

**PRAY**

Help me, O Lord,  
that my tongue may be  
merciful,  
so that I should never speak  
negatively of my neighbour,  
but have a word of comfort  
and forgiveness for all.  
Amen.

CHAPLAINCY

Welcome message

Welcome to week six of our school year. This week, we have had a fantastic Geography fieldtrip, an informative talk from Xaverian College for our Year 11 pupils and some amazing fundraising planning for local charity Willow Wood.

Dealing with loss

As was shared last week, we unfortunately received some very sad news as a school regarding one of our pupils. Following on from this, the bulletin this week has as guide for young people dealing with loss attached at the bottom. Please read and share this with your child if you feel this may help them through difficult times.



**“May there be  
comfort in knowing  
that someone so special  
will never be forgotten.”**

## Winter Uniform Policy

During the winter term (from 4<sup>th</sup> November), we will be reverting to our winter uniform policy. Both girls and boys must wear a school jumper underneath their blazer during these months. When wearing a skirt, we ask that girls wear black tights. These rules are to protect our pupils from the cold and ensure they are appropriately dressed for the colder months at school.



## Parent Pay

Parent Pay is the system we use at school for parents to pay for lunches for their child.

After the half term, we will be updating the way we use this system. It is important that children have money on their Parent Pay account so that they can purchase food at school. From the 4<sup>th</sup> of November, we will be contacting parents/carers when pupils go into negative numbers on their account. This happens when a child does not have enough money on their Parent Pay to purchase food and pay our catering company. You will be contacted and asked to add money to their account.

It is important to state that no child will ever be refused food. We have a duty of care to our pupils and that includes ensuring they are not hungry at school. If a child is without money, we will ensure they are fed and request that parents pay onto the system as soon as possible.

We thank you for your support in this matter.

If you are struggling to log into Parent Pay, please follow this guide:

1. Navigate to [parentpay.com](https://parentpay.com)
2. Select Login at the top right corner of the screen.
3. Enter the username and password (activation codes) provided in your account activation letter and select Login.
4. Confirm the details are correct and enter the date of birth for your child and click Confirm.
5. Complete the activation as detailed on the screen.
6. Follow the on-screen instructions to successfully activate the account. You will need to enter in their name, an email address and select a password for the account (your email address will become your username). Read the ParentPay terms and conditions and click in the box to accept at the bottom of the page then click Activate account.
7. A verification email will be sent to you. You will need to click on the link within the email to complete the process and access their account.

If you are struggling to gain access, please get in contact with school and we will help you log into your account.

## Important dates

### ***Assemblies next week***

The following college will be delivering an assembly to our Year 11 pupils to give them an idea of what they have to offer and what college life is like.

- Monday - Ashton 6<sup>th</sup> Form College including XL Academy
- Tuesday – Friday – Personal Development – focus Black History Month

## Rewards

Reward points are now called 'ASAP' points (All Saints Achievement Points) these are given to pupils who are working hard and showing an excellent attitude to their learning.

Here are the top 5 performing pupils this week:

1. Leila B (Year 7)
2. Lily-Mae P (Year 8)
3. Rebecca L (Year 9)
4. Abigail B (Year 10)
5. Alesha W (Year 11)



Our ASAP system has been updated and now will allow our hardworking pupils to claim rewards from our shop, using their ASAP points as currency which they can purchase rewards with.

Here are the top 5 performing form groups per year group this week:

1. 7K – 88 points
2. 8T – 59 points
3. 9R – 89 points
4. 10W – 54 points
5. 11A – 55 points

Fantastic effort from 9R who have the highest overall points this week!



*Well done to last week's winners 7K who have now won twice!*

## Food bank

As a school community, over the next few weeks we are going to be collecting food and toiletries for Tameside East Food Bank. We aim to collect as much as possible to help those in need in our local community. If you are able, please encourage your child to bring anything that they can to support this cause. Items such as: tinned meat, fish, soup, instant mash, squash, tinned fruit and vegetables, tea and coffee as well as toiletries such as shampoo, shower gel and toilet rolls are greatly in need at the food bank. If your child brings any of these items into school, they will receive ASAP rewards (All Saints Achievement Points). All forms will also compete to win a from breakfast celebration for the from with the most donations. We appreciate your support for this important cause.

[Tameside East Foodbank | Helping Local People in Crisis](#)



**FOOD BANK COLLECTION**

**PLEASE DONATE SOME CANNED FOOD, TEA, COFFEE OR TOILETRIES!**

**Rewards...**  
If you bring any of these items to school, you will be rewarded with ASAP's and you can help your form to win a form breakfast celebration!

 the trussell trust  
Stop UK Hunger

Thank you for your ongoing support,

Ms Gilligan

# Guide for Young People on Dealing with Grief and Bereavement

Losing someone close to you is incredibly painful, and everyone experiences grief in different ways. This guide offers support to help you understand your feelings and manage the process of grieving.

