



# PHILIPS HIGH SCHOOL

SUCCESS, TOGETHER, ASPIRE, RESPECT

## CHRISTMAS NEWSLETTER - 2021

### TERM DATES 2021-22

#### End of Autumn Term

Friday 17th Dec 2021

#### Start of Spring Term

Wednesday 5th Jan 22

#### Half Term

14th Feb - 18th Feb 22

#### End of Spring Term

Friday 1st April 2022

#### Start of Summer Term

Tuesday 19th April 2022

#### Bank Holiday

Monday 2nd May 2022

#### Half Term

30th May - 3rd June 22

#### End of Summer Term

Wednesday 20th July 22

### Introduction

Once again it has been an unusual and challenging year.

We have continued to worked together as a school – with staff and parents, Governors and pupils being incredibly supportive which has helped us get back on track. Staff continue to work hard as we continue to battle through the ongoing pandemic and we hope that things improve in the new year.

We have appointed a new Librarian who will start with us in the new year and look forward to The School Library being up and running with a whole new look in the following months.

We are very proud of the Pupil Leadership Team and Mrs Bailey who have continued to fund raise with donations being made to Place2Be, Mellow Yellow and the Xmas Hamper Appeal where pupils from the Combined Cadet Force delivered hampers to several local businesses in the community.

We are also proud of everything our pupils have achieved and you will see many examples of throughout this Newsletter.

Although we were extremely disappointed that we have once again had to cancel our Christmas Concert, we are all now looking forward to Christmas – hopefully it will be better

for everyone this year and we will all be able to celebrate the festivities with our close families.

Could I politely remind parents that pupils are expected to come to school smartly dressed. on time, fully equipped and ready to learn. This is what we expect. Please ensure pupils return to school in the New Year with a positive mindset and a set of goals to aim for as per our Ethos and Values:-

**Success** - Strive for success in all that you do

**Together**- Work together, look out for each other and support each other in good times and bad

**Aspire** - Reach for the top and aspire to be the best you can be

**Respect** - Demonstrate respect and you will earn respect

Finally, all the Staff, Governors and myself would like to wish you all a very Merry Christmas and a Happy New year.

