



# Newsletter

Hallfold, Whitworth, Rochdale  
Lancashire, OL12 8TS  
Tel (01706) 343218  
www.wchs.co

**Spring Term 1**  
**Friday 17th January 2025**

Dear parents and carers,

I would like to begin my newsletter by wishing you and your families a happy new year. However, after two weeks in school, 2025 already doesn't feel very new! The snow closure on the first day of term and the icy weather that followed were not the start I would have hoped for.

Despite the weather, our students have got on with their work and have been resilient in their approach to learning, which is highly commendable. Thank you to all parents and carers who have sent your children to school on time each day in their full school uniforms regardless of the weather conditions.



## Half Term Heroes

Half Term Heroes postcards and chocolates were given to over 50 students who scored the most achievement points and least behaviour points during the second half term of the academic year. It is a pleasure to be able to reward so many students who have consistently followed our 7 expectations and who constantly strive to 'climb higher' in all of their lessons.



## New Staff

Last week we welcomed Mr Towers to our staff team. Mr Towers has taken up the role of Teacher in Charge of Geography. He has made a fantastic start and our students have learnt a lot from him already. We also welcomed Mr Khan back 'home'. It is always a good sign when staff choose to return to WCHS. It really shows what a great place this is to learn and work.

## Spanish Teacher Vacancy

We are currently looking to recruit a teacher of Spanish to start in September. The job advertisement and person specification are on the school website. If you know of anyone who may be a prospective candidate for this role, please could I ask you to draw their attention to the advert. The deadline for applications is 30th January.

## Calendar

**January**  
**2025**

### 22nd January

Y10 Parents' Evening  
4pm to 6pm

**February**  
**2025**

### 5th February

Drama Theatre Trip

### 14th February

Lisbon Trip

### 14th February

School closes for half term break

### 24th February

School reopens

### 26th February

Y7 Parents' Evening  
4pm to 6pm



## Scholars Programme Launch

Over the last three years, we have run a very successful Scholars Programme for some of our most academically able students. The programme is run by an external provider called The Brilliant Club. The PhD community lead the initiative with the aim of supporting our students to access the most competitive universities and succeed when they get there.

A launch event took place last week for our new year 10 Scholars cohort. After an initial meeting with Mr Hanif, the students had their first online tutorial. It is hoped that the programme will promote academic study at a young age to expose these students to the opportunities and demands of higher education. I look forward to reporting on their success later in the year.



## Boccia Training

We welcomed a Paralympian called Nathan Maguire to our school this week. Nathan is a Commonwealth Champion, European Champion, and 1500m British Record Holder for Wheelchair racing. Nathan is currently working for Panathlong UK and is championing a sport called Boccia. Boccia (pronounced 'Bot-cha') is a Paralympic sport in which athletes throw, kick or use a ramp to propel a ball onto the court to get closest to a 'jack' ball. It is designed specifically for athletes with a disability affecting locomotor function. Nathan delivered Boccia training for our Sports Ambassadors and taught them how to officiate tournaments. Our Sports Ambassadors are now able to run the competitions for the whole of the Rossendale area later on this term.



## Fairer Schools Index

Last week, the Fairer Schools Index was released. The index was created by a team of researchers who measured GCSE results from each school in the country compared against additional factors such as pupil demographics, ethnicity, and deprivation, alongside existing performance-based metrics. The researchers say this method removes some of the built-in bias in the Department for Education (DfE) league tables against secondaries teaching children from less affluent areas, particularly those in the north of England. I am very pleased and proud to conclude this newsletter by telling you that WCHS has done extremely well in the Fairer Schools Index. Our school was ranked 372nd out of 3452 English high schools! That is 661 places higher than DfE would have placed us without taking into account any socio-economic factors. What an amazing achievement for our school.

Best wishes

Mr A Oliver  
Headteacher

# Happy New Year from the Family Hubs Partners Network

Rosendale Newsletter, January 2025

Children and Family  
Wellbeing  
Service

**FREE** WORTH OVER £20  
**FITNESS DAY PASS**  
WITH ROSSENDALE LEISURE TRUST

Simply show this email to a member of the reception team at one of our centres and enjoy your free day pass.

