



Parent Newsletter

18th September 2026



What a fantastic week it has been at Bishop Douglass. Our Open Evening on Wednesday was a resounding success and we could not be prouder of our exceptional pupil guides and departmental helpers. They represented the school with maturity, warmth and enthusiasm, earning praise from visitors for their professionalism and courtesy. A massive thank you to everyone, students, staff and families, who contributed to making the evening such a triumph.

Looking ahead, we're excited to invite you to our Curriculum Showcase on Thursday 15th October. If you have a child in Year 6, or know someone who does, this is a wonderful opportunity to experience a Bishop Douglass lesson in action and get a real sense of the dynamic learning environment we offer. Please do spread the word.

As we enter our third full week of term, it's been a real pleasure to see our school community quickly settling back into routine. Our Year 11–13 interventions are in full swing, after-school clubs have now started and our calendar is already filling up with a variety of sporting fixtures and enrichment opportunities. You will find a full list of clubs and extra-curricular activities on page 6 of this newsletter, we encourage every student to get involved.

To help keep this positive momentum going, we kindly ask for your continued support at home. Please check that your child is fully equipped for the day ahead, this includes having the correct books, a reading book and any necessary stationery. It is also important they are using their journals to record homework and key reminders.

A reminder that our Evening Prep runs from 3:15 to 6:00pm, Monday to Thursday, with a hot meal served at 5:40pm. This is an excellent opportunity for students to complete homework, revise and prepare for upcoming assessments with the support of staff. There are dedicated study spaces are provided for Year 11 and Sixth Form students. Pupils do not need to attend every day, and they are free to leave early with your prior agreement. We strongly encourage students to make the most of this valuable resource.

Looking ahead, Year 11 students will sit their first English and Maths mock exams week beginning the 28th. Please encourage your child to spend some time revising over the weekend, every bit of preparation counts.

Thank you for your continued partnership.

Wishing you a restful and enjoyable weekend.

***Mrs Henderson,
Headteacher***



The Weekly Focus

Good Manners Focus

Focus of the week: Being Considerate

Why it matters:

- Makes others feel valued
Thinking about how your words and actions affect others help create a kinder and more respectful community.
- Creates a positive environment
Small acts of consideration can make classrooms, corridors and social spaces more enjoyable for everyone.

Challenge: "Think of Others"

This week, look for one opportunity to be considerate. This could be letting someone go first, holding a door open, including someone or helping someone who needs it.

Virtue of the Week

Virtue of the week: Humility

This Gospel reminds us that humility begins with recognising how much we ourselves depend on God's mercy. The servant receives forgiveness for a debt he could never repay, yet fails to show the same mercy to another. As a school community, humility invites us to recognise that we all make mistakes and need forgiveness. May we have the humility to acknowledge our own shortcomings, the courage to apologise, and the generosity to forgive others as God forgives us.

Prayer:

Dear Lord,
Merciful Father, we thank you for your endless love and forgiveness. Forgive us for the times we have wronged others, and help us to forgive those who have wronged us. Give us humble hearts to say, "I am sorry," and generous hearts to say, "I forgive you." Help us to follow the example of your Bishop Douglass Catholic School [In Pursuit of Excellence] Son, Jesus, and bring peace, reconciliation and kindness to our school community. We ask this through Christ our Lord.
Amen.

PSHE Focus of the Week

PSHE Theme of the week: Diversity, Prejudice and Stereotypes

This is the second week of Diversity and inclusion as the theme for PSHE. Prejudice is an unfair opinion about someone because of their background. Stereotypes are general beliefs about groups that may not be true. Diversity means accepting and respecting people from different backgrounds. This is important because it helps create a fair, respectful and inclusive society where everyone feels valued.

Thinking Question:

What are the benefits of living in an inclusive society?

Word of the Day

Monday: Fraught

Causing or having extreme worry or anxiety.

Tuesday: Pertinent

Relating directly to the matter being discussed or thought about.

Wednesday: Abstract

Existing as an idea, feeling or quality, rather than a material physical object.

Thursday: Flotsam and Jetsam

Pieces of broken wood and other waste materials found on the beach or floating in the sea.

Friday: Mercurial

Changing suddenly and often

A reminder that these should be written down in the journal in the space provided this week.

Learning in Action

Introducing Our Top Team

Meet our Sixth Form Top Team, a group of student leaders who play an important role in representing the student body and supporting our wider school community. Through their leadership, ideas and involvement in school life, they help make a positive difference and ensure that students' voices are heard.



PREPT Foundation Workshop

We were delighted to welcome chefs Harriet and Jade from the PREPT Foundation for two fantastic practical workshops with our Year 9, 10 and 11 Hospitality & Catering students. The PREPT Foundation works to inspire and support young people through food, hospitality and industry-led experiences, helping students develop practical skills, confidence and an insight into careers within the hospitality industry. The students had the opportunity to practise a range of complex culinary skills while preparing chicken schnitzels from scratch, served with homemade mayonnaise, homemade onion pickles and a fresh tomato & pepper salad. It was a brilliant opportunity for our students to build their confidence and practical skills as they prepare for their Hospitality & Catering practical exams. The students absolutely loved the experience.

