

Mossley Hollins High School

Our Newsflash (12)

Friday 2nd December



OUR TOP STORIES THIS WEEK

STUNNING ACADEMIC SUCCESS AT MOSSLEY HOLLINS HIGH SCHOOL AND THE TAME RIVER EDUCATIONAL TRUST, 2022



Overall Progress and Subject Performance

News has just come in, this November, from Ofsted's national **Inspection Data Summary Report**, on the performance of **Mossley Hollins High School** and it makes for terrific reading. The **overall academic progress** made by our students, taught by our

teachers, was described as **"Significantly Above the National"**. This success was also achieved by our students, taught by our teachers in Mathematics and in the subjects which contribute to what is called 'The Open Element' – GCSE subjects such as Music, Drama, PE, Food & Nutrition, Statistics and Religious Education and BTEC subjects such as Dance, ICT, Sport, Health & Social Care and Creative i-Media. Given everything our students, their families and our teachers have been through, this success is quite remarkable. Congratulations go to our students and to our Mathematics' Faculty and our Open Element Subject Faculties, in particular. There was also strong academic attainment and progress in Combined Science and our Separate Sciences of Physics, Biology and Chemistry. The **overall academic attainment** achieved by our students, taught by our teachers, was also described as **"Significantly Above the National"**. Our student attainment grades in **English, mathematics and the Open Element** Subjects (see above) are also described as **"Significantly Above the National"**. Fabulous news.

Performance of Students who started at Our School with Low Prior Attainment at Primary and Children Looked After and in Care

We are particularly pleased to report that students who arrived with us in Year 7 from primary school with low attainment, made progress over their five years with us that was **'Significantly Above the National'** and in the **highest 20%** of such students across the country. They did particularly well in Mathematics, the Open Element (see above) and in the Humanities Subjects. The same stunning progress was made by our students who are Looked After or In Care. It is important that all our students do well but particularly important that students with fewer prior advantages benefit from our teaching and learning. The students, their carers and their parents should be enormously proud of them and the teachers who taught them.

Attendance 2021 (the report has a time lag on national reporting for attendance) and Attendance of the Current Year 11 in 2022



Manners + Hard work + Honesty = Success



It is also very pleasing to report, as we learned to live with COVID-19, that the school's attendance figures were in the top 20% of the country in 2021 and persistent absence (students absent for 10% or more in the year) was amongst the very lowest in the country in that year. This is fabulous news and means that a significantly high percentage of MHHS students, in relation to students nationally, can go on to Level 3 (A Level or Equivalent, Post-16 Study). It is this strong attendance to school and focus in class that makes all the difference. Each one of the 'numbers' reported in the ISDR nationally is a **real student** with a real opportunity for a better life. Thank you to our families and to our outstanding Attendance Team.



At present, we are concerned, however, with the attendance of a small number of students in the current Year 11 and are very clear, indeed, that such absence from this minority will affect their well-being, their academic progress and future life-chances. **Any student who missed their recent Pre-Public Examinations will want to sit them before Christmas** so we can then adapt our provision to support them, and we need the active and positive support of their parents to ensure they work constructively with the school to make that happen.

We know you will wish to join us as we send our appreciation to our students, their families, their carers and our teaching and support staff for such a wonderful achievement. The core purpose of any school is teaching and learning and it is when we all focus on this primary purpose it is clear we all do very well together,

indeed, as one strong and supportive community. The MHHS staff and young people need that on-going active and constructive support if they are to continue to do well. This is your school. This is our school. Congratulations to Mrs Din and her strong team of students and staff.

It is most pleasing to report that our partner academy (Droylsden Academy) in our Tame River Educational Trust also had an academic performance in 2022 that Ofsted describes as '*Significantly Above the National*'. This bodes well for the long-term health of our school and our Trust.



Year 9 Technology Christmas Decoration Competition Winners

Congratulations to Warren Woolliscroft, Jack Briers, Mark Thistleton, Teyah Gavin and Eleanor Sweeney for winning the annual Technology Christmas decoration competition!

The decorations will be on sale in the Drum at lunch from Monday 5th – Friday 9th December. All decorations are 50p to raise money for the Mossley Foodbank. Make sure you treat your trees to one, this year!



