



Pastoral & Safeguarding Newsletter



Spring 2

Pastoral Message

We have loved welcoming back our pupils for this half term and are happy to get back to learning in the classroom. They have been working extremely hard since coming back and have demonstrated their Catholic virtues throughout.

Mental Health Support

We understand that pupils may have found coming back to school difficult, and this may have resulted in some expressing anxiety or low mood. There is lots of support that is being offered in school for your child. If you feel that your child needs extra support, please contact their form tutor, there are also lots of resources online that can help support a child who is experiencing low mood or anxiety. **More information can be found below.**

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

IQM Award

Earlier this term, we welcomed Ms Kenny Frederick from the Inclusion Quality Mark (UK) to assess our practices and principles in a number of areas relating to

our inclusion values within school. The IQM had the opportunity to virtually meet with Staff, Governors, Parents and Children to gauge our strengths in this area. Inclusion Quality Mark (IQM) provides schools with a nationally recognised framework to guide their inclusion journey. The IQM team help schools evaluate and measure how they are performing, empowering them to improve and grow. The whole school community is extremely proud and thrilled with this report and we seek now to become a 'Centre of Excellence' as recommended. This will allow us to share our inclusive practices and approaches as well as supporting other schools. We will keep you updated with our progress. **More information on the report can be found in the link below.**

<https://www.st-bedes.worcs.sch.uk/our-school/iqm-inclusive-school-award/>



Attentive

We are attentive when we listen to our calling from God to love and serve one another in all that we do. We are attentive to our experiences and can see where they will take us in our future vocations.

Discerning

We are discerning when we decide to do the right thing in the interest of the needs of others because we know the positive impact that it will have on their lives.

EPraise Stars

Year 5 - Cerys B 378 points BCu

Year 6 - Theo D 549 points EKe

Year 7 - Niamh B 313 points TOM

Year 8 - Edward K 355 points HFa

Attendance Data

Whole School Attendance

97.4%

Ready Steady Worcestershire

Ready Steady Worcestershire has been set up to provide further information about food, activities and support available to families and children from nursery and primary aged, through to older children and teenagers during the school holidays. **For more information on this, visit the webpage below.**

[Ready Steady Worcestershire - school holiday food and activities | Worcestershire County Council](#)



Education Mental Health Practitioner

We have recently been lucky enough to be allocated Roisin, our Education Mental Health Practitioner. Roisin will be working in school 3 days a week with pupils 1-1 as well as working closely alongside our pastoral team, supporting the mental health and wellbeing of all in school.

SMSVC

On Monday 29th March, we all took part in this term's SMSVC day. The topics of these sessions surrounded Relationships and Changing Bodies, Local Crime, CSE and Consent. We were lucky enough to welcome our local PCSO and Police Force to come in and discuss specific topics with our Key Stage 3 pupils. These sessions were extremely positive and allowed for plenty of questions. We will look to follow this up as a pastoral team as we move forward supporting pupils with any concerns they have surrounding these topics.

Parent Courses

The Solihull Approach online parenting courses are a series of NICE (National Institute for Health and Care Excellence) approved resources. These are for parents/carers who want to learn more about sensitive and effective parenting and building a positive relationship with their child. The courses have been developed by registered professionals within the NHS, working with practitioners and parents to develop new resources to support emotional health and wellbeing in children, families, and adults. All of these courses are free to parents, carers and grandparents of children in Worcestershire and can be accessed on any PC, laptop, tablet or smartphone, and can be translated into over 108 languages. **For more information, visit the site below.**

www.startingwellworcs.nhs.uk/parenting-courses

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

My Lord, Jesus,

You have risen to new life!

Give me new eyes with which to recognize your presence in the world around me.

Sharpen my vision so that I see beyond the ordinary events of each day and into the extraordinary reality of your grace.

Brighten my view of the world with renewed hope in the coming of your Kingdom.

Soften my gaze so that I view others with the kind of tenderness and compassion you showed to so many.

May each day of this Easter season provide glimpses of your glory.

In your sacred name, I pray

Amen

Useful Website Links

- [Ready Steady Worcestershire - school holiday food and activities | Worcestershire County Council](#)
- <https://www.st-bedes.worcs.sch.uk/our-school/iqm-inclusive-school-award/>
- www.startingwellworcs.nhs.uk/parenting-courses
- <https://www.ceop.police.uk/safety-centre/>
- <https://www.thinkuknow.co.uk/parents/>
- <https://youngminds.org.uk/find-help-for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>
- <https://www.st-bedes.worcs.sch.uk/parents-information/mental-health-and-wellbeing/>
- <https://www.kooth.com/>
- <https://lourdesit.org.uk/esafety/>