

Mossley Hollins High School

Newsflash 32

Friday 22nd May 2020



Message from Mr Marshall

Wider school reopening

Yesterday I wrote to you regarding the possible partial reopening of school to pupils in Year 10 after half term. Whilst I understand the critical importance of wider reopening for these students who face GCSE and BTEC examinations, we do not yet have sufficient detailed information and guidance from the government and Department for Education, which means that we will follow the **clear guidance from Tameside Local Authority and there will be no change to our provision for year 10 pupils until the 8th June at the earliest.** At the time of writing we are still unsure about the detail, but it is looking more and more likely that we are not going to be in a position to welcome back Year 10 in any great numbers for some time to come. Given this news, and the realisation that students in Years 7-9 are almost certainly not going to be back in school until September it is even more important that pupils in all years are engaging with the work set each day by their teachers and maintain the habit of learning so that they don't fall behind when we return to 'normal' schooling. Pupils who are not doing this are likely to face significant additional hardship when they return to the classroom unfortunately.

Of course, our school will remain open to vulnerable children and those of key workers and I am once again grateful to staff for giving up their holiday time so that we can continue this provision during half term.

Thank a Teacher Day

During the current crisis, we have all seen the importance of family and friends as we continue to support one another through the situation. It was great to see the staff sharing their thanks for the support they have received from each other on Thank a Teacher Day. You can read some of their comments below. I would like to echo their thanks and pay tribute to the professionalism, dedication and commitment of our staff, and of all professionals working in the education sector across the country. Their relentless hard work and positive thinking at this very challenging time has been, and continues to be, vital in supporting, not only our pupils, but our wider communities too as we continue to fight this pandemic together.

We were all touched to receive a very special message of thanks from Holly Dewsnap in year 7 who took the time to record a moving tribute to her teachers on Wednesday, thanking them for their hard work during the current situation. In her words, Holly wanted to **'thank all the teachers at Mossley Hollins for everything you do. I am so proud to be a Mossley Hollins student and I really miss coming into school every day.'** It's a sentiment shared by all of us here at Mossley Hollins and I very much hope to bring better news after half term.



We were also delighted to receive a wonderful poem (see below) from parent Mrs. O'Connell who kindly pays tribute to the work of our teachers. Thank you so much for your kind and supportive words.

However, you spend it, I hope you enjoy the Bank Holiday.
Best wishes.



You can see Holly's full video [here](#).



Thank a Teacher Day Messages

Mr Duncan: I would like to thank all the teachers and support staff at Mossley Hollins High School and Droylsden Academy, not only for the thoroughly professional way in which they have continued to teach and give feedback to all our students at this time so that disruption to learning is minimised but also for the enthusiasm and creativity with which they have done it. I would also like to thank them for all the extras they have done from the: newflash and daily news items; rewards they've issued; going the extra mile for families who were in difficulty, confused or struggling and for remaining so positive as they juggled work and home.

I would like to add a special thanks to all teaching and support staff who have continued to work in the building each day to run the school for the more vulnerable students and the children of our terrific key workers.

I must add my personal thanks to the headteachers (and their senior teams) at both Mossley Hollins High School and Droylsden Academy for the incredible workload and stressful burden they have carried so expertly since the end of March. It is not getting any easier but combining safe practice and education for all our learners has been their mantra each and every day.

Even though it is 'Thank a Teacher Day' I just want to thank our students and their parents and carers for their wonderful contributions and support, too. It's been a team effort.

Thanks MHHS teachers! By Mrs O'Connell

Teaching is a profession
I never really considered.
If I'm to be honest
it actually gave me the jitters!
To think of spending all day long
with a bunch of turbulent teens,
and all their personal baggage
(both rucksacks and broken dreams)
would send me to another place
from which there's no return.
A place where pimples haunt my dreams and makes my
stomach churn.

