

# Mossley Hollins High School

## Our Newsflash (9)

Friday 11th November



### OUR TOP STORIES THIS WEEK



#### Astonishingly Strong Outcomes and Co-Curricular Activities in Drama, Music and PE

It is with enormous pleasure that we provide more information for you on the astonishingly strong performance in 2022 in Drama, Music and PE. We could not be more proud of our Performing Arts and Sports' students and teachers who achieved outstanding outcomes and worked tremendously hard to get them. Our values of Manners, Hard Work and Honest endeavour meant that all those students, who put in the work and took the advice of their teachers on board, did remarkably well. Their results stood out as some of the best in the

country. Not only that, but their feedback on how well they were taught for their practical and theory performances was really strong, including on how much they enjoyed the subjects throughout their time at school.

In Drama, for example, the students achieved grades that were considerably higher than the national for students from similar starting points. Mrs Ryan, Head of Drama, and the students achieved amazing things together. How Mrs Ryan does this, as well as leading fabulous school productions, contributing to the Year 7 Monday Electives, co-curricular clubs, theatre visits and, with Mrs Milburn, our whole-school Character Pillar Programme, is truly remarkable. Our thanks go to Mrs Ryan.

The Music outcomes in 2022 were the highest in school in 2022. The students' achievement in Music was simply breath-taking. The experience, expertise and hours and hours of additional teaching and support given by Mr Beardmore to his musicians led to a performance which was one of the highest in the country. How Mr Beardmore manages to fit this in, alongside his co-curricular clubs, Band, Christmas community performances, Christmas Musical Evening, Music Electives, Armistice Day preparation and ceremony and the formal day itself, just demonstrates the commitment of the Music Department. Mr Beardmore also leads, with a number of other dedicated staff, the Co-Curricular Programme for the school, the Performing Arts and Sports' work with Mrs Dodd and Year 7 Leadership with Mrs Allwood.

Last but not least, is the incredible outcome our students achieved in PE and Sport in 2022. The performance was truly outstanding and amongst the very best in the country. Mrs Dodd, with her fabulous team of PE and Dance teachers, rightly deserve the outcomes they and their terrific students achieved. The staff achieved such terrific outcomes at the same time as running co-curricular clubs during the day, Sport Electives, teams and individual sports' events and competitions after school each week and a range of Primary Partnership (MCSP) Sporting Events.

Congratulations to our students, Drama, Music and PE staff for truly excelling yourselves in 2022. It is looking like 2023 is going to be another bumper year.



*Manners + Hard work + Honesty = Success*





REMEMBRANCE DAY

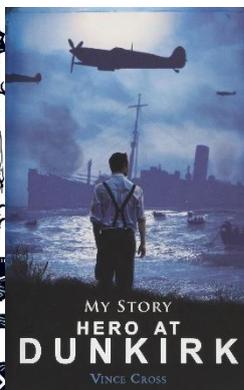
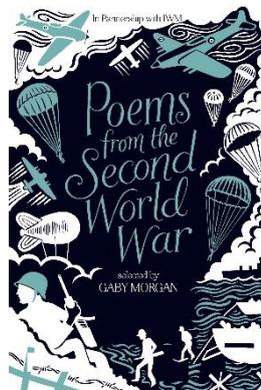
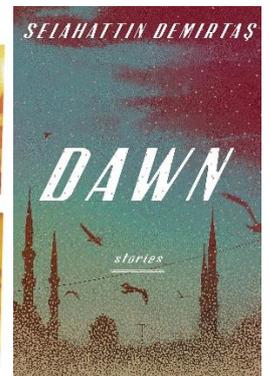
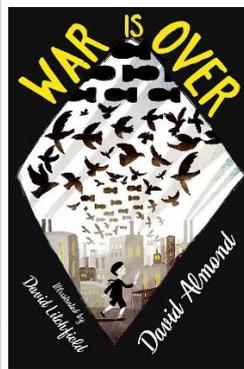
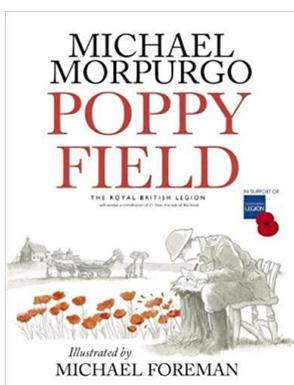
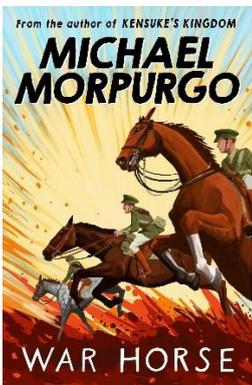
### Remembrance Day Service

On Friday, 11th November our whole school participated in our Remembrance Day service. Full details of the service will be included in next week's Newsflash.

