### issue 10 Autumn 2014

# Reach CathCom Hope for Peace

Pope's inter-faith football match to promote Peace









**On 1st September** 2014 some of the top footballers from around the world were invited by Pope Francis to play an inter-religious match for peace at the Olympic Stadium in Rome.

The match brought together











Let the children take out their section in the centre

Give the rest of the paper to the



Christians, Muslims, Jews and Buddhists and players included Maradona, Carlos Valderrama, Roberto Baggio, Zinedine Zidane, Lionel Messi, Javier Zanetti and Andrea Pirlo.

Before kick-off Pope Francis said: "I thank you because you have subscribed to my desire to see

champions and coaches of various countries and religions compete in a sporting event to witness feelings of brotherhood and friendship.





KINDERGARTEN • PRE-PREP • PREPARATORY • SENIOR • SIXTH FORM



A recently married man was waiting for his flight in an airport. As he waited a man walked through the arrivals door and rushed over to his family who were waiting for him. He hugged his first child, and then his second and then picked up the baby and cuddled her. Finally, he turned to his wife, and gave her a huge hug.

The man who watched was transfixed by the love between the whole family and hadn't realised that he was staring at this personal moment. He suddenly realised he was staring when the man that had just arrived looked at him and asked if he was OK. Feeling rather awkward the man said "I was just transfixed by your family and I was hoping that when I have been married as long as you and I have children that our family will still be as close and as loving as yours is."

The man turned to him, looked him straight in the eye and said:

"Don't hope my friend...Decide!"

### Keeping Your Head Above Water

Managing Water Bills



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Tuesday 30th September 7.00 pm Scholarship Information Evening Senior School

Thursday 9th October 9.30 - 12.00 noon Working Open Morning Preparatory School

### after a Hot Summer

People who are struggling to pay their water bills often suffer in silence and don't realise that water companies have funds and schemes to help.

One in five customers now struggle with their water bill. The advice is that people should get in touch with their water company as soon as they are in difficulty and ask them for assistance. The Consumer Council for Water have a website, www.ccwater.org.uk, highlights a variety of ways that customers can get help or make savings on their bills

# **Generation** X and Holiness

I am old enough (or young enough) to be of that group called Generation X. The term was popularised by Canadian author Douglas Copland's 1991 novel, Generation X, Tales for an Accelerated culture.

Generation X was the phrase used to describe the children of the baby boomers from the 60's through to the 80's. This generation was to be one of infinite promise and talent, unencumbered by the horrors of violence. This would be the generation that would change the world. I think that many of us thought we would. I became content with the belief that I could change a bit of it.

In the summer term my community in Aylesford once again became a place with young people at the centre as we became hosts to the hundreds of young people who pass through The Friars every year During the last weekend of June we host the annual Brightlights festival. The theme of the weekend was 'Fully human, fully alive, fully living.' We were joined for part of the weekend by some amazing speakers and animators who helped us explore the theme. But for me, the highpoint was the testimony of Maria Teresa and Ruggero Badano. They shared with us the story of their daughter Chiara Luce. Chiara was a remarkable young woman with a deep love of Jesus. Born in Sassello,

a small town in the Piedmont region of Italy in 1971 she had the everyday concerns of her generation. She worried about school, study, relationships and failure. She loved sport and had a sense of adventure. She was 17 and playing tennis when she had a sharp pain in her shoulder. The

pain did not go away and tests confirmed the presence of an osteosarcoma a particularly aggressive and painful cancer. The next year and a half was an educational journey for Chiara's family and friends on how to live in relationship with Jesus. Chiara had every reason to be anary and full of resentment. She chose instead to love creatively. Her life short life was incredible. With an amazing faith she said of her illness, "if you want it Jesus, so do I" Chiara Luce died on the 10th October 1990 she was declared Blessed in 2010, the cause for her canonisation is ongoing. She is the first person of my generation, the so called Generation

X, to be raised to the altar. As Maria Theresa and Ruggero spoke of their daughter I was immensely moved and struck by their own holiness. I have always felt that the greatest gift, given to us by those who love us is faith. Blessed Chiara Luce Badano is rightly celebrated as a person of holiness. The first steps on that path of holiness were taken with her parents beside her. Chiara and her parents walked the path

This would

be the

generation

that would

change the

world.

together teaching each other.

