



St Peter's Church of England Aided School

Quarry Lane, Exeter, EX2 5AP www.spexe.org (01392) 204 764 school@spexe.org

18th December 2020

Dear Parents and Carers

Thank you

I'd like to say a simple and sincere thank you. The St. Peter's community of students, parents, staff and governors have been remarkable this term. Thank you for your

- Supportive and encouraging messages
- Random acts of kindness
- Support with medical and scientific information
- Donations of face masks



to name just a few. A community that supports one another, especially in hard times is a wonderful thing and support is the essence of our community at St. Peter's. Thank you.

Christmas Concert

In any other year, during this week we would have taken over Exeter Cathedral for our annual Carol Service. However, we have managed to put together a twenty-minute online service which you can also find on our website. The link is here: <https://youtu.be/hXtodvGvjJ0>

We have put together music, drama, readings, prayer and spoken word in an attempt to help people get ready for Christmas in a covid safe way. We hope that you enjoy this.

The Gatsby Benchmark

We are delighted to announce that St Peter's has achieved The Gatsby Benchmark Standard. The second school in Devon to achieve this prestigious award. Even more amazing is that we managed to achieve this during a Pandemic.

WHY THE GATSBY BENCHMARKS ARE IMPORTANT The Gatsby Benchmarks have a key role in:

- raising young people's aspirations and promoting access to all career pathways
- enabling all young people to develop the skills and outlook they need to achieve career wellbeing, including adaptability and resilience
- underpinning the Department for Education guidance to schools on meeting their statutory responsibility for careers guidance.

These Benchmarks can be found on the school's website <https://www.spexe.org/641/careers-and-guidance>

Although led by the Careers team – Careers is embedded across the curriculum, students have career-related learning through VIP and in subjects, often without realising they are receiving careers information.

Research shows that schools and colleges are most likely to achieve the Gatsby Benchmark when they have strong support from SLT & Governors, indeed it is included in Gatsby Benchmark 1 in that it must have explicit backing by SLT and Governors must approve the policy. I am pleased to say that St Peters does. Many thanks to Maria Huggett for her expertise and drive in leading on this prestigious award.

'Life to the full for everyone.'



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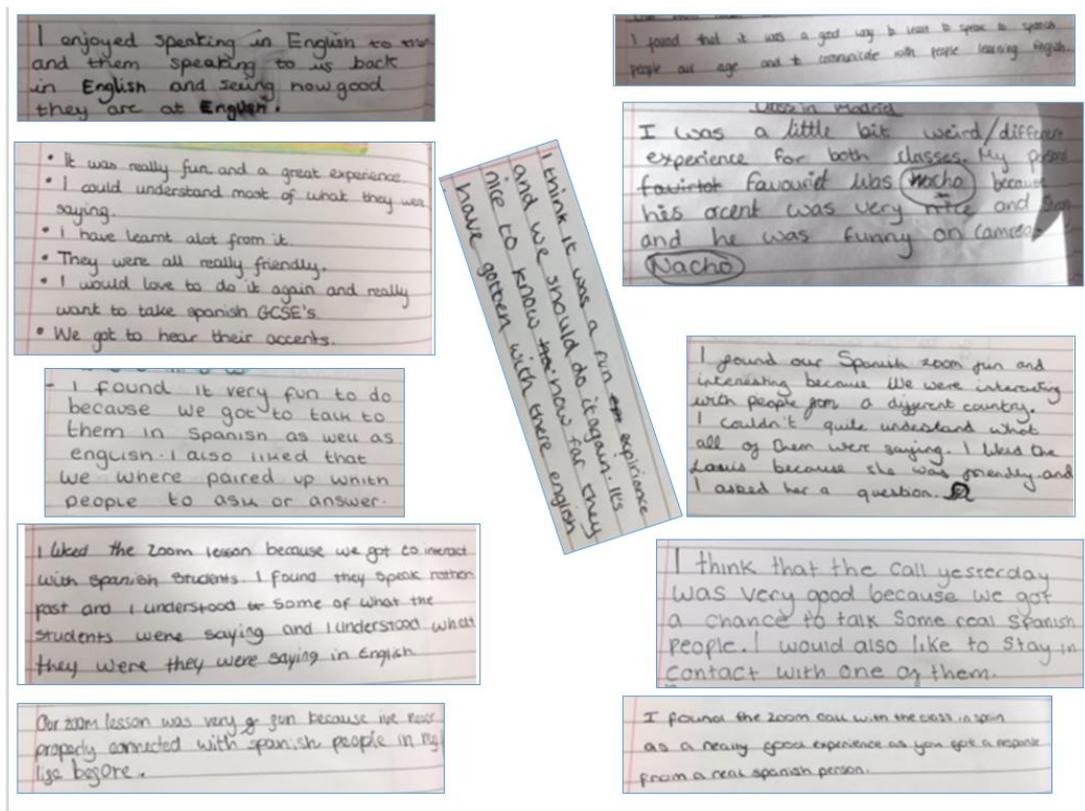
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It is also true to say that parents, carers and students themselves as well as external agencies and employers provide huge assistance in the school being able to achieve this gold star recognition.

