



SFX NEWSLETTER

Love of God. Love of Neighbour

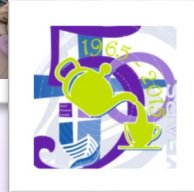
School reopens on Tuesday 6th September

HEADTEACHER MESSAGE

We have had a wonderful year at SFX with many exciting opportunities for our young people. Only today I was able to visit the pupils, who were on their end of year trip to Adrenalin, and it was lovely to see so many happy and very muddy faces.

A few weeks ago I had the privilege of attending the year 11 Prom, which was held at Middleton Lodge for the second year running. Our students were an absolute credit to the school in how they conducted themselves and, the thank you speech written for Mrs Masterman was extremely moving and brought a tear to the eye.

This year has seen the 50th anniversary of the school and on Friday 15th July the school held an afternoon tea for past staff and students. It was a great afternoon



and an opportunity for people to meet up and reminisce. The guests were also invited to have a look around the school with student guides and I was delighted to receive so many positive comments about what lovely young people we have at St Francis Xavier.

We are saying goodbye to a few members of staff this summer and I would like to take this opportunity to thank them on your behalf for the years of dedication they have given the school. These include; Mr Mann, Mrs Christie, Miss Bastone, Mrs Cross, Mr Murphy, Miss Green, Miss Cunningham and Mr Thornton.

I would like to wish them luck, whether they are moving to teach at other schools, becoming a full time mum, training to become a teacher or pursuing a Masters in Fine Art.



There is much to look forward to next year including welcoming our new staff:

- Mrs Webb - Head of Science
- Dr Langford - English Teacher
- Mrs Widolf - Language Teacher
- Mr Rodaway - Music Teacher
- Miss Cooper - Advanced Teaching Assistant

I would like to wish you all a restful holiday.



LOURDES

On 27th May 40 students and 4 members of staff set off on the 24 hour bus journey for Lourdes. They were part of the Middlesbrough Diocese Pilgrimage, along with 8 other schools from the Diocese. Their mission was to assist the Supported Pilgrims in

Lourdes to allow them to enjoy the Services, processions and atmosphere of this special Pilgrimage site.

On 3rd June, 40 tired and happy Pilgrims and their staff returned, having had an amazing week away together. They had shared a few adventures, struggled with being tired, tackled the hotel food, learned a bit more French, grown in their faith and had done an amazing job in touching the lives of the Supported Pilgrims who they had served. On top of all that, they had grown as a team and had made new friends - all of which made the Pilgrimage both rewarding and worthwhile.

On 4th June - no one had set an alarm - there was a lot of sleep to catch up on that weekend, ready for school again on Monday morning.

Sports Day



On Monday 18th July, a beautiful sunny day, year 7 to 10 took part in the annual Sports Day.

It was a memorable day with 2 pupils winning all of the 5 events they entered (2 track, 2 field and the relay). Emily Harris and George Farrow will be presented with a trophy for their outstanding performances.

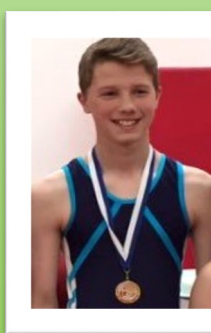
In addition, 4 Records were broken:

Y8 Boys 800m by Louis Roe
was 2:40.14 now 2:35.19

Y8 Girls 100m by Emily Harris
was 13.80 now 13.32

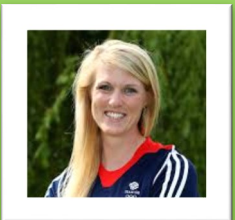
Y8 Girls 200m by Emily Harris
was 29.91 now 29.46 (Giving Emily the all-time school records for the year 7 and 8 200m)

Y10 Girls Shot Put by Molly Hadfield
was 8.92m now 8.95m



Another outstanding performance, this time outside of school, is Alfie Chapman's achievement at the North of England Gymnastics Championship on 3rd July. Alfie became the under 14 North of England 4 piece Champion, excelling in Bars, Vault, Floor and Conditioning Set (demonstrating strength and fitness through a series of exercises).

