



Saint Ambrose College

Weekly News Bulletin

Friday 22nd September 2023

Dates for Year

26th September	GCSE Awards Presentation Evening
4th October	Year 11 School Photographs
16th—20th October	Year 7 Castlerigg Retreat
20th October	Last day of term
30th October	School returns

ANTI—VACCINATION PROTESTS

You may have seen media reports about anti-vaccination protests at schools across Greater Manchester. Trafford Council have now put in place a public space protection order for all schools in the borough, which means that the local authority and police can take immediate action if there are any protests on-site. We have been asked to share this with parents and carers in order to provide reassurance that protests will be dealt with promptly.

You can still pop your blue token in our box in the Tesco stores listed below **until the end of September 2023.**

4787 Altrincham Exp WA15 7DD Small unit
2019 Altrincham Extra WA15 9QT 2 x large unit
5479 Hale Express WA15 9SX Small unit



Project name:

St Ambrose College

Enhancing Cooking Practical Skills
Altrincham

Helping to improve the practical skills of teenage of boys, to enable them to prepare and cook nutritious meals for themselves and their families.

The project with the highest number of votes will receive £1,500, the second placed project £1,000 and the third placed project £500.

Money from the project will go towards providing ingredients for a **KS3 lunchtime cooking club from September** and also to purchase equipment needed.

If you are in any of the above stores between now and the end of September, please support us by popping a blue token or three in our box!

Thank you!



SPORTS UPDATE

Senior & U16 Football

Senior and Under 16 Footballers Boys have the opportunity to purchase a full kit which should be worn to matches and in Games lessons. The total cost is £25 for shirts, socks and shorts. Goalkeepers kit is also available. Mr Cutting will be selecting squads in the coming weeks and boys will need the kit for matches starting at the end of the month. Please pay using the Parent Pay system.

Head Injury Risk Assessment

There has been a lot of discussion on the news about concussion and direct links to dementia etc in contact sports. The RFU have a very useful video which I would recommend all parents to watch outlining what we should do if we suspect a potential concussion. You can find this on <https://keepyourbootson.co.uk/rugbysafe-toolkit/headcase/> and is appropriate for all contact sports.

Shin Pads

Parents and students are reminded that shin pads are required to participate in football in PE and Games lessons. This will be fully enforced from Monday 11th September

KUKRI Online Shop

Personalised rugby shirts The Kukri Shop will be opening again shortly. If you missed the first opportunity to order a personalised rugby shirt please contact the College via email office@st-ambrosecollege.org.uk to be added to the waiting list. As advised KUKRI will only reopen the online shop when there are a minimum of ten orders.

We do have some older style reversible Games shirts available to purchase as a replacement. The shirts are £10 and we have various sizes available.

200 Club

Parents are reminded of our 200 Club which has monthly draws to raise money for School Sport. The Direct Debit mandate can be found on the School website and parents are encouraged to support the Sports Committee who run this. For £10 a month parents can win £100 with three bumper prizes of £250 in Summer and Xmas draws. The School receive half of the monies collected and use this to support our extensive Sports programme. Please return completed forms to any Sports staff. I was delighted to return to school last week and find 38 new 200 club parents who had sent in their DD forms. These are being processed and should hopefully be included in the October draw.

School sports Website:

The vast majority of fixtures are available to view on : <http://www.sacsport.org.uk/?id=332>

Sporting fixtures commence:

Rugby

On Saturday 16th we had our first round of Rugby fixtures Vs Kirkham GS. The College won 3/9 games

This Saturday 23rd September we play Stockport GS

1st XV, 2nd XV, U12A&B are at AWAY

U15A, U14A are at HOME

All 10am ko

The meet time for the teams travelling AWAY to Stockport is 8.20 am. Pupils can meet at Stockport if it is more convenient for 9.15am.

This Wednesday (27th) our 1st XV will face Ellesmere College in Round 2 of the Natwest Vase at home, ko 2pm

On Tuesday 26th our U15 begin their Natwest Cup campaign V Liverpool College at home, ko 3pm

Sports Training Timetable

Please find the Sports Facility timetable on the next page which has already been emailed to your son. All students are encouraged to take part in at least one physical activity and we have tried to offer as wide a choice of Winter Sports as possible. House competitions will also be starting very soon in their Games lessons. The water polo lessons after school are a paid for activity and will start when numbers are confirmed. All other practices begin in the week commencing Monday 11th September. We have lunchtime practices to ensure all students have an equal opportunity to compete for School team selection. The exception is in Senior football where boys are asked to stay until 5pm for their practices and year 10/11 basketball (although basketball will be an option in the year 10&11 games lessons) Boys can wear appropriate non-school kit for practices to enable parents time to wash Games and PE kit which should be worn in curricular lessons. Any boys unable to take part in those lessons should bring a note or alternatively join teachers in the swimming pool or Fitness suite where an appropriate activity will be given to assist their injury. Please make sure your son has the appropriate kit for all lessons.