### Read for Remembrance Day

Today, the 11th November, we remember and honour the men and women who have served in war.

Books are a fantastic way to learn about the significance of historical events. Here are some brilliant, thought-provoking books that have been hand-picked to get children at Mossley Hollins reading for Remembrance Day.



*Manners + Hard work + Honesty = Success*



## Head Student Team Update

As the Head Student Team for this academic year, we are currently completing a Leadership and Management Qualification; we aim to each complete projects to purchase and install new equipment to improve the experience of pupils at school.

We are pleased to announce that the Cake Sale held on Friday 4<sup>th</sup> November 2022 has raised a grand total of £300.21 which will be shared between the two projects currently underway. We would like to thank all those who purchased any cakes for their kind donations. Special thanks must go to all those who donated cakes, especially to Mrs Duncan and the Food Technology Team for providing 150 cakes.



Members of the Head Student Team have also visited Mossley SOUP – a local community grant funding scheme, where members of the team were selected to deliver a presentation on Thursday 27<sup>th</sup> October 2022 about our goals. We are proud to say that we successfully claimed £200 from the scheme! A full write up of the event can be found at this link: <https://soup.the-vaile.co.uk/soup-13-project-round-up/>

## Anti-Bullying Week

From Monday 14<sup>th</sup> November – Friday 18<sup>th</sup> November, national anti-bullying week takes place. We are proud to take part in this national event and will be hosting an Odd Socks Day, which will take place on Monday 14<sup>th</sup> November.

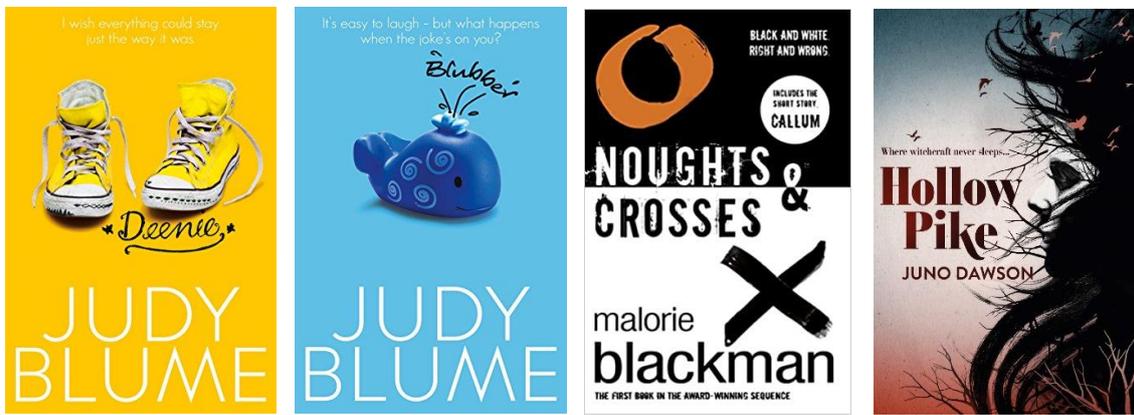
We are asking for a £1 donation. Students may wear crazy odd socks, all other uniform must be worn in line with school policy. Thank you for your support.

To mark the anti-bullying week, we are also encouraging our students to delve into a novel with anti-bullying as a main theme. The books suggested below are age-appropriate, teacher approved and can be sourced at your local library (<https://tameside.spydus.co.uk/>). Some are even available in our school library!



