

Meadow Road, Gravesend, Kent DA11 7LS
Telephone: 01474 533082
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Website: www.saintgeorgescofe.kent.sch.uk
Email: office@saintgeorgescofe.kent.sch.uk
Executive Headteacher: Mr Stephen Carey BA Hons

Newsletter May 2023

Dear Parents and Carers

Term 5 has been a very important term for the pupils. Many of the students have had end of term assessments, which they have prepared well for. Years 10 and 12 have completed their first full round of PPE's and started that all important exam preparation for their external exams. The focus and attitude of the pupils was exemplary.

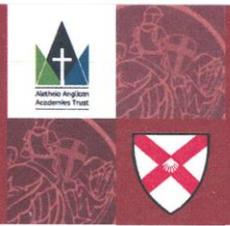
Well done to years 11 and 13 who have completed the first half of their GCSE and A level exams. The first few weeks are incredibly intense, but the pupils have demonstrated great resilience, during what is a very stressful period of time. Hopefully the next week will allow them to have an opportunity to refresh as well as to prepare for the remaining exams. Remember that results days are 17th August for Year 13 and 24th August for year 11. Further details about these days will be sent out after half term.

As ever there have been plenty of trips during the term. The Ski trip over Easter was a great success. Year 8 had an overnight trip to France, which included eating Snails! Some year 10 and 12 pupils visited Oxford university to get an idea of what university life is like. Another group of pupils visited Canterbury university. I am hugely grateful to all the staff who put the time and effort into putting together the trips for the pupils.

There is a great deal to look forward to next term – year 7 residential, Year 10 and 12 Work experience, Prom, sports day, Art and Design exhibition and much more. I hope you all have a very good break.

Matt Lillie
Head of School





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Uniform Shop

Thank you to those who have donated pre-loved uniform to the school's uniform shop. We would love more donations, particularly blazers, PE kit and school shirts. If you have any spare items that you could donate, please drop into our school reception.

Safeguarding:

With exam session well and truly amongst us, we recognise that this can be a challenging time for young people and that they can become worried, stressed, overwhelmed. As parents/carers, it can be difficult to know how best to support them, below are some tips and links to support your child as well as advice for you. We recognise the importance of ensuring good emotional health and wellbeing during this period:-

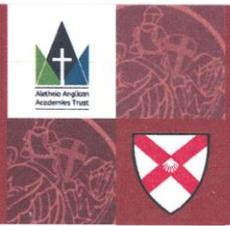
- Recognise signs of stress and discuss their stress levels and nerves.
- Support your child to create a routine.
- Make yourself available to listen and try not to add to their pressures.
- Ensure that they have time to unwind, take time for themselves, rest, exercise, eat and sleep.
- <https://www.place2be.org.uk/media/0tppyr0h/navigating-exam-season-guide-for-parents.pdf>
- <https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/#DuringExamPeriod>
- <https://www.youngminds.org.uk/professional/resources/building-positive-mental-health/>
- <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

In addition, here at Saint Georges we have trained 12 of our 6th form students as MHFA Champions (Mental Health First Aiders) – they are extremely excited to be taking on this new venture and hold a Wellbeing Club during lunchtimes on Mondays, Thursdays, and Fridays. We recognise that some young people may find it easier to, initially, have a conversation with a peer rather than a member of staff and we want to dispel the myths that surround mental and emotional health and wellbeing and introduce here at Saint Georges that “it is good to talk”.

Please encourage your child/young person to seek out the 6th formers, or staff members, who wear a green badge on their lanyards. They can also email:- mhfachampions@saintgeorgescofe.kent.sch.uk

Friday 9th June 2023 is NSPCC's National Childhood Day and they are encouraging us all to 'Walk a Mile' – you can do this as a family 😊 Please see other ways in which you can all get involved:-





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- Litter pick up for a mile.
- Walk a mile all together or part of the mile in groups.
- Dance a mile – you could play some of your favourite music.
- Conga line.
- Relay it! You could do a relay, get into teams and decide how they'll travel their part of the mile.
 - Sport it up! Take part in your favourite sports activity like kicking a football, dribbling a basketball or hitting a hockey ball for part of the mile. This could again be done as a family or broken down into different groups each doing a different activity.
 - Pass a bucket of water for a mile – the person at the back can run to the front of the line ready to be passed back the bucket.

