



Saint Ambrose College

Weekly News Bulletin

 @PrincipalSAC

Friday 2nd February 2024

A Message from the Principal

Apologies For the delayed newsletter from last week. Unfortunately, we had a network issue for a few hours on Friday. I have made tweaks to the original message so it doesn't come across as being too out of date. I had written about the beginning of the Six Nations and maybe not expecting too much against the French in Marseille but what do I know?

Some of the key foci for this week include Children's Mental Health Week and Safer Internet Day. For the latter, I am aware that resources have been shared with parents and carers and I would implore you to spend time digesting these materials. I can empathise with just how difficult it can be as a parent to navigate the ever-changing landscape of online safety. Around the time of drafting the original message last Friday, news was breaking of the outcome of the tragic Brianna Ghey case and since then, her Mum, Esther, has suggested a change in the laws to prevent children under 16 from accessing social media. In one sense, the 'horse has already bolted' but we have a duty to do what we can to support our children in this area and being as knowledgeable as we can be as parents is crucial. To aid this, there will be dedicated evenings set aside for parents and carers later in the year.

We also have the Oxford Union debate being held at MGS this week as well as mini-DASH held at Chester Catholic High School, a guest speaker for 6th Form focusing on North Korea, Young Enterprise Trade Fair at Trafford Park, a Year 12 maths workshop at Bletchley Park and a chemistry competition held at Cambridge University. With the year 13 internal exams now concluded, the Year 13 students will enjoy a 'breather' with an afternoon at Total Ninja on Wednesday. Good luck to all involved and thank you to all the staff organising and accompanying the many trips and visits. Another highlight of the week ahead will be the auditions for the musical Joseph.

The weekend just gone saw many enrichment activities taking place including the Model UN Conference at Manchester High School for Girls where the team, ranging across several year groups, gave a great account of themselves. Similarly, our representatives in the Catenian public speaking competition did the school proud. Well done to Josh C and Teni O. The weekend's rugby fixtures versus Haberdashers' Adams saw 4 wins from 5 games.

In other sports fixtures last week, one of the highlights was the U16 first XI 4-2 victory against St James' in the national last 32 of the ESFA cup. We are now one of only a handful of northern teams left in the draw. The 6th Form first XI also enjoyed a fantastic victory against Bolton School. Last Friday saw our water-polo team U18 triumph in the national plate semi-finals in Northampton and their U15

counterparts will hope to achieve the same outcome when they travel to the same venue this coming Thursday. The U15 rugby first XV also head south to Stowe School in Buckinghamshire this week in their quest to reach the national semi-finals. Our basketball teams all enjoyed convincing wins with some maintaining 100% records and in athletics, the school finished 8th nationally, up 1 place from 2023 but in a much larger field (of entries – to the best of my knowledge, the dimensions of the athletics field were unchanged).



The match at Stowe will be Mr Howarth's last game in charge of one of our rugby teams having given over 12 years of incredible commitment and service to the school on and off the field. I know many parents and carers will want to be in touch to wish Mr Howarth well before he begins an exciting next stage of his journey as he takes up his new role in Chile after the half-term. We look forward to welcoming Mr Stephen Depledge as his replacement. Mr Depledge joins us from Birkdale School in Sheffield and brings a wealth of experience and leadership.

We recently had a visit from Sandy Fairley, youth coordinator with the Diocese, to launch the Lourdes pilgrimage to our Sixth Form students. From experience, I couldn't recommend the opportunity enough so if your son is interested, please encourage him to speak to Mr Murray, Miss McCrory or me to find out more.

Finally, the undoubted highlight for me from last week was the hymn practice for Years 10 through to Year 13. They made an incredible sound and a number of staff were really moved by it.

Enjoy the rest of the week.

Mr D Rainey
Principal



REMINDERS

Dates for your diary

5th February	School Nurse visit — Dangers of vaping presentation during lunchtime
8th February	6th Form application deadline
9th February	Half term begins
19th February	School resumes
22nd February	Year 9 Options Evening (further information to be emailed)
29th February	Year 9 Parents Evening (email will be sent on 22nd February)
1st March	Careers Day

Term dates for 2024/2025 can be viewed [here](#)
For more calendar dates please visit our website:
www.st-ambrosecollege.org.uk/calendardates



SPORTS UPDATE

 @StAmbrosesports

Gaelic Football

Training has started for year 7—9 and will continue every Wednesday after school on the Astro 3:45-4:45pm

Handball—continues after school on Tuesdays 3:45-4:45.