**Any book reviews produced and emailed or handed to Mrs Doodson have the opportunity to be featured in the Newsflash.**





## **Year 10 Life Skills Day Monday 14th November**

As a reminder, on Monday 14th November, our year 10 pupils will participate in a Life Skills Day that will cover the following sessions:

- Is this Sexual Harassment? (facilitated by Tough Cookies)
- Safe Sexual Relationships
- The Impact of Drugs and Alcohol on Sexual Behaviour
- The Physical and Psychological impact of Substance Abuse (facilitated by Branching Out)
- Managing Unwanted Attention
- LGBT+ Awareness (facilitated by Proud Trust)



The purpose of this day is to ensure students are equipped with the knowledge and understanding to make informed choices as they navigate their way into becoming confident young adults. Pupils will attend sessions within their forms - though form 10Y will be split across the other six for the day. We are proud to be working with some expert external providers as well as utilising the expertise of our own Mossley Hollins' teachers for this event. We really hope the students find the sessions engaging, informative and of great practical benefit.

**Please see the full timetable for the day at the end of this issue of the newsflash.**

If you wish to discuss the event or have any questions or concerns about your child attending these sessions, please contact Co-Ordinator of Life Skills, Ms O'Donnell at [m.o'donnell@mossleyhollins.com](mailto:m.o'donnell@mossleyhollins.com).

## **Religion and Worldviews Notice**

The World Cup in Qatar has raised several questions amongst many of our students regarding the country's stance on homosexuality and the LGBTQ+ community. We feel it is prudent to be responsive to these questions and to educate our students on the situation in Qatar.

As a result, during next week's Religion and Worldviews lessons, all of Key Stage 3 (Years 7, 8 and 9) will participate in a lesson focused on the law surrounding the LGBTQ+ community in Qatar, its foundations in interpretations of Islamic scripture and the ethical questions this raises.

If you have any queries or concerns about the lesson itself or about the Religion and Worldviews curriculum in general, please contact Mrs Rebecca Harrison.



## OUTSTANDING SPORTS NEWS



### Year 7 Netball Team

Our Year 7 Netball team played in their second tournament of the year, on Tuesday. They put in an outstanding performance to beat Alder 10-1 and All Saints 3-1. Congratulations and well done to: Ava Baxendale, Violet Cassidy, Freya Fox, Millie Goddard, Amy Warburton, Bella Parry, Grace Odlin and Isabella Tetlow.

### Year 9 Boys Football Team

Our Year 9 boys played in their second game of the season on Monday against Denton in the Tameside Cup. They played exceptionally well throughout the game to win 5-3 with goals from Ace Norton (4) and Harrison Mayall.

Congratulations and well done to: Lucas Mason, Josh Burke, Michael Alcock, Sam Jones, Jonathon Vincent, Archie Moreland, Oliver Loughman, Henry Wood, Tom Pritchard, Harry Wadsworth, Harrison Mayall and Ace Norton.



### Year 11 Boys Football Team

Our Year 11 boys football team played their first game of the season on Wednesday in the Tameside Cup. They put in an outstanding performance to win 5-1 with goals from Daniel Curran (2), Charlie Bingley, Joel Andrews and James Duggan.

Congratulations and well done to: Kane Bove Mavrantziotis, Jake Wolfenden, Celestine Oprea, Keano Wassall, Isaac Herod, Joel Andrews, James Duggan, Sean Smith, Owen Lomax, Charlie Bingley and Daniel Curran.



## Maddie Crosby

Maddie, in Year 10, is a very talented football player who has been rewarded with a very exciting opportunity when she turns 18. After some outstanding performances as Goalkeeper for her team Ashton Pumas this year, she has been offered a Scholarship to become an American Collegiate Athlete.

We hope to see Maddie playing for one of the top Universities in America in a few years' time.



## Luke Jones: Scuba Diver

Luke Jones, in Year 10, is a very enthusiastic and dedicated scuba diver outside of school and achieved his BSAC Sport Diver qualification earlier this year.

Over the half term, he went on holiday to Gozo and completed a 38-metre depth scuba dive to the ship wreck of the Karwela.

What a fantastic achievement. Well done Luke!



The PE department would love to find out what fitness activities or sports activities the pupils of Mossley Hollins are taking part in outside of school. We would like all pupils to send/email photos of them taking part in exercise or playing sport for their clubs with information about their achievements to Mr Doodson or Mrs Dodd on [a.doodson@mossleyhollins.com](mailto:a.doodson@mossleyhollins.com) or [v.dodd@mossleyhollins.com](mailto:v.dodd@mossleyhollins.com).

Thank you to those pupils/parents/carers who have contacted the PE department since the start of the year with information, this is much appreciated.

