

ST AUGUSTINE'S

C E H I G H S C H O O L

HALF TERM
Newsletter



We want all of our community to have equal opportunities to experience life in all its fulness (John 10: 10). We encourage all community members to “be the best we can be” in every aspect of their lives as we grow in, and reflect on, the Christian virtues of Faith, Hope and Love (1Corinthians 13).

WISHING YOU A PEACEFUL HOLIDAY

Dear Parents & Carers

I want to take this opportunity to thank you for supporting us this half term. We are extremely grateful for the attendance of parents/carers at the various Parents Evenings we have had this half term, and we thank you for providing us with your feedback via the parent surveys.

Please be aware that the February half-term holiday is from 13th February to 17th February. We look forward to welcoming all students on their return to school on Monday 20th February.

Thank you

Rachel Kelly
Head of Secondary School

WELLBEING WEEK 2023

Members of the Wellbeing Committee have led St Augustine's Wellbeing Week 2023, with a series of Collective Worships focusing on Kindness, looking out for each other, self-love & Male Mental Health.

With a powerful speech by Amaan & Royan, both Year 13 Prefects, the committee really shone a light on speaking out & being heard. Nasrien, our Head Student, focused on a psychological approach to wellbeing, with our Prefects in charge of the committee, Shahad and Aisha, encouraging us to get involved & support each other.

Across the week, our Postbox of Positivity saw notes of kindness distributed across the school, postcards of gratitude were sent to all members of staff & we have two new displays - our Kindness Mural, completed with the help of the Primary School's School Council, and



our Windows of Gratitude, with notes celebrating each other in our Atrium.



Amaan Miah (Year 13) delivers a talk on men's mental health

TRIP TO OXFORD

This was an amazing opportunity provided by our head of year 10 for some of our highest-achieving year 10 students and possible future Oxbridge candidates. The aim of this trip was to help our students find out more about applying to university in general and particularly to raise their aspirations to think about applying to top universities including Oxford and Cambridge. An overall positive, inspirational and uplifting visit for all!

"The trip was great and very fulfilling. I learnt new things about the university itself, like that it is made up of 31 different colleges dotted around the city! I also got a better insight on what to do for my A-Levels, which I was confused about before. The students are tour guides were all very friendly and welcoming, and we got to ask them about Oxford and their time there. We saw Magdalen and Brasenose College which both looked very pretty and almost medieval (in a good way). The trip inspired me to apply for Oxford one day, as I now have a better picture of what it could be like if I got in." Hayat Adam Year 10

"I thought the trip was very insightful, and really showed you what it is like to go to an Oxbridge

university, I did find the students were lovely and welcoming, plus the lunch was outstanding and so nice that it was provided! Overall, it was a great trip and would recommend to anyone who could go, you should!" Annika Mattioli Year 10



Our students explore one of many Oxford libraries

DR PHILLIPE BATTY ON SPORT & EXERCISE MEDICINE

We were fortunate to welcome Dr Phillippe Batty, from Cleveland Clinic London, at St Augustine's to raise awareness about Sports and Exercise Medicine. Our sixth formers had the chance to learn about and be inspired by his career journey which included being involved in elite sports medicine for over 25 years. He was once Deputy Club Doctor at Manchester United before becoming Head of Sports Medicine at Manchester City Football Club in 2011 followed by taking the role of Senior Doctor for the England Rugby Team up to 2014.

As a follow up, a group of sixth formers are planning to continue promoting his message via an in-school project under Dr Batty's guidance.

"I thoroughly enjoyed the talk as a football fan myself and a person with an interest in biology & human



health. I am hugely considering studying medicine at university as healthcare is something I hold great interest in and to combine it with a career as a doctor in football or the sports industry would be a dream. I'd love to work on a project with others and Doctor Philip Batty himself to gain knowledge on the medical and exercise field to drive me towards a career near his."

Rayyan, Year 12

Dr Batty had this to say about his visit:

"It was a real pleasure to meet the staff and 6th form students at St Augustine's C of E High School and to share my experiences of my medical career. My career had included General Practice and Sport and Exercise Medicine. I still think being a doctor is the best job in the world and love what I do.

I enjoy the enthusiasm and energy of young people. I want all young people to know that it is vital to persevere through difficult times. In my opinion success is more about how people get through the difficult times and continue to try to do their best every day.

I look forward to supporting the students at St Augustine's, especially those that wish to study medicine."



Dr Phillippe Batty speaking in our Main Hall

TAKE THE LEAD

It's the fifth year in a row we are offering this amazing programme to our year 12 students in partnership with The Old Vic theatre. The programme is a fun and exciting set of workshops and offsite visits led by professionals and actors to help students develop important employability skills using theatre techniques and creative workshops.

The workshops help students develop five important skills:

- Communication
- Teamwork
- Problem Solving
- Self-Belief
- Self-Management

The launch was at the Royal Bank of Canada where students had a chance to listen to inspiring professionals from different sectors. The speakers discussed their unique career journeys and our students had an opportunity to network with students from other schools.



Year 12 students in our library with an Old Vic workshop leader