



PHILIPS HIGH SCHOOL

SUCCESS, TOGETHER, ASPIRE, RESPECT

SPRING NEWSLETTER - 2022

TERM DATES

2021-22

End of Spring Term

Friday 1st April 2022

Start of Summer Term

Tuesday 19th April 2022

Pupils to arrive at
10:15am

Bank Holiday

Monday 2nd May 2022

Half Term

30th May - 3rd June 22

End of Summer Term

Wednesday 20th July 22

Introduction

Dear Parents/Carers

As I approach the end of my sixth year as Headteacher of Philips High School we now seem to have come through the worst of the Coronavirus pandemic and school is finally getting back to some form of normality with lots of exciting trips and events happening in the near future including Roller Skating at Roller City, a visit to an Art Gallery, Theatre and Blackpool Pleasure Beach. There is also the Cadet Summer Camp and Duke of Edinburgh Expedition planned, plus many more!

In the last Newsletter I introduced our current Deputy Headteacher, Mr Hibbert into his new role of Acting Headteacher for one day a week. Mr Hibbert has embraced this role and we will continue with this working partnership in our aim to launch new and exciting initiatives in helping the pupils of Philips flourish and grow in their educational journey.

We would both would like to thank all of you for your continued support. We have received many positive and encouraging messages – these are always very much appreciated.

As you can see from the Newsletter Philips High continues to grow from strength to strength. I would like to thank my hardworking staff for going above and beyond in organising these events.

I am sure you will join me in wishing our Year 11 pupils every success in their forthcoming examinations. **There are now only 10 school days until the first formal GCSE Examination.**

Please don't forget to visit the School Website to keep up to date with everything that is going on at Philips and sign in to Twitter for continued information and updates.

Finally, myself and Mr Hibbert would like to take this opportunity to wish you good health and express our thanks to you all. Happy Easter.

Ms T Owen
HEADTEACHER

Mr C Hibbert
**HEADTEACHER/
DEPUTY HEADTEACHER**

Head Teacher Award

Congratulations



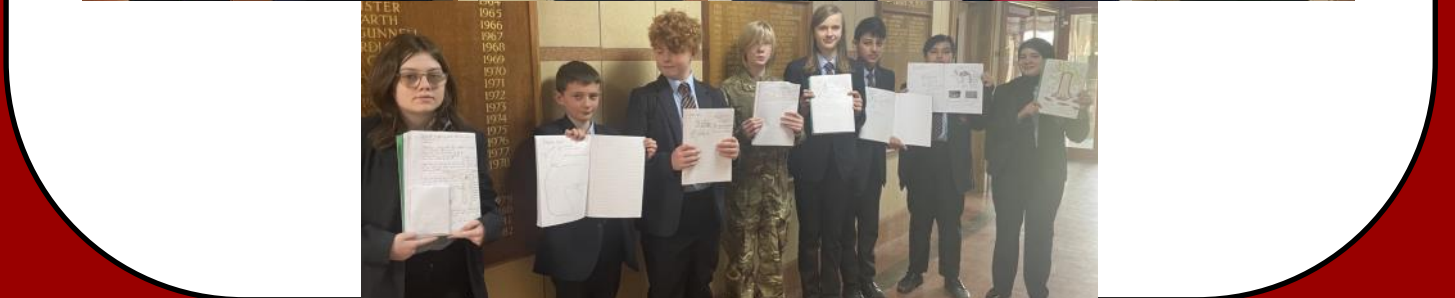
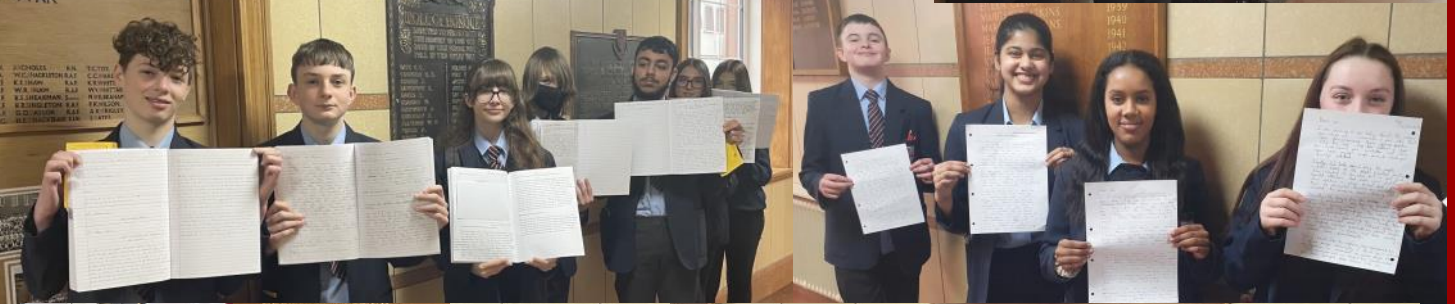
Star Award Congratulations