*For more stories and updates, please see our News page on our website. You can also follow us on Twitter @MossleyHollins.*



# EXAMINATION COUNTDOWN



## Sixth Form and College Open Days

To all of our year 10 and 11 students, it is important that you take the time to fully explore your options after Mossley Hollins. Please see the dates below for sixth form and college open days/ evenings. These are fantastic opportunities for you to get a taste of college-life and to find out key information about post-16 study.

### **Clarendon Sixth Form College**

Monday 14th November (5pm-8pm)

### **Tameside College**

Monday 14th November (5pm-8pm)



# Tameside College

## WHY USE GCSEPOD?

### What is it?

- For years 10 and 11 only.
- One website, 3 apps and over 6000 Pods.
- Content produced specifically for mobile devices, tablets and PCs.
- Designed to squeeze exactly the right knowledge needed for exam success into short 3-5 minute chunks.
- Helps with learning, homework and revision.

It will help your child get organised. Your child can create personal playlists to listen to in the run-up to an exam, to help with homework or on the go to help consolidate learning. The viewing history feature enables your child to return to Pods they found useful. There's also a 'Favourites' playlist, which enables them to easily return to Pods on areas they may be finding difficult. Premade exam specific playlists, available in the 'My Courses' area are neatly organised meaning your child can manage revision quickly and easily whilst prioritising their time.



# SUPPORT YOUR CHILD ON THE PATH TO SUCCESS

Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision.

- ▶ Proven to increase results
- ▶ 28+ exam mapped subjects
- ▶ Available online and offline
- ▶ Audio visual content
- ▶ Builds confidence
- ▶ Independently accessible assessments

**Want to find out how you can support your child more with GCSEPod?** Then join one of our free webinars by registering here: <https://www.gcsepod.com/podup-presents-webinars/>

"The correlation between success and failure was made almost 100% clear by the use of GCSEPod."

**Head of MFL  
at Yateley School**

"I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive."

**Student**

"My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising."

**Parent**

## Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account

1. Go to GCSEPod.com and click 'LOG IN'
2. Click 'New to GCSEPod? Get Started'
3. Enter your child's details and confirm the name of the school they attend
2. Create a username and password

For more information please visit  
[www.gcsepod.com/parents](http://www.gcsepod.com/parents)



## YEAR 11 PRE-PUBLIC EXAMS

The first week of exams have gone well and students have conducted themselves impeccably.

Students must remember to come fully equipped for all exams: **black pen, pencil, ruler, scientific calculator**. Equipment must be in a clear pencil case and any water bottles must have the labels removed.



*Manners + Hard work + Honesty = Success*



Lesson 7/8 for the next week will not take place as normal. Students may be in an exam at this time but if this is not the case they can choose to attend their lesson 7/8 to do some revision with their teacher or they may go home to revise at 3pm.

Please refer to the timetable below for information when each PPE takes place.

Start Time	Examination Title	Duration
Monday 14 <sup>th</sup> November		
8.45am- 10.25am	English Literature- Shakespeare and Anthology Poetry	1 hour 40 mins
2.15pm-3.15pm F	Spanish- Writing	1 hour F
2.15pm-3.30pm H		1 hour 15 H
Tuesday 15 <sup>th</sup> November		
9.10am- 10.40am	Maths- Calculator paper	1 hour 30 mins
11.30am-12.40pm	Combined Science: Physics Paper 1	Combined 1 hour 10 mins
11.30am-1.15pm	Separate Science: Physics Paper 1	Separate 1 hour 45 mins
2.00pm-3.30pm	IT- Component 3- Effective digital working practices	1 hour 30 mins
Wednesday 16 <sup>th</sup> November		
8.50am-9.50am	History Paper 2- Health and the People	1 hour
11.15am- 11.50am	Spanish- Listening- foundation	35 mins
11.55am- 12.40pm	Spanish-listening- higher	45 mins
2.05pm-3.35pm	Music- Listening and appraising	1 hour 30 mins
Thursday 17 <sup>th</sup> November		
8.50am-10.20am	Design & Technology	1 hour 30 mins
8.50am-10.20am	Computer Science	1 hour 30 mins
8.45am-10.45am and 11.15am-12.15pm	Fine Art- Portraits	3 hours
12.15pm- 1.15pm and 2.00pm-4.00pm	Art, Craft & Design- Portraits	3 hours



## DATES FOR YOUR DIARY

*(Please see our website for further details)*

Monday 14 <sup>th</sup> November	Year 11 Pre-Public Exams continue
Monday 14 <sup>th</sup> November	Start of Anti-Bullying Week and Odd Socks Day
Monday 14 <sup>th</sup> November	Year 10 Life Skills Day
Friday 25 <sup>th</sup> November	School Closed

## UPDATED TERM DATES 2022-23

In light of the announcement of His Majesty's coronation on Saturday 6 May 2023, an additional bank holiday has been announced on Monday 8 May. School will therefore be closed on this day. The HPV 2 Vaccinations which were scheduled for this date will be rearranged. The new date for these will be communicated when they have been confirmed.