Mr M Fitzsimon

Director of Sport



SPORTS TIMETABLE

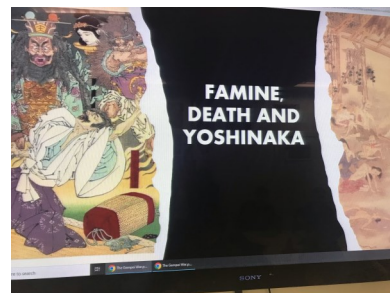
Practices	Monday	Tuesday	Wednesday	Thursday	Friday
Pre School					
Sports Hall					
Pool		Staff Swim		Staff Swim	
Fitness Suite			Years 9-13		
Practices	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime					
All Weather	Year 7 Rugby (MF PR HD)	Year 10 Rugby (PH)	Year 9 Rugby (LC, ME)	Year 10 Rugby (PH)	Year 9 Rugby (LC, ME)
Back Pitch		Year 8 Rugby (CT, SB)	Year 7 Rugby (MF PR HD)	Year 8 Rugby (CT, SB)	Year 7 Rugby (MF PR HD)
1st XV Pitch		Senior Rugby (DD, JC)	Year 11 Rugby (DD)	Senior Rugby (DD, JC)	Senior Rugby (DD, JC)
X-Country	All years (SA)		All years (SA)		
Sports Hall	Badminton years 7&8	Basketball Year 7 (CT)	Basketball Year 8/9 (PH)	Badminton years 9-11 (MF)	6th Form Basketball
Pool	Year 10-13 Water polo (JM)	Year 9/10 Water polo & L1,2 Swimmers (PC, JM)	Year 8 Water polo (PC)	Year 7 Water polo (PC)	Swimming (PC)
Fitness Suite	Years 9-13 (CT)	Years 9-13 (SA)	Years 9-13 (DS)		Years 9-13 (SA)
Practices	Monday	Tuesday	Wednesday	Thursday	Friday
After School					
All Weather		6th form Football (JC)		Year 11 Football (JC)	
Sports Hall	Circuits	Handball(7-9)		Year 10/11 Basketball (SG)	
Pool	Year 10 Water polo (JM)	Year Water polo 9 (PC)	Year 7 Water polo (PC)	Year 8 Water polo (PC)	Prep (JM)
Fitness Suite		All years (SA)	All years (SA)	All years (SA)	All years (SA)



SCHOOL NEWS

HISTORY SOCIETY

The first session was well attended with representatives of almost all year groups. Attendees were impressed with Joe Cs wide knowledge of Ancient Japan and found the myths and legends of the feuding war lords fascinating. A reminder that all students are welcome, including new members , particularly Year 7. Bring your lunch to Room 2408 on Wednesday lunchtime as the presentations start just before 1pm.



WORLD YOUTH DAY 2023

Over the summer, I embarked on a 2-week pilgrimage with nearly 300 young people from the Neocatechumenal way to World Youth Day, in Lisbon, Portugal. Beginning with our midnight departure from London on the 28th, we arrived in Lourdes on the 29th of July, which set the tone for the spiritually enriching journey. As we continued our pilgrimage through Spain, evangelising in the city of Pamplona, visiting St James' tomb in Santiago de Compostela, each destination offered the fantastic opportunity to connect with hundreds of fellow pilgrims. I was struck by the delicate architecture of Santiago de Compostela, with intricate golden patterns flowing over the ceiling and walls of the Cathedral. On August 5th, we reached the site in Lisbon and were truly overwhelmed by the immense gathering of over 1.5 million pilgrims, all united by the faith and Word of God. Among the pilgrims were from countries such as Spain, India, America, and Italy, which fostered a wonderful cultural exchange. On the 6th, the Pope delivered mass and gave the exciting announcement of the upcoming World Youth Day in South Korea in 2027!

From this experience , I would highly recommend all Ambrosians and teachers to make the most of opportunities like this , as it allowed me to embrace other cultures and learn more about my faith.

Benedict D—Year 13





DRAMA NEWS

SUCCESS IN DRAMA

Congratulations to students who undertook LAMDA exams and received their results during the summer break. We are impressed that all students passed with **distinctions**!

If your son would like to participate in LAMDA classes, run at school each Monday please get in touch with: hannah@hbacting.co.uk

We are also delighted to hear of further student success. Over the summer, Charlie, now in year 8 participated in a drama workshop with Red Players academy (which is run by Lee Battle ex Coronation Street Actor and lecturer at Salford University).