Star Award Congratulations



Recognition of outstanding work



LGBTQ+ GROUPS & EQUALITY PARTY NEWS

This February it was LGBTQ+ History Month and in school that meant Form Time Personal Development sessions to help pupils to understand why it is important to recognise LGBTQ+ history. We looked at some of the struggles that the LGBTQ+ community have faced and also some of the recent steps taken towards equality. Pupils discussed the importance of equality for the LGBTQ+ community and how we can provide this within our own school community. We also used this time to refresh our knowledge of the different ways people from the LGBTQ+ identify and the importance of respecting these different identities. Pupils did a fabulous job of discussing these topics in a respectful and mature way.

The Spring Term has been a busy one for the LGBTQ+ Groups within school. We have been planning activities for International Trans Day of Visibility and pupils will be able to buy badges on the day to show their support of the Trans and LGBTQ+ community both in and out of school. We have also enjoyed receiving a new selection of fiction and non-fiction books that are LGBTQ+ friendly. Both the KS3 and KS4 groups have been enjoying the opportunity to have the first look before they are available for anyone to borrow. They have given them the seal of approval! The groups will also be meeting a representative from Bury Youth Services to share their ideas on what they feel the young LGBTQ+ community would benefit from in our area. All of this on top of our weekly discussion activities provided by The Proud Trust! Groups meet on Tuesday lunchtime (KS4) and Thursday lunch time (KS3).



Following a training session on the topic of 'Hate Crime' with Bury Council, members of The Equality Party will be hosting a bake sale during LGBTQ+ Awareness Week to raise money for Kooth and Place2be. Pupils selected these charities to ensure that students in school always have the support they need. In addition, the year nine students will be creating an anti-hate crime video that will be shared with schools across the borough.

COMBINED CADET FORCE



The Philip's High CCF have been very busy this term.

All cadets have been working hard to perfect their Basic Drill movements which involves new skills and team work.

Year 10 and 9 cadets have been trained on two weapon systems; the Scorpion Air Rifle and Cadet GP Rifle. This included attending two Skills at Arms weekends. These qualifications are working towards their Basic course as well as giving them the skills they will need for Summer Camp in July.

Year 8 cadets will also be getting trained on the Scorpion Air Rifle.

We now have 2 staff trained and a "Pop-Up" range which will allow us to use the Scorpions and live ammunition on the school field (when the weather allows!).

We look forward to an exciting summer term where we can get more out-door training done and prepare for the fantastic opportunities that the week long summer camp promises!

Lt R McCarthy

UNIVERSITY OF SHEFFIELD

On Wednesday 16th March, 30 Year 10 Students went to the University of Sheffield to the Spring UK University Search Fair.

This event aimed to provide students with the opportunity to speak to a wide variety of universities, colleges and apprenticeship providers in order to make informed choices about their future.



The Year 10 students took the opportunity to speak to many different universities about what qualifications they needed to aim for when they leave college in three years time.

They also took advantage of all of the freebies which were on offer - the light up pen proved to be a particular favourite!