## OUR REMINDERS AND MESSAGES

### Redgrave college NUHOPEs

Please be aware that if a year 7 student receives a NUHOPE on Friday Period 6 or Monday, it will be sat on Tuesday. Students that have Nurture after school on Tuesday will sit Wednesday and any received on Thursday sat on Friday.

### Life Skills in form Time

Life skills is now taught in the curriculum in Religion and World Views, Drama and Computing lessons. We feel that students will benefit even more having a second opportunity to cover the content of our life skills curriculum by re-introducing it to form time as well. Therefore, we will be teaching life skills in form time, alongside its place in the curriculum, to ensure our students continue to remain safe, healthy and prepared for life's opportunities. These are the revised days that each year group will deliver the session in Form Time:

Redgrave (year 7)	Faraday (year 8)	Bronte (year 9)	Nightingale (year 10)	Turing (year 11)
Tuesday	Friday	Thursday	Friday	Wednesday

The timetable below shows the theme for Autumn 2 and the topic for next week (week 2):

Year Group	Theme	Week Two Topic
Year 7	Step into the NHS	What careers do the NHS offer?
Year 8	Online Safety	Fake News
Year 9	Gangs and anti-social behaviour	Gangs
Year 10	Citizenship (Democracy)	The UK Parliament
Year 11	Planning for Life after Mossley Hollins	How would I go about applying for college?

If you currently have a child in year 11, you may find this website useful for discussing options going forward:  
<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

If you have any queries regarding our Life Skills curriculum or our Pastoral Programme please contact Ms M O'Donnell at [m.o'donnell@mossleyhollins.com](mailto:m.o'donnell@mossleyhollins.com)





Rehearsals for the school production of *We Will Rock You* continue to take place on Mondays and Thursdays, 3pm-5pm, in the Arts Theatre.

### Two-week timetable

The week commencing **Monday 14<sup>th</sup> November** will be **red week (Week 2)**. Please ensure you bring in the correct equipment and homework for your **red week (week 2)** lessons.

### Homework

We would like to remind parents that students use their homework planners to record their homework. Please support your child at home by reminding your child about completing their homework for the due date.

Setting routines are recommended to help children adopt these strategies for themselves and so does not stop the development of independence but instead helps it. Support at all levels can be helpful in the beginning:

- Creating a homework schedule to be displayed somewhere obvious (e.g. on the fridge) and added to as tasks are set.
- Sitting together and discussing the tasks that have been set and how your child will complete them.
- Reminding your child about presentation skills.
- Encouraging your child to ask questions to their teacher if they are finding the work challenging.

We will also be offering homework clubs in different faculty areas to provide support for your child.

### Mental Health and Wellbeing

The safety and wellbeing of our students is our highest priority. We offer a number of support streams for our students to reach out to if they ever feel anxious, overwhelmed, stressed, worried or lonely. All the details of our Mental Health and Wellbeing support streams can be found under the student tab of our website:

[www.mossleyhollins.com/students/mental-health-and-well-being/](http://www.mossleyhollins.com/students/mental-health-and-well-being/)

We have also signposted other support services, which are available to young people outside of school, at the end of this edition of the newsflash.



## **E-Safety: Protect yourself on the Internet: remember the GOLDen rules.**

### **Ground rules**

1. Keep information private – think, would I tell this to a stranger?
2. Agree rules about meeting online 'friends' in real life
3. If it's not acceptable in real life it shouldn't be acceptable online

### **Online safety**

1. Use anti-virus and monitoring systems
2. Know where to get advice – see below
3. Activate security and privacy settings

### **Location**

1. Internet access should be in a family room, rather than a bedroom
2. Know that Internet access can be gained by the use of other devices; such as gaming consoles, mobile phones or the neighbour's wireless internet connection

### **Dialogue**

1. Talk to your parents about your internet use
2. Talk to your parents if you have a problem or feel uncomfortable

## **Ensure notifications are on for School Gateway app**

As a school we are looking at ways to reduce costs, one area highlighted is the amount we are spending on text messages.