At the end of the week, he performed at the Little Theatre in Altrincham. Charlie was involved in the group ensemble, an extract from Lord of the Flies and enjoyed working with other boys from SAC, too. He performed a duologue with one of the girls where he played Bastian from Never Ending Story. After the performance Charlie was selected to participate in an intensive actor training course for four weeks. Following this, due to new friendships made, and sharing of information, he prepared and performed a monologue for an audition for a project with Footlights Stage School in collaboration with the National Theatre. He has been successful in obtaining a part in the performance. The group are now starting to prepare a piece of theatre to perform at the Lowry in April. It is a competition with 9 other theatre groups across the north-west. If they win this round, they will go to London to perform at the National Theatre there, in June.



We look forward to seeing what the future holds for Charlie and are sure he will go from strength to strength.

Please be reminded of the wealth of extra-curricular opportunities for students interested in Drama which began this week:

Monday: Acting club 1pm Drama Studio

Tuesday: Film making club 1pm Drama Studio

Thursday: School production club 1pm Drama Studio

Friday: Drama games club 1pm Drama Studio

Mrs L Taylor
Head of Drama



EDMUND RICE CAMP

Edmund Rice Camp is a project funded by the Christian Brothers and supported by Edmund Rice Schools in England. Each Camp offers children from marginalised communities the chance to enjoy a week of fun, structure, and free activities during their summer holidays. Camps are coordinated by experienced volunteers but rely on the generosity of 6th Form students who are the Leaders for the week. This summer, for the first time, we hosted an ER Camp in school, with 25 volunteers from our school and Loreto taking part. Here are the reflections of some of the participants . . .

When we embarked on our journey on the first day of Edmund Rice Camp - ERC on the 24th of July this year, we had our doubts about how well we would connect with the kids. However, right after the very first day, we had already bonded over chatting, eating, and playing games. Our reflections at the end of the day inspired us to think of new and exciting ways to make the camp even more enjoyable in the coming week for everyone involved. One of the most rewarding experiences at ERC was simply talking to the kids and seeing their smiles light up the camp.



On the second day, we saw how our awesome leaders, Shannon, Rachel, Sally, and Maria were always brimming with enthusiasm, which motivated us to give our all in both the songs and the games. In the experience of having to take care of so many different types of children, from the loud and energetic kids to the quiet and shy, we definitely had our hands full but, it was always worth giving our undivided attention to them. With our combined efforts and unwavering spirit, we made sure that every single person at camp, including ourselves, had an absolutely massive smile by the end of each day.

-Joel

On the third day, the day leaders had planned the multiple activities that the kids were going to part take in. In the morning, we led some welcome games which helped energise the children for the day ahead. Then, in the afternoon the kids did Hammer-beads and played parachute games which were fun. I think the children really enjoyed the hammer beads as it gave them something to take home and remind them of the camp. In the afternoon, we played capture the flag and decorated the Edmund Rice Camp banner which got really messy and there ended up being more paint on the people than on the banner itself. This was a very enjoyable day as the kids started to come out of their shells more and everyone began to gel.

-James

The fourth day of ERC involved a highly anticipated journey to The Crocky Trail. Many of the children had never been there before and were awaiting a day filled with excitement and fun. We sang upbeat songs on the coach, filling it with a joyful atmosphere and increasing our sense of togetherness as we awaited the thrill of the rides and the trail. The Crocky Trail fulfilled and perhaps exceeded everyone's expectations providing exhilarating slides and a walk with many engaging activities along the path. One highlight of the day would be going on the flusher which was a towering slide evoking a rush of adrenaline in both children and leaders. Overall, The Crocky Trail allowed leaders to grow even closer to the children and gave us an experience that will be cherished for a long time to come.

-Kevin

Friday was the fifth and final day. We did similar activities as Tuesday and Wednesday, but we had to say goodbye to the kids- some of them didn't take part much at the start of the week but wanted to stay for another week at the end! We gave them parting gifts in the form of goody bags and certificates, and all the leaders stood in two lines and formed an archway for the children to walk through, chanting their names as they did; it was heartwarming for all of us to see them genuinely enjoy themselves throughout the week and participate more, and this moment was a culmination of all of this. For all our hard work, we, the leaders had a nice pizza party - a fitting end to a tiring but worthwhile camp.

P.S A warning, if you want to participate next year, you will get some songs stuck in your head forever.

-Dylan

We will all definitely look back on ERC as one of the most unforgettable experiences ever!



STUDENT SUCCESS



Congrats to Tom M & Finlay H—Year 9

who have both recently been appointed to play for Stoke City FC, we wish them every success in their budding careers!



