



Bishop Challoner
Catholic Secondary School

Aiming For Excellence

Year 7: 2023 – 2024





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Key Staff

Head of Year Mrs
Almeida



Deputy Head of
Year Mrs Zizzi



SENCO
Mrs Oakes





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Tutors

Tutors are a key point of contact. Tutors are as follows:-

7A Mr Sheers
7B Miss Jacobs
7C Mrs Fowley
7D Mrs Langley
7F Mr York
7G Ms Porter

Please contact tutors if you have any concerns. Issues around health, friendships, attendance or work can be addressed in the first instance by tutors. They are experienced and will know how to resolve or obtain support for most issues.



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Dates for the diary

Y7 School Photographs: Monday 25 September 2023

Y7 Welcome Mass: Wednesday 4 October 2023

Y7 Tutor Drop-in: Thursday 19 October 2023

Y7 Reports: Monday 20 May 2024

Y7 Parent's Evening: Thursday 23 May 2024



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KS3 Curriculum



Core



Choices



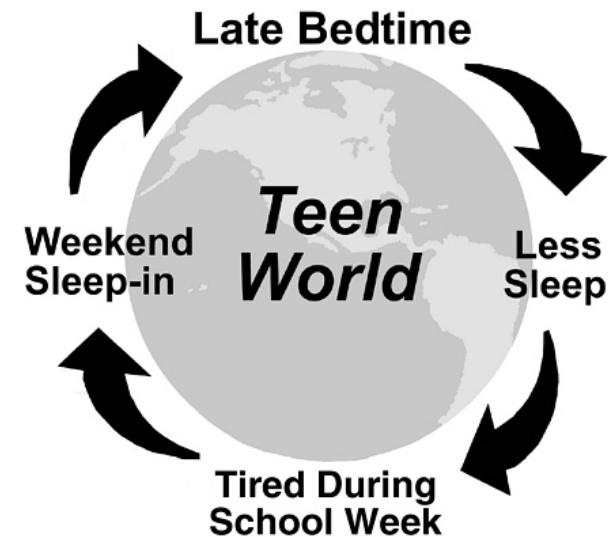
Wider
Learning





Teenagers and Sleep

- Do set boundaries for bedtime.
- Research shows that young people who have set bedtimes of 10pm or earlier are less likely to suffer from depression and have better motivation
- Encourage your child to avoid caffeine
- If they like milk, it's a natural sedative and can ease sleep.
- Wind down time 40 mins before sleep.
- They need 9 ¼ hours sleep a night





Social media and online safety



48% of 11 year olds have a social media profile, despite minimum age usually being 13

