

# De La Salle Download



Easter Edition 2024



## Headteacher's message - Easter 2024

As we bid farewell to another term filled with hard work, growth, and achievement, I want to take a moment to express my gratitude to each and every one of you. Together, we've navigated challenges, celebrated successes, and fostered a spirit of resilience that truly defines our school community. As we approach the Easter break, I wish to extend warm wishes to all our families and students for a joyous and rejuvenating holiday.

Easter is a time of reflection, renewal, and hope. It's a time when we come together to celebrate the triumph of light over darkness, of hope over despair. It reminds us of the power of perseverance and the beauty of new beginnings. Allow me to share a short story that encapsulates the importance of Easter:

In the bustling town of Reims, France, there lived a humble teacher named Jacques. Inspired by the teachings of St. John Baptist de La Salle, Jacques dedicated his life to educating the children of the poor, believing firmly in the transformative power of education.

As Easter approached, Jacques witnessed first-hand the struggles faced by many families in his community. Poverty and hardship cast a shadow over their lives, threatening to dim the spark of hope in their hearts. Determined to make a difference, Jacques turned to the teachings of St. John Baptist de La Salle for guidance.

Drawing upon the saint's wisdom and compassion, Jacques embarked on a mission to bring joy and light to those in need. With the help of his fellow teachers and the support of the local community, he organised an Easter celebration unlike any other. Children from all walks of life were invited to participate in games, music, and festivities, reminding them of the joy and wonder of the season.

But Jacques knew that true joy could only be found in the embrace of faith and love. As part of the celebration, he shared the story of St. John Baptist de La Salle – a man who dedicated his life to serving others, especially the poor and marginalised. Through his example, Jacques hoped to inspire the children to follow in the footsteps of this holy saint, spreading kindness and compassion wherever they went.

As Easter Sunday dawned, the town square echoed with laughter and song, a testament to the power of community and faith. Families gathered together, their hearts full of gratitude for the blessings they had received. In that moment, Jacques knew that he had honoured the legacy of St. John Baptist de La Salle, whose spirit of service and dedication to education continued to inspire generations.

As we celebrate this joyous season of Easter, let us remember the teachings of St. John Baptist de La Salle – to love one another as God loves us, to serve those in need, and to seek the light of faith in times of darkness. May his example guide us on our journey of faith and inspire us to make a difference in the lives of others.

Wishing you and your family a blessed and joyous Easter.



### *An Easter Prayer*

#### *Break open the tomb*

*Lord of Easter's Promise,  
I live in faith of the Resurrection,  
But such is the nature of my faith  
That so much of me remains entombed.*

#### *Break open the tomb.*

*Where I've buried my compassion, break open the tomb.  
Where I've buried my sense of mercy, break open the tomb.  
Where I've buried my humility, break open the tomb.  
Where I've buried my humanity, break open the tomb.  
Where I've buried my love for my Heavenly Father, break open the tomb.  
Where I've buried my sense of joy, break open the tomb.  
Where I've buried my willingness to forgive, break open the tomb.  
Lord, in you I've found a Saviour no grave can withstand.  
Help me to roll away this stone  
And find the miracle of new life  
That I may live more fully in your saving grace.*

*Amen*



## Chaplaincy

As we returned on Monday 6<sup>th</sup> January 2024, the Sunday previous we celebrated the Solemnity Feast of the Epiphany. Traditionally on this Feast with Chalk on the outside of your house door, you write an Epiphany Blessing. Our chaplaincy team distributed all forms for their chaplaincy board the following blessing for their classroom.

### **The Epiphany Blessing**

#### **20 C + M + B 24**

This beautiful blessing, brings many graces upon those who practice it in faith and is an added protection against any spiritual enemies that may be lurking around.

The “20” being the millennium and century, the “C” standing for the first Wise Man, Caspar, the “M” standing for Melchior, the “B” standing for Balthasar, and the “24” standing for the decade and year.

It is also popularly believed that the Kings’ initials stand for “Christus Mansionem Benedicat” (“Christ bless this house”).



We looked at The Holocaust the week beginning 22nd January, in the chaplaincy shed pupils have been colouring figures such as Elie Wiesel, Romanian/American author, Saint Maximilian Kolbe. We are also trying to make some Auschwitz Hearts based around ... who was in Auschwitz.



## **Holocaust Survivor Talk**

Just before our half term break, in conjunction with the Holocaust Educational Trust, our Chaplain Doug Mongan arranged for a Holocaust Survivor to come and speak to our Year 9 students about their experience. Elizabeth S a Year 9 student reflects on this experience:

“The talk about the Holocaust with the lovely Susie Barnett speaking from her experience was very informative. She suffered so much in her life. When she was born her father was in a concentration camp and refused to give up on his Jewish faith to get out. Her mother struggled to look after three children and a baby. A Jewish family offered to adopt Susie to make it possible for her mother to escape to England where her other three children were living in foster homes. However, her mother refused, fearing she would never have peace of mind again if she agreed. The mother and Susie owe their life to the persistence of a cousin in London, who helped her mother to obtain a domestic service visa from the Home Office which enabled them to escape from Nazi Germany.

