23	Maths Interhouse Relay Challenge (lunchtime; Main Hall)
Wk 21A		Poor In Spirit
Mon	30/01/23	
Tue	31/01/23	
Wed	01/02/23	Saint of the Month: St Bakhita.
Thur	02/02/23	Y8 GCSE Options Evening – Main Hall.
Fri	03/02/23	
Wk 22B		The Light of Example
Mon	06/02/23	Food Practical Exams A Level Economics University of Warwick lecture on Teams 5-7pm. In school for Yr 12 A Level Economists and Yr 11
Tue	07/02/23	Periodic Table Day: Chemistry Interhouse Competition Food Practical Exams
Wed	08/02/23	(Visiting Examiner: GCSE Drama component 2 - 8 th or 9 th).
Thur	09/02/23	(Visiting Examiner: GCSE Drama component 2 - 8 th or 9 th).
Fri	10/02/23	
Sat	11/02/23	International Women in Science (11 th Feb).
Sun	12/02/23	
Mon	13/02/23	Half Term Week.
Tue	14/02/23	Half Term Week. (Safer Internet Day 14 th Feb).
Wed	15/02/23	Half Term Week.
Thur	16/02/23	Half Term Week.
Fri	17/02/23	Half Term Week.



Term Dates For 2022-23

Spring Term (2023)	
Wed 4th January 2023	Students return.
Mon 13th – Fri 17th Feb 2023	Spring Half Term.
Mon 20 th February 2023	Students return.
Fri 31 st March 2023	Last Day of Term. (Early closure) (Students break up for Easter Hols).
Summer Term (2023)	
Mon 17 th April 2023	Students return
Mon 1 st May 2023	May Bank Holiday.
Mon 8th May 2023	Bank Holiday to mark Coronation of Charles III
Mon 29 May - Fri 2 Jun 2023	Summer Half Term.
Mon 5 th June 2023	Students return
Fri 14 th July 2023	Last Day of Term for students (Early closure).
Staff Training Days (Non Pupil Days)	
Thursday 1 st September 2022 – Staff Training Day.	
* Monday 17 th July, Tuesday 18 th July, Wednesday 19 th July, Thursday 20 th July 2023.	

*These are the four commuted Teaching Training days:

Monday 17th July, Tuesday 18th July, Wednesday 19th July, Thursday 20th July 2023.

Term Dates For 2023-24

Autumn Term (2023)	
Weds 6 th September 2023	Phased return of Yrs 7 and 12.
Thurs 7 th September 2023	All students return.
Mon 23 Oct – Fri 27 Oct 2023	Autumn Half Term.
Mon 30 th October 2023	Students return.
Thurs 21 st December 2023	Last Day of Term. (Early closure).
Spring Term (2024)	
Mon 8 th January 2024	Students return.
Mon 19 – Fri 23 Feb 2024	Spring Half Term.
Mon 26 th February 2024	Students return.
Thurs 28 th March 2024 (Maundy Thursday)	Last Day of Term. (Early closure) (Students break up for Easter Hols).
Summer Term (2024)	
Mon 15 th April 2024	Students return
Mon 6 th May 2024	May Bank Holiday Monday.
Mon 27 May - Fri 31 May 2024	Summer Half Term.
Mon 3 rd June 2024	Students return
Fri 19 th July 2024	Last Day of Term for students (Early closure).
Staff Training Days (Non Pupil Days)	
Monday 4 th September 2023, Tuesday 5 th September 2023, *Friday 22 nd December 2023, *Monday 22 nd July 2024, *Tuesday 23 rd July 2024	

*22nd Dec 2023, 22nd & 23rd July 2024 commuted for teaching staff to twilight training sessions.