I was moved to tears as I heard Chiara's story. And I have often returned to it as the summer went on. I do not have a child and I cannot know the overwhelming sense of love and the desire to protect those who

are born to you. But I learnt something that day of how my generation can make the world a holy place to live, and how my generation can pass on to the next the greatest gifts we have received - Love and Faith!



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The new evangelisation calls us not only to a deep and personal relationship with Jesus but it also requires of us mission. The mission is simple we are called to invite others into relationship with Jesus. In the Acts of the Apostles we here that the common description of the early Christian community was "see how these Christians love each other." Ultimately I think that is the hallmark of a disciple of Jesus.

Autosave... Serving the Christian community for over 35 years

autosave to call 0845 122 6910 autosave.co.uk -Cast last. Mar based on 7-17 pegment polities. Frances edgest 10 Avrillo, + generalities may be required. Can be illustricities may balances: Tax Park, Recording, 1944 1797 — POLLOW US ON 👫 🕍

### 4 · CathCom Reach · Autumn 2014

In this issue we're mainly focussing on HOPE. Hope in difficult times, hope for the Church, hope with schools and hope in marriage. There is also an article about the important of hope for children. In the children's section there are some ideas and questions to help your children think about hope and their lives.

We're also continuing our "Dealing with..." section on this page. Some months ago I was looking on Google for an answer to a computer problem - I typed in "Dealing with' and it came up with various suggestions based on what people search for most. There were dealing

Difficult People
Anxiety
Depression
Stress
Guilt
Anger
Rejection
Idiots
Diuorce
Diborce

If you have any thoughts or experiences to share please go to www.facebook.com/Cath ComReach

### Thanks

Nick

### Contact us

CathCom Reach is published in September, December March, and June.

#### Manager Nick Layton Reliaious Advisor Fr Damian Cassidy

Health Educ. Advisor

# Dealing with ... Dear Reader Anxiety

Here are some tips designed for people who are coping with day-to-day fears and anxieties.

### 1. Take time out

It feels impossible to think clearly when you're flooded with fear or anxiety. A racing heart, sweating palms and feeling panicky and confused are the result of adrenalin. So, the first thing to do is take time out so you can physically calm down.

Distract yourself from the worry for 15 minutes by walking around the block, making a cup of tea or having a bath. When you've physically calmed down, you'll feel better able to decide on the best way to cope.

### 2. What's the worst that can happen?

When you're anxious about something - be it work, a relationship or an exam - it can help to think through what the worst end result could be. Even if a

presentation, a call or a conversation goes horribly wrong, chances are that you and the world will survive. Sometimes the worst that can happen is a panic attack.

If you start to get a faster heartbeat or sweating palms, the best thing is not to fight it. Stay where you are and simply feel the panic without trying to distract yourself. Placing the palm of your hand on your stomach and breathing slowly and deeply (no more than 12 breaths a minute) helps soothe the body. It may take up to an hour, but eventually the panic will go away on its own. The goal is to help the

mind get used to coping with panic, which takes the fear of fear away.

### 3. Expose yourself to the fear

Avoiding fears only makes them scarier. If you panic one day getting into a lift, it's best to get back into a lift the next day. Stand in the lift and feel the fear until it goes away. Whatever your fear, if you face it, it should start to fade.

### 4. Welcome the worst

Each time fears are embraced, it makes them easier to cope with the next time they strike, until in the end they are no longer a problem. Try imagining the worst thing that can happen - perhaps it's panicking and having a heart attack. Then try to think yourself into having a

Fears tend to be much worse than reality. Often, people who have been attacked can't help thinking they're going to be attacked again every time they walk down a dark alley. But the chance that an attack will happen again is actually very low.

Similarly, people sometimes tell themselves they're a failure because they blush when they feel selfconscious. This then makes them more upset. But blushing in stressful situations is normal. By remembering this, the anxiety goes away.

### 6. Don't expect perfection

Black-and-white perfectionist thinking such as, "If I'm not the best mum in the world, I'm a failure," or, "My DVDs aren't all facing in the same direction, so my life is a mess," are unrealistic and only set us up for anxiety. Life is full of stresses, yet many of us feel that our lives must be perfect. Bad days and setbacks will always

happen, and it's essential to remember that life is messy.

### 7. Visualise

Take a moment to close your eyes and imagine a place of safety and calm it could be a picture of you walking on a beautiful beach, or snuggled up in bed with the cat next to you, or a happy memory from childhood. Let the positive feelings soothe you until you feel more relaxed.