"It takes a village to raise a child" is an African proverb that means that an entire community of people must interact with children for those children to experience and grow in a safe and healthy environment.

In the case of Careers it takes Careers leaders, SLT, Governors, teachers, and staff in the school, parents, carers, students and external agencies – A whole community!

Feedback from Students following a Zoom lesson to Madrid



Getting to the Heart of Parenting

Over the past few years we have benefitted from working with Marie at Resilient Young Minds. She is offering the following **Getting to the heart of parenting** programme that she is hosting alongside her colleague, Lindsey Elliott.

If you are a parent and find yourself feeling weighed down by worry, or you feel exhausted by the overthinking which seems par for the course of being a parent, this programme will be perfect for you.

Perhaps there is someone else you might feel would enjoy exploring this with us, and you could share it with them. Who do you know who seems burdened with anxiety?



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By the end of the six fortnightly sessions, you will be noticing:

- Worry less, stress less;
- Experiencing worry and anxiety with less buying into it;
- Breaking the worry cycle;
- Noticing our children begin to worry less;
- More peace of mind;
- Easier relationships;
- Parenting from a clearer mind.

To read all the details about this programme and register your place, please click [here](#):

Check out the Early Bird price of £100.00 per person, which ends on 23rd December.

Marie Arymar

www.realisationworks.com

Young Minds, Parents Helpfinder, Supporting you to support them

This year has been extra stressful, especially if you're a parent. With so much uncertainty, it's entirely normal for your child to be finding things difficult, and for you to be unsure how best to look after their mental health and wellbeing, as well as your own. It's not easy, but you're doing the best you can and you deserve credit.

But whatever you and your child are dealing with, you are not alone. Young Minds are here for you and we have lots of advice and practical tips that can really help. Use their new Supporting Parents Helpfinder to find the support that is right for you and your child, whatever they've been going through during the pandemic.

https://youngminds.org.uk/supporting-parents-helpfinder/?utm_source=newsletter&utm_medium=email&utm_campaign=supporting_parents&utm_content=december20



[Supporting Parents Helpfinder](#)

Supporting Parents Helpfinder
Answer these six questions to find out how you can support your child's mental health during the pandemic.
youngminds.org.uk

Bikeability 2020 / 2021

This year we have had a fantastic response from Year 7 in the uptake of places for the Level 3 Bikeability course, with 112 returns for 45 places! As a result, we are looking to put on additional courses in the spring and summer terms. Many thanks to Ali Sinden for leading these opportunities.

Role of the Relationship, Sex and Health Education (RSHE) Mentor – Mia Dawson

Our very own Mia Dawson is a Specialist Leader of Education (SLE) in the role of a RSHE Ready Mentor. The role is focused on developing classroom expertise in delivering the new Relationships and sex education (RSE) curriculum which became statutory from September 2020.

The role involves developing the capacity and capability of other RSHE leads, so that they have the skills to lead their own teams to improve practice in their schools.



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The partnership is with Teaching Schools South West (TSSW) who are a growing group of schools based in Exeter and surrounding areas, who want to improve the quality of teaching, raising the attainment of pupils and closing the gap between different groups of pupils. Mia is helping schools across the county and community with their approaches.

