

IN TOUCH



MESSAGE FROM THE HEADTEACHER

Every week In Touch highlights the wide range of opportunities that continue to enrich the educational experience of our students beyond the classroom and this week's is no different!

From the annual Salesian Retreat, which provided students with an opportunity for reflection, friendship and personal growth, to the exciting news of students attending the HYROX World Championships in Stockholm, there is much to celebrate across our school community.

A particular focus of this edition is our forthcoming Curriculum in Action Days. Taking place in July, these visits will see students exploring some of the country's most significant cultural, historical and educational venues, including Tate Britain, the Natural History Museum, Kew Gardens and the Imperial War Museum. These experiences are an important part of our curriculum, helping students to make connections between their classroom learning and the wider world, while laying strong foundations for future study. We are grateful to staff for their work in organising these opportunities and to parents for their support in ensuring that students can participate fully.

As we move towards the end of the academic year, our students are also preparing for their end-of-year PPE examinations. These assessments provide an important opportunity for them to demonstrate their learning and to identify areas for further development. We encourage all students to prepare thoroughly and thank parents and carers for the support they provide at home with revision and study routines.

This edition also includes an article on the importance of oracy and helping young people to communicate clearly, confidently and thoughtfully. The ability to articulate ideas, listen carefully and engage respectfully with others is an important life skill, and one that we are continuing to develop across the school.

Thank you, as always, for your continued support and partnership.



"Let all that you do be done in love." 1 Corinthians 16:14

As we come together to celebrate the achievements and successes within our school community, let us remember the importance of kindness, respect, and encouragement. Every accomplishment, big or small, is made possible through dedication, teamwork, and support from others. Take pride in what has been achieved, celebrate one another's successes, and continue to contribute positively to our school community.

2026 JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

KEY DATES

- Monday 22nd June - Year 10 & 12 Exams (until Friday 26th June)
- Tuesday 23rd June - Year 5 SENCO Parent Open Day
- Thursday 25th June - Year 12 Offer Placement Day
- Friday 26th June - Salesian Games (KRD) / Year 11 Prom
- Monday 29th June - Years 7-9 PPE's
- Friday 10th July - Culture Evening



SALESIAN RETREAT

Just before the half term break, Ms Addai, Fr Greg, Ms Oseke. Miss Burke and Br. Solomon took a wonderful group of Year 9 and 10 students to Macclesfield for the annual Salesian retreat. They fully embedded this year's theme of 'rise up' and took part in a number of ice-breaker challenges, games and bonding activities. On day 2, students took on the challenge of hiking up to White Nancy, a grade II listed National heritage site which overlooks the whole of Cheshire.



The final morning, students took part in a holy mass service led by Fr Greg where students had an opportunity to reflect on their time on the trip and the new friendships they formed. The trip was filled with food, fun, friendship and a reconnection with God.



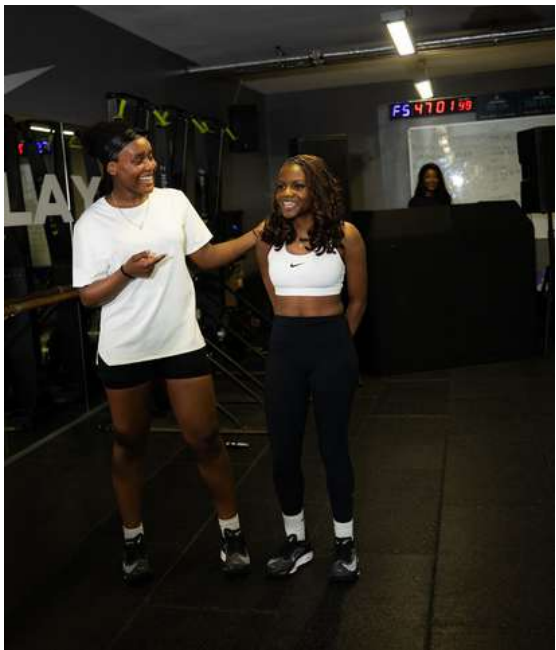
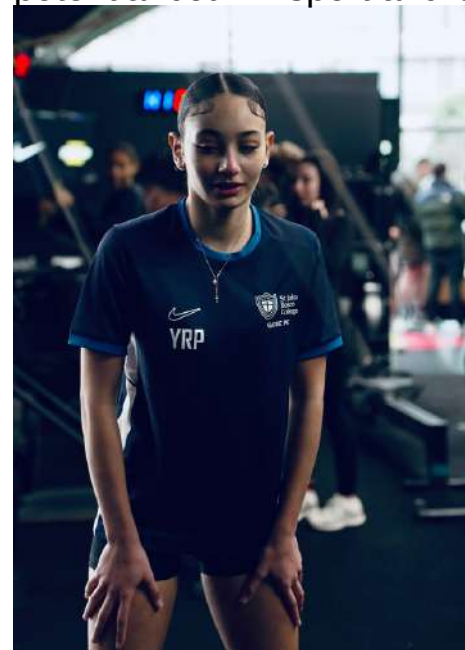
HYROX WORLD CHAMPIONSHIPS, STOCKHOLM