So, thanks to all of you out there,
who help progress our progenies.
Who day in day out turn up to class,
and help nurture, whatever their needs.
Perhaps I'm sounding sycophantic
I assure you, that's not my intention.
You can't pin a NUHOPE on me
(in my day that was called detention)
It's with sincerity I write this rhyme, a few lines to
express my gratitude.
Now Mr Marshall please can I have,
Some PRIDE points for positive attitude?!

Mr Wilson: I would like to make a special thank you to all of our wonderful support staff who help make the job of a teacher a joy to carry out. They always do a great job and they have all gone above and beyond during this extraordinary time. From the attendance team, to staff in the OBC, our TA's, IT technicians, office staff, HR department, Technology & Science technicians and our catering team, site staff and cleaners. Thank you and take care.

Ms Upton: I would like to thank Team English for being such a creative, kind, resilient, intelligent and caring group of individuals. I'm so proud of what you all do for our students every day and how far we have come this year – what an achievement for our students! I would especially like to thank Ms Osborne for being an absolute superstar this year and never losing her unique sense of humour and Ms Willis for all of the incredible work she has done for our team. I would also like to thank Ms Riddy for being a great friend and for being so supportive this year. Thank you all so much!

Ms Milburn: I would like to nominate Miss Walton and Mrs Duncan for always being so positive and upbeat and so resilient no matter what they are faced with. They are both so inspirational!

Ms Owen: Mr Stevens for helping me return to work from maternity leave under these strange circumstances. He has been so helpful and supportive and I am lucky to have such a great colleague! Ms Willis for being such a positive and inspiring teacher as well as a great friend! Thank you to Miss Jones because nothing is ever too much to ask and she always volunteers her help and support so freely.

Mrs Duncan: I would like to thank the Technology, Art & Computer Science Faculty staff. Mr Chalmers, Mrs Din, Miss Heapey, Mrs Adams, Mrs Melfi, Mr Beaumont, Miss Walch and Mrs Kershaw for their great teamwork, positivity, professionalism and fun that they bring to each and every week.

Ms Jones: Could I thank everyone in humanities for their hard work, team effort and innovation during the pandemic. I have missed working directly with my colleague hugely during the crisis but look forward to the day when we can all work face to face again! Can I also thank Ms Riddy for her huge amounts of support, guidance and leadership during the pandemic. I have really valued our weekly meetings and guidance, and still very much feel part of a team at a time when we cannot actually see one another!

Ms Hammond: I would like to say thank you to Mrs Higginson for all the great work she has been doing from home. She has kept the maths faculty well organised and informed and has been making sure that all of our students are being set challenging and appropriate maths work. She's always at the end of the phone if any of us have needed help or support with our work and she's also home schooling her two boys at the same time.

Curriculum Provision – Setting of Work for all Students

Thank you to all of our students who have been working hard and submitting their work to their teachers diligently. Thank you also to all of the parents and carers who have supported their learning; it is so important that our learners engage as much as possible with the work that is being set by their teachers, in order to continue their learning and to make it easier for them when we do =return to school.

Please see below the reminder for which days students can expect to be set work in which subjects, and the submission days. ***For Years 7 and 8, in the subjects of Religious Studies, drama, music and Computer Science, staff will be feeding back once this half term and staff will be advising students of when they will receive feedback.***

| Years 7, 8 and 9 | Subject Work is Set | Submission Day and Time to Complete |
|---|---|---|
| Monday  | Science – 1 per week Technology – 1 per fortnight | Friday: 1 week Friday: 2 weeks  |
| Tuesday  | Spanish – 1 per week PE – physical activities each week | Monday: 1 week  |
| Wednesday  | English – 1 per week RS– 1 per fortnight Life Skills - 1 per week | Tuesday: 1 week Tuesday: 2 weeks Tuesday: 1 week  |
| Thursday  | History – 1 per week Performing Arts – 1 per fortnight | Wednesday: 1 week Wednesday: 2 weeks  |
| Friday  | Maths – 1 per week Geography – 1 per week | Thursday: 1 week Thursday: 1 week  |

