THE BISHOP FRASER TRUST
A CHURCH OF ENGLAND MULTI ACADEMY TRUST

January 2022

UPDATE

Meet one of our trustees….

All our trustees and members details are on our website www.thebishopfrasertrust.co.uk but we thought we'd start to introduce them to you via the newsletter.

Lesley Durosomo Trustee and Chair of Governors at St James's

Lesley has 15 years' experience as a governor with associated experience in curriculum and assessment and pastoral and worship. As an active member of the Seven Saints congregation, Lesley brings to the role a passion about giving every child the best possible experience, supporting them to be the best they can be, along with a desire to promote Christian values to the whole community and a sense of community cohesion through these values.

Lesley has worked for 30 years in one of our high street banks on Audit and Assurance roles focusing on regulatory compliance and customer protection in these areas. Lesley brings many skills to the trustee table.

Message from our Trustees

As 2022 starts we face another uncertain year. In all sorts of ways the pandemic continues to have a major impact on our lives. This is especially true of our schools with arrangements changing from one week to the next.

On behalf of the Trustees I want to thank you for working with us to ensure your children are safe and able to carry on with their studies. Our extraordinary staff continue to put 100% into giving them the best educational experience possible whatever the circumstances.

We are aware that one of the distinguishing features of Church of England schools, connection to local churches, has gone through confusing times but we hope you are maintaining strong bonds and finding the support of your local community is making a difference.

This month we welcome Bury Church of England High School into the Trust and this letter comes with a special welcome to you as parents. As our Trust continues to grow our focus will be those values that stand at the heart of all we do:

- helping our students acquire wisdom for life
- offering them hope and encouraging them to reach for the highest aspiration
- providing models for living well together, based on recognising the inherent dignity of every person in our communities.

With every blessing for the coming year

Revd Janina Ainsworth
Chair of Trustees

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A MESSAGE FROM OUR CHIEF EXECUTIVE

I must admit that this time last year, I did not think that I would be writing to you today with further Covid restrictions in mind. Whilst we started the New Year with hope, it is still a time for us to be vigilant and prepare for all eventualities.

As you are aware, we tested our children on return to school after the Christmas break. Please continue to test your child on a regular basis and this will hopefully help maintain low positive cases.

You will have heard in the press that Covid staff absence is high this term. Luckily, we have not had to close or send pupils home. Our headteachers and their staff have been extremely busy and have gone beyond the day job. We have also prepared for the worse, and should we have to, we can easily transfer on to remote learning. We pray that this will not be the case as we all want our children to be in school and to lead as normal a life as possible. Please check that your child's access to IT is in place and if there any issues that you contact your child's Head of Year.

In terms of what you can do to help, please read all correspondence from your child's school and follow the guidance.

On an uplifting note, on **1.1.22 we were delighted to welcome the staff, pupils and parents of Bury Church of England High School in to our trust**. Over this next twelve months, our teams will become more integrated and we further develop our trust vision in to reality; improving the education and life chances of our young people.

We await further information from the exam bodies relating to the national exams this year. At the moment it is expected that **national testing will take place for Key Stage 2 tests (Year 6), Key Stage 4 (Year 11-GCSES) and KS5 (Year 13- A levels)**. We will let you know if there are any changes to this.

Good attendance is essential for young people to achieve their potential. With this in mind, and knowing how everyone wants to get back to their normal family holidays, we urge families (as we have our staff) to think carefully about booking holidays abroad due to the constantly changing restrictions on return. We have clear evidence to show how **absence of less than 90% has a significant impact on a child's education**.

I am pleased to say that the majority our churches are now open and welcoming back their congregation. If you are concerned that your church is still not accessible then please contact your Area Dean for advice. If you have children at primary who you wish to join our schools in the future, then keep an eye out on the admissions page of the school websites. Please note it is the governors of each of our schools who determine the admissions policy, not the trust.

As we move towards lighter days and the promise of spring, I hope that we move towards more normal times. It has been a tough time for all, but with kindness in our hearts and a positive outlook we can come through this.

