



**ARCHBISHOP ILSLEY CATHOLIC SCHOOL**  
Justus et Tenax Propositi – Just and Firm of Purpose

# ABI UPDATE

VOL 16 - FRIDAY 22nd May 2020

loving hopeful  
attentive curious  
faith-filled wise  
generous grateful  
eloquent discerning  
intentional compassionate  
truthful active



## JESUIT VIRTUE - SUMMER TERM 1



Our school community is being asked this term to be curious about everything and active in its engagement with the world; changing what it can for the better. In our Covid19 world we are asking our students to be curious about the universe and all human activity and as they are taking increased responsibility for their own learning, to provide thinking time to discern how they can be active in the life of the school, the Church and the wider community.



Our word of the week this week is **vaccine**.

How are you using our word of the week at home?



## LET US PRAY TOGETHER

We wish all our Muslim students a very happy Eid al-Fitr.

The month of May is dedicated to Our Lady and we pray: Virgin Mary, turn your merciful eyes towards us. Comfort those who mourn. Be close to those who are concerned for their loved ones who are sick. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment. In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother and seek refuge under your protection.

Amen

## HEALTH AND WELLBEING: MESSAGE FROM THE SCHOOL NURSE

It's important to take care of yourself and get the most from life. It might seem particularly difficult now. Below are 10 practical ways to look after your mental health. Making simple changes to how you live, doesn't need to cost a fortune or take up loads of time. Anyone can follow this advice. Why not start today?

1. Talk about your feelings
2. Keep active
3. Eat Well
4. Drink Sensibly
5. Keep in touch
6. Ask for help
7. Take a break
8. Do something you're good at
9. Accept who you are
10. Care for others

For additional information and guidance about how to look after your mental health, go to the Mental Health Foundation website  
<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

## MESSAGE FROM MISS BURROWS

Dear students and families, over the last few weeks there has been much speculation and debate over the phased re-opening of schools after half-term. I am currently writing a letter to all students and parents to explain what our position is and this letter should be posted on the school website by Friday. There is still a lot of guidance and information we are waiting for before we can make plans but please be assured that we are working as quickly as we can to be able to share these with you. On Monday, I shared a prayer about happiness with Mrs Girling (Headteacher at Holy Souls) and Mr Crehan (Headteacher at Holy Trinity). Mrs Girling and Mr Crehan are close friends as well as colleagues and we have all been working together and looking after each other through this national crisis. This week, I would ask you to remember your close friends and loved ones who have supported you through these difficult months.

May God bless all of you and keep you safe

Miss Burrows

## CONGRATULATIONS TO THE FOLLOWING STUDENTS. THEY HAVE BEEN COMMITTED LEARNERS AND EXCEPTIONAL PEOPLE:

Year 7: Phoebe F (BRI06) & Kian O (CAS02)  
Year 8: Alexandru R (CAS05) & Oliver O (AUG5)  
Year 9: Aiden B (BRI06) & Holly O (FRX04)  
Year 10: Taylor L (BRI04) & Taysab M (FRX02)

**TOP READERS!** - Eeshah B (JOS06); Wilfred A (CAS01); Maddison B (AUG06); Grace C (JOS05) and Finley C (AUG03).

Look out for your certificates via Classcharts!



hopeful  
curious  
wise  
grate  
discer  
mpassion



# SUPPORT FOR OUR YEAR 11 INTO 12 STUDENTS

We encourage all of our Year 11 students to keep reading and to keep working. There are resources on the school website for students access. They can be found in the PASTORAL > PREPARE FOR section.

There a number of work books that focus specifically on supporting students to prepare for their next phase of learning whether that be A'Level or BTEC subjects.

Should you need hard copies of any of our resources please contact the school by phone or email

[enquiry@ilsley.bham.sch.uk](mailto:enquiry@ilsley.bham.sch.uk)

## SPEAKERS FOR SCHOOLS INSPIRATION PROGRAMME

Speakers for Schools Inspiration Programme provides a network of today's most inspiring figures across business, arts, politics and more, donating their time to help inspire students to fuel their ambition. They are passionate about providing a high quality and personal service, making it seamless for speakers, educators and organisations to get involved. They have 1,500+ speakers.