Thanks to Mrs Potts for organising this and Brad from the MUFC foundation for accompanying us.

Mrs Suttie

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 or 0161 3512200 option1.

Please update school each day.

New Attendance Officer

We welcome Mr Richard Kell to Philips High as our new Attendance Officer. He can also be contact on: 0161 351 2221 or email: attendance@philipshigh.co.uk

Attendance Guidelines

The Local Authority attendance guidelines advise that any attendance below 96% is considered poor and below 90% is considered as persistent absence. Poor attendance can have a detrimental effect on your child's progress at school. As a school, we closely monitor attendance. If attendance falls below 92% medical evidence will be required. This can be provided in the form of any of the following:

- Email or letter from NHS Dr or medical practitioner including a nurse.
- Text or telephone consultation.
- Medication bottle or box.
- Pharmaceutical Consultation.

It is also very important to inform us if your child is unable to attend school on **each day of absence.**

Thank you for your support.

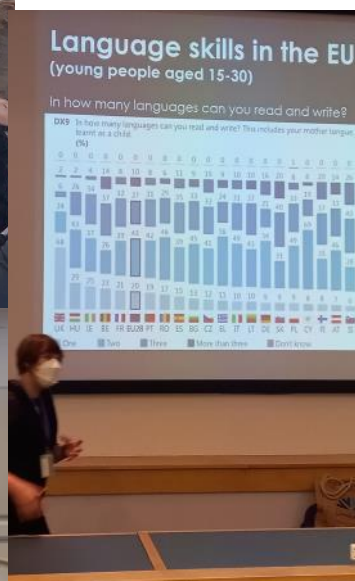
FRENCH AT MANCHESTER UNIVERSITY



Year 9 students went on a trip to the University of Manchester in January this year. They were treated to a tour of the University, shown how you can learn a new language(s) at University, took part in a competition and had a Japanese taster session.



Our students had a great day and came away enthused that they could integrate learning a language with almost all degree choices at Manchester. The Japanese lesson was very popular and we were all very grateful of the opportunity to take part.



SCHOOL DEBATE CLUB



The School Debate Club have recently taken part in a global online debate competition. This featured teams from Sri Lanka, Dubai, New York, the Cayman Islands, Nairobi and Brussels as well as less exotic locations - Leeds, Birmingham and Salford to name a few!

Teams were given a debate to prepare and would have a second debate which they would only have 20 minutes to prepare for.

Year 7 Team - Lidia Jimenez (7R), Maham Suleman (7R), Zoya Sajid (7Q) and Lucy Balaban (7R).

Unprepared Debate vs Richmond Park Academy, London - ***"This House believes that prisons are outdated and should be replaced with community service."***

Prepared Debate vs Hartland International School, Dubai - ***"This House believes that online schooling is more effective than face to face teaching"***.

Year 9 team - Toby Payne (9C), Dot Parchartsingh (9R) and Libby Fuller (9E).

Prepared Debate vs Bedwas High School, Caerphilly – ***"This House believes that freedom of speech should not belong to everyone."***

Unprepared Debate vs Finham Park School, Coventry - ***"This House believes that the health system should be nationalised in every country."***

This was our first time taking part in any kind of formal debate and the two teams worked really well, with their performance improving each time. At the time of writing, we have not heard if we are through to the semi-finals. They have been amazing ambassadors for the school and we are looking forward to taking part in the next competition!

Mrs Suttie

BAE SYSTEMS EDUCATION ROADSHOW

In January Year 7 had the fantastic opportunity to take part in the BAE Systems Education Programme Roadshow - delivered in partnership with the RAF and the Royal Navy... celebrating more than 10 years of making a difference in the perception of STEM subjects in schools. Year 7 were treated to an hour of Science, Technology, Careers advice and fun demonstrations.



SCIENCE

This term has been very busy for science with year 11 mocks, KAT2 for years 7-10 and a focus on scientific communication: writing, through the Big Question Big Writes. All students have worked very hard, and we are proud of all their efforts. We have also had some extra events aimed at enriching and broadening the curriculum in science.