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Christmas Jumper Day 2022

On **Wednesday 14th December** it is **Christmas Jumper Day at Mossley Hollins**.

As Student Leaders, we have chosen to donate to Mossley Foodbank. To support this great cause, please donate items such as dry/ tinned food, toiletries, gloves, scarves, hats, socks, chocolates, sweets, Christmas decorations, toys and books (all in perfect condition).

Your donations will be collected on Wednesday as you enter school, you can also hand them into Pupil Reception or to the desk on the third floor.

If you don't have a Christmas jumper you can still participate by wearing Christmas socks or a Christmas t-shirt.

Please note: No hoodies will be allowed. Your blazer is optional but your usual school trousers and shoes must be worn.

Make sure you are in with a chance of winning a treat for your form. The best form from each year group will win a big box of chocolates!



Please Sir, I want Some More

On Tuesday evening, Mrs Ryan was lucky enough to watch the latest production from Mossley's Operatic and Dramatic Society – an incredible production of 'Oliver!'. The cast included many of our students in roles such as orphans, Fagin's gang and revellers in the tavern.

Mrs Ryan said "There are so many memorable moments! However, I really enjoyed spotting our students in the fantastic opening number of *Food Glorious Food*, a stunning performance of *Got to Pick a Pocket or Two* and a rousing rendition of *Omph Pa Pa*. I know just how much work goes into putting on a show and all the performers should be very proud of themselves. I hope you heard me clapping and cheering for you at the end of the show!"

The warmest of congratulations go to Millie Wright, Lexi O'Mara, Isla Potts, Charlotte Potts, Ryan Lever, Holly Dewsnap, Maya Wainwright, Reuben Ryder, Amelia Buckett, Niamh Edge, Alex Schofield, Ava O Connell, Ella Gallagher, and Keira Gardener.

Come and Enjoy...
SADDLEWORTH
Cricket Club's
CHRISTMAS MARKET
10th December 2022
12noon - 7pm
FREE ENTRY!
Limited Car Parking Available
LIVE MUSIC:
Mossley Hollins School Band will entertain from 2pm.
Uppermill Brass Band will play your favourite Christmas carols after 5pm
Vendors include:
• Bratwurst Sausages • Sweets & Cakes
• Mulled Wine & Hot Chocolate
• Bottle Raffle • Name the 'Elf'
• Candles • Smellies • Festive Gifts
• Porcelain & Crockery
Plus many more
SADDLEWORTH CRICKET, BOWLING & TENNIS CLUB
CALF LANE, WELL-HOLE, FRIEZLAND,
GREATER MANCHESTER OL5 9BN.

Saddleworth Cricket Club's Christmas Market – Saturday 10th December

We are very proud to announce that on Saturday 10th December, our fantastic school band will be performing at Saddleworth Cricket Club's Christmas Market.

You can catch our school band from 2pm while enjoying a fabulous, festive day out.



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Spanish Christmas Card Competition

The MFL department are inviting you to design a card which shows the Christmas traditions of another country, for a chance to win a £5 voucher!

Entries are to be submitted in Spanish.

Each card should be no larger than a sheet of A4 paper and must be completed by hand, but any form of materials can be used – felt tips, paint, fabric etc.

Judges will be looking for originality of illustration as well as accuracy of language and content.

Each entry must be clearly marked on the back with your name, tutor group and Spanish teacher's name. You must hand them in to your Spanish teacher in the MFL building **by 12th December**.

Please note: entries containing English language will not be accepted.



OUTSTANDING SPORTS NEWS

Tameside Cross Country Championships 2022

We are proud to announce that the following students have been selected to represent the school in the Tameside Cross Country Championships on Tuesday 6th December.

These students have recently performed to a high standard in the PE department's Cross Country Championships and therefore has been selected to represent the school at the above event.

