Breaking the Silence: Anti-Bullying Week at St Faith's

This week, St Faith's has been marking **Anti-Bullying Week 2026**, with this year's theme, **'Break the Silence'**, encouraging pupils to think carefully about bullying, the different forms that silence can take, and the positive role we can all play in looking out for one another.

An important focus of the week has been understanding that silence does not simply mean saying nothing. Sometimes it can mean laughing along with an unkind comment because we want to fit in, or scrolling past something hurtful in a group chat without speaking up. For someone experiencing bullying, silence can look very different. It might mean deciding not to send a message asking for help, or not telling someone what is happening because of embarrassment, fear that the bully will find out, or worry about losing friends.
Through **four different scenarios: 'It's just banter', 'The group chat', 'Exclusion' and 'Your friend is the problem',** pupils explored these situations from different perspectives, considering what might prevent someone from speaking out and, importantly, what each person could do differently.

The message throughout the week has been that **breaking the silence can start with something very simple**. If something is happening to you, tell someone. Speak to a teacher, parent, carer or another trusted adult and keep speaking until you receive the help you need – remembering that support is available even when it feels difficult to speak out. Pupils have been reminded that they deserve to feel safe and that bullying is never their fault.

Breaking the silence also means knowing how to respond when somebody chooses to confide in us. Sometimes the most helpful first response can simply be: **"I'm glad you told me that."** Listening, taking someone seriously and helping them find an adult who can support them can make an enormous difference.
And if we recognise that we have been involved in behaviour that has hurt or excluded someone else, breaking the silence requires a different kind of courage: the courage to **stop, think and change our behaviour**.

Pupils have also explored practical ways to support others safely, from refusing to share hurtful messages and including someone who has been left out, to offering to accompany a friend to speak to an adult.

Our **kindness promise** captures this spirit perfectly: *I will include others. I will ask for help when*

I need it. I will help someone speak up.

Anti-Bullying Week has therefore been about more than recognising bullying. It has encouraged pupils to understand the importance and power of their own choices: to resist joining in, to notice when somebody may need support, to listen when someone finds the courage to speak and to reflect honestly on their own behaviour.

By breaking the silence together, we can all help to ensure that St Faith's continues to be a community where every pupil feels **safe, heard, included and valued.**











Pre Prep Hindi Club Assembly

Mrs Amin writes,

"Year 1 and Year 2 hosted a joyful Diwali assembly for Reception class. They shared a short story about Lord Rama returning home to Ayodhya, where people lit clay lamps to guide his way and celebrate good overcoming evil. All the children also came together to recite a cheerful Hindi poem line by line, celebrating lights and happiness."

This Week at St Faith’s





Maths in Focus

Mrs Rainsford writes,

"Our Maths curriculum places a strong emphasis on developing confident and creative problem-solvers. This week, pupils took part in the national Primary Maths Challenge, tackling a 25-question paper filled with engaging and thought-provoking problems. Designed to stretch mathematical thinking, the questions encourage pupils to think creatively and apply their knowledge across a broad range of topics. We were delighted with the way pupils approached the challenge, showing great care, perseverance and diligence throughout. Well done to everyone who took part! Results will be released later in the term, with particularly high scorers invited to participate in the Primary Maths Challenge Bonus Round in February.