God bless you all and keep you and your family safe

Tania Lewyckyj

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The Trusts Environmental Stewardship Plans

Last term, students travelled from Bolton St Catherine's Academy, Canon Slade School and St James's High School to the Royal Horticultural Society Bridgewater in Salford. The group of students were to embark on a 6 month project – The Ignition Project. **This project would enable them to create The Bishop Fraser Trust mission statement to reduce our carbon footprint across all the schools in the Trust to present to our trustee's, headteachers, staff and students.**

The Ignition Project is a ground-breaking project being implemented across Greater Manchester to encourage us to work with nature to help tackle the increasing socio-environmental challenges that we face today – increase in flooding, poor air quality, temperature rises, a reduction in the variety of life i.e. animals, plants, fungi, and human health and wellbeing.

The first step of the project was to spend the day at RHS Bridgewater for our students to learn more about the challenges we face today looking specifically at flooding, increase temperatures and wellbeing. Within these three categories they were able to understand what they mean, how they look and how we can help.

The students picked, what they considered, their 5 most important resolutions they wanted to investigate further:

1. **Street trees** with underground rainwater storage can capture 73% of rainfall runoff.
2. **Street trees** can cool surrounding air temperatures by around 3 degrees, and indoor temperatures by up to 3 degrees.
3. **Green walls** can cool surrounding air temperatures between 0.5 and 4.1 degrees and indoor temperatures up to 4.8 degrees.
4. **Bird and plant diversity** can increase the wellbeing benefits from visiting greenspace and lead to a reduction in anxiety, stress and depression.
5. People living in **greener areas** were 24% more likely to achieve recommended physical levels of activity.
6. 83% more people take part in social activity in **greenspace** compared to barren outdoor spaces lacking in plants and trees.

Interestingly, wellbeing was very important to our students feeling that it was important to have greenspaces to enable us to improve our mental wellbeing, encourage social activities, and increase the likelihood of physical activity.

The RHS experts now set our students the challenge to design a garden for a school that would help tackle these challenges.

Our students were introduced to the Wellbeing Garden by our RHS experts and were able to fully experience the garden by chalk drawing what they could see, hear, feel and smell. The students really enjoyed drawing, they talked together and produced some amazing drawings.

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Thinking about their challenge of designing a garden for a school, they were then tasked with exploring the garden to help them identify elements of the garden that they liked, would contribute to wellbeing or disliked. Each group were able to take photographs and frame them in a green, yellow or red frame to help them remember what they thought.

Their next task was to explore the Paradise Garden. This time they needed to identify what materials, elements or plants impact on the temperature. Each group were given a spot thermal temperature gun, and with their previously learnt knowledge were able to look for areas within the garden that were hotter or colder. The groups had so much fun, and learnt about how plants, water, trees, walls, greenhouses can change the temperature of the air around them.

Our students were now brimming with ideas on what they would like to include in their garden designs to help tackle flooding, rising temperatures and improve health and wellbeing – back to the classroom and straight to the drawing boards!

Designs included wooden features, benching, elaborate planted areas, trees, pollinator gardens, water features, winding pathways. 5 very difference designs all with clever and beautiful features that would work brilliantly in any school outdoor area. Each group then confidently presented their designs to everyone telling us why they chose the features they did.

We look forward to see the results of the project in 6 months' time when we launch the trust's mission statement on environmental stewardship.

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Christmas Dinner on Jesus

Each year all our schools contribute towards the Urban Outreach project 'Christmas Dinner on Jesus' hampers, which are distributed to families and individuals who may have very little to spend over Christmas.

The hampers will include everything a household would need for a special festive meal, including chicken, vegetables, pudding, cheese, fruit, and even crackers. This year the following were collected in their hundreds;

- **Canon Slade 600 boxes of chocolate mints,**
- **BSCA 1300 selection boxes**
- **St James's 600 boxes of custard and 700 tubs of gravy granules**

A big thank you to all who helped. There'll be many people across Bolton who will be encouraged by the generosity shown by others this Christmas time.

URBAN OUTREACH (BOLTON)

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BSCA Primary News

Litter Picking

Our Primary Eco Club are flying with lots of new activities that they have done, including building a bug house, litter picking in the local community and making sure the local birds are fed by making bird feeders!

Bulb Planting - In the past few weeks we have planted several types of bulbs. Some of them are in the school planters for us to enjoy when they sprout, but we have also planted some in pots which, we are hoping to sell in the spring. This will raise money to buy new equipment for Eco Club – we will be sure to let you know when they are ready to be purchased!

The Year 4 Eco Club joined with Withins UCAN Centre to do a community litter pick.