| Year 10 | Subject Work is Set | Submission Day and Time to Complete |
|---|---|--|
| Monday  | Science - 2 tasks per week Technology - 2 tasks per week | Friday: 1 week  |
| Tuesday  | Spanish – 2 tasks per week PE and Sport – 2 tasks per week | Monday: 1 week  |
| Wednesday  | English – 2 tasks per week RS and Life Skills – 2 tasks per week | Tuesday: 1 week  |
| Thursday  | History – 2 tasks per week Performing Arts – 2 tasks per week | Wednesday: 1 week  |
| Friday  | Maths – 2 tasks per week Geography – 2 tasks per week | Thursday: 1 week  |

If you have any queries, please contact Ms Riddy, Deputy Headteacher.

Insight and Microsoft Teams Tutorial

In Newsflash 25 and Newsflash 29 we included tutorials on how to use Insight and Microsoft Teams. The tutorials can be found here-

Insight: <http://www.mossleyhollins.com/newsflash--friday-20th-march-2020/>

Microsoft Teams: <http://www.mossleyhollins.com/newsflash-friday-1st-may-2020/>

Information for Year 11 from post-16 providers

This week, Tameside College and Clarendon Sixth Form college have launched their 'Get ready for college' web-based service. The service is designed to prepare Year 11 for their college place in the new academic year. The service includes a variety of activities as well as an opportunity to sample work from a variety of subjects. The page will be regularly updated by each college with all the latest information and can be accessed here: www.tameside.ac.uk/getready for Tameside college or here www.clarendon.ac.uk/getready for Clarendon Sixth Form. The colleges have asked us to remind students that all applicants have been given a guaranteed place and information regarding enrolment will be communicated as soon as possible. Clarendon and Tameside will also email every year 11 applicant who has not yet had an interview due to the cancelled events in March and May. Each of these applicants will receive a personal telephone call from their teaching and support teams to confirm the offer of a guaranteed place.



A reminder to all Year 11 students that Ashton Sixth Form have also released a document aimed at helping students prepare for the transition to post-16 study. The document has an extensive list of suggested reading and/or activities that will support students with the subjects they have applied for. The college has stated on their website that; *"While this work will certainly be beneficial to you, it is not compulsory and does not form part of the course assessment. **Entry onto all courses at Ashton Sixth***

***Form College will be, as always, conditional upon your GCSE results and completion of this work will not replace our usual entry requirements.** Given that some students might not enrol for the course they have applied for, we would advise against spending lots of money on resources prior to enrolling in college - many of the suggested resources in this document are free of charge."* The transition document can be found at <https://files.schudio.com/ashton-sixth/files/documents/Transition to Level 3 study at ASFC 2020 v2.pdf> or by following the link on the Ashton Sixth Form website <https://www.asfc.ac.uk/apply/prospective-students>.

Oldham Sixth Form have also created a page for Year 11 students to access which can be found at <https://www.osfc.ac.uk/school-students/>. The college has told us: *This page includes important information for Year 11 applicants as well as bridging materials/reading lists for the courses they are looking to study with us from September. In the next couple of weeks, we are looking to add further information for Year 10 students too. This will include introductory information about OSFC and worksheets for your students to start thinking about their futures in preparation for applying to colleges from September.*



Life Skills

The content for discussion in Life Skills after half term is;

Year 7: Promoting good mental health

Year 8: The impact of money on mental health

Year 9: Understanding loans

Year 10: The impact of homophobia (continuation from Week 5)



Stage Shows (and more) to Watch on BBC iPlayer

BBC iPlayer is a valuable resource during the lockdown and things are no different for theatre enthusiasts! Here are a range of shows that Mrs Ryan thinks are worth catching:

- **The Snow Queen**

Choreographed by Christopher Hampson - the artistic director and CEO of Scottish Ballet - and designed by award-winning Lez Brotherson, this is a premium version of Hans Christian Andersen's tale.

