

St. Augustine's Catholic Voluntary Academy



LET ALL THAT YOU DO BE DONE *in love*
1 CORINTHIANS 16:14



Headteacher: Mrs J. Oliver

Phone: 01780 762094

Website: www.st-augustine.lincs.sch.uk

Address: Kesteven Road, Stamford, Lincs PE9 1SR

A MESSAGE FROM OUR HEADTEACHER, MRS OLIVER

It has been another busy week at St Augustine's. I have had the opportunity to visit classes and see all the wonderful learning that has been going on. We have had a particular focus on handwriting since the beginning of term, and it is encouraging to see so many improvements in the presentation of the children's work. We hope that, as parents, you will spot these improvements too when you have the opportunity to look at your children's work during our parent evenings in a couple of weeks' time.

Our week began with the first of our parent drop-ins. It was wonderful to see so many parents dropping in for a coffee and a chat. The Early Intervention Team gave a short presentation before spending time talking with parents and discussing individual cases. We all know that parenting is not always an easy task, and there are times when we all need a little support. If you ever feel that you or your family would benefit from some additional help or advice, please do not hesitate to speak to your child's teacher or come along to one of our drop-in sessions. We are always here to listen and support you.

October and May are special months in our school when we focus particularly on Mary, giving our children opportunities to learn more about her life, her faith and her example of trust in God. Mary also experienced many of the emotions and worries that parents experience today. We are told in Scripture that she worried about Jesus when He went missing and was eventually found in the Temple. Mary experienced the very human fear and anxiety of not knowing where her child was. She did not always understand everything that Jesus did, but she loved Him, cared for Him and continued to trust in God.

Perhaps this is one of the reasons Mary is such an important figure for families. She understands the joys and the worries of being a parent. She reminds us that parenting does not come with all the answers, but that love, faith, patience and trust can guide us through the difficult moments.

Throughout October, we will gather together as a school community to pray the Rosary in the hall. This will be a special opportunity for our children to come together in prayer, reflect quietly and ask Mary to pray for us and our families.

Through our prayers and reflections, we hope that pupils will grow in their understanding of Mary as a loving and faithful disciple who said "yes" to God and trusted in His plan.

Mary, Mother of God, pray for us and for all our families.

Mrs Oliver

St. Augustine's News | Issue 169 | 09.10.26



LET US PRAY

Hail, Mary, full of grace, the Lord is with thee; blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen.



HAPPY BIRTHDAY!

Happy birthday to Thomas from Sycamore Class - 6 today!

Happy birthday to Benjamin from Juniper Class - 11 on Sunday!

Happy birthday to Bella from Sycamore Class - 7 on Thursday!



We all wish you all a very happy birthday and a super time celebrating!

VIDEO GAMES: PEGI AGE RATINGS

It can be confusing when deciding whether a video game is age-appropriate for your child or not, especially for parents who aren't gamers themselves. Age ratings are given to games for a variety of reasons based on the type of content the game depicts or includes.

PEGI stands for Pan European Game Information and is the most prominent video game age rating system in the UK and the EU. PEGI content descriptors are used so that consumers can quickly identify what content in the game has led to the game's age rating.

On page 7 of this newsletter you will see detailed information of each age rating alongside details of the content which will lead to such an age rating. This will help you make informed decisions on which games are suitable for your child.



ST. AUGUSTINE'S CATHOLIC VOLUNTARY ACADEMY

'Our Wonderful World'



House Art Competition

Let your imagination run wild for our next St. Augustine's House Competition - draw, paint, take a photograph; we want to see your amazing skills!

All entries will be accepted from Monday 19th October and will be exhibited in our school hall.



The winners will be decided by a vote on Thursday 22nd October - good luck!



OUR PARISH CHURCH

The Children's Liturgy takes place at the 9:00am Mass at our parish church, St. Mary and St. Augustine on Broad Street, Stamford.

All children are welcome to share in this opportunity to participate in their own Liturgy of the Word at Mass at an appropriate level for them.

Please [click here](#) to read weekly newsletters from our Catholic Parish of Our Lord Jesus Christ, Eternal High Priest, by Rutland Water (formerly the Catholic Parish of Stamford, Saint Mary and Saint Augustine).