They were outstanding and represented BSCA so well. Both Charlotte and Vanessa (workers at the centre) were blown away with how much #CARE they have for the community.

Charlotte and Vanessa had this message about the session:

> "A huge thank you from Withins UCAN Centre to the St Catherine's Eco Club who helped us on a litter pick and picked up over ten bags of rubbish in an hour! Their enthusiasm and energy were wonderful to see, as was their commitment to the cause as they scrambled in hedges and crawled under fences leaving no trace of litter in their wake.
>
> They made such a difference to the area around Withins UCAN Centre, all along Kentmere Road and round the entrance to the secondary school and it looked so clean and tidy when they had finished.
>
> Thank you so much litter superheroes!"

All children and staff were rewarded with a tote bag, goodies and a hot chocolate!

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BSCA Secondary News

Social Media Kindness Day

Whilst recognising many of our students are on social media and the negative impact this can have at times, we chose to engage with Social Media Kindness day in school.

For this we asked students and staff members to help make a video where they held signs with alarming facts about the negative impact, whilst also holding signs that showed they were pledging to make social media a kinder place.

Our video was then shown around school and also on social media, which then got re-shared by the campaigners themselves. It was great to see BSCA being seen to be standing boldly as part of this campaign. This video can also be found and seen on both our Instagram and our You Tube page by following the link below.

YouTube Link: https://www.youtube.com/watch?v=vj6xQcH_X-I

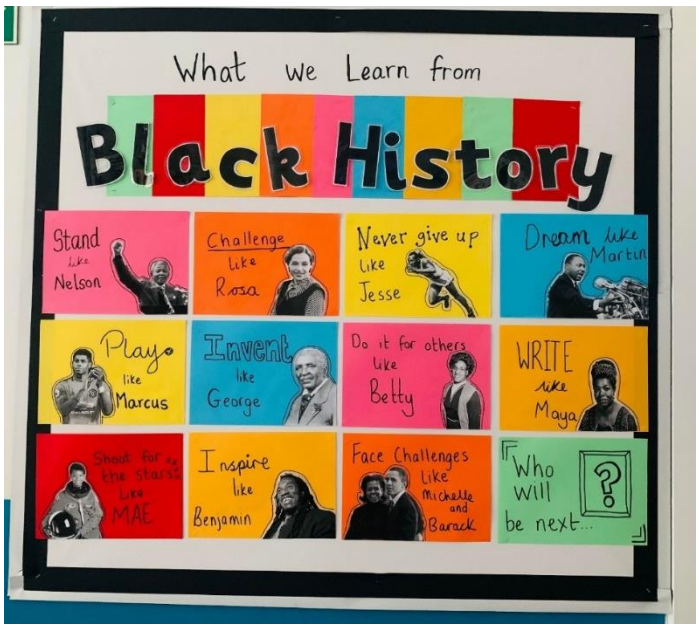
Black History Month

For this year's Black History Month, we worked hard to ensure it was being celebrated across whole school.

To do this we used student bulletin, social media, curriculum departments, displays, Ethos Group sessions, mentoring and the library.

We also made a video that was shown across school where our Ethos Group interview 2 people from Children Changing Places project about racism, and also asked them about their new song written for Black History Month called 'Shades'. The interview questions were formed by our mentoring students and delivered by our Ethos students. The video can be found both on You Tube and our Instagram page by following the link below.

Finally, during half term which was still a part of Black History Month, we shared book and TV recommendations for parents, students and staff to watch or read in their own time.



YouTubeLink: https://www.youtube.com/watch?v=klUFVdIRFIY

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Canon Slade News

Bolton News Education Awards

As some of you may already be aware, Canon Slade School won the Bolton Secondary School of the Year Award as part of the Bolton News Education Awards.

Karen Sudworth, Headteacher, stated;

'This is a tremendous honour and recognises the last 18 months of hard work by all staff to ensure we provided the best education we could in the most difficult of circumstances. The staff go 'above and beyond' for our young people on a daily basis and I am immensely proud to be the Headteacher of this wonderful school family. Thank you to all parents, carers, governors and trustees for your continued support. It is very special to be recognised as Bolton's Secondary School of the Year'.

Mrs Sudworth also praised her colleagues in TBFT and beyond for coping with what has been an extremely challenging 18 months.