Indoor Cricket—continues on Monday 3.45-5.15

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.

KUKRI Online Shop - This is now CLOSED

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 have various sizes available.

200 Club—now even easier to set up via your on-line banking!

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 £200 in Summer and Xmas draws, The school receive half of the monies collected and use this to support our extensive Sports programme.

School sports Website:

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

RESULTS THIS WEEK

Rugby

On Saturday 27th Jan we took on Lancaster GS

The results were 2 wins, 1 draw and 6 defeats.

Football

On Monday 29th Jan our U16 took on St. James High School in the last 32 of the ESFA Cup. They progressed to the last 16 with a 4-2 victory and will now travel to Telford or Walsall.

On Wednesday 31st our 1st XI travelled to Bolton GS winning 2-1 and our 2nd XI travelled to Stockport losing narrowly, 2-1

Basketball

On Tuesday 30th Jan our Year 7 team took on Altrincham College of Arts winning 45-19, remaining unbeaten in the South Trafford League

On Thursday 1st Feb our Year 10/11 teams game v BTH was conceded by BTH.

Cross Country

On Wednesday 31st Jan our mixed age teams travelled to Coventry for the King Henry VIII relays. They finishes 8th overall (the highest ever finish- see separate report)

Water polo

On Friday 2nd Feb our U18 Team travel to Northampton GS for the U18 plate semi-final. We wish them the best of luck.

Indoor Athletics

On Friday 2nd Feb our Year 7 team travel to Sports City for a Greater Manchester Tournament. We wish them the best of luck.

THIS WEEKS FIXTURES

Rugby

On Saturday 3rd Feb we take on Adams GS

U15A and U13A are at home

1st XV, U12A&B are away

10.30 ko

Meet time for the coach away is 8.20

On Wednesday 7th our U15s travel to Stowe in the 1/4 Final of the National Cup. Good luck to them and Mr Howarth in his final game.

Football

On Wednesday 7th our 1st XI host Lymm in the Trafford league.

Swimming

On Tuesday 6th we travel to Sandbach for a gala.

Water polo

On Wednesday 7th our U13 host Bolton GS

On Thursday 8th our U15 team travel to Northampton GS for the semi-finals of the National Cup

Games lessons for Year 7,8,9,10 this half term inside – all students will need trainers

A reminder - kit is as follows:

Games lessons: Hooped rugby shirt, rugby shorts, games socks, boots. (shin pads when on football)

PE: lessons, white polo shirt or blue PE shirt, blue shorts, white socks, trainers. (for some outside sports your teacher may ask you to bring your games kit)

Swim lesson: house swim jammers, towel, hat, goggles.

Mr M Fitzsimon

Director of Sport



SPORTS REPORT

CROSS COUNTRY

Wednesday 31st January saw two teams of 6 runners take part in the 52nd King Henry VIII School National relay race at War Memorial Park, Coventry and is a much loved and highly regarded annual event. The race is the favourite of the year for many of our boys competing! It is unique in that there are no age groups, just the best 6 runners in your school compete together, so boys from upper 6th will be racing against promising year 7s! Our strong runners that competed lower down the school, are now at an age where they can hold their own in a race that has some of the best runners in the country (past and present,) competing on a course that has been the same for over 30 years.



After walking the course, it was clear the wooded section would be a lot slower than recent years due to added mud and puddles! With the addition of the strong winds on the day too, fast times were not anticipated. Last years best ever finish of 9th looked a tough ask to match or better.

The A Team of Liam O, Thomas A, James O, Andras P, Ben H and Joseph D all ran very well and there were some PB's despite the conditions. This enabled the team to finish in 8th place which is the highest ever finish for an Ambrose team.

The B team also had a really good performance, matching the highest overall position achieved by last year's runners of 30th, and placing 4th out of the 16 B teams competing. These runners were Gabriel M, Rory G, Dylan M, Ollie H, Tom D and Adam L.

The performances show great promise for the English School's cross country cup next year, where most of the A team will then be in the same age group.