We are incredibly proud of our students who have participated in an inspiring programme in partnership with Nike and Rox Queens. As part of the project, they completed their first HYROX race at Slevan to celebrate International Women's Day and contributed to Nike research exploring the barriers young women face in accessing sport.

In recognition of their achievements, the students have been invited to attend the HYROX World Championships in Stockholm, where they will experience a world-class sporting environment and meet elite athletes.



This programme was designed to empower girls, build confidence, and break down barriers to participation in sport. Through these experiences, our students have developed resilience, self-belief, and the confidence to aim higher, embrace new challenges, and recognise their potential both in sport and beyond.



We cannot wait to see what these remarkable young women achieve next and how far their confidence, ambition, and determination will take them.

CURRICULUM IN ACTION DAYS

On the 15th and 16th July, our Curriculum in Action Days are taking learning beyond the classroom and into some of the country's most exciting cultural and educational venues.



Year 7 students will visit the Tate Britain and Shri Sanatan Hindu Temple, Year 8 will explore the Design Museum and Natural History Museum, and Year 9 will head to Kew Gardens and the Imperial War Museum.



These visits are a key part of this year's curriculum and will help lay the foundations for learning next year. Parents, please see the letter for more details.

END OF YEAR PPE EXAMS

All year groups are working towards their end of year exams in a couple of weeks. The Year 10 and 12 PPEs will be from Monday 22nd June to Friday 26th June and the Year 7, 8 and 9 PPEs will be from Monday 29th June to Friday 30th July.

These end of year exams are the students chance to show their knowledge and understanding of the content that they have been learning this academic year. To help prepare the students, revision lists and resources are being posted on the relevant years MS Teams page. Students should refer to these resources regularly as well as their knowledge organisers and exercise books to help them prepare for their exams. Students should make sure they arrive for their exams with a fully stocked pencil case and make sure they are well nourished and hydrated on the day of the exams.

We would like to thank all parents and carers for supporting us and your children in preparing for these exams as they are an important staging post for the students and valuable preparation for the public examinations to come.

Year 10					
Monday 22nd June	Tuesday 23rd June	Wed 24th June	Thursday 25th June	Friday 26th June	Monday 29th June
Arrive for 8:35am Whole School Line Up					
Exam 9:00 - 10:30 Science Paper 1	Exam 9:00 - 10:30 Maths (Non-Calc)	Exam 9:00 - 10:30 Science Paper 2	Exam 9:00 - 10:30 Maths (Calculator)	Exam 9:00 - 10:30 Science Paper 3	Reading Age Assessment
Break 10:30 - 10:45am					
Tutor time - 10.55 - 11.20 (except for selected MFL students)					
Spanish & French Listening/ Portuguese Speaking	Portuguese Listening/Spanish Speaking	Spanish Speaking	Spanish/French Speaking	French Speaking	
Period 3 Lessons 11:20 - 12:10 (except for selected MFL students)					
Lunch 12:10 - 13:00					
Period 5 Exam Line Up 12:45 MUGA					
Exam 13:00 English Literature	Exam 13:00 Option B Portuguese, Business Studies, Music, Creative iMedia, DT, Psychology, Art, Geography	Exam 13.00 RE	Exam 13:00 Option C Computing, Art, PE, History, Performing Arts, Sociology, DT	Exam 13:00 Option A DT, Spanish, Geography, French, History, Hospitality and Catering	
YEAR 12					
Monday 22nd June	Tuesday 23rd June	Wed 24th June	Thursday 25th June	Friday 26th June	
8:40 Line Up					
Exam 9:00 Option E A Level Maths, BTEC Applied Science, Portuguese, Philosophy and Ethics	Exam 9:00 Option A Biology, Politics, English Literature, Health and Social Care, Digital Games	Exam 9:00 Option B Economics, Psychology, Business	Exam 9:00 Option A Biology, Politics, Health and Social Care, Digital Games	Exam 9:00 Option D Physics, Geography, History	
Tutor Time 10:30 - 10:55am					
Break - Line Up 11:10am					
Period 3 Sixth Form Supervised Study 11:20 - 12:10					
Period 4 Sixth Form Supervised Study 12:10 - 13:00					
Period 5 - Lunch or Exam Line Up 12:45 MUGA					
Exam 13:00 Option B Business, Economics, Psychology, Photography (11am start)	Exam 13:00 Option D Physics, PE, Geography, History	Exam 13:00 Option C DT, Sociology Option A - Spanish	Exam 13:00 Option E A Level Maths, BTEC Applied Science, Portuguese, Art (11am start)	Exam 13:00 Option C DT, Sociology Option A - Spanish	