Susie considers it to be a miracle that they all survived. Although both her parents and their four children did survive, they never lived together again as a family, which damaged them all, especially Susie. She saw little of any of her family throughout her childhood which was spent in foster homes and children's homes where she was all too often unhappy. She only met her father when she was nine; a difficult and bittersweet relationship developed.



**Mrs Susie Barnett a  
Holocaust survivor  
speaking to our  
Year 9s**

The three children were part of the kindergarten transport. The father managed to escape the concentration camp at Sachsenhausen and got a boat to Shanghai. Later in life he was to be reunited with his family in Great Britain.

Susie always felt her brother resented her. When she found and met her husband and created her family she became truly happy for the first time in her life.

Susie still sees other survivors and is truly wonderful and lovely lady with a very broken past.

### Ordinary time Meditations (January – February)

During our KS3 Meditations, we reflected on the idea of 'Service'. What does it mean to serve as a young person. In today's world when we think of Service, we think of the times we are being served but with Christ as our role model we, as followers of Christ are asked to be the servers – serving others.

We also reflected on Teresa of Avila's prayer and what that means

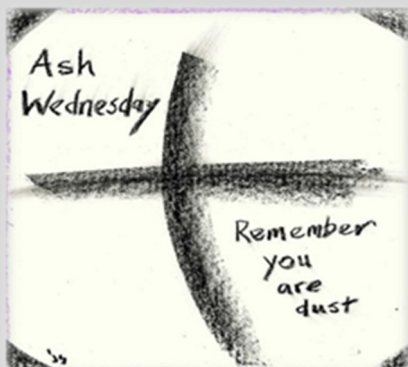
*Christ has no body now on earth but yours,  
no hands but yours,  
no feet but yours,  
Yours are the eyes through which is to look out  
Christ's compassion to the world;  
Yours are the feet with which he is to go about  
doing good;  
Yours are the hands with which he is to bless  
men now.  
- St Teresa of Avila*



### Ash Wednesday

Before we broke up for half term, we celebrated Ash Wednesday in school.

Our thanks go to one of our Deanery Priest's Fr. Anthony Cho from Tilbury and Stanford le Hope parish's who came and celebrated the VOLUNTARY Mass for over 108 students of all Christian faiths. ALL Students received the Ashes (which are burnt palms from the previous Palm Sunday) and either received Holy Communion or were given a blessing.



### CPD Working in Action

DLS Basildon Chaplaincy welcomed new chaplain Marie-France Bogul from St. Joseph's School Beulah Hill, London (the first Lasallian school in England) for a CPD Session on Chaplaincy and to look around the school. Marie-France began in September and this was a good opportunity to network and get some ideas around chaplaincy.



Pictured above is Doug Mongan-Chaplain and Marie-France Chaplain at St. Joseph in the chaplaincy hut in Basildon

### KS3 Meditations 2 – Lent



A popular prayer during Lent is the Stations of the Cross. This term Year 7 – 9 have been reflecting on the stations with meditations adapted from Pope Francis which he used at World Youth Day in Portugal last year. As part of the meditation the students then had to write a small piece on what the station meant to them.

Every Friday our chaplain leads Service of the Word with Holy Communion available for all staff and students at 8.20am on Fridays.

In the chaplaincy hut for those that come along can rent out Basketballs and Table Tennis bats and Balls; also a range of Arts and Crafts go on relating to the theme of the week.



Mr. D. Mongan - School Chaplain

## Student Services

### Holidays

Absence during term time for holiday will not be authorised unless there are exceptional circumstances. Any absence in term time must be applied for in advance. Forms can be collected from Student Services.

In addition, due to the importance of pupils settling into school at the commencement of the school year, Penalty Notices may also be issued if there have been at least six consecutive sessions of unauthorised absence during the first two weeks of September due to a term-time holiday. I must warn you that, if you do take your child out of school for this time, the absence will not be authorised and the local authority may issue a penalty notice to each parent of £120 for each child to be paid within 21 days, however if paid within 21 days of receipt of the notice, it is reduced to £60. Please note: if you have previously **received a Penalty Notice for an offence of failing to ensure** regular school attendance or been the subject of prosecution for any child in relation to irregular school attendance, **you may not be given the opportunity to pay the further Penalty Notice; your case may proceed directly to court.** From August 2024, the fine for school absences across the county will be £80.00 if paid within 21 days or £160 if paid within 28 days.

