



# Saint Ambrose College

## Weekly News Bulletin

 @PrincipalSAC

Friday 26th April 2024

### A Message from the Principal

Apologies that there wasn't a newsletter last week. This message combines information relevant to this week whilst also reflecting on the fortnight since the return from Easter. Thank you to Mr Groves for contributing the message a fortnight ago. I was surprised that there was no mention of Arsenal or Arsene Wenger, but perhaps Mr Groves knew what was to come that particular week. They appear to have bounced back well with the race for the Premier League now going from three teams to two.

Last Friday all of Year 12 were taken to Lancaster University for the degree and apprenticeships fair. Their comments when alighting the coaches back at school suggest that they benefitted greatly. Thank you to Mrs Barlow for organising and to the staff who accompanied the students.

We held the Year 5 sports camp a fortnight ago and although their experience was slightly soured through the closure of the pool following an incident on the Friday evening, the feedback has been positive. On a similar theme, the application form for entry to St Ambrose College in 2026 is now live and can be accessed at the link below. The Open Morning is scheduled for Saturday 29th June so please inform any friends and/or family who you feel might be interested in finding out more about joining our community. [Admissions link](#)

September's Year 7 cohort will be attending the first of their transition camps this weekend. We look forward to welcoming them and hope that the sunshine we're experiencing today stays around over the weekend. We have more students attending tomorrow than in any previous year.

With the exam season underway, we have been showcasing some of the practical work and performances of the students. I was extremely impressed with the odours emanating from the food technology room just before the Easter holidays and over the past fortnight we have been treated to the GCSE and A level drama performances – the A-Level students did their performance today. We wish all the students well for all their exams in the coming weeks.

In an earlier edition of the newsletter, I put out a 'save the date' for the SAPA summer ball. It will be held at Ringway Golf Club on Saturday 22nd June and tickets are priced at £60 per person. Tickets can be purchased via Paypal and using the following email: [treasurer@sapa.org.uk](mailto:treasurer@sapa.org.uk)  
Staying on SAPA, a pre-loved uniform sale takes place

tomorrow as it ties in with the Year 6 transition camp. However, please note that it is possible to purchase pre-loved uniform all year round so if you do have a specific need, please contact SAPA on the [chair@sapa.org.uk](mailto:chair@sapa.org.uk)

Many of you might already be aware of the sad news that Woodeaves, the house on-site where the Christian Brothers have lived for many decades, will close in a few weeks' time. To mark the occasion and to celebrate the Brothers' time there, a Mass will take place at Holy Angels on Sunday 5th May at 10:30.

Year 12 work experience is in the diary for the week beginning 17th June. We still have some students yet to secure a placement. If you run your own business and would like to facilitate a Year 12 student for that week, please let Mr Gunning know by emailing [careers@st-ambrosecollege.org.uk](mailto:careers@st-ambrosecollege.org.uk). We can all do with an extra pair of hands from time to time so please do consider whether you might be able to assist with this request.

In sport, we have seen a bit of a boom in cricket this year. For the first time in a while, we have an under-18 cricket team and thus far, our key stage 3 teams are all unbeaten in cup competitions. Now that the pool is back in action, we were able to host a tournament for local prep schools yesterday. Parents and carers will have been sent information regarding study leave for those year groups. In short, Year 13 will leave us following Mass at Holy Angels at 11am on Thursday 9th May and Year 11 will begin their study leave the following day on Friday 10th May. Year 11 parents, please see the letter sent out inviting you to attend the thanksgiving assembly during period 5.

There are some further fundraising initiatives to bring to your attention following the promotion of the My Name's Doddie Foundation a fortnight ago. With the aim of raising funds for the Sierra Leone immersion trips, some Old Boys are being invited to take part in the sponsored walk with the students within an alumni group. Old Boys wanting to take part will need to raise £100. For further details contact Mrs Rainbow in the main office by emailing [secretary@st-ambrosecollege.org.uk](mailto:secretary@st-ambrosecollege.org.uk)





# REMINDERS

## A Message from the Principal continued...

Separately, former student Theo Russell has been selected to attend the International Space University's SPACE Study programme this summer. Theo has received a partial scholarship but has set up a GoFundMe with the aim of raising the remaining amount required. We wish Theo well – it is an amazing opportunity and I have no doubt he will want to come back to speak to the current students about his experiences. <https://gofund.me/b5752228>

I usually like to end on a good note, and this week I wanted to share with you a snippet from an email I received from a member of our local community this morning:

*'I would like to praise the young men who paid our Oxfam shop a visit yesterday. Not for a long time have I met such a pleasant and well-behaved group.'*

Have a fantastic weekend.