Mr Aspinwall





JUNIOR BAKE OFF



**CALLING ALL YOUNG BAKERS AND ASPIRING PASTRY CHEFS!
DUST OFF YOUR APRONS AND APPLY TO THE EMAIL AD-
DRESS BELOW.**



JUNIOR BAKE OFF
...IS LOOKING FOR BRILLIANT BAKERS, AGED
9-12 FOR THE NEXT NEW AND EXCITING SERIES
APPLY NOW



WWW.APPLYFORJUNIORBAKEOFF.CO.UK
APPLICATIONS CLOSE
SUNDAY 17TH MARCH 2024
Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk



STUDENT SUCCESS



Well Done to Max K—Year 9



Who has earned the highest award a Scout can earn completing all 9 of the Challenge Awards plus 6 activity badges.

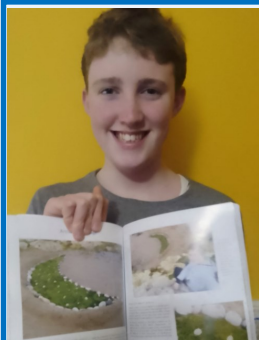
One of Max's personal challenges leading to Chief Scout's Gold award was to help the local homeless charity The Wellspring Stockport and he successfully collected food and clothing donations and delivered them to the charity in time for Christmas.



Max has now decided to volunteer as a young leader in 1st Heaton Norris scouts group helping with the Beaver section.



Well Done to Oisín H



Who has recent had a short visual essay published in an Irish annual journal.

Inspired by the land art he created for Mr Roderick, it focuses on the contemporary plight and contrasting fortunes of refugees and asylum seekers in Ireland and Britain.



Congrats to Andrew S, Jack P, Jamie F, Jude E & Logan M



Congratulations to the five Year 9 U14 boys (Andrew S, Jack P, Jamie F, Jude E and Logan M)selected to compete in the Duke of Cambridge Cup last weekend at the Alan Higgs centre in Coventry. The competition brings together the best 60 athletes from across the country to compete in the one-day water polo event and gain insight and experience of competing at the top level for their age.



PRINCIPAL'S AWARDS

CONGRATULATIONS

Well done to the following young men who were all worthy recipients of this weeks Principal's Awards. Everyone enjoyed their reward breakfast and chat with Mr Rainey of pastries and hot chocolate (fruit and water was also available for those who preferred a healthier option!).

Gabriel M—Y10

Thomas W—Y10

Benedict K—Y11

Reuben L—Y13

Laurie H—Y13



Matthew W was unable to attend due to re-presenting the school at the ESSA Waterpolo semi finals. Mr Rainey will be presenting him with his certificate and reward on Monday.



Jacob A—Y7

Tristan D—Y7

Henry F—Y7

Destiny R—Y7

D'Airo B—Y8

Rory K—Y9

James R—Y9

Tobi A—Y11

Logan M was unable to attend due to representing the school at the ESSA Waterpolo semi finals. Mr Rainey will present with his certificate and reward on Monday.

**#ambrosianspirit #positiveattitude #compassionandkindness
#strivingforexcellence #sportingexcellence**



YEAR 7 Christmas Card

Before Christmas, we asked each student in Year 7 to write out a Christmas Card to students at our sister school; St Ambrose Academy in Sierra Leone. We were pleased to hear our cards arrived in time for Christmas after receiving a lovely message from their Principal, Br Kamara. Thank you to parents for supplying the cards and Year 7s for your wonderful festive messages.



St. Ambrose Academy
Congregation of Christian Brothers – Catholic Mission
P.O. Box 1031
Upper Allen Town, Freetown, Sierra Leone

Motto: *Together We Build*
Office of the Principal-Email: alhajileokamara65@gmail.com
Phone: +23279881806/+23280180985

APPRECIATION LETTER

I am writing on behalf of Saint Ambrose Academy to express our sincere appreciation for the Christmas Cards. Your school contributions have been helpful to our Students, teachers, and the entire community where the school is located.

Specifically, I want to recognize your school's outstanding support to the Academy. Your contributions to the school have not gone unnoticed, and I want to publicly acknowledge your effort towards the school,

Once again, we thank all the students for the beautiful Christmas messages to our students. God richly bless all of them.

Your school is a valued sister school, and we appreciate your good work and dedication to the Academy.

