

Autumn Term 2
Friday 1st November 2024

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Dear parents and carers,

Half Term Heroes

As I mentioned in my previous newsletter, it is really important that children are recognised and rewarded when they have done well in school. This week it was the turn of our Key Stage 3 Autumn 1 'Half Term Heroes'. This award is for students who have scored the most achievement points and the least behaviour points during the first half term of the academic year. It is always a pleasure to reward students who consistently follow our 7 Expectations and strive to 'climb higher' in all that they do. Our key stage 4 Half Term Heroes will be awarded next week.

Grease

Our production of Grease, the musical, was a resounding success. All three performances were completely sold out and the audience response was overwhelmingly positive. I was lucky enough to attend the final performance and I was amazed by how talented our cast members were. It was clear to see how much effort had gone into the production, not only by the cast but by all of the stage crew, band and extended production team. I'm sure that the children will have learnt skills, made memories and developed friendships that will last a lifetime through their involvement in our school show. I am so proud of our students and equally grateful to all of the staff who gave their time so generously to make this event happen. A particular thanks must, of course, go to Mrs White and Mrs Goff for masterminding the entire operation.



Careers Fair

Just before half term, we hosted our annual careers fair. It was open to all year groups and designed to encourage students to think about their education progression and future career choices from a young age. We were very fortunate that many local employers (many of whom were parents/carers) gave their time so generously to make this event happen. Our careers officer, Ms Grenaghan, has asked me to pass on her thanks to all of the volunteers who represented colleges and businesses at the fair.



Calendar

November
2024

6th November 2024

GCSE Presentation
Evening at The Ashcroft
7.00pm

December
2024

4th December 2024

Flu Immunisations
All Year Groups

4th December 2024

Y11 Parents' Evening
4.00-6.00pm

18th December 2024

Christmas Concert
6.30pm

19th December 2024

Christmas hat/Jumper
Day

20th December 2024

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Paris

In my last newsletter I reported that the excitement was building amongst our students as the final preparations were being made for the Paris trip. Over 100 students attended the trip and I am pleased to report that Mrs Murray and her team of staff helpers managed not to lose any of our students in France! I am led to believe that the worst moment was when the travel company booked a restaurant for our group which was supposed to be a 5 minute walk from the accommodation. When the students set off, it soon became apparent that there had been a miscalculation. Over an hour later, the group of hungry students and staff eventually arrived at the restaurant to enjoy their meal. In general, it sounds like it was a great experience for all involved. Thanks to Mrs Murray and her team of staff for organising the excursion.



Rugby Academy Success

I am thrilled to tell you that one of our current year 11 students, Harry, was nominated by his Rugby Union coach at Littleborough RUFC for a place in the Sale Sharks DPP Academy. After an initial assessment in August at Carrington, Harry was successfully selected to take part. Since then, he has already attended three training sessions and played his first match, during which he scored a try and helped his team to win the match. I look forward to hearing more about Harry's sporting success in the future.



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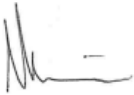
Former Student success

It is always a pleasure to hear from former students regarding their progress at college and beyond. Therefore, I was thrilled to see several Whitworth Community High School Students featured in the 2024 Rochdale Sixth Form Success brochure. Congratulations to Chloe, Ibrahim, Adem and Georgia who were all included in the publication.



If you know of other former students who have had similar success recently, please get in touch to let us know so that we can celebrate their successes too.

Best wishes



Mr A Oliver
Headteacher

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10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



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