### Reporting an absence

Please call the absence line (**02045396559**) before 9am every day your child is absent, leaving your child's **full name**, form and reason for the absence, this is part of the school's Attendance Policy. Alternatively you can notify the school via ParentMail or emailing [attendance@dlsbasildon.org](mailto:attendance@dlsbasildon.org) please **do not** use the [info@dlsbasildon.org](mailto:info@dlsbasildon.org) email.

Please ensure all your contact details are kept up to date.

### Medication

Could you please keep the school informed of medication changes. Students should not be carrying medication, please contact Student Services to complete the relevant forms.

### Attendance:

Best form is 7M 96.5% 8L & 7M are the only forms since January to have 100% attendance for a week, both will have a cup of sweets delivered to them.

**Best year - 7 - 95.4%**

106 students with 100% attendance since September.

231 students have had 100% attendance this term. Their names will all be put into a hat to win an Amazon voucher.



### Uniform

Uniform is currently provided by SWI (further information on the school's website)

There is a uniform bank in Laindon and Pitsea for good quality used uniform.

Please contact:

<https://laindonschooluniformbank.co.uk/> for more information.

Pitsea uniform bank:

[Basildonhelpwithuniform@hotmail.com](mailto:Basildonhelpwithuniform@hotmail.com)

### Lost property

We have a lot of lost property in our office. If this is not claimed by the end of the term we will donate it to the uniform bank.

**Mrs. T. Carlane - Student Services Manager**



## MathsWatch

At De La Salle we subscribe to MathsWatch. This is an interactive learning platform which provides video tutorials on every topic with worked examples, interactive questions which give immediate feedback and allows teachers to set bespoke homework. Students should be using MathsWatch regularly to revise for Mini Mock assessments and to complete gap analysis homework.

This year, we have launched 'MathsWatch Stars', which rewards those students who complete the most independent practice on MathsWatch. It has been brilliant to see how many of our students have been working hard in their own time to make progress, and there have been a lot of very worthy winners. Awards are given out for the highest achievers each month – students who were 'best in class' received certificates and chocolate bars, and a bigger prize was awarded to the 'best in year group'. A special congratulations to those who achieved best in year:

### Miss. I. Rodol - Teacher of Mathematics

#### December

Year 7 – Nirvan P  
Year 8 – Enzo P (best in school)  
Year 9 – Rian V  
Year 10 – F  
Year 11 – Luka D

#### January

Year 7 – Christopher T  
Year 8 – Umair I (best in school)  
Year 9 – Alfie B  
Year 10 – Ruby  
Year 11 – Aituaie W

#### February

Year 7 – Lyla S  
Year 8 – I (best in school)  
Year 9 – Crystal O  
Year 10 – Ruby R  
Year 11 – Thomas C

### Bunny Rule

The Easter Bunny has a secret rule for what he likes to do to numbers. His friends have taken turns to tell him a number and he has applied his rule. What is the missing number in the table?

| Number | Result |
|--------|--------|
| 6      | 10     |
| 5      | 8      |
| 9      | 16     |
| 7      | ?      |

### Maths Puzzle

There is a prize for the first person in each year group to return their completed puzzle to Mrs. E. Curtis

## Maths Stars

Congratulations to all the students this year who were nominated for 'Maths Stars' by their teachers, to recognise the hard work and dedication towards their maths lessons over the past academic year.

### Mr. A. Badger - Teacher of Mathematics

| 2024                | January    | February   | March          |
|---------------------|------------|------------|----------------|
| <b>Dr McKenna</b>   |            |            |                |
| 7.2                 | Harley P   | Matt R     | Alicja J       |
| 7.5                 | Rosie W    | Rocco F    | Kyle H         |
| 8.6                 | Nathan L   | Alister N  | Hollie D       |
| 9.3                 | Emma G     | Jason N    | Maame K O      |
| 10.1                | Arian B    | Ruby R     | Chiedoziem O   |
| 11.4                | Harriet S  | Shami M    | Teddie S       |
| <b>Mrs McCallum</b> |            |            |                |
| 8.2                 | Ollie S    | Lacie L    | Liam A         |
| 9.6                 | Lawrence L | Paolo L    | James L        |
| <b>Mrs Cook</b>     |            |            |                |
| 7.4                 | Maisie C   | Joe O      | Vihaan S       |
| 7.6                 | Olly N     | Reggie M   | Archie W       |
| 8.3                 | Florence C | Veronika K | Lacey A        |
| 9.2                 | Marcin G   | Precious A | Grace H        |
| 10.4                | Michal K   | Ellyna R   | Marcus G       |
| 11.1                | Joel R     | Brianna P  | Bliss O        |
| <b>Mrs Harrison</b> |            |            |                |
| 9.1                 | Leona I    | Imogen T   | Millie R       |
| 10.3                | Maja S     | Amelie M   | Mirabella C    |
| 10.5                | Sasha N    | Ellie S    | Luke P         |
| 11.2                | Jack M     | Emily H    | Rihanna M      |
| 11.6                | Archie D   | Abigail P  | Maddie S       |
| <b>Mr Badger</b>    |            |            |                |
| 7.1                 | Evie B     | Alicja B   | Jonathan M     |
| 7.3                 | Brooklyn W | Abigail K  | Leo P          |
| 8.4                 | Maya B     | Kara A     | Connor C       |
| 9.5                 | Harry B    | Millie C   | Macey-Claire P |
| 10.6                | Ruby C     | Daniel M   | Ruby C         |
| 11.5                | Lilly E    | Rachael T  | Chloe O        |
| <b>Miss Rodol</b>   |            |            |                |
| 8.1                 | Enzo P     | Mia H      | Aiden-Martin D |
| 8.5                 | Benny B    | Shannay S  | Jake W         |
| 9.4                 | Sabina A   | Alexia A   | Lily S         |
| 10.2                | Alfie F    | Caoimhe K  | Elliott C      |
| 11.3                | Chloe J    | Theo L     | Shalom W       |
| 11 Statistics       | Harrison J | Vanessa O  | Tobiah A       |