Science week

Years 7 and 8 learnt about the peer review cycle in science and consolidated their understanding of Forces through their science week projects. Year 7 studied the career 'pilot' and entered an airplane challenge. They designed and made their own planes before testing them for distance and speed in the sports hall.

Year 8 studied the career 'aerospace engineer' and entered a parachute challenge. They designed and redesigned parachutes making changes each time to either canopy shape, canopy size, strength, length or mass of weight attached to the parachute. The final designs were then dropped from the balcony in the Main Hall and their descent was timed and their speed calculated.



Planning
review



Making



Testing



Peer

Year 9 studied the career 'forensic scientist' which supports their learning in microscopes and separation techniques as well as their laboratory skills. They tried to catch a counterfeiter using techniques such as looking at hair samples under a microscope, separating techniques for sand and metal as well as fingerprinting. They also worked on observational skills to see if they are a 'super-recogniser'!

Postcard of praise Artwork competition

There has also been a science artwork competition running through science week open to all students wishing to submit a design for the new postcards of praise. The winners will be announced in the next edition.

Well done everyone! Science Team

STEM Roadshow



A STEM roadshow was delivered to Year 7 by BAE systems as part of the RAF and Royal Navy Education program 2022. All students took part in this workshop on Electromagnetism which supports their learning journey for the topic on Electromagnets.

Rockman

A small group of year 7s were introduced to rocks, plate tectonics, fossils and earthquakes by Peter from the STEM learning Network. Students got to see examples of rocks and fossils. This extends past the year 7 curriculum to broaden and develop a deeper understanding of our Active Earth.

Aim Higher

A small group of year 11 students aiming for grades 7-9 attended a full day of activities at Holy Cross College where they interacted with students from Parrenthorn, The Elton and The Derby High schools. Students were given the opportunity to meet with college students, staff and university representatives as well as spokespeople from the STEM learning network and the Institute of Physics.

Year 10

Year 10 Triple Chemistry have been trying their hand at Acid-Base Titrations this term. Titrations are a way of determining exactly how much acid needs to be added to neutralise the base. The students learnt how to complete these difficult calculations and then carried out the practical, which is equally difficult. In some countries around the world, there are titration challenges and games that are held.

Well done Year 10 Triple!

Science Team

Support available to you at Philips High School

SHARP (School Help Advice Reporting Page)

A **CONFIDENTIAL** way to stop YOU or a FRIEND or SOMEONE you have seen SUFFERING. You do not need to give your name if you do not want to but if we do not have your details it may be difficult to help you.



Click this button the school website



Click 'Make a Report'

Then follow instructions:

1. Click 'Accept'
2. Select 'Use Confidential Form'
3. Fill Form in and click 'send' once complete
4. If you provided your email, you will receive a response with action taken.



Place2Be counselling and mental health support

Pupils use Place2Be for lots of reasons. The most common ones are anxiety, struggling to focus, low self-esteem, mood swings and trouble with their family. Pupils can book a Place2Talk session to talk about problems and worries, or weekly counselling is available every weekday apart from Wednesday.

You can access this support in the following ways:

- Philips High Website (www.philipshigh.co.uk, Select 'Pastoral Care' and then Select 'Place2Be Booking' on the right hand side.
- Letter boxes around school
- Ask a member of staff
- Click the 'Place2Be' icon on you School Desktop area

External Agencies who can support you

Take a look at the Support Services available on the Philips High Website under the heading 'Pastoral Care', and you will find useful services relating to Mental Health Support, Bereavement, Sexual Health, Substance Abuse, LGBTQ+, Eating Disorders, Early Help for families, Bullying, Online Safety, Black and Minority Ethnic Groups, Reporting Terrorism, Domestic Violence and the Philips High Podcast



If you or someone else is in immediate danger then please contact 999 (101 - Police Non Emergency, however you can also report online).

Other 24/7 free helplines are available for young people such as Samaritans on 116 123 and Childline on 0800 111, along with the Place2Be Crisis Text service (Text **CONNECT** to 85258) for confidential support.

For non emergency NHS advice call 111.

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		

CHICAGO AT LIVERPOOL EMPIRE



B TEC dance trip to go and see the Broadway production of Chicago at the Liverpool Empire. The girls were blown away by the razzle dazzling production, with their favourite dances being 'All that Jazz' and the 'Cell block tango' and sang the songs all the way home.



RE-LAUNCH OF THE SCHOOL LIBRARY

Hello, I'm the new School Librarian, Miss Masztalerz. I just wanted to introduce myself and let you know a few things about me, and what has been happening in the school library.

Over the past term, I've been working hard to get the library back up and running. It has been closed since the beginning of the pandemic and needed a lot of re-organising and general TLC. At the moment, I am cataloguing all the books in the library so that pupils and staff will be able to borrow them once the library re-opens. The layout and displays have changed, there is new furniture, and 15 new laptops. A new library management system has also been installed, which will make it much easier to search for books and other resources. All pupils and staff have their own library account which they can use to browse books, renew their loans, view suggested reading lists and book recommendations, leave reviews on books they have read, and keep up to date with library events.

Pupils in Years 7 – 10 will have an induction to the library with me during one of their English classes, where they'll learn about the fantastic resources we have and how to find and use them. The library will be open for pupils to use at break, lunch, and after school for Homework Club as follows:

Break & Lunch:

Monday	Year 7	Year 9
Tuesday	Year 7	Year 9
Wednesday	Year 8	Year 10
Thursday	Year 8	Years 10 & 11
Friday	Book Clubs	Year 11 & Book Clubs

After School:

ALL YEAR GROUPS

Monday - Thursday: 2.50 - 4pm
Friday: 2.50 - 3.30pm

If you want to take a look at the new school library web app, go to the following website, or use the QR code below. Here, you will find information about the library and search for books and other resources:

<https://uk.accessit.online/phl01/>



A bit about me – I have worked in libraries and education for a number of years. I love reading (obviously!) and my favourite book of all time is *The Great Gatsby* by F. Scott Fitzgerald. When not reading, I can be found drinking coffee, cuddling cats, and walking in the countryside. Please come and chat to me if you need help in the library, or just want to talk about books!



World Book Day 2022

World Book Day celebrations took place on Thursday 3rd March, and there were many activities that pupils and staff could participate in to celebrate books, reading, and literacy. There was a 'free book' fair in the library, where pupils could choose a book to take home and keep, which was a huge hit. Pupils also took part in book quizzes and had fun testing their knowledge of all things books, and two lucky participants won £10 book tokens!



Pupils also let me know their favourite books, magazines, genres and authors, and gave lots of ideas about what they want to see in the school library.

Some pupils also had a go at designing a book token for the National Book Tokens competition, and we had some fantastic designs submitted. Throughout the week pupils also took tried to 'guess the book from the cover' in form time, which was a fun way to get everyone talking about books.

All in all, the day was a great success!

Miss Masztalerz (Librarian)



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



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!

OFFICE NEWS

Pay for school meals

To help make it as easy as possible for you to pay for school meals we have introduced an e-payments system which allows you to pay for school meals over the internet www.bury.gov.uk/payforit or by phone 0845 3052197 (Open Mon-Fr 9am—5pm)

How to pay: All major debit or credit cards are accepted with the exception of American Express and Diners Card. To pay online or over the telephone you will need the following details to hand;

- School Name
- Pupils name
- Pupil number (provided by school)
- 4-digit school DfE number—4025
- Your debit/credit card details

More information at: www.bury.gov.uk/schoolcatering

Please contact school should you require your child's individual log in details to enable you to benefit

Appointments



Please understand that only parents/carers with a pre-booked appointment can be guaranteed to see or speak to a member staff.

Unfortunately, although we will try our best to accommodate.

There will be occasions where no member of staff will be available.



Contact details

It is important that all contact details are up to date in case of emergencies. If you wish to update your contact details, please follow this link: <https://forms.office.com/r/GJmcQj3Qz8>

Alternatively if you login to the SIMS Parent App or www.sims-parent.co.uk you can check the contact details we already have and make any amendments.

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.

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.
- No vehicle movements between 8:15 - 9:05, 10:50 - 11:15, 12:45 - 13:45 and 14:45 - 15:05
 - 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.

ROCK CLIMBING COMPETITION



Jessica Claxton-Daniels, Joe Badham, Molly Newall, Tabitha Darwin-Dowell and Amy Gibbons all competed at The Manchester Schools competition based at Rock Over Climbing.

We had three people on the podium. With Amy Gibbons coming third for KS3 and then Jessica Claxton-Daniels and Joe Badham both coming in first for KS4.

Well done to everyone who participated we are very proud as a school.

SENSORY ART PROJECT

Over the past 4 weeks twelve year 7 pupils have taken part in a community Art project supported by the Bury Youth Service & Bury Creatives. Five artists are working across the neighbourhood exploring the five senses. Our pupils have been working with Seleena Laverne Daye on the sense of 'touch'. Seleena is a contemporary textile artist whose work explores themes such as identity, race and class. More of Seleena's work can be seen at: <https://www.seleenalavernedaye.co.uk>.

The pupils have taken part in a trip to the Bury Art Museum, a Photography Walk around our local area and two making sessions. The pupils have been amazing and have fully engaged with the programme. We are looking forward to seeing the end results of their hard work and creative ideas.

A display of all the art work completed will take place in The Millgate on - 18th-24th April

SPORTS NEWS

BASKETBALL

This year has been a great year for the pupils to get back into their basketball.

We entered the Year 8 and Year 7 Jr. NBA, both teams are yet to lose a game within the competition and have worked fantastically well together. Both teams are sitting at the top of the leader board and will hopefully progress to the next round and the final fours at Belle Vue.



Y7 Jr. NBA



Year 8 Jr NBA



Year 7 finished 3rd in the Bury Schools Basketball Tournament behind Abraham Moss in 2nd place and Bury Church winning the competition overall. We played really well leading up to the final, however with a few strong players out on finals evening we weren't able to match our recent standards.

Well done to all that have represented Philips High School so far this year in Basketball and I am looking forward to see where we can progress in the summer term in the Jr NBA.

We have been doing fun Fridays at school with certain year groups playing each other which has been a real success, year 10 coming out as champions beating both year 9 & year 11. We will progress with this in summer term with different year groups playing each other as they seem to really enjoy the challenge of playing other years.



Y11 v Y10



Y9 v Y10

BURY SCHOOLS NETBALL

Philips entered the Bury Schools netball league this year with a Y7, Y8, Y9 team and the Y11 team played friendlies. It was a tough season overall, playing some really competitive schools from the borough.

Bury Schools Netball Tournaments were held at Bury Grammar School this half-term. Philips entered their Y11, Y9 and Y8 teams;

Year 11 placed 3rd (Semi-Final place)

Year 9 placed 5th

Year 8 places 3rd (Semi-final place)



Year 8



Year 9

The teams have shown great displays of teamwork and resilience all season, they have been an absolute pleasure to coach. We have a number of standout players across the teams, so choosing players of the season has been a difficult task, however congratulations too;

Year 7: Olivia Beattie
Year 8: Laila Malik
Year 9: Esme Davies-Ferneyhough
Year 11: Millie Ogilvie



Miss Schofield and Mrs Carinci congratulate all the netball teams on their success.

HOCKEY

The girls have trained consistently since September and put in lots of hard work making huge amounts of progress. Despite having to patiently wait for their round of fixtures which started in February, this did not deter them!

We had to draught in two newbie goalkeepers for the matches, Shilo and Aimee, who really stepped up for the teams and demonstrated superb skills and bravery.



They all coped really well playing on a full sized pitch, which they are not used to. Y8's came 4th in Bury overall. The team quickly got to grips with the larger playing area and adapted their skills accordingly, and although no goals were scored their defensive play was superb. I was really impressed with the resilience and team work that the girls demonstrated and am looking forward to a successful season next year.

The Y7's finished 3rd in their league, and again the squad represented Philips impeccably at all their fixtures. Their tenacity and desire to win shone through, and with each game played massive improvements in confidence levels and special awareness were evident. We even managed to hold Woodhey to a draw, who are notoriously successful, and scored a couple of goals against Parrenthorn. Looking forward to seeing what the girls can do next season.



Mrs K Carinci

FOOTBALL

We have had a busy year participating in various tournaments for all different age groups. Unsworth Academy have hosted the Bury North Central Venue League where we have played 7 a side tournament against other schools from the North of Bury.

Along with the 7 a side league we have played friendly fixtures against St Monicas, Unsworth Academy and The Heys school.

The year 7's and 10's have progressed to the semi-finals of the Metro Cup competition and a strong Elton team await us.



Both the year 7's and 8's reached the finals of a 7 a side Manchester United tournament where the winners will play at Carrington in the summer term.

Mr Carinci



RUGBY

The year 8's and 9's have played both tournaments in both rugby codes. The first union tournament was held at Bury Rugby Club under floodlights and was a very successful tournament for our players representing school in their first Rugby game.



Year 9



Year 8



Salford Red Devils organised two rugby league tournaments at Ladybridge school and Westhoughton school. Once again this was the first time these pupils had played Rugby league and they performed better with each game. They eventually lost to Westhoughton who had many rugby league players in their side.

Mr P Carinci
Head of PE

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

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>

Mr I Brown

Safeguarding Officer (DSL)

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)

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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.



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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

USEFUL CONTACTS



Citizens Advice Bureau Drop In available Tuesday 10am—3pm and Thursday at 10am—4pm
26 Mawdsley Street, Bolton, BL1 1LF.

Website: <https://www.cabb.org.uk>

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**

Website: www.nationaldahelpline.org.uk
(access live chat Mon-Fri 3-10pm)



Shout is a free, confidential, anonymous text support service for anyone struggling to cope. You can text from wherever you are in the UK.

SAMARITANS

Call Free 24/7 on 116 123

www.samaritans.org



If you're in the Bury area you can call our **Getting Help Line** for support with emotional health and wellbeing.

0161 464 3679 Monday to Saturday 8am-8pm

<https://earlybreak.co.uk>



Talk to Frank, 24 Hour Helpline

0300 123 6600 or text 8211

<https://www.talktofrank.com/contact-frank>

Live chat service operates from 2pm - 6pm,
7 days a week

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 - <https://tfgm.com/public-transport/tram/contact>

Travel Line <https://www.traveline.info> or 0871 200 2233

NSPCC - 0808 800 5000

Greater Manchester Police - 0161 872 5050 or 101

Rape Crisis Line GM - 0161 273 4500 / 0808 802 9999

Mind.org.uk - Mental Health/Self-harm support - 0300 123 3393

Shelter Manchester - Free housing emergency helpline 0808 800 4444

Available Mon-Fri 8am-8pm, Weekend and Bank Holidays 9am-5pm

Streetwise @ Early Break - 0161 723 3880

This information was correct as of 31st March 2022

Goodbyes

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

Mr C Singleton - Maths Teacher - 18 months service

Mr I Brown - DSL - 18 months services

Mr Brown is leaving to work in the Health Sector but wanted to share this message;

It has been a pleasure working with the whole school community over the last couple of years and I hope I have made a difference in helping Philips High School to continue keeping all of our children safe. I will miss you all . I am pleased to announce that Miss Kansik will be taking over following the Easter Break. Miss Kansik has over 10 years of experience working with young people and families, including working in a pastoral and safeguarding setting in education. I will be completing a handover with Miss Kansik during the Easter Break and know she will be made welcome by all once she starts in role.

Welcome to new staff

MissA Kansik - Designated Safeguarding Lead

Happy Holidays



Produced and edited by Mrs L Waring