### 8. Talk about it

Sharing fears takes away a lot of their scariness. If you can't talk to a partner, friend or family member, call a helpline such as the Samaritans (08457 90 90 90, open 24 hours a day). And if your fears aren't going away, ask your GP for help. GPs can refer people for counselling,

psychotherapy or online help through an online service called FearFighter.

### 9. Go back to basics

A good sleep, a wholesome meal and a walk are often the best cures for anxiety. The easiest way to fall asleep when worries are spiralling through the mind can be to stop trying to nod off. Instead, try to stay awake. Many people turn to alcohol or drugs to self-treat anxiety with the idea that it will make them feel better, but these only make nervousness worse. On the other hand, eating well will make you feel great physically and mentally.

#### 10. Reward yourself

Finally, give yourself a treat. When you've picked up that



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heart attack. It's just not possible. The fear will run away the more you chase it.

#### 5. Get real

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spider or made that call you've been dreading, reinforce your success by treating yourself to a candlelit bath, a massage, a country walk, a concert, a meal out, a book, a DVD, or whatever little gift makes you happy.

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# Teaching Children To Hope in a difficult situation



We all face difficult situations, whether it is financial worries, illness, bereavement, family struggles etc. Whilst we may try to shield our children from the extent of the worry, they are very aware of what is going on around them. So it is important that children retain their sense of hope, rather than feeling scared.

The first step is to talk to children about the current situation. Not necessarily in detail and without being too optimistic or pessimistic. This gives children a chance to share their feelings, emotions and concerns.

The main thing they are looking for is a sense of security and safety. The feeling does not have to come from a house or possessions but from the love for each other. You can give them a sense of security by telling them as a family and community you will face it together. Talking about the situation also makes children feel included in finding a way forward. Questions and concerns about their future are natural. The trick is providing a safe environment for children to express their concerns about the future without letting them dwell on it.

Children develop their comprehension of hope from around one year old as they begin to understand cause and effect relationships. They learn that behaviour A leads to consequence B. For instance behaviour A – a smile leads to behaviour B – a smile from their caregiver. Infants also learn that there are many different ways to get the reaction they want. And that obstacles can be overcome. At this early age children are learning that if they keep trying good things will happen. Giving them a sense of achievement and effective problem solving skills.

Child development research shows us that hope is innate so it's our job as adults to help them hold onto hope. Therefore it is important to teach children that even in the most difficult of times there are reasons to hold



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OPEN MORNINGS NURSERY: 30 September, 14 October

onto hope and keep trying.

A source of hope, especially for children, is acknowledging heroes. Often in a difficult situation or a disaster there are those that are strong or can help and they stand out in this dark time as heroes. Highlighting the actions of these heroes will affirm the heartening and hopeful aspects of the crisis.

Our Faith also teaches us that hope is so important to the way we see our lives and the way we live our lives. Jesus's hope and faith stayed strong in the face or persecution and disaster. Focussing on this in those time when we feel we can't carry on and we can't sort things out will help us and our children to keep a sense of hope in our lives.

Hope helps by giving us and our children a positive outlook on life and self. Leading to effective and appropriate goal setting and improved self-esteem. Thus allowing them to perceive obstacles as challenges and recognise their strengths and ability to achieve their objective.

"Hope is faith holding out its hand in the dark." George Iles

### JUNIORS: 18 September, 7 and 11 October SENIORS: 15 September, 3, 11 and 16 October

### SIXTH FORM OPEN EVENING: 25 September

### **Outstanding'** Diocese of Westminster Inspection Report (Sept 2013)

### SCHOLARSHIPS AND BURSARIES IN THE SENIOR SCHOOL

To book a place at an Open Event or for more information please contact: 020 8862 2254 enquiries@stbenedicts.org.uk www.stbenedicts.org.uk

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# **Searching for a Catholic** Secondary School

This article mainly focuses on England & Wales as the process is much simpler in Scotland.

down, take a deep breath and draw up a plan of action. The process is actually quite simple - but you do need to plan.

Firstly, you will need to find out whether there is a Catholic School in your area - to do this you can

country you are but can be anywhere between September - December so you will have to start looking around now.

This does not only apply to children in year 6 some parents will go and see schools when they are in year 5 and then take their children to see the schools they like the following year when they are in year 6.