- **Shakespeare's Globe productions**

The Globe has put two of its shows online – The Tempest with Roger Allam, Jessie Buckley and Colin Morgan, as well as Emma Rice's anarchic and joyous A Midsummer Night's Dream. Speaking of...

- **A Midsummer Night's Dream**

Russel T Davies' TV version of the Bard's fantasy romance has an all-star cast bringing extra magic to the classic tale. Quite honestly, I couldn't imagine anyone better than Maxine Peake playing Titania.

- **Upstart Crow**

The stage version's West End run was cut short by the lockdown, but there's more than enough fun to be had on BBC iPlayer in this David Mitchell-led sitcom about Shakespeare. Think Blackadder meets Horrible Histories with extra Ben Elton fun!



Challenging our High Attaining Students

Last week we told you about the fantastic response to the first set of assignments we asked Year 9 and 10 to complete. We challenged Year 7 and 8 students to step up and complete their challenges with equal brilliance and they did not disappoint.

We had students planning how to become an elite America's cup athlete, discussing why we dream and their possible meanings, figuring out if we can recreate emotions in the lab to study them and analysing the role of Boudicea in the Roman occupation of England!

Our students have blown us away with their enthusiasm, commitment and efforts, well done.

The next set of challenges are now live and include studying the role of the Home Guard in World War 2, exploring if the "5 second rule" is correct, solving the philosophical riddle of the fire crystal and looking at how the current pandemic affects religious minorities.

Here is an extract from James Gibbon:

Boadicea was the queen of the Icenii tribe- a Celtic tribe. She was married to Prestagus, who had an alliance with the Roman governors in his region. Life was fine for Boadicea and her tribe until the death of Prestagus.

Prestagus had left half of his land and goods to the Romans and half to Boadicea as was the custom at that time but after he died, the Romans took everything from Boadicea, including her daughters, and told the tribe they would have to pay taxes for their own land. Boadicea was not happy about this.

After the Romans had taken everything from her, Boadicea decided to take action. She gathered together warriors from her tribe and surrounding tribe to lead an uprising against the Romans.

The Romans were confident they would stamp out this uprising quickly as Boadicea was a woman and they couldn't believe that a woman would be able to beat them. She gathered her warriors and took siege on Camulodunum (Colchester) and burnt the city to the ground before moving to Londinium (Roman London) and destroying it.



Science at Home – Project 6. Are you up for the Challenge?

INVISIBLE INK

You will need-
lemon
water
small plate
toothpick
white paper
lamp

Method

1. Squeeze the lemon juice into a small plate with a few drops of water and mix with a spoon.
2. Dip the toothpick into the lemon juice mix and write a message on the white sheet of paper.
3. When it dries the writing will be invisible.
4. Heat the paper by holding it over a lamp with the writing side down (or put on a radiator, hold over a candle or in the oven on a low setting).
5. The invisible ink writing will slowly turn brown and appear on the page.

The Science bit

Most invisible ink messages can be revealed by heating either side of the paper on which they're written. The message discolours before the rest of the paper gets hot enough to do so. When you wrote your message using the lemon juice, carbon-based compounds in the juice were absorbed into the paper's fibres. Also, since lemon juice ink is a weak acid, it softened the fibres in the paper. The added heat caused some of the chemical bonds to break down in the dried juice and some carbon was cut loose. When the carbon came into contact with air, it burned or oxidized. One effect of oxidation is things turn a darker colour

Don't forget to take a photograph of your secret messages and email it to Miss Walton (s.walton@mossleyhollins.com) to appear in next week's newsflash!

This week on the Geoggle-box

Walking with Elephants [4od](#)

Author and explorer Levison Wood embarks on an epic 650-mile journey on foot, following the world's largest annual migration of elephants, across Botswana.