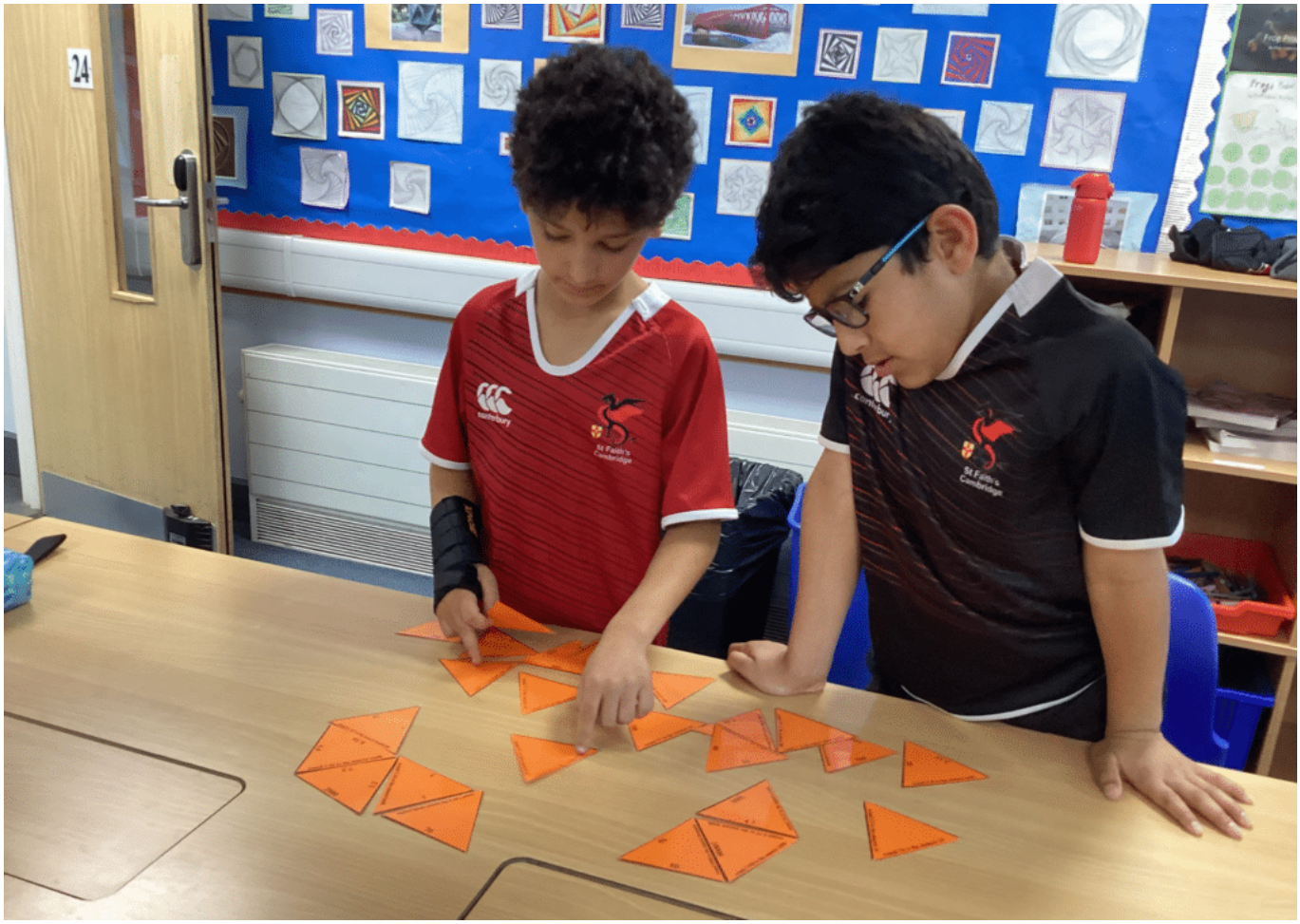
In Year 8, pupils have continued to embrace the demands of our rigorous Maths curriculum, including preparation for future school examinations. Team Challenges have added an exciting element of collaboration and competition, with pupils working collaboratively to tackle demanding problems and earn points for accuracy and precision. We have been particularly

impressed by Year 8's ambition and determination, as well as the thoughtful way in which they have shared ideas and approached problems together.

In Year 7, the focus has turned to algebra, with pupils building their algebraic skills while drawing upon their knowledge of BODMAS and negative numbers. Codebreakers, Algebra Top Trumps and tarsias have provided lively and engaging ways to practise these important skills. Through these activities, pupils have been able to consolidate key rules, improve their fluency and deepen their mathematical understanding and confidence.

In Year 5, pupils have enjoyed working collaboratively on tarsia puzzles, putting their mathematical knowledge and problem-solving skills to the test. By discussing their reasoning, making connections and working together to find matching solutions, pupils have developed their mathematical fluency and accuracy while strengthening their communication, reasoning and teamwork."




24



St Cecilia's Autumn Concert

Yesterday evening, Ashburton Hall resonated to the sound of our Autumn concert. Led by Miss Kennerley and Ms Elcome, and supported by our team of Visiting Music Teachers, pupils from Years 3 to 8 provided a wonderful and enriching evening of Music.

Sunday 22nd November marks St Cecilia's Day, the patron saint of music and musicians. In her honour, this Thursday's Autumn Concert showcased the remarkable talents of ten senior ensembles, as well as the dedication and creativity of our music teachers, who managed to raise playing and singing to performance level in just ten weeks.

For many of our musicians, this was their first time performing in an Autumn Concert, and Ashburton Hall was alive with energy and excitement. The audience was taken on a whirlwind journey through time and across continents.

Well done to all our pupil performers, and thank you to all our Music staff, for their expertise and

support of the pupils, to ensure the Autumn concert was such a success. A generous amount was raised in support of St Faith's Outreach programme which provides instrumental lessons for disadvantaged children within Cambridgeshire.



Academic Enrichment (AcE) Day

On Wednesday, pupils in Years 3 to 8 participated in the second Academic Enrichment (AcE) Day of the Michaelmas term, stepping away from the usual timetable to engage in a variety of creative, educational activities.

For Years 6 and 8, the focus was on study skills and exam preparation. Other year groups explored themes ranging from history to motor racing, artistic endeavours, and literature. These enrichment days celebrate diverse learning styles, giving pupils the opportunity to engage with a wide range of subjects and activities in different ways, in line with our tailored approach to education.