We have an excellent record in this event, in recent years, with a number of trophies being won by our students. Congratulations and best of luck to the following students:

<u>Year 7 Team Girls</u>	<u>Year 7 Team Boys</u>
Amber Williams	Rowan Dewsnap
Charlotte Potts	Nico Overden Edwards
Grace McKenna	Kia Holden
Megan Hoyle	Harry Rudol
Ava Baxendale	Henry Vincent
	Jamie Ell



<p style="text-align: center;"><u>Year 8/9 Team Girls</u></p> <p>Phoebe Whitbread Ava Hanson Molly Wolfenden Delilah Gregory Sophie Potts Gracie Harris Madison Delaney Chloe Smith Jemima Bertwistle Vere</p>	<p style="text-align: center;"><u>Year 8/9 Team Boys</u></p> <p>Ace Norton Tom Pritchard Lucas Mason Oliver Loughman Johnathan Vincent Henry Wood Richie Dodd Finn Latham</p>
<p style="text-align: center;"><u>Year 10/11 Team Girls</u></p> <p>Mia Newton Amy Starkie Holly Dewsnap Ruby Johnson Alice Lowery Kiera Brieley</p>	<p style="text-align: center;"><u>Year 10/11 Team Boys</u></p> <p>Joe Taylor Keano Wassall James Duggan Brian Fannon Leo Morland Layton Charlton</p>

Year 8 Netball – Tameside Champions 2022

The Year 8 Netball team played in the final tournament of the winter season on Tuesday. They put in 3 outstanding performances on the night to win all their games including an impressive 6-3 victory against St Damians. They have been the stand out team so far, this year, and we hope they continue their success in 2023. They were crowned the Tameside Champions 2022 which is an outstanding achievement that they should be very proud of.



Congratulations to; Isobelle Walsh, Poppy Evans, Freya Goodwin, Emily Robinson, Keira Gardner, Thea Smith Heeley, Madison Marler, Erin Ogden. Amy Warburton and Ava Baxendale in Year 7 also performed in the final games.

Year 10 Football – Outstanding Come Back

The Year 10 Football team played in their first game of the season against St Damians on Tuesday. They didn't get off to the best start in the game and were losing 5-1 coming towards the last 10 minutes of the game. Elliot Lawrence then scored a goal to make it 5-2 which was the start of an incredible comeback. The boys then demonstrated excellent resilience and managed to score an impressive 3 goals in 5 minutes (Luke Bent and Elliot Lawrence 3) to draw the game 5-5.

Fantastic demonstration of sportsmanship and teamwork. Well done boys!

Congratulations to; Jaidon Roper, Max Beasley, Leo Moreland, Ben Warburton, Claudiu Oprea, Layton Charlton, Alex Favario, Finn Jones, Harvey Platt, Elliot Lawrence, Luke Bent and Harry Grange.



OUR GCSE COUNTDOWN

EXAMINATION COUNTDOWN



WHY USE GCSEPOD?

What is it?

- 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.
- For years 10 and 11 only.

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



College Application Deadlines

Ashton Sixth Form College – 16th December

Clarendon Sixth Form College – are accepting applications until the end of January.



Clarendon Sixth Form are accepting applications until the end of January but Ashton Sixth Form College (whose places fill up quickly) state their deadline is the **16th December**.

Ensure you get your applications in!

If you need any support with your application, speak to Ms O'Donnell or get in contact with the college's directly.

DATES FOR YOUR DIARY

(Please see our website for further details)

Week of 5 th December	Year 8 Test 1s in class
Thursday 8 th December	Year 11 Parents Evening (6pm-9pm)
Week of 12 th December	Year 9 Tests 1s in class
Wednesday 14 th December	School Christmas Lunch
Friday 16 th December	Christmas Carol Service and End of Term, school will close at midday for students

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

In the event of extreme weather

In the event that school opening is impacted by extreme weather, updates will be provided via School Gateway. This is the quickest and most cost-effective way in which to communicate with families. Whilst we are not expecting any extreme weather in the coming weeks, it would be really beneficial for families to download the School Gateway app if you have not already done so and turn on notifications, to ensure effective communication.

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



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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.

Pastoral Check-ins

Over the next few weeks our pastoral team and senior leaders will be conducting checks and searches for any banned items that have been brought into school. Please ensure that you speak to your son/daughter about such items and make it clear that they should just have their planner, books, other essential equipment for school, lunch and a drink with them.

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. However 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 Six Topic
Year 7	Step into the NHS	Advertisement Entry
Year 8	Online Safety	The Impact of Social Media
Year 9	Gangs and anti-social behaviour	Support and Advice on Gang Issues
Year 10	Citizenship and Democracy	Diversity in the UK
Year 11	Planning for Life after Mossley Hollins	Completing Mock Application Forms

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





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 28th 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/

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

NATIONAL ONLINE SAFETY

At Mossley Hollins High School, we are fully committed to the safeguarding of the young people in our care and believe it is important everyone takes an active role in ensuring students are safe online.