### In England & Wales:

As the new school year starts, year six children are enjoying being the big fish in a small pond. But this time next year they'll be setting out for secondary school.

- So how do you choose the right secondary school for your child?
- Where do you start? How do you know which schools to look at?
- What do you look for?
- And what are the right questions to ask?

It's easy to bury your head in the sand or listen to other people's opinion which could result in making the wrong decision for your child. SO...sit

go to www.CatholicDirectory.org and search for schools near you. Its free and it has contact details for every Catholic Secondary School in England, Wales, Scotland and Ireland.

When deciding which school to apply for, it's important to find out about the ways in which a particular school will guide and support your child's individual needs and interests. A good starting point is to get hold of the school's prospectus.

Secondary schools hold a series of open days/ evenings for you and your child to go along to see what they have to offer. These will take place this autumn term - search for details on each school's website or call for details. The deadline for making your application varies depending where in the

It is important to check out the school's admission criteria beforehand - there is no point in wasting time applying for a school you really won't qualify for, either on grounds of distance, academic ability (in the case of grammar and selective schools) or religion. The criteria will be found in the school's own prospectus, as well as in your Local Authority's guidebook (more on that later).

Clued-up parents might also consider making an appointment to look around the school during normal "working hours". Seeing a school in action on a normal day will give you a much better feel for its staff and pupils and overall ethos than the

Who is hope who is hope who is hope intervention when times are bad it can feel like when times are bad it can feel like wing around us is bad - a bit like being trapped in a dark room. When being trapped in a dark room when trapped in a dark	Ay hings or the prize we thing - it looks like	The second se
are hoping for someone site some could be seeing someone will never smile could be seeing so sad they will never so sad they be feeling happy	Can you match the hero with A Footballer	h what they are hoping for?? Hopes to give us new life
again. It may could sad. when we are really sad. when we are really sad.	A Band	Hope lots of people will like their song
Hope helps us no i giving up. Heroes have HOPE! What do they i one for?	Jesus 🦳	Hope's everything works out well for you.
Heroes have HOPE. A hope for?	Pope Francis	Hopes the Church will reach out to people
hope to	A Superhero	Hopes to win the match
	Mum/Dad/Carer/Teacher	Hopes to defeat the bad guy



Hope is wanting good things to happen! You might hope good things happen to you.

people.

You might hope good things happen to other



Autumn 2014

Little Pedce

p

### Go to www.CathComReac CLASSROOM ACTIVITY

Resource

- Code Breaker St Peter gives a message to his friends while he is in prison by leaving a code – see if you can decode it.
- Colouring Activities relating to hope
- Draw a picture to go with the • newspaper article on page 4 of Little Peace



# Spot the Superhero Difference



word Search Hope Jesus Hero Love Saints Kindness

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Generosity Strength Loyalty Faith

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## What do you hope for???

There are things in life that we need and there are things in life that we want. Some things we don't have and we wish we did and other things we have already and we don't want to lose them.

Sometimes we hope for things that you can see and sometimes we hope that something happens or we hope to achieve something.

List 5 things you hope for - for you:

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List 5 things you hope for – for other people:	
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Our hopes reflect our lives and what is important to us.

What do you think children in countries where there is war hope for?

------

What do you think children in poor countries hope for?

······

Sometimes the we don't realise how lucky we are and we don't appreciate the most important things we have!!!



### What do you hope for???



Hoping to change the World around us!

If you would like to help change world around you. If you can see things that you would want to change, then the St Vincent de Paul Society has developed a new group called 'Mini Vinnies'. It is a ground-breaking Primary Schools project to help children get involved in

# Activity

## Zone

Read the story about Peter escaping from prison on the next page from the "Jerusalem Times" – then draw a picture of the story in the space.

Schools project to help children geen changing the world around them to give you "the potential to significantly contribute to the future of our Society." 'Mini Vinnies' are children aged between 7 to 11 (or younger) To find out more go to... www.minivinnies.org.uk



### Jerusalem's Oldest Newspaper

# An Angel Frees Peter from Prison

bout that time King Herod devoted his attention to mistreating certain members of the church. When he saw how this pleased the Jews, he arrested Peter too. After capturing Peter, Herod had him thrown into prison with sixteen soldiers in squads of four to guard him. Herod wanted to bring Peter to trial in front of the people after Passover. So Peter was kept in prison, but the church was praying very hard to God for him.