Congrats to Samuel D—Year 11

Who was awarded Man of the Match (awarded by the opposition coaches) last week while playing for Wales against England, Ireland and Scotland in the U16's Four Nations Cup. It was the first time the Welsh team have won the cup making them top of the table!





CLUBS & SOCIETIES Timetable

	Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
Before	Fitness Suite from 8am		Circuits Sports Hall from 7:45am		Fitness Suite from 8am
	Brass Band Club Room 2108 12:30pm	Film Makers Drama Studio 12:30pm	School of Rock Room 2305 12:30pm	Jazz Band Room 2305 12:30pm	Philosophy Cafe Room 3406 12:35pm
	Choir Room 2305 12:30pm	Drama Club Y11 only Drama Studio 12:30pm	Woodwind Group Room 2108 12:30pm	Senior Rugby All-weather Pitch 12:30pm	Model UN Society Room 2405 12:30pm
	Chess Club Room 2408 12:30pm	Music Tech Club Room 2305 12:30pm	Maths Clinic KS3 Room 3202 12:30pm	Rugby Y8 Back Pitch 12:30pm	Maths Clinic KS5 Room 3204 (Y12) Room 3205 (Y13) 12:30pm
	Rugby Y7 All-weather Pitch 12:30pm	GCSE Music Theory Club Room 2108 1pm	Rugby Y7 All-weather Pitch 12:30pm	Rugby Y10 1 st XV Pitch 12:30pm	Rugby Y9 All-weather Pitch 12:30pm
	Cross Country All Years 1 st XV Pitch 12:30pm	Senior Rugby All-weather Pitch 12:30pm	Rugby Y9 Back Pitch 12:30pm	Badminton Y12 & 13 Sports Hall 12:30pm	Rugby Y7 Back Pitch 12:30pm
	Badminton Y7 & 8 Sports Hall 12:30pm	Rugby Y8 Back Pitch 12:30pm	Rugby Y11 1 st XV Pitch 12:30pm	Water Polo Y7 Pool 12:30pm	Senior Rugby 1 st XV Pitch 12:30pm
	Fitness Suite Y9 - 13 12:30pm	Rugby Y10 1 st XV Pitch 12:30pm	Basketball Y8 & 9 Sports Hall 12:30pm	Drama Refugee Production Project Drama Studio 1pm	6 th Form Basketball Sports Hall 12:30pm
	Water Polo Y10 - 13 12:30pm	Basketball Y7 Sports Hall 12:30pm	Water Polo Y8 Pool 12:30pm	History KS4 Room 2405 12:30pm – 1:00pm	School Swim Team Pool 12:30pm
	Acting for KS3 Drama Studio 1pm	Water Polo Y9 & 10 Pool 12:30pm	Fitness Suite Y9 - 13 12:30pm	Y11 Study Club Room 1401 1:00pm	Fitness Suite All Years 12:30pm
	History Film Club Room 2405 12:30pm	Fitness Suite Y9 - 13 12:30pm	Cross Country All Years 1 st XV Pitch 12:30pm	Geography Society Room 2406 12:45pm	Orchestra Room 2305 12:30pm
		Chemistry Society Science Area 1pm	History Society Room 2408 1pm	Creative Writing Club Room 2503 12:30pm	Cooking Club Room 1211 12:30pm
		Maths Puzzle Club Room 3204 12:50pm	Drama Club Y12 – 13 only Drama Studio 12:30pm		Drama Games KS3 Drama Studio 1pm
			Physics and Astronomy Society Room 2203 12:45pm		Politics Society Room 2404 1:00pm
			Computing Club KS3 Room 3407		Dungeons and Dragons Room tbc 12:30pm
			Oxbridge Society Room 2403 12:30pm		
After	Fitness Suite All Years from 3:35pm	Fitness Suite All Years from 3:35pm	Fitness Suite All Years from 3:35pm	Fitness Suite All Years from 3:35pm	Fitness Suite All Years from 3:35pm
	Water Polo Y10 Pool 3:35pm – 4:30pm	Senior Football All-weather pitch from 3:35pm	Water Polo Y7 Pool from 3:35pm – 4:30pm	Football Y11 All-weather Pitch	
		Water Polo Y9 Pool 3:35pm – 4:30pm		Water Polo Y8 Pool 3:35pm – 4:30pm	
		Handball Years 7-9 Sports Hall 3:35PM		Basketball Y10 & 11 Sports Hall	

	Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2
Before	Fitness Suite from 8am		Circuits from 7:45am		Fitness Suite from 8am
	Acting for KS3 Drama Studio 1pm	Film Makers Drama Studio 12:30pm	History Society Room 2408 1pm	Jazz Band Room 2305 12:30pm	Philosophy Cafe Room 3406 12:35pm
	Brass Band Club Room 2108 12:30pm	Drama Club Y11 only Drama Studio 12:30pm	School of Rock Room 2305 12:30pm	Senior Rugby All-weather Pitch 12:30pm	Model UN Society Room 2405 12:30pm
	Choir Music Room 2305 12:30pm	Music Tech Club Room 2305 12:30pm	Woodwind Group Room 2108 12:30pm	Rugby Y8 Back Pitch 12:30pm	Orchestra Music Room 12:30pm
	Chess Club Room 2408 12:30pm	GCSE Music Theory Club Room 2108 1pm	Maths Clinic KS3 Room 3202 12:30pm	Rugby Y10 1 st XV Pitch 12:30pm	Maths Clinic KS5 Room 3204 (Y12) Room 3205 (Y13) 12:30pm
	Rugby Y7 All-weather Pitch 12:30pm	Senior Rugby All-weather Pitch 12:30pm	Rugby Y7 All-weather Pitch 12:30pm	Badminton Y12 & 13 Sports Hall 12:30pm	Rugby Y9 All-weather Pitch 12:30pm
	Cross Country All Years 1 st XV Pitch 12:30pm	Rugby Y8 Back Pitch 12:30pm	Rugby Y9 Back Pitch 12:30pm	Water Polo Y7 Pool 12:30pm	Rugby Y7 Back Pitch 12:30pm
	Badminton Y7 & 8 Sports Hall 12:30pm	Rugby Y10 1 st XV Pitch 12:30pm	Rugby Y11 1 st XV Pitch 12:30pm	Drama Refugee Production Project Drama Studio 1pm	Senior Rugby 1 st XV Pitch 12:30pm
	Fitness Suite Y9 - 13 12:30pm	Basketball Y7 Sports Hall 12:30pm	Basketball Y8 & 9 Sports Hall 12:30pm	History KS4 Room 2405 12:30pm – 1:00pm	6 th Form Basketball Sports Hall 12:30pm
	Water Polo Y10 - 13 12:30pm	Water Polo Y9 & 10 Pool 12:30pm	Water Polo Y8 Pool 12:30pm	Science Club KS3 Room 2206 12:30pm	School Swim Team Pool 12:30pm
	History Film Club Room 2405 12:30pm	Fitness Suite Y9 - 13 12:30pm	Fitness Suite Y9 - 13 12:30pm	Geography Society Room 2406 12:45pm	Fitness Suite All Years 12:30pm
		Chemistry Society Science Area 1pm	Cross Country All Years 1 st XV Pitch 12:30pm	Y11 Study Club Room 1407 1:00pm	Cooking Club Room 1211 12:30pm
		Maths Puzzle Club Room 3204 12:50pm	Drama Club Y12 – 13 only Drama Studio 12:30pm	Creative Writing Club Room 2503 12:30pm	Drama Games KS3 Drama Studio 1pm
			Maths Puzzle Club Room 3204 12:30pm		Politics Society Room 2404 1:00pm
			Physics and Astronomy Society Room 2203 12:45pm		Dungeons and Dragons Room tbc 12:30pm
			Computing Club KS3 Room 3407		
			Oxbridge Society Room 2403 12:30pm		
			Learn to Knit Room tbc 12:30pm		
After	Fitness Suite All Years from 3:35pm	Fitness Suite All Years from 3:35pm	Fitness Suite All Years from 3:35pm	Fitness Suite All Years from 3:35pm	Fitness Suite All Years from 3:35pm
	Water Polo Y10 Pool 3:35pm – 4:30pm	Senior Football All-weather pitch from 3:35pm	Water Polo Y7 Pool from 3:35pm – 4:30pm	Football Y11 All-weather Pitch	
		Water Polo Y9 Pool 3:35pm – 4:30pm		Water Polo Y8 Pool 3:35pm – 4:30pm	
		Handball Years 7-9 Sports Hall 3:35PM		Basketball Y10 & 11 Sports Hall	



SOCIAL MEDIA ACCOUNTS



The Saint Ambrose College social media accounts are a great way to keep up-to-date with school activities, achievements, news and associations. For those who have joined us in September, here are the ones you can follow:

School Twitter @StAmbroseColl

Mr Rainey Twitter @PrincipalSAC

Careers Twitter @ambrosecareers

Maths Twitter @AmbroseMaths

Instagram @stambrosecollege_art/

Website www.sacart.org

Instagram @stambrose_eng

RE Twitter @stAmbroseCollRE

Sport—@StAmbroseSports

Music Twitter @SAmbroseMusic

Science Twitter @AmbroseScience

Drama Twitter @stambroseDrama

Business Twitter @BusinessAmbrose

Sixth Form Instagram @stambrosesixthform

Chaplaincy Twitter @StambroseC

Immersion @stambImmersion

SAPA @stambrosepa



RUGBY at Trafford MV

If you have a son or daughter who is interested in playing rugby, Trafford MV are welcoming new members, see the poster below for more information.