**Mr D Rainey**  
Principal

## Dates for your diary

6th May	Bank Holiday
23rd May	UCAS Year 12 Parent Information Evening at 6pm
24th May	Last day of term
3rd June	School returns—Internal exams for 7/8/9/10/12 commences
14th June	INSET DAY
26th June	Year 12 Parents' Evening
28th June	Inset Half Day (College closes at 12:30)
29th June	College Open Morning (Admission September 2025)
10th July	Year 10 Parents' Evening

Term dates for 2024/2025 can be viewed [here](#)

For more calendar dates please visit our website:

[www.st-ambrosecollege.org.uk/calendardates](http://www.st-ambrosecollege.org.uk/calendardates)



**CONGRATULATIONS!**

Huge congratulations to Mr Farrell (RE Department) and Miss Walton (English Department) for successfully completing the Manchester Marathon earlier this month. A fantastic achievement by you both!





# STUDENT SUCCESS

## Congrats to Calum W—Year 13

Who has been selected for the U20 England European Lacrosse tournament in Poland this summer! We wish him the best of luck.



## Congratulations to Daniel A—Year 9



who recently performed in Hollyoaks. Daniel has shared his experience with us...

"Hollyoaks was a very enjoyable and enlightening experience in the six times that I went! Firstly, we would have to meet with our chaperone at 8 or 9am in Liverpool. After 10 minutes or so we would head to the costume area where they would either give us a uniform to wear or whatever else we would need (in some cases I wore a football kit). After that, we would head to makeup where they checked our costumes and made sure there weren't any logos. Then we would head back to the chaperone until they call us for the first scene (which only took max 15 minutes). On set was a really fun experience and even though I wasn't a main part of the cast I felt and was treated like one, both by the actors and directors. One of my favourite moments, was when I got to be part of a fight scene! After shooting a scene or two, we would go to the cafeteria for lunch and, if there were more scenes, we would do them after lunch. Not only was this great experience-wise it also was a great way to meet new people. It truly was amazing! "



## Well Done to Lachlan B



Who competed in the NW Regional competitions last weekend where he gained a gold medal in the 200 IM and silver in both the 400 IM and medley relay. He is now ranked 15th in Great Britain in both 200 and 400IM!



**Well Done to Tristan P—Year 7**  
who was goalkeeper for Everton Academy this month helping the team to a win 4 out of the 5 matches at the Everton Academy Festival 2024

## Great work to Sam C—Year 7

Who was awarded the Bowdon Rugby Club under 12s "Coaches player of the year" award this weekend.

He received the award during the clubs rugby tour to Sedbergh School last weekend.



## A Huge Congrats to Charlie C (Y 11), Matthew W (Y10), Andrew S (Y9), Jude E(Y9) and Logan M (Y9)

Who all represented City of Manchester last weekend at the U17 open National Age Group Championship finals. Despite a disappointing semi final loss to the eventual champions London Penguin, the boys were delighted to become bronze medalists with a comfortable 16-9 win over Caledonia.







# SPORTS UPDATE

@StAmbrosesports

- Gaelic Football training continues for years 7-9 This will continue every Wednesday 3.45-4.45
- Indoor cricket training continues on Monday's 3.45-5.15 for year 7/8
- Indoor cricket training continues on Wednesday's 3.45-5.15 for year 9/10

## 200 Club – now even easier to set up via your online 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 Christmas 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>

Cup matches will be updated when confirmed.

## Results this week

### **Cricket**

Our u13's got the cricket season underway on Wednesday 24th in our Cheshire Cup 1st round match against Stockport GS. They progressed into the next round with a fantastic

result;

St Ambrose were 115/3 Beech Hall 75/9.

## Fixtures this week.

### **Cricket**

- ⇒ On Monday 29<sup>th</sup> April our U15 travel to Cheadle GS for their first round match in the Cheshire Cup
- ⇒ On Tuesday 30<sup>th</sup> April our U12 travel to Stockport GS in the 1<sup>st</sup> round of the Cheshire Cup
- ⇒ On Wednesday 1<sup>st</sup> May our 1<sup>st</sup> XI travel to MGS for a T20 triangular tournament.
- ⇒ On Wednesday 1<sup>st</sup> May our U15 team entertain Sale GS in a friendly match.

