

Mossley Hollins High School

Our Newsflash (19)

Friday 3rd February



OUR TOP STORIES THIS WEEK

Leadership and Management Qualification Success for our Head Student Team!

Rotary Leadership and Management Programme:

Our Head Student Team enrolled on an external Leadership and Management Programme, in September.

Students were required to complete two modules: 'Developing Leadership Skills' and 'Developing Management Skills' – in just four months!

Yesterday, students presented their final presentations to an external panel of leaders and we are very pleased to say that each member of our Head Student Team passed and they have all been awarded an 'Institute of Leadership and Management Certification'.



It is a fantastic achievement which they have all worked so hard for throughout the programme. We are so proud of what they have achieved!

Well done to the following students:

Ella Whitwam

Emily Fletcher

Ryan Lever

Keano Wassall

Millie Evans

Max Whitwam

Cara Dote

Josh Aspin

Rebecca Rhodes

Joe Atkinson

Children's Mental Health Week 6th-12th February

The 6th – 12th February is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

What's it all about?



Manners + Hard work + Honesty = Success



Let's Connect is about making meaningful connection, and for Children's Mental health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationship. For example, how you greet people and maintain friendships, but also how you forgive or say sorry when you need to.

What can you do?

There are many simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways
2. Talk to your child about important connections
3. Talk to your child about their friends
4. Connect by taking an interest in your child's world
5. Find time to connect as a family
6. Try to resolve conflict and re-connect after arguments

Place2Be has many different resources to support you and your child and they can be accessed for free through the following website: [Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

Excellence in English

Mrs Matthews would like to share an incredible work of fiction completed by Myles Royston-Wilkes (Year 10) in his English Language class. The class were tasked with writing a story using the prompt 'abandoned' and we have included his full story at the end of this edition of the Newsflash.

Here is Myles' opening paragraphs:

Blood dripping from her nose. Can't walk, can't run. No escape. Ramona listened to her deep breathing as she tried to prepare herself for the possible pain she may suffer. The floorboards screeched in fear with every step they took. Silence, so much silence. No steps, no heavy breathing. Just silence, screaming to her.

"Shhhh..."

Well done, Myles on such a thoughtful, detailed and engaging piece of fiction!

Year 9 Parents Evening

Thank you to all parents who attended the year 9 parents evening, last week. It was great to see so many of you in person and to get to know you better, after the past few years behind a screen.

It was a really positive evening, where staff were able to meet parents, to share details of where your children are doing well and to provide details of how we can work together to address any areas which could be improved. Thank you so much for your ongoing support.



Thank you to the parents who took the time to speak to myself and my colleague, Mr Wilson, to ask questions and share ideas. We really do appreciate you taking the time to do this. If you do have any ideas to help us improve the school further, or any areas of concern, please do not hesitate to get in touch.

Please see below for one of the lovely comments we received following the parents evening last week:

Dear Mrs Din,

I would just like to express my thanks for the in person Year 9 parents evening, last night.

I attended with my daughter, and from when we entered, we were greeted warmly by the pupils and staff. It was a pleasure to finally meet the teachers face-to-face after 2 years of Covid zoom calls.

I am so pleased with my daughter's progress this year across all her subjects. She often lacks confidence in herself but the combination of staff this year have made a huge impact on her confidence and ability. They have brought out the best in her and she is thriving. She attends many lunchtime activities and that is spurred on by the relationships she has built with the staff.

In Hollie's words...most of her teachers this year are 'national treasures'. This kind of response, makes me confident that she is happy every day at school.

Please pass on my thanks to her teachers; Mr Stevens, Mrs Smith, Miss Matthews, Mr Haywood, Mrs Ryan, Mr Wells, Mr King and Mrs Melfi. I am grateful for everything they are doing for Hollie in Year 9, in preparation for the start of her GCSEs in Year 10 and 11.



Outstanding Homework in English

Mrs Matthews would like to congratulate Charley Maley (Year 7) on his hard work and effort for his homework, this week.

Well done, Charley! Keep up the hard work.

Languagenut Dedication

The MFL faculty are excited to report that our students ended the month of January ranked 18th in the world on Languagenut! Well done Mossley Hollins High School! What an excellent achievement. Our top 5 Languagenut users and their total points are:

- | | | |
|---|-----------------|--------|
| 1 | Lucy Nolan | 239600 |
| 2 | Lydia Schofield | 221100 |
| 3 | Reuben Ryder | 207200 |
| 4 | Connor Alcock | 186400 |
| 5 | Paige Dodd | 179300 |



Manners + Hard work + Honesty = Success



This week Languagenut have announced that their UK Secondary Language Competition launched on **Wednesday 1st February!** The competition is open to all Secondary Students using the platform, and the top 50 will be rewarded with vouchers for their hard work.

