

Dear Parents/Carers,

Issue 3
May 2023

This half term we launched 'The Assisi Way' which is our approach to Personal Development. After four weeks of form time activities and assemblies on the theme of respect, we celebrated with a whole day event called 'Assisi Respects.' All pupils in Y7-Y10 were off timetable, listening to inspirational speakers, Hermen Denge and Alyx Steele, and learning what it means to respect people, places and things, including our community and ourselves. See the next page for pictures and click this link to watch a short video of the day: [Hermen-Alyx-Visit-Final.mp4](#)

As always, we have a range of mental health support available for your child via our Mental Health Impact Team (MHIT), please see below for more details and use the clickable links to access further information. For more information, email Ms Huthwaite: huthwaitea@asfa.allsaintsmat.org or safeguarding@asfa.allsaintsmat.org.

Thank you for your continued support,

The Mental Health Impact Team and Safeguarding Team



RESPECT – AMBITION – PRIDE – HAPPINESS – PEACE & RECONCILIATION

Keeping our children safe: Our Safeguarding Team

WORRIED ABOUT YOURSELF? WORRIED ABOUT ONE OF YOUR FRIENDS? OR DO YOU JUST NEED TO TALK?

Please contact one of the following staff who will listen and help.



Ms J Leech
Deputy SG Lead /
Headteacher



Ms T Bleasdale
Designated SG Lead / DHT



Mrs J Thompson
Deputy SG Lead / AHT



Mrs J Jones
Deputy SG Lead



Ms C Williams
Deputy SG Lead /
Young Carer Champion



Ms S Warrior
Deputy SG Lead /
SENCO



Mrs L Riley
Deputy SG Lead /
SENCO



Mrs L Mitchell
Deputy SG Lead



Mr G Docherty
Deputy SG Lead



Mrs A Huthwaite
Senior Mental Health Lead

Key Governors

James Kilburn – Chair of Governors
Emily Ridgeway – Safeguarding Governor

Email us on
safeguarding@asfa.allsaintsmat.org

Working together to safeguard our school community

Follow our socials for daily updates about life in the Academy: [Instagram](#) and twitter.com/ACADEMYSFA

Our Mental Health Impact Team

We have social, emotional, wellbeing and mental health support for our young people at Assisi. We offer a range of interventions and will work with families/students to determine the best action if support is needed.

This includes: 1:1 therapy, group work, peer mentoring, support from PHCSE lessons, and assemblies about emotional wellbeing and training.

We also support young people to access services like, [YPAS](#), [KOOOTH](#) and CAMHS.

You can also access support through the Safeguarding Team at school by emailing: safeguarding@asfa.allsaintsmat.org

Working together to safeguard our school community

Assisi Respects Day 12th May

Issue 3
May 2023

#theassisiway



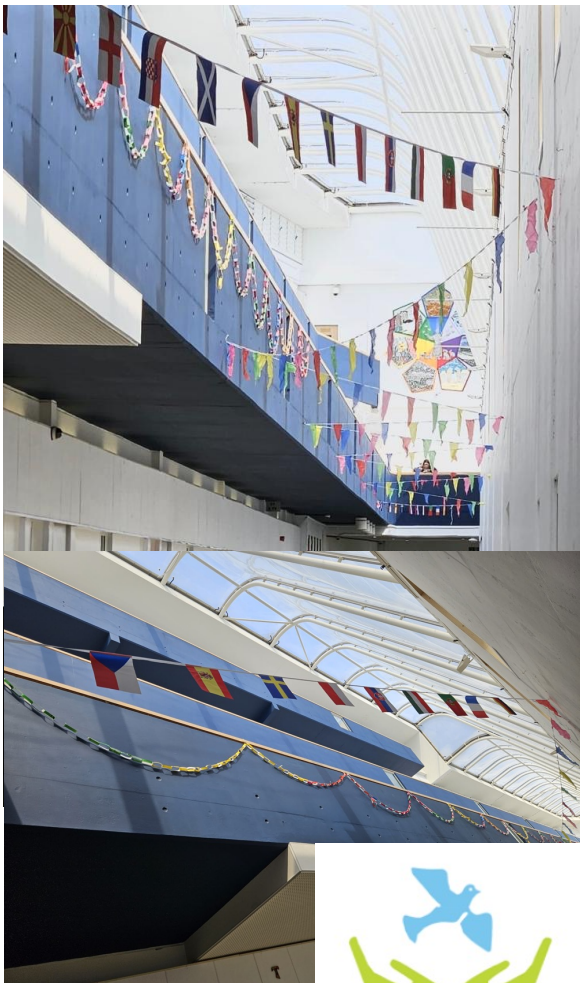
Friday 12th May What is respect
Respect
Respect your family,
respect your friends,
respect random strangers,
and the kindness you give will never end.
And the kindness you give will grow,
and you will know about someone, make sure to
If you care about someone, make sure to
then know,
because if you spread kindness,
It will find its way back.