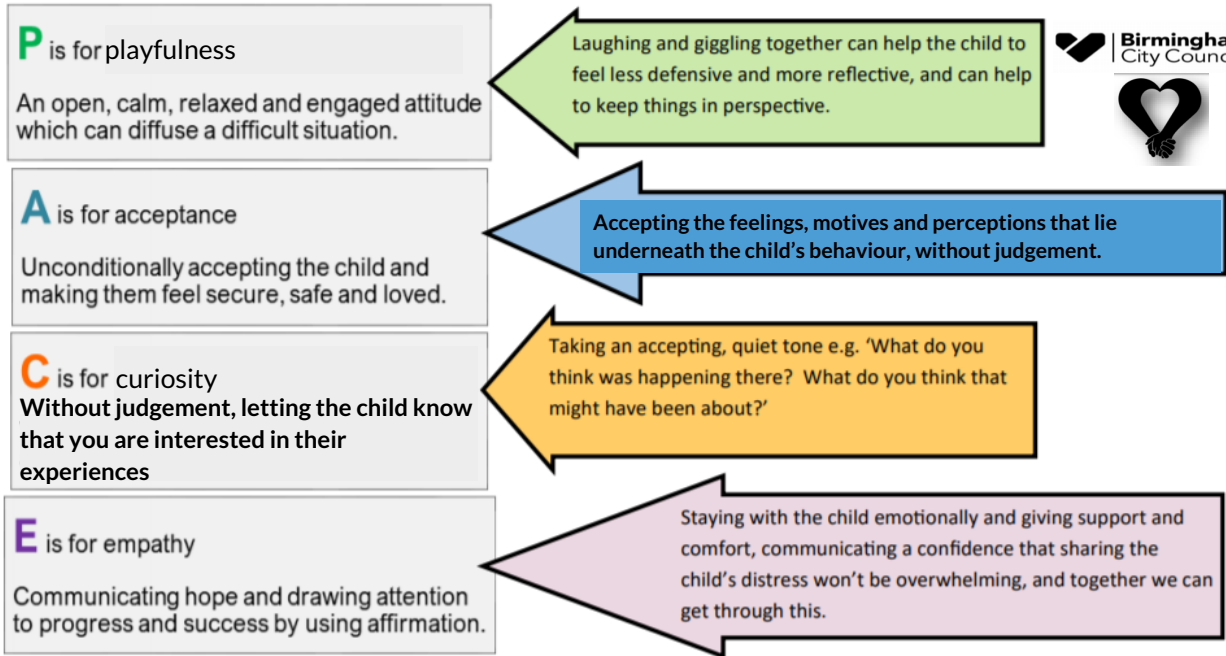
Speakers in the network range from CEOs of major companies to notable national journalists, arts people, scientists, leading entrepreneurs and academics. **Some of our students have listened to guest speakers before and if you click the links below, they will take you to loads of videos from entrepreneurs, academics, business leaders and other leaders in the world of work that can guide you at these difficult times. Have a watch. If you like it, give us a thumbs up as this will encourage other to watch the videos as well.**

<https://www.speakersforschools.org/inspiration/vtalks/vtalks-video-library/>

## KEY ADULT SUPPORT: MAINTAINING THE KEY ADULT SUPPORT DURING THE COVID-19 CRISIS: USING PACE

The current situation is a difficult time for us and children and young people. But remember, if this disruption is managed well, it can be an opportunity for important learning for the young person. Through this, we can help young people to understand that separation from school and other adults and children, doesn't always mean that there has been a rupture to their relationships. The PACE Model (Dan Hughes) below, describes four qualities which can be used to validate, explore and understand children's feelings. It is an approach which helps children to move towards self-awareness, emotional regulation and resilience. It also promotes compassion and brings about a sense of mutual support.

Developed by Annie Kent, Kieranjit Sangha & Heather Webb-Jones, on behalf of the TIAAS Group





# MESSAGES TO OUR STUDENTS

We are working hard to make school an even safer place for you. Until we can see you all again, here are some reminders of your school.



## WELL DONE AND KEEP UP THE GOOD WORK...

More fabulous pictures of our students at work. A beautiful portrait by Ella C; a very thought provoking sonnet by Drew P; brilliant homemade cushion by Phoebe F; Fantasy Art by Keira M and Gloria L; homemade cupcakes by Kian O. Keep working hard! We are super proud of all of you!

### TOP PODDERS THIS WEEK!

Nash M; Bailey W and Joey S. Keep going!



### The Enchanted Wood!

Elves with pointed ears and Imps with tattered wings,  
Fairies, Giants, Dragons, Sphinx and many other things,  
Mermaids swam in crystal waters and Orcs sat alone in caves,  
Gnomes scuttled around the toadstools and Kraken slid on waves.  
The enchanted wood was full of creatures in every size and shape,  
Each able to make a human's mouth completely come agape,  
Pixies sat on red mushrooms with polka-dots of white,  
And Griffins stretched their feathered wings, eager to take flight.  
Every smell and sound and sight lay within these woods,  
But people have invaded it to try and steal it's goods,  
Creatures taken captive and the trees all taken down,  
Precious resources being stolen and brought from town-to-town.  
The greed of mankind is a powerful thing, they are always wanting more,  
So alas now the enchanted wood is nowhere near what it was before,  
No Elves with pointed ears or Imps with tattered wings,  
Just smoke, machines, gas, fire and many other things.



hopeful  
learned  
prophetic  
curio  
wise  
grate  
disce  
compassion