Here are the prize details:

- Places 1-3: A £50 Amazon voucher
- Places 4-10: A £20 Amazon voucher
- Places 11-20: A £10 Amazon voucher
- Places 21-50: A £5 Amazon voucher

Students will be ranked based on the number of points they score throughout the month of February so they must complete as many activities as possible to increase their chances of winning. This includes homework tasks and accessing additional learning tasks independently. We hope that this competition will be an exciting and fun way for our students to improve their knowledge of vocabulary and win prizes.

OUTSTANDING SPORTS' NEWS

Year 7 Rugby – Outstanding achievement

On Monday, a group of year 7 pupils played in their first ever rugby game against Saddleworth School.

The pupils have been working very hard in their electives in recent weeks in preparation with Darren Grafton (Coach from Saddleworth Rangers).



They put in an outstanding performance in their first ever game and Charlie Foote scored their first try after a fantastic solo run.

The positive attitude, enthusiasm and courage is something that should be admired by everyone. Congratulations to the whole team and thank you to Darren for all his hard work this year.

Year 11 Football – Another victory

The Year 11 Football team are on another Tameside Cup run as they look to reach the final for the second year running.

They produced an outstanding team performance to win 3-1 against Hyde and progress through to the semi-finals.

The goals were scored by Charlie Bingley, Jake Wolfenden and James Duggan.

Congratulations and well done to all the team and good luck in the semi-final!!

Thank you from the PE department.

The PE department would like to say thank you to all parents, carers and family members who came to watch the games this week. Your support is much appreciated by both the pupils and the PE faculty. Thank you!

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



It has been another great week in our Library!

New books are arriving daily to inspire our students!

Our pupils have access to inclusive, diverse and exciting books and it has been such a joy to see our students getting excited to look through the new arrivals and check them out of the library.

This week's new books include:

- Six of Crows Duology
- Shatter Me Series
- Now
- Unlocking the Universe
- The Paintings that revolutionised Art
- Road to The World cup



It's still beneficial for older readers to hear their parents read

From encountering new vocabulary that they have not yet mastered to hearing great examples of reading fluently with expression. Hearing a model read aloud also increases reading resilience and motivation. Furthermore parent-child reading enhances family relationships and memories; fostering a life-long love of reading contributing to our Power of Language Strategy.

Save the date

Tuesday 21st February

Harry Potter Book afternoon

Thursday 2nd March

World Book Day

Think you can solve puzzles? Join Sherlock Holmes in our new in Sherlocked, the official escape room puzzle book.

Help the detective puzzle their way out of some sticky situations and decide which characters they should question, this pick-a-path adventure will have you unravelling riddles, cracking codes and using your power of observation to solve a medley of mysteries.

The School Library can also be accessed online via Reading Cloud, where you can view current titles, reserve books, read reviews or get inspiration for your next read. You can access Reading Cloud through the school website or by scanning the attached QR code.

Our library is open to all years and we would love for you to visit.



We have introduced a sign-up system whereby if you wish to use the library at lunch time, you sign up at break time on the day. To keep the Library a safe, relaxing and welcoming space for study or reading, we ask you to adhere to the following expectations:



READING CLOUD

Library Expectations

- 1. Impeccable Behaviour**
- 2. No Eating or Drinking**
- 3. Do not move the Furniture**
- 4. Push chairs under desk when leaving**

Computers

- 1. One Pupil per Computer**
- 2. Educational Websites only**
- 3. Silent/ very Quiet study**

Library

- 1. Quiet reading**
- 2. Do not remove books from the Library without checking them out first**
- 3. Soft Voices**

Study Desks

- 1. One Pupil per Desk**
- 2. Silent/very Quiet study**
- 3. Reading**



In the coming weeks we will be starting our reading clubs, recruiting our student librarians and building our non-fiction books . Watch this space!

Today a reader tomorrow a leader.



Well done to Mrs Duncan's Year 8 Food Technology class, who were demonstrating their power of language when presenting their interesting ideas on Meal Planning for Athletes, last week.

