

Mossley Hollins High School

Our Newsflash (17)

Friday 20th January



NATIONAL AND REGIONAL TEACHER INDUSTRIAL ACTION

As you will know from the media, one union, the National Education Union, is taking industrial action in schools in England and Wales on **Wednesday 1st February, Tuesday 28th February** (in the North West of England) and on **Wednesday 15th and Thursday 16th March**.

All schools have been issued guidance from the Department of Education for the strike days and we will be following that guidance. Depending on which union they belong to, some teachers may be on strike and some teachers will not be on strike. Non-teaching staff are not on strike.

In next week's Newsflash, on Friday 27th January, we will be able to provide you with comprehensive details of what educational service the school will be able to provide on the first strike day of Wednesday 1st February.

However, the information below provides an outline for students, parents and carers. Please note, these outline plans are subject to change at short-notice as schools do not always know which teachers are in the NEU and which of them are taking strike action on a particular day.

Latest Outline Plans for Wednesday 1st February:

1. On this day there is a real **Year 11 BtEC Digital IT Examination** for 10 students which is the only externally assessed part of the course and is of critical importance to our students. **This examination will run as normal**, therefore students sitting this examination will be in school for their examination;
2. Year 11 students have their second set of Pre-Public Examinations which start on Monday 6th February (3 school days after the first strike day) and so we will do everything we can on the day to help them with their preparations at home. Some of them did not perform to their ability in PPE1 (in November) and this was because they did not study hard at home in the evenings. They will not want to make the mistake again. The conference we held for our Year 11 students on Wednesday 18th January built on our November Year 11 Parent Partnership Evening, where we were very precise about what and how to study to do well at GCSE. Every year 11 student should be revising hard at home at the moment.
3. **All Year 7 students will be in school** as this will help with their learning and provide the parents and carers of our youngest students with a high level of re-assurance;
4. **Students from all year groups whom we consider would be 'vulnerable' by missing school will be in school.** Where we feel we have capacity we may also be able to accommodate **children of 'critical workers'** (where we have advance knowledge of this). More details will follow next week.
5. **Details will follow in next week's Newsflash for Years 8, 9 and 10:** At this point in time we are not able to finalise plans for these Year Groups (they may or may not be in school) but we will be able to give you much more detail, when we know more ourselves. If students are not in school, we will provide on-line learning which they will be expected to complete;
6. **The Character Pillar Award's Evening which was scheduled for the evening of Wednesday 1st February will be cancelled.** However, students will not lose out and the Awards will be presented to them in school in February/March.

Thank you for your understanding in what is a fast-moving situation. Please do not hesitate to contact school should you have any questions or concerns.



Year 11 Revision Conference



Our year 11 students attended our revision conference in school, on Wednesday. They started the day with some inspirational talks from our key speaker, Mr Duncan, along with other members of staff. This set the tone for the day and students were

ready to learn about the most effective ways to revise for English, Maths and Science.

They were given invaluable advice and practical tips from their class teachers and also some time to put them into practice.

SCRAP THAT HIGHLIGHTER!

THE GUIDE TO SUCCESSFUL STUDYING

A 2013 study¹ found that highlighting and re-reading were two of the most common methods of learning and revision used by students. It also found that these techniques have relatively little impact. Instead, try these scientifically proven methods to avoid that last minute panic-cramming session!

SPACED LEARNING	INTERLEAVING	RETRIEVAL PRACTICE
<p>How to do it:</p> <ol style="list-style-type: none"> Write a list of all the topics as you learn them. Every 2-3 weeks, use the list to go back and do problems/questions from an old topic. As you cover more and more topics, start cycling between the older ones, ensuring you leave a gap of about 2-3 weeks each time. Put ticks next to the ones you revisit to check you're covering all the topics evenly. When going back, ensure you're attempting problems or doing some <i>Retrieval Practice</i>. <p>Why it works:</p> <p>We forget about 50% of new learning within an hour of it finishing, and around 70% within 24 hours².</p> <p>We also relearn things faster, and for longer, each time we revisit the information¹.</p> <p>Spacing your learning therefore allows you to remember better, by giving you time to forget.</p> <p>Useful Resources:</p> <p>Download an academic calendar and plan each month. You can find an e-version here: Inspired Learning Calendar</p>	<p>How to do it:</p> <ol style="list-style-type: none"> Within a subject: <ul style="list-style-type: none"> When covering a topic it's normal to fully cover one topic, before moving onto the next. Interleaving mixes problems and topics together. For example, rather than doing an exercise on adding fractions, then one on subtracting, then one on dividing and so on, you pick one or two from each exercise in a random order and do them all together. Between subjects: <ul style="list-style-type: none"> In a single revision session, it's normal to focus on one subject at a time. Instead, spend half the time and repeat the subjects. For example instead of doing an hour each of subject A, then B, then C; do half an hour each of A, then B, then C, and then start again. <p>Why it works:</p> <p>Not only does the method need to be executed correctly, but a correct method needs to be selected too. Doing this improves the brain's ability to link the problem with the method needed, making it easier in the future both for exams and in everyday life.</p> <p>Useful Resources:</p> <p>Use a calendar to plan your time, you can find an e-version here: Inspired Learning Calendar.</p>	<p>How to do it:</p> <p>There's lots of ways to do retrieval practice, here are a few of the best and easiest:</p> <ol style="list-style-type: none"> Quizzes: <ul style="list-style-type: none"> You can find them online, in textbooks, or make your own! Make a note of what you got wrong so you know where to focus your revision for future. Flash cards: <ul style="list-style-type: none"> Put the topic on one side, and key facts on the other. Look at the topic and then try to recall and write down the key facts on the other side. Check to see how many you've got correct. Put a cross next to the ones you've missed so you know where to focus next time. <p>For any method you use, keep going until you've got it all right at least once, then use <i>Spaced Learning</i> to revisit regularly.</p> <p>Why it works:</p> <p>This technique forces use of your memory, unlike highlighting/re-reading. Every time you use your memory, you strengthen it, similar to a muscle in your body.</p> <p>Useful Resources:</p> <p>Websites like Kahoot! Quizizz, or even Google Forms allow you to make your own quizzes, and Cram can be used for flashcards.</p>
<p>1. Dunlosky, J. (2013) Strengthening the pupil toolbox: Study strategies to boost learning. <i>American Educator</i>, 37(3): 12-21.</p> <p>2. Ebbinghaus, H. (2013) Memory: A contribution to experimental psychology. <i>Annals of neurosciences</i>, 20(4):155.</p>		