**Ms T Owen**  
**HEADTEACHER**

# Christmas Card Competition

## Congratulations



Imogen Fisher 7C



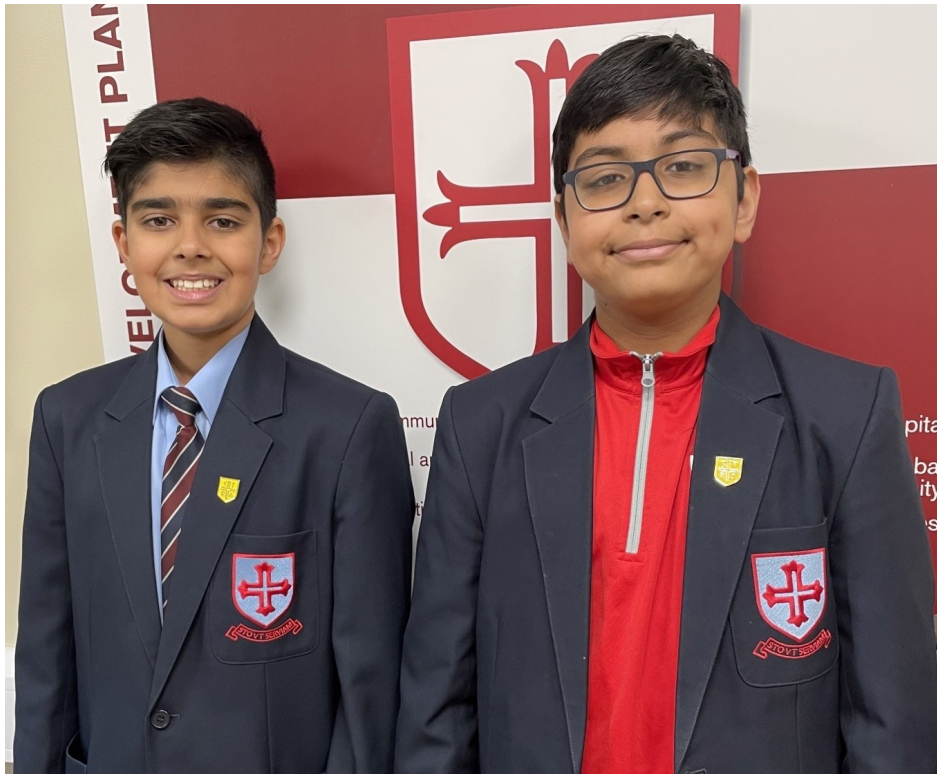
Olivia Amos 8O



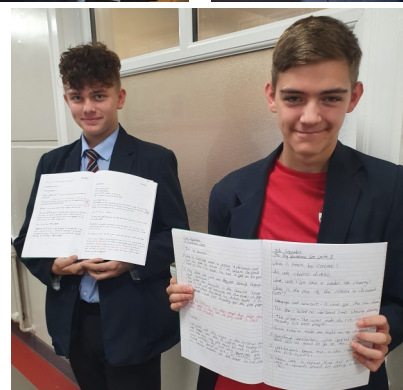
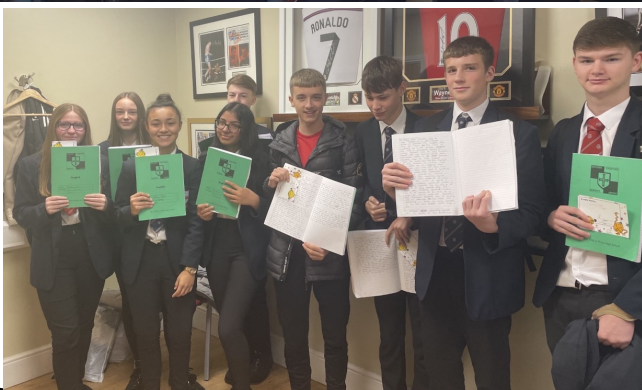
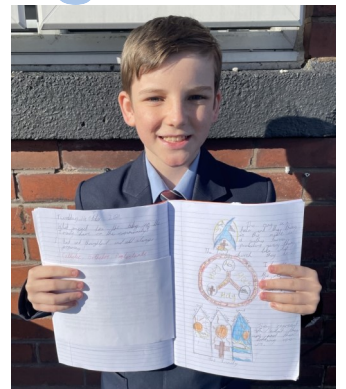
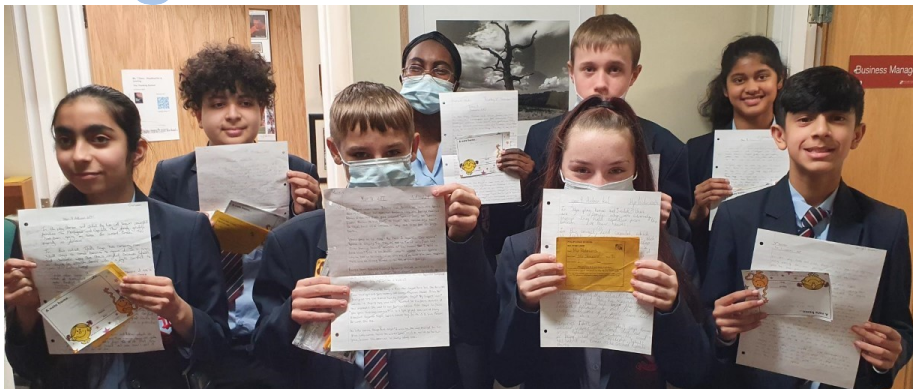
Annabel Charrot 7O



# Full Star Award Congratulations

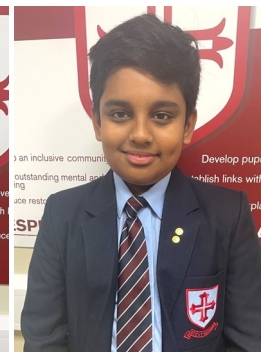


## Recognition of outstanding work





# Star Award Congratulations





# COMBINED CADET FORCE



It has been a very busy start of the year for our Contingent of Cadets. We have grown significantly with the addition of 37 year 8 Cadets. Although we waived goodbye to our very first Cohort at the end of last year we now have over 100 Cadets in the contingent. We also welcome onto the team of Adult Volunteers Miss Rowlands, Miss Duxbury and Mr Willis from the school staff as well as Mr Hallam who has come to support us from the Manchester Army Cadet Force. On top of this we are also running Cadet Insight Courses for year 7s to give them a look at life in the CCF.

In November we took part in Remembrance Sunday, to commemorate all of those who gave their lives during conflict. Cadets from our Years 9 and 10 attended the ceremony at the Whitefield Cenotaph. For many of our Cadets this was the very first time they had attended a Remembrance Sunday ceremony. A special mention must go out to Cadet Ahmed who volunteered to lay a wreath alongside other leading members of the community. Marching out in front of the local community to lay the wreath and saluting the Cenotaph after only being a Cadet for a number of months should not be underestimated. He did himself, the Contingent and all of those at Philips proud.



In December we went into the local community with Cadet Ahmed and Cadet Thomason, to deliver the Christmas hampers put together by the student leadership team. It was extra special and significant delivering to Broughton House, a care village for veterans. The Army Cadets play an active role in the local community. A major part of the training for any Cadet is citizenship training and the topic forms part of the Army Cadets syllabus. This was our first taste of Cadet in the community work and we are very much looking forward to supporting the local community in the future.