Sunday Mornings are more than just coffee, papers and croissants!



Mini, Junior and Girls Rugby is for all!

For more details please contact:

Mini/Juniors (U4-U16's) - Greg Hawkins - 07834857905

Girls - u13-16s - Justine Thatcher - 07784396765

TMV, McPherson Park, Finny Bank Road, Sale, M33 6LR

Trafford School Nurses Newsletter for Secondary School

Issue 4 - September 2023



Hello and welcome

Trafford School Health Team would like to welcome you to the fourth edition of our newsletter. The newsletter is issued each school term letting you know what our school nurse team will be doing each term and sharing some useful information. Find out more about our service on our [webpage](#).



What's happening this term?

Welcome new students!

We will be doing "Welcome to year 7" assemblies to all the new pupils across the borough. Health questionnaires will be sent via parent mail to all year 7 parents. Please complete and return them to school for the attention of the school nurse.



Year 8 HPV vaccinations

Our immunisation nurses will be delivering assemblies about the benefits of receiving the HPV vaccine. Following guidance from the UK Health Protection Agency, young people now only require one dose of the vaccine instead of two. You will shortly receive an email with an e-consent link. Please complete this as soon as possible. If you have any difficulties completing it, please contact the immunisation team. We have consent forms in different languages if you require one.



Student support

- **Drop-ins** - the School Nurses are available in all high schools for drop-in sessions.
- **Chat Health** - our anonymous texting support service **0731 2263 056**.



School Nurse Contacts

- North Trafford (Stretford and Old Trafford) and West Trafford (Urmston, Flixton and Partington) School Nurse Teams – **0161 549 6290**
- South Trafford (Altrincham, Timperley and Hale) and Central Trafford (Sale and Sale Moor) School Nurse Teams – **0161 912 2340**

Public Health messages

Rise in measles cases

An increasing number of children are being diagnosed with measles nationally. We therefore encourage parents to ensure that their child has received **two doses of MMR vaccine**. This gives the best protection against measles.



The school immunisation team will review the MMR vaccine status of all year 8 pupils and above. If your child's MMR is not up to date, you will receive a consent form. Please complete it if you wish your child to be vaccinated.

Parents/carers of year 7 pupils can speak to their GP if pupils aren't fully vaccinated.

10th September: National Suicide Prevention Week

The theme this year is breaking down the stigma around suicide through the language we use. Language suggestions include for wellbeing conversations include:

- Be direct
- Choose a good time
- Ask open questions
- Listen well and avoid giving your view.



Visit the Samaritans' [little tips webpage](#), which advises how to 'help someone to open up when something's up'.



11th October: National Coming Out day

For some, coming out is no longer a big deal. For others, coming out is still a huge challenge. The very real fear of facing discrimination, bullying or judgement can cause LGBTQ+ people to stay 'in the closet', struggling with anxiety while they strive to be themselves. Visit theproudtrust.org for support and information.



We appreciate that some parents may also need support if their young person makes this disclosure, visit the [Young Minds](#) website for support.

Silvercloud for parents carers

Silvercloud is a free digital CBT programme available to all Trafford parents and carers. Sign up at: silvercloudhealth.com

Tell us what you think

The NHS, Council and local services are continuing to make changes to improve services based on your feedback. Please [follow this link](#) to let us know what you think. It is anonymous and should only take 10 -15 minutes. Whether you are a child, parent, carer or professional, we would really appreciate your input.





Trafford Team Together

Providing the right support at the right time in the right way

TTT providing help for you and your family:

Everyone needs help and support at times and that's what we are here for. Trafford Team Together (TTT) can help you to find solutions to worries you may have about your family.

What can I get help with?

These are some of the issues that TTT could help you with:

- Dealing with times of change.
- Your child's self-esteem and confidence.
- Your child's school attendance.
- Challenging behaviour.
- Family relationships.
- Financial difficulties.
- Parenting strategies.
- Understanding your child's development.

These are just examples, there may be other things you would like help with so please make contact.

What is Trafford Team Together?

Trafford Team Together, or "TTT", is a fresh approach to ensuring that our children, young people and families are supported in the right way, as early as possible to help prevent small worries turning into future problems.