At lunchtime, they were treated to some takeaway pizzas in their homebase, served by Mr Beaumont and Mrs Hammond. The students were fabulous and really appreciated the treat.

The final session was all about their future and what level of salary they will need to afford the lifestyles they are aiming for. This gave students a real insight into what they need to aim for in order to achieve the right grades that will lead to the best jobs and a healthy income and lifestyle.

Revision Techniques

During Ms Dodd's assembly, she gave some advice on how to revise. We would like to include this handout within the newsflash as a reminder for our year 11s who are currently preparing for their PPEs.

If any student would like another copy, please see Ms Dodd.



PPEs commence on Monday 6th February. A full Timetable can be found on page 4 and 5.

We would like to thank parents in advance for supporting their son or daughter with their revision. There are many ways you can help such as with flashcards, helping with quizzes or GCSE pod.

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.

Beating exam stress

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



Manners + Hard work + Honesty = Success



If you wish to access guidance to help your child beat exam stress you may find this link useful :
<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

Your post-16 options

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>

PPE TIMETABLE

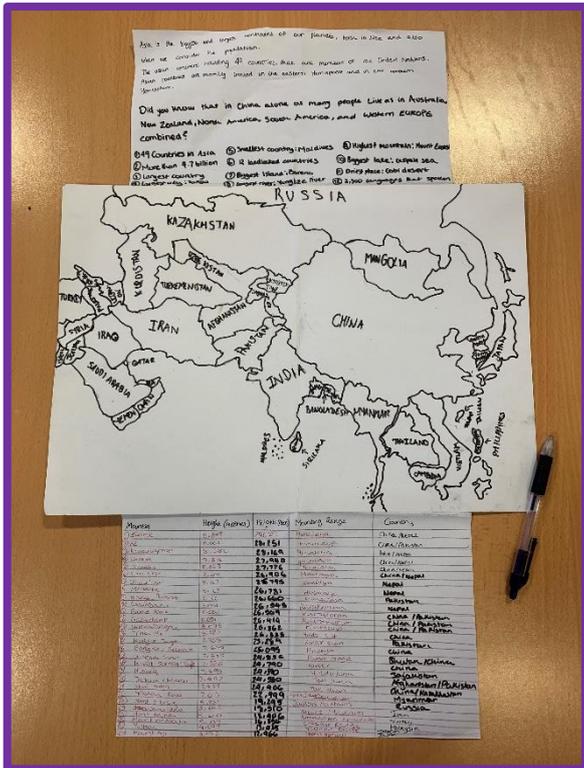
Time	Examination Title	Duration
Wednesday 1st February		
8.45am Pre-Exam PowerPoint 9.15am- 10.45am Exam	BTEc DIT – Final Exam	30 mins Pre-Exam PowerPoint 1 hour 30 mins exam
Monday 6th February		
8.45am Pre-Exam PowerPoint 9.15am- 10.45am Exam	BTEc Sport – Final Exam	30 mins Pre-Exam PowerPoint 1 hour 30 mins exam
11.00am- 12.30pm	Maths- P1- non-calculator	1 hour 30 mins
1.20pm- 3.20pm	Religious Studies Component 1: Religious, Philosophical and Ethical Studies in the Modern World	2 hours
1.20pm- 3.05pm	GCSE PE- Component 1	1 hour 45 mins
Tuesday 7th February		
8.55am- 10.40am	English Language- Paper 1	1 hour 45 mins
11.20am- 12.05pm 11.20am- 12.20pm	Spanish- Reading	Foundation - 45 mins Higher - 1 hour
2.00pm- 3.00pm In computer room	Dance- Component 3	1 hour
2.00pm-3.30pm In computer room	Drama- Concept Proforma	1 hour 30 mins
2.00pm- 3.30pm	Music- written paper	1 hour 30 mins
Wednesday 8th February		
9.00am- 10.10am	Combined Science: Biology Paper 2	Combined 1 hour 10 mins Separate 1 hour 45 mins
9.00am- 10.45am	Separate Science: Biology Paper 2	
12.10pm- 1.10pm	History Germany 1890-1945	1 hour
Thursday 9th February		
8.55am-10.40am	Food & Nutrition	1 hour 45 mins
11.15am- 1.15pm	Computer Science Paper 1: Computational thinking and programming skills	2 hours
2.10pm-3.20pm 2.10pm-3.55pm	Combined Science: Chemistry Paper 2 Separate Science: Chemistry Paper 2	Combined 1 hour 10 mins Separate 1 hour 45 mins
Friday 10th February		
9.10am- 10.40am	Maths – Calculator Paper 2	1 hour 30 mins
11.45am-1.15pm	Media Studies- Paper 2	1 hour 30 mins
2.05pm- 3.05pm	Geography: Unit 2 People and Society	1 hour