*** For further information on each of these productions please do take time to review any age ratings, warnings or detail of content in greater detail.*

If you have any questions, or recommendations, please don't hesitate to contact Miss Hodgkins.

r.hodgkins@mossleyhollins.com

Keep an eye out for what is on the Geoggle-box next week!

Mossley Hollins Virtual Clubs

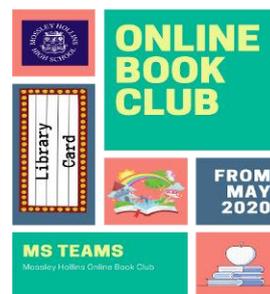
Join our school's **Virtual Young Reporters' Club** to:

- Share stories about how the coronavirus pandemic is affecting you.
 - Attend mini masterclasses on how to craft news stories that engage your audience.
 - Access opportunities to get your articles published. Are you interested? Contact Ms O'Donnell via Teams or at m.odonnell@mossleyhollins.com
- Our first online meet-up is on Tuesday 19th May – Get involved!



You could also join the **Online Book Club**.

If you would like more information on when the club meets and the book, we will be reading next please contact: Miss Joy at h.joy@mossleyhollins.com or Miss Osbourne at m.osborne@mossleyhollins.com



Food Challenge Five- Winners

Thank you and well done to all the students, parents and staff who entered the Mossley Hollins Food Challenge last week. There were so many entries and we have received some fabulous photographs of you all making and presenting your dishes.

This week's winners are:



You have all won a voucher which will be emailed to you, congratulations and good luck with challenge four.



Mossley Hollins High School's 'Cooking at Home Competition'

Challenge Six-

As next week is the Half-Term holiday, we thought it would be the perfect time to hold our next

MOSSLEY HOLLINS BAKE OFF.

Your challenge, should you choose to accept it, is to bake a cake that represents **KEY WORKERS.**

Send all photographs of your wonderful entries to
h.duncan@mossleyhollins.com

Deadline- Thursday 4th June.

Good luck and keep baking Mossley!

Victoria Sponge Cake

Ingredients

200g caster sugar
200g soft margarine
2 eggs
200g self-raising flour
1 tsp baking powder

Equipment

Baking tin
Wooden spoon
Scales
Sieve
Large bowl
Spatula
Tablespoon
Teaspoon
Palette knife

Method

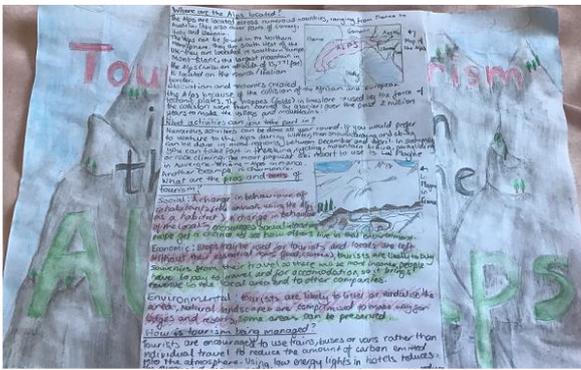
- 1.Pre heat the oven to 180 o/C.
- 2.Grease and line the baking trays.
- 3.Cream the sugar and the margarine together ideally using an electric hand whisk or a wooden spoon until soft.
- 4.In a small bowl beat the eggs with a fork.
- 5.Add the beaten egg a little at a time to the large bowl.
- 6.Fold in the sieved flour and the baking powder.
- 7.Spoon half the cake batter evenly between each the 2 cake tins
- 8.Use the palette knife to smooth the batter evenly.
- 9.Bake in the middle of the oven for 20-25 minutes.
- 10.Cool in a cooling rack.
- 11.Decorate to represent KEY WORKERS

Thank you



KEY
WORKERS





Cassidy Clarke (Y9) for her winning entry in the Geography competition.



Miss Owen has been showing off her pizza making skills!