### **Gaelic Football**

- ⇒ On Wednesday 1<sup>st</sup> May we have our first Gaelic football tournament for the 7/8 team and 9/10 team at Trafford Metrovic RUFC

## Games lessons for Year 7,8,9,10 will require trainers.

### New Summer sports Timetable is in effect (see below)

### A reminder - kit is as follows:

Games lessons: Hopped rugby shirt or PE shirt, shorts, trainers  
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

## TRINITY TERM SUMMER SPORTS TIMETABLE

Practices	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pre School</b>					
Sports Hall					
Pool		Staff Swim		Staff Swim	
Fitness Suite	Years 9-13	Years 9-13	Years 9-13		Years 9-13
<b>Practices</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunchtime</b>					
Main Astro					
Tennis Small Astro		Year 7 JC	Year 8	Year 9 & 10 JC	Matches JC
Athletics Track	Middle Distance SA	Sprints	Middle Distance SA		
Athletics Jumps	Triple/Long SA		Triple/Long SA		
Athletics Throws	MF	CT	MF	CT	
Outdoor Cricket Nets		Year 7 JC	Year 8 SD	Year 10 DD	Year 9 CT
Cricket Astro		Year 10 DD	Year 9 CT	Year 7 JC	Year 8 SD
Sports Hall		High Jump SD	High Jump DD	High Jump MF	
Pool	Year 11-13 Water polo	Year 9/10 Water polo	Year 8 Water polo/swim	Year 7 Water polo	Swimming
Fitness Suite	Years 9-13 MC	Years 9-13 MF	Years 9-13 (DS)		Years 9-13 (SA)
<b>Practices</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>After School</b>					
All Weather			Gaelic Football		Staff Football
Sports Hall	Cricket Years 7&8 DB		Cricket Years 9&10 DB	Senior Cricket JC	
Pool	Year 10 Water polo	Year 9 Water polo	Year 7 Water polo	Year 8 Water polo	Prep
Fitness Suite	All years	All years	All years	All years	All years





## **U12 WATER POLO—v BOLTON GRAMMAR (friendly away)**

Well done to all the boys that took part in the friendly U12 Water Polo matches on Tuesday night away at Bolton Grammar

We managed to take 2 teams to take on the mighty Bolton Grammar water polo teams. We arrived and as we walked along their sports corridor the year 7 boys could see all the shields, medals of the players who have played for their country over the years hung proudly on the walls. It was now the turn of our new year 7 team to take them on.

The blue St Ambrose team beat Bolton white team 5-1

The white St Ambrose team beat the Bolton Green team 7-1

It was great to see St Ambrose confidently playing and passing against the strong Bolton teams.

Good luck in cadet tournaments that will be played during the summer term.

**Mrs Chandler**



# SCHOOL NEWS

## HUMANITIES

On 22<sup>nd</sup> April we remembered **Stephen Lawrence** who was murdered in a racially motivated attack in London in 1993, 31 years ago. His murder led to an investigation that declared the police to be institutionally racist and led to a campaign by his family for Justice for all young people. This declaration was called the **Macpherson Report**. For those of you whose sons study GCSE History, this is a part of the Power and the People course which explores how those from diverse heritage fought for and gained rights in this country. **His mother Doreen was made a Baroness** as recognition of her services for promoting reforms in the police service and setting up the Stephen Lawrence Charitable Trust, in 2013 she spoke of her son's murder.

'Justice for Stephen is about all of us, every one of us, in society having justice. There are still too many young people who do not have a sense of hope, who just don't get the chance to live their dreams. I want all our children and young people to feel inspired, be confident and have hope in their own future. We are building hope but there is more to do.'

We also remembered a local teenager **Ahmed Iqbal Ullah** who was killed in a racially motivated attack in the playground of his school in Burnage in 1986. He is remembered by the Ahmed Ullah Race Relations Centre in the Central Library, Manchester. If you are interested in finding out more, you can visit the centre yourself or visit the website.

To remember Stephen and Ahmed and their legacy, your son could complete some research into their lives and death and produce a poster which calls for justice for all. Please pass or send to Mrs Scott. Some of our students will have heard about Stephen Lawrence and Ahmed Iqbal Ullah in their Thursday Thought.