Everyone involved in TTT is committed to working in partnership for you and your family including schools, health, social care, community safety, housing, and a wealth of voluntary organisations.

Who is on the TTT and who is it for?

TTT are pleased to be working alongside St. Ambrose College.

People who attend the TTT meetings will always include someone who knows you well, such as a member of school staff. The meetings are arranged by the TTT Co-ordinator and she will ensure that the right people will attend depending on what you say you feel you need.

You and your child will each get time with the person you feel most comfortable with to talk about how you are feeling and what you think you may need help with.

You and your child will not have to go to the TTT meeting as it is just for the team to agree what help may be available and to get an action plan sorted out for you.

You will always be contacted after the meeting to talk about the suggestions that have been made so you can decide what you would like to do.

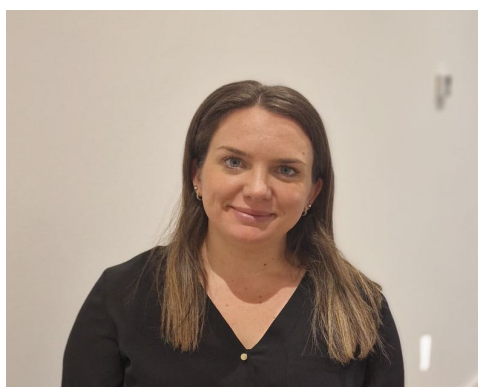
What can families expect?

- We are people you know & trust- who respect & understand you and your family.
- We take a holistic approach to helping you and your family.
- We recognize and build on family & community strengths.
- We find the right activities, support & services in your local area.
- We help to make a real difference to families now and for the future.
- We provide early help to prevent small worries becoming future problems.
- We will always ask for your permission to talk to others about how we can help you.



Who are we?

Introducing your TTT Co-ordinator:



"Hi, I'm Catherine, I am one of the co-ordinators in the South area for TTT. I am a Mum of three and understand that family life can be busy and challenging at times. You know your family better than anyone, I am eager to work alongside you to ensure you and your family can access the right support, at the right time that is most suitable for you. Within my role I will work closely with other agencies to ensure that the support they can offer is accessible to all families that need it. "

My contact details are:

catherine.cairns@trafford.gov.uk

Tel: 07834869689

Where can I find out more?

For more information, if you think we may be able to help, please contact the TTT Coordinator or your school contact below.

Miss Dean

misshdean@st-ambrosecollege.org.uk

Here are some examples of how families have already been supported through TTT:

- Access to support through voluntary sector agencies such as Home Start for practical support (e.g access IT at home, food parcels, navigating the benefits system) and advice (e.g. emotional support).
- One to one support and advice from DWP worker to complete a welfare benefits check.
- Advice and information from Trafford's Housing Options Service on housing applications.
- Information from a school nurse regarding your child's health needs.
- Mentoring support for children/young people to help with self esteem, confidence.
- Access to creative activities in the community (e.g. art, dance, cookery).
- Access to other support within the community e.g. wellbeing activities or support from other agencies e.g. Young Carers.



HEALTH for TEENS

[Health for Teens](#) is a useful website with lots of information and advice on a range of physical and emotional health topics for young people including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more.

TRAFFORD COUNCIL

NHS
Manchester University
NHS Foundation Trust

HEALTH FOR TEENS

**TEXT YOUR SCHOOL NURSE FOR
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:**

07312 263056

OR SCAN THE QR CODE TO START A CHAT:

GET HELP WITH ALL KINDS OF THINGS LIKE...

**HEALTHY EATING RELATIONSHIPS SMOKING
EMOTIONAL HEALTH BULLYING SELF HARM
ALCOHOL & DRUGS ANXIETY SLEEP PUBERTY**

WWW.HEALTHFORTEENS.CO.UK

**SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,
AND FIND OUT THE TRUTH BEHIND THE RUMOURS**

Follow Us: **Trafford School Nurses** **@TraffSchNurses** **@traffordschoolnursing**

Trafford Local Care Organisation
Leading local care, improving lives in Trafford with you

ChatHealth

Disclaimer: We may need to inform someone if we are concerned about your safety but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorised health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. If you need help before you hear back from us, please contact your GP, nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some number masking mobile apps). To opt-out of receiving messages from a healthcare professional, please text 'STOP' to our number. Messages are charged at your usual rates.

I'm a Parent...

Get me out of here!

Autumn 2023

A 6 week course for parents with children 11+
Fully funded for parents and carers of children attending
Trafford Schools.

