7 October 2026

Dear Parent/Carer

This is week 27 in Ordinary Time

Good and generous Lord, you have once more brought the year full circle, through planting and growing and ripening to harvest time, and autumn.
We thank You for the sun and the wind, the rain and the dew, the minerals of the earth and all the plants that grow and all the beasts and birds of farm and field. We marvel at Your wonderful ways of bringing food from the earth for man's good.
Dear God, help us to use Your rich gifts as You want us to. Teach us to share them with our neighbour when he is in need. Make us see, in the marvellous succession of seasons, and in the growth and ripening of our crops, the merciful, generous hand of Your divine providence.
Help us to realize, too, that if we keep Your commandments and live according to the inspirations of Your grace, we shall also reap a plentiful harvest in the autumn of our lifetime: a harvest that we will be able to enjoy for ever and ever, where no rust can destroy, nor blight spoil any least part of it. Amen.

The first half term is certainly passing quickly and, with two weeks still remaining, it has already been a busy and successful start to the academic year. We would like to take this opportunity to thank parent/carers for the wonderful level of engagement we have seen so far this year. We place great value on working closely with our families and ensuring important information is shared effectively. It has been lovely to welcome so many parent/carers to school events, and we are truly grateful for the time and support you continue to give, particularly when we know how busy day-to-day life can be.

I wrote to parents and carers on Tuesday 6 October 2026 regarding term dates and INSET day arrangements for the 2027/2028 academic year. If you did not receive this letter, please contact the school directly and we will be happy to provide a copy. Thank you.

Sixth Form Open Evening – Wednesday 21 October 2026, 6:00pm-7:30pm
We are very much looking forward to welcoming our Year 11 students, their families and external visitors to our Sixth Form Open Evening on Wednesday 21 October 2026. For more information about our sixth form provision please click here.

We would also like to extend an invitation to prospective parents/carers and pupils considering joining St Mary's in September 2027 who may have been unable to attend our Whole School Open Day last month. If you, or someone you know, would be interested in visiting the school, please contact admissions@stmarysmenston.org and we will be happy to make arrangements to welcome you.

The Bishop Wheeler Catholic Academy Trust is a charity and a company limited by guarantee, registered in England and Wales.
Company Number: 8399801. Registered Office: St. Mary's Menston, A Catholic Voluntary Academy, Bradford Road, Menston, LS29 6AE

Free School Meals
If you receive **Universal Credit**, your child may be eligible for **Free School Meals** and we encourage you to apply, regardless of your household income. Applying not only helps determine eligibility for free meals but can also unlock additional funding and support for your child's education. For more information or to apply, please visit your local authority's Free School Meals application portal.

Hello Yellow – Friday 9 October 2026
St Mary's will be taking part in **Hello Yellow on Friday 9 October 2026** to raise awareness and funds for Young Minds, the Uk's leading charity for young people's mental health. Many young people are struggling with their mental health right now and that's why days like **Hello Yellow** matter. By teaching young people to explore their feelings, how to talk about them and who to reach out to for help, we are giving them the tools they need.

By raising funds for Young Minds, we're making sure that they have access to support when it matters. Students in Years 7-11 will be encouraged to wear **one** item of yellow. They **must dress in normal school uniform** but can substitute one item for something yellow.

You can donate by going on to Parent Pay and making your donation on their for Hello Yellow campaign. Thank you in anticipation of your support for this. Most importantly we want to share the resources which Young Minds offer to support parent/carers and students including:

- Online resources (www.youngminds.org.uk/parent)
- A phoneline service for parents and carers to speak to trained professionals if you're concerned about your children's mental health: 0808 802 5544 (open 9.30am -4pm)
- As well as an online chat and email service (www.youngminds.org.uk/parents-helpline)

Wear It Pink Day – Friday 16 October 2026
St. Mary's will be supporting the national **Wear It Pink Day on Friday 16 October 2026** in association with Breast Cancer Awareness Month. This helps raise vital funds and awareness for breast cancer research, early detection and patient support. Students are invited to wear **one** item of pink along with their **normal uniform** and to make a donation on Parent Pay. This is a charity very close to our hearts at St. Mary's, and we look forward to our school community supporting this by wearing pink and donating on parent pay. Thank you in advance for your kindness and generosity.