Heros Lady's Open Success

Canon Slade School wish to pass on their huge congratulations to Phoebe Cocker in Year 8 who travelled to Poland to take part in the 16th International Women's wrestling Tournament.

The Heros Lady's Open is for seniors/juniors, cadets and younger. The participants are from various countries and in 2019 the competition numbered 366 girls from 15 countries with many medallists of European or World Championship competition.

Over the 3 days of competition Phoebe went on to win silver in her age group. What a fantastic achievement.

Unlocking Potential Mentorship Programme

Year 7 and one Year 8 student attended the Launch Event for the Unlocking Potential Mentorship Programme run jointly by the Dame Kelly Holmes Trust and AQA.

AQA Unlocking Potential is a transformational mentoring programme for students aged from 11-19 years of age, delivered in partnership between education charity AQA and Dame Kelly Holmes Trust.

They will work with Mr Banerji, Ms Byron and their mentor Paul Broadbent (a former England Rugby League player!) to develop a Social Action project which will benefit the wider community, as well as broadening their own horizons and helping them reach their aspirations in school.

Canon Slade is one of only 20 schools out of hundreds of applicants across the country to be selected, so it's a massive opportunity and we are so proud of the girls!

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Canon Slade Sixth Form News

Congratulations to Shahzaib Kahn in Y13 who has been awarded a law scholarship with CMS, a leading law firm.

CMS said the following:

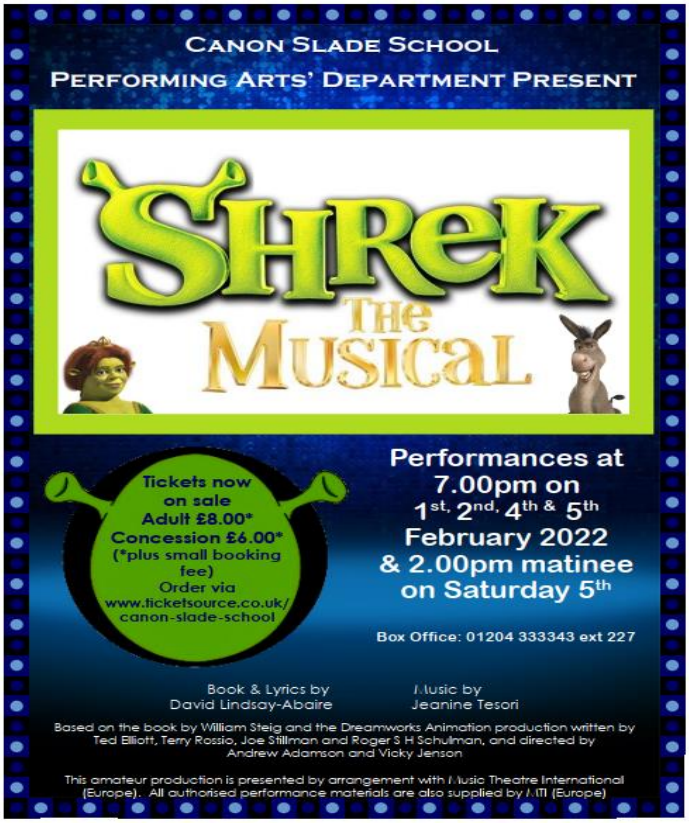
"We felt that Shahzaib was an outstanding candidate who coped impressively with a challenging assessment day and we were delighted to award him one of our Scholarships. The standard of applications was high and we believe that Shahzaib should be very proud to have been one of the six students awarded a Scholarship. Shahzaib is a credit to your school and the work of your teaching staff and I am sure that you are proud of his exceptional performance too."

Canon Slade Sixth form are immensely proud of him.

It has been a busy term in Sixth Form with, not only the academic trials of the mock examinations for year 13 and the excitement of settling in of year 12, but we launched our level one British Sign Language course for year 12 and saw the completion of the Peer Mentoring Project with the Mental Health Foundation with our year 13 mentors.

A group of year 13 students have recently returned from a weekend of Psychology enrichment to the Freud Museum in London, and of course took in a show! Our Societies Fair generated a lot of excitement and a flurry of signing up for clubs and societies ranging from Art to Musical Theatre, via a sailing society for those souls brave enough to embrace the weather of the West Pennine Moors.

This term we will be welcoming back our students who went out into the big wide world last summer for their celebration and presentation service and finalising the future plans of our current year 13 with the end of the UCAS process in sight.