Highlights of the day included:

Year 3: Inspired by Quentin Blake's Mrs Armitage on Wheels, pupils wrote poetry, designed imaginative picnics (for Mrs Armitage and her dog!), and modelled plasticine figures of characters. They also enjoyed designing their own bicycles. In the afternoon, they enthusiastically explored engineering concepts through practical challenges in which they learnt how gears operate.

Year 4: Pupils donned Roman attire as they immersed themselves in the culture and history of the Roman Empire. Visiting historian Carl Spicer from 'Those History People' led the day, providing an engaging and interactive learning experience.

Year 5: Children had the opportunity to be a 'Goblin' for the day. Goblins is an after-school activity where children experience the challenges and excitement of being part of a car racing team. The day offered all Year 5 pupils the opportunity to immerse themselves in the Goblin experience. The pupils enjoyed the thrills of racing around a circuit and were also challenged to think creatively when designing new bodywork for the car. Once they had decided on a team name, they designed bodywork which reflected the character of their team. They also considered what materials their car could be made from, with the focus of sustainability and reuse. In the teamwork session, the children considered their own strengths and highlighted the strengths of others in their teams. Thank you to all the staff who helped make the day so successful, and special thanks to Mrs Oxborough who oversees the Goblins activity, Mr Hasell, who kept all four cars running on the day, Mr Johnson, Mrs Scott and Mr Thompson for leading the activities, and to the Maintenance Team for building the St Faith's version of Silverstone!

Year 7: As part of the St Faith's Arts Awards, our Year 7 pupils took part in the exciting 'Skills Share' activity. For example, the Music Department was buzzing with energy as pupils-acting-as-teachers introduced their peers to a wide range of instruments, many for the very first time! From drum kit and tuba to guitar, cello, piano, and saxophone, the variety was inspiring. As well as music, other creative skills being shared included artistic techniques such as oil-pastel etching.

In the morning, pupils had carefully planned how they were going to deliver their 'lesson', and they thoroughly enjoyed doing so in the afternoon. There was an apparent excitement throughout the school as pupils embraced the day's opportunities to learn, create, and collaborate.



This Week at St Faith’s





Science in Focus

Mrs Pritchard writes,

"It has been another busy week of practical Science! Year 3 have been exploring healthy, balanced diets and the different food groups. As part of their homework, they became food detectives, keeping a food diary and identifying the different food groups within the meals and snacks they ate.



Year 4 have been building series and parallel circuits, investigating how circuit arrangement affects bulb brightness, before beginning their exploration of conductors and insulators.

Year 5 have turned their attention to genetics and inheritance, learning about genotypes and phenotypes and surveying inherited characteristics within the class, including tongue rolling and earlobe attachment.

Year 6 have been considering the processes essential for life, while Year 7 have been modelling the different components of blood and exploring the proportions in which they are found.

Meanwhile, Year 8 have been investigating the fascinating science of light and colour, exploring how white light can be separated into its constituent colours and using coloured filters to investigate how the light entering our eyes influences the colours we perceive."

Year 5 & 6 Assembly: Inspiring Curiosity

Thursday's assembly gave Year 5 and 6 pupils an exciting insight into the opportunities offered through the **C Cubed programme**. Mrs Davies shared highlights from the previous week's lunchtime session, *Adventures in Situational Ethics*, giving pupils a flavour of the thought-provoking discussions and challenges that C Cubed brings.
For Year 6, it was a great encouragement to get involved in upcoming C Cubed events, while Year 5 were given an inspiring glimpse of the opportunities waiting for them next year.

U12 Girls' Hockey IAPS Final

Mr Johnson writes,

"On what was an incredibly frosty start to the day, Taunton soon began to feel almost like the start of the Alpine ski season — albeit beneath a glorious blue sky and with wonderfully crisp air. Having travelled down the night before to ensure a good night's sleep, the girls arrived at the pitches ready for a very full day of hockey. Huge thanks must go to our wonderfully supportive parents for everything they did to help the day run so smoothly, not least providing much-needed nourishment at key moments! The opening fixture proved to be the toughest of the day in what looked, on paper, a very challenging group. Farleigh arrived in red-hot form and struck early, catching us slightly off guard before one goal quickly became two. In such short matches there is little time to recover, so the girls wisely drew a line under the result, regrouped and spoke about resilience, ambition and putting the previous game behind them — qualities they then showed in abundance for the rest of the day.