Uniform reminder

Dear Parents/Carers,

This is a message to remind parents and carers of the current uniform policy at Saint George's School.

Jewellery – one small set of studs and a watch only (no necklaces or bracelets). Please ensure that any new piercings do not happen during term time. Students will be required to remove jewellery that is not permitted.

Nail varnish, nail and eyelash extensions are not permitted. Students will be asked to remove eyelashes, nail varnish and given a short timescale to have acrylic nails removed.

School shoes – students should wear black, leather school shoes daily. The only exemption will be medical reasons (please contact your child's community leader). Students not wearing school shoes will be asked to change into spare school shoes from our school shop.

School Jumpers – should be Saint George's School V-neck jumper or a plain black V-neck jumper without any logos. Nike Tech fleeces or similar tops are not permitted, and student will be asked to remove them.

School Ties – if a student chooses to wear a white collared shirt, they must wear a school tie. These can be purchased from reception. Students will be lent a tie should they fail to bring one and their B4L card will be signed.

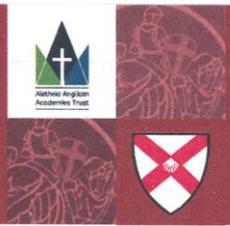




Saint George's
Church of England School

Part of Aletheia Anglican Academies
Trust (Company No. 07801612)

ALL DIFFERENT
ALL EQUAL
ALL FLOURISHING



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School skirts – please ensure skirts are of appropriate length (just above the knee)

Blazers – are a compulsory part of uniform and should be worn to school every day. Students failing to bring their blazers to school will have their B4L cards signed and will be lent one to wear for the day.

We expect our students to wear their school uniform with pride.

Thank you for your support.

Mrs Hartley





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From the SEND department







Autistic Girls – exploring difference

Thursday 8th June 2023

Time: 9.30 – 2.30pm

Objectives:

- This course will explore how autistic girls and women can present differently to autistic boys.
- It will help parents improve their understanding on how to recognise issues relevant to their autistic girls that may need additional support.
- It will help parents think through ways that they may need to adapt their girl's experiences and what they may need to advocate for to help their girls to thrive.

Content:

Recent research tells us that there are marked differences in the ways that autism presents in females. The course will explore why autism has been under represented and under diagnosed in female populations and how this is changing. It will also draw on the lived experience of autistic females whose experiences can challenge what we currently think and help us to shape more inclusive spaces for our girls.

Target Audience:

Any parent with a daughter on the autism pathway or with an existing diagnosis. Any interested or concerned wider family/friend/carer who wishes to build their understanding. The content will mostly be relevant to parents of school age girls.

Presented by:

Claire Noordally, Specialist Teacher Communication & Interaction
Gravesham Specialist Teaching & Learning Service

Self-service refreshments are provided

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**SUPPORT GROUPS - WORKING WITH CHILDREN
WITH SPECIAL EDUCATIONAL NEEDS**

Autism South East www.autismsoutheast.co.uk
(Support Group for Families)

Beams (We are Beams) wearebeams.org.uk
(Advice, support, activities and respite)

Gravesham Children's Centre and Early Help-
www.kent.gov.uk/education-and-children/early-help-support-for-families
<https://www.facebook.com/GraveshamCC>
(Support for families)

Kent Autistic Trust (KAT) www.kentautistictrust.org
(Family support service - adults and children, advice and support)

National Autistic Society (NAS) www.autism.org.uk
(The largest autism charity in the UK. They have a directory of services for adults, autism helpline information and advice plus run various schools and care homes around the country)

Tree Tops www.treetopsclubs.co.uk
(Breakfast, After School Clubs and Holiday Camps)

Waterside Centre <https://watersideparentscentre.wordpress.com/>