ST. JOSEPH'S CATHOLIC CHURCH, OAKHAM - HOLY MASS LIVE STREAM

For those who are unable to get to Mass in person, for one reason or another, you can now watch all Holy Masses and other services and liturgies online from St Joseph's from your home computer or mobile device. View Mass schedules and connect to the live stream [here](#) while St. Joseph's church is celebrating Holy Mass or other services are being held.

If you'd like to follow and respond in the Mass but are unsure of the words, download this PDF '[Order of Mass](#)' document which contains all of the responses.



BOURNE & DEEPING R.C. PARISH

Please [click here](#) to read weekly newsletters from our friends at the Bourne and Deeping Roman Catholic Parish.



WORLD MENTAL HEALTH DAY - 10TH OCTOBER 2026

World Mental Health Day, also known as National Mental Health Day, is dedicated to promoting the understanding of mental health education, awareness, and advocacy. It's important to raise awareness of mental health conditions and ensure that communities recognise the part each person has to play in creating a mentally healthy society. World Mental Health Day is a great opportunity to do this.

We all have mental health, just like we have physical health. Mental health is a person's condition with regard to their psychological, emotional and social wellbeing. This can affect how we think, feel and act. It's important to take care of our mental health: nurturing what's good for us and limiting things that have a negative impact on our mental health. During World Mental Health Day, we can take the time to reflect on how we can best take care of ourselves. Most people will need some mental health support during their lives.



Tips for looking after your mental health:

Making sure you look after your mental health is just as important as looking after your physical health. Here are some suggestions that everyone can try, to help manage stress and look after your mind.

- 1. Spend time with or in nature.** You may go to a local park, find a tree-lined street to travel down; visit a nature reserve or go to an allotment or garden. Spending time in natural surroundings or with animals is proven to reduce feelings of stress and anxiety and improve your mood.
- 2. Practise meditation or mindfulness to find calm and restore.** There are lots of ways to include mindfulness in your day — you can take time to focus on your breathing or try out mindfulness colouring.
- 3. A few times a week, take time to move.** Mind and body are one; so, whether it's going for a walk, climbing, swimming or attending a yoga class, movement is a great way to de-stress, increase feel-good hormones and improve your overall health.
- 4. Have a digital detox.** Phones and social media can cause us to feel anxiety and pressure. Taking some time away from technology, whether it's short breaks away from your phone or a day when you limit all technology, can be really helpful for reducing stress and worry.
- 5. Talk it out.** If you're ever worried about your mental health or start to feel like you're becoming stressed or anxious, talking to someone you trust, such as a friend or family member, is a great way to calm yourself down and look after yourself.

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SAFEGUARDING

If you have any concerns about a child, or if you need help and support, please don't hesitate to contact our Safeguarding team:

Designated Safeguarding Lead: Mrs Oliver

Deputy Designated Safeguarding Lead: Mrs Worrick

Deputy Designated Safeguarding Lead: Mrs Taylor

The Safeguarding team can be contacted on 01780 762094 or by email: enquiries@st-augustine.lincs.sch.uk

If you believe that a child or adult may be a victim of neglect, abuse or cruelty, you can also contact the Lincolnshire County Council Safeguarding Team:

- Children's safeguarding - 01522 782111 (Monday to Friday, 8am to 6pm)
- Adults safeguarding - 01522 782155 (Monday to Friday, 8am to 6pm) or 01522 782333 (outside office hours)



E-SAFETY WITH ALAN MACKENZIE

For Parents - Helping Parents Navigate Online Gaming

LGfL has published a useful new guide for schools on helping parents understand online gaming.

The advice is practical rather than technical. It encourages parents to:

- ask what their child is playing;
- check whether games are age-appropriate;
- talk about who their child plays with;
- discuss what information should not be shared;
- agree rules around spending;
- talk about bullying and what to do if something goes wrong;
- review safety settings together;
- agree reasonable limits around play.

The guidance also makes an important point about age ratings: a higher PEGI rating does not mean a game is more difficult — it means the content may be less suitable for younger children.