Looking ahead we have a lot to look forward to. Whilst our new Cohort of Cadets get use to life in the Combined Cadet Force, Years 9 and 10 are getting prepared for Summer Camp which will be taking place in June 2022. We will be conducting two skill at arms weekends in February in order to get qualified to attend. The Cadets will also be visiting the Fusilier Museum to learn more about the Regiment they are associated with and further their understanding of past conflicts.



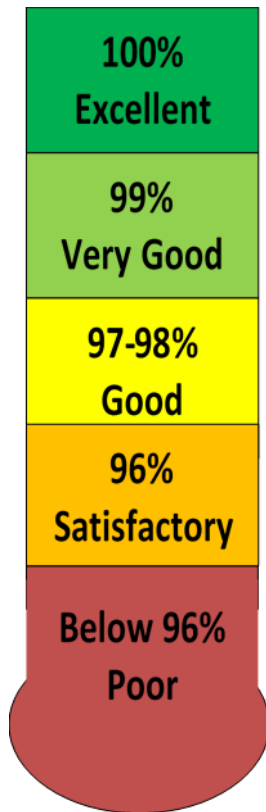
Growing so significantly and so quickly this year has not come without its challenges for the staff. Watching the Cadets grow and develop since the start of the year has made it all worthwhile. Knowing that we are making a difference and helping each cadet to build their confidence, have fun and challenge themselves to learn new skills is really rewarding. The whole team is looking forward to what is to come and the bright future ahead for the Contingent.



Sgt Cunningham  
School Staff Instructor



# ATTENDANCE



Aim for Excellence

100% Attendance



Grades are affected if attendance is below 96%

## Punctuality

It is important that pupils arrive at registration and lessons on time. If pupils are late they will receive a late mark on the register and a strike on their Star card.

## Reporting an absence

If your child is ill please report their absence as soon as possible on the first day of illness to [attendance@philipshigh.co.uk](mailto:attendance@philipshigh.co.uk) or 0161 3512200 option1.

Please update school each day.

## UPDATE from DfE

Attendance in all state-funded schools was **88.9%** on 9 Dec, down from **89.3%** on 25 Nov.  
Attendance in state-funded secondary schools was **87.3%** on 9 Dec, down from **87.5%** on 25 Nov.

Philips High were **93.80%** on 14th Dec ( **93.38%** Cumulative!!!)  
Keep up the good work!

# GIRLS ON TRACK



This half-term our Year 7 girls participated in the 'Girls on Track' programme. The goal of the program is to inspire and encourage an interest in STEM subjects and industries amongst school girls, with the aim of increasing female participation in these sectors, using motorsport as a medium to expose them to the incredible opportunities and career paths within the sport.

The Event inspired our pupils into seeing and believing that there is a rightful and valuable place for them in the motorsports industry. The varied range of opportunities within the sport meant that there was something for everyone, regardless of their interests, gender and race.

When asked why the event was beneficial for girls, Macie (year 7) replied, "It has shown me that not only boys can be involved in motorsports and that there are jobs for girls as well".



Our pupils took part in lots of fun and engaging activities throughout the day. They were given the opportunity to test their racing nerve, competing against each other on the new 450-metre tarmac go kart track circuit. Katie, Year 7, said "My favourite activity was the go-karting as we were competing against all the other teams to finish in the quickest time". They also put their engineering hats on and worked together to build a fully electronic car made from Lego, which they then coded using software on the computers.

The girls also had a go at presenting, and worked closely with a racing presenter to get a feel of what it's like working in front of the camera. They also competed against each other to see which team could change the wheels on a model car in the fastest time!

"My favourite activity on the day was changing the tyres because we were competing against other people to see who could complete the task the quickest! We ended up with the fastest time on the day, beating all of the other schools who tried and we ended up winning a prize!"

Girls on Track have a team of Ambassadors who are inspirational women within motorsport. From team principles to mechanics, presenters to engineers, the Ambassadors cover the breadth of the sport. They provide an important insight into the sport and their support and knowledge is invaluable.





## Power Play



**T**his term, both our Year 7 and 8 football teams competed at The Cliff Training Ground in the Manchester United Power Play Tournament. The rules of the tournament were simple – it was normal footballing rules, however, during each game music would blast from the speakers meaning any goal scored during this period counted as 2! When asked what he enjoyed most about the tournament, Oscar, Year 8, said “I enjoyed the music aspect of it as we were getting beaten 1-0, but then the music started playing and we scored which meant it counted as 2! This saved us and we ended up winning the game!”.

The teams represented the school in a brilliant light and their attitude was outstanding during the event. They both worked brilliantly as a team and performed exceptionally well on the day, as both year groups won the competition! The teams now have the opportunity to represent the school again in June as they compete in the Finals, hosted at Manchester United’s training ground, Carrington. When asked about representing his school in June, Oscar replied “I am very proud, as football is something I love and I’m very good at, so to play at Carrington makes me feel proud as I also support United”.