Even if you have the School Gateway app you must ensure that you are logged in all the time and have push notifications manually turned on for this app within your phone settings. Every device will have other settings that can affect push notifications (for example, battery optimisation, which prevents some devices from receiving push notifications when the battery is below a certain percentage).

Please also ensure that you are running on the latest version of the app, which can be confirmed in the Play Store or App Store. If you are still not receiving notifications and have followed the guidance below, you would need to refer to the help guide for your specific device and/or contact your device manufacturer:

If both parents\carers are registered on Gateway please ensure that each registered user is using the School Gateway app.



## Guidance for switching on notifications:

### Apple

1. On your phone, go to settings
2. In here, scroll down to the 'Notification Centre'
3. Select School Gateway
4. In here, ensure that under the heading 'Notification Centre' is switched on
5. Close the screen; you will now receive notifications when new app messages come through



### Huawei

1. Tap the Apps icon on your home screen
2. Tap settings
3. Tap Apps or App Manager
4. Scroll down and tap School Gateway
5. Tap Notifications
6. Confirm 'Block all' is toggled OFF (Samsung / other devices - toggle 'Allow Notifications' ON)
7. Restart your device



### Android

1. On your phone go to Settings > Applications Manager
2. Scroll down the list of apps until you find School Gateway and select it
3. In here there will be a tick box that says 'Show Notifications'. Ensure this is selected
4. Close the screen; you will now receive notifications when new app messages come through.



### Samsung

1. On your phone got to Settings > Notifications and Status Bar > Notifications Centre
2. Scroll down your list of apps until you find 'School Gateway' and select it
3. Activate 'allow notifications' and also 'priority display'
4. Restart your device
5. You will now receive notifications when new app messages come through.



## Our Uniform

Thank you for presenting a high standard of personal appearance (see student planner for details of the uniform and PE uniform required, shoes, bag-type, hairstyles, no make-up, no jewellery and no nail-varnish). There are no exceptions. We are counting on full parental and carer support. Our uniform can be sourced from *Simply Schoolwear* or *Top Marks*. We wear formal black footwear, only. We do not wear trainers or sports' manufactured shoes, canvas pumps, and our shoes must be below the ankle. That way, we all look very smart and begin to represent our family and community-school so well. Students who arrive to school without the correct footwear will be provided with a pair of shoes from our school stock.

## Your Equipment

School Planner; Pencil Case (with at least the 2Ps – pen/pencil – and 2Rs – ruler/rubber); DEAR-reading book; Lesson Books, Folders and Equipment for the day; PE-kit on PE day). It really is the minimum expectation of good or great learners and members of our Team.

## CONTACTING SCHOOL

If you phone or write to a member of our staff and you do not get an acknowledgement or reply within 48 hours, we ask that you contact the Head Teacher's PA, directly, letting her know who you contacted and what your concern or question was. Mrs Webster who is covering this position until Miss Martin's replacement begins later this term, will ensure you get a reply within the next 24 hours. Please write by email to <mailto:heads.pa@mossleyhollins.com> giving details of which member of staff you have contacted and what your question, concern or request is.

This facility can only be used if you have first followed the correct channels and not received an acknowledgement and reply by the end of 2 working days. Mrs Webster will not be able to help before that stage.



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## OUR VACANCIES AND OUR TRAIN TO TEACH OFFER

### Job Vacancies – Mossley Hollins High School

**Role:** Finance Officer

**Pay Scale:** Grade E/F (Points 11-22)

Actual starting salary at Grade E Point 11: £22,129 (Pay Award Pending)

**Hours:** 36 hours per week

**Contract:** Permanent

**Closing Date:** Friday 18th November 2022 (12 noon)

**Start Date:** As soon as possible

We may decide to close this vacancy early if we receive a high volume of suitable applications

Further details are available on the school website at [www.mossleyhollins.com](http://www.mossleyhollins.com)

### Train to Teach

**Train to Teach** with us here at **The Tame River Teaching & Curriculum Institute** through School Direct in partnership with **everyonelearning@ Hawthorns Kingfisher**.