A huge thank you to Harriet, Jade and the PREPT Foundation for giving our students this wonderful opportunity and sharing their expertise with us.



Other News and Updates

Open Evening Success

Bishop Douglass School open evening was a great success, with many families coming along to see what our school has to offer. Visitors had the opportunity to explore the classrooms, meet teachers and speak to current students about their experiences.

There were lots of activities taking place throughout the evening, including demonstrations in science, displays of students' work and practical activities in different subjects. Staff and students were available to answer questions and provide information about school life, clubs and opportunities.

The evening was a welcoming and enjoyable event, and we would like to thank all the staff, students and families who helped make it such a success.



Other News and Updates

Please see additional attachment for Instrumental lesson timetable for the week beginning September 21st.

TOP 10 BD MERIT EARNERS THIS WEEK ARE:

Jasmine C - 11 pts
Yashwant N - 8 pts
Meklit A - 7 pts
Adaugo U - 6 pts
Vivan A - 5 pts
Raphaella F - 5 pts
Fatimat F - 5 pts
Setare H - 5 pts
Jacob I - 5 pts
Daisy I - 5 pts

Keep up the superb effort!

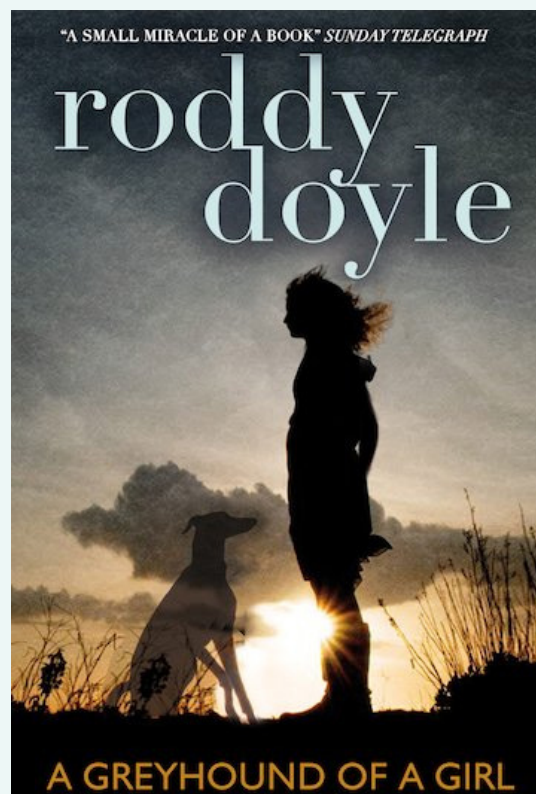
Club of the Week: ...

Watch this space for exciting announcements and pictures from the nominated clubs of the week in the future.

This week we are still getting our clubs up and running so be sure to have a look at the next page and find a club that works for you!

Any questions about clubs, please speak to the teacher listed with that club below. We look forward to seeing you soon.

Book of the Month:



Two-year-old Mary's beloved grandmother is near the end of her life. Letting go is hard—until Granny's longdead mammy appears. Her ghost has returned to help her dying daughter say goodbye to the ones she loves, but first they will embark on a road trip to the past.

Drop Everything and Read will be on the 23rd of September during module 2.