<http://www.bcs.hants.sch.uk/parents/helping-your-child/e-safety/>



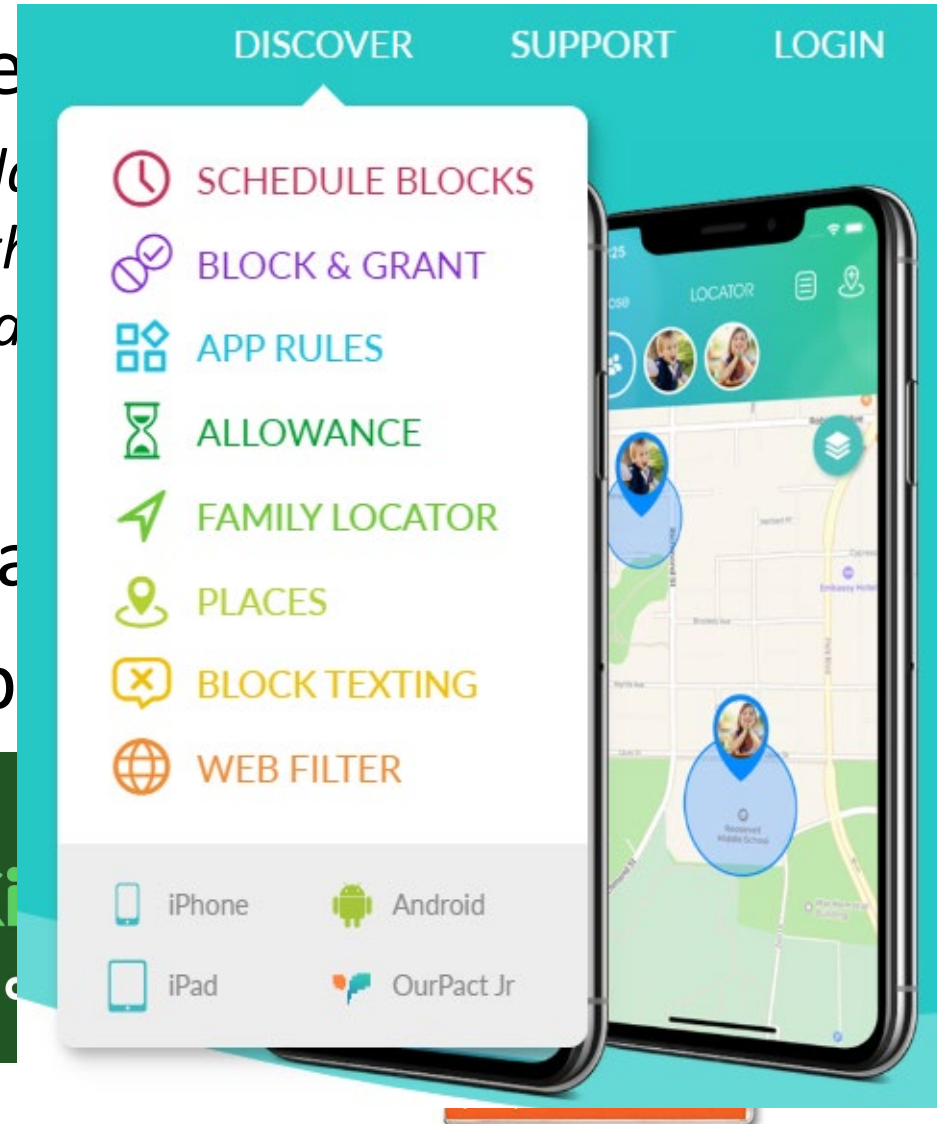
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Top Tips

- Talk about what they like

Remember, the chances of your child with you will be greatly reduced if the problem will result in them being bored.

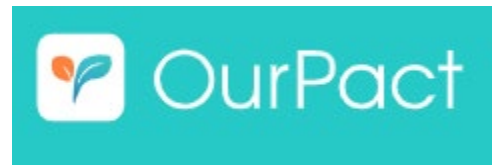
- Discuss Privacy settings
- Set boundaries and explain
- Use parental control app





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- Internet matters
- Parentzone
- Net- aware
- OurPact



**KNOW YOUR KID'S
SOCIAL MEDIA**

Be Share Aware with
net-aware.org.uk

O₂ 😊 NSPCC



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Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

- 1 Turn off notifications on apps to avoid that constant 'ping'
- 2 Buy an alarm clock so you don't have devices in the bedrooms
- 3 Keep phone on silent in your pocket or bag when you pick the kids from school
- 4 No phones at the table rule or no phones between 6 and 7 rule
- 5 Family tech free days!



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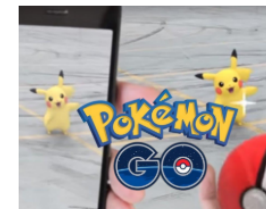
Some helpful sites to visit

- <https://besociallysmart.com/>
- <https://www.internetmatters.org/advice/social-media/#>
- <https://www.webwise.ie/parents/>



Advice and information

If your child has come across
content online, find out v



Parent guides



Parent Info



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How can you help? Attendance Matters

- A child who is absent a day a week misses an equivalent of two years of their school life
- 90% of young people with absence rates below 85% fail to achieve 5 or more good grades of GCSE
- At least 1 million children take at least one half day off a year without permission
- 7.5 million school days are missed each year through unauthorised absence
- Absence can lead to significant gaps in learning which will effect wellbeing, confidence and overall performance across the five year journey



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Punctuality

If in a school year your child is late everyday...	Your child would have lost approximately...	Or they would have missed approximately...
5 minutes	3 days from school	21 lessons lost
10 minutes	5 days from school	35 lessons lost
15 minutes	8 days from school	56 lessons lost
20 minutes	11 days from school	77 lessons lost
30 minutes	16 days from school	112 lessons lost



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How can we support you?