Students in Years 7 and 8 have been continuing to access the Times Table Rock Stars programme. During December, January and February the students listed below performed the best in their sets.

The top five students each month, won certificates and were awarded prizes.

#### Highest Number of Correct Answers

|              | December       |      | January       |      | February      |      |
|--------------|----------------|------|---------------|------|---------------|------|
| Dr McKenna   |                | Pts  |               | Pts  |               | Pts  |
| 7.2          | Nirvan P       | 1182 | Frankie P     | 643  | Sian S        | 25   |
| 7.5          | Taylor N       | 1597 | Taylor N      | 694  | Favour E      | 2886 |
| 8.6          | Jamie S        | 69   | Harvey G      | 1641 | Dylan H       | 126  |
|              |                |      |               |      |               |      |
| Mrs McCallum |                | Pts  |               | Pts  |               | Pts  |
| 8.2          | Marie-Stelle G | 1011 | Evie M        | 272  | Evie Ma       | 9852 |
|              |                |      |               |      |               |      |
| Mrs Cook     |                | Pts  |               | Pts  |               | Pts  |
| 7.4          | Alex K         | 100  | Taiylah B     | 962  | Alex K        | 1634 |
| 7.6          | Abrar I        | 510  | Abrar I       | 2281 | Abrar I       | 931  |
| 8.3          | Lacey A        | 4865 | Alivia T      | 177  | Alivia T      | 266  |
|              |                |      |               |      |               |      |
| Mr Badger    |                | Pts  |               | Pts  |               | Pts  |
| 7.1          | Christopher T  | 2732 | Christopher T | 1516 | Christopher T | 614  |
| 7.3          | Lillie C       | 55   | Not used      |      | Not used      |      |
| 8.4          | Eren C         | 76   | Kara A        | 1867 | Kara A        | 422  |
|              |                |      |               |      |               |      |
| Miss Rodol   |                | Pts  |               | Pts  |               | Pts  |
| 8.1          | Layla A        | 20   | Not used      |      | Umair I       | 365  |
| 8.5          | Shannay S      | 1211 | Not used      |      | Crystal T     | 33   |

We would like to thank all parents/carers for encouraging students to participate. It would be great if parents/carers could continue to support students making use of the Times Tables Rock Stars programme over the Easter holidays.

The benefits of learning tables include enabling students to answer a variety of mathematical calculations easily and quickly, giving students more confidence in their mathematical capabilities and improving memory and recall.

For more information parents & carers can visit the website page at: [trockstars.com/parents/](http://trockstars.com/parents/)

**Mrs. F. McCallum - Teacher of Mathematics**

## PE Department

As a result of Jack K finishing 3rd in the District Cross Country Event he was selected for the Counties Cross Country event on Saturday 20th January representing Basildon District in what was an exceptionally tough field.

Jack performed extremely well in cold conditions with a time of just over 23 minutes finishing in 45th position.

This is a fantastic achievement Jack - Well done!



## Year 8 – Essex Champion

On 24th February Miko J competed in the Essex County Age Group Championship 2024 at London Aquatics Centre. The event Miko was competing in was the 50 metre Breaststroke as he swims for Runnymede Swimming Club. I am extremely pleased to announce that Miko is now the fastest in the Essex and East Region for his age group (12 years old) with an incredible time of 40.95 seconds. Miko set a 4 second PB when carrying this out which in an amazing achievement and we at De La Salle are so pleased for him. He has trained incredibly hard for this, attending swimming practice before school and afterschool – Well done Miko!



## Outdoor Adventurous Activities Trip - Danbury

On Thursday 14<sup>th</sup> March all of our Year 10 Sport Studies students went to Essex Outdoors Danbury to carry out an Orienteering session as part of their OCR Sports Studies course. 41 students in total attended with each and every one of them involved in some way on the day whether that is working together as a team, map reading, leading or assisting.



