



Bishop Challoner
Catholic Secondary School

Aiming For Excellence

Year 9: 2023 – 2024





Bishop Challoner
Catholic Secondary School

Loving Father,

We give you thanks for our school community at Bishop Challoner and for the many gifts you have given us.

Bless our Year 9 students as they begin this new school year;

Inspire them to make the most of all the opportunities they have to learn

And to use their gifts to serve the school and local communities.

Give us all the grace to follow the teaching of Bishop Challoner

And to strive to do ordinary things extraordinarily well.

We make these prayers through Christ our Lord. Amen.



Bishop Challoner
Catholic Secondary School

Key Staff

Head of Year Mrs
Wallace



Deputy Head of
Year Mr Newman
Farr



SENDCO
Mrs Oakes





Bishop Challoner
Catholic Secondary School

Tutors

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

9A Miss Caton

9B Mr Gallimore

9C Mr Bryant

9D Miss Partington

9F Mrs Bridgland

9G Mr Jacobson

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.



Bishop Challoner
Catholic Secondary School

Dates for the diary

Y9 Pathways Evening: Thursday 4 January 2024

Y9 Reports: Monday 26 February 2024

Y9 Parent's Evening: Tuesday 27 February 2024



Bishop Challoner
Catholic Secondary School

KS3 Curriculum



Core



Choices



Wider
Learning



The Iceberg Illusion

Success
is an
iceberg

SUCCESS!

WHAT PEOPLE
SEE

WHAT PEOPLE
DON'T SEE

Persistence



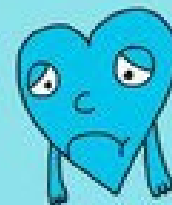
Failure



Sacrifice



Disappointment



Dedication



Hard work



Good habits

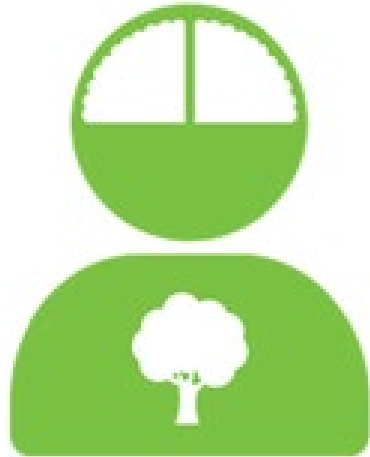


@sylvia duckworth



Bishop Challoner

Catholic Secondary School



Growth Mindset

ability is developed

embraces challenges

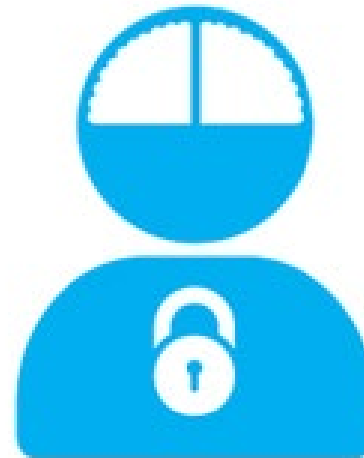
persists in obstacles

sees effort as necessary

learns from criticism

inspired by others' success

VS



Fixed Mindset

ability is static

avoids challenges

gives up easily

sees effort as fruitless

ignores useful criticism

threatened by others



What Can I Say To Myself?

Instead of:

Try thinking:

I'm not that good at this.

What am I missing?

I'm awesome at this.

I'm on the right track.

I give up.

I'll use some of the strategies we've learned.

This is too hard.

This may take some time and effort.

I can't make this any better.

I can always improve, so I'll keep on trying.

I just can't do maths.

I'm going to train my brain in maths.

I made a mistake.

Mistakes help me learn better.

She's so smart. I'll never be that smart.

I'm going to figure out how she does it so I can try it.

Plan A didn't work.

Good thing the alphabet has 25 more letters.

It's good enough.

Is it really my best work?