Adrenaline, Haslingden  
Marl Pits, Rawtenstall  
Pioneer Gym, Bacup

## Rosendale Leisure Trust - Your Free Fitness Day Pass

Start your year with a positive change! We're inviting you to experience a boost in your energy, mood, and overall wellbeing with a free day pass to Rosendale Leisure Trust. Enjoy a full day at any of our fitness facilities—whether you want to join a class, take a swim, or work out in the gym, it's all yours to explore. Visit us at:

- Adrenaline, Haslingden BB4 4DN
- Marl Pits, Rawtenstall BB4 7SN
- Pioneer Gym, Bacup OL13 0BW

Please show this email to a member of our reception team to receive your free day pass. Only available until 1<sup>st</sup> February 2025. Terms & conditions apply. For more details, visit [www.rltrust.co.uk/guest-pass](http://www.rltrust.co.uk/guest-pass).

Quit Squad is a dedicated specialist stop smoking service in Lancashire, funded by Lancashire County Council which is free to access. It supports anyone over the age of 12 to stop smoking. The service provides advice, support and stop smoking medicines. This can be at the cost of a prescription, or free if you are on benefits. If you would like to quit call 0800 328 6297 or visit our website [www.quitsquad.nhs.uk](http://www.quitsquad.nhs.uk), where you will find details of local sessions and support including the free to download My Quite Route app. You can also follow Quit Squad on social media @LancQuitSquad.



**HOMEWISER**  
REPAIRS, IMPROVEMENTS & ADAPTATIONS

01254 232 249  
Unit 3, Alford House, Burnley Road, Clayton-le-Moors, BB5 5TW

Home wise are now offering services in Rosendale. Homewise is a local charity that has been helping local people to repair, improve and adapt their homes since 1988. We work with older, disabled and vulnerable people and anyone with a long-term condition that affects their mobility or independence in the home. Some of our services – access to our contractors panel and use of our Small Repairs service is open to everyone. If you want to refer anyone to our service, please contact us on [info@homewiserasociety.org.uk](mailto:info@homewiserasociety.org.uk) Or ring us on 01254 232249.

## Money and Debt Support

**Free Money Advice** (including budgeting, benefits & debt) This Lancashire-wide service offers FREE impartial, non-judgmental advice to women in Lancashire if you are worried about any aspect of debt. Our highly qualified Money Advice team are FCA regulated, and IMA Certified and have over 50 years of experience among us. [Free.Money.Advice.&Debt.Support.\(lancashirewomen.org\)](http://Free.Money.Advice.&Debt.Support.(lancashirewomen.org))



Our free, expert debt help will advise on the best route out of debt and offer different types of support to help you become debt free. Through a team of hundreds of dedicated staff members based in all four UK nations, and hundreds of incredible churches delivering our services, people in desperate need are discovering life-changing freedom and hope every day. Our closest branch is [Kay Street Baptist Church, Rawtenstall, BB4 7LS](http://Kay.Street.Baptist.Church.Rawtenstall.BB4.7LS), or call [0800 328 0006](tel:08003280006).

A credit union is a self-help co-operative whose members pool their savings to provide each other with credit at a low interest rate. Visit Citizens Advice's website for more information on Credit Unions and how they can help.

More advice on debt from Citizen's advice: [Help with debt - Citizens Advice](http://Help.with.debt.Citizens.Advice)

We are  
**LANCASHIRE  
WOMEN**

citizens  
advice

## Training Opportunities for the New Year

### Early Help Assessment and Analysis Training (2 Days)

Day 1 - <https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6972>

Day 2 - <https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6973>

**Graded Care Profile 2 Training:** The Graded Care Profile 2 (GCP2), a licensed tool from the National Society for the Prevention of Cruelty to Children (NSPCC).

We have committed to rolling out GCP2 across Children's Services and partner agencies who work directly with children and families.

<https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6960>

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

## Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at:

X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.01.2025