**Mrs Scott**  
**Head of Humanities**



Stephen Lawrence



Ahmed Iqbal Ullah



## YEAR 8 REWARDS AFTERNOON

Congratulations to Year 8 who enjoyed an afternoon off timetable last week when they were given a choice to take part in basketball, a game of football or watch a movie in the Lecture Theatre.

**Mr Crawford**

**Head of Year 8**





# SCHOOL NEWS

## ROYAL SOCIETY OF CHEMISTRY OLYMPIAD

The annual Royal Society of Chemistry Olympiad took place at the end of January this year and 24 year 13 chemists chose to take part this time. It is a competition open to any student doing A Level Chemistry nationally and it tests knowledge gained during their lessons but applies it to real world scenarios and research. Over 15,000 students took part and all 24 of our students received recognition and prizes for their performance. 11 Students achieved Bronze awards, 12 received Silver and 2 received Gold, George D and Gabriel K. The gold awards are in the top 5% of chemistry students nationally and the silver awards in the top 25%. It is a fantastic achievement for all the students and testament to their hard work over the years and we wish them all the best as they prepare for A Levels and potentially further studies at University within the realms of chemistry. Many thanks also to Dr Berry and Mr Gwyer for preparing the students over the years.

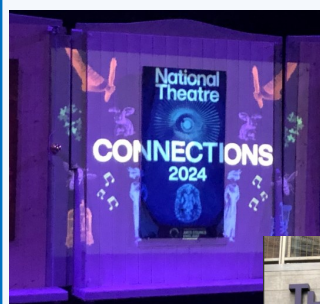
Mr Elwell



## DRAMA DEPARTMENT

Last weekend, a several Drama students from Saint Ambrose College took part in the National Theatre Connections Project 2024 at the Lowry theatre in Salford. Theatre groups from across the country were allocated a newly written contemporary play which they had to interpret and bring to the stage. It was a fantastic opportunity for young performers to develop their skills and confidence.

Mrs Taylor







# HEAD BOY HANDOVER

## A Message from our Head Boy

*Dear St. Ambrose Community,*

*I am very grateful to be in the position I am in, which is writing to you as I conclude my stint as Head Boy of St. Ambrose College for the 23/24 academic year, and what a year it has been! The Student Leadership Team has seen success in an array of projects: whether that be with the opening of the new mobile library in the English department, a highly successful event for the My Name's 5 Doddie Foundation or the extended project for lower school students just to name a few. I will not go on to list all the projects that the Student Leadership Team has carried out, but I am proud of what our cohort has achieved. That isn't to say there were not failures or missed opportunities, but that is a part of the process and those are the most valuable lessons that allowed us to grow as a team.*

*I know that I speak on behalf of my years Student Leadership Team when I say we are privileged to have been given the opportunity to not only represent this great school but the wonderful Ambrosian community. Whether that be staff, governors, parents and carers, students or old boys we feel a sense of pride that we have represented this community and been a part of its history. A highlight was Rocco and Ben Hooker calling the bingo at the SVP Christmas Party (you had to be there).*

*The next message goes out to my year group as a reminder that although we are moving onto new pastures, the one thing we cannot get out of is being an Ambrosian. The time we have spent at the College has been a pivotal part of our lives and allowed us to build the foundations for whatever aspirations and dreams we may have. It has also shaped us as young men, through valuable lessons both in and outside of the classroom that have*

*broadened our skillset.*

*Arguably the most important assets we will take away with us, regardless of A levels or GCSE grades, are the lifelong friendships that we have built and that 'Striving for excellence' mindset*

*that is engrained into our minds the moment we stepped foot through the door in 2017.*

*Enough about the past, let's look forward to the future and a very bright future at that. The current Year 12's have taken over from us and are already jumping into action with a very strong Student Leadership Team! I know a lot of the boys personally and can confidently say you are in good hands, the dedication these boys have for the school and their range of skill sets will surely amount to a successful cohort. Joe Baldwin is taking up the role as Head Boy a strong academic, athlete, leader and all-round example of what being an Ambrosian is all about. He is an inspiration and role model for students and speaking of inspiration, you won't ever run out of it (you will see what I mean later). This year group will certainly achieve a lot and I cannot wait to hear about all their successes as they progress into their final year (trust me boys, it goes fast).*