Bishop Challoner
Catholic Secondary School





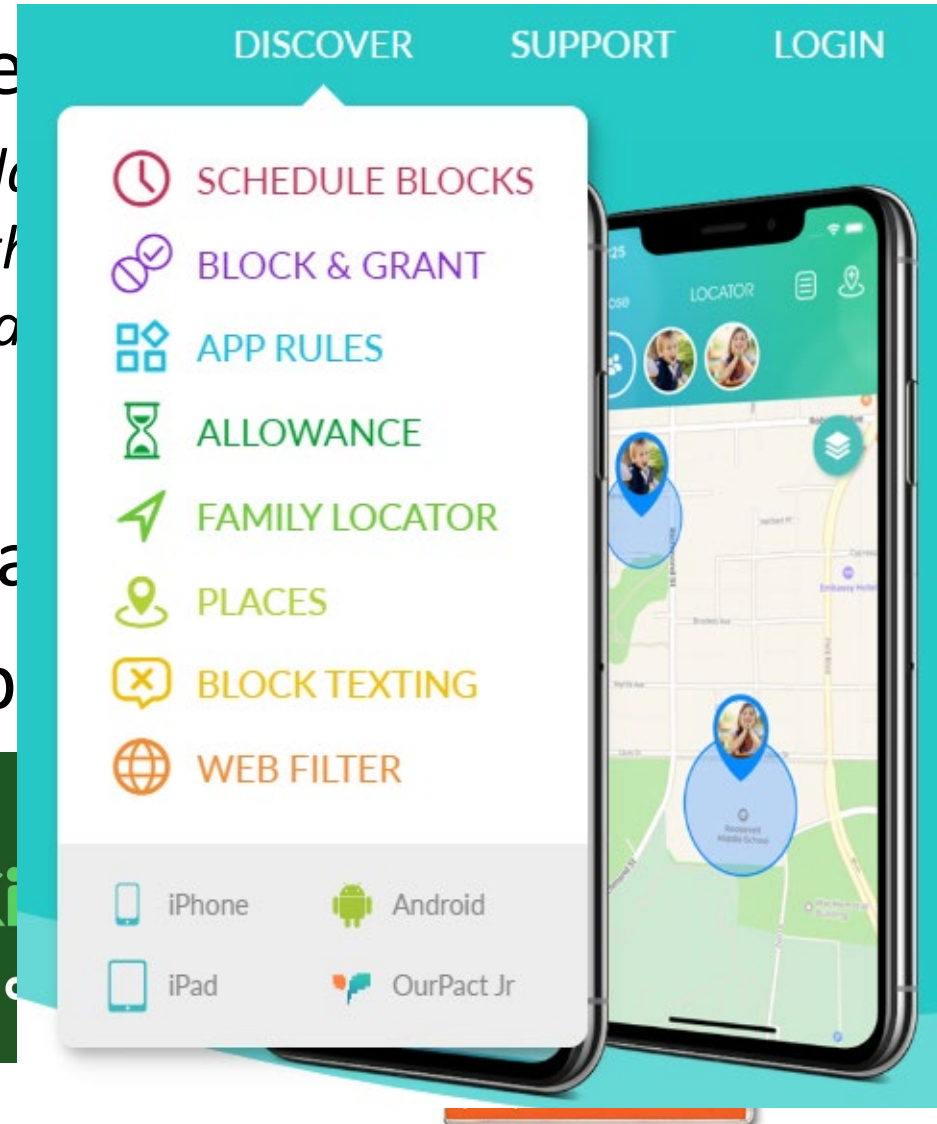
Bishop Challoner
Catholic Secondary School

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.

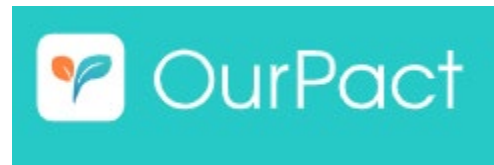
- Discuss Privacy settings
- Set boundaries and explain
- Use parental control app





Bishop Challoner
Catholic Secondary School

- Internet matters
- Parentzone
- Net- aware
- OurPact



**KNOW YOUR KID'S
SOCIAL MEDIA**

Be Share Aware with
net-aware.org.uk

O₂ 😊 NSPCC



Bishop Challoner

Catholic Secondary School

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!

internet
matters.org



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/>



Bishop Challoner
Catholic Secondary School

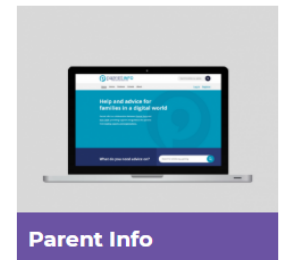
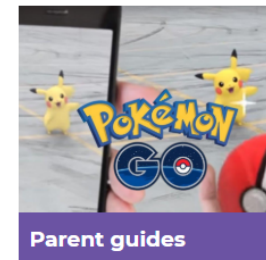
Some helpful sites to visit

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



Advice and information

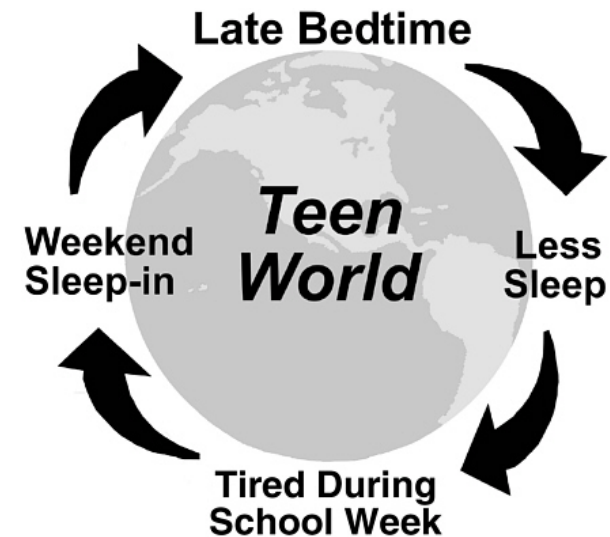
If your child has come across
content online, find out v