## Rooney’s Inclusive Reds

**W**e have had the chance to work with more staff from the Manchester United Foundation this term, as Matt Pilkington, the Disability and Inclusion coordinator from United has been visiting our school to deliver the ‘Rooney’s Inclusive Red’s’ programme. Matt delivers the programme across local schools, enabling disabled and non-disabled participants to play together and learn from each other on a level playing field.

Matt Pilkington, said: “The programme has been brilliant for young people across Greater Manchester; it has given participants the opportunity to play at a level which is best suited to them and allowed them to feel comfortable within that environment. The impact of the programme has already been amazing with participants wanting to continue playing football outside of the school setting.”





# DRAMA DEPARTMENT



**I**n the Drama department, students have recently auditioned for next year's summer musical, Annie. After a very difficult decision we finally have our cast. Honey Williams grabbed the role of Annie alongside Linda Ndlovu as Mr Warbucks, Summer Darwin-Dowell as Grace, Blossom Gerrard as Miss Hannigan and Tabitha Darwin-Dowell and Holly Stevens as Rooster and Lily. Below is a picture of our first rehearsal; the orphans Molly Cooper, Chloe Holt, Olivia Holden, Jamila Messelmi, Annabel Charrot and Imogen Fisher and Honey Williams as Annie. Congratulations to all students who made the cast, the sheer amount of talent was truly astonishing!



Theatre Club runs every Monday after school. The club have been putting together an exciting devised extravaganza which they will be performing next year in front of an audience.



Students have been working alongside Miss McCrone & Mrs Crossley, building a performance from scratch. The show will be a medieval themed evening as students will transport your back to the middle ages. Keep your eyes peeled for more Annie and theatre club updates to discover how you can grab your tickets!

Miss A McCrone  
Head of Drama



# Fantastic Fundraising



**T**he Pupil Leadership Team fundraising project for term 2a was the Local Heroes Xmas Hamper appeal. Pupils and staff could donate items of biscuits, cakes, sweet treats to be made up into hampers and delivered to local heroes.

Parents and carers were able to nominate a local hero with a reason why they were being nominated. We received 3 nominations from parents/carers who will all receive one of our hampers as well as some local care homes, Whitefield Fire and Ambulance and our local covid testing site for everything they do to support all within our community, which will be delivered by some of our cadets.

Thank you to all who supported this cause.



THANK YOU to all involved in the #HelloYellow fundraising on the last day of October half term,. Pupils and teachers wore a yellow item of clothing for the day and £200.60 was raised and has now been sent to Young Minds Mental Health Charity.



Staff and Pupils wore Christmas Jumpers for the day to raise money for the charity Place to Be. Thank you to everyone who took part, £142.00 was raised on the day



**PHILIPS HIGH SCHOOL**  
SUCCESS, TOGETHER, ASPIRE, RESPECT



On behalf of the Pupil Leadership Team, Pupils, Staff and Parents/Carers of all at Philips High School, our LOCAL HERO XMAS HAMPER appeal within our Community.

We are all grateful for everything you do and wish you a very merry Christmas 2021.

### **NOMINATIONS 2021:-**

**LOCAL PCSOs** - keeping our community safer, supporting us and always having a smile on your face.

**ABBEYCLIFFE CARE HOME** - nominated by a year 11—following a tough year through the pandemic, looking after residents, keeping them safe, working long hours and you deserve a surprise.

**FRANK ATKINSON, BROUGHTON HOUSE EX VETERANS** - nominated by a year 9 pupil—ex paratrooper, served our country, when asked about remembrance day he said they had been forgotten. You are not forgotten, we will always remember the 'Franks' of the world.

**KATE BILSBORROW WHITEFIELD FIRE & AMBULANCE** - nominated by a year 7 pupil—working really hard and we know you are working 60 hours during the Xmas week.

**WHITEFIELD COVID TESTING SITE** - supporting our community with testing and for your welcoming friendly faces when we arrive.

**HAMILTON REST HOME & WHITEFIELD HOUSE CARE HOME** - continuing to look after our elderly and vulnerable during these difficult times.

**WHITEFIELD FIRE STATIONS** - for everything you do for our community, keeping us safe and the risks you take for others is amazing.

**VETS 4 PETS and VETSNOW** - nominated by staff and pupil leadership team at Philips High—looking after our pets at all times and supporting families during difficult decisions and times.

**PHS SCHOOL CROSSING PATROL MRS CRUTTENDEN, MR KEYWORTH & MR JOSEPH** - supporting pupils crossing the road in all weathers and having a welcoming smile for them.