Best regards
Br. Leo Kamara
Principal



Leo Kamara
30/01/24



UPDATED- Y11 INTERVENTION TIMETABLE

Dear Parents/Carers,

Please see an **amended** Intervention timetable below which your son can access by dropping in. If your son is struggling with any aspects of his studies, please encourage him to attend the sessions available to assist with his independent revision.

Mrs Hart

Achievement Mentor

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School					Computing (During Form Time by invitation) Mr Sweeney
Lunchtime	RE 1pm Miss McCrory	PE GCSE 12:30pm Mr Fitzsimon	Geography 12:45pm Mr Donnelly	RE 1pm Mrs Wheelan class only	English 1pm Mrs Hill
	RE 1pm Mrs Wheelan Week 1/ Mr Groves Week 2	Drama 12:30pm Mrs Taylor		History 1pm Miss Edwards	
	English 1pm Mrs Hill	Geography 12:45pm Mr McFadden		Computing (Week 1 Only) 12:30pm Mr Sweeney	
	Chemistry Clinic 12:30pm Mr Elwell	RE 1pm Miss McCrory			
		Music 12:30pm Miss Yates			
After School			History 3:45pm Mr Brady Maths 5-6pm (TEAMS) Miss Donegan	Geography 3:45pm Mr McFadden RE (From Feb Half Term) 7-8pm (TEAMS) Miss McCrory	

Art and DT Workshops are available for drop in throughout the week both at lunchtime and after school



SAFER INTERNET DAY

Safer Internet Day is the [UK Safer Internet Centre's](#) biggest event of the year bringing together thousands of young people, parents and organisations to celebrate staying safe online. This year alone, Safer Internet Day reached 50% of children aged 8-17 in the UK with 5,004 organisations signing up to support the initiative

On Safer Internet Day, the college will be supporting safer internet day ensuring the well-being of our pupils in the digital realm. We want our pupils to know the importance of fostering a safe and responsible online environment, we aim to equip our students with the knowledge and skills to navigate the internet securely.

We will conduct interactive sessions covering topics such as online privacy, cyberbullying prevention, and responsible social media use. Through these initiatives, our school aims to empower pupils to make informed decisions, cultivate good digital citizenship, and foster a culture of online safety that extends beyond Safer Internet Day.

The link below will take you to fact sheets on advice about 'Influencers', 'Parental controls for apps', 'group chats' and 'Setting boundaries around gaming'

[Internet Safety Day 2024](#)





MUSIC DEPARTMENT PRESENTS...

ST AMBROSE MUSIC DEPARTMENT PRESENTS...



AUDITIONS
Feb 5th – 9th
12:30 – 13:00

Dear Ambrosians,

The Music Department is excited to be launching 'Joseph and the Amazing Technicolor Dreamcoat', our big school musical for Autumn 2024. This is St Ambrose's first musical in ten years and is a superb opportunity for musicians, actors, technicians, dancers and creatives to get involved. We are also interested in recruiting business, marketing or finance orientated students who are interested in helping arrange this event to gain experience.

All students have been emailed a PowerPoint with information on how to get involved, where to sign up to auditions and the roles that are involved.

We will be holding auditions in the Music Department from Monday 5th to Friday 9th of February from 12:30 - 13:00.

If you have any further questions, please get in touch with missryates@st-ambrosecollege.org.uk

Miss Yates
Director of Music



CAREERS—UPCOMING EVENTS

Monday 17th June – Friday 21st June 2024

Work Experience for Year 12

During this week, Year 12 students will have the opportunity to participate in a work experience program. Students are encouraged to organise their own placements at workplaces of their interest.

We strongly recommend that students begin making inquiries and arrangements for work experience as early as possible to ensure a valuable and enriching experience.

If you or any contacts you may have are interested in being a delegate and presenting at our careers & Future Pathways Fair, we would be delighted to welcome new employers. Please reach out to us at the contact address provided below.

We will continue to share further information and updates with you throughout the year. Should you have any immediate questions or concerns, please do not hesitate to contact us at careers@st-ambrosecollege.org.uk.

