



# Newsletter

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**Spring Term 2**  
**Friday 4th April 2025**

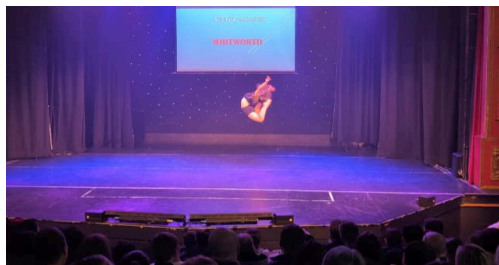
Dear parents and carers,

What a busy but successful term for our school. There has been so much going on in lessons and in extra curricular activities. Our term has concluded with our Commendation Assemblies, during which over 450 students were rewarded for their efforts and achievements. We now have a well-earned two week break and I look forward to seeing all of the students back in school on Tuesday 22nd April.

### Rossendale Schools Dance Festival

Last Tuesday evening, 47 of our students took part in The Rossendale Schools Dance Festival which was held at The Empire Theatre in Blackburn. It was a joyous celebration of the skills and talents of young people across The Valley. Our team was the biggest and most inclusive on display. They performed a routine called AI Revolution which was inspired by the theory that one day, Artificial Intelligence will take over humanity and dominate the world (a scary thought). Our team consisted of a mixture of experienced and novice dancers and I was really impressed that they managed to place 3rd overall.

On the same evening, one of our year 11 dancers, Nancy M performed a routine in the solo category and also placed 3rd. Nancy's routine was very contemporary and demonstrated high levels of artistry, strength and control. It was a very classy performance. Well done Nancy!



### Thai Boxing Success

Yet again, I am able to share news about the success of one of our brilliant students. This time, the news is about Harris A who competed against a boy from Uzbekistan in the Muay Thai Federation final. Harris won all three rounds and won the gold medal and more importantly the accolade of being world champion in the 14-15 year age category at 48kg. Congratulations Harris! I must also mention Joe C and one of Final H who also competed in their respective age and weight categories. What fantastic ambassadors for our school and for the Valley Thai Boxing Club.



### Calendar

**April**  
**2025**

**4th April**  
Commendation  
Assemblies  
Classroom Moves  
End of Term (1pm  
finish for students)

**22nd April**  
School Re-opens

**May**  
**2025**

**5th May**  
School closed  
May bank holiday

**14th May**  
Year 9  
Parents' Evening  
4.00pm-6.00pm

**23rd May**  
After school closure  
Half term

## Year 11 Assessments

As we approach the Easter break, we get closer to the GCSE exam season, which officially starts on the 8th May. Our year 11s have been working tirelessly with their teachers to prepare for these exams. It is important that the preparation continues during the Easter break. Therefore, parents/carers of our year 11s are advised to point your children in the direction of the revision materials on the school website. Please type in i.climb as the username and Higher2021 as the password (case sensitive).

Most of the controlled assessments are now complete, including the Hospitality/Catering practical and Drama moderation which both took place this week. Now that these elements are complete, students can concentrate on the revision required for the examined components. It goes without saying that I wish our year 11s all the very best.

## Sport Round Up

As mentioned in my opening paragraph, there have been so many extra curricular opportunities on offer during this term, many of which I have reported in my newsletters. In the past two weeks alone, we have had benchball competitions for all year groups, under 14s badminton competitions, skateboarding events, pentathlon finals, a year 8 dodgeball competition, several football fixtures, a foot golf reward event, touch rugby and Duke of Edinburgh activities. Thank you so much for the PE team and to all of the other staff in school who help out to enable us to offer so many additional enrichment opportunities to our students. A copy of the PE extra curricular timetable is below my signature. Please encourage your children to join in. It is a great way for them to keep fit, learn new skills and feel part of our school community.

## Youth Conference with Andy McNae MP

5 of our students will be attending a Youth Conference with our Local Member of Parliament after the Easter Break. They will be discussing their hopes for the future and giving their practical suggestions to improve Rossendale for young people. Their input will be included into the consultation on a National Youth Strategy. Thanks to Jamie C, Seb M, Poppy F, Keaton L and Ruby A who will all be representing our school and hopefully influencing social and political change at a local and national level.