JOY-A-THON: Supporting a Local Family
Join the first-ever **JOY-A-THON**, a free 24-hour music event on **23-24 October 2026 at Pudsey Leisure Centre**, raising funds for local family. With fantastic live entertainment, family activities and community spirit, it's a great opportunity to support an important cause. Tickets are **free** – please visit: https://joyjustoneyou.com/ Thank you for helping to support this wonderful community initiative

The Lourdes Roadshow and Quiz Night
Please find attached to this week's letter information about the Lourdes Roadshow and Quiz Night, including dates, venues and how to get involved.

Diocese of Leeds Faith Formation
Please find attached to this week's letter the Diocese of Leeds Faith Formation Newsletter.

Netball success!
Well done to our U15 netball team, who secured a fantastic 26-13 victory over Allerton Grange on Tuesday. Special congratulations to Player of the Match, Esme Blackshaw, and well done to the whole team for their excellent teamwork, determination and effort.

Thank you for your continued support.

Yours sincerely

M. Hattersley.

Miss M Hattersley
Headteacher

WELLBEING / SAFEGUARDING INFORMATION

Contact Telephone Number for Parents
The school office will be open during normal school hours: 01943 883000.

If you are outside of school hours or it is a holiday and you have a concern you can ring the local authority social worker team directly.

- Leeds Children's Social Work Services Emergency Duty Team on 0113 535 0600. Further information can be found on the Leeds local authority website.
- Bradford Children's Social Work Services Emergency Duty Team on 01274 431 010. Further information can found on the Bradford local authority website.

NSPCC Helpline
You can contact the NSPCC Helpline by calling 0808 800 5000 or emailing help@NSPCC.org.uk
The NSPCC Helpline is currently available 10am–4pm Monday to Friday, however callers may experience voice distortion due to technical difficulties. You can email help@NSPCC.org.uk at any time for free. You don't have to say who you are. If the NSPCC haven't responded to you and your concerns for the safety of a child increase, please contact the police or local Children's Services directly (as noted above). Please be assured that the NSPCC action all contact received via their Helpline.

NHS ChatHealth (chathealth.nhs.uk)
ChatHealth enables young people to access support and advice regarding various emotional health and wellbeing concerns. To find out more information about ChatHealth and how to access the support please use the above link. ChatHealth also offer a Text Service 07520 619750 (8.30am – 4.30pm Monday to Friday) 11-19 year olds. Mental Health/General Health enquiries.

Young Minds Crisis Messenger - Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help, texts are free to YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Wellbeing and Emotional Support
The following resources are available to support students:

- Time for Young People - Time For Young People is a free emotional wellbeing service for young people aged 11 to 18 in Leeds.
- **Kooth:** Young people aged 10-18 are fortunate to have the Kooth service available to them. Kooth is an **online** mental health community where you can access **free, safe and anonymous support**, commissioned by Leeds NHS Clinical Commissioning Group. Further information on Kooth can also be found on our website under the Personal Development section of each Year Group Shell.
- **MindMate:** Emotional Wellbeing and Mental Health. Online (https://www.mindmate.org.uk/) and via telephone 0300 555 0324.
- **Teen Connect:** Emotional support over the phone, through text messages, or online to young people in Leeds aged 11-18. They are open from 3.30pm -2am Monday - Friday, and 6pm - 2am on a Saturday and Sunday.
  By phone: 0808 800 1212
  By text: 0771 566 1559
  Online: www.teenconnect.org.uk
  Instagram: @lslcs_teenconnect or visit https://www.instagram.com/lslcs_teenconnect/
  Facebook: @TeenConnectLeeds https://www.facebook.com/TeenConnectLeeds/

Teen Mental Health – A Guide for Parents
https://www.mytutor.co.uk/blog/parents/teen-mental-health-a-guide-for-parents/

Safer Leeds - Domestic violence and abuse (leeds.gov.uk)

Safeguarding Resources/Information
The following resources, highlighted by the Leeds Safeguarding Team, are also available for parents:

- NSPCC Keeping Children Safe Online provides a useful guide to social networks, apps and guide.
- National Online Safety have produced a series of top tips guides to support remote learning for Parents, Children and Teachers
- Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline for different age groups and parents.
- Childnet has produced a Parent and Carer Toolkit which is a collection of three resources designed to help you talk to your child about their online life, manage boundaries around family internet use and point you in the direction of where to get further help and support.