Have an
understanding of
where your
child is
developmentally

Learn the
importance
of
self-care

Have an
understanding of
the development
of the teenage
brain

Learn skills to
apply in any
situation

Learn how
to listen to
your
teenager

Improve
how you
navigate
conflict with
your teen

Learn to 'let
go' whilst still
maintaining
boundaries

Join us from 08.11.2023 - 13.12.2023 (Wednesdays)

At the Counselling & Family Centre
40 Mayors Road Altrincham WA15 9RP
9.30am - 11.30am



Trafford Team Together

Providing the right support at the right time in the right way

cfc | The Counselling
& Family Centre

Book online to secure your place:
www.thecfc.org.uk/parents

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SAPA LATE SUMMER NEWS!

SAPA MEETINGS

**Our next meeting is the AGM at the college
on Thursday 12th at 6pm
All welcome!**

A huge **welcome** goes out to our new SAPA members.

It was lovely to meet you at our last meeting.

Any new parents who wish to be part of the group
please just turn up at the next meeting or message us
on the email below. We promise you a warm welcome!

Please email chair@sapa.org.uk for more information

**OUR NEXT UNIFORM SALE IS
14TH OCTOBER 8.30am**

**PUT THE DATE IN YOUR DIARY!!
OUR CHRISTMAS FAIR IS THE 2nd DECEMBER**

We are already planning our Christmas fair and as usual

WE NEED MANY VOLUNTEERS TO MAKE IT A SUCCESS.

**Please email chair@sapa.org.uk
to express your interest in becoming a helper/volunteer on the day.**

**You do not have to attend all the meetings to volunteer at our events
and the more we have, the more successful it will be.**

CAN YOU HELP?

**WE ARE ALREADY
SOURCING PRIZES
FOR OUR EVER POPULAR
CHRISTMAS FAIR RAFFLE.**

**DO YOU HAVE A CONTACT WHO YOU
COULD ASK FOR A DONATION?**

**WE ARE LOOKING FOR AMAZING
PRIZES ESPECIALLY FAMILY PRIZES
SUCH AS TICKETS/VOUCHERS OR
SOMETHING REALLY SPECIAL
SUCH AS A MANCHESTER UNITED OR
MANCHESTER CITY SIGNED SHIRT!**

**IF YOU CAN HELP, PLEASE GET IN
TOUCH ON THE EMAIL BELOW.
THANK YOU!**

Please email chair@sapa.org.uk for more information



SAPA LATE SUMMER NEWS!

**OUR NEXT UNIFORM SALE IS ON
14TH OCTOBER AT 8.30**

**PLEASE KEEP SENDING IN CLEAN
AND LAUNDERED DONATIONS!
(Especially ties and socks!)**



**Our stocks are depleted after our amazing
sales and we desperately need donations of:**

**TIES • BLAZERS • SPORTS SOCKS • RUGBY TOPS
KUKRI RUGBY SHORTS • INDOOR PE KIT**

**PLEASE COULD YOU SEND THEM INTO THE COLLEGE
RECEPTION SO WE CAN HELP THE NEW YEAR 7 PARENTS
WHO ARE WAITING FOR ITEMS TO COME IN!**

Please keep sending in all other sizes and items as usual.



General Notices

ATTENDANCE

The School Day

Please can we remind all students to ensure they are on-site by 08:55, all boys should be in their form rooms at 09:00 for registration.

All students should enter the building using the student entrance **not** Main Reception (this is only for late arrivals). Students who have two or more late marks in one week will receive an after-school detention.

Parents/Carers – please do not use the College car park as a drop-off point at the beginning or end of the day. This is for the safety of our students.

For further guidance please refer to our Attendance Policy available on the website: [St Ambrose College \(st-ambrosecollege.org.uk\)](http://st-ambrosecollege.org.uk)

Medical Appointments

If your son has a medical appointment please try and make them after school or if not as close to the end of the school day as possible. Please give advance notice of appointments in writing attaching copies of medical letters/appointment cards and email them to attendance@st-ambrosecollege.org.uk

PASTORAL/WELL-BEING ISSUES

Please contact your son's form tutor in the first instance and they will resolve or pass on as required. For urgent matters relating to safeguarding or pastoral care, please contact Mr Groves, our Designated Safeguarding Lead: mrpgroves@st-ambrosecollege.org.uk

ONLINE SAFETY

Students' online safety is important to us. We encourage parents to visit our website for advice and guidance [Saint Ambrose College - Online Safety \(st-ambrosecollege.org.uk\)](http://st-ambrosecollege.org.uk)

Useful resources can also be found by visiting:

<https://www.internetmatters.org/parental-controls/>

<https://www.thinkuknow.co.uk/>

<https://parentinfo.org/>

<https://www.lgfl.net/online-safety/default.aspx>

More general advice and information about the latest apps is available from Net Aware <https://www.net-aware.org.uk/>