# Canteen Menu

2021

## Breakfast Menu

• Toasted Fruit Bread	55p	• Apple, Orange, Banana	40p
• Croissants	70p	• Yoghurt	60p
• Slice of Toast	30p	• Bacon Bagel	£1
• Crumpet	45p	• Half baguette	£1
• Bacon Roll	£1.60	• Toasted bagel	FREE
• Cheese on Toast	80p		

## Lunch Menu

• Meal Deal: £2.40	• Pizza Slice	£1.50
Small water with: eg Filled Yorkshire Pudding/Lasagne/Meat Pie/Chilli & Rice/Curry & Rice/Fish & Chips	• Chips (chip day only)	£1.40
• Pasta Pot of the Day:	• Filled Jacket Potatoes	£2
Small £1.50 Large £2	• Paninis/half	£2.40/1.20
• No fuss sandwich £1.90	• Hot chicken wraps	£2.10
• Premium sandwich £2.40	• Halal Sandwiches	£2.40
	• Flatbreads	£2

## Desserts

• Iced Cakes & Biscuits	80p	• Choc Brownies	80p
• Un-iced Cakes	70p	• Fruity Pots	70p
• Ring Donuts	80p	• Vimto Jelly	70p
• Jam Donuts	80p	• Fruit Pots	80p
• Flapjack	80p		

# Y11 Art Trip to The Whitworth Art Gallery 15/10/21

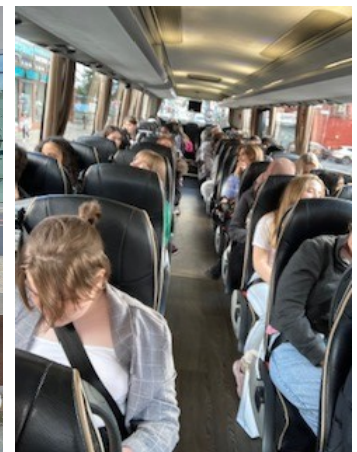
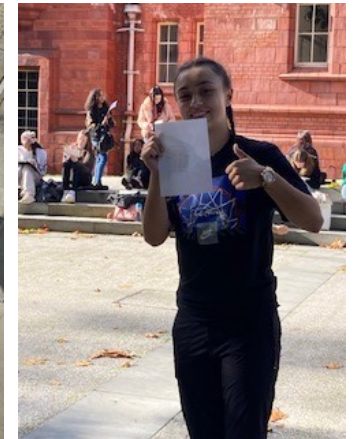
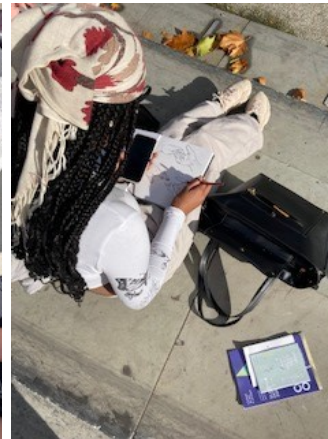
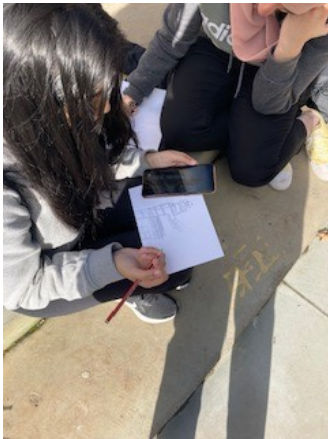
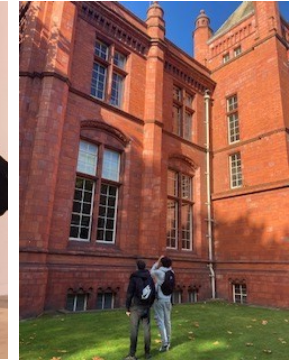
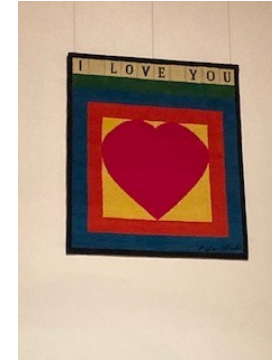
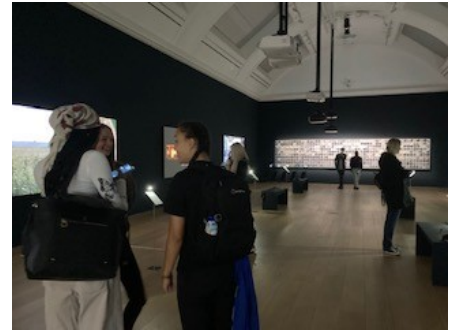


**W**e were blessed with a stunning day weather-wise for the trip to The Whitworth. Someone was clearly looking down on us with a smile as the trip included a tour of the gallery inside and out, with on-site drawing and walking through Manchester to see the variety of different styles of architecture.



The trip was led by Miss Craig, with Miss Lindsay, Miss Percival, Mr Mitchell, Mrs Dolan and Mrs Tweedale all helping to make sure that we had a brilliant day – I thank them very much for their fantastic support.





Pupils, although tired by the end of the walk, had a fantastic day and have experienced a new art gallery and have found information that they need to complete the current BTEC component.

Miss V Craig  
Head of Art



# CHILDREN'S BOOK WEEK: 8 REASONS WHY READING IS GOOD FOR CHILDREN'S MENTAL HEALTH



Reading cultivates empathy and can even improve their social skills.



