



Term 2 - April 2025



# Moorside News

Moorside  
High School



## THE MOORSIDE WAY : THE WAY WE DO IT AT MOORSIDE HIGH SCHOOL



### EASTER WISHES FROM MRS RYLES-DEAN - HEADTEACHER.

As we come to the close of this term, I want to take a moment to reflect on all the hard work, dedication, and progress we have seen from both students and staff over the past few months. It has been an incredibly busy and productive term, with many exciting events and achievements that have brought our school community even closer together.

This Easter break is a well-deserved opportunity for everyone to rest and recharge. Whether you're spending time with family, enjoying the outdoors, or simply taking a well-earned break, I hope this time will allow you to relax and reflect on the many successes we've had so far this year. As we look ahead to the summer term, I am excited about the opportunities and challenges that await us.

As always, Mr Howson and the journalism club have worked wonders on this latest edition of 'The Moorside News' and I know you will enjoy reading it as much as I have and as much as the students have enjoyed creating it. Thank you to all our students, staff, and families for their ongoing support and commitment to making our school such a special place.

I wish you all a relaxing break and look forward to seeing all students return to school on Tuesday 22nd April at 08:25am. Thank you for your continued support.

Mrs Ryles-Dean  
Headteacher



## CONSIDERATION ASPIRATION RESILIENCE EQUALITY #TEAMMOORSIDE



## Inside news

- PGL Experience
- Art Club
- Swinton Lions
- Salford University
- Chinese New Year

and much more....

# A SKETCH-TACULAR YEAR 7 EXPERIENCE AT ART CLUB

***As a Year 7 pupil that attends Art Club, it's important to recognise what Moorside has to offer for our most creative pupils. From my perspective as a Year 7 pupil, I have seen it as a great way to explore my creative side and make new friends.***

*Let's start by saying: Art Club is a stroke of genius! You get lots of experiences and a variety of opportunities to explore different activities, such as photography, painting, and competitions. Turns out, it's a great way to draw yourself into something creative every Friday!*

*Art Club takes place every Friday on Week B from 3 pm to 4 pm, but don't worry - it's not a boring lesson! You get to bring food, talk with friends, frame pictures, and, most importantly, have fun. We draw everything from portraits of nature and people to abstract illustrations, and everyone finds inspiration in each other while nurturing their passion.*

*One thing I really like about Art Club is that everyone is very open, friendly, and relaxed, doing their own thing - no need to brush off your creativity here!*

*As well as Art Club, students also work towards their GCSEs by experimenting with different photography techniques, traditional art, and drawing drills - activities that will help them later in their exams.*

*Whether it's writing poetry, playing music, or drawing, Art Club offers skills and inspiration that foster personal growth, especially here at Moorside. For me, Art Club is about the memories we create and the joy that comes with it. It's safe to say that this club really colours my world!*

*By Sadeem (Year 7)*

**ART** Club





# A Day at Salford University



## More Than Just a Campus Tour!

Recently, I had the chance to visit the University of Salford on a school trip, but it wasn't just about looking at big buildings and pretending to understand university life - it was actually really interesting!

We were greeted by enthusiastic and friendly student ambassadors and attended an informative session about university life, covering everything from courses to student accommodation. Apparently, university isn't just about studying—it's also about budgeting, making new friends, and learning how to cook something other than toast!

After the talk, they took us on a tour of the campus, showing off the impressive accommodations, the student union, and the super high-tech facilities of the science building and Energy House. This was particularly interesting because it simulated extreme weather conditions and energy usage.

One of the best parts of the trip? Hearing real students share their experiences. They took us for a nice pizza on campus, and we did a fun workshop about how to set up our own society.

By the end of the day, the University of Salford had definitely left an impression. Whether or not I end up going there is undecided, but I do know that university life will be an adventure!

By Tahira (Year 10)



University of  
**Salford**  
MANCHESTER



# A JOURNEY THROUGH TIME:

After walking out of the gates on Friday 21st June last year, I could have never predicted where the next chapter in my life would take me. It was two months until Results Day but it couldn't have come any faster. Fast forward to today, and I'm not just excelling in college - I've been accepted onto the prestigious Sutton Trust US Programme, and I'm proud to represent Salford's Youth as GMYCA Rep. It's been a challenging yet exciting journey, and I want to show you that journey and how I have changed as an individual.

Progress is not linear. Unfortunately for many of us, life loves to throw its hurdles at us - but a few setbacks, big or small, make us stronger. My struggles throughout Year 10 and 11 have made me not only appreciate the little things, but also take any opportunity I can. My first volunteering came with St John's Ambulance being an NHS Cadet, where I became trained in First Aid and Safeguarding. Then after some smaller volunteering opportunities, I joined Salford Youth Council. I've spoken to MPs, councillors and the Mayor himself and most importantly, I am taking action. Through the Youth Council, I was appointed GMYCA Rep where I have monthly meetings with key figures from across Greater Manchester alongside like minded young people. I attend events across the county and there's never a day I'm not giving it my all.

In September, I chose where I was going to continue to study. It was a difficult choice and it came down to when the year started - I really wanted that extra week off. Ultimately, it was definitely the right decision! I chose Loreto College and I am doing A-Levels in Geography, English Language and Mathematics. It is quite the eclectic combination, but it opens many doors. I am still unsure of the career path I want to pursue but through internships and work experience, I am slowly (but surely!) deciding. The college is perfect and the friends I have made are incredible. Although I lost many friends after GCSEs, the people I have met through college have made it worth it. I have surrounded myself with supportive people, past and present, and I would not have achieved this much without them. From teachers in high school to those in college, I have been pushed and it has all been worth it.