We are currently recruiting for **Biology, Chemistry, Physics, English, Geography, History, Maths, PE with Ebacc, Art, RE, Design & technology, Computer Science and MFL**. We lead and host training and placements in strong schools at secondary and primary level. Bursaries may be available.

For more details, please contact [eduggan@tret.org.uk](mailto:eduggan@tret.org.uk) or look at the **Train to Teach** Section of the Trust Website: [www.tret.org.uk](http://www.tret.org.uk).

### Get Into Teaching Recruitment Event

If you are interested in a career in teaching, then why not come along to our 'Get Into Teaching Recruitment Event' on 23rd November between 5pm and 7pm.

- Wednesday 23rd November
- 5-7pm
- Halcyon Way School, Chadderton, Ram Mill, Gordon St, Chadderton, Oldham OL9 9RH

**Be an inspirational Teacher**

Train to teach with

**everyone learning**

with everyonelearning @ Hawthorns, Kingfisher, Mossley Hollins Teaching Partnership

Visit our website

[www.everyonelearning.co.uk](http://www.everyonelearning.co.uk)

Apply for Teacher Training

[www.gov.uk/apply-for-teacher-training](http://www.gov.uk/apply-for-teacher-training)  
Course code 2A1



## OUR IMAGE GALLERY



*Our Head Student Team presenting at SOUP.*



*Manners + Hard work + Honesty = Success*

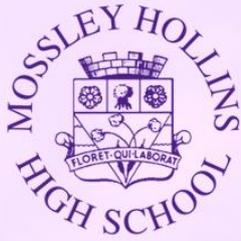


## YEAR 10 LIFE SKILLS DAY TIMETABLE

Form	Period 1	Period 2		Period 3	Period 4	Period 5		Period 6	Period 7
<b>M</b>	Is this Sexual Harassment? (Tough Cookies) <b>2.06</b> Support: Ms Gardner	Safe Sexual Relationships <b>2.01</b> Mr Dawson	B R E A K  T I M E	Form Time	Physical and psychological impact of substance abuse –(Branching Out) Lec. Theatre Support: Mr Lloyd	Managing unwanted attention <b>2.03</b> Mr Doodson	L U N C H  T I M E	LGBT+ Awareness (Proud Trust) <b>2.04</b> Ms O'Donnell	The impact of drugs and alcohol on sexual behaviour <b>2.05</b> Ms. Hodgkins
<b>O</b>	The impact of drugs and alcohol on sexual behaviour <b>2.05</b> Mr Stevens	Is this Sexual Harassment? (Tough Cookies) <b>2.06</b> Mr Choudhury		Form Time	Safe Sexual Relationships <b>2.01</b> Ms Walton	Physical and psychological impact of substance abuse –(Branching Out) Lec. Theatre Mr Higgins		Managing unwanted attention <b>2.03</b> Ms. Higginson	LGBT+ Awareness (Proud Trust) <b>2.04</b> Mr Tomlinson
<b>S1</b>	LGBT+ Awareness (Proud Trust) <b>2.04</b> Ms Pringle	The impact of drugs and alcohol on sexual behaviour <b>2.05</b> Ms Smith		Form Time	Is this Sexual Harassment? (Tough Cookies) <b>2.06</b> Ms Mathews	Safe Sexual Relationships <b>2.01</b> Ms Dodd		Physical and psychological impact of substance abuse – (Branching Out) Lec. Theatre Ms Riddy	Managing unwanted attention <b>2.03</b> Mr King
<b>S2</b>	Managing unwanted attention <b>2.03</b> Mr Hemon	LGBT+ Awareness (Proud Trust) <b>2.04</b> Ms Barclay		Form Time	The impact of drugs and alcohol on sexual behaviour <b>2.05</b> Ms Milburn	Is this Sexual Harassment? (Tough Cookies) <b>2.06</b> Ms Osborne		Safe Sexual Relationships <b>2.01</b> Ms Mathews	Physical and psychological impact of substance abuse – (Branching Out) Lec. Theatre Mr Stevens
<b>L</b>	Physical and psychological impact of substance abuse – (Branching Out) Lec. Theatre Ms Montero	Managing unwanted attention <b>2.03</b> Ms Tierney		Form Time	LGBT+ Awareness (Proud Trust) <b>2.04</b> Mr Fenton	The impact of drugs and alcohol on sexual behaviour <b>2.05</b> Mr Miller		Is this Sexual Harassment? (Tough Cookies) <b>2.06</b> Mr Moore	Safe Sexual Relationships <b>2.01</b> Mr Hayward
<b>E</b>	Safe Sexual Relationships <b>2.01</b> Ms Melfi	Physical and psychological impact of substance abuse – (Branching Out) Lec. Theatre Mr Higgins		Form Time	Managing unwanted attention <b>2.03</b> Mr Frost	LGBT+ Awareness (Proud Trust) <b>2.04</b> Ms Barclay		The impact of drugs and alcohol on sexual behaviour <b>2.05</b> Ms Hammond	Is this Sexual Harassment? (Tough Cookies) <b>2.06</b> Ms Chapman