Books invite them to think and problem solve, thus improving creativity.



The stories of others can help them put their own life into perspective.



Books allow them to escape into other realities and worlds.



Reading can improve their memory and reduce the risk of falling behind.



Reading for pleasure can lower their stress and promote relaxation.



Reading can help development at school and reduce exam anxiety.



Reading before bed can help them establish a regular bedtime routine.



## SIMS PARENT APP – NOTIFICATIONS

Please note if you have downloaded SIMS Parent App any text messages from school will be sent via the App rather than as a text message, therefore it is essential your notification settings are correct.

If you have not yet downloaded the SIMS Parent App and would like access please email [data@philipshigh.co.uk](mailto:data@philipshigh.co.uk)





Philips High School track and monitor homework using online tool,  
Show My Homework, to help you keep track of your child's homework.

This gives you;

- 24/7 access to your child's homework
- A view of the quality and quantity of homework
- Free apps for your iPhone, iPad, iPod Touch and Android devices
- Automated notifications of homework due date

For more information please read the help sheet on the school webpage.

Any questions email [smhw@philipshigh.co.uk](mailto:smhw@philipshigh.co.uk)



## MOBILE PHONE POLICY

### Philips High School Mobile Phone Policy

- Pupils seen with mobile phones/headphones in the school building (inc all classrooms/corridors/canteen/pupil entrance) between 08:00 and 16:45 will have them confiscated.
- **Pupils are only permitted to use phones during break and lunch outside the school building (playground/field/astro turf).**
- If mobile phone/headphones have been confiscated, pupils can collect them on the same day at 3:30pm from the School Office.
- 3rd time offenders - the phone/headphones will be kept in the school office safe until parent/carer comes to collect, if continues, sanctions will escalate.

#### PLEASE NOTE

- **Repeat offenders will be referred to Senior Leadership Team.**
- **Philips High School do not accept responsibility /liability for loss or theft of mobile phones.**

#### PUPIL ADVICE

Keep your mobile switched **OFF** and **OUT OF SIGHT** (keep at the bottom of your bag) whilst in the building during school hours. **No Excuses accepted!**

# **Safeguarding School Rules**

## **Appointments**

Please try to make appointments out of school hours. If this is unavoidable then please ensure pupils are aware at what time they need to meet you at the school office.

### **Years 7-9**

All pupils **must** be collected from reception by a parent / carer or responsible adult aged over 18 years. A letter or appointment card to be handed in at reception when signing out. Due to COVID restrictions there can be only one person at reception at any time, please wait outside if there is already someone in the reception area. Masks must be worn at all times on the school premises.

### **Years 10 & 11**

Pupils are allowed to make their own way to appointments if they have a letter of authorisation from a parent / carer or a phone call has been received by office staff (letters **must** be handed in at reception and either copied or kept as confirmation evidence).

## **Unwell Pupils**

Head of Year **must** authorise pupils to go home (unless medical emergency).

All pupils to be collected from reception by a parent / carer or responsible adult over 18 years. Depending on the nature of illness some pupils are allowed to be sent home via taxi if the parent /carer requests – Head of Year **must** authorise this.

## **Contact Details**

Please ensure all contact information is kept up to date, in particular mobile telephone numbers and email addresses. You can check the details held by school through the parent app.



# Parking around Philips High School



Dear Visitor,

Where possible we ask that all visitors park off site in a safe manner, being courteous to our neighbours. Parking on school grounds is limited and in order to safeguard our pupils at the start and end of a school day **please note the following:**

- No vehicle access to the Art Block for deliveries between 8am –9am.
- Movement of traffic is prohibited around the school grounds.
- Parking on site is very limited and where possible we ask you park off-site.

We apologise for any inconvenience this may cause.

## SPORTS NEWS



Congratulations to Duncan Whalley with his achievements in Cycle Speedway and Swimming for Bury and Elton.

Congratulations to Deksy-Rai Brandwood for achieving the World Championship Kick Boxing Belt and Medals.



Congratulations to David Morris for his football achievements

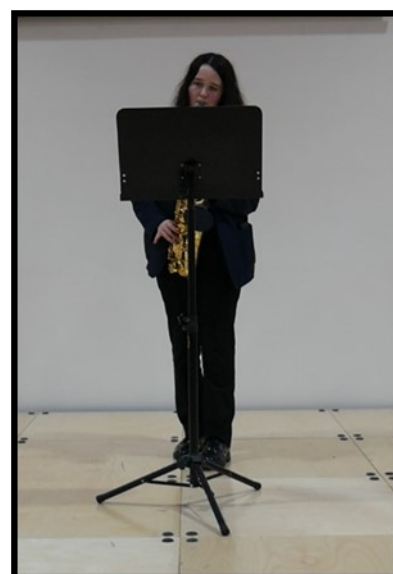
# Music Department



This term we have tried to get live music into lessons as much as possible. Bury Music Service started the year off with a taster session for our new year 7 pupils. This gave them the chance to try out a variety of instruments from guitar, violin and drums to name a few.