Students were split into groups and then carried out a warm up activity in the morning using a small scale map reading task. Following completion of this the students went off on a larger scale in their groups using whereby they had to go to the co-ordinates and get the stamp for that particular marker and return to get it checked.

As a result of attending this trip, all of the students will now be able to access better grades for this unit of work. This proved to be a really worthwhile trip for the students and the staff involved. A big thank you to Mrs Donovan and Mrs O'Connell for coming along to assist with the group too.

**Mr. M. Brinklow - Acting Head of PE**



## Senior Basketball boys victorious vs James Hornsby 42 - 26

Tobiah A, Kingsley S, Michael N, Esosa A  
David I, Dain H, Wisdon I, El A



## District Swimming Gala

On Thursday 21<sup>st</sup> March we competed in the District Swimming Gala at The Sporting Village. This was the first time since lockdown that the gala had taken place and our swimmers performed exceptionally well.

Of the 17 swimmers that took part, 12 of them won a medal or two!

Huge congratulations to the following students:

## Gold medallists and District Champions

Miko J - 50m Breastroke  
Noah C – 50m Breastroke  
Lucy C – 50m Breastroke  
Kornelia J - 50m Butterfly and 100m Individual Medley

## Silver medallists

Reef W - 50m Backstroke  
Ruby K - 50m Backstroke  
Abigail B – 50m Breastroke  
Lily G - 50m Butterfly  
Hannah E - 50m Front Crawl

## Bronze medallists

Roan H - 50m Front Crawl  
Mika J – 100m Individual Medley  
Lily G - 100m Individual Medley

Well done to Caitlin B, Imogen D, Tegan B, Savanna B and Emily B who all swam really well in their events but just missed out on a medal.

## Overall results

- 1<sup>st</sup> – Mayflower
- 2<sup>nd</sup> – Billericay
- 3<sup>rd</sup> – Bromfords
- 4<sup>th</sup> – Woodlands
- 5<sup>th</sup> – De La Salle
- 6<sup>th</sup> – Beauchamps
- 7<sup>th</sup> – James Hornsby



## Miss. C. Davies - Teacher of PE

## Extra-curricular Timetable

### Summer 1 – April – May 2024

| Day       | Before School<br>8.00-8.30am | Lunchtime<br>1.20-1.50pm | Afterschool<br>3.15-4.15pm            |
|-----------|------------------------------|--------------------------|---------------------------------------|
| Monday    |                              | Table tennis             | Whole school meetings                 |
| Tuesday   | Hurdles & high jump          | High jump                | Track – All years                     |
| Wednesday | Hurdles & high jump          | High jump                | Throws & long jump<br>Year 7&8        |
| Thursday  | Indoor throws                | Table tennis             | Throws & long jump<br>Years 9&seniors |
| Friday    | -                            | -                        | -                                     |

## Year 9 Computer Science Trip To Bletchley Park

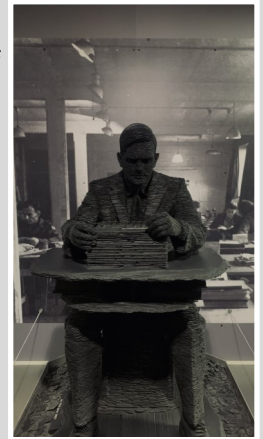
On the 13th February, 30 Year 9 students went on a Computer Science trip to the home of the code-breakers, Bletchley Park. The purpose of the trip was to encourage the take up of GCSE Computer Science, whilst also giving an insight to important British history.

The visit consisted of a guided tour and an hour's security lecture. The day continued with students exploring the Bletchley Park stories through immersive films, interactive displays, museum collections and faithfully recreated WW II rooms.

Many thanks to Mr Butler who accompanied Mr Sains and myself.

**Mrs F McCallum - Teacher of Information Technology**

Here are some of the comments from students:



*The trip to Bletchley Park was really good because we learnt a lot about IT and computing. The security lecture was really interesting and I still use the things I was taught. I liked the models and think that all of our time there was well spent and we made good memories. We saw the Alan Turing statue, the Bombe machine and an enigma machine. We would've liked a bit longer there, as the last hour was a rush to get round to see everything. Overall everyone loved it and it was a great experience!*

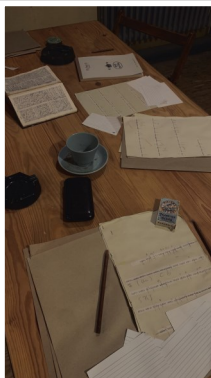
**Eryca**

*The Bletchley Park Trip it was very informative because we learnt how the enigma machine was used in WW II. We attended workshops to learn how it was used. We got to see the mansion where some of the World War II workers lived. We also saw preserved exhibits and replicas from WW II.*

