

St Aidan's & St John Fisher Associated Sixth Form

St Aidan's Student Weekly Notices Week (2) commencing 12 December 2022

Assembly

Year 12 **Virtual** Assembly – Tuesday 13 December - CIK
Year 13 **Virtual** Assembly – Thursday 15 December - CIK

Living Well

Wednesday Period 4, Year 12 should go to Living Well to be registered prior to the Christmas Service.

Maths Drop-in Session

There is a Maths drop-in session Wednesday Period 4 with Mrs Mooney in Ma6.

Year 13 Geography Revision

Every Monday lunchtime from 12.40-1.30 in Gg1 (St Aidan's). Focus on exam technique. All Year 13 Geographers welcome. Bring lunch with you or eat before.

Rooms for Quiet study Period 4

The following rooms are available for quiet study Period 4:

- Monday P4 - PS1
- Tuesday P4 - PS3
- Wednesday P4 - CH3, HI3, HI4, ML2, ML5, ML6, PS1, PS2, PS3
- Thursday P4 - EN3, EN5, EN6, EN8, PS2
- Friday P4 - CH2, GG3, GG5, HI1, HI2, HI3, MA6, PH6, RS2

Mental Health and Wellbeing

Because mental health doesn't take a holiday - Christmas - The happiest time of the year?

For many people, Christmas can bring sadness – difficult and stressful experiences over the holiday period can impact on a person's mental health. <https://www.priorygroup.com/mental-health/christmas-and-mental-health>

If you are in crisis or feel that you need to talk to someone - here are some useful contacts:

- **Mind** www.mind.org.uk – Tel: 0300 123 3393
- **Samaritans** www.samaritans.org Open 24/7 Tel: 116 123 or Text SHOUT 85258
- **Papyrus** www.papyrus-uk.org Tel: 0800 068 4141
- **Compass Phoenix** www.compass-uk.org Tel: 0800 008 7452 or Text 07520 631168
- **IDAS (Independent Domestic Abuse Service)** Tel: 0808 808 2241
- **Child Line** www.childline.org.uk Tel: 0800 1111
- **The Mix** www.themix.org.uk Tel: 0808 808 4994
- **CAMHS Crisis** Tel: 08000 516171
- **Police/Ambulance:** 999 Emergency, 101 Non-Emergency

Please note that some of these services may not be available throughout the whole Christmas period.

Be kind to yourself, it's ok not to be ok

Christmas Lunch – Wednesday 14 December

Lunch will be served in the Sixth Form café from 12.00 to those Sixth Form students who do not have a lesson. All other Sixth Form students should come down at 12.30 after lessons. The catering staff will aim to finish serving the Sixth Form by 1pm.

Year 12 Ambassadors

Please register promptly and then come to the Café on Wednesday 14 December at 8.50 for a meeting with Mrs Orton.

Reminder

- If you bring your own food into school, it should not contain nuts.
- Students should not be bringing hot food into school to eat from other places e.g. McDonald's, Five Guys, Dominoes etc.

End of Term

The Sixth Form timetable is suspended after Period 3 on Friday 16 December. Students who need transport at 2.30 (when term ends for Years 7 to 11) should stay on site in private study areas.

Staff Training Day

Please note school is closed for students on Tuesday 3 January.

Wishing you all a very Happy Christmas.