



# THE JOHN FISHER SCHOOL

Headteacher: Mr P E McCullagh BSc (Hons), PGCE, MA, NPQH

Peaks Hill  
Purley  
Surrey  
CR8 3YP

16<sup>th</sup> September 2022

Dear Parents/Carers,

During this week's Collective Worship we have focussed our thoughts and prayers on the death of Queen Elizabeth II, praying for her and her family as we approach Monday's State Funeral. This culminated in the coming together of the whole school community today for a minute's silence.

There will be a requiem mass at St. George's Cathedral on Sunday 18<sup>th</sup> September.



Thank you to all the parents/carers who have joined us at one of a number of events this week. Whether it was one of the Information Evenings, the JFA Parent Association meeting or our Year 7 Welcome Mass. It has been fantastic to welcome parents/carers back on school site after two years of disruption.

Good luck to all students and staff playing Skinners School tomorrow, in our first block fixture of the season.

## Year 7 Mass

On Thursday evening, we welcomed our new Year 7 cohort and their parents/carers to our school chapel for a Welcome Mass. Thank you to the school choir for joining us for their first event of the school year.



## Education Wellbeing Service Upcoming Events

The John Fisher School is part of the South West London Schools' Mental Health Cluster alongside a number of other local primary and secondary schools. As part of our ongoing work on mental health and wellbeing, the staff received training from Dr Lucy Vento (Lead Clinical Psychologist for the cluster) on building resilience and supporting mental health. There are a number of events/webinars specifically for parents/carers of secondary school students including 'Supporting Teenagers through Exam Stress' and 'Emotion Regulation Support for Young People.' Please find full details at the end of this letter.



## Some important messages for you:

### Uniform Expectations: Coats

As we come to the end of the second full week of this new academic year, I would like to remind parents/carers of the uniform expectations and in particular, coats as it will soon start to feel colder. **Coats should be plain black or navy**, waterproof and with no pattern, logo, or writing. Coats should not be worn without a blazer. Fleece, tracksuit tops, hooded sweatshirts and sports tops (even if they are school branded) are not permitted.

### 'Meet the Coaches' Event at Plough Lane: Friday 30<sup>th</sup> September 6.00pm-11.00pm

On Friday 30<sup>th</sup> September 6.00pm-11.00pm all parents/carers are invited to join the sports department and some other staff for a 'Meet the Coaches' event at Plough Lane. With some work completed over the summer, the Plough Lane Pavilion is now ready to welcome our school community once more. There will be a BBQ and Bar. It is a great opportunity to meet your son's new rugby coach, meet other parents/carers and enjoy the last of the summer sunshine the night before our block fixture against Whitgift School. To reserve your place, please follow this link: <https://forms.gle/cgmqYQFyaTkBpoXm6>

### Vaping

There is a rise in young people's use of vapes nationally and it is important that young people know the dangers to their health. As a deterrent and to avoid young people using vapes, bringing vapes to school or vaping whilst in uniform, the school can use its security wand to do spot checks. SLT and Saturday detentions will be issued as a consequence to those who vape. To help your son understand the risks of vaping you can:

- Share the [just-for-teens version](#) of this article with your son.
- Suggest that your son looks into websites that help people quit vaping. Your health care provider can help you and your son find the right support.
- Lend your support as your teen [tries to quit](#).
- Talk to your children about the reports of serious lung damage, and even deaths, in people who vape.
- Call your doctor if your son vapes and has:
  - [coughing](#), shortness of breath, or chest pain
  - nausea, [vomiting](#), or [diarrhoea](#)
  - tiredness, [fever](#), or weight loss

### Parent Teacher Association - John Fisher Association (JFA)

Thank you to the parents/carers who attended the first meeting of the school year last night. The next meeting will take place at 7.30pm on Tuesday 18 October.

If you have any questions about what the JFA do or if you might be interested in joining them at some stage, then please email: [thejohnfisherassoc@gmail.com](mailto:thejohnfisherassoc@gmail.com)

### Cost of living

Regarding the cost of living crisis and the impact this may have on parents/carers, the local authority has some useful links to local support, as do neighbouring boroughs, which some may find useful.

Croydon: <https://www.croydon.gov.uk/get-help-rising-cost-living>

Sutton: <https://www.sutton.gov.uk/w/getting-the-support-you-need-1>

### Some key dates for your diary:

- **Monday 12<sup>th</sup> September:** Queen Elizabeth II State Funeral (Bank Holiday)  
The school is closed and reopens normal time on Tuesday 20<sup>th</sup> September.
- **Tuesday 20<sup>th</sup> September:** Year 13 Information Evening 6.00pm-7.00pm (Main Hall)
- **Wednesday 21<sup>st</sup> September:** Year 10 Information Evening 6.00pm-7.00pm (Main Hall)
- **Thursday 22<sup>nd</sup> September:** Year 7 Bushcraft Residential
- **Thursday 29<sup>th</sup> September:** First Epilogue of the year 4.00pm-4.30pm (Chapel)

### Final Prayer: Friday of the Twenty-Fourth Week in Ordinary Time

*Our mother of sorrows, with strength from above you stood by the cross, sharing in the sufferings of Jesus, and with tender care you bore Him in your arms, mourning and weeping.*

*We praise you for your faith, which accepted the life God planned for you. We praise you for your hope, which trusted that God would do great things in you. We praise you for your love in bearing with Jesus the sorrows of His passion. Holy Mary, may we follow your example, and stand by all your children who need comfort and love. Mother of God, stand by us in our trials and care for us in our many needs. Pray for us now and at the hour of our death.*

**Amen.**

Yours sincerely,



P E McCullagh  
Headteacher

## Education Wellbeing Service



### Upcoming Events For Secondary Parents 2022/23 Supporting your teenager's mental health webinars

**22ND,  
26TH OR  
27TH  
SEPT**

Mental Health during the teenage years -  
an introduction and overview  
For year 7 & year 8 parents

**9TH,  
10TH OR  
15TH  
NOV**

Supporting your teen through emotional  
storms - emotion regulation skills and  
strategies  
For all secondary school parents

**26TH,  
30TH OR  
1ST  
JAN/FEB**

Understanding and supporting anxiety  
during the teenage years  
For all secondary parents

**13TH,  
16TH OR  
17TH  
MAR**

Supporting and managing exam and  
assignment stress: top tips and ideas for  
parents  
For all secondary parents - year 11 and 13 focus

**4TH,  
9TH OR  
11TH  
MAY**

Understanding and supporting teen sleep:  
an overview of the research and  
recommendations  
For all secondary parents

We also provide free 1:1 early help support programmes for young people to  
support with anxiety or low mood. Speak to your school to find out more

Scan QR code with your phone's camera to sign up for free via eventbrite or  
search:  
[www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989](https://www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989)