**Nifemi**

*The Bletchley Park trip was really great and mind-opening. I enjoyed the tour of the mansion and I enjoyed the stories of the people who worked there.*

**Ire**



*The Bletchley Park trip was very informative. The tour guide was very helpful and told us about the hard work people did during the war. In my opinion I think there were some very pretty buildings and structures. The workshop we did about passwords was very helpful. Altogether it was a great trip and I had fun with my friends.*

**Leona**

*I thought the Bletchley Park trip was a very knowledgeable event, that taught me and many others about the coders in WWII and how it all worked out. It was very helpful whilst being fairly interesting to the students.*

**Alfie**

*Bletchley Park was an interesting historical site with many photogenic sites in the manor. There was an array of educational videos, graphs and presentations. I thoroughly enjoyed the trip and would go again.*

**Christian**

*On arrival I was very sceptical about how much fun the day would be. However, as the day progressed it became more interesting as we delved deeper into the process of the enigma machine. Then we were able to watch a documentary which showed the people who were less commonly known in the codebreakers project during World War II.*

**Godwin**



## USP Benfleet Campus trip review

Nine students from 8.2 attended a trip to USP Benfleet campus from 9.00am until 11.30am. We attended multiple workshops, including social and health care. We learnt veterinarian skills, CPR and other health care such as nursing, midwifery and others alike.



Here are some of my peers' opinions:

"my favourite parts were when I got pancakes with fruits and learning CPR on a fake doll, my least favourite part was when we felt the blood sample".

**Freya W**

"my favourite part was when I tried the midwifery area, my least favourite part was looking at the dead carcass of a tarantula".

**Katie J**

"my favourite part was trying the VR, my least favourite part was looking at the dead animals".

**Holly J**

"my favourite part was spending time with my peers; my least favourite part was when we walked into a room and there was a fake doll on a bed which scared me. Our trip was a good experience, the best part was spending time with my peers".

**Ruby K**

On the university trip we had a tour of the campus and we watched a presentation about the ugly animal society which included many games and presentations. I really enjoyed the whole experience because it was fun and informative and the questions that I previously had were answered by the very welcoming student ambassadors.

**Kornelia J**



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*Diary Dates:*

*Break up for Easter - 28th March 2024*

*Return to school - 15th April 2024*

*Year 9 Curriculum evening - 25th April 2024  
5-7pm*

*May Bank holiday - 6th May 2024*

*May half term - 27th - 31st May 2024*

*Year 7 Parents Evening - 6th June 2024*

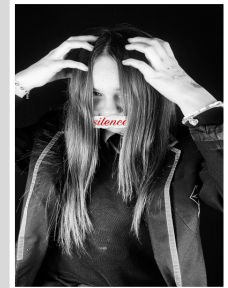


## Mental Health and Wellbeing

This year, Children's Mental Health Week took place from the 5<sup>th</sup> to the 11<sup>th</sup> of February 2024. This year's theme was 'My Voice Matters'.

Students from across the school took up the challenge to visually communicate the subject of Mental Health through Art and Photography. The power of image is sometimes more accessible to younger people allowing them to have a voice through their interpretation and choice of image and allow safe, non-judgmental expression. This produced a variety of powerful images, hand drawn and through digital Photography.

**Mrs. A. Ansary - Teacher of Photography**



### **Mental Health and Wellbeing**

**Some tips for managing loneliness include:**

**Make new connections. Try joining a class or group.**

**Be careful when comparing yourself to others. People's lives are not always as they seem from the outside and you don't know how other people feel when they're alone (or what lies behind that picture on Instagram!)**

**Look after yourself. Think about how your sleep, diet, exercise may be affecting how you feel.**

**Take it slow. Don't push yourself to open up about your feelings right away or meet loads of new people. Be kind- work through at your own pace.**

### **What is loneliness?**

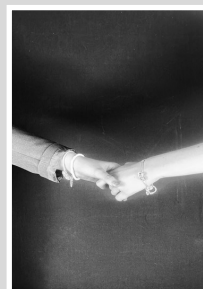
**Loneliness is more than just being alone. Loneliness is when we feel our need for rewarding social contact and relationships is not met. Everyone's' experiences of loneliness will be different. Some people may live alone and feel happy in their own company, but for others this could be a lonely experience.**

**For further support with loneliness and your mental health visit/contact:**

· **Let's Talk Loneliness ([letstalkloneliness.co.uk](https://letstalkloneliness.co.uk))**

**The Mix (free, confidential help for under 25s online and via phone- call 0808 808 4494, text THEMIX to 85258 or use their online chat service)**