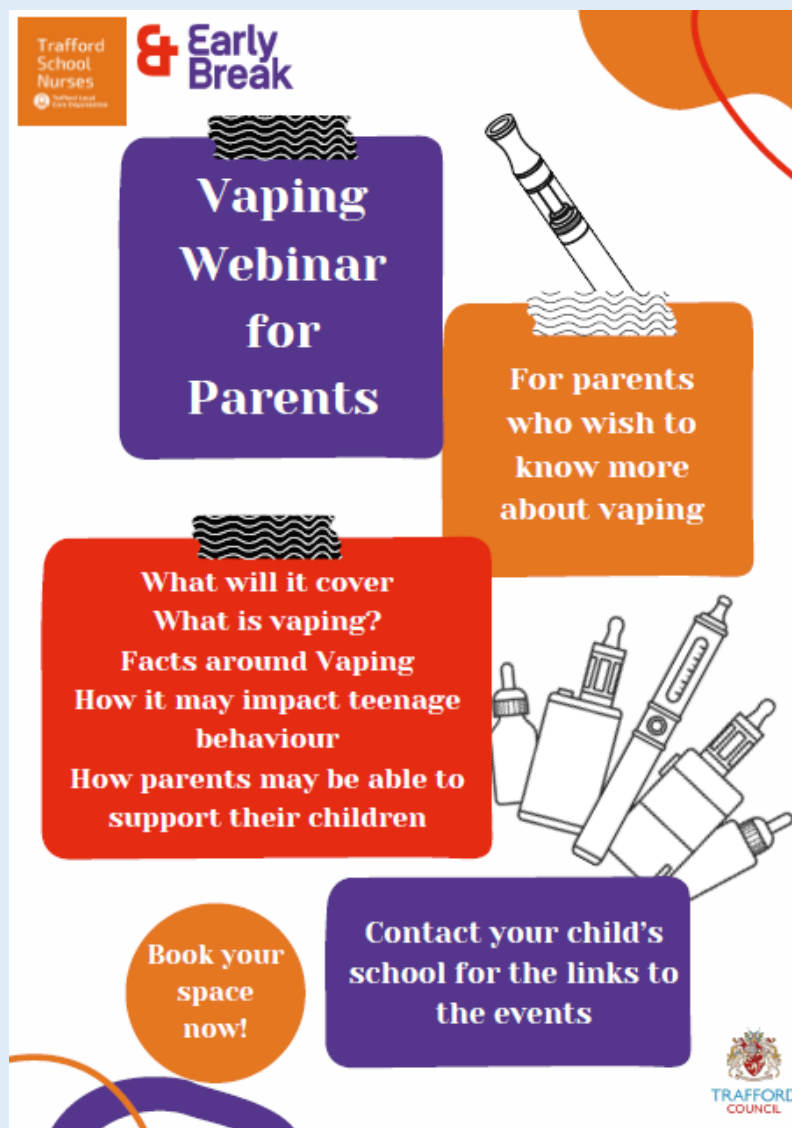
Kind regards,

Mr. Gunning and the Careers Team





WEBINAR FOR PARENTS



Are you a parent with a child at a Trafford School? Join our webinar for information on vaping!

Commissioned by Trafford Council's Public Health Team, a smoking cessation and vaping service for young people has been established.

In partnership between the School Nurses Team and Early Break, this webinar will offer parents information on the facts around vaping, the risks, how behaviour may be impacted and how to manage this at home. It will also give you the chance to ask questions and know where to get support if you would like support for your young person.

We will be running free webinars on the following dates:

[Wednesday February 28th at 7pm](#)

[Thursday March 28th at 7pm](#)

Please click on the link for whichever webinar you wish to join. If this does not work, please email info@earlybreak.co.uk who will be able to share the event with you or if you have any further questions.

See you then!

Early Break and School Nurses Team



LIFEGUARD COURSE



**LIFESAVERS
DIRECT**
Royal Life Saving Society



RLSS NATIONAL POOL LIFEGUARD QUALIFICATION

Venue: St Ambrose College 2024

Cost £270

(NOTE For St Ambrose students only)



Monday 12th February

Tuesday 13th February

Wednesday 14th February

Thursday 15th February

Friday 16th February

Time 8.30am till 5.30pm

**100% attendance required on all
days**

Candidates must be over 16.

For booking and more information contact Trafford Training on:

Fiona.buckley@traffordleisure.co.uk

training@traffordleisure.co.uk

Please see Mrs Chandler with any questions

more people, more active, more often
www.traffordleisure.co.uk





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/>