We would like to welcome parents to join National Online Safety by following the link below:

<https://nationalonlinesafety.com/enrol/mossley-hollins-high-school>

Once you have registered, you will have access to a multitude of resources to help keep your child safe online

We would especially like to recommend the Online Safety Course for Parents and Carers, which can be accessed by following the links below:



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<https://nationalonlinesafety.com/hub/view/course/os-for-parents-carers-of-children-aged-11-14>

<https://nationalonlinesafety.com/hub/view/course/os-for-parents-carers-of-children-aged-14-18>

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

Dialogue

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

Our serious concerns about Vaping

We have serious concerns regarding students vaping (using electronic cigarettes). Students have been observed in school uniform smoking/vaping near to our school grounds or on public transport.

Vaping is prohibited at all public transport stops and stations in Tameside and on transport to and from school. Any student found vaping will be in serious trouble at school and their parents/carers will be notified.





Health risks associated with Electronic cigarettes (E-cigarettes)

- Can contain high levels of nicotine. Adolescence is a critical period for brain development and exposure to nicotine can have long-term health consequences, impacting memory, attention and learning.
- E-cigarettes (Vapes) are often available in different flavours which can be appealing to young people and may expose them to chemicals and toxins such as formaldehyde, heavy metals, particulate matter and flavouring chemicals, at levels that have the potential to cause adverse health effects.
- Sometimes vapes are disguised as USB's, pens and cosmetics.
- Second-hand smoke exposure can cause disease and premature death in children and adults who do not smoke. Specifically, children exposed to second-hand smoke experience a range of upper and lower respiratory illnesses and symptoms such as colds and flu, cough, phlegm production, wheezing and pneumonia.

Your support

There are ways you can help protect your children and support our school community. These include:

- Talking to students about why smoking/vaping are harmful for them.
- Learning about the different types of e-cigarettes available and the risks associated with using these products. We recommend that you have a look at images of vapes above and online to familiarize yourself on what they can look like.
- Report anyone you see vaping or anyone that has an e-cigarette with them in school. Please contact the child's Head of Year or a senior member of staff immediately.

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

Huawei



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



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.



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



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.

SAMSUNG

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 him know who you contacted and what your concern or question was. Mr Oliver, the Head Teachers PA 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. Mr Oliver will not be able to help before that stage.

OUR VACANCIES AND OUR TRAIN TO TEACH OFFER

Job Vacancies – Mossley Hollins High School

Role: Administration Officer/Co-curricular and Electives Co-ordinator

Pay Scale: Grade D (Point 7-10)

Actual starting salary at Grade D Point 7: £19,057.09

Hours: 36 hours per week, term time only

Contract: Permanent

Closing Date: Monday 5th December 2022 (12 noon)

Start Date: As soon as possible

Role: Curriculum Tutor Level 3 (Literacy+) – Mossley Hollins High School

Pay Scale: Grade E (Point 11-16)

Actual starting salary at Grade E Point 11: £19,354.14

Hours: 34 hours per week (term time only)

Contract: Permanent

Closing Date: Monday 5th December 2022 – 12 noon

Start Date: As soon as possible



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Further details are available on the school website at 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 or look at the **Train to Teach** Section of the Trust Website: 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

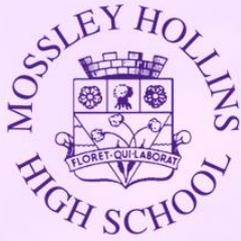
with everyonelearning @ Hawthorns,
Kingfisher, Mossley Hollins Teaching Partnership

Visit our website
www.everyonelearning.co.uk

Apply for Teacher Training
www.gov.uk/apply-for-teacher-training
Course code 2A1



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 **0161 355 3553**



Samaritans
www.samaritans.org
Freephone: **116 123**
Text message: **07725 90 90 90**

Eating Disorders B-eat – Eating Disorder Charity
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

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



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



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

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Sources: <https://www.bbc.com/news/technology-55249635>
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