This is a useful resource to share through newsletters, parent pages or online-safety sessions.

Link:

[LGfL – Helping Parents Navigate Online Gaming](#)

For Parents - Gaming Safety for Neurodivergent Children

Online gaming can provide friendship, enjoyment and a strong sense of community for neurodivergent children, but some children may also need extra support around social cues, scams, communication, rules and recognising when an interaction is becoming unsafe.

Internet Matters has produced a practical guide for parents and carers of neurodivergent children, with advice on supporting safe and positive gaming experiences.

It is particularly useful because it recognises the benefits of gaming rather than treating gaming itself as the problem.

Link:

[Internet Matters – Gaming and Neurodivergent Children](#)

Online Safety Weekly Update

Alan Mackenzie
Online Safety Specialist



EXTRA-ORDO-NARY 'WORD OF THE WEEK'

Next week's word is 'Respect'.

Respect is essential for all people. When we respect others, we are acknowledging their worth and dignity. We are also showing them that we value their opinions and feelings. Respect is a key ingredient in building strong relationships, and it is essential for creating a just and peaceful world.

Make an effort to be respectful of the people and places that you encounter this week.

EXTRA
+ORDO
NARY+



ATTENDANCE

Our whole school attendance this week was 93.7%

Our attendance by house is as follows:

Matthew - 90.19%

Mark - 98.15%

Luke - 92.96%

John - 95.61%

Being around teachers and friends in a school environment is the best way for pupils to learn and reach their potential. Time in school also keeps children safe and provides access to extra-curricular opportunities and pastoral care.

For more information, please visit the gov.uk website [here](https://www.gov.uk),

MOMENTS
MATTER.
ATTENDANCE
COUNTS.

"From the first day of term to the last, the small moments in a school day make a real difference to your child.
#AttendanceCounts"



NEW SCHOOL MEAL PROVIDER - ASPENS!

Following on from my email last week about the exciting news regarding our new school kitchen and meal provider, we are pleased to share our new school meal menu (week 1 menu shown on the right).

You can start to place your orders now on your Arbor app ready for the start of Aspens taking over our school meal provision after half term. Please also continue to place your orders for meals before half term with our current provider, Ideal.

When ordering, please make sure you check the dates shown in the top left-hand corner of the menu to see whether the week ahead is Week 1, Week 2 or Week 3. The menu then follows this three-week rotation.

We will also share the menu for the upcoming week in our weekly school newsletter to make it easier for you to see what is being served.

If you have any questions or experience any problems when ordering meals through Arbor, please contact the school office, who will be happy to help.

We hope the children enjoy the new menu!

-Mrs Coleman

LUNCHTIME					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PRIMARY TRADITIONAL
Macaroni Cheese	BBQ Pulled Pork with Rice	Roast Chicken and Stuffing, Skin on Roasties and Gravy	Lasagne	Golden Fish Fingers or Salmon Fingers and Chips	
Beanie Sweet Corn Burrito with Wedges	Butterbean Jambalaya with Rice	Roasted Broccoli and Pepper Tart, Skin on Roasties and Gravy	Veg Lasagne	Pizza Pocket with Chips	
Roasted Root Veg	Broccoli and Sweetcorn	Carrots and Peas	Mixed Salad	Baked Beans and Peas	
Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	
Sweet Potato Chocolate Brownie	Strawberry Jelly	Sticky Banana Pudding and Custard	Sugar Free Fruity Out Squares	Carrot Cookies	



REMEMBERING GEORGE HETHERINGTON

We were so very sad to hear the news that our friend George Hetherington has passed away.

George was, quite simply, one of those people who made a difference. A local hero who saw people who needed help and simply got on with doing something about it. George was a gentleman; a champion of people, of community and of doing the right thing.

Many in Stamford will know George through Second Helpings, which he founded to rescue surplus food and make sure it reached people who needed it.

In 2022, he established George's Food Hub, with the very first Hub opening here at our school. It feels particularly special to know that our school was the starting point for something that went on to grow so much. As the need grew, so did George's Food Hubs, spreading into other schools and communities across Stamford.