## Mrs Dean's Last Supper

After nearly 30 years of serving lunches in our school kitchen, Mrs Dean has decided that it is time for her to retire. Mrs Dean has been a dedicated member of our kitchen team for so long that she can't even remember how many head chefs she has worked under, let alone how many head teachers. We all wish Mrs Dean a long and happy retirement and hope that she gets the opportunity to continue with her cruises around the world. I just hope the catering on the ships is as good as hers!



Best wishes





A handwritten signature in black ink, appearing to read 'A Oliver'.

Mr A Oliver  
Headteacher

# Physical Education



# Extra-Curricular Summer Term 1

AFTER SCHOOL 3pm- 4pm	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPORTS HALL	<b>NETBALL</b> Yr 7-8 Week 1 Yr 9-10 Week 2 Mrs Mcvarish	<b>CRICKET NET TRAINING</b> Yr 7-10 Mr Khan		<b>TABLE TENNIS</b> Yr 7-9 Mr Ali	<b>FOOTBALL</b> Staff vs Yr 11 Mr Cawley
FITNESS SUITE				<b>FITNESS</b> Yr 7-11 Mrs Lord	
SPORTS CORRIDOR		<b>CLIMBING</b> Yr 8-10 Mr Duxbury			
FIELD	<b>ROUNDERS</b> Yr 7-10 Mrs Belham Mr Cawley	<b>ATHLETICS</b> Yr 7-10 Mrs Belham		<b>OAA</b> Yr 7-8 Mr Cawley Miss Mcvarish Mrs Belham	

**PLEASE BE AWARE CLUBS ARE SUBJECT TO CANCELLATION FOR SCHOOL FIXTURES OR WEATHER**

# Family Hubs Network Rossendale Partners



Rossendale Newsletter, April 2025

## Stress Awareness Month



Barnardo's is a children's charity that support our children and young people with a variety of issues. This month we want to highlight their mental health resources found on their website: [Find local mental health support, starting with Barnardo's](#) | [Barnardo's](#) | [Online mental health support for young people \(barnardos.org.uk\)](#)

You find more resources on their website.

Home Start offer help to young people by promoting family-parent-child based-centred and strength-based trauma-informed approaches, offering invaluable support and guidance allowing the family unit to develop, thrive and stay together.

- They offer tailored support to families within the Chorley, South Ribble, West Lancashire and Preston areas when you have at least one child between 0-11 years old for our home visiting service.
- They run and support group work across Central Lancashire for pre-school children and their parents/carers.
- To learn more about their service, how they help families. please explore our [What We Do](#) section. To refer you can use this link - [Make a referral | Home Start Central Lancashire](#)



CANW offer a range of evidence based therapeutic interventions, from play therapy sessions to cognitive behavioural interventions, one to one counselling sessions, solution focused and motivational interviewing strategies. Offering children, young people, and adults, support via one to one, group sessions, face to face or remote sessions, in school or community venues based on the needs and wishes of each individual.

Please use their referral link for more information: [Referral form for Emotional Therapeutic Service - CANW](#)

Talkzone is part of the Children and Family Wellbeing Service. It can provide a child with someone to talk too about: Problems at home/school Jobs and training/ Apprentices, Staying Safe Online, Sex and Health Relationships, Mental Health/Self Harm, Bullying, Drugs and Alcohol, Housing/ Rights and Money.

Anyone between the ages of 0-19 (up to 25 for young people with learning difficulties or disabilities) can contact Talkzone for help. [Get in touch - Lancashire County Council](#) to Choose a contact method most suitable.



Kooth is the only fully safeguarded mental health platform that offers content, peer to peer conversations, self-help activities and professional counselling and support in one place. The platform allows service users to engage at their own pace with a variety of interventions.

To sign up for the service, please use this link: [Home - Kooth](#)

Change Talks is an esteemed, award-winning health education initiative offered by Lancashire and South Cumbria NHS Foundation Trust.

Change Talks delves into critical subjects such as anxiety, depression, risk-taking behaviours, stress management, and eating disorders. Notably, each session is meticulously co-created by individuals with first-hand experiences and esteemed healthcare professionals. To get in contact please email - [Change.talks@lscft.nhs.uk](mailto:Change.talks@lscft.nhs.uk)



# What Parents & Educators Need to Know about

# INSTAGRAM

AGE RESTRICTION  
**13+**

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

## WHAT ARE THE RISKS?

### EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

### AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

### RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

### THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

### SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

### EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

## Advice for Parents & Educators

### USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

### OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

### SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

### BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

### 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.



#WakeUpWednesday®

The National College®