Extra-curricular activities have recommenced and keyboard, brass, ukulele and choir clubs are proving very popular.

We had hoped to have a Christmas concert this year, but sadly have not been able to. The photographs show some of performances that would have been in the concert and will be on our website for you to watch instead.







Why not get involved? You could learn an instrument or join in our extra –curricular activities. Please see Mrs Dalziel or Mr Simms for more details in the Music department.

# ENRICHMENT DAY

**Year 10** went to the cinema and bowling at Sandbrook Park. The pupils behaviour was excellent and they all had good fun.



**Year 7** students arrived to school on Friday excited and eager to go on their first Philips High School trip. The coach and theatre tickets were booked and the year group were raring to go!

The morning was spent in forms, taking part in a quiz and it was great to see the students being competitive and trying to outdo each other. We also looked at the exploits of well-known buccaneers like Blackbeard, Anne Bonney and Edward Lowe. Some students worked out their pirate names, made their own pirate flags and designed their own pirate ship.

At midday the coaches arrived and Year 7 set off. There was singing and lots of laughing as we made our way to the Middleton Arena to watch Treasure Island. Once we were settled in the theatre the fun really started.



It was great to see the students laughing, joking and joining in. There were some eye opening moments like the superb 3D piranhas that leapt out from the stage and attacked the audience and the finale that ended with a sing-a-long with the cast. A fantastic day out that was enjoyed by all!



# MENTAL HEALTH

We know that many of our young people will be struggling with their mental health which has only been exacerbated by the pandemic.

We know that anxiety is at an all-time high and whilst the holidays will be a welcome break for many it can bring its own stresses and worries for young people. You will find links to assist you supporting your child on our Philips High School website under the 'Pastoral Care' section:

[https://www.philipshigh.co.uk/?page\\_id=17442](https://www.philipshigh.co.uk/?page_id=17442)

## Screen time

Screen Time How long is too long?

Unfortunately – there is no magic number; children use their devices and computers for lots of different reasons – to learn, to play, and to socialise. The most important thing is to set clear boundaries on screen time and set a good example. 'Screen time' is an obsolete concept. As digital media becomes integrated into all aspects of daily life, it is more important to think about what your child is doing online and who they are doing it with than to consider arbitrary rules about time.

Parents should find out whether their child is being productive versus passive online. Is your child learning online, doing homework or are they spending their time scrolling through social media?

The internet can be a wonderful resource for children and teens, allowing them to learn, create and grow – but only if they are using it productively. Passive use of the internet, such as scrolling through social media can have negative effects on well-being.

Video link: <https://bit.ly/3heWTRI>

1. Agree on a clear set of rules with your child on screen time in the home. Do as you say.
2. Restrict the use of computers/devices in the bedroom.
3. Buy an alarm clock for your child's bedroom and charge their phones in your room at night time.
4. Pick one evening a week where you do a family activity together.
5. Join in - take an interest in their gaming/ online lives.
6. Try not to rely on screens too much to keep the kids amused.
7. Don't have screens always on in the background.
8. Talk to your child about what they do online. Additional parental guides on security settings on devices and apps can be found at <https://nationalonlinesafety.com/guides>

Wishing you all a Merry Christmas!

Mr I Brown

Safeguarding Officer (DSL)



Citizens Advice Bureau Drop In available 10am – 3pm Monday at St John's House,  
The Rock, Bury, BL9 0ND and Tuesday and Thursday at 26-28 Mawdsley Street, Bolton,  
BL1 1LF.

Freephone Advice line 0808 278 7804 Monday –Friday 10am—4pm.



For women and children.  
Against domestic violence.

National Domestic Abuse Helpline, 24hr

0808 2000 247



Talk to Frank, 24 Hour Helpline

0300 123 6600 or text 8211

**NHS**  
Greater Manchester  
Mental Health  
NHS Foundation Trust

# 24/7 Helpline

Although things are changing very quickly, here at Greater Manchester Mental Health NHS Foundation Trust, we are still here to respond to your needs.

We know you still need us, so we have extended our helpline to 24/7 which you can call any time, day or night, if you feel your mental health is beginning to suffer.

