



NOT ALL HEROES WEAR CAPES! There are over 3,000 Young Carers in East Sussex and, according to BBC research, there could be another 11,000 hidden Young Carers! It is important that Young Carers know that they are not alone in their caring role.

At St Catherine's College, we know how hard our Young Carers work, and how amazing they are at helping to support their families at home. If you are the parent of one of these heroes or know someone who is, please let us know so we can make sure that we are doing our best to support them here in school. We want to help! Please contact me (Kerry Guppy) in confidence on 01323 465438 or kguppy@stcatherines.college

**We can help, support and celebrate our St Catherine's Heroes!**

Being a Young Carer can have a negative impact on a young person, such as low confidence and self-esteem; low educational attendance and attainment; and poor physical and mental health. It is East Sussex Young Carers' aim to reduce the negative, and highlight the positive, impact of being a carer, such as increased resilience, empathy, non-judgemental attitude and caring nature.

<https://www.imago.community/Children-and-Young-People/East-Sussex-Young-Carers>

Kerry Guppy, Assistant Headteacher

YEAR 7 HISTORY

Year 7 students Evie, Emily and Eden were proud to show Mr Berhane their projects for History. How amazing are these models of Norman Motte and Bailey castles. Well done!



YEAR 11 PROM FAYRE

Last Thursday, we hosted a Prom Fayre for Year 11 students. Local businesses, Belle en Soi Beauty Salon, NX Photography and Bibbity Bobbity Boo, (with pre-loved dresses and suits for hire) were invited along to showcase their merchandise.

The highlight of the evening was a fashion show featuring dresses from Our Little Secret Bridal/Prom Dress Shop and suits from Dickies Menswear, modelled by some of our Year 11 students. Raffle tickets were on sale with some great prizes including discount vouchers for prom dresses; a free gel manicure; and '£5 off' prom tickets. This year's Prom will be held on Thursday 2 July at the Cavendish Hotel in Eastbourne.



COLLEGE SERVICE



Parents and pupils are invited to join us at St Catherine's for a College Service (Eucharist) in the School Chapel on Ash Wednesday (26 February) at 3.30pm.

If you would like to attend, please email sschaaf@stcatherines.college. You will be very welcome.



## ENGINEERING CHALLENGE

On Friday 24 January, four of our year 7 pupils, along with a member of staff, travelled to Bede's School to take part in the annual Engineers Challenge, which has now been running for 27 years.

Although they had been given no idea of what this challenge would entail, nor what would be expected of them, our team travelled to the event filled with boundless enthusiasm and an eagerness to do well.

Competing against six other schools from the Eastbourne area, the teams' challenge was to use the power of pneumatics and hydraulics to build and operate a robotic arm. This had to be a working model capable of picking up objects with the purpose of moving them from one position to another and then stacking them.

The difficulty of this challenge was not only in the fact that they had construct the arm but, to operate it in the manner that the challenge demanded, required all four of the contestants to work together so as to control different functions of the operation at the same time. This required exceptional teamwork from the four children who had never worked in such an environment before.

Despite stiff competition from the other six teams in the competition, our St Catherine's team, 'The Fantastic Four', achieved top marks and were awarded the trophy for 2020. This is currently on display in Visitor Reception.

Each pupil received a personal certificate and small prize whilst the School received the trophy for this year; a certificate of achievement; and a building kit that can be used by other pupils to experiment in building a model based on the original challenge.

Our team were incredible representatives for our school and both staff and pupils of St Catherine's College are very proud of them. Huge congratulations on their tremendous achievement!



## YEAR 7 ENGLISH HOMEWORK

Congratulations to Year 7 pupil, Joshua Port, who wrote a very inspiring poem for his English Language homework and we thought we would share it:

### REALISATION

Running after the horizon;  
the wind rushing by.  
Attempting to avoid past mistakes:  
Things I do not want to live by.

Running after the horizon;  
the feeling of anxiousness lingering,  
Dodging quiet whispers  
and the shame emitted from others: hindering!

Running after the horizon;  
the truth draws near.  
A rush - an epiphany:  
I needn't fear.

Running after the horizon;  
there is no need for anxiousness.  
There is only one cure  
AND that is: open-heartedness.

## ECO COMMITTEE TRIP

The Eco Committee were recently invited to have a tour of Kings Academy, a long established eco school. We were shown the wind turbine, bio mass boiler, solar panels and ground heat boiler and discussed lots of other issues such as waste and recycling and conserving energy. We found it very interesting and are excited to plan what we can do at St Catherine's.