Lewis Hewitt (Y7) for his poster for his study of Macavity in English.



Hannah Collier for her inventive revision technique for Computer Science



Mr Doodson's scones.



Emma Hopwood (Y8) for her home cooked meals.



Amber Earls (Y7) for her home-made sushi.



Elishia Jones (Y8) for bringing Spanish cuisine to life!

In MFL this week Year 7 and 9 were asked to complete a research project on a Spanish speaking country and Year 8 were challenged with the task of researching and cooking a dish from a Spanish speaking country. Bayley Wassall researched Galicia and their unique cultural traditions and shared some interesting facts about the foods eaten and clothing worn for festive celebrations. Great work Bayley!

Cassidy Clarke (Y9) for her Stem Cell Plant cake for Science.



Noah Whitfield decided to research Mexico and decided to prepare an array of delicious-looking Mexican food. Well done Noah!



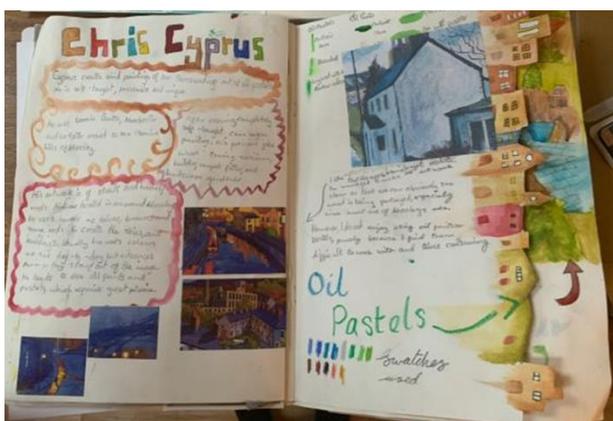
Emily Fletcher in Year 8 made smoked Spanish chicken with patatas bravas, roasted vegetables and a side of aioli. She said it tasted incredible! Well done Emily!



Students have been very busy baking to treat their family and friends. What thoughtful, kind students we have! Well done to Lucy Coverley, Eloise Brown, Emily Fletcher and Ellis Detheridge.



In Art Year 9 students are working in the style and are inspired by the local artists. Well done to Grace Cook-Scowen and Jacob Smith for these fabulous examples.



Outstanding Sport Achievements

This week pupils sent in information about the exercises they had been completing at home in addition to their PE exercise work outs for homework. Layton Charlton in Year 7 went out into the local countryside on his bike three times last week and recorded a distance of 18 miles in total, which is a fantastic achievement. Thomas Mills also in Year 7 completed his own exercise work out at home using his rowing machine. Here he is performing to his maximum to complete a full body work out. Well done Layton and Thomas.

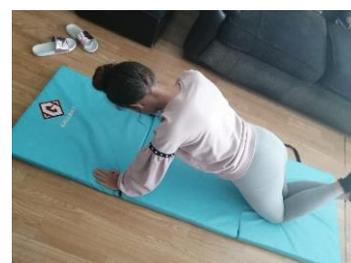


Mr Miller's Nomination – Ryan Duncuft (Year 7)

Ryan created an imaginative and well-structured workout that challenged his muscular strength and endurance. He completed this a number of times during the week and commented that it was 'not to bad and it got me sweating'. Well done Ryan, keep up the hard work.

Miss Jackson's Nomination – Amelia Ulett (Year 7)

This week Amelia has uploaded excellent photo evidence of her completing the workout challenge this week. She showed very good technique with each exercise and she is putting in great effort to complete the work outs. Well done Amelia.



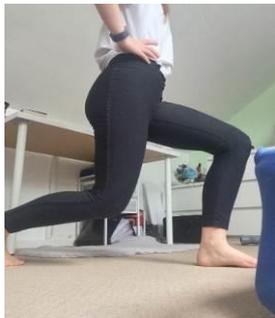


Mr Wilson's Nomination – Ava O'Connell (Year 7)

Here is Ava O'Connell completing her weekly workout with resilience and determination. Ava has sent a number of photographs demonstrating her excellent technique. Well done Ava, keep up the good work.

