

IN TOUCH



MESSAGE FROM THE HEADTEACHER

Welcome to the latest version of In Touch.

Our year 11 and 13 students are well into the swing of their GCSE and A Level exams and we ask you to keep them in your prayers during this busy season.

Whilst the end of these exams may feel a long way off at the moment please do keep the evening of Friday 12 July free to join us for our annual International Cultural Evening. Members of the PTFA are already planning the festivities and if you'd like to get involved, please contact Mr Davison or Mr Parke at school to find out more.

We are always keen to get your feedback on how you think we're doing and in this edition of In Touch we invite you to take the first in a series of Parent Pulse surveys to find out what you think about different areas of school life. They comprise ten simple questions and will only take a couple of minutes to complete. Scan the QR code (or click on the link [here](#)) to complete this week's questions on students' happiness, wellbeing and safety.



SKI TRIP BOOKING

Places on our annual ski trip are now available on ParentMail to all pupils in Years 7, 8, 9 and 11. This will be our second trip to Italy between 8th – 15th February 2025.

A non-refundable deposit of £300 is required to secure your child's place on this trip with the final £999 to be paid on **ParentMail** by November 2024.



MENTAL HEALTH AWARENESS WEEK

This year's Mental Health Awareness Week has been taking place from 13 to 19 May 2024. The week is run by the Mental Health Foundation, which started it in 2001. The theme for the week this year has been Movement: moving for our mental health.



At St John Bosco College the Mental Well-being of our students, their families and staff are always a priority and we have been participating in this years Mental Health week by sharing a top tip each day about how physical activity boosts mental health. During breaktime line up and staff and students have be given a demonstration of the activity and an opportunity to practice this also. Today there will also be an inter-house competition on Friday, two members of each house will be selected

by students to represent their house in a short exercise activity. In addition to all the fun activities information on Mental Health and support links has been shared will all students during form time.

We also wanted to share a helpful resource which is suitable for young people and parents. **Good Thinking** is a free NHS-approved digital service that has helped over 730,000 Londoners look after their mental health and wellbeing in a way that works for them. Good Thinking is available 24/7 on any device, completely anonymous and provides personalised advice, support and resources to help people struggling with:

- Stress
- Anxiety
- Low mood
- Sleep
- Other mental health concerns such as trauma, bereavement and eating disorders.



We hope all students are motivated to continue with the tips and exercises they have practiced during this week



KEY DATES

Monday 20 May

Laudato Si week & Rosary Week

Tuesday 21 May

Year 10 pre-PPE2 Seminar for parents/guardians

Monday 27 May

Half term starts

CONGRATULATIONS!

Splashing success!
Well done to "The Torpedo" Santiago who won gold for Wandsworth in the 25m freestyle London Youth Games ParaGames Swimming Competition with a time of 18.25s and gold in the 25m backstroke relay race.



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FAMILY BIKE RIDE

WANDSWORTH
CYCLING
CAMPAIGN



2 June 2024

Join in a family bike ride at 10am
from Café in the Park in Wandsworth
Park to Colicci Café in Richmond Park

Suitable for all the family!

Dr Bike will be
offering free bike
maintenance checks
before the event
from 9:30am.



Ride Route (4 miles):
<https://goo.gl/maps/twMiZzm49duVDLTM8>



Book your place online. 30 riders maximum. www.wandsworth.gov.uk/family-cycle-rides