The night before Herod was going to bring Peter to trial, Peter was sleeping between two soldiers. His hands were bound with two chains, and guards were in front of the door. They were watching the prison.

Suddenly, an angel from the Lord stood near Peter, and his cell was filled with light. The angel nudged Peter's side, woke him up, and said, "Hurry! Get up!" At that moment the chains fell from Peter's hands.

The angel told him, "Put your shoes on, and get ready to go!" Peter did this. Then the angel told him, "Put your coat on, and follow me."

Peter followed the angel out of the cell. He didn't realize that what the angel was doing was actually happening. He thought he was seeing a vision. They passed the first and second guard posts and came to the iron gate that led into the city. This gate opened by itself for them, so they went outside and up the street. The angel suddenly left Peter.

When Peter came to his senses, he said, "Now I'm sure that the Lord sent his angel to rescue me from Herod and from everything the Jewish people are expecting to happen to me."

When Peter realized what had happened, he went to the home of Mary, the mother of John Mark. Many people had gathered at her home and were praying. Peter knocked on the door of the entryway, and a servant named Rhoda came to answer. When she recognized Peter's voice, she was so happy that instead of opening the door, she ran back inside and reported, "Peter is standing at the door!"

The people told her, "You're crazy!" But she insisted that Peter was at the door. They said, "It has to be his angel."

But Peter kept knocking. When they opened the door, they were shocked to see him. Peter motioned with his hand to quiet them down and told them how the Lord had taken him out of prison. He added, "Tell James and the other believers about this." Then he left and went somewhere else.

### Unfortunately, there were no cameras in those days – could you draw a picture to go with the story above?



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all-singing all-dancing production with science experiments they put on especially for the open evening.

Once you've whittled down a list of the schools you would be happy for your child to attend, you need to fill out the Common Application Form (CAF) for the Local Authority (LA) in which you live. You can do this online or on paper.

List your choices in preference order, so this really needs to be done carefully and with your full attention. You only need to fill out one CAF - even if you choose some schools in other local authority areas to the one in which you live. Independent schools are applied to separately.

LAs vary on the deadline for when your CAF needs to be in, so check with them - it will be around the half term week. So plan ahead if you're going away.

If you miss your LA's deadline your child will be an official late entry and you will find it much more difficult to have any sway in which school your child goes to. Many Catholic schools also have supplementary forms which you need to fill in and send back to the school by the same date. You may also need a priest's reference, baptism and first communion certificates to support you application.

Then it's a long nail-biting wait until March, when parents across England will be ripping open offer envelopes, and bursting into tears of joy or misery.

### So what should you be doing now?

Generally local authorities send an information booklet to all parents/quardians of year six parents in early September. This booklet contains the Common Application Form and information including admissions criteria about schools in that local authority control, often also the supplementary forms required

by some schools within that LA. If you are applying for any schools outside of your own LA, contact the school for information regarding supplementary forms which may need to be filled out.

Check the closing date for applications - and call the schools you are interested in viewing to find out times and dates of open evenings. In part two of this series we will be looking in more detail at what you can do to help your child get into the school you all really want.

Based on an article from www.parentdish.co.uk

### In Scotland

In Scotland you are automatically offered a secondary school place whilst at primary school, and in the vast majority of cases each primary school feeds into a designated secondary, so Scottish parents don't have any of the angst over secondary school decisions. You can find out more information at http://www.educationscotland.gov.uk/scottish schoolsonline/

### **Further Reading:**

What to look for in a Secondary School - go to www.facebook.com/CathComReach

### Useful sites:

www.direct.gov.uk

A really useful site explaining how to go about applying - from here you can also access your own Local Authority (whether you're in England, Scotland, Wales or Northern Ireland) and apply on-line or find out how to get hold

of your Local A's secondary school application pack if it hasn't automatically been sent to you via your child's school.

### www.dcsf.gov.uk

Government admissions website.

### www.wales.gov.uk

School admissions in Wales and Welsh Local **Authorities** 

Bellerive is a popular choice for girls from all areas of Liverpool and beyond. Come to the Open Evening and find out why



for entry to Year 7 in 2015

Tuesday

it is such a unique and oversubscribed school.







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## Pope, hope and the Church

Quotes from Pope Francis on his vision ofthe Church



### SACRED HEART CATHOLIC SCHOOL

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Has returned to Camberwell New Road. We are now at our old site in a Brand New Building with the latest facilities.