Start Time	Examination Title	Duration
Monday 13th February		
9.00am- 10.35am	English Literature 19th Century Literature and Unseen poetry	1 hour 35 mins
11.00am-12.00pm 11.00am-12.15pm	Spanish- Writing	Foundation - 1 hour Higher - 1 hour 15 mins
1.20pm- 3.05pm	Business Paper 1 Influences of operations and HRM on business activity	1 hour 45 mins
1.20pm- 2.50pm	Statistics Paper 1	1 hour 30 mins
Tuesday 14th February		
9.10am- 10.40am	Maths- Calculator paper 3	1 hour 30 mins
2.00pm-3.30pm	Geography Unit 3: Geographical Exploration	1 hour 30 mins
Wednesday 15th February		
11.30am-12.40pm 11.30am-1.15pm	Combined Science: Physics Paper 1 Separate Science: Physics Paper 1	Combined 1 hour 10 mins Separate 1 hour 45 mins
2.00pm-3.45pm	Business Paper 2: Influences of marketing and finance on business activity	1 hour 45 mins
2.00pm-3.30pm	Statistics Paper 2	1 hour 30 mins
Thursday 16th February		
9.00am- 10.45am	Further Maths	1 hour 45 mins
8.45am-10.45am and 11.15am-12.15pm	Art, Craft & Design- Portraits	3 hours
12.15pm- 1.15pm and 2.00pm-4.00pm	Fine Art- Portraits	3 hours
Friday 17th February		
8.50am-9.50am	Design & Technology	1 hour
8.50am-10.35am	Computer Science Paper 2- Computing Concepts o	1 hour 45 mins
8.50am- 9.20am	Religion- Component 3 exam on A Study of Islam.	30 mins
11.15am- 11.50am 11.55am- 12.40pm	Spanish- Listening	Foundation - 35 mins Higher - 45 mins



OUR TOP STORIES THIS WEEK



Outstanding Work in Geography – Zion Oruma Stephen

In Geography, our year 7s have been asked to produce a fact file on Asia. This included looking at the diversity of the physical landscapes and populations.

Zion has produced a wonderful piece of homework where he has gone above and beyond; using his own knowledge as well as research to create an amazing map and table.

At the top of his work you can see various facts relating to Asia and countries within the continent. One of the most impressive parts of his homework is the hand drawn map of Asia that is incredibly accurate. Not only did he do his research but he spent the time and effort producing this cartographic masterpiece!

Zion has even gone one step further and created a table at the bottom of his map that highlights specific information about the physical landscapes of Asia. He has included information on mountains in Asia, their height in feet and meters, the mountain ranges they each belong to and finally the countries they are located in.

The amount of effort that went into this homework is truly outstanding and shows his immense enthusiasm for Geography – WELL DONE, Zion!

Year 9 Spanish – University of Manchester

Last Friday, Mrs Chapman and Mr Wells took 14 students from Year 9 to the University of Manchester for the day.

They learnt about the importance of learning a new language as well as having a sample lesson in German!

Students were also able to create their own roleplays which were performed and filmed at the end of the day. It was a fantastic trip where students behaved impeccably, engaged with new challenges and - most importantly - enjoyed their experience at the university.



Amazing Achievement in T1 assessments for Religion and World Views

A huge congratulations and well done to Isabella Robinson, in Year 9, who achieved 100% on her T1 assessment which was based around the question, "is religion a power for peace or a cause for conflict?"

Congratulations also goes to Thea Smith-Heely, in Year 8, who achieved 98% and Megan Lawley, also in Year 8, who achieved 90% on their T1 assessment based around the question, "what difference does it make to believe in Sikhism?"



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A wonderful achievement from all three students!

Calling all students – ‘Religion and Worldviews’ needs you!

If any student would be interested in sharing their religious or non-religious view of the world as part of a series of interviews about our school community, please see Mrs. R Harrison in the Humanities **faculty before Friday 27th January.**

You will be asked to participate in an interview about your key beliefs and how this influences your day to day life, what, if any, festivals or occasions you have and how these are celebrated, what you believe happens after you die and your thoughts on God.

Participants with religious, spiritual, agnostic and atheist viewpoints, from faith and non-faith backgrounds, and across all year groups are all welcome and encouraged. **Interviews will take place in the week beginning Monday 6th February and will last no longer than 10 minutes.**

MFL – Languagenut

Mossley Hollins students have put us in 27th position of over 3,000 schools globally on Languagenut!

There are currently 5 million student users of Languagenut around the world so to be in 27th position is an outstanding achievement and we are very proud.