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





Bishop Challoner
Catholic Secondary School

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



Bishop Challoner
Catholic Secondary School

Ways to encourage attendance:

1. **Regularly** check your child's **absence** and check this matches with your **own record**.
2. **Talk** regularly with your child about school and how they feel about it. Your child is more likely to attend if they feel supported and **listened** to.
3. **Phone** us **as soon as possible** to tell us why your child is absent, and when you expect them to return. Putting the school number in your phone can save you time.
4. Only grant days at home for **genuine** illness.
5. **Please do not take holidays during term – time. In the vast majority of cases we are not allowed to authorise them anyway.**
6. Know **your child's timetable**.
7. If you have concerns **ring us** – we will **check** attendance and be discreet.



Other tips to help secure good attendance:

1. If there is a **problem** with your child's attendance, **talk calmly** to your child and **listen** to the **explanation**. There is *always* an explanation. Pursuing the **reason** for unauthorised non-attendance is **important**.
2. Talk to us to **resolve** issues. We are here to help and support you and your child. You are **not alone**.
3. Pay close attention to key deadlines and test dates.



Bishop Challoner
Catholic Secondary School

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



Bishop Challoner
Catholic Secondary School

Fixed Penalty Notices

When will I be issued following a warning letter?

- Unauthorised absence for 10 sessions out of 100
- Persistent lateness for 10 sessions out of 100
- Absent for a public exam





Bishop Challoner
Catholic Secondary School

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>



Five ways to wellbeing



Bishop Challoner

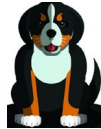
Catholic Secondary School

There are lots of people to turn to if you need help or support.

The names and pictures of the safeguard leads are in your planner and displayed around the school. This sheet may give you some self help suggestions. Alternatively please speak to your tutor, head of year or trusted adult who will be able to signpost you for some support.

Face to face.

ELSA, Staff mentoring, peer mentoring, anti bullying ambassadors, counsellors. Halo



Websites: The CAMHS website has a number of useful websites for various concerns.

<https://hampshirecamhs.nhs.uk/help/young-people/>



Hampshire Child and Adolescent Mental Health Service

Self help booklet:



Ask Matron / Head of Year for

- Wellbeing in action booklet.
- Best version of you
- What to do if you are an anxious teen
- Make your own crisis coping plan
- Break ups and goodbyes

Helpful Apps.



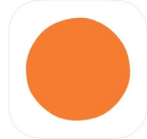
Fabulous daily routine planner.



Zipit - Childline



What's up?

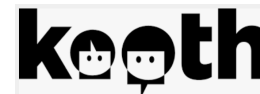


Headspace- meditation and sleep



Sleepiest sleep sound stories

Communicate:



Emergency:



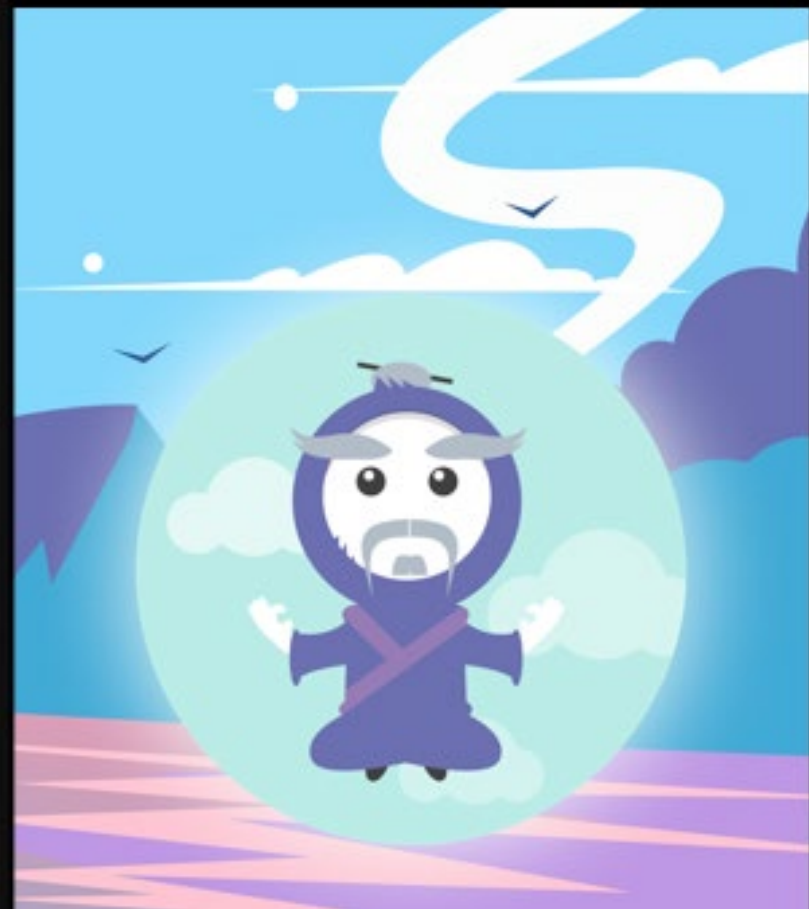


Bishop Challoner
Catholic Secondary School

Think Ninja App

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

Help for anxiety, stress and much more.





Bishop Challoner
Catholic Secondary School

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



Early Help

Basingstoke Family Support Service Timetable – Autumn 2022

Day	Group Name	Age Group	Time	Venue	Frequency/ Starting
Monday	ACE	Parents of children 0 – 19	10.00am – 12noon	Face to face - Honeycomb	10 weeks from 19 September
	TEEN NURTURE	Parents of children 11 - 19	1.00 - 2.30pm	Virtual – TEAMS	4 weeks from 19 September

Tuesday	Community SOS	Parents of children 0 – 19	9.30 – 11.00am	Virtual – Telephone call	Weekly all year
	NVR	Parents of children 8 years and above	10.00am – 12noon	Face to face - Honeycomb	10 weeks from 13 September
	Children & Young Person's ACE	Children - age range TBC	from 3.00pm	Face to Face – School venue TBC	8 weeks from 20 September

Wednesday	TEEN NURTURE	Parents of children 11 – 19	1.00 - 2.30pm	Virtual - TEAMS	4 weeks from 9 November
	NURTURE (Twilight)	Parents of children 0 - 19	6.00 – 7.30pm	Virtual - TEAMS	10 weeks from 14 September
	ACE	Parents of children 0 - 19	6.00 - 7.30pm	Virtual – TEAMS	10 weeks from 14 September



Bishop Challoner

Catholic Secondary School

BASINGSTOKE FAMILY SUPPORT SERVICE & EARLY HELP HUB Honeycomb Children's Centre Behind Chiltern Primary School, Chiltern Way Basingstoke RG22 5BB 01256 776189	BASINGSTOKE FSS PROFESSIONALS' DUTY LINE (for professionals only) Information & advice regarding concerns around a child or family, Level 2 referrals and the Early Help process. 01256 776146 (8.30 – 12.30 weekdays)	BASINGSTOKE FAMILY SUPPORT SERVICE Email: basingstoke.earlyhelp@hants.gov.uk 01256 776189 <div><div><u>Venue & partner agency contact numbers</u></div><div> Hampshire County Council</div></div> <div>Please note - Honeycomb Children's Centre is only available to participants attending courses. Most Autumn 2022 courses will be run virtually.</div>
---	---	--

Follow this link for Hampshire Healthy Families courses & workshops – HEART (Healthy Eating, Activities and Resources for Toddlers), Baby Talk, Toddler Talk, Five to Thrive and School Readiness.

<https://www.eventbrite.co.uk/o/hampshire-healthy-families-hhfbarnardosorguk-18591502869>

Or email HHF@barnardos.org.uk

PLEASE NOTE

Enrolment on FAMILY SUPPORT SERVICE courses is by professional referral.

Please ask your Health Visitor, Nursery or School to complete a FSS Level 2 referral.

All referral forms should be sent to basingstoke.earlyhelp@hants.gov.uk



relax Kids





HC3S

You will need to make a new application for each child but your information will be remembered to help you to complete multiple applications quickly. You will get an immediate response regarding eligibility after you've completed your application.

You may apply for eligibility on behalf of a parent/carer if you have permission to do so and their details.

New application

Use this button if you are making a new claim for Free School Meals.

[Start](#)

Previous application

Use this button if you have a reference number and wish to continue with this (check eligibility status, un-apply, re-apply). You will need your application reference and your date of birth.

and

Application Reference

Date of birth (DD/MM/YYYY)

[Submit](#)

If you think you are eligible for FSM please go online and complete an application or call and speak in confidence to Mrs Robinson.



Bishop Challoner
Catholic Secondary School

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>



Bishop Challoner
Catholic Secondary School

X @BCCSEExtra