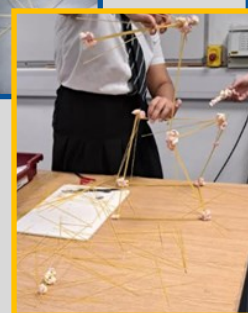
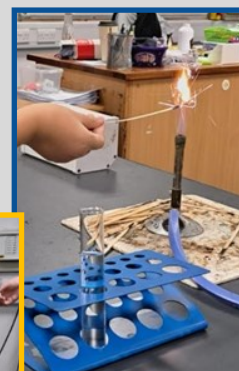
· **Every Mind Matters ([www.nhs.uk/every-mind-matters/](https://www.nhs.uk/every-mind-matters/))**



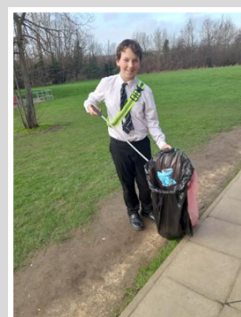
## Science Department News

To celebrate British Science week, 50 Year 9 students travelled to Essex University in Colchester for a day of STEM activities which included a fantastic talk by Simon Watt from the Ugly Animal Preservation Society as well as a choice of workshops to offer students an opportunity to see what studying a STEM subject at University could be like.

Science club continues with crazy fun this term, writing with fire, firing rockets (many thanks to the site team for joining in the rocket making fun!), making a mars lander colour filter and a spectrophotometer, construction with marshmallows and much more. For the summer term, science club changes to gardening club as we prepare to support our environment club in developing a wellbeing garden. All newcomers will be welcome. We aim to continue to meet on Wednesdays after school.



Our Environment club is run by the science department to raise awareness about the need to respect all living organisms by taking care of our school grounds. Any student is welcome to participate. We litter pick the outside areas in our free time and aim to recycle as much of our waste as possible. Pictured is Nathan who is our environment champion littering picking after school.



We are also part of the whole school initiative to create an outside, sustainable, inclusive, multipurpose teaching and wellbeing space. Plans have been underway since the summer 2023 and students have been tasked with sharing suggestions and designs for a large field to the side of the school that is currently not used.



The garden design competition organised by Mrs Ansary has generated huge interest among students and we were able to procure 300 trees to start our area off. On December 20<sup>th</sup>, forty student volunteers ages ranging from 11 to 16 and three teaching staff planted the 300 native trees to create the natural corridors between the planned spaces in our outside teaching space. Additionally, two micro forests were planted. It is our intention to identify a suitable space for our gardening club to grow flowers and vegetables in the summer term 2024. The environment volunteers are also liaising with our school chaplaincy team to plan planting suitable for the mindfulness and prayer area. Pictured are staff and students enjoying our tree planting event. 400 more trees have arrived this month and already volunteers are coming forward to help plant them! If you grow plants at home and could support us by donating pots, gardening equipment or spare plants for our garden we would be delighted to accept them.

**Dr. M. Keown - Teacher of Science**

## De La Salle Prom 2024 - Reminder

If you wish to attend the Year 11 Prom The arrangements are as follows. The event is being held at Stock Brook Manor, Billericay, on Friday 5<sup>th</sup> July 2024.

The cost of the Prom ticket will be £50.00, payments may be made in instalments through ParentPay however, full payment must be made by 24<sup>th</sup> May 2024. Deadline for tickets will be 3.15pm on Friday 24<sup>th</sup> May 2024.

Have you completed the Google form <https://forms.gle/sqCJ9UgguuSeKkJm8> Without this information a student will not be able to attend.

We look forward to seeing your child celebrating with their friends and teachers on what will be a fantastic and memorable evening, one that will become part of their precious school memories!

**Mrs. G. O'Brien - Prom Coordinator**



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## Photography 2024-2026

Potential GCSE Photography students took part in a taster session to experience what was expected for this qualification and to take part in practical Photography photoshoots.

All students were very creative in their interpretations and showed great enthusiasm.

I hope to see many of them next year!

**Mrs. A. Ansary - Head of Photography**



## DLS Parkrun Club



The rollout of the DLS Parkrun Club started in January this year, with a view to encouraging students to join their local Parkrun.

What is Parkrun?

It is a free, community event where you can walk, jog, run, volunteer or spectate. The distance is 5km and takes place every Saturday morning at 9am at a park near you.

After a slow take-up, DLS staff have been getting out and about at their local Parkrun. They participate as often as they wish, where they wish.

The nearest Parkrun event to De La Salle School is at: Northlands Park, Felmores Road, Basildon, Essex, SS13 1SD (see photo above) and takes place at 9am every Saturday morning.

You can run, jog, walk, spectate - it's up to you. For more info see <https://www.parkrun.org.uk/basildon/>

If you are interested in being timed, you can register with Parkrun.