Mossley Hollins High School			
Recent Activity	January World Ranking	Achievements	Skills
January World Ranking:		Points	
23	Parkside Community College	16970200	
24	Towers School and Sixth Form Centre	16275100	
25	Goresbrook School	16228400	
26	King's Leadership Academy Bolton	15936600	
27	Mossley Hollins High School	15897700	
28	Sedgehill Academy	15781200	
29	Rainham Mark Grammar School	15353100	
30	Middleton Technology School	14705900	
31	Parklands High School	14290100	

Remember, points reset at the beginning of each month!

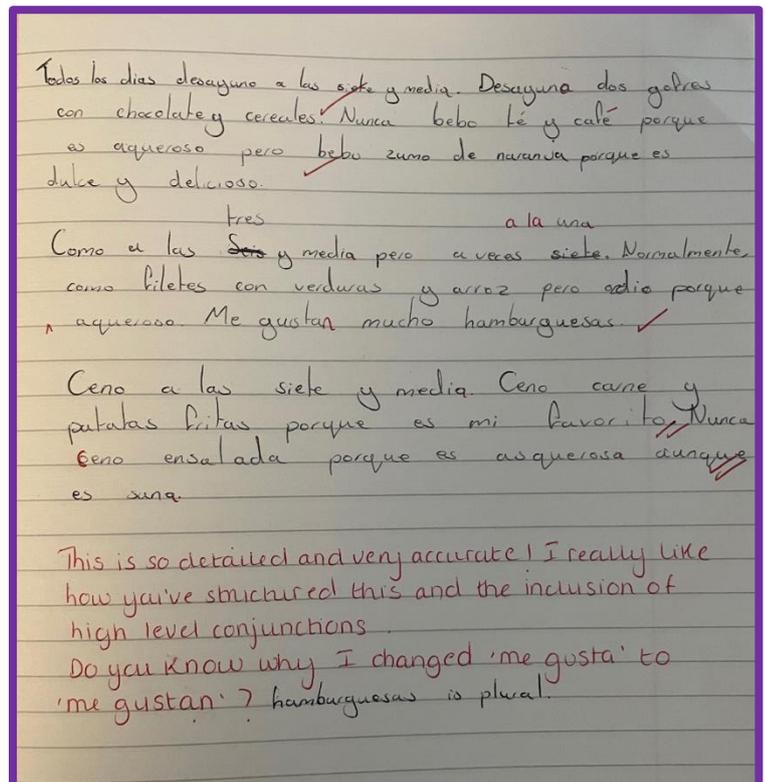
Students are assigned their weekly vocabulary learning homework tasks on Languagenut, but it is useful to know that **the site is also an excellent independent revision and learning resource that students and parents can access independently.**

Outstanding work in Spanish – Jack Mason

Jack Mason, in Year 8, produced an outstanding piece of written work in Spanish, this week.

He wrote in detail, at length and using highly complex vocabulary on the topic of food and drink.

For his excellent work he has been nominated as Mrs Doodson's student of the week – **well done Jack!**



Drama Students work with Guest Director

The year 10 drama students have been working with a guest director on their mock Devised Drama pieces.

Alyx, from Oldham Coliseum, has been working with the GCSE class for two weeks and helping them to develop their pieces and meet their artistic intentions.

The students have loved working with Alyx and learning new techniques and practical skills.

We are all looking forward to their **final performance in February**.



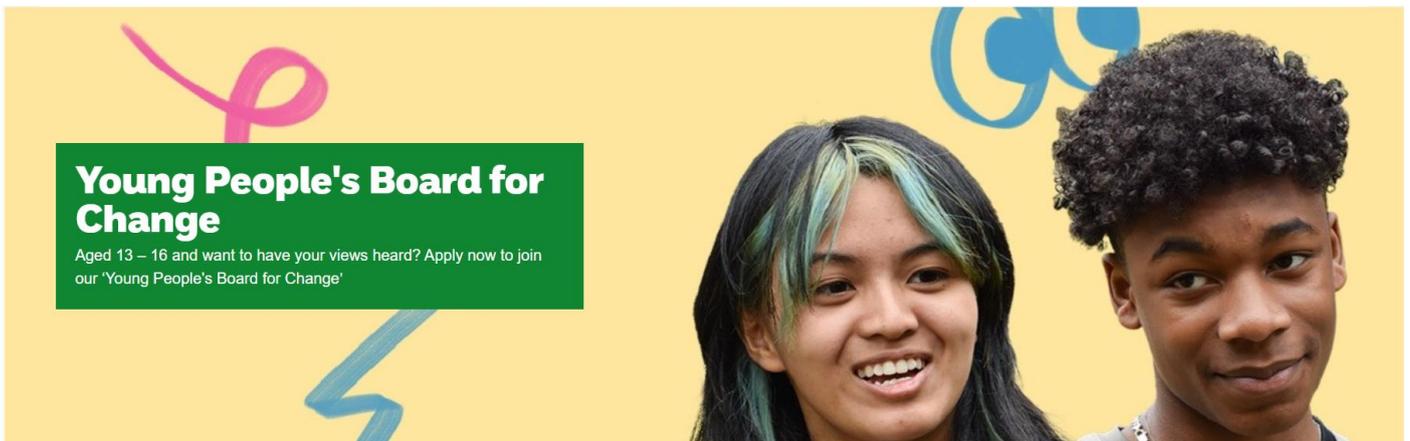
We Will, We Will Rock You

Tickets for this year's production of *We Will Rock You* are now on sale.

