



THE JOHN FISHER SCHOOL

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

Peaks Hill
Purley
Surrey
CR8 3YP

22 July 2022

Dear Parents/Carers,

Some important messages for you:

As we come to the end of another academic year, I wanted to thank you all for your unwavering support. I hope you and your families can enjoy a rest over the summer break.

Mental Health and Wellbeing Support over the summer

I just want to sign post you to organisations who are offering support to you and your families, over the summer should you need it. Please find this information at the end of this letter.

1066 History Trip

On Wednesday, 44 x Year 10 students visited Battle Abbey and Pevensey Castle as part of their GCSE History curriculum. The students and staff had a very enjoyable visit, building their wider knowledge of the history of the areas. Thank you to the staff for arranging this opportunity.



UNICEF Rights Respecting Schools Award: Silver

On Thursday morning, we received our accreditation visit for the school's Silver Award. The assessor met with students, staff and governors to discuss the impact the process has had on the wider school community. We were delighted to be accredited the Silver Award and look forward to progressing towards the Gold Award next year. As we await the final report, I am pleased to be able to share some of the feedback we have received from the assessor:

"There is a strong ethos with a culture of inclusivity"

"Staff and pupils level of knowledge on the Rights of a Child is excellent"

"Mental and physical health provision is excellent"

"The school has respectful and strong relationships throughout"

Alumni: Kieran Treadwell

We were delighted to see John Fisher Alumni, Kieran Treadwell, representing Ireland in the historic test win in New Zealand. Well done to Kieran and his family.

Sports Day

On Thursday afternoon, we held our first Sports Day for 2 years. Participants in Years 7-10 competed on the Chapel Fields in a range of track and field events. Students competed for House points, which have fed into the Kennedy Cup Celebration Assembly held on the last day of term. Well done to all the students who participated.



Public Examination Results Days

Year 13 Results Day - Thursday 18th August

Year 11 Results Day - Thursday 25th August

Some key dates for your diary:

- **Thursday 1st and Friday 2nd September:** Staff INSET days. No students are on site.
- **Monday 5th September:** Year 7 and 12 Induction Day (Year 7 and 12 students only)
- **Tuesday 6th September:** All students return
- **Thursday 8th September:** Open Evening

Final Prayer

Glory to you,

O Lord our God,

Your love calls us to be your people.

By sharing our many and diverse gifts we share in your mission.

We ask you, Lord, to shape us into a community of faith.

Nourish us by your word and sacraments at we may grow into the image of Jesus.

Through the power of your Holy Spirit, heal us that we, in turn, may heal the wounded.

Form us to be instruments of love, justice, and peace in our land,

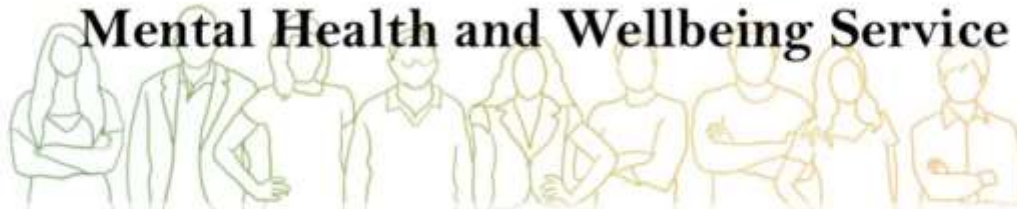
and send us to proclaim your saving work. **Amen.**

Yours sincerely,

P E McCullagh

Headteacher

Mental Health and Wellbeing Service



We all go through low points at times in our lives and it is not unusual to experience symptoms related to stress, anxiety or depression. Sutton Uplift is a free mental health and wellbeing service for those over 18, who are registered with a GP in Sutton or residents of Sutton.

The **Wellbeing Team** offers practical support for emotional health. The better your wellbeing is across different areas, the more able you will be to avoid burn-out and bounce back from life's challenges. Wellbeing offer individual practical support (4-6 30-minute sessions) and group workshops.

Group workshops currently available:

- Relaxation and Self-Care • Self-Confidence and Assertiveness • Overcoming Anger and Irritability
- Coping with Stress • Long Term Conditions • Sleep • Mastering Motivation
- Living Well with Diabetes / Arthritis / Heart Disease / Long COVID
- Maintaining Your Wellbeing as a Parent or Carer

In partnership with:



Psychological Therapies are offered through IAPT (Improving Access to Psychological Therapies) for people experiencing mental health difficulties including anxiety and depression. Treatment is personalised to the individual and therapy lasts between 4-16 weeks.

We offer talking therapies, including:

- Guided self-help • Psycho-educational courses and one-day workshops • Psychotherapy
- Cognitive Behavioural Therapy (CBT) • Interpersonal Psychotherapy (IPT)

Support is available through a range of options including:

- Telephone, face-to-face and online support
- Daytime, evening and Saturday morning sessions
- Group sessions in locations across Sutton
- Interpretation facilities
- Self-help resources

Our Mental Health Assessment team will help to decide what type of support or treatment is best for you from Wellbeing or IAPT in Sutton Uplift, or can help to refer to other services such as Recovery and Support Teams or a Home Treatment Team.

If you are interested in our service, you can contact us by calling (Freephone) **0800 032 1411** or **020 3513 4044** (charged at your network rate). Lines are open 9am to 6pm.

You can also email us:

suttonwellbeing@swlstg.nhs.uk or our website **www.suttonuplift.co.uk** and complete an online self-referral form.

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6 Stanley Park Road
Wallington
Surrey
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