## Understanding Grief

Grief is a natural response to losing someone you care about. It can affect you emotionally, physically, and even mentally. There's no right or wrong way to grieve, and it can come in waves. Understanding grief can help you navigate the emotions.

### Common Emotions in Grief:

**Sadness:** Feeling overwhelmingly sad or empty is common.

**Anger:** You might feel angry about the loss, or even at the person who passed away.

**Guilt:** Regretting things left unsaid or feeling guilty for things beyond your control.

**Confusion:** It's normal to feel lost or uncertain about the future.

**Numbness:** Sometimes, you might not feel anything at all, which is also a common part of grieving.

## Stages of Grief

While not everyone experiences grief in the same way, many people go through stages like these (though not necessarily in this order):

- 1. Denial:** Feeling shocked or unable to believe that the loss has happened.
- 2. Anger:** Being upset at the situation or at the unfairness of the loss.
- 3. Bargaining:** Wishing for things to be different, such as wanting more time or a different outcome.
- 4. Depression:** Feeling deeply sad or hopeless about the loss.
- 5. Acceptance:** Coming to terms with the loss and finding a way to move forward.

It's important to note that these stages aren't linear, and you might move back and forth between them.

## Healthy Ways to Cope with Grief

While grief can feel overwhelming, there are healthy ways to manage your feelings:

### **Express Your Feelings**

**Talk to Someone:** Find a trusted friend, family member, or counselor to talk to. Sometimes sharing how you feel can lighten the emotional burden.

**Write it Out:** Journaling your thoughts and feelings can help you process your emotions in a safe, private way.

**Create a Tribute:** You could write a letter to the person you lost, create art, or make a playlist that reminds you of them.

### **Give Yourself Permission to Grieve**

It's okay to cry, feel angry, or even laugh at times. Grief isn't about following a strict set of rules. Allow yourself to feel what you feel without judging yourself.

### **Stay Connected to Others**

Although you might want to isolate yourself, staying connected to supportive friends and family can help. Sometimes just being around others, even if you don't talk much, can be comforting.

### **Take Care of Your Body**

Grief can be physically draining. Be sure to:

**Rest:** Get enough sleep to help your body recover.

**Eat well:** Even if you don't feel like it, try to eat balanced meals to keep your energy up.

**Exercise:** Moving your body, even just walking, can release stress and help you feel a little better.

## Handling Triggers

Certain days or places might remind you of the person you lost, and those reminders can trigger intense grief. Birthdays, anniversaries, or holidays might be especially tough. Here's how you can handle these moments:

**Plan Ahead:** Acknowledge that the day might be hard, and plan to do something meaningful or comforting.

**Honor Their Memory:** Create a tradition that allows you to remember and celebrate their life.

**Lean on Support:** Let your friends and family know that you may need extra support on these tough days.

## Remember Everyone Grieves Differently

Some people cry a lot, while others might not cry at all. Some might feel okay after a few months, while others take longer to adjust. There's no timeline for grief. Avoid comparing your process to others.

## What if Grief Becomes Overwhelming?

If your grief feels like it's taking over your life—making it hard to function, concentrate, or sleep—consider talking to a counselor or therapist. They can help you navigate the intense emotions and offer coping strategies.

Signs you may need extra help include:

- Feeling hopeless or like things will never get better.
- Struggling with sleep or appetite for long periods.
- Withdrawing from activities or friends you once enjoyed.
- Feeling numb or disconnected from life for a long time.

## Finding Meaning in the Loss

Over time, you may start to find ways to honor the memory of the person you lost:

**Volunteer or Donate:** Do something in their memory, like supporting a cause they cared about.

**Keep Traditions Alive:** Continue activities or traditions you used to do with them.

**Focus on Positive Memories:** While the pain of the loss is real, remembering the good times can also bring comfort.

## You're Not Alone

Grieving can make you feel isolated, but remember there are people who care about you. If you're struggling, don't hesitate to ask for help. Whether it's from friends, family, or a professional, support is available, and you don't have to go through this alone.

**Final Thoughts:** Grief is a personal journey, and it's okay to take it one step at a time. It's not about "getting over" the person you lost but learning how to live with the loss while keeping their memory alive in your own way. You are allowed to feel sadness and still find joy in life again. Healing takes time, but it will come.