Use the School Gateway on our website to order your tickets.

The show is not one you will want to miss!

For any students who are yet to take part in one of our many co-curricular clubs and activities, we strongly encourage you to get involved. You can find the full list of activities on offer at the end of the Newsflash



NSPCC Young People's Board for Change

Aged 13 – 16? Want to make a positive change? Want to have your views heard, develop skills, meet new people and have fun?

The NSPCC are looking for 15 young people to join their next 'Young People's Board for Change'.



Manners + Hard work + Honesty = Success



Why should I join?

- take part in exciting new experiences and opportunities
- develop lots of new skills (we will give you training to support you with this!)
- meet other young people from across the UK who also want to make a difference
- get involved and make change happen at the NSPCC
- most importantly... Have lots of fun!

This might sound really exciting, but might also involve lots of new things that you haven't done before – that is totally OK, you don't need any experience to apply! There will be lots of fun training sessions and workshops to support you to learn new things and develop your confidence along the way. Plus, the NSPCC's friendly Participation Team are here to support you through every step of your journey so that you feel confident and ready to be heard!

You can find lots more info about the role and the answers to some frequently asked questions on their website. Recruitment is **open until the 23rd January** and you can apply by completing an online application form at nspcc.org.uk/boardforchange. If you need a paper copy of the application form, please see your head of year.

OUTSTANDING SPORTS NEWS

Year 9 Girls Football Team

The Year 9 girls football team are all dedicated and talented football players. Over the last two weeks they have played in the Year 9 tournament at Drolysden Academy. Over the two weeks, they have put in a number of impressive performances to win six games altogether. They managed to finish in 2nd place overall which is an outstanding achievement. The girls represented the school in the best possible way and are leading the way for girls football at Mossley Hollins.



Congratulations and well done to:

Gracie Naggs, Sophie Potts, Isabel Walsh, Ava Hanson, Molly Wolfenden, Grace Gallagher and Evie Hewitt.

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

DATES FOR YOUR DIARY

(Please see our website for further details)

Thursday 26th January

Year 9 Parents Evening

Monday 6th February

Year 11 PPEs Begin

Friday 17th February

Year 11 PPEs End

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.

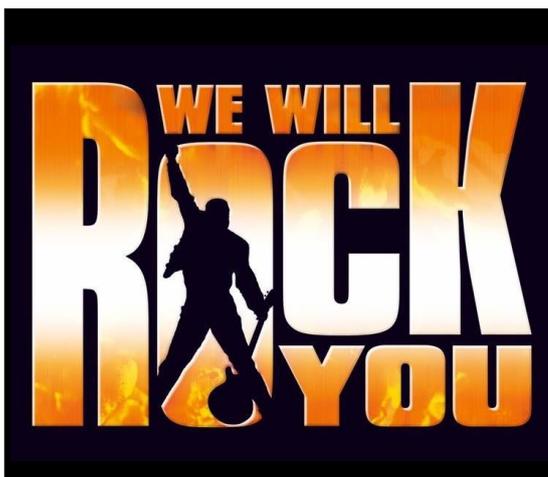


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The HPV 2 Vaccinations which were scheduled for this date will be rearranged. The new date for these will be communicated when they have been confirmed.

OUR REMINDERS AND MESSAGES



Rehearsal schedule for the school production of *We Will Rock You*:
Tuesday 3-6pm – Main Cast only
Thursday 3-5pm – Whole Cast
Thursday 5-6pm – Main Cast only

Request for spare uniform

If parents have spare uniform which your child has outgrown, such as shirts or trousers, could we please request that these be donated and dropped off at school reception. Thank you.

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.

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 newsflash.

Reminder to Parents

Please can we remind parents, if your child forgets any equipment (including PE kit) we are not able to call you at home / work to arrange for you to bring it into school. Please ensure your child has all of the correct equipment they need before they arrive at school, otherwise they may be issued with a Nuhope for Lack of Equipment.

Collecting your child during the school day

Please ensure your child knows what time they need to leave their lesson to attend any appointments you may have made for them. Our Attendance team must be notified in advance and proof of the appointment provided to them via attendance@mossleyhollins.com.



Manners + Hard work + Honesty = Success



A note must be written in your child's planner and they must sign out at the Attendance office before coming to Reception to be collected. Please do not arrange to pick child up on Huddersfield Road. We are a very busy school and therefore ask that you do not rely on admin staff to send notes or to be available to collect your child from their lesson.

NUHOPE Notifications / Queries

Please be aware that the only team who are able to deal with NUHOPE queries are the Attendance Team, the admin office are unable to assist with your queries. Nuhope notification messages will make it clear why the Nuhope has been issued, please speak to your child about this prior to any enquiries to school.

Mobile Phones Handed into Reception

From Monday 12th December pupils' who are handing in their mobile phone to Student Reception must ensure they are contained within a clear, sealed bag with their name and form clearly displayed. Any phones which are not presented in this way will not be accepted. The current use of paper envelopes will no longer be accepted.