Well done to everyone for their commitment, hard work and the simple act of taking part. As a past student can testify, you never know where your efforts may take you. With that we say good luck to former student and Olympian, Zoe Lee who is part of the rowing team for team GB in Rio 2016.



Leavers Prom



Results day 25th August



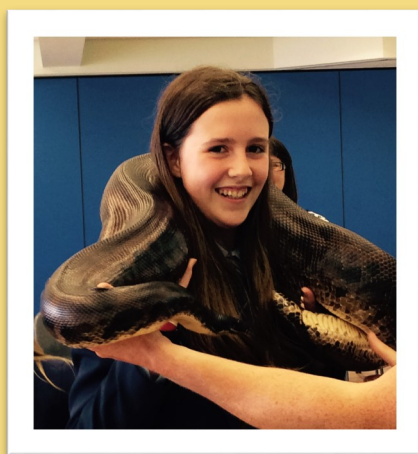
SCIENCE

On the afternoon of Friday 1st July we were lucky to welcome all 4 members of the Chemistry Department from Queen Elizabeth Six Form College. They visited our year 10 Further Additional Science groups to teach them some Organic Chemistry, which appears on the year 11 course. Students took part in a circus of different practical activities, including making esters that smelt like nail varnish

and pear drops, reacting alcohols with sodium and turning alcohols into carboxylic acids.

Students thoroughly enjoyed the event. Willow Andrew commented, 'It was a great experience' and Ally Torrode said, 'It was beneficial and very interesting'.

On Friday 8th July the year 8s had the opportunity to meet a few animals with Jay. He brought along spiders, toads, scorpions, meerkats and an albino hedgehog. Not to mention a rather large snake!



DUKE OF EDINBURGH

This term saw almost 60 pupils doing their Duke of Edinburgh's Award qualifying expedition.

The Silver group had a 3 day expedition starting at Bolton Castle and ending at Ravenseat. Their final day was particularly challenging as it started by going over Great Shunner Fell. All the groups amazed us by how well they did this part of the day, some group managing it in under 3 hours! Excellent going carrying full expedition packs.

The Bronze groups did a circular route starting and finishing at Reeth and camping at Usha Gap.

Both groups experienced torrential rain on Saturday, getting to the campsites very bedraggled, but getting the tent up and some food inside them improved everyone's spirits.

Thanks as always go to the staff from Marrick Priory for their help with the expeditions.

Junior Awards

On Wednesday 20th July families, staff and students gathered together to celebrate some of the outstanding achievements of students from year 7 to 10 at St Francis Xavier School.



English, year 7 –9



English, year 9-10



Media Studies, year 10



Drama



German



French



Latin



Religious Education



History



ICT/Computing



Mathematics



Music



Science



Physical Education, Girls



Physical Education, Boys



Art, year 7-9



Art, year 10



Geography



Food Technology



Textiles



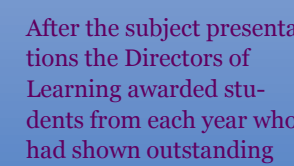
Graphic Product



Product Design



Resistant Materials



After the subject presentations the Directors of Learning awarded students from each year who had shown outstanding commitment and achievement in their school lives.



Director of Learning Year



Director of Learning Year 8



Director of Learning Year 9



Director of Learning Year 10

Thank you to everyone who contributed to make this evening a great success with special thanks to Caitie Woolridge and Frank Morgan for their help with proceedings.

An evening of celebration

Activities Day

On 19th and 20th July Year 7 to 10 enjoy some fun packed, and challenging days at Adrenalin...



MINDFULNESS

Three of our teaching staff are now fully trained in Mindfulness. Initially, year 7s will be involved in the Mindfulness programme as part of the PSHCE lessons in school with the hope of rolling out the scheme to the rest of the school over the following months. So what is mindfulness?

What Is Mindfulness?



Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what *has* happened or *might* happen, it trains us to respond skilfully to whatever *is* happening right now, be that good or bad.



Brain imaging studies show that mindfulness practice reliably and profoundly alters the structure and function of the brain to improve the quality of thought, feeling and concern for others.

What's the point of mindfulness?

In adults, mindfulness training has been shown to improve health and wellbeing. People of all ages report after taking a mindfulness course that they have found that they can learn more effectively, think more clearly, perform better and feel calmer, less anxious and less depressed. Mindfulness is now recommended by the National Institute of Clinical Excellence and GPs are referring adults on 8 week courses to reduce stress and help prevent recurrent depression. It is increasingly being used in business to improve staff wellbeing and satisfaction, in sports training to improve performance, and with children and young people and in schools to enhance wellbeing and learning.



How do people learn mindfulness?

Mindfulness is always learned in a highly practical way, through experience rather than talk. We gradually learn to direct our attention in a more focused way to whatever is actually happening - whether it be our breathing, the sensations in our body, thoughts and feelings, or everyday activities such as walking and eating.



Is it difficult?

At first the mind wanders constantly, but with practice we learn to sustain our attention and direct it more skilfully. This helps break the grip of unhelpful mental habits, judgements and impulses, making way for greater calm, and for more helpful, kinder and rational thinking about all aspects of life. However, it takes practice!



What mindfulness IS

- Paying attention to things as they happen
- A life-skill
- For some, a whole way of being
- Evidence-based

CHAPEL NEWS

Staff and parents joined together to pray for our school again this half term, each meeting is a relaxed and friendly opportunity to meet together and to pray. Dates for next year's meetings are:

Thursday 6th October:
2 pm - 3.30 pm

Tuesday 6th December:
2 pm - 3.30 pm

Wednesday 11th January:
9 am - 10.30 am

Thursday 9th March:
2 pm - 3.30 pm

Wednesday 3rd May:
9 am - 10.30 am

Tuesday 13th June:
2 pm - 3.30 pm

Each meeting will start with a time of reflection and prayer for our school, staff, students and community, followed by tea / coffee / cookies and a time to chat – you are welcome to arrive late / leave early if you need to. Please do consider coming to join us if you can.

Pupil Chaplaincy Team

The Pupil Chaplaincy Team is now up and running, with representatives from each Year Group helping to shape the faith life of our school. They have been helping to lead collective worship in their forms and have helped to plan our end of term Thanksgiving Service. This team will continue to work together until Easter 2017, we have lots of exciting ideas and plans for the coming terms together, please speak to Mrs Ross Russell or one of the team if you have ideas you would like us to consider for our acts of collective worship in school.

Pupil Chaplaincy Team:

Josiah Stanley

James Dale

Shemiya Treverrow

Alana Gibson

Josephine Cooper

Gabby Kidd

Chloe Reid

Alastair Lunn

Lucy Padgett

Ali Torode

Aimin Kamran



50TH ANNIVERSARY

The Student Council chose to celebrate the 50th anniversary of the school opening with afternoon tea for staff and students, past and present.

St Francis Xavier originally opened in 1965 with only 65 students. This has since swelled to closer to 500 students in the 50 years it has taught students under the ethos of 'Love of God and Love of Neighbour'.

With Mrs Masterman and Mr Humphries help the students displayed a range of photographs and memorabilia from the schools history, from the very first register to sports achievements and reminders of all the wonderful activities and learning that has happened over the years.

Student Council members offered visitors the opportunity to tour the building to see how things had changed and enabling them to witness teaching in action.

Staff and students were also on hand to serve tea and cakes whilst others shared school stories and learned about how teaching and learning experiences have changed over the years. One former student reflected "It [SFX] was so friendly when I attended. There were great musicals." another added "My best memories were receiving my Yorkshire Colours and winning the Cross Country in school for 3 years running."

Thank you to everyone who made the day a great success.



Lourdes Party in the Chapel. Just one of the many activities organized by the School Chaplaincy