Objectives of RSHE Ready Mentor role

To provide high quality training for state-funded schools and support to all schools on a regional basis to support the implementation of the statutory guidance with the aim of:

- increasing understanding amongst schools of the statutory guidance and the reforms to the curriculum in this area and related areas such as the mental health support teams
- increasing confidence and subject knowledge amongst all teaching professionals who have received the training, in how to train and support schools to plan and teach high quality Relationships Education / RSE / Health Education.
- developing networks and peer support mechanisms to assist schools in developing their knowledge rich curriculum and planning

Request from DfE

St Peters have been asked by the DfE to create a video case study on the implementation of RSHE. The DfE is particularly interested in, 'our journey' as a Church of England school. This is a fantastic opportunity for the school to be able to showcase the strong approaches. The PSHE team include Jonny Baker and Adam Woolnough as well as Mia Dawson and they are working hard to make this happen before the Christmas break.

Being social online this December: a parent's guide

Access to new tech over the winter period can provide new opportunities for children and young people but also present risks.

Our guide for parents looks at how they can support their child to be safe online this season by focusing on 3 key areas: viewing, sharing, chatting and friending.

<https://www.thinkuknow.co.uk/parents/articles/parents-guide-being-social-online/>

Gaming - What Parents Need to Know....

<https://www.thinkuknow.co.uk/parents/articles/gaming/>



[Gaming: what parents and carers need to know](https://www.thinkuknow.co.uk/parents/articles/gaming/)

Parents text content The popularity of gaming. Gaming is a popular with children, young people and adults across the world. Many games have an interactive online element- whether it's playing against others, chatting or making purchases.

www.thinkuknow.co.uk

Ellie-May – Winner of The Blue Boy Award

The Blue Boy award is an annual award to a student of any age in the senior school who has “quietly achieved something unexpected and exceptional, possibly outside the school, as a result of their own character and effort”.



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The award is provided by St. John's Hospital Educational Foundation, which is an Exeter based charity with a history that can be traced back 850 years to the foundation of the Hospital of St. Alexius, which was located behind the Priory of St. Nicholas, for the benefit of poor distressed objects.

This award scheme was initiated in 2017 and there are now four participating schools being the senior schools that St John's can assist under the terms of its Governing Scheme.

Many congratulations to Ellie-May!



Spring Term Reminder

Because staff are needing to be engaged with so many other Covid related Health and Safety duties we regret that we continue to be unable to distribute forgotten wallets, keys etc. Please don't ask staff to do this unless there is an emergency situation regarding medication.

Happy Christmas

My hope and prayer for each of us this Christmas is for good health, a time of rest, relaxation and safe fun with family and friends. The book of Luke in the Bible shares the Good News of Christmas and the sense of hope, redemption and kindness that we can all enjoy.

Yours sincerely

Phil Randall
Headteacher

Key Dates

Last day of term Friday 18th December 2020 – school closes at 1.00pm

Spring Term

Students return to school Monday 4th January 2021

Last day of half-term Friday 12th February 2021

Students return to school after half-term on Monday 22nd February 2021

Last day of spring term Thursday 1st April 2021

Students return to school 19th April 2021



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CHRISTMAS GREETINGS

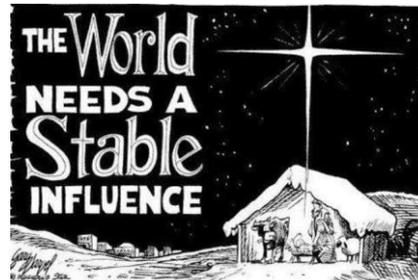
*Sending my very best wishes for happiness,
peace and good health, now and in the New Year.*



The Right Worshipful The Lord Mayor of Exeter
Councillor Peter Holland



The Lord Mayor of Exeter's charity 2019-2021
City Community Trust is Exeter's Health and wellbeing charity.
It works in partnership with Exeter City Football Club and
provides a range of activities to people of all ages, focussed
on health, education, wellbeing and physical activity.
Registered Charity no. 1121596.



Christians Against Poverty

One in Nine of us are living with unmanageable debt. Award winning national charity 'Christians Against Poverty' has an Exeter centre and offers free debt counselling. They aim to offer a solution that will last and give real hope for the future, so give them a call if you are struggling. CAP is non-judgemental and visits clients in the privacy of their own home.



For further information or guidance Exeter CAP centre can be contacted on 0800 328 0006.