Just two years later, George's Food Hub had provided food for more than 54,000 people. Those numbers are extraordinary, but what matters even more is what they represent: thousands upon thousands of families, children and individuals who were treated with dignity, kindness and a smile.

Even as George's own health declined, his smile never seemed to. He was always warm and welcoming, and he was particularly wonderful with the children who visited the Hub. He had time for them, he chatted to them, and he made people feel comfortable and cared for.

And perhaps that is George's greatest legacy.

Reading the hundreds of tributes being shared across social media and in the local press this week, it is clear just how many lives George touched. People have their own stories of him, their own memories, their own reasons for being grateful that he was part of their lives.

His legacy cannot be measured in the amount of food he rescued or the number of people he helped. It is measured by the community he helped build, the volunteers he inspired, the warm welcome at the hubs and the countless people who were supported by his determination to make sure that nobody went without.

George didn't just rescue food. He helped people. He brought people together. He created a sense of community. He saw a need and did something about it; and he did it with such kindness - a true humanitarian.

It is impossible to think about George without mentioning his beloved Newcastle United. We suspect there will be plenty of conversations about the Toon in his honour.

We feel very lucky that George's journey with the Food Hub began here at our school, and that so many of our children had the chance to know him and his kindness.

Our thoughts are very much with George's wife Jan, their family and all those who loved him, at this incredibly difficult time. Stamford has lost a very special man. But what a legacy he has left behind.

Thank you, George, for everything you did for our community, and for showing us that sometimes the biggest difference starts with simply looking after the people around us...and doing it all in love.



*Bless those who mourn, eternal God,
with the comfort of your love
that they may face each new day with hope
and the certainty that nothing can destroy
the good that has been given.
May their memories become joyful,
their days enriched with friendship,
and their lives encircled by your love.
Amen.*



2026 October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 OPEN DAY 10.00AM - 12.00PM	3	4
5	6	7	8	9	10	11
12	13	14 OPEN DAY 3.30PM - 6.00PM	15	16	17	18
19	20 Flu Vaccinations	21 Parents Evening	22 Parents Evening	23 School Photos Individual & siblings	24	25
26 HALF TERM!	27 HALF TERM!	28 HALF TERM!	29 HALF TERM!	30 HALF TERM!	31	

**ST. AUGUSTINE'S C.V.A
OPEN DAYS!**

Come and have a look around our lovely school!

Saturday 26th September 10am until 12pm
Come and explore our outside Woodland School!
(Bacon rolls and tea will be served)

Friday 2nd October 10am until 12pm
We would love to welcome you to see our school in action!

Wednesday 14th October 3.30pm until 6pm
Come and join us after the school day to chat with our staff about life at St. Augustine's!

APPLICATIONS FOR THE 2027 SCHOOL YEAR OPEN 15TH NOVEMBER 2026

**OCTOBER
MONTH OF THE
HOLY ROSARY**

**WITH MARY,
WE CONTEMPLATE
CHRIST**

Rediscover the Holy Rosary

- SHORT REFLECTIONS TWICE A WEEK**
Pause with Scripture and one of the Mysteries of the Rosary.
- SCRIPTURE**
Discover the Gospel at the heart of the Mysteries.
- ONE DECADE AT A TIME**
Pause. Reflect. Pray one decade of the Rosary.

Whether you pray the Rosary every day, haven't prayed it for years, or have never known where to begin — this October is for you.

Our Lady of the Rosary, pray for us.

THE MYSTERIES OF THE ROSARY

- Joyful Mysteries**
The early life of Jesus
- Luminous Mysteries**
The ministry of Jesus
- Sorrowful Mysteries**
The Passion of Jesus
- Glorious Mysteries**
Triumph & Glory

WANT TO RECEIVE THE TWICE-WEEKLY ROSARY EMAILS?
Sign up by contacting Carrie Ann in the Stamford Office
01780 762010
office.catholicstamford@dioceseofnottingham.uk

Age Restrictions for Video Games

3

PEGI 3

Games with a PEGI 3 rating are suitable for all ages.