*Finally, I would like to thank the school for this opportunity, I am extremely grateful and will never forget it. I only hope that I have done a good job in your eyes and can truly say I gave it my best shot,*

*Many thanks,*

*Ben H*





# HEAD BOY HANDOVER

## A Message from our New Head Boy



*Dear St. Ambrose Community,*

*Firstly, following on from Ben I'd like to express how much of an honour it is to write to you today.*

*As I approach my final year at Ambrose I cannot wait to return all the brilliant opportunities that Ambrose has provided for me, through the role of Head Boy. As a schoolmate, teammate and certain friend of Ben's I cannot begin to explain all he has done over his time as Head Boy. His hardworking, friendly nature is one in which we should all aspire to have and as a school we can't thank him enough for. He is a true testament to the meaning of an Ambrosian. Yet with this comes the very big shoes to fill, as a 6'4 18 year old himself, I mean very big and I might find that part a bit hard! But I can assure you all, I will try my very hardest approaching the role with the diligence and the effort it deserves.*

*For me, Ambrose has provided me with experiences and friends that will last a lifetime and I can proudly say that the past 6 years of my life have been and will be the best years of my life, looking back with the fondest of memories. It is only fair, that I make the most of my role approaching the final year, uniting the boys in one thing we all share, being an Ambrosian. I hope to leave a legacy behind and set the path for an even brighter future because it is this school that has shaped me into the man I am today, and is shaping your son too. I am immensely proud to have been appointed head boy and I promise I won't let you down.*

*As Head Boy I will hope to do a quote of the day on each of my newsletters to continue the tradition first started in my Biology class. So, I thought I would start with my favourite – 'Life is not about avoiding thunderstorm's, but learning to dance in the rain.'*

*Regards,*

*Joe B*





# 2024 STUDENT LEADERSHIP TEAM

The new Student Leadership Team was announced during assembly on Monday this week. Together, they bring a wealth of experience, fresh ideas, and boundless enthusiasm to their respective roles, promising to inspire, empower, and unite our school community in the pursuit of excellence.

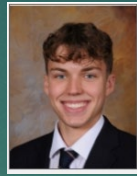




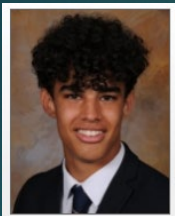
# Student Leadership Team 2024-2025



Joseph B – Head Boy



Tomi A, Jack E and Geronimo Mc – Deputy Head Boys



Joseph A – Academic Mentors



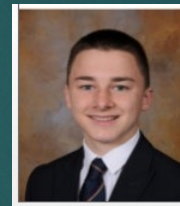
Alex S– Careers



Temi B – Numeracy Lead



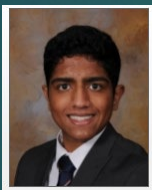
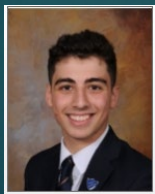
Sam B – Literacy Lead



Rory G - STEM/Science Lead



Antonio A – Sports Captain



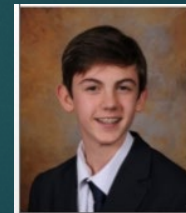
Samuel El & Felix J – Mental Health & Pastoral Mentors



Tobi A & Jeswin J - Equality and Diversity

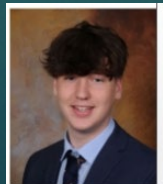


Cormac O – Spirituality & ERI

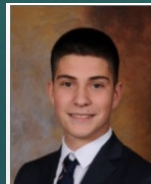


Zenen B– Eco Committee

AQUINAS



AUGUSTINE



IGNATIUS



NEWMAN





# CHAPLAINCY NEWS

## Weekly Prayer Theme for Mass: 'Go out to the whole world; proclaim the Good News'

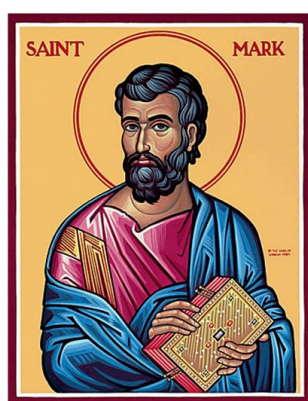
Thanks to Canon John Rafferty for joining us this week for Mass, to 9B for hosting, and to Praise A and Jack B for reading!