After that quick reset, the girls began to produce some of the best hockey they have played all season. Their desire came to the fore against King's College Taunton, when a goal right at the death secured a superb 1–0 victory. The final group match against Bromsgrove would decide where we finished, and once again the girls played extremely well, causing plenty of problems, breaking down play and defending staunchly. Bromsgrove eventually squeezed in a late goal, meaning we finished third in the group and progressed to the Plate quarter-finals. There, against Mount Kelly, the girls continued to battle tremendously hard and produced a moment of real quality from a short corner to edge another close encounter, 1–0. That set up a semi-final against Hazelgrove which was every bit as nail-biting as the scoreline suggests. By this stage the coaches had nearly lost their voices encouraging the girls to dig as deep as they possibly could! After a 0–0 draw, the match went to penalty shuffles and, despite some heroics from our

goalkeeper, Hazelgrove just managed to squeeze through.

The day concluded with the third/fourth-place Plate play-off against Belmont School. By then the girls were understandably exhausted after working tirelessly and battling as hard as we have seen them battle all season, but they found yet more determination for another extraordinarily close contest. Once again, the match went to penalty shuffles, with Belmont just managing to get over the line. Whatever the final placing, the girls should feel enormously proud: reaching the National Finals, responding so positively to a challenging opening game and showing such resilience, togetherness and quality made the day a huge success. Mr Johnson and Mrs Critchley could not have been prouder of this genuinely delightful group of girls. Well done to all our opposition, thank you to Taunton for hosting such a spectacular day, and above all congratulations to the girls on the progress they have made this season. We very much look forward to seeing how they get on at the East Area Finals on 27th November."





U13 Girls' Hockey IAPS Final

Mrs Thompson writes,

"The U13A girls travelled to Bristol on Sunday afternoon to take part in the IAPS National Hockey Finals. The standard at these events continues to rise, and the team knew they needed to be at their very best to perform well.

Despite playing some excellent hockey against strong opposition in their opening game, the girls were understandably disappointed to lose 1-0. Throughout the tournament, they produced some very good performances and scored some excellent goals, but unfortunately, they were unable to finish high enough in their group to qualify for the Cup competition. To be successful at this level, everything has to align. The games are incredibly short, you must take your chances, make very few errors, and hope that key decisions go your way.

A bronze medal in the Plate competition was the reward for their efforts. Although it was not the perfect outcome on the day, the girls should be immensely proud of what they achieved, particularly the progress they have made over the last three years.

Their Year 6 season was a challenging one, and the girls struggled in many of their matches. However, what they always were was a lovely, supportive, hardworking, and highly coachable group.

Throughout their journey, they have conducted themselves superbly and represented St Faith's with distinction. They have consistently supported one another, accepted responsibility for their mistakes and worked hard to correct them. Their desire to improve, willingness to embrace challenges and love of learning are qualities of which they should be incredibly proud.

I feel very privileged to have worked with this team since Year 6 and to have experienced the unwavering support of their parents and grandparents throughout that time. When a team comes together in this way, the experience and enjoyment for everyone increase enormously. Although there were disappointments along the way, there were also many incredible moments that I know I will never forget, and I hope the girls and their families will never forget them either."


St Faith's
CAMBRIDGE

Swimming Gala v King's Ely at The Leys – U10 to U13

Mrs Critchley writes,

"Tuesday saw a busy and enjoyable swimming gala, with all four year groups taking part in a fantastic afternoon of competition. For many of our Year 5 pupils, this was their first gala representing the school, and they deserve huge congratulations for producing such an encouraging and solid performance.

A special thank you must also go to the girls in Years 6 and 7 who stepped up to support the Year 8 team, which was rather depleted in number. Their willingness to help and represent the school epitomised the teamwork and camaraderie on display across the squad.

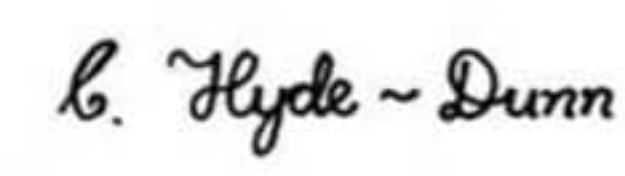
While our swimmers were particularly dominant in the medley relays and breaststroke events across all year groups, it was a superb contest from start to finish. St Faith's emerged convincing winners, finishing on 204 points to 160. Congratulations to all the swimmers who contributed to such a successful team performance. It was particularly pleasing to see our pupils demonstrate such commitment, competitiveness and support for one another throughout the gala."

And Finally…

Who knows what new interests might have been sparked by this week's activities? Perhaps a future racing driver or engineer has discovered a passion through our Year 5 Goblin racing, or a Year 7 pupil has been inspired to take up a musical instrument they had never previously considered. One of the great pleasures of offering such a wide range of experiences is seeing pupils discover interests and abilities that they might not otherwise have explored. I look forward to seeing where some of these new enthusiasms might lead.

I hope you all have a peaceful and enjoyable weekend, with perhaps some opportunity to enjoy the beautiful late autumn colours.

With all best wishes,



Crispin Hyde-Dunn