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St James's News

School Prayer

The school prayer has now been launched officially at the start of this year.

We have made recordings of staff and a few of our Year 11s who speak different languages to produce versions in their native/additional language as well and this proved to be really powerful. It's been used in assemblies and is also used in daily reflection that is played in morning form time each day.

Chaplaincy Prefects

For the first time, we have Chaplaincy prefects this year.

Many of these pupils have built relationships with us over the years and opted to choose Chaplaincy as their area for prefecting.

They do a brilliant job of helping with clubs, helping younger year groups and are actively involved in all aspects of Chaplaincy and their contribution is very much valued.

Mental Health Ambassador Training

St James's invited Kidscape into school to deliver mental health ambassador training. 42 ambassadors are now fully trained to support students with their mental health and wellbeing. They learnt how to mentor a student, what a mentoring session should be like and most importantly, how to safeguard students. They also assessed their strengths and looked at how they could use these for additional support. The training was fantastic and really engaged the ambassadors. One student mentioned that the training was 'really good and has really benefited them and how they approach the mentoring sessions'.

In the Spring term, St James's aims to put this training to good use, buddying up mental health ambassadors with those students who need additional support. The ambassadors are really excited to start this new project.

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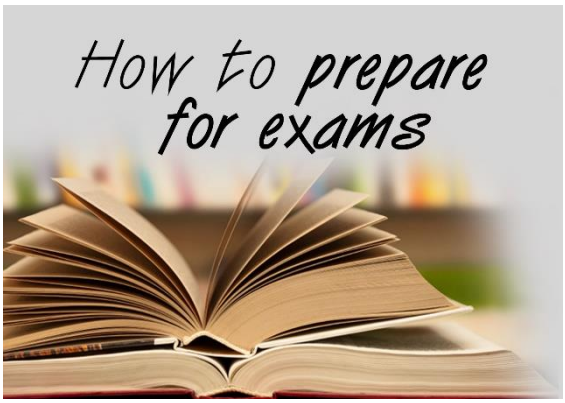
Update and Advice on Exams



As you may be aware it is the intention that exams at **KS2 (Yr 6), KS4 (Yr 11) and KS5 (Yr 13)** will take place this year. There is still some uncertainty as we are still being affected by the pandemic. There will be more information from the DFE in February. In the meantime, you may wish to check out the following site

https://educationhub.blog.gov.uk/2021/11/11/exams-in-2022-everything-you-need-to-know/

As much as most children dislike or become anxious when they have to take exams, exam time is just another part of school life, however, the good news is that there are things you can do to help the exam period stay as stress free as possible – helping to keep door slamming and tears to a minimum.

1. Get ahead and attend information sessions run by the school

In the run up to exam time, sit down together with your child and work out the best times for revision. Make a revision timetable (your child will also be helped by school to do this) and pin it up somewhere prominent. When it comes to revision, research shows that **little and often** is better than overlong sessions. Cramming at the last minute is also counterproductive, so it's best to start early and put in the groundwork while there is still time.

If your school is running any information evenings, please attend. Also, check out the website as this will have more information as the exams get closer.

2. Learn what works

We know that different people have different styles of learning, and **it is important your child is working in the way that's right for them.** Find out what motivates them and use it to your advantage – be it an end goal, such as doing well in an exam, or building a skill, such as learning a language. **But don't use bribes**. This puts undue pressure on your child, and sets the wrong precedent. They should want to achieve for their own sake, not yours or because there's a cash reward in it.

3. Stay positive

During exam season, it can be all too easy for your child to forget that learning can actually be enjoyable. The field of positive psychology takes a "glass half full" approach to life, celebrating the positive rather than the negative. Looking at revision from this angle, there are numerous benefits, such as increased knowledge and working towards personal goals. It can also be an opportunity for you to support and help your child to achieve. Research has found that parental involvement in their child's education has a significant positive effect, even into adulthood – so what you do now could make a big difference in the years to come.

4. Get the snacks on the go

Put the kettle on and buy plenty of healthy snacks for your studious workers – the healthier the better. Any foods high in omega 3, such as oily fish, flax seeds and walnuts support_concentration and cognitive function, so are ideal. Foods high in antioxidants such as fruits – especially berries and tomatoes – and moderate amounts of caffeine can help concentration. Green tea and dark chocolate, which are especially rich in specific antioxidants called polyphenols, can also support brain function. Ripe bananas or sunflower seeds are great to snack on because they naturally increase dopamine – a brain chemical involved in increasing motivation and concentration.