Assisi Respects Poem

What is Respect?
Respect your family
Respect your friends
Respect random strangers
And the kindness you give
will never end
Positivity will flow
And love will grow
If you care about someone
Make sure they know
Because if you spread your
kindness
It will find its way back

Akiana Udorie Y7



Come with us to The
Academy of St Francis of
Assisi



milk_education • Follow
DJ Fronteo • Cupid Twin (Sped Up)
(Remix)



milk_education Come with us on our
recent visit to The Academy of St
Francis of Assisi! 🌈

We had Hermen and Alyx visit to
educate on the importance of respect
as part of their themed day! 🌈

Educating in a deliberately different
way and inspiring young people to be
the best version of themselves! 🌈

Interested in booking our School
Speakers for your school? We can
tailor our sessions to suit your needs/
values/ themes! 🌈

Drop us an email at
milkfluencer@milk-education.co.uk
✉️



This half term we celebrated Mental Health Awareness Week, exploring the theme of anxiety and what might trigger our anxious thoughts. Ms Huthwaite's virtual assembly was all about how we can make positive connections to help reduce anxiety.

When you know what your anxiety triggers are, you can learn strategies to cope with them better. We can also work together to make changes to your environment and other people can make changes to how they communicate with you. Tick what triggers anxiety in you and speak to our safeguarding team if you want help:

15 to 21 May 2023

Mental Health
Awareness Week



#ToHelpMyAnxiety

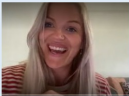
Nobody is highly anxious all the time. There are usually certain situations, events or people that make us more anxious. Everyone is different in what bothers them. When there is something that always make us anxious, we call this an 'anxiety trigger'.

When you know what your anxiety triggers are, you can learn strategies to cope with them better. We can also work together to make changes to your environment and other people can make changes to how they communicate with you. Tick what triggers anxiety in you.

- ☐ Being teased
- ☐ Certain noises
- ☐ Not getting what I want
- ☐ Rules / fairness / justice
- ☐ Being told to do something I don't want to do
- ☐ Certain schoolwork
- ☐ Certain jobs
- ☐ Certain people
- ☐ Waiting too long/queuing up
- ☐ Meeting new people
- ☐ Being away from my mum/dad
- ☐ Having too much to do
- ☐ Doing new activities
- ☐ Tests
- ☐ Family being sick
- ☐ Me being sick
- ☐ Catching a bus
- ☐ New places/rooms

☐ When someone doesn't agree with me☐ Being late☐ Being criticised☐ Being tired☐ Being hungry☐ Being ignored / left out☐ Needing to be perfect☐ Break/lunch times in school☐ Sensory triggers☐ Being interrupted☐ When things don't go as planned☐ Changes☐ Not understanding what to do☐ _____☐ _____☐ _____☐ _____☐ _____☐ _____

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Click to watch this Video

[Kind to Ourselves - Assembly](#)

How are you feeling today?
Check in with the
Emotional
Barometer

Top Left

Cross
Angry

Top Right

Smiled
Happy

Bottom Left

Sad
Downcast

Bottom Right

Chilled
Calm

ALL SAINTS
Multi-Academy Trust

Engagement

Prayer

Worship

Activities

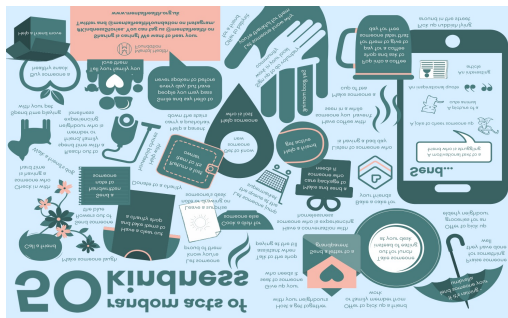
Peace & Reconciliation

ST FRANCIS
OF ASSISI

Working together to safeguard our school community

Kindness.

THE ASSISI WAY



Following the success of our 'The Assisi Way' day based on Respect, we are now spending four weeks exploring the theme of kindness as part of our Personal Development plan for all pupils.

- Kindness is essential for creating a positive school, local, national and international community.
- Being kind to others can increase our own wellbeing as well as others.
- Kindness is at the heart of Christianity, Jesus was kind and Jesus instructed others to be kind.
- Acts of kindness can have a ripple effect, inspiring others to be kind as well, as explained in the following video...

Watch this video to explore the science behind kindness from Mr Fox's virtual assembly:
<https://youtu.be/O9UByLyOjBM>

Chasing Childhood – Free online documentary screening

As part of Mental Health Awareness Week, LLP has secured a licence for up to 500 people to view the Chasing Childhood documentary about the importance of free play and independence in childhood.

The documentary can be viewed any time throughout May 23. To access it, please [register here](#). Use the code **CCR-0523**



POLICE.UK



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



NHS

shout
for support in a crisis



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