It is true that going out on to the street implies the risk of accidents happening, as they would to any ordinary man or woman. But if the church stays wrapped up in itself, it will age. And if I had to choose between a wounded church that goes out on to the streets and a sick, withdrawn church, I would definitely choose the first one.

Instead of being just a church that welcomes and receives by keeping the doors open, let us try also to be a church that finds new roads, that is able to step outside itself and go to those who do not attend Mass, to those

who have quit or are indifferent.





We must restore hope to young people, help the old, be open to the future, spread love. Be poor among the poor. We need to include the excluded and preach peace.

Come and visit us on our Open Days and Evening:

Monday 22nd September - 9am to 11.30am Tuesday 23rd September - 9am to 11.30am Wednesday 24th September - 4.30pm to 7.30pm

Once again our Exam Results are excellent All of our 'A' level students secured places at one of the top 30 Universities in the country including Oxford and Cambridge. We anticipate that following appeals 80% of Year 11 students will have achieved 5 or more A\* - C GCSE grades including English & Mathematics with 63% achieving the English Baccalaureate. Ofsted have assessed the school as 'Outstanding' since 2007 For further information come and Visit Us or view us Online

Jesus teaches us another way: Go out. Go out and share your testimony, go out and interact with your brothers, go out and share, go out and ask. Become the Word in body as well as spirit."

# Settling into school

### Antonia Chitty, author of 'What To Do When Your Child Hates School', gives her best advice on settling your child at school.

The early days at school can be stressful for parents and children. Don't despair - there are things you can do to make it easier. **Try these six quick tips**:

- 1. Start by chatting about school in general terms. Point out other children on their way to school and read stories about going to school. Your local library will have some if you ask the children's librarian.
- 2. Next, get your child involved in choosing their uniform. Take the opportunity to ask them open questions about school - you might get some interesting insights into their hopes and fears.
- 3. Practise getting the uniform off and on, so that your child can cope when changing for sports. Choose clothes and shoes with simple fastenings.
- 4. Many children are worried about school lunches. Ask for the menu in advance and talk about how fun it will be eating with your child's new friends. If your child has packed lunches, pack them together.
- 5. Most schools settle new children into reception gradually, offering short days or mornings to start. If you feel your child won't keep up with the schedule offered, ask the school if you can collect them early.
- 6. Get to know your child's teacher well right from the beginning, and let them know if there are

As well as talking to the teacher, listen to your child. When my daughter started school I'd ask her a couple of questions after each session, "What was good at school today?" and "Was there anything not so good about school?" If you find the same issues are coming up every day, mention them to the teacher.

### Help for the youngest in the year

Some children are just not ready to start school with their peers. Many local authorities now offer part time nursery places for children from three and reception places after their fourth birthday. If all children start in September, some of those with summer birthdays may find it hard to keep up.

If you have concerns about your child's readiness for school, it's still important to fill in school application forms at the same time as everyone else. Your local authority will write to you about applying for a school place, or you can fill in an online application at www.direct.gov.uk. Once you have been offered a place, request that your child starts later in the school year, and the local authority should keep their place open for them. Ask for this to be confirmed in writing, and remember that children must start education the term after their fifth birthday.

### Other resources:

- www.direct.gov.uk
- ww.parentcentre.gov.uk
- www.safekids.co.uk
- 'What to Do When Your Child Hates School' by Antonia Chitty is published by White Ladder Press, £9.99, available from
- www.whiteladderpress.com

ST PAUL'S CATHOLIC COLLEGE

"ACHIEVING EXCELLENCE LEARNING TO SERVE"



Admission to Year 7 in 2015

### **Open Day & Evening**

any issues that are worrying you.

#### Dealing with separation anxiety

If your child struggles when you try to leave them at school, there are a couple of options. The simplest one - which may be toughest - is to say goodbye firmly and cheerfully and leave your child at school as planned. The majority of four and five year olds will settle within minutes. You can phone the school later to check.

If after the first few days or weeks your child still isn't happy at being left at school, make an appointment to talk to the teacher. She may have a range of strategies to suggest. For example, some parents and children find it helpful if the parent stays for longer in the mornings.