DATES FOR YOUR DIARY

(Please see our website for further details)

Monday 6th February
Friday 17th February
Friday 17th February
Tuesday 21st February

Year 11 PPEs Begin
Year 11 PPEs End
National Theatre Adaptation of Hamlet for Yr7 Elective Drama Group
Harry Potter Book Afternoon



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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

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

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



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- 3.30pm	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
9.00am- 10.45am	Separate Science: Biology Paper 2	Separate 1 hour 45 mins
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



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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
2.00pm- 3.00pm In computer room	Dance- Component 3	1 hour
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	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

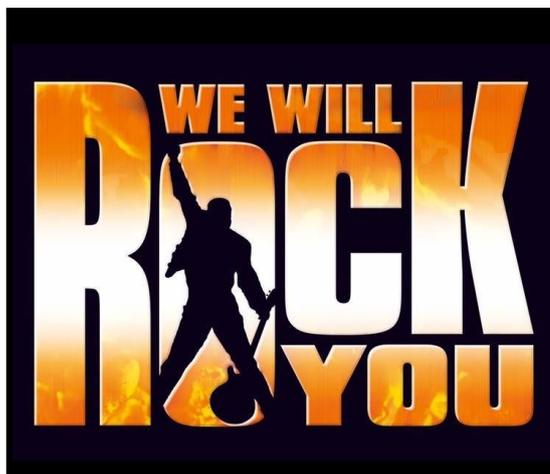


UPDATED TERM DATES 2022-23

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



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

Reminder to Visitors

We would, respectfully, like to remind all visitors that any abusive or threatening behaviour to any member of our school community will not be tolerated.

Any visitors who behave in this way will be asked to leave the premises and may face prosecution.

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.

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.



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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.

LIFE SKILLS AT MOSSLEY HOLLINS

Life Skills in form Time

Please note, 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 Six Topic
Year 7	Exploring Family Life and Relationships	Healthy Relationships
Year 8	Healthy Relationships	Recognising Unhealthy Behaviours
Year 9	Healthy Relationships and Readiness for Sex	Readiness for Sex (part 2)
Year 10	Managing Relationships	Coping with a Break Up

Future Life Skills Days

The following Life Skills Days are scheduled in the school calendar.

- 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?scriybrkr=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.



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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>

MENTAL HEALTH AND WELLBEING

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/

<p>Self Harm</p> <p> Self-Harm Network https://www.nshn.co.uk/</p> <p>SHARE Self-Harm Awareness & Recovery - Support group in Manchester Tel: 0161 226 5412 / 07876 166 625</p> <p>Papyrus National suicide prevention charity. Tel: 0800 068 41 41</p>	<p>General</p> <p>Concerns in or out of school? Use the the Confide reporting tool to report any concerns.</p> <p></p> <p></p> <p>Childline - general support for young people. Call 0800 1111 or visit https://www.childline.org.uk/</p> <p></p> <p>THINK YOU KNOW Think you know: https://www.thinkuknow.co.uk/</p>	<p>Sexual Health and Well-being</p> <p>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.</p> <p>The Service is confidential and designed to keep young people SAFE and not judge.</p> <p>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.</p> <p>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</p> <p>LGBT foundation</p> <p>SEXWISE – online honest advice about contraception, pregnancy, STIs and pleasure. https://www.sexwise.fpa.org.uk/</p> <p></p> <p>Sexual Assault: https://www.sexwise.fpa.org.uk/where-to-get-help/sexual-assault-services</p>
<p>Drugs and alcohol</p> <p> Tobacco https://www.nhs.uk/smokefree</p> <p> Young Minds: https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/</p> <p> 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</p> <p>Or if you live in Manchester: 0161 839 2054 from 09:00 - 17:00 on weekdays or email eclipsemanchester@cgl.org.uk</p> <p>TALK TO FRANK Talk to Frank: https://www.talktofrank.com/ 0300 1236600</p>	<p>Mental Health and Well-being</p> <p>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</p> <p></p> <p> Samaritans www.samaritans.org Freephone: 116 123 Text message: 07725 90 90 90</p> <p> Beat Eating Disorders B-eat – Eating Disorder Charity www.b-eat.co.uk Tel: 0845 634 141</p> <p> Mind Mind: Suitable for young people aged 8-18 years struggling with different issues such as anxiety, worry, low mood, stress, bullying etc.</p>	<p>Domestic Abuse</p> <p> Refuge Refuge https://www.nationaldahelpline.org.uk/ 0808 2000 247</p>



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THC Edibles

We have had some information shared with us by other professionals in Tameside from social services. There are growing concerns about the availability across the country of edibles.