They may have:

child-like settings

comical violence

language more suitable for young children

For example:

Just Dance

FIFA

DiRT Rally

Animal Crossing

7

PEGI 7

Games with a PEGI 7 rating are suitable for ages 7 and above.

They may have:

some scenes or sounds that could be frightening

mild forms of violence (non-realistic or with no detail)

For example:

Minecraft

Roblox

Among Us

Lego Series

For further information regarding the video game age restrictions mentioned in this resource, please see the official PEGI website.



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Age Restrictions for Video Games

12

PEGI 12

Games with a PEGI 12 rating are suitable for ages 12 and above.

They may have:

violence of a slightly graphic nature involving fantasy characters

suggestive activities or language

gambling

mild bad language

For example:

Sims

Fortnite

Dragon Ball FighterZ

Super Smash Bros. Ultimate

For further information regarding the video game age restrictions mentioned in this resource, please see the official PEGI website.



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16

PEGI 16

Games with a PEGI 16 rating are suitable for ages 16 and above.

They may have:

violence and adult content that looks like real life

bad language

scenes demonstrating the use of tobacco, alcohol or illegal substances

For example:

Marvel's Avengers

Battlefield 2042

Halo Infinite

Marvel's Spider-Man

Age Restrictions for Video Games

18

PEGI 18

Games with a PEGI 18 rating are suitable for ages 18 and above.

They may have:

extreme violence

explicit adult content

the glamorised use of illegal substances

For example:

Call of Duty: Warzone

Grand Theft Auto V

Far Cry 3 Blood Dragon



For further information regarding the video game age restrictions mentioned in this resource, please see the official PEGI website.

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Age Restrictions for Social Media Platforms

13

is the minimum age for account holders on these social media sites and apps.



X



Facebook



Instagram



Pinterest



Messenger



Tik Tok



Discord



Snapchat



Twitch



Yubo



Reddit



YouTube



BeReal

BeReal



Disclaimer: This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information.

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OCTOBER 2026 at MindSpace

ACTIVITY	TIME	LOCATION	
Bereavement Peer Support Group (weekly)	10am - 12noon	The Wellbeing Hub	Mondays
Wellbeing Chat (5 October)	10.30 - 11.30am	The Wellbeing Hub	
Bourne Autistic Support Group (12, 26 October)	11am - 1pm	Wake House, 41 North St, Bourne PE10 9AE	
Garden Help Out (weekly)	1 - 4pm	The Wellbeing Garden	
Parent & Carer Peer Support Group (5, 19 October)	12.30 - 2.30pm	The Wellbeing Hub	
Pilates (5, 12, 19 October)	4.15 - 5.15 pm	The Unity Centre, Stamford, PE9 2PR	
Improver Pilates - £5 booking fee (5, 12, 19 October)	5.30 - 6.15pm	The Unity Centre, Stamford, PE9 2PR	
FitNette Netball (weekly)	6.15 - 7.15pm	Stamford School Sports Centre, Conduit Road, PE9 1QQ	
Separating & Separated Parents Support Group (12, 26 October)	6.30 - 8pm	The Wellbeing Hub	
Playing With Words (19 October)	7.30 - 9pm	The Wellbeing Hub	Tuesdays
Boxing (non-contact) (6, 27 October)	10.15 - 10.55am	Impact Boxing Fitness, Unit 6, West St Business Park, Stamford PE9 2PL	
Recovery College sessions: (6 October)			
Overcoming unhelpful thoughts	10am - 12pm	The Wellbeing Hub	
Five ways to wellbeing	1 - 5pm	The Wellbeing Hub	
Informal Mindfulness (6, 13, 20 October)	11am - 12pm	The Wellbeing Hub	
Cooking with Confidence (weekly - waitlist booking)	5 - 7pm	Barn Hill Methodist Church hall	
Stamford Bumps (13, 27 October)	6.30 - 8pm	The Wellbeing Hub	
Ladies' Basketball (weekly)	7.40 - 8.40pm	Stamford Junior Knights, Unit 1, Costerton Rd Business Park, Stamford PE9 4EJ	
Sound Bath at the Unity Centre (6 October)	7.30 - 8.30pm	The Unity Centre, West Street, PE9 2PR	Wednesdays
Sketching with Karen Neale - £5 fee (14, 28 October)	10 - 11.30am	The Wellbeing Hub	
Garden Help Out (weekly)	10am - 12pm	The Wellbeing Garden	
Tea & Chat (weekly)	12.30 - 2pm	The Wellbeing Hub	
Chat & Chill (14, 28 October)	1 - 5pm	Royal British Legion Club, Burghley St, Bourne, PE10 9NS	
Parent & Carers Support Group (14 October)	6 - 8pm	The Wellbeing Hub	Thursdays
Hoarding Support Group (8 October)	10.15 - 11.45am	The Wellbeing Hub	
Tea & Chat (weekly)	12.30 - 2pm	The Wellbeing Hub	
Afternoon Yoga - £5 booking fee (weekly)	12.45 - 1.45pm	The Unity Centre, West Street, PE9 2PR	
Afternoon Walk (weekly)	1.30 - 2.30pm	Meeting at The Wellbeing Hub	
Makers Crafting (29 October)	2.45 - 4.30pm	The Wellbeing Hub	
Boxing (1, 22, 29 October)	6.00 - 6.50pm	Impact Boxing Fitness, Unit 6 West St Business Park, Stamford, PE9 2PL	
H1 listening (weekly - booking required)	6.30 - 7.15pm	The Wellbeing Hub	
Night Light Cafe (weekly)	7.30 - 9.30pm	The Wellbeing Hub	Fridays
MindSpace 5K Running Group (weekly)	9.30 - 10.15am	Stamford Rugby Club, Hambleton Rd, PE9 2RZ	
Jobs & Careers Drop-in (9, 23 October)	10am - 12noon	The Wellbeing Hub	
Family Hour at the garden (weekly)	11am - 12pm	The Wellbeing Garden	
Tea & Chat at the garden (weekly)	1 - 2.30pm	The Wellbeing Garden	Sunday
Sound Bath (11 October)	6 - 8pm	Ryhall Village Hall, PE9 4HR	