## PRE-LOVED UNIFORM SHOP

Our next pre-loved uniform Sale will take place at Year 11 Parents' Evening on Wednesday 12 February from 3.30pm.

If you have any unwanted school uniform, including PE kit, that you would like to donate, please drop it into Student Services or Visitor Reception.



## TOP HOUSE POINT ACHIEVERS



### Year 7

Logan Adams **461**  
Phoebe Gaskell **432**  
Nikitas Tarasidis **421**  
Erin Cameron **406**  
Melody Capehorn **401**

### Year 8

Asha Reid-Wills **395**  
Amberley Connor **362**  
Jasmine Adsett **344**  
Stephanie Brown **310**  
Eve Ward **307**

### Year 9

Naomi Fraiss **428**  
Elizabeth Finn **405**  
Grace Boyd **368**  
June Maunga **363**  
Emily Duckett **344**

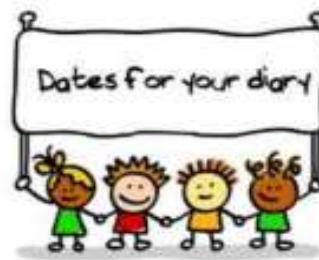
### Year 10

Ailsa Cameron **484**  
Berrie Robertson **476**  
Seth Archibald **425**  
Amber Matthews **413**  
Danniella Primmatt **409**

### Year 11

Katherine Pawley **542**  
Hannah Cheeseman **500**  
Lois Hilton **407**  
Mia Lozinski **397**  
Jasmine Ramazannejad **385**

## DATES FOR YOUR DIARY



### February

12 Y11 Parents' Evening, 3.30pm - 7.00pm  
14 End of Term 3  
22-25 Y8 & Y9 Spanish trip to Andalucia  
24 Start of Term 4  
24 Y11 Assessment Fortnight begins

### March

2 Y8 Assessment Fortnight begins  
6 Y9 Booster Vaccinations  
19 School Production  
20 School Production  
24 Y7 Parents' Evening, 3.30pm - 7.00pm

### April

3 Last Day of Term 4  
20 First Day of Term 5  
21 Y9 Parents' Evening, 3.30pm - 7.00pm  
24-26 DofE Silver Practice Expedition  
25-26 DofE Bronze Practice Expedition  
29 Y8 HPV Vaccinations  
30 Y8 Parents' Evening, 3.30pm - 7.00pm

### May

6 Y10 Parents' Evening, 3.30pm - 7.00pm  
8 Bank Holiday  
22 Last Day of Term 5  
23-27 Y8 & Y9 Italy Cultural Trip

### June

1 First Day of Term 6  
15 Y10 Assessment Fortnight begins  
15-19 Y8 Bushcraft Residential Trip  
19 Town Sports  
21-25 CCF Summer Camp  
26-29 Y9 French Immersion Trip  
29 Y10 Work Experience Week starts  
30 Y6 Induction Evening

### July

2 School Prom at The Cavendish Hotel  
3 Y10 Work Experience Week ends  
4-5 DofE Bronze Qualifying Expedition  
7 Y6 Taster Day  
8 Y6 Taster Day  
10 Sports Day  
17 Last Day of Term 6  
20 INSET Day



# Young carers: Who are they? What do they do?

## Who are young carers?

A young carer is someone **under 18** who regularly helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

## How many young carers are there?

- There are about **700,000** young carers in the UK. (BBC 2010)\*
- That's about **1 in 12** secondary aged pupils.
- There are likely to be young carers in every school and college.

\*The Census identified over 200,000 young carers, but many remain hidden.



## Who do young carers care for?

Young carers care for someone:

- With an illness or disability.
- With a mental health condition.
- Who misuses drugs or alcohol.

## What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give someone their medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

## Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for the person they help look after.

## Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress.
- In a survey, 39% said that nobody in their school was aware of their caring role.
- 26% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.

But young people can learn lots of useful skills by being a young carer.



## Which one is the young carer?



Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

## The average age of a young carer

# = 12

“Don't stereotype us, we are all individuals.”  
Young carer

**1 in 3** young carers spend between 11–20 hours each week caring.



## Information and support

[www.youngcarers.net](http://www.youngcarers.net) (18 and under)  
[www.youngcarersmatter.org](http://www.youngcarersmatter.org) (16-25)  
[www.makewav.es/YCIF](http://www.makewav.es/YCIF)