

Principal's Newsletter

February Half Term 2023

Principals Update

As we approach the end of the first half term of 2023, I wanted to thank you for your on-going support. We close for the February Half term holidays on Friday 10th February and re-open to pupils from Monday 20th February at 8.35am.

This week we have celebrated **Children's Mental Health Awareness week**. We have had lots of wonderful activities taking place in school, from mindfulness starters in lessons, to wellbeing sessions and cake sales to raise money for the charity **Young Minds**. To provide further guidance around children's mental health we have shared with parents resources from **Kooth.com** via our social media and text service. Kooth.com is funded by the NHS and is an online mental wellbeing resource which provides support through articles, discussion boards, daily journals and provides a live chat option with one of their team.

Year 10 pupils have also taken part on a "**Be Safe SMART**" drop down day to develop pupils' awareness of sex and relationships education. The pupils showed a great deal of maturity throughout the sessions and responded with some really thoughtful and well considered questions.

All pupils took part in a "**Be Safe SMART**" drop down lesson on Tuesday as part of **Safer Internet Day**. Safer Internet Day aims to create both a safer and a better internet, where everyone is empowered to use technology responsibly, respectfully, critically and creatively. The campaign aims to reach out to children and young people, parents and carers, to encourage everyone to play their part in creating a better internet. By celebrating the positive power of the internet, the Safer Internet Day slogan of "**Together for a better internet**" encourages everyone to join the movement, to participate, and to make the most of the internet's potential to bring people together. You can visit our website for more information about parental controls online and in apps such as snapchat.

Our pupils have been an absolute credit to themselves this term, I would like to thank our pupils for being so responsive to ensuring the uniform and jewellery expectations are met and I take enormous pleasure in the fact that our behaviour in school has improved, exclusions are down by 90% compared with the same period last year, ensuring that our pupils are in school learning.

I would like to remind all parents that you can download the **Class Charts app** on your SMART phone to monitor your child's rewards and behaviour.

Finally, I wanted to say a huge congratulations to all 105 pupils who have received the Principal Award this academic year for their outstanding commitment to school life. We post the recipients of the award on the Fulwood Facebook page each week.

May I wish you all a fantastic half term!

Mr Galbraith
Principal

Children's Mental Health Week

On 6th February we celebrated Children's Mental Health Week. Pupils took part in mindfulness activities, studies show that mindfulness can help with stress, anxiety and depression. We also held well-being and mental health sessions for all Year Groups and were lucky enough to have the NHS Mental Health Support Team in with us to lead a bespoke session.

There is lots of information on the website about where pupils can access further support with their mental health.

Pupils wrote each other kindness cards to spread the messages of connecting with each other and positively. It was humbling to read such lovely messages that our pupils sent one another, just to brighten up someone's day.

Trips and Events – Highlights this Term

We have been fortunate to celebrate lots of exciting event this half term.

Yr7 – 9 pupils took part in a Holocaust Memorial Day Event and workshop at Fulwood Library.

Yr9 'Girls in Tech' group visited "TALK TALK" at Soapworks in Manchester for an event launch and project day.

Yr10 pupils took part in a Holocaust Memorial Remembrance Day Event and attended the workshop at Fulwood Library.

Yr11 pupils took part in a **Humanutopia** workshop along with receiving performances of 'Macbeth' and 'An Inspector Calls' by MANACTO theatre company.

Girls in Tech

Launched at TalkTalk in Manchester this half term, our pupils had the opportunity to:

- Meet female mentors in a speed networking event.
- Learn about diverse careers in the technology industry.
- Meet the TalkTalk Chairman Sir Charles Dunstone and CEO Tristia Harrison
- Take part in activities to understand design creation using vision boards.

The Girls in Tech programme is offered to all girls in Year 9 and aims to inspire more girls to take up jobs and roles in the technology industry – a profession that is very male dominated at the moment. This project is about showing girls that digital and technology jobs aren't just about being a computer programmer or a 'hacker' - digital is for everyone.



Humanutopia

Year 11 students were fortunate to spend a day working with Sacha from Humanutopia. The day, labelled, 'The Last Push' was aimed at helping students understand how much control they have over their life. A large part of the morning focused on 'bin filling' with students being made to reflect on how they treat others, and also how others treat them and more importantly how the actions of others can affect our mood and how we see ourselves.

The day saw students working in groups that they would not normally work in to stretch their ability to work with others and to ensure they were able to communicate with people outside their normal friendship group through a series of tasks and activities. It was such an amazing day!

For some, the effect was profound with some of the pupils commenting such as;

"To whoever is reading this, it would mean a lot for this message to reach Sacha to let him know how he's changed my life and has helped me through a tough period..."

"...I was really inspired by the story of Dawei and it has made me realise a lot of things. What you guys did yesterday was amazing and I really loved it thank you..."



Anti-Bullying Ambassador Update

The Anti-Bully Ambassadors have been working hard on their plans to expand their work across Academy life. They have been planning assemblies to deliver to their peers in the next half term and have created a plan of action towards achieving the Diana Award Digital Award.

The first event for this has been a Safer Internet Day promotional poster competition. The team have also supported in Children's Mental Health week by ensuring every kindness postcard was delivered to the correct recipient.

Safer Internet Day

All pupils took part in a Safe SMART drop down session on Tuesday 7th Feb. Pupils learned how to keep themselves safe online and how to report unwanted behaviours.

Parents and carers play a crucial role in empowering and supporting children to use technology responsibly, respectfully, critically and creatively, whether it is by ensuring an open dialogue with their children, educating them to use technology safely and positively, or by acting as digital role models. Please find the link to our guide for keeping children safe when using social media. There are also Individual guides for apps such as Facebook and Instagram on our website. [Online-Safety-Newsletter.pdf](#)

PE this half term:

The PE department have enjoyed a great half term since Christmas. They have been focussing on Badminton, Handball and Fitness in PE lessons, and have developed skills in order to participate in competitive scenarios.

In extracurricular we have had some success in Indoor Athletics and Basketball. Our year 7 boys taking 3rd place at the Preston Indoor Athletics event, which included all 11 Preston schools, a fantastic achievement.



Spring term Important Dates

20/2/23	School reopens at 8.35am
23/2/23	Year 8 Prevent Workshops
24/2/23	Year 9 Immunisations
WC 27/2/23	Year 11 Mock Exams
31/2/23	School Closes for Easter

Subject Showcase – Drama

In Drama students have been working very hard developing their dramatic skills in many ways. **Year 7** have delved into Melodrama showcasing their most dramatic acting yet creating their own scripts and performances to perform to each other. **Year 8** have been exploring Ronald Dahl's work and using this as a stimulus to devise lots of imaginative pieces, finishing off with creating a new HORRIBLE character for Charlie and the Chocolate Factory! **Year 9** have been working on the practitioner Bertolt Brecht and using his ideals for performing and implementing this into their own work and doing lots of physical theatre referring to Frantic Assemblies work. **Year 11** BTEC students have been working hard on their second component of their BTEC and beginning rehearsing for their final component.

Some students have also been participating in **DRAMA CLUB** on a Tuesday after school, looking at Blood Brothers the play and will soon begin looking at musical theatre.



Useful Numbers

Preston Safeguarding Hub: 0300 123 6720 or out of hours 0300 123 6722 (5pm - 8am)

Food banks:

Salvation Army - 01772 555425,

Luv Preston - 01772 298107

Noor Food Bank - 07921 887383 or 07764 432643

Kooth is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support. Log on to Kooth.com

Childline - Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online

Shout offers confidential crisis support 24/7. Text SHOUT to 85258