### Thursday, 2 October 2014 9.30 am - 12.30 pm and 6.00 pm - 8.30 pm Address by the Headteacher, Miss Ceri Bacon MA at 6.45 pm & 7.30 pm Students from all backgrounds are welcome

## 24 Things to Always Remember. . . and One Thing to Never Forget

Your presence is a present to the world. You're unique and one of a kind. Your life can be what you want it to be. Take the days just one at a time. Count your blessings, not your troubles. You'll make it through whatever comes along.

Within you are so many answers. Understand, have courage, be strong. Don't put limits on yourself. So many dreams are waiting to be realised. Decisions are too important to leave to chance. Reach for your peak, your goal, and your prize.

Nothing wastes more energy than worrying. The longer one carries a problem, the heavier it gets. Don't take things too seriously. Live a life of serenity, not a life of regrets. Remember that a little love goes a long way. Remember that a lot . . . goes forever.

Remember that friendship is a wise investment. Life's treasures are people . . . together. Realise that it's never too late. Do ordinary things in an extraordinary way. Have heath and hope and happiness. Take the time to wish upon a star.

And don't ever forget . . . For even a day . . . How very special you are.





independent minds



Oxfordshire's only Catholic, co-educational independent day school, for girls and boys aged 3-18

### www.olab.org.uk

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- Small class sizes
  Outstanding pastoral care
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- Excellent GCSE and A Level results

### Open Morning: Saturday 4th October

### For further information call **01235 524658** or email **office@olab.org.uk**

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### Come to an Open Morning: Saturday 18 October & Friday 14 November

T: 01747 857111 or visit www.st-marys-shaftesbury.co.uk

## October 5th 2014: Church discusses...

Catholics around the world have been invited to take part in a day of prayer for the synod (meeting) of bishops to discuss the family.

The day of prayer will take place on September 28, days before the extraordinary synod on the family begins on 5th October which is devoted to "the pastoral challenges of the family in the context of evangelisation". those prevailing in contemporary societies. It suggests that most people including many Catholics—are not acquainted with the <u>Christian vision</u> of marriage.

While showing clear support for Church teachings on controversial issues such as birth control, divorce, remarriage, and same-sex unions, the document underlines the need for respectful treatment of those who do not share the Church's vision, and pastoral care for those Catholics who find themselves in difficult marital situations. Sponsored Feature

### School and Church furniture with a futuristic feel

family

Fullers Finer Furniture introduces The Canterbury and York Lecterns. These lovely pieces have something about the shape of things to come as they have both been designed with a fully adjustable gas strut height control, internal wiring to take a microphone and even an LCD monitor for use during presentations, hymn singing, for sermon notes and the like. As more and more schools and churches are using IT equipment these days, this kind of product is a must not just in the future but right now. The award winning Canterbury and its larger sister The York are available in a range of finishes and you can even have your school or church logo on the front. Both lecterns are on castors for easy movement around your school or church.



"The Rose of English Furniture"



The preparation material for the Synod acknowledges the severe difficulties facing the family today, and "the growing conflict between the values on marriage and the family as proposed by the Church" and

> As families connected in some way to the Catholic Church, we should try to offer up a prayer, a thought, a hope for the Synod on Sunday 28th September before the Synod begins.

The Old Coach House, 53h Rear Oxford Street Weston-super-Mare, Somerset BS23 1TR

Tel/Fax: 01934 618111 Email: info@fullersfinerfurniture.co.uk www.fullersfinerfurniture.co.uk





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St. Bede's Catholic College is committed to serving families by:

- Promoting Catholic Values
- Securing and Celebrating Achievement
- Developing High Esteem and Confidence in all Pupils
- . Providing learning opportunities which will prepare pupils for

### their future

"This is an outstanding school where pupils' achievement is excellent and where their personal development and well being are of the highest order" (Ofsted)



This is an outstanding Catholic school where Gospet values are upficitly promoted and practised and which iderpin of aspects of school life" (Diocese)

Governors of St Bede's invite parents and pupils to our

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- A minimum of 20%, up to 70% off boarding fees.
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"Dear young people, do not bury your talents, the gifts that God has given you! Do not be afraid to



### OPEN EVENING Thursday 25th September 2014 - 6.30pm Morning visits are welcomed throughout the year, by appointment



### St Bede's is an Independent Academy 950 pupils, 11-18 years

Morning visits are welcomed throughout the year, by appointment







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### SCHOLARSHIP EXAMS 2015 17th January (11+/13+Academic/St Francis Xavier Award)

**OPEN DAYS 2014** 11th October (3-11 years), 8th November (11-18 years)

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