5. Keep your thoughts to yourself

The concept of the "self fulfilling prophecy" proposes that what we believe about a child has a habit of coming true. So if they get told they can't do maths and are better at English, chances are this will be reflected on results day. With teenagers, however, if we say they are good at something, they will often believe the opposite. Basically, if we label, either in a positive or a negative way, in some form this will manifest in adverse outcomes. So best to just keep those thoughts to yourself in the run up to exam time and just encourage and support them.

6. Work the space

Set aside a calm room or space for revision, and invest in some large plastic boxes to keep books and resources tidy and easily accessible. Ensure that where possible, this space is kept well organised and clutter free, because it turns out that the old "tidy desk, tidy mind" saying might actually have some truth to it. Researchers at Princetown University, have found that if our environment is cluttered, the chaos restricts our ability to focus. Clutter can also limit the brain's ability to process information – so keep those desks clear.

Please be aware that so much revision material is now online. They will need access to a laptop/computer. This may need prioritising in the house if many people share the computer. Also, if they say they are on their phone revising, trust them. Maybe ask to see what it looks like because you didn't have this in your day!

7. Take a break

Research has shown that spending time outdoors in green spaces such as parks or woodlands decreases stress and anxiety, so try and incorporate some of the great outdoors into your child's routine in the lead up to exam time. Encourage your teenagers to take a break from the studying, it will help to recharge their minds. Exercise such as a kick about in the park, a swim, run or even a karate class can all help them to let off steam.

If you are concerned that you have done everything you can and you feel your child has not got in to a good routine, don't panic! Our staff will be working extremely hard within lessons and with extra lessons/mentoring etc to allow your child to achieve their potential. **Remember, you can always contact the Head of Year or the subject teacher if you require more advice or help.**

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Looking for a Career change?

Want to work in a School?

Allow all children to experience Life in all its fullness

Have you thought about becoming a Teaching Assistant?

Want to find out more?

Come along to one of our Information Sessions on
31st March 2022

Session 1 – 2.00 pm
Session 2 – 4.00 pm
Session 3 – 6.00 pm

Sessions last approximately 1 hour

Come along, find out about the schools in the Trust (both Primary and Secondary) and enjoy a coffee and cake whilst finding out more about the role of a Teaching Assistant and what the Trust has to offer

To book on one of the sessions please contact
Lesley Trigger, TTLP Manager
At ltrigger@trainteachleadpartnership.co.uk
or ring 01204 863144

Sessions will take place at the TTLP Training Centre, based at St. James's CE High School, Lucas Road, Farnworth, Bolton, BL4 9RU
To find out more about our schools please visit our website www.thebishopfrasertrust.co.uk

Bury CE High School

ST JAMES'S

Bolton St Catherine's Academy

Canon Slade School

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School Direct – Initial Teacher Training

A school-based route into Teacher Training at both Primary and Secondary level

Ever thought about teaching as a career?

The St James's School Direct Partnership is focused on providing outstanding teachers for young people giving them access to high quality teaching and learning to help them reach their full potential. We are therefore committed to training the next generation of outstanding teachers at both Primary and Secondary level.

Our bespoke School Direct programme is tailored to individual trainees needs. With our Partnership Schools offering a range of contexts, specialisms and experiences making sure your Teacher Training journey is varied and the best possible experience for you to develop into an outstanding teacher.

Key features:

- Gain PGCE, QTS and Church Schools certificate
- Support from outstanding mentors
- On-site training from our HEI
- Designated training facilities for both primary & secondary
- Linked to a Training School which will support you throughout your career
- A diverse partnership of schools
- All partnership schools in Bolton & Bury
- Subject knowledge away days and Educational conferences

For further information contact Lesley Trigger, School Direct Manager on training@st-james.bolton.sch.uk

Want to know more about The Bishop Fraser Trust and our Family?

Some of you will be well acquainted with The Bishop Fraser Trust and what we stand for. If you are new to our family, then please check out our website for more information. Our family of schools work closely together to ensure that we constantly look at ways we can share and celebrate best practice and become the Trust of choice for our young people, parents and carers and staff.

www.thebishopfrasertrust.co.uk