Mobile Phone Policy

Our mobile phone policy, which has been in place for many years, is generally very well complied with and we are grateful for the support of parents/carers and students. The school is a sociable place during break and lunchtime as a result of this policy, which requires that mobile phones/devices are not seen, heard or used during the school day or on the school premises. We have had a couple of instances recently where students have used phones during the school day, including to call parents. Where it comes to our attention that a student has used a phone, we will take action as this is a breach of our rules. This does include calls made to parents; if a need for a student to call a parent arises during the day they should speak to their head of year or the office staff who will make arrangements for this to happen, where appropriate, through the school office.

Behaviour and Conduct in the Community

The overwhelming majority of our students are excellent ambassadors for our school when in the community and we receive many more compliments about their conduct than complaints, which are rare. However, we want to make it clear that we always challenge and sanction any negative behaviour from our students in the community, that does not meet our high standards.

Chewing Gum

We would like to make it clear to all parents/carers and students that chewing gum is a banned item at Mossley Hollins High School. Any student found to be chewing gum in the building will serve Removal for a day. There are a number of reasons behind this, including the mess that it leaves behind, the difficulty of removing it from our carpets, chairs, desks and tarmac outside and more importantly, the distraction to learning and the negative impact it can have in the classroom. After feedback from our student council and teaching staff, we did adapt our behaviour policy and made the decision to reduce the sanction for chewing gum at Mossley Hollins High School from a fixed term exclusion to Removal from lessons and social time for a day. We have the highest of expectations of students at Mossley Hollins High School and as always we really appreciate the support from parents and carers with this matter.

LIFE SKILLS AT MOSSLEY HOLLINS

Life Skills in form Time

Life skills sessions in form time will recommence from the week beginning 9th January 2023. However, year 11 will no longer undertake Life Skills in form time in order to focus on essential revision sessions in this time.



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

The timetable below shows the theme for Spring Term 1:

Year Group	Theme	Week Two Topic
Year 7	Exploring Family Life and Relationships	Romantic Relationships
Year 8	Healthy Relationships	Relationship Rights
Year 9	Healthy Relationships and Readiness for Sex	Pressure to have Sex
Year 10	Managing Relationships	The Impact of Domestic Violence

Future Life Skills Days

The following Life Skills Days are scheduled in the school calendar. Further details on the year 11 event will follow shortly:

- Friday 10th March 2023 - Year 9
- Tuesday 18th April 2023- Year 8

If you would like some tips on how to speak to your child about positive relationships, you may find these websites useful:

<https://childmind.org/article/how-to-help-kids-have-good-romantic-relationships/>

<https://www.goodtherapy.org/blog/9-tips-for-talking-to-teens-about-dating-and-relationships-0227157?scrylbrkr=bffe03dd>

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

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:





<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.

'Hidden Harm Awareness Week' 23rd – 27th January 2023

Next week, Branching Out Tameside will be delivering training sessions, stalls and drop in's across Tameside to raise awareness about the impact of parental substance/alcohol use on children and young people.

We have attached their timetable for the week. They have sessions for both professionals and parents and you can book places at the links below.

1. **Tuesday 24th January - Adverse Childhood Experiences (ACES): Becoming Trauma Informed**
- <https://www.eventbrite.co.uk/e/470132658437>
2. **Tuesday 24th January - Adverse Childhood Experiences (ACES): Info Session for Parents & Carers** -
<https://www.eventbrite.co.uk/e/471005428917>
3. **Wednesday 25th January - Alcohol Exposed Pregnancies (AEP/FASD)** -
<https://www.eventbrite.co.uk/e/470998127077>
4. **Friday 27th January - Hidden Harm and the Impact of Parental Substance Use**
- <https://www.eventbrite.co.uk/e/461771961367>





Hidden Harm Awareness Week

23rd -27th January 2023.



Monday	Tuesday	Wednesday	Thursday	Friday
	ACES Professionals Training (Online). 9:30am-12:30pm.	Trauma Informed Practice, Steering Group. 10am-12pm.	Parent Group @ Women's Centre. 10am-12:30pm.	Hidden Harm Professionals Training (Online). 9:30am-12:30pm.
		Drop in @ Yew Tree Primary School for Parents. 10am-11:30am.		
Launch/Send Bulletin – Hidden Harm + Trauma Theme with The Professionals Pack. 1:30pm-2pm.	Hidden Harm Awareness in Alcohol Team Meeting. 10am-11am.	Full Circle Care Team Meeting. 11am-12pm. T1 College HH Awareness Stall. 12-1:30pm.	Drop in HH Awareness Stall at Ashton Office. 10am-1pm.	Professionals HH Awareness Drop in @ Clarence Arcade. 9:30am-12pm.
	Tameside College Hidden Harm Awareness Stall. 12-1:30pm.	Full Service CPD on Hidden Harm. 1pm-2pm.	Women's Centre Drop in Stall. 1pm-3pm.	Clarendon Sixth Form HH Awareness Stall. 12-1:30pm.
Drop in HH Awareness Stall at Hyde Office. 1-4pm.	Hidden Harm Awareness Stall-Young Carers, Bennett Street. 4-6pm.	Children's Community Nursing Team Meeting. 1pm-1:30pm.		
	ACES/Trauma Briefing for Parents (Online). 7pm-8:30pm.	AEP Professionals Training (Online). 2-4pm. Living Well Tameside HH Awareness Stall. 1pm-4pm.		