Book at mindspacestamford.com or call us on 07563 385273



Support Group

For separating or separated parents

Navigating parenting during or after separation.

A safe space to talk and receive practical guidance

Alternate Mondays

6.30 - 8pm

MindSpace, 6 Red Lion St, Stamford



F.O.S.A.

WE ARE A SMALL GROUP OF PARENTS WHO RUN OUR SCHOOLS PTFE TO RAISE FUNDS FOR EXTRA ENRICHMENT FOR OUR CHILDREN!

WE DO THIS BY ORGANISING EVENTS IN SCHOOL SUCH AS THE SEASONAL FAIRS, NON UNIFORM DAYS AND DONATION DRIVES, SECOND HAND UNIFORM SALES, BAKE SALES AND MORE.

WE THEN SPEND THIS MONEY ON OUR CHILDREN WITH WHOLE SCHOOL TRIPS TO THE CINEMA, CHRISTMAS GIFTS FOR ALL, EASTER EGGS FOR ALL, WHOLE SCHOOL PANTO TRIPS AND MUCH MORE!

WE ALWAYS NEED EXTRA HELP. PLEASE LET US KNOW IF YOU WOULD LIKE TO SUPPORT F.O.S.A.

FOLLOW US ON FACEBOOK

[CLICK HERE](#)

A NEW S.E.N.D SUPPORT GROUP
RUN BY PARENTS FOR PARENTS
OPEN TO ALL COMMUNITY SCHOOLS

Coffee Morning

GOOD DAYS START WITH GOOD COMPANY
JOIN US FOR A CUPPA STRAIGHT AFTER DROP-OFF ON A MONDAY MORNING!

LITTLE STARS, ST AUGUSTINE'S C.V.A., KESTIVEN ROAD

A SAFE SPACE TO TAKE A MINUTE FOR SUPPORT, A CHAT, AND SOMEONE TO LISTEN.

DIFFERENT ORGANISATIONS WILL ATTEND TO OFFER HELP AND ADVICE

Supported by

£1 FOR TEA AND TOAST

Nick Johnston: 07930515905