Mrs Fowkes
Pastoral support Assistant

- Attendance
- Teenage conflicts
- Separation
- Ill health
- Financial help – food bank
- Anxiety
- Eating disorders
- Mental health concerns
- Problems in school
- Friendship issues



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Looking out for you,
meet our Bishop Challoner



Wellbeing Mentors

AMBASSADORS ANTI-BULLYING
FROM THE DIANA AWARD



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relax Kids



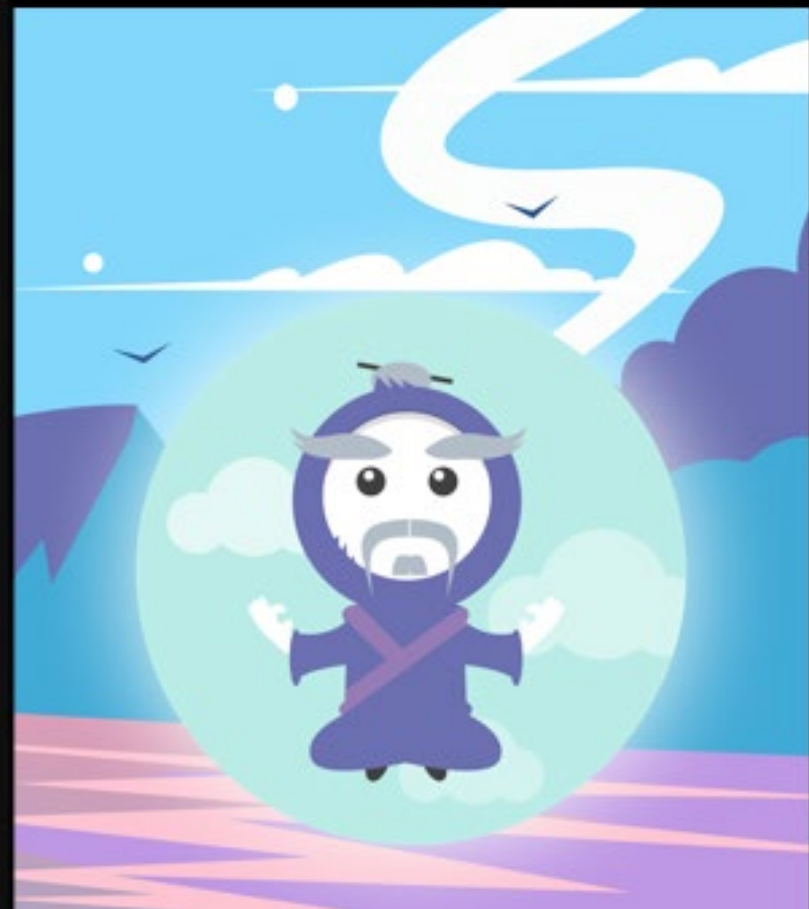


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Think Ninja App

Lots of helpful
advice – “a coach
in your pocket.”

Help for anxiety,
stress and much
more.





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Some helpful links for those who are interested in finding out more about...

The Teenage Brain – Blame my Brain Book (Nicola Morgan)

Nicola Morgan's website <https://www.nicolamorgan.com/>

Growth Mindset - a short video

<https://www.youtube.com/watch?v=75GFzikmRY0>

And a link to a collection for more information

<https://www.mindsetworks.com/Videos>

And an article that fuses the two topics together nicely...

<http://www.telegraph.co.uk/news/health/children/11739219/Revealed-Inside-the-mind-of-a-teenager.html>



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X @BCCSEExtra