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 Headteacher's PA, directly, letting them know who you contacted and what your concern or question was, the Headteachers PA will ensure you get a reply within the next 24 hours. Please write by email to 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. The Headteacher's PA will not be able to help before that stage.

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



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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

OUR VACANCIES AND OUR TRAIN TO TEACH OFFER

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



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Co-Curricular Clubs 2022-23

Co-Curricular Clubs	Day	When	Where	Frequency	Year Groups
Advanced Maths Club	Wednesday	Lunchtime	3.04	Weekly	10 and 11
Astronomy Club	Thursday	3pm - 3.45pm	3.09	Blue week	9 and 10
Card / Board Games Club	Friday	Lunchtime	L.02	Weekly	All
Chamber Choir	Thursday	Form Time	G.02	Weekly	All
Chess / Board Game and Vintage Comics Club	Friday	Lunchtime	Bronte HB	Weekly	7 and 8
Cookery Club	Tuesday	3.10pm - 4.30pm	4.05	Red Week	7
Debate Club	Thursday	Lunchtime	2.05	Weekly	7, 8 and 9
Design & Make Club	Tuesday	3 - 4pm	4.03	Weekly	8
Dungeons & Dragons Club	Tuesday	3pm - 4pm	2.14	Weekly	All
Graphics Club	Wednesday	Lunchtime	4.07	Red Week	10 and 11
Guitar Club	Wednesday	3pm - 4pm	Practice Room	Weekly	All
History Film Club	Thursday	1.30pm - 2pm	2.01	Weekly	7, 8 and 9
KS3 Drama Club	Wednesday	Lunchtime	Drama Studio	Weekly	7, 8 and 9
KS3 Drumming Group	Tuesday	3pm - 3.30pm	G.02	Weekly	All
KS4 Drumming Group	Tuesday	Lunchtime	G.02	Weekly	10 and 11
KS4 Masterclass	Friday	Lunchtime	Drama Studio	Weekly	10 and 11
Oldham Coliseum	Thursday	3pm - 4pm	Drama Studio	Weekly	TBC
Philosophy Club	Wednesday	Lunchtime	2.06	Red Week	All
Pop Choir	Friday	1.25pm - 1.55pm	G.02	Weekly	All
Retro Gaming Club	Monday	Lunchtime	4.02	Weekly	All
Rock Band	Thursday	3pm - 4pm	Music Room	Weekly	All
Salsa Club	Monday	12.30pm - 1pm	Dance Studio	Weekly	All
School Band	Wednesday	Lunchtime	G.02	Weekly	All
School Band	Thursday	3pm - 4.30pm	G.02	Blue Week	All
School Production	Monday	3pm - 5pm	Drama Studio	Weekly	All
School Production	Thursday	3pm - 5pm	Drama Studio	Weekly	All
Spanish Film Club	Thursday	Lunchtime	L.02	Weekly	All
Trivia and Quiz Club	Wednesday	1.30pm - 1.55pm	2.03	Weekly	All
Whizz Bang Science Club	Tuesday	13.25pm - 13.50pm	3.07	Weekly	7 and 8
Writing Club	Tuesday	3pm - 4pm	2.09	Weekly	8, 9 and 10
Year 10 and 11 Dance Club	Friday	Lunchtime	Dance Studio	Weekly	10 and 11
Year 10 Volleyball (Boys & Girls)	Wednesday	Lunchtime	Sports Hall	Weekly	10
Year 11 Badminton (Exam Group Only)	Thursday	Lunchtime	Sports Hall	Red Week	11
Year 11 Volleyball and Badminton (Exam Grp Only)	Friday	Lunchtime	Sports Hall	Weekly	11
Year 7 & 8 Book Club	TBC	TBC	TBC	TBC	7 and 8
Year 7 and 8 Basketball (Boys & Girls)	Thursday	Lunchtime	Sports Hall	Blue Week	7 and 8
Year 7 and 8 Dance Club	Thursday	3pm - 4pm	Dance Studio	Weekly	7 and 8
Year 7 Band	Wednesday	3pm - 4pm	G.02	Weekly	7
Year 7 Football	Wednesday	Lunchtime	Astro	Weekly	7
Year 7 Jass Silver Award	Monday	3pm - 4pm	G.01	Weekly	7
Year 7, 8 & 9 Netball (all welcome)	Tuesday	Lunchtime	Sports Hall	Weekly	7, 8 and 9
Year 7, 8 & 9 Netball (team only)	Monday	Lunchtime	Sports Hall	Weekly	7, 8 and 9
Year 7, 8 and 9 Girls Football	Tuesday	3pm - 4pm	Astro	Weekly	7, 8 and 9
Year 8 & 9 Football (team only)	Wednesday	3pm - 4pm	Astro	Weekly	8 and 9
Year 8 Football	Monday	Lunchtime	Astro	Weekly	8
Year 8 Jass Silver & Gold Award	Thursday	Lunchtime	G.01	4 weekly	8
Year 9 Dance Club	Wednesday	Lunchtime	Dance Studio	Weekly	9
Year 9 DofE Bronze	Thursday	Lunchtime	G.01	4 weekly	9
Year 9 Football	Thursday	Lunchtime	Astro	Weekly	9
Young Reporters Club	Wednesday	Lunchtime	Library	Weekly	9 and 10

	Arts & Sports
	DofE & Jass
	English
	Humanities
	Languages
	Maths
	Music
	Science
	Technology



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



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What Parents & Carers Need to Know about

TWITTER

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

Twitter is a social media network which allows users to post short messages (tweets) of up to 280 characters. Tweets can consist of text, photos, videos, audio, links, polls and GIFs – often linked by hashtags if they share a common theme or message. Hashtags receiving high levels of interest are said to be 'trending'. Twitter users can engage with other people's posts by liking, retweeting (sharing) or tweeting back (commenting on). Since the entrepreneur Elon Musk acquired Twitter in October 2022 for \$44 billion, he has implemented several major changes to the platform.