Here's some useful links:

**The benefits of exercise for mental health:** <https://blog.parkrun.com/uk/2021/02/03/the-benefits-of-exercise-for-mental-health/>

**Reasons to volunteer at Parkrun:** <https://blog.parkrun.com/ie/2023/09/06/7-powerful-reasons-to-volunteer-at-parkrun/>

If you fancy coming along or if you have any questions let me know

[fmccallum@dlsbasildon.org](mailto:fmccallum@dlsbasildon.org)

**Mrs. F. McCallum**

*De La Salle School is advertising this event as part of the wider Government promotion which involves an aspect of everyday life that help encourage people to play a more active part in society. The school needs to stipulate that it is advertising the event only and has no legal obligations to the running and overseeing of the event itself, this sits with Park Run. If you have any questions regarding this event please refer to the contact information as advertised.*

## Geography trip - Thames Barrier

On Wednesday 14<sup>th</sup> February 29 Year 7 geography students went to the Thames Barrier in Woolwich, southeast London to investigate how it reduces the threat of flooding. In our geography lessons we had been learning about rivers, including the processes, landforms and the causes and effects of flooding.

The Thames Barrier was opened on May 8<sup>th</sup> 1984 and has been protecting our capital city from tidal and fluvial flooding. The barrier has been raised 215 times and its expected that the barrier will continue to keep London safe for many more years to come.

The consultant from the Environment Agency commented on how excellent our pupils were. They answered questions demonstrating their high standards of prior knowledge, asked appropriate question during a walk along the river and were perfectly behaved. They were all true ambassadors for our school.

Thank you to Mr Futchter and Mrs Tyler for your help and support on the day.

**Mrs. S. Pattenden — Teacher of Geography**



## ENERGY EFFICIENCY PROJECTS 2023-2024

During the past year De La Salle have continued to access grants to enable Energy efficient improvements to the School. In line with Government Guidance.

De La Salle prides itself on its pro-active approach to good practice around the management of heating, lighting, technology & renewable energies



In the past year, these improvements have included new LED lighting throughout the school. New pipework & insulation, to the main school heating system & solar panels on the sports hall.

In 2023 we also had all single pane windows replaced with double glazed, reflective glass, throughout the School.

Our Site Team, Catering & Cleaning Staff identify issues on a day to basis where energy savings can be made. Controlling heating and lighting and making sure all appliances are turned off each night.

The majority of our appliances are also on timers saving huge costs for the school. This has proved to be highly efficient given the huge rise in energy costs in the past 18 months.



We continue to monitor and make adjustment's where we can in order to keep costs as low as possible.

We are looking to enhance our solar panel provision to include another school block. We hope to be self sufficient in particular with our electric requirements in the next few years. This year we are already working on obtaining two free-standing electric

car charging ports for staff.



We also have our very own Student ECO Warriors who have some excellent ideas on how to improve & keep our school as energy efficient as possible.

**Mrs. S. Forman - School Business Manager**

## Industry Day at De La Salle



On the 14th of February, we welcomed several visitors to the school to work with the Year 9's on an Industry Carousel Morning, with the help and guidance from Andrea Purser from the DWP.



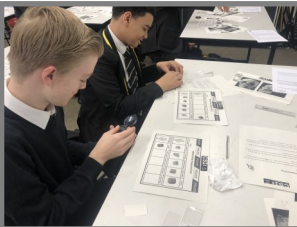
Students were able to choose two sessions of their choice from a wide industry sector. This included Finance with SS&C, technology with Utilize Technologies, and Health Care with the NHS. We were also supported by Essex University and ARU who provided sessions on forensics, theatre and psychology.



Students thoroughly enjoyed themselves wishing that they were able to select more sessions. I would like to thank the providers for their participation and the students for their conduct during the morning.



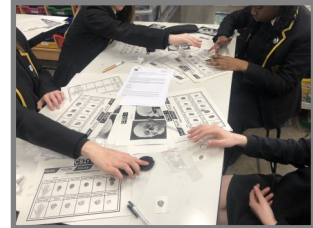
### **Mrs. H. Butler - Assistant Headteacher**



*I found the event fun! I liked graphics best and I enjoyed it because we got to work in teams and it was amazing. Crystal*



*I enjoyed both workshops; psychology and finance because they were very informative. I found out many new things about the certain subjects, both were fun. Kornelia*



*I took the NHS taster which I found entertaining and informative. In addition to this, I took the Psychology taster which I also found informative but was not as interactive as I hoped it would be. Elodie*



**Students survey feedback** - generally liked the sessions - would have liked more sessions if anything and some of the sessions to be more hands on. Liked the information given and the activities that they did.

## Hospitality and Catering

We were gifted some wild Alaska pink salmon by #fishheros Supported by the fishmongers company fisheries charitable trust.

I set my Year 10 Hospitality and Catering students a challenge to design, plan and cook a dish using tinned pink salmon. They excelled in this challenge and produced high quality dishes.

### **Miss. T. Plant - Design Technology, Food**