## General



Concerns in or out of school? Use the the Confide reporting tool to report any concerns.



Childline- general support for young people.  
Call **0800 1111** or visit  
<https://www.childline.org.uk/>

**childline**



Think you know: <https://www.thinkuknow.co.uk/>

## Mental Health and Well-being

Off the Record: Suitable for children and young people aged 10-25 in Tameside who are experiencing mental health difficulties such as anxiety, worry, low mood, bereavement, bullying and stress etc. [www.otr-tameside.org](http://www.otr-tameside.org) **0161 355 3553**



Samaritans  
[www.samaritans.org](http://www.samaritans.org)  
Freephone: **116 123**  
Text message: **07725 90 90 90**

Eating Disorders B-eat – Eating Disorder Charity  
[www.b-eat.co.uk](http://www.b-eat.co.uk)  
Tel: **0845 634 141**



Mind: Suitable for young people aged 8-18 years struggling with different issues such as anxiety, worry, low mood, stress, bullying etc.



## Sexual Health and Well-being

YOUthink are a specialist team for sexual health intervention and prevention, which focus on improving young people's sexual health. The team is made up of youth workers who offer FREE one to one individual support to young people aged under 25 to access local contraception and sexual health services. The service also offers a variety of services including: pregnancy testing, condom distribution, advice and support.

The Service is confidential and designed to keep young people SAFE and not judge.

To contact YOUthink about any sexual health issue, or ask a question about services, Monday to Friday 9.30am to 4.30pm:

Tel: **0161 342 5600** or **0161 342 5671** or **0161 342 5672** and ask to speak to someone from the YOUthink team.



Or visit 31 Young People's Centre, Clarence Arcade, Ashton-under-Lyne, OL6 7PT. LGBT Foundation is a national charity delivering a wide range of services to lesbian, gay and bisexual and trans (LGBT) communities. <https://lgbt.foundation/> Advice Support & Information **0345 3 30 30 30**

SEXWISE – online honest advice about contraception, pregnancy, STIs and pleasure. <https://www.sexwise.fpa.org.uk/>

Sexual Assault: <https://www.sexwise.fpa.org.uk/where-to-get-help/sexual-assault-services>



## Domestic Abuse



Refuge <https://www.nationaldahelpline.org.uk/>  
**0808 2000 247**



## Self Harm



Self-Harm Network <https://www.nshn.co.uk/>

## SHARE

Self-Harm Awareness & Recovery - Support group in Manchester  
Tel: **0161 226 5412 / 07876 166 625**

## Papyrus

National suicide prevention charity. Tel: **0800 068 41 41**

## Drugs and alcohol



Tobacco <https://www.nhs.uk/smokefree>



Young Minds: <https://youngminds.org.uk/find-help/-looking-after-yourself/drugs-and-alcohol/>



My Recovery Tameside:  
<https://www.changegrowlive.org/my-recovery-tameside>  
You can also phone or email: **0161 672 9420** or email [tameside.referrals@cgl.org.uk](mailto:tameside.referrals@cgl.org.uk)

Or if you live in Manchester: **0161 839 2054** from 09:00 - 17:00 on weekdays or email [eclipsemanchester@cgl.org.uk](mailto:eclipsemanchester@cgl.org.uk).



Talk to Frank: <https://www.talktofrank.com/>  
**0300 1236600**



# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

National Bullying Helpline: counsellors are available on 0845 325 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

The NSPCC: the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS** National Online Safety  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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/NationalOnlineSafety



@nationalonlinesafety

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Manners + Hard work + Honesty = Success