At SJBC, we are placing a strong focus on oracy, the ability to speak clearly, confidently and thoughtfully. You may hear this referred to in school, or see your child using structured sentence starters in their lessons. This is deliberate: we know that when students can articulate their thinking, they learn more deeply and achieve more highly.



Oracy is not just about talking—it is about **thinking, reasoning and expressing ideas** with **clarity**. Strong speaking skills **support reading** and **writing, improve confidence**, and **prepare young people for future** study, work and life.

Why does oracy matter?

- **It strengthens thinking** – speaking in full sentences helps students organise and develop their ideas
- **It improves writing** – students who can say it clearly can usually write it clearly
- **It builds confidence** – students are more willing to contribute, ask questions and engage in learning
- **It develops respect** – structured talk teaches students to listen, respond and disagree appropriately

At SJBC, this links directly to our **RUAH** values. Through oracy, students show **Respect** by listening, **Understanding** by considering others' views, **Affection** by encouraging one another, and **Humour** by knowing when to speak and when to pause.

How you can support at home

(You do not need to be an expert—small, simple habits make a big difference.)

1. Encourage full sentences

Instead of one-word answers, prompt your child to explain:

- 👉 “I think that... because...”
- 👉 “In my opinion...”

2. Talk about their day

Ask open questions that require more than “yes” or “no”:

- 👉 “What was the most interesting thing you learned today?”
- 👉 “Why do you think that happened?”

3. Use sentence starters to support thinking

These help structure ideas and build confidence:

- 👉 "I agree with that because..."
- 👉 "I see it differently because..."
- 👉 "Can you explain what you mean by...?"

4. Encourage respectful discussion

If your child disagrees with you or others, support them to do so politely and clearly—this is a key life skill.

5. Listen and value their voice

Giving your child time to speak—and showing genuine interest—builds confidence and helps them feel heard.

At SJBC, we want every student to be able to express themselves with clarity and confidence. When students can communicate their ideas effectively, they are better able to succeed—both academically and personally.

By working together, we can help every young person at SJBC to find their voice, live RUAH, and truly believe and achieve.



JOIN THE SCHOOL DEBATING CLUB RAN BY DEBATE MATE

WHAT?



Debate Mate runs the largest debating programme in the UK, with 250 schools and 5,000 young people taking part in clubs and competitions every week.

WHY?



Build your confidence, find your voice and develop key skills.



Compete against other schools and make new friends.



It looks great when you are applying for university, apprenticeships or work.

HOW?



It runs for one hour every week - same day and time.



University students, not the teachers, deliver the programme.



The programme is game-based, so you learn through different interactive activities.

WHERE?



The Board Room After school 2.40pm:
Year 10 – 12
Wednesdays
Year 7 – 9 Fridays
Remember to bring a friend!



WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency; 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KATIVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: @thenationalcollege | Twitter: @thenatcollege

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- <https://www.mentalhealth.org.uk/blog/random-acts-kindness>
- <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

Education Wellbeing Service Webinar

SUPPORTING YOUR TEEN'S TRANSITION TO COLLEGE - PARENT / CARER WEBINAR

Moving from secondary school to college involves lots of different changes for adolescents, including travelling new routes, becoming familiar with new environments and teachers, making new friends, and learning new subjects. This workshop aims to discuss these common worries and provide strategies to help you support your teen through the transition.

This workshop is for the parents and carers of teens that are going to one of our colleges: Merton, Carshalton, Wandsworth, Kingston, Croydon and Richmond.

DATE / TIME

Monday 6th July 1.00-2.00 pm

Wednesday 26th August 6.00-7.00 pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite by scanning the QR Code or following the link below:

[Click here to book](#)

wellbeinginschoolsevents@swlstg.nhs.uk

Education
Wellbeing
Service