THC edibles are often sweet treats that contain some cannabis product in them. THC edibles typically contain the psychoactive component of marijuana. This type of product can make a person high. CBD edibles, another popular edible, do not have THC in them, for the most part, but can be beneficial for health improvement. In all cases, you should know more about marijuana edibles before consuming them.



What Is THC?

Tetrahydrocannabinol (THC) is the psychoactive part of the cannabis plant. It is this component that can make a person feel high and euphoric when people consume these products. THC edibles, then, typically can make a person feel high. These may include things like cookies or brownies. They may also be available in a gummy form. They taste sweet and harmless, but they can also, unfortunately, cause addiction.



What About CBD Edibles?

CBD edibles, such as gummies, gums, and even beverages, do not contain THC. They have cannabidiol oil. They are not FDA-approved for food consumption, making it hard to know what you're consuming. These products legally include no more than 0.3% of THC in them. They will not make a person high.



What Are the Health Risks of THC Edibles?

Marijuana edibles are risky for several reasons. First, these products are not well regulated, meaning what is contained in them is not always fully disclosed. Packaging is also being sold separately online, so you can never be too sure what the packet contains. That means a person could be consuming chemicals, other drugs, or even high doses of marijuana that can be dangerous. Also, they contain THC in them, which is addictive. A person can develop an addiction to marijuana due to consuming edibles, mostly when consumed alongside other drug use.



There are serious side effects from the use of THC products like this. That may include:

- Confusion
- Vomiting and nausea
- Anxiety and panic attacks
- Hallucinations
- Paranoia
- A drop in respiration rates



These products can be **extremely dangerous**. Some people have **serious health effects** from taking these products. This may include **heart problems** due to rhythm irregularities. It may also lead to **motor function impairment**, which can lead to **trouble walking, operating a vehicle, or engaging in activities**. It's also more likely that a person consuming these edibles can harm themselves or hurt others.

Some individuals have a delayed onset of the effects of THC edibles. As a result, they consume a large amount of them, causing illness and **intense hallucinations or delusions**. A person may be fully unaware of what they are doing, leading to a risk of engaging in poor behaviours. People using these products may be at a higher risk for engaging in unprotected sex, other drug use, and reckless activities.

Look out for our purple posters around school which can signpost you to specialist help and support.

Your support

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

- Talking to students about why edibles are harmful for them.
- Learning about the different types of edibles available and the risks associated with using these products. We recommend that you have a look at images of edibles above and online to familiarise yourself on what they can look like.
- If you have concerns that someone may be consuming edibles, please seek medical advice.



Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect houses: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



NOS National Online Safety®
#WakeUpWednesday



CONTACTING SCHOOL

Updated Telephone Options

Please be aware that the school's telephone options have been updated to the following

- 1 for Attendance /Very Rare Emergency Only Detention Queries*
- 2 for HR
- 3 for the Finance Department
- 4 if you wish to contact Facilities Management to use this building
- 5 for any other queries.

Rare, Emergency Only Detention Notifications / Queries

Please be aware that the only team who are able to deal with your rare, emergency detention queries are the Attendance Team: the administration/reception office are unable to assist with your queries. Detention notification messages will make it clear why the detention has been issued, please speak to your child about this and only contact the school with emergency information: detention decisions, by law, are made by the school.

An Important Message for Parents and Carers

We would like to politely remind parents that teachers, including Senior Leaders, are unable to meet with parents and carers unless an appointment has booked. Whilst we accept you may wish to discuss a matter with a member of staff, this must be arranged through a meeting or a phone-call.

Our Communication

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.

OUR VACANCIES AND TRAIN TO TEACH OFFER

Job Vacancies – Mossley Hollins High School

Role: Technology Technician – Mossley Hollins High School

Pay Scale: Grade D (Point 7-10)

Actual starting salary at Grade D Point 7: £4,234.91

Hours: 8 hours per week, worked over 4 days (term time only)

Contract: Permanent

Closing Date: Monday 27th February 2023 (12 noon)

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

Start Date: As soon as possible

Role: Level 3 Teaching Assistant (Literacy+) – Mossley Hollins High School

Pay Scale: Grade E (Point 11-16)

Actual starting salary at Point 11 (12 hours: £6,830.87) (14 hours: £7,969.35)

Hours: 12 - 14 hours per week (term time only)

There may be an opportunity for some flexibility in the hours of the role



Manners + Hard work + Honesty = Success



Contract: Permanent

Closing Date: Monday 27th February 2023 (12 noon)

Start Date: As soon as possible

There are teaching assistant training opportunities available for the successful candidate.