Mr Beaumont's Nomination – Connor Gilbert (Year 8)

Connor Gilbert completed his weekly work out this week and sent a number of photos of him completing exercises including the plank, press ups and lunges. Here he is completing his lunges and having to exercise with his dog getting in the way, not an easy task at all.



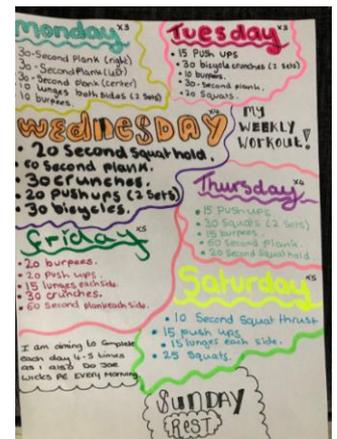
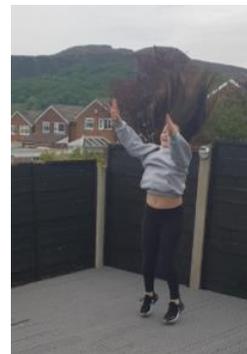
Mrs Dodd's Nomination – Erin Preger (Year 7)

Erin completed the work out at home in her bedroom this week, despite not having a lot of space she managed to complete a number of exercises including the press ups and lunges. A fantastic effort, well done Erin.



Mr Doodson's Nomination – Lily Grace Rankin and Courtney Hampson (Year 7)

This week Lily Grace and Courtney both performed their exercise work outs to the highest level. Courtney performed her work out indoors and Lily Grace performed her work out in the garden. Courtney also produced an outstanding poster at the start of the week to help her complete her exercises. Well done to both girls



Jump Work out.

It is nearly one month since we set our first PE at home challenge: The Jump Workout. Why not challenge yourself and your family over the half term to see how your fitness has improved since then. Complete the jump training workout on the poster- there are 6 exercises to complete. Try to complete the 6 exercises 2 or 3 times and have a 30 second rest after each exercise. Each day add 2-3 more reps.

Daily Routine

Monday – Complete 10 reps of each.

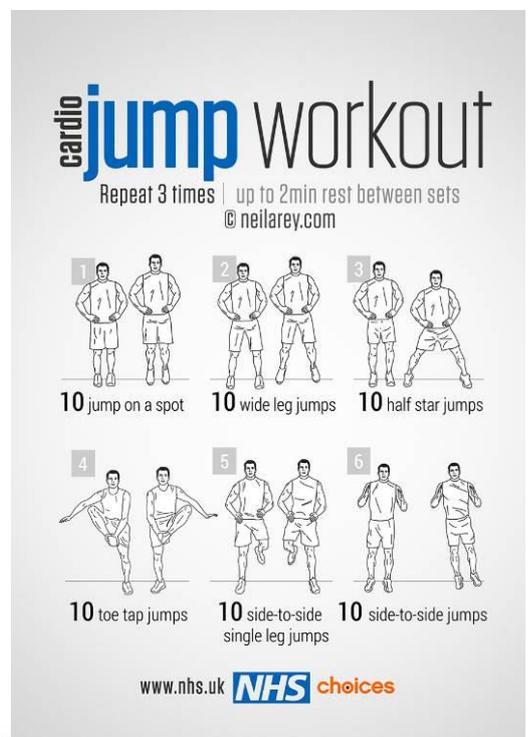
Tuesday – Complete 12 reps of each.

Wednesday – Complete 15 reps of each.

Thursday – Complete – 18 reps of each.

Friday – Complete 20 reps of each.

As always, please send across pictures of you completing the challenge and let us know how much your fitness has improved in the last month.



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.

2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.

3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.



9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