## This week's Prayer of the Week focuses on the Feast of St Mark the Evangelist on 25<sup>th</sup>

April:

*O Glorious St. Mark  
through the grace of God, our Father,  
you became a great Evangelist,  
preaching the Good News of Christ.  
May you help us to know Him well so that we may  
faithfully  
live our lives as followers of Christ.  
Amen.*

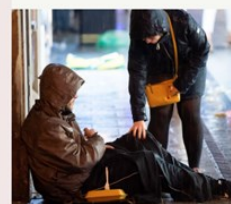


## Form Prayer

This week's Form Prayer encouraged students to think about how Jesus revealed himself to his disciples following his resurrection, and how he continues to reveal himself to us today through the everyday interactions we have with other people . . .

### Richard Foster

"The discovery of God lies in the daily and the ordinary, not in the spectacular and heroic. If we cannot find God in the routines of home and life, then we shall not find him at all."



### The Road to Emmaus

"Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened."

As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him.

When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight."



## Edmund Rice Camps Recruitment

We are now recruiting from Y12 for this year's Edmund Rice summer camp. This was a huge success last year with students from St Ambrose and Loreto running a week of activities for local children free of charge. Any Y12 students who want to take part should speak to Mr Murray ASAP!!!



## And finally . . .

A final reminder to encourage your son to contribute to our fundraising campaign! Full details can be found in the letter you have already received, which is also copied into this Newsletter . . .





# FUNDRAISING CHALLENGE FOR SIERRA LEONE

Let's get fundraising!

As you may know, St Ambrose College is privileged to have a formal twinning relationship with a school in Freetown, Sierra Leone. In 2010, the fundraising efforts of our staff and students allowed for the establishment of the school, which was given the name St Ambrose Academy. Since then, our staff and students have visited the school on numerous occasions as part of our Immersion Programme.

The school was established by the Christian Brothers' West African District in a disused building and the first intake of students was on a very small scale. However, over the years, we have continued to support the Brothers in their work, ensuring that St Ambrose Academy has been able to grow. Our annual Sponsored Walk has traditionally provided the basis of our financial contributions and has allowed us to provide the following support:

- Building of new classroom
- Contribution to teachers' salaries
- Sending of resources and equipment
- Building of toilet blocks for boys and girls
- Digging of a bore hole to provide clean water

Having visited St Ambrose Academy in February 2023 with staff and 6th Form students, we were delighted to learn that the school had recorded the second-best exam results in the entire country and, unsurprisingly, is now oversubscribed. In order to continue this success story and increase the roll call, the Christian Brothers are seeking to build new science classrooms, store rooms and offices. In order to support this project we are dedicating all of our fundraising efforts between now and the end of term to St Ambrose Academy.

We have challenged each Form (except Y11 and 13) to try to raise £1000. That means we're setting a fundraising target of £30,000. Whilst this may seem like a lot, it includes all sponsorship gathered by students for this year's Sponsored Walk on 17th July. In addition, students can organise their own fundraisers in and out of school. The students and Forms who raise the most money will earn rewards at the end of term, so please do encourage your boys to get involved!

Sierra Leone is one of the poorest countries in the world, and education offers hope to millions of young people when they are able to access it. We would appreciate any support you can offer as our school community tries to reach our target

**Mr Murray and Miss McCrory**







# YEAR 7 Disco Fundraiser

**PROJECT 7**  
**YEAR 7 DISCO**  
**STILEZ**  
**JOHNO**  
**LAFFO**  
**FRIDAY 3rd MAY**  
**4:00-6:00**  
**SIERRA LEONE FUNDRAISER**  
**DRAMA ROOM** **£4**



# CAREERS—UPCOMING EVENTS



## Wednesday 8<sup>th</sup> May

we will have several Surveyors in school who will be offering an insight into their jobs and will then be taking questions.

The presentation will take on **Wednesday 8<sup>th</sup> May 12:30PM – 1:00PM in room 2402.**

All years are welcome!

**Mr. Gunning**

## Monday 17<sup>th</sup> June – Friday 21<sup>st</sup> 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](mailto:careers@st-ambrosecollege.org.uk).