INTERACTION WITH STRANGERS

Tweets are public by default, meaning that anyone can view and interact with posts, follow someone and send direct messages. The concern here is that young people may therefore connect and communicate with strangers. Some individuals may follow a young person's Twitter account simply because they have similar interests; however, others may turn out to have more sinister intentions.

FIXATION ON VIEW COUNT

Twitter has recently introduced a 'view count' feature – telling users how many people have seen their tweet (even if they haven't reacted to it). Previous research has found that unfavourable comparisons with other social media users can cause young people to experience feelings of insecurity, jealousy and low self-esteem – leading to an obsession with increasing their numbers.

TROLLS AND BULLYING

The anonymity offered by fake profiles encourages some users to send tweets designed to provoke a reaction; to disrupt conversations; to spark an argument; or to harass the recipient. Such trolling and bullying can impact the mental wellbeing of both the target and anyone who witnesses it. Encourage your child to come to you if they experience such behaviour on Twitter, or if they see it taking place.

PAID-FOR VERIFICATION

Previously, if a Twitter profile displayed a blue tick icon, it meant that the owner – usually a celebrity or a major organisation – had been verified as genuine. Now, however, anyone can pay for a Twitter Blue subscription to receive the tick, with the platform carrying out limited checks on the account's authenticity. This could easily lead to more fake accounts impersonating real people or companies.

CONTENT MODERATION CHANGES

In late 2022, Twitter stated that their 'policy enforcement will rely more heavily on de-amplification of violative content: freedom of speech, but not freedom of reach'. No policies have changed yet, but this wording suggests they may limit who can see posts, rather than removing them. While supporting free speech, this could encourage an environment where some toxic content remains online.

HIJACKED HASHTAGS

The hashtag (#) is one of Twitter's most recognisable facets, allowing users to find specific trends or topics. But the sheer volume of tweets each hour can rapidly distort a hashtag's meaning; an initially innocent search term can quickly end up returning inappropriate results. This is common with 'trending' hashtags, as people know that using them will get their tweet seen by a larger audience.

Advice for Parents & Carers

SET ACCOUNTS TO PRIVATE

To reduce some of the fear of your child's tweets being seen and shared by anyone, you can always make their account protected. This means that your child has to give approval for another user to view their posts. You can change Twitter's privacy settings so that your child can't be messaged directly by other people on the platform and their geographical location won't be shared.

FOSTER CRITICAL THINKING

It can be difficult for anyone to ascertain if something online is real or false, but particularly for young people. Encourage your child to check several reputable sources to determine if a story they've seen is true; remind them to watch out for scams and think about the message's possible motive. Emphasise that it's not a good idea to retweet something if they aren't sure it's correct.

ENGAGE SAFETY MODE

When Safety Mode is activated, Twitter checks for abusive or spammy behaviour such as hurtful language or repeated negative replies. The platform then flags these suspect accounts and blocks them from responding to your child's tweets. The autoblock function then prevents these accounts from interacting with your child's again for seven days.

EXPLORE THE NEW SETTINGS

Previously, any user could reply to anyone else's tweets. However, the new conversation settings let your child determine who can reply to their posts – either by selecting everyone (the default option), people they follow or only people they mention (using the @ symbol). This improvement has given users extra control, providing them with more protection from trolls and online abuse.

PAUSE BEFORE POSTING

It's important that young people think about what they're about to post and whether they might regret it later. Twitter has developed 'nudges': little prompts which appear if someone is about to tweet using harmful or offensive language. These nudges promote more positive online behaviour by giving users an opportunity to pause and consider their words before they post something.

BLOCK, REPORT OR MUTE

If someone is upsetting your child on Twitter, you can block and report them. Blocking stops them from messaging or following your child, while reporting an account alerts Twitter to investigate possible misuse. The 'mute' feature, meanwhile, keeps tweets from a specific account (or which include certain words) out of your child's timeline. The other user won't know that they've been muted.

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

BE CAREFUL WHO TO FOLLOW

As accounts are no longer being as rigorously verified under the 'blue tick' system, it's essential that young Twitter users understand what this means in terms of people not necessarily being who they claim. Anyone who your child only knows online is still a stranger, regardless of how long they've been communicating for. Remind your child never to disclose personal information on social media.

Source: <https://blog.twitter.com/common-thread/en/topics/stories/2022/how-twitter-is-nudging-users-healthier-conversations> | https://blog.twitter.com/en_us/topics/product/2022/twitter-blue-update | https://blog.twitter.com/en_us/topics/company/2022/twitter-2-0-our-continued-commitment-to-the-public-conversation | <https://scholarworks.lib.csusb.edu/cgi/viewcontent.cgi?article=2131&context=std>

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.01.2023



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