Advance Notice that the next PTA coffee morning will be on the 24th of October



Club Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Early Risers Indoor Football 07.15 – 8.00am (Mr. O'Brien)	Early Risers Indoor Football 07.15 – 8.00am (Mr. O'Brien)		Early Risers Indoor Football 07.15 – 8.00am (Mr. O'Brien)	Early Risers Indoor Football 07.15 – 8.00am (Mr. O'Brien)
Lunch	Maths Club Mr Manley A2.1	Maths Club Mr Manley A2.1	Maths Club Mr Manley A2.1	Maths Club Mr Manley A2.1	
	Well-Being Room Ms Motisi T0.12	Well-Being Room Ms Motisi T0.12	Well-Being Room Ms Motisi T0.12	Well-Being Room Ms Motisi T0.12	Well-Being Room Ms Motisi T0.12
	Moment for Jesus Mr Laroza D0.2	Moment for Jesus Mr Laroza D0.2	Moment for Jesus Mr Laroza D0.2	Moment for Jesus Mr Laroza D0.2	Moment for Jesus Mr Laroza D0.2
	Dodgeball Y7 Only	Solo Singing Club Ms Halberstam E0.6	Art Club Ms Santos T1.3	Philosophy Film Club Sixth form led D0.2	KS5 Multisports Y12 and 13 ONLY
	Geography Society Ms Ellenby B1.4	Fitness Suite Use Ms Green	Fitness Suite Use Ms Green	Book Club Ms Rusznyak D0.1	Fitness Suite Use Fitness Suite
	Anime Club Mr Asaro A.12	Computing Club Ms Sandhu C2.1	EAL Homework Club Ms McBean D0.5	KS3 Drama Club Ms Holland E0.4	F1 Club Mr Sawhney S0.9
	Persian Language Club Ms Hashemifakhr S0.2	Spanish Cinema Ms Navarette A3.3	Volleyball Sports Hall	Ukelele Club Ms Haswell E0.6	Pokemon Club Mr Bile C2.2
PM	KS5 Film Club Sixth form led D0.7	Badminton and Pickle Ball Sports Hall	Law Society Mr Harris B1.3	UNO Club Ms Hopwood C2.2	History Society Mr Harris B1.3
	STEM/Medicine Club Mr Marsden S0.9	Science Club S0.3	Chess Club Mr Laverty S0.3	KS3/4 GIRLS ONLY Multisports Ms Green Fitness Suite	Music Production Club Ms Halberstam E0.6
				GIRLS ONLY Cricket Club Ms Afzal Sports Hall	The Forum KS3 ONLY Sixth form led E0.5
					STEM/Medicine Club Y12 and 13 ONLY Mr Marsden S0.9
	KS3 Evening Study 3.15 – 5.45pm Library	KS3 Evening Study 3.15 – 5.45pm Library	KS3 Evening Study 3.15 – 5.45pm Library	KS3 Evening Study 3.15 – 5.45pm Library	
	Table Tennis Club Mr Osman Covered Area	KS3 Boys Football Field	Musical Theatre Club Ms Holland E0.4	Choir Ms Morrison E0.6	Chess Club Mr Croasdale & Mr Carter S0.3
	KS3 Mixed Basketball Mr Bile Sports Hall	Rock and Pop Band Club Ms Halberstam E0.4	KS3 Girls Netball Netball Courts	Cooking Club Ms Ringe T0.1	
PM	KS3 Girls Football Ms Green Field		Mixed Cricket Club Mr Harris Sports Hall	Chess Coaching 3:15 - 5pm Mr Garfield Mr Carter S0.3	
			Table Tennis Club Mr Osman Covered Area	Debate Mate Ms Ellenby B1.4	
				KS4 Boys Football Week B Only Field	
				KS4 Multisports Week B Only	
				KS4 Mixed Basketball Week B Only Mr Bile	



WHAT ARE E CIGARETTES?

Electronic cigarettes are also known as e-cigarettes or vapes. They heat a liquid that becomes a vapour people can breathe in.

They usually contain nicotine, which is the addictive chemical in cigarettes. E-cigarettes do not contain tobacco, which is the harmful part of cigarettes that causes cancer.

E-cigarette devices vary greatly and are evolving rapidly. There are a variety of vapes that differ according to technology and how they are designed to be used.

DISPOSABLE VAPES

These are the latest version of disposable e-cigarettes, often shaped like pods. These are meant to be discarded once all the e-liquid has been used (single use). Sellers offer a wide variety of flavours, colours and can be easily concealed.

VAPE PENS

Users can vary e-liquid formulations in accordance with their preferences. Some pens use pre-filled cartridges while others allow users to refill them.

TANK SYSTEMS

Users can control and adjust almost every element of the user's experience, including liquid formulations and battery power.

VAPE PODS

A relatively new version of e-cigarettes. Pods use nicotine salts, that provide higher doses of nicotine. This device often looks like a USB stick allowing users to hide them with ease.

CONSEQUENCES OF VAPING

Do you know what's in your vape?

There is growing evidence that SAFE vapes are getting harder and harder to spot. As a result, there are a growing number of tragic incidents of people passing out, being hospitalised, and even dying as a result of inhaling something which they didn't expect. The evidence shows us that using cannabis of any kind is potentially much more harmful for young people.

So even if your vape is natural THC, it might make you feel unwell. Authorities are discovering an increase in the number of vapes laced with synthetic substances, or spice.

**THIS CAN BE
EXTREMELY HARMFUL**

What is spice?

Synthetic cannabinoids, or spice, are synthetic substances which have been made to mimic the effects of cannabis. However, they are often much more harmful and unpredictable than cannabis. These are frequently found in vapes which people buy online or come in official-looking and attractive packaging, so they appear safe.

Many people experience unpleasant symptoms when they take spice, including extreme anxiety, paranoia and acute kidney issues among other effects. There is no safe way to take spice. The strength of these substances varies widely.

Cannabis is illegal

Even though it's common, it's worth remembering that cannabis is still illegal. And it is illegal for a reason. It can have potentially serious effects, especially for young people, including mental health issues, nausea and psychosis. The best way to keep yourself safe, is not to use it at all.

It is already illegal for under-18s to purchase vapes. Young people should never be allowed to access vapes, but illicit devices are flooding in from countries like China, as can be seen in shops on every high street. It is for the authorities to ensure that laws are strictly enforced.

Report that your vape isn't what you thought it was. If you think your vape has something in it which you didn't expect or that isn't on the box, let us know. It is important.



**METROPOLITAN
POLICE**



Addiction | Diversion | Disruption | Enforcement | Recovery