Kind regards,

**Mr. Gunning and the Careers Team**





# OPEN DAY

Saturday 29th June

9.30am to 12.30pm



SCAN ME



Saint **Ambrose** College Hale Barns  
a State-funded Catholic Boys' 11-18 Grammar School

0161 980 2711 [www.st-ambrosecollege.org.uk](http://www.st-ambrosecollege.org.uk)





# OLD BOYS SUCCESS



On Wednesday, we welcomed three ex-students from the Class of 2019 back to the College. Old Ambrosians, Theo McCarthy, Marcus Doohan and Harry Backhouse spoke to the Year 12 cohort about life after Sixth Form under the brief of 'what would I have wanted to know when I was in Year 12'. Harry, a Diplomatic and Development Economist at the Foreign Office, stressed the importance of courage when making decisions about your next steps and not being afraid to aim high. Marcus, a medical student at the University of Glasgow currently undertaking a PhD funded by the Kennedy Trust, emphasised how crucial discipline is, both for studying A Levels and beyond. Finally, Theo, currently completing a PhD sponsored by Rolls Royce after the completion of his Engineering Degree at Durham University, gave an emotive speech which directed the boys to follow their passion.

## Congratulations to Old Boys Tom B & Alex G (Class of 2022)



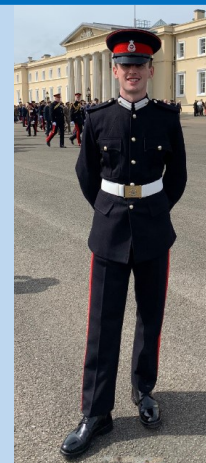
Alex and Tom teamed up with their friends from Newcastle University to complete a sponsored bike ride this week in aid of the Oddballs Foundation, the UK's leading charity raising awareness of testicular cancer earlier this month. The team set off from Kingston Park Stadium, Newcastle on Monday and arrived in Twickenham on Friday raising over £5K in the process.

You can read more (and maybe even donate!) here: [Zak walsh is fundraising for The OddBalls Foundation \(justgiving.com\)](https://www.justgiving.com/ZakWalsh)



## OLD BOYS SUCCESS

We were delighted to hear about one of our Old Boys, Jack A who was recently commissioned from the Royal Military Academy Sandhurst. Jack has been working hard to advance his career in the armed services so we are very proud to hear he will be joining the Mercian Regiment as 2nd Lieutenant at the age of 21!





# RUGBY ART COMPETITION

THURSDAY, 18 APRIL 2024





# SENIOR RUGBY TOUR ART COMPETITION



- THE RUGBY TOUR THIS YEAR IS TO CANADA AND THERE IS A BROCHURE FOR SPONSORS, PARENTS AND PLAYERS
- IN THE PAST WE HAVE HAD A FRONT COVER TO INCLUDE THE DESTINATION COUNTRIES OR A MASCOT.

## COMPETITION TO DESIGN A FRONT COVER

- DESIGNS CAN BE HAND-DRAWN OR CREATED ON THE COMPUTER.

AWARD FOR THE BEST IN EACH YEAR GROUP

**CASH** PRIZE FOR THE CHOSEN DESIGN

- SCHOOL COLOURS ARE **SCARLET** AND **ROYAL BLUE**

\*Cash prize will probably be a £20 amazon voucher





# DESIGNS

- DESIGN ARE TO BE SUBMITTED TO MR ANDERSON BY 17<sup>TH</sup> MAY 2024 (ROOM 3403)
- PLEASE WRITE YOUR
- FULL NAME
- YEAR AND FORM
- PLEASE DO NOT HAND IT TO MR. ANDERSON IN THE CORRIDOR
- DISCLAIMER: ALL DESIGN MUST BE YOUR OWN ORIGINAL PIECE





# RLSS NATIONAL POOL LIFEGUARD QUALIFICATION

Venue: St Ambrose College 2024

Cost £270

**(NOTE For St Ambrose students only)**



Monday 1st July 2024

Tuesday 2nd July 2024

Wednesday 3rd July 2024

Thursday 4th July 2024

Friday 5th July 2024

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](mailto:Fiona.buckley@traffordleisure.co.uk)

[training@traffordleisure.co.uk](mailto:training@traffordleisure.co.uk)

Please see Mrs Chandler with any questions

# Trafford School Nurses Newsletter for Secondary Schools



Issue 6 - April 2024

## Hello and welcome to summer term!

**Trafford School Health Team would like to welcome you to the sixth 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](#) [click to open].