**The 24/7 Helpline number**  
Our helpline is now free to use - 0800 953 0285

**SEASONS GREETINGS!**  
*from us all at*

**EARLY BREAK**

**Christmas Opening Hours**

Friday 24th Dec - 8am-4pm  
Monday 27th Dec - CLOSED  
Tuesday 28th Dec - CLOSED  
Wednesday 29th Dec - 9am-5pm  
Thursday 30th Dec - 9am-5pm  
Friday 31st Dec - 9am-4pm  
Monday 3rd Jan - CLOSED  
Tuesday 4th Jan - 8am-6pm

**Useful Contacts**

Emergency Services 999	Salvation Army 020 7367 4800
Non-Emergency Number 101	The Samaritans 116 123
Talk to Frank 0300 123 6600	Shelter 0808 800 4444
Childline 0800 1111	Crimestoppers 0800 555 111
NSPCC 0808 800 5000	

**Early Break**  
0161 723 3880/info@earlybreak.co.uk

**Getting Help Line**  
0161 464 3679  
(Christmas opening hours)  
"An all age helpline offering low level emotional help, advice and signposting for all Bury residents"

Friday 24th December - 8am to 8pm  
Saturday 25th December - 10am to 4pm  
Monday 27th December - 10am to 4pm  
Tuesday 28th December - 10am to 4pm  
Wednesday 29th December - 8am to 8pm  
Thursday 30th December - 8am to 8pm  
Friday 31st December - 8am to 8pm  
Saturday 1st January - 10am to 4pm  
Monday 3rd January - 10am to 4pm



# Useful Contacts

BARDOC (out of hours service) - Please contact 111

Emergency Housing - 0161 253 5537



(In an emergency after 5pm 0161 2536606)

Care and Support Service (CASS) 0161 253 6666

Fairfield Hospital - 0161 624 0420

Healthy Minds (Adults) - 0161 253 5258

Health Young Minds (Young people) - 0161 716 1100

Metro link enquiries - 0161 205 2000

NSPCC - 0808 800 5000

Police - 0161 872 5050 or 101

Rape Crisis Line GM - 0161 273 4500

Rape & Sexual Abuse Support - 0808 802 9999

Mind.org.uk - Self-harm support - 0300 123 3393

**Shelter** Manchester - Free housing Advice helpline 0808 800 4444

Available 8am-8pm Mon - Fri, 8am-5pm Weekend and Bank Holidays

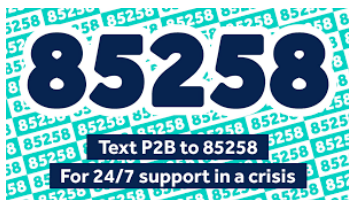
**SAMARITANS**

Call Free 24/7 on

**116 123**

[www.samaritans.org](http://www.samaritans.org)

Streetwise @ Early Break - 0161 723 3880



Shout is a free, confidential, 24/7 text messaging support service for anyone struggling to cope

Travel Line - 0871 200 2233

This information was correct as of 15<sup>th</sup> December 2021

# Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

**Here are some handy tips on how you could begin talking to your children about their feelings.**



## Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

## Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

## Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

## Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

## Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

## Practice asking open questions (rather than closed ones)

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

## Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

## Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.

## Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

## Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.



If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into [qwell.io](https://qwell.io)



# GOODBYES

Sadly we say goodbye to the following colleagues whom we wish all the very best for the future;

**Ms M Evans - Science - 12 years service**

**Mrs R Owen - SSA - 3 years service**

**Mrs C Lalley - Reception - 1 years service**

**Mr B Conway - PE - 6 months service**

**A** goodbye from Ms Evans who says “I am retiring from full time teaching at the end of this term after 26 years, 12 of them at Philips. Thanks to all my lovely colleagues and to all the gorgeous kids I have taught; the oldest of them will be age 42 now, which feels a bit weird. I will not miss having a cough and a cold all winter long.”



Ms Evans aged 8



Ms Evans aged 108 at Manchester University in 2020 just before the pandemic started



## FIRST WEEK BACK

School re-opens with a staggered start from Wednesday 5th January 2022;

COVID-19 LATERAL FLOW TESTING JANUARY 2022 Up to one third of people who have coronavirus are asymptomatic. By testing, we will help to reduce the spread in school through asymptomatic transmission. We are, therefore, strongly encouraging all students returning to school from Wednesday 5th January 2022, to take a lateral flow test in school. We will be testing pupils in Year order and alphabetically by surname. Pupils will come into school for their test then return to school for lessons the following day. The testing sessions will be as follows:

Date	7	8	9	10	11
Wednesday 5th January 2022	LFT Testing 1pm – 3pm	Satchel One - Mental Health/PHSE tasks	Satchel One - Mental Health/PHSE tasks	Satchel One - Mental Health/PHSE tasks	Satchel One - Mental Health/PHSE tasks
Thursday 6th January 2022	In school with Form Tutors 11.00 am to 1.00 pm	LFT Testing 12.30pm – 2.30pm	11.00 am to 1.00 pm Remote Learning with Form Tutor	11.00 am to 1.00 pm Remote Learning with Form Tutors	LFT Testing 10am – 12 noon
Friday 7 <sup>th</sup> January 2022	In school: Normal Timetable	In school: Normal Timetable	LFT Testing 10am – 12 noon	LFT Testing 12.30pm – 2.30pm	In school: Normal Timetable
Monday 10 <sup>th</sup> January 2022	All years will be back in school following their normal timetable				