Interested applicants should complete an Application Form available on the school website at

www.mossleyhollins.com/vacancies

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



Manners + Hard work + Honesty = Success



Blood dripping from her nose. Can't walk, can't run. No escape. Ramona listened to her deep breathing as she tried to prepare herself for the possible pain she may suffer. The floorboards screeched in fear with every step they took. Silence, so much silence. No steps, no heavy breathing. Just silence, screaming to her. "Shhhh..."

"I know briefly what happened, the police informed me; I want to hear your perspective."

The rooms colours reflected a blinding ray of winter sun, no matter where you looked. Ramona never chose to be here but her adopted family thought it was best. "Isn't therapy meant for kids?" Ramona questioned, with a spiteful hiss at the end of each word.

"Everybody needs to talk about things, never mind going through something as traumatic and emotionally scarring as what you've been through. Even at 26 some things are worth getting off your chest." Her hair was greasily stained with depression. Her eyes, windows to her inner thoughts. It wasn't unnoticeable. "Tell me what happened, from the start."

The start? (3 weeks ago)

The icy December breeze whistled through the doors. Diamond fragments danced off of the clouds to rest their heads in a thick layer on the cold concrete. The fireplace illuminated the room and flooded the house with warmth as the liquified chocolate meandered down her throat. Coating her mouth in a blanket of a sweet dream.

'KNOCK, KNOCK, KNOCK ...'

A perfect triplet of knocks echoed through the living room.

"Who is knocking at 11:30 on a Thursday night?" Ramona felt an eerie tingle course through her veins but ignored it like a disobedient child. She opened the door with a welcoming smile. "Hello?" Nothing but snow and trees in her line of view. "Hello? Somebody *there*?" she took two single steps past the polished oak door frame. The snow crunched and compacted under her slippers while she tied her night robe. Silence.

A few seconds had passed. Ramona attempted to reseal herself when- 'KNOCK, KNOCK, KNOCK...' the same triplets, timed to perfection for the second time; twice as loud. "Hello?" Frustration replied through her crunched lips as she looked around. The anger slowly abandoned her, allowing fear to creep in. 'Look? Report? Ignore?' Three words repeated like a broken radio in her head. 'Look.'



More crunching; Ramona wandered further from the house nearer to the forest. "Hello!!?" No reply. An hour had drifted and nothing else had occurred since. The steam opened her pores as the radiation of heat from the bath water relaxed her muscles. A thud, followed by what sounded like metal against marble, penetrated the walls of the house from the kitchen. Ramona, alerted, threw on a towel to investigate. Nothing. Everything in its place, everything neat and tidy. Same throughout the entirety of the home. It was as if she imagined it; it was too real to be imagined. Or at least it felt like it.

The house: silent, peaceful, dark. Ramona was comforted beside the fire. As she took a sip of her wine, she followed the blaze of the fire with her eyes as it risen and lowered in a choreographed dance. Suddenly, the peace came to a halt. Motionless. Ramona attempted to move her leg but couldn't. A jolt of intense pain raced around her body like electricity on a circuit. The only thing she could think of, and feel was the steel blade that was submerged into her thigh. As Ramona turned back to look at the masked individual lurking behind her, she collapsed onto the wooden floor, knocking the wound where the knife laid seconds before.

Fear. Confusion. Helplessness. The only three things Ramona had in her mind as she built up the strength to run. The calm, faceless silhouette tailed her with a fearless, slow and steady walk. Still hadn't revealed their face or voice. She locked herself in the bedroom. With a harsh limp, she made her way to the house phone. Nothing. Nobody. "Police?" she cried, beggingly. Nobody...

Reception had been cut off. It was as if someone stopped any possible contact to civilisation. Short of breath and flustered with severe pain, Ramona only had one option. She couldn't call for help, she couldn't run. She must fight. As the perpetrator hammered their fists against the door in a synchronised pattern, the bloody victim made a reach for the window, thanking the lord that she was on the first floor. She lifted her leg with a grunt, threw it over and out of the window with the rest of her body following.

Shaking off the hard impact, the helpless girl looked up and saw it in front of her. 'It. It? What or who is it?' confusion expressed for her. The figure- dressed head to toe in black- swung a metal bat at her body with a mighty amount of power. She was a car that is stuck in a one-way intersection. Nowhere to go. As she rapidly ducked down from the impact of the attack, she relocated her line of sight to the left; sprinted towards the trapdoor leading to the basement.

Darkness flooded the room with vulnerability. One petite light swinging from the roof was her only way of gaining secureness of safety. Paperwork, photographs, petrol tanks, car