## News from last term

### Skincare advice proves a hit with pupils

Our lovely student nurses have been into one of our High Schools to discuss skincare linking this in to body confidence. The session was well received by all the young people. Well done to our lovely students Neve and Imogen.

- **The Dove self esteem project has some useful tips on skincare**  
[www.dove.com/us/en/dove-self-esteem-project.html](http://www.dove.com/us/en/dove-self-esteem-project.html)



### Emotional and mental health wellbeing sessions

Our School Nursing Team have delivered Emotional and Mental Health sessions in one of our High Schools. The stand was received well and the young people enjoyed learning about how they can access support. Access information [here](#) in the [Trafford Directory](#) or you can contact your school nurse for support at any time.



## What's happening this term?

### Our pupil drop in sessions continue

Our routine immunisation programme is coming to an end for this academic year. Any young person who remains outstanding a vaccine and we have consent, we will continue to offer catch up sessions in schools and clinics across the borough. Following the Easter break, parents of pupils where no consent has been obtained, will be contacted again and offered the outstanding vaccination.



### Alcohol awareness

With increasing incidents relating to the misuse of alcohol in our young teens our school nursing team are working hard in completing some information for our young people around alcohol use. This will be offered to all our high schools across the borough. We are planning to work with our partner agencies to ensure all cohorts of young people are included within this.





## Vaping

Trafford School Nurses have been busy delivering lunchtime vaping booths across all high schools. Pupils have been offered information around regulated and unregulated vapes, the known effects on the body and the risks of nicotine and other unknown substances in unregulated vapes. Our aim is that our young people will be able to make informed choices.



## Our ongoing offer to all pupils

Drop in sessions for pupils continue in all schools where pupils can discuss any issues that we can support with. Please contact your school individually to discuss times and days of drop ins.

# Public Health messages

## Measles cases continue to rise

Cases of measles are continuing to rise across Greater Manchester and our team have been offering catch up sessions delivering the MMR (measles, mumps and rubella) vaccines in schools and across catch up clinics this term.



Please look at the link below that explains the importance of the vaccine. Parents of sixth form pupils within a Trafford School are included in the above offer. Please contact the school immunisation team on 0161 912 3395 if you need help and support in organising a vaccine.

- **MMR Information on the NHS website** - [www.nhs.uk/vaccinations/mmr-vaccine/](http://www.nhs.uk/vaccinations/mmr-vaccine/)

## Exam stress

**Good luck to our** year 11 pupils who are heading towards their exams. This can be a challenging time and as a parent it can be sometimes difficult to know how to support our young people. Please take a look at the links below which provide a range of useful advice, information and tips that you can use.

- **Young Minds website** - [www.youngminds.org.uk/young-person/coping-with-life/exam-stress/](http://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/)
- **Mind website** - [www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/](http://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/)

# 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**



You can also find information on our services on our webpage:

- [www.traffordlco.org/school-nursing](http://www.traffordlco.org/school-nursing)



# SAPA SPRING NEWS!

## APRIL 2024

### OUR NEXT UNIFORM SALE!

Will be held on  
**27th April from 9am**  
in the office near the swimming pool  
stairs at the back of the building.

**DON'T FORGET!**

**Keep sending in your clean,  
laundered and good condition  
uniform items!**

Please continue to donate in the usual way  
by dropping them off at reception.

**WE ESPECIALLY NEED SOCKS, TIES AND  
SMALLER SIZE UNIFORMS**

**Thank you!**

**Julie Bastin - email: [chair@sapa.org.uk](mailto:chair@sapa.org.uk)**

**[www.sapa.org.uk](http://www.sapa.org.uk)**







# SAPA NEWS! APRIL 2024

## Come and join our SAPA SUMMER BALL

Adults  
only



**Saturday 22nd June**  
**7-12pm Ringway Golf Club**

**£60 per ticket**

**Includes drink on arrival and 3-course meal**

**Join us for an evening of  
fine dining and fun with  
our silent auction.**

**Maximum 6-8 people per table**

**Please pay by PayPal:  
[treasurer@sapa.org.uk](mailto:treasurer@sapa.org.uk)**

**The silent  
auction will  
be available  
online for  
those who  
want to bid.  
More details  
will follow.**



**Only 150 tickets available  
so please book early!**



# 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](mailto:attendance@st-ambrosecollege.org.uk)

## PASTORAL/WEELL-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](mailto: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/>