*Core Purpose: To ensure every student leaves us ready for their next successful chapter, with students attending university or starting a fulfilling career.*

# LIFE BEYOND MOORSIDE

The Sutton Trust US Programme was initially introduced to me when I was in Year 8 by a friend. I had thought about it a few times over the years, but I had completely forgot about it by the time I was sitting my GCSEs. Eventually, November came around and applications opened! I checked if I was eligible, if I had met the grade requirements - I had! However, I waited until a day before the deadline to complete my application and I was certain I would not be accepted. Again, it slipped my mind - until I was walking my cat and got the email. I couldn't even scream! Now, I'm going to Nottingham University in April on a residential and to the US at the end of July! I'm visiting different colleges and experiencing what life is like in the US in the hopes I will study there from September 2027. First, I'm taking a gap year of course.

My journey has been challenging, it has been circular at times but more than anything, it has been incredible. My life is full of opportunities that I hadn't even heard of this time last year. I'm paving my way to success, mostly so I can give my cats a huge garden to play in, but also to show young people they can do it too. Life is not always great, but if you push through it without damaging yourself then your opportunities are endless. I believed in myself, and I believe in you too.

*If I can do it, so can you.*



# ACCELERATING CHANGE: WHY GENDER EQUALITY MATTERS

*This year's International Women's Day theme, "**Accelerate Change**," is a powerful reminder that the time for action is now. Gender equality isn't just something we should hope for - it's something we should work towards every day. But how can we, as students, make a difference? The truth is, we're all part of the change.*

## How Can We Help?

- **Raise Awareness** – If you see bias or discrimination, don't stay silent. Challenge stereotypes that limit people based on their gender. A simple conversation can make a big impact.
- **Support Women's Achievements** – Whether it's celebrating historical figures, recognising achievements in our own school, or sharing inspiring stories, acknowledging women's contributions helps change the narrative.
- **Get Involved** – There are many campaigns and initiatives supporting gender equality. You could join a fundraiser for a women's charity, help organise an event at school, or use social media to spread awareness. Every action counts.
- **Reflect on Your Own Biases** – We all carry unconscious biases. Take a moment to reflect on how you view and treat others. Small changes in our attitudes and actions can lead to a more equal world.
- **Be a Role Model** – Stand up for what's right. Whether in school, at home, or online, set an example by treating everyone with fairness and respect. Inspire others to do the same.



**Accelerate Action:**  
How We Can Turn Ideas into Impact





# WE RISE TOGETHER

We rise as one, a mighty wave,  
To break the chains, to pave the way,  
For dreams long buried, voices hushed,  
Now roar with force, no longer crushed.

With every step, with every stride,  
We shed the past, we turn the tide.  
The world once still, now starts to sway,  
As we unite, we make the way.

The barriers built from years of fear,  
Crack and crumble, disappear.  
For change is not a distant goal,  
It's in our hands, it's in our soul.

No more delay, no more restraint,  
We've learned the truth, we've shed the faint.

We stand on shoulders of the past,  
Now building futures that will last.

The time is now, the call is clear,  
To shatter silence, end the year.  
Each voice a spark, each hand a flame,  
Together we ignite the change.

So let us rise, let none delay,  
For in this fight, we lead the way.  
In strength and hope, we all engage—  
Together we can accelerate change.



## Why It Matters

The poem we read during the assembly reminded us that gender equality is not a distant dream - it's something we can build right now. We stand on the shoulders of those who fought before us, and now it's our turn to continue their work.

## The Future Is in Our Hands

Imagine a world where gender never determines a person's opportunities. A world where everyone is treated with respect, fairness, and equality. That's not just a dream - it's possible if we all take action.

So, let's not wait. Let's speak up, support each other, and #AccelerateChange every single day. Together, we can create a world where everyone has the chance to succeed - regardless of gender.

By Poppy, Olivia, Lily, Alexandra, Leilani, and Aimee (Year 10)

# From Big Fish to Busy Bee: A Year 7's Honest High School Reality



Transitioning from primary school to high school felt like going from being a big fish in a small pond to suddenly swimming in the ocean. Back in primary, everything felt manageable, but now that I'm in high school, my calendar is falling apart, and I'm definitely not the "larger fish" I once thought I was. I've been busier than ever, juggling what feels like a thousand clubs and a thousand responsibilities.

When I first started at this school, I was both terrified and miserable - probably how most Year 6 students feel on their first day. After all, finishing primary only to dive into even more work doesn't exactly sound fun. Let's be honest, a fair number of us don't like school (probably). There's more homework to do, more things to worry about, and more people to meet.

Originally, I had no plans to join any clubs. In primary school, I only did lacrosse, and that was it. But then, I gave Art Club a try, which led to Creative Writing, which somehow led to Journalism, and - believe it or not - even Math Club! Wanting to push myself further, I also started learning German on good old Duolingo.

On an average day, I would have much rather stayed in bed, reading my heart out. But now? I'm involved in more clubs than I can count. Despite my hectic schedule, I've managed to carve out some free time - Tuesdays and Wednesdays, at least!

Some students might feel the same way, while others won't. After all, keeping a solid routine is hard. But as a Year 7, you get time to adjust - to figure out your surroundings, make new friends, and decide what activities you actually enjoy. Some people enter high school with a clear plan. Me? I had no idea what I wanted to do or be. I wasn't excited. I wasn't eager. I just wanted time to move faster so I could finally grow up and work for NASA.

With the constant workload and never-ending homework, stress was inevitable. Not everyone has time to complete everything perfectly. But if you find the right balance between school and hobbies, it becomes more manageable. The key is figuring out what you're willing to push yourself for and how to organize your (already small) desk space.

One thing's for sure - because of high school, we definitely don't get as much sleep as we used to. And because of us, teachers don't either... since they love giving us homework! Just kidding!

By Imogen (Year 7)





# Balancing School, Drama, and Passion:



*From the perspective of one of our Drama-loving students, Bella shares her experience of what it's like to balance life as a student at Moorside.*

As the year progresses, time seems to fly by. It feels like just yesterday that I was starting Year 7, the youngest in the school. Now, with Year 9 approaching, I'll soon be choosing my GCSE options.

I take part in many after-school clubs, one of my favourites being Drama Club. I absolutely love it there. Since I'll be selecting my GCSEs next year, I know I should be exploring different subjects to decide which ones to take. However, Drama Club has made me realise that I could have a future either on stage or even working behind the scenes.

Not only do I attend Drama Club on Mondays after school, but I also take drama classes at the weekend. Every Saturday, I go to a drama school called Urban Stage, and I really enjoy it. It's a place where I feel comfortable and free to be creative. I've performed in many shows there, all of which have been incredible experiences. Last year, I was in *Shrek*, and this year, I'm performing in *We Will Rock You*. Acting can be challenging at times, but once you get used to it, it becomes second nature. Some people struggle with stage fright, but once you've performed your first show, that fear fades, and you gain the confidence to go on stage again.

Balancing Drama Club and Urban Stage can be tricky, as it means keeping track of two different productions at the same time. On top of that, I also have to manage my schoolwork, which can be difficult with two shows on my mind.

Like every other student, I spend five periods in school from Monday to Friday. During the week, I attend various clubs, and on Saturdays, I wake up early to be at Urban Stage for 10 AM. Unlike Drama Club, where sessions last an hour, Urban Stage classes run for three hours. While it might sound exhausting, it's not at all - it's something I genuinely love.

I make sure to complete my homework during the week so that I don't have to worry about it over the weekend. The Drama teachers at school are fantastic, but at Urban Stage, I work with different teachers who provide us with all the support we need. Just like in productions at Moorside, students at Urban Stage have to memorise lines, learn songs, and rehearse extensively.

Every week, I look forward to going to Urban Stage because it truly makes me happy. It's a place where I feel like I can achieve anything, and it always brightens my day. However, juggling multiple scripts and rehearsals can be challenging, especially while keeping up with my commitments at Drama Club.

Sometimes, we just need a little support from the people we trust, and eventually, we learn how to balance everything.

By Bella Gagan (Year 8)

# Children's Mental Health Week: Why It Matters to Us



*As part of PSHE at Moorside, we see it as an opportunity to remind both staff and pupils that mental health matter.*

Every year, Children's Mental Health Week gives young people a chance to talk about their feelings and learn how to look after their mental well-being. This year, it took place from 3rd to 9th February and was all about the theme "Know Yourself, Grow Yourself."

At school, we often focus on subjects like Maths and Science, but mental health is just as important. This week reminded us that understanding our emotions helps us grow stronger and more confident. By knowing what makes us happy, stressed, or anxious, we can find better ways to handle challenges.

## What Happened at School?

To help us open up about mental health, we took part in some great activities:

- **"What I Wish People Knew"** – We wrote anonymous notes about things we wished others understood about mental health. It helped us realise that many of us go through similar struggles.
- **"One Word Check-in"** – We each wrote a single word to describe how we were feeling. Seeing everyone's words on display showed that emotions are normal, and we're not alone in how we feel.
- **Daily Self-Care Sheet** – This helped us think about what we can do each day to look after our mental health, like getting enough sleep, spending time with friends, or taking a break when needed.

We also watched "Here4You," a short film by Roman Kemp about young people's mental health. It made us think about why it's so important to check in on our friends and speak up when we're struggling.



Children's Mental Health Week isn't just about one week - it's about making sure we feel comfortable talking about our emotions all year round. No one should feel like they have to deal with things alone. This week showed us that by supporting each other and understanding ourselves, we can build a happier and healthier school community. So, let's keep the conversation going! If you ever need to talk, remember there are always people who care and want to help.

## Where to get support

For children's mental health support in the UK, you can contact Childline on 0800 1111 or access their online chat, or consider Kooth for an online mental wellbeing community for young people up to 18. If you need urgent help for your mental health, get help from NHS 111 online or call 111.

# EQUALITY

## Culture. Country. Skin. Identity.

No matter who we are or where we come from, we all deserve to be treated with fairness and respect. At Moorside High School, equality is at the heart of everything we do - for both students and staff. We believe that everyone should feel valued, supported, and included.

But true equality isn't just about policies or words - it's about understanding, acceptance, and action. Our identities - our race, culture, and individuality - shape who we are. Sometimes, differences can feel challenging, but they should never be a barrier to belonging. We all deserve to be accepted for who we are, by those around us and by the communities we are part of.

At Moorside High School, equality isn't just a concept - it's a value we live by every day. Through our PSHE lessons, we explore important topics like diversity, inclusion, and respect, helping students to understand different perspectives and challenge discrimination. But equality isn't just taught in the classroom; it's part of the conversations we have in the corridors, the friendships we build, and even on the school's dinner menu!

We celebrate different cultures, backgrounds, and identities through school events, assemblies, and activities that encourage unity and understanding. Whether it's recognising key cultural celebrations, standing up for one another, or simply showing kindness and respect in our daily interactions, we are committed to making equality a lived experience for all.

Equality is not just about who we are; it's about how we treat others. When we embrace diversity, respect each other, and stand up for what is right, we create a school - and a world - that is stronger, kinder, and fairer for everyone.

Let's make equality more than a value - let's make it a way of life.

By Imogen (Year 7)





# MANCHESTER MUSEUM

On March 3rd, as part of Careers Week, a group of Year 10 students visited Manchester Museum, situated on Oxford Road, for a careers showcase. With college options not too far away, this was the perfect opportunity for Moorside students to find out about some of the different roles that, together, make up Manchester Museum – from curators and conservators to marketing, design, and social media.

On this trip, we explored various career zones where staff were on hand to answer any questions and tell us all about their roles within the museum. Our questions varied from finding out how long staff had worked at the museum and what they enjoy most about their job to what a typical day entails for them. It's safe to say that many of us were inspired by the roles on offer!

As well as learning about the careers that the museum offers, students also had the opportunity to explore its fascinating exhibits. We wandered through the ancient Egypt section, where towering statues and intricate hieroglyphs transported us back thousands of years. In the natural history galleries, we stood in awe beneath a huge T. rex skeleton, marvelling at its immense size. The vivarium was another highlight, home to a range of live amphibians and reptiles, including critically endangered species. We also explored the Living Worlds gallery, where exhibits of taxidermy animals, fossils, and cultural artifacts told incredible stories about life on Earth. Every corner of the museum was packed with history, science, and culture, making it a truly immersive experience.

On a personal note, I believe I left the trip feeling more confident, with a wider range of career options available.

Thank you to Manchester Museum for a highly educational and inspiring day!

By Mia (Year 10)



# TAKE OVER DAY





# Year 11 PGL Trip. A Memorable Experience



When I first heard about the PGL trip, I was curious about what it would be like. I knew it would be a great opportunity to learn and have fun with my friends while taking a break from our usual school routine. Although it was cold and there was no WiFi, I saw it as a chance to disconnect and fully enjoy the experience.

Upon arrival, I was pleasantly surprised by the rooms. They were really clean, and the beds were comfy - I know this because I had such a good sleep! Our mornings started early, with wake-up calls at around 7:30 AM. The teachers made sure we were up by checking on us every ten minutes. After that, we headed to breakfast, which was a mini English breakfast - quite good, actually.

Following breakfast, we were split into groups based on our predicted grades. This was really helpful because it allowed us to focus on our weak spots together.

Some of us started with English for an hour and a half, then had a break before moving on to maths for the same duration, while others had it the other way around. I really liked this structure because it didn't feel rushed. With fewer people in the classroom, I felt more comfortable asking questions - something I often avoid in regular lessons for fear of being judged.

This smaller, focused environment really boosted my confidence and helped me learn a lot.





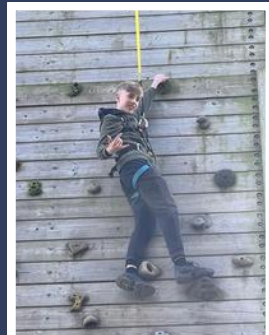
After our revision sessions, we went straight to activities, which was a great way to unwind. The activities, like wall climbing and the trapeze, boosted everyone's confidence and skills while also providing a much-needed distraction from school stress. One of the best parts of the trip was the free time we had with our friends. The boys played football while the girls chatted, enjoying the beautiful scenery and trying to get a signal on our phones. In the evening, we gathered around a campfire, played games, and even participated in a game called Ambush. That game, in particular, taught us valuable lessons about teamwork, patience, and focus - especially when some people just couldn't keep quiet!

Looking back, this trip was one of the best experiences I've had. It brought all of us closer together, and we had so much fun. I especially appreciated the small, well-organised groups because they helped me focus on learning more effectively. If I could change one thing, I'd make the trip longer and extend our morning study sessions.

When I returned home, I found myself missing it so much. It was refreshing to be off my phone for a few hours each day. We spent our nights singing, playing Uno, and laughing together, which helped me see the world differently. The teachers were great too - they got involved in everything, even playing football with us. The PGL staff, especially Ellie, were incredibly kind and made sure we were all comfortable.

I took away so many wonderful memories from this trip and learned a lot. If given the chance, I would 100% do it again - just for a longer time!

By Lydia (Year 11)





# Chinese New Year



## What is Chinese New Year?

Chinese New Year, also known as Lunar New Year or the Spring Festival, is a festival that celebrates the beginning of a new year on the traditional lunisolar Chinese calendar. It is one of the most important holidays in Chinese culture, marking the end of winter and celebrating the start of spring. This festival takes place from Chinese New Year's Eve (the evening preceding the first day of the year) to the Lantern Festival, which is held on the 15th day of the year. The first day of Chinese New Year begins on the new moon that appears between January 21 and February 20.

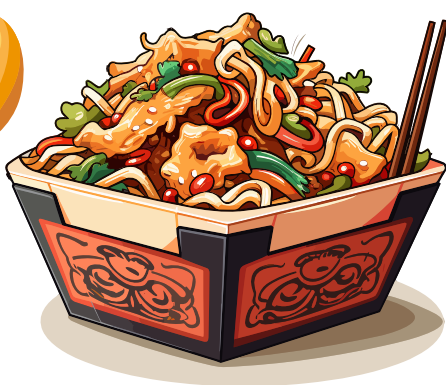
## How do people celebrate Chinese New Year?

People around the world celebrate Chinese New Year in different ways, whether that includes setting off firecrackers and fireworks, decorating their homes in red and gold, or sitting down with family and friends for a feast. Those who celebrate are ushering out the old year and welcoming in the luck and prosperity of the new one. Many people also take this time to honour relatives who have passed away. The 15-day celebration ends with the Lantern Festival, during which people hang glowing lanterns in caves or carry them during a parade.

## How did Team Moorside celebrate Chinese New Year?

Well, I think it's safe to say that the energy at Moorside High School was different on Chinese New Year - everybody was ecstatic! As soon as the lunch bell rang, everyone knew they were about to have the best meal of their lives. Spring rolls, katsu curry, noodles, sweet and sour chicken - it was incredible. It was a massive success, and for the rest of the day, it was all anyone could talk about. Students were asking each other what they had eaten and debating which dish was their favourite. I'd like to say that the atmosphere at Moorside was electric that day, and I certainly can't wait for the next themed meal at Moorside!

By Poppy (Year 10)



# STRESS AWARENESS MONTH 2025

## LEAD WITH LOVE AND TAKE CONTROL OF STRESS



Feeling overwhelmed? You're not alone. Stress is something we all experience, whether it's from school, friendships, or everyday life. That's why every April, Stress Awareness Month helps people understand stress, its effects, and, most importantly, how to manage it.



### What Is Stress Awareness Month?

Since 1992, April has been dedicated to raising awareness about stress and mental well-being.

This year's theme, #LeadWithLove, encourages us to approach stress with kindness - towards ourselves and others. Stress can affect both mental and physical health, leading to anxiety, poor sleep, and even heart problems. But by recognising it early, we can take steps to manage it.





## How Can You Reduce Stress?

If stress is getting to you, try these simple steps:

- Talk about it – Bottling things up only makes them worse. Chat with a friend, teacher, or family member.
- Take breaks – Whether it's a walk, listening to music, or just deep breathing, small pauses can help clear your mind.
- Stay active – Exercise isn't just for fitness - it releases endorphins that boost your mood.
- Get enough sleep – Lack of rest makes everything feel worse. Aim for at least eight hours a night.
- Be kind to yourself – You're doing your best, and that's enough. Self-care is not selfish.

## Join the #LeadWithLove Movement

**This April, take part in the 30-Day Challenge by doing one small thing each day for your physical, mental, and emotional well-being. Little changes make a big difference.**

## Where to Find Support

If stress feels overwhelming, don't hesitate to reach out. Here are some places that offer support:

- Mind UK – Mental health advice for young people and adults. Website: [www.mind.org.uk](http://www.mind.org.uk)
- Childline – A helpline for children to discuss personal issues. Call: 0800 1111
- Website: [www.childline.org.uk](http://www.childline.org.uk)
- The Mix – Support for people under 25 on various topics. Call: 0808 808 4994
- Website: [www.themix.org.uk](http://www.themix.org.uk)

Let's work together to break the stigma around stress and mental health. Support each other, take care of yourself, and remember - you are not alone.

## Week 1: Take Care of Your Body (Physical Health)

- Day 1: Move for 10 or more minutes - walk, stretch, dance, or try a new workout.
- Day 2: Stay hydrated - aim for six to eight glasses of water today.
- Day 3: Prioritise sleep - create a relaxing bedtime routine and limit screens before bed.
- Day 4: Eat the rainbow - add colourful fruits and vegetables to your meals.
- Day 5: Try a new form of exercise - yoga, jogging, or an online workout.
- Day 6: Get fresh air - spend time outside or near a window.
- Day 7: Have a digital detox - spend an hour doing a screen-free activity.

## Week 2: Strengthen Your Mind (Mental Well-being)

- Day 8: Start a gratitude journal - write three things you're thankful for.
- Day 9: Practice mindfulness - try five minutes of meditation or deep breathing.
- Day 10: Try a new hobby or skill - learn a recipe, language, or craft.
- Day 11: Read or listen to a podcast - something that interests or inspires you.
- Day 12: Write down your strengths - what do people admire about you?
- Day 13: Plan something exciting for the future - it gives you something to look forward to.
- Day 14: Limit news and social media - focus on trusted sources and take breaks.

## Week 3: Build Emotional Resilience (Emotional Health)

- Day 15: Reach out to a friend - send a message or call someone you miss.
- Day 16: Write a letter to yourself - what advice would you give a friend in your shoes?
- Day 17: Forgive and let go - don't let grudges weigh you down.
- Day 18: Express yourself - write, draw, or play music to release emotions.
- Day 19: Be kind to yourself - give yourself a compliment or positive affirmation.
- Day 20: Help someone - do a random act of kindness today.
- Day 21: Spend time laughing - watch or read something funny.

## Week 4: Stay Balanced and Connected

- Day 22: Organise your space - clean up your room or study area.
- Day 23: Take five minutes to reflect on your day - what went well?
- Day 24: Learn a new breathing technique - try box breathing or the 7/11 method.
- Day 25: Cook or bake something from scratch - it's a great way to focus and relax.
- Day 26: Have a "tech-free" meal - no phones, just conversation.
- Day 27: Set goals for the future - where do you see yourself in one, two, or five years?
- Day 28: Take a moment to do nothing - just sit in silence and be present.
- Day 29: Compliment three people today - it could make their day.
- Day 30: Celebrate your progress. Reflect on the habits you want to keep.

Ready to take on the challenge?

Start small, be kind to yourself, and remember - you are not alone.

#LeadWithLove



# Exciting Adventures and a New Warhammer Game in Dungeons and Dragons Club

One student reflects on the new introduction of the board game Warhammer in their club. Gifted as part of their Schools Programme, the game is designed to foster imagination in young minds.

In our Dungeons and Dragons Club, we split into groups to continue the exciting stories we've been crafting. Miss McCandless has done an amazing job organising and guiding each group, making sure our adventures stay fun and engaging.

In my group, we are deep in a cave, battling fierce goblins. My character has had quite a journey - I lost both of my legs, ended up in a wheelchair, lost the wheelchair, miraculously got my legs back, and then lost one again while regrowing them! Despite these wild twists, our story keeps moving forward, filled with action and surprises.

But that's not the only exciting thing happening in our club! Miss McCandless has introduced Warhammer, a game of strategy, battles, and epic warfare. We've started designing and creating our own characters, and it's already gaining a lot of interest. Many club members are eager to dive into this new adventure, and I think Warhammer is going to become a big hit!

With thrilling campaigns in D&D and the introduction of Warhammer, our club has never been more exciting. I can't wait to see where our stories take us next!

By Jay (Year 8)





# Moorside Students Inspired by Women at Salford Quays

On Friday, 7th March, Moorside High School was invited to a special event celebrating the careers of women working at Salford Quays. I had the privilege of attending alongside Mrs. Ryles-Dean, Rose, and Mrs. Henn.

During the event, we listened to three inspirational women who shared their experiences, challenges, and successes in the workplace. They spoke openly about the obstacles they had faced and how they overcame them, offering valuable advice on what it means to be a working woman.

As a young woman myself, I found their words incredibly encouraging. Their stories reassured me about the realities of working life and reinforced the idea that women are strong, capable, and deserving of success. This message resonated with all the students who attended.

Personally, I aspire to become an HR Director - a role that focusses on investing in people and supporting their careers. Hearing from these women at Salford Quays inspired me to pursue my ambitions with confidence. The event was a powerful reminder that no matter the challenges, women have the strength and determination to succeed.

By Lottie (Year 9)

## Salford Youth Zone - SYZ



An **OnSide** Youth Zone



As a school we have been raising awareness about the new Salford Youth Zone. Students have been promoting the amazing facility to support with the 100 days membership launch.

Salford Youth Zone (SYZ) is a registered charity established in 2023, set to open its doors in 2025.

SYZ will open 7 days a week, offering over 20 activities every night for just 50p per visit, providing thousands of young people somewhere safe to go, something positive to do and someone trusted to talk to.

They are dedicated to providing opportunities and experiences to all local young people.

Making the world of possibilities a little wider, thier charity offers young people the opportunity to make new friends, develop new skills and unlock their full potential. We are so excited to support them encouraging our young people to attend. For more information, visit [salfordyouthzone.org](https://salfordyouthzone.org)

# #Team Moorside Raise Awareness

## Moorside Students Branches Out for Breast Cancer

Last term, we never got the chance to share with you some of the amazing charity work that our pupils have been getting involved with. One student, Tilila, reflects on the Monton Christmas Tree Competition:

This academic year, our school had the exciting opportunity to take part in the Monton Christmas Tree Competition, and we wanted to make sure our tree stood for something meaningful.

As we brainstormed ideas, we talked about the charities that matter to us. That's when we decided on a cause close to many hearts - breast cancer awareness. We knew right away that our tree had to be pink to show our support!

With the help of Mrs. Ryles-Dean we got to work. We managed to buy a stunning pink Christmas tree, along with beautiful decorations and pink ribbons - the symbol of breast cancer awareness. Each decoration was carefully chosen and placed with love.

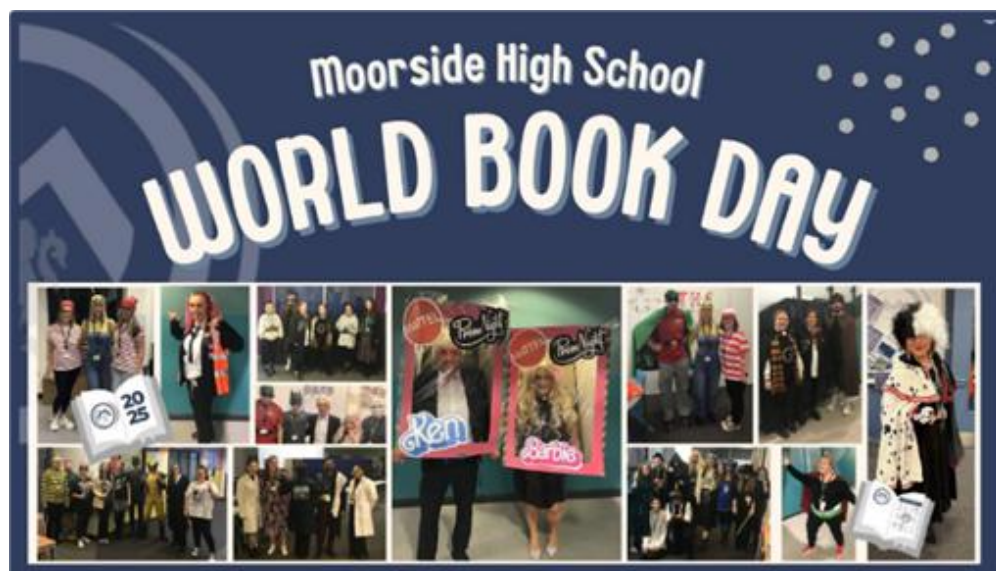
When our tree was finally ready, it was taken to Monton Church and proudly displayed in the competition. Seeing it alongside all the other creative entries was such an exciting moment!

Being part of this project was an amazing experience. It felt great to combine creativity with a good cause, and I would love to do it all again next year. In fact, we're already planning ways to raise money for charity in the future.

By Tillia (Year 9)



**Be Aware.  
Take Action.  
Fight Breast  
Cancer.**



## World Book Day

We raised awareness around the importance of having a 'Love of Reading' by celebrating World Book Day.

Staff came dressed as their favourite character and students had the opportunity to take part in lots of reading related activities across school.





## Mental Health Awareness

'Mind of the Student' came into school to raise awareness about Mental Health. They delivered workshops throughout the day to Year 7 to Year 10. Topics included depression, anxiety, social media and exam stress



## Science Week

Science raised awareness about Science across the curriculum. Our students were able to complete a range of activities and staff came dressed as their favourite element. Well Done Team Science!



## Down Syndrome Awareness

An amazing group of students raised awareness around Down Syndrome and celebrated Red Nose Day by organising a cake sale and organised a Charity Football Match. Students raised a 'HUGE' £397



## Young Carers

Cake and Conversation to raise awareness around students that are young carers. Students came together to share their stories and offer support to each other.

#TEAMMOORSIDE  
#WECARE





# Tackling Life with Swinton Lions

At our school, we have been lucky enough to take part in the Swinton Lions Intervention, a fantastic programme that helps us learn about staying safe both inside and outside of school. This unique initiative combines important life lessons with hands-on rugby training, making it an engaging and valuable experience for everyone involved. Each week, we spend an hour in an intervention lesson covering a range of important topics, including mental health, behaviour in the community, anti-social behaviour, leadership, and culture. These lessons give us the opportunity to reflect on our own experiences, hear about others' past choices, and discuss how we can make better decisions in the future.

After the classroom session, we head outside for an hour of rugby training with one of the Swinton Lions coaches. This part of the programme allows us to develop our rugby league skills, work as a team, and stay active while having fun. We both have our favourite aspects of the intervention. Bronson enjoys the extra rugby sessions and learning new skills, both on and off the field. Elijah finds the discussions about people's past experiences particularly interesting, as they provide real-life lessons that can help shape our futures.

The group has been running for five weeks so far, and we still have seven weeks left to enjoy and learn from this incredible experience. We are grateful for the opportunity to be part of this programme and look forward to continuing our journey with the Swinton Lions.

By Bronson (Year 7) and Elijah (Year 8)



22 students were invited to MEA (Manchester ESports Academy) alongside the Rio Ferdinand foundation. The students were shown around the impressive facility with plenty on show from AI robots, high level gaming equipment and various VR options.

Our Year 9 students also engaged in a Dragon's Den style activity where they were split into groups and had to use AI to present and pitch how AI could improve everyday issues in life. The students came up with some inventive ideas such as AI Robots that would keep beaches and large areas clean, improvements to VAR used in football and a search engine that would delete all hateful and negative posts from people using social media.

All groups came up with some outside of the box ideas and had a fantastic day.

Special thanks to Ryan and Justin from the Rio Ferdinand Foundation and the MEA staff who made it possible.



## Rugby Sporting Success

This term the Year 11/10 Rugby Team took part in the finals of the Salford Schools Red Devil Foundation Tournament. The boys qualified for the finals after winning two out of the four games and drawing another. They fought hard and managed to win four out of four games bringing the trophy home! Throughout the tournament the boy's confidence grew, beating St Ambrose Barlow, Walkden, Canon Slade and St Josephs. This was one of the last opportunities for the Year 11 boys to play together, so it was great for them to win and bring back the trophy.



**WE ARE ALL SO PROUD OF THEM... WELL DONE TEAM MOORSIDE!!**



Our Year 7 team also played and finished joint second, with two wins, a draw, and a loss. This team is really up and coming and they have made huge improvements from the previous tournament and matches. They are certainly a team to watch! Well done boys!

## Flag Football Success

Our students have been training hard and working well to develop their throwing and tackling skills ready for this seasons Flag Football matches. The first game of the season took place this term and students were given the opportunity to meet Roschon Johnson - Chicago Bears Running Back. At the start and end of every season the teams start off with a team huddle and an inspirational speech from the organiser Dave Myring (Edgerush Football) and Kenny Bello - Youth Flag Development. This year, Phoebe Schecter - British American Football Player was also there to offer support and encouragement. It was an exceptional start to the season and with two more game days and a finals day coming up in May/June, it is going to be a very exciting season. Well done to the Moorside Mavericks!!







# BACK TO SCHOOL

## TUESDAY 22ND

### APRIL 2025



## Attendance Matters

### #TEAM MOORSIDE

**100% 0 DAYS 0 LESSONS MISSED**

**99% 1 DAY 5 LESSONS MISSED**

**98% 3 DAYS 15 LESSONS MISSED**

**97% 1 WEEK 25 LESSONS MISSED**

**96% 1.5 WEEKS 37.5 LESSONS MISSED**

**94% 2 WEEKS 50 LESSONS MISSED**

**93% 2.5 WEEKS 62.5 LESSONS MISSED**

**92% 3 WEEKS 75 LESSONS MISSED**

**90% 3.5 WEEKS 82.5 LESSONS MISSED**

Maximise your potential, attend school everyday.

#WeCare #TheMoorsideWay

We expect all students to attend school on a regular basis. It is the responsibility of parents to ensure their child's regular attendance to school (Section 444, Education Act 1994). Above 96% attendance is seen as a good level of attendance and the Department for Education sets a minimum expectation of 94% attendance for all students.

Less than 92% becomes a concern and students will be closely monitored by the school's Attendance Officer. You may be invited in for a formal meeting with the school. Less than 90% will result in referral to the Local Authority Attendance Officer, which could lead to prosecution.

Holidays will not be authorised unless their are exceptional circumstances.



Any student arriving late to school will be given a late detention. The duration will escalate in time if the poor punctuality persists. If a student arrives after the register closes, this will result in them losing their a.m. mark and receiving a U code in line with government guidance. Registers close 30minutes after the start of the day.



#TEAM MOORSIDE - THE MOORSIDE WAY



Complete all homework and hand in on time



Play your part in the positive learning environment



Wear correct uniform



Planner, equipment, knowledge organiser out on desks



Be respectful to everyone



Use technology appropriately



Look after school property and keep the school tidy



Move around the corridors sensibly



Listen and follow instructions first time



Arrive on time to school and lessons



# THE IMPORTANCE OF ATTENDANCE

It is no secret, that non-attendance is one of the single biggest blockers to achievement, which is why improving the attendance of our students remains a whole school priority.

Good attendance at school is crucial for several reasons:

- **Academic Achievement:** Regular attendance is strongly linked to higher academic performance. There is no substitute for high quality face to face teaching.
- **Long-term Impact:** The effects of good attendance extend beyond school years. Students who attend school regularly are more likely to pursue higher education and have better career prospects.
- **Preparing for Adulthood:** Being present in school allows students to develop essential life skills, such as time management, responsibility, and social interaction. These skills are critical for success both within and out of the classroom.
- **Well-being:** Regular attendance helps students build and maintain relationships with peers and teachers, which is important for their social and emotional development.
- **Future Opportunities:** Consistent attendance can influence future opportunities, including college admissions and job prospects. Employers and educational institutions often look at attendance records as an indicator of reliability and commitment.

Maintaining good attendance at school is essential for academic success, personal development, and future opportunities. As a school, we believe that the secret to success for our students is working together and in partnership with our families. If you are struggling to encourage your child to attend, please do reach out for support. We have dedicated staff who are here to help and support. If you require any support, please do contact us at [MHSinfo@consilium-at.com](mailto:MHSinfo@consilium-at.com)



# 100%



## ATTENDANCE MATTERS

# The Significance of RAMADAN

## The Significance of Ramadan

As the holy month of Ramadan approaches, millions of Muslims around the world, including students in our school community, will begin fasting from sunrise to sunset. Ramadan is much more than simply abstaining from food and drink - it is a time for reflection, self-discipline, and spiritual growth.

## Why Do People Fast?

Fasting during Ramadan is one of the Five Pillars of Islam, which are the core beliefs and practices of the faith. Muslims fast to strengthen their connection with Allah, develop self-control, and understand the struggles of those who are less fortunate. It is a month of increased prayer, giving to charity, and seeking forgiveness.

## More Than Just Fasting

While many associate Ramadan with fasting, the month is also about kindness, gratitude, and personal growth. It is a time for community and togetherness, with families and friends gathering for Iftar, the evening meal to break the fast. Many Muslims also wake up before dawn for Suhoor, a pre-fast meal that helps sustain them throughout the day.

During Ramadan, Muslims focus on avoiding negative actions such as arguing, lying, or being unkind. Instead, they strive to be more patient, generous, and compassionate. This mindset is something that everyone—regardless of faith—can take inspiration from.

## The Importance of Empathy and Understanding

For students who are fasting, Ramadan can be both a rewarding and challenging time, especially when balancing schoolwork and daily responsibilities. As classmates, teachers, and friends, we can all be supportive by showing understanding and respect. This could mean being mindful during lunch breaks, offering words of encouragement, or simply learning more about Ramadan and its significance.

## A Time for Giving

Charity is a key part of Ramadan. Many Muslims take this time to donate to those in need, whether through giving money, food, or time to help others. Schools, mosques, and community centres often organise food drives or fundraising events to support those less fortunate.

## Celebrating Eid al-Fitr

At the end of Ramadan comes Eid al-Fitr, a joyful celebration marking the completion of a month of fasting and devotion. Families gather for special prayers, enjoy festive meals, and exchange gifts. It is a time of happiness, gratitude, and unity.





### **Ramadan in Our School Community**

This Ramadan, let's take a moment to appreciate the values it represents—self-discipline, generosity, and compassion. Whether you are fasting or not, this is an opportunity for all of us to learn from one another, support our fasting friends, and embrace the spirit of kindness and reflection that Ramadan brings.

### **A Student's Perspective on Ramadan**

To gain insight into what Ramadan is like for students in our school, we spoke to a fellow student who is observing Ramadan this year.

#### **How are you finding Ramadan so far? Do you find fasting difficult?**

"Yes, but only sometimes. During the week, it is easier as I am at school and distracted by my schoolwork. However, the weekends are a bit more difficult as I don't always have something to fill my time. Although at times it is difficult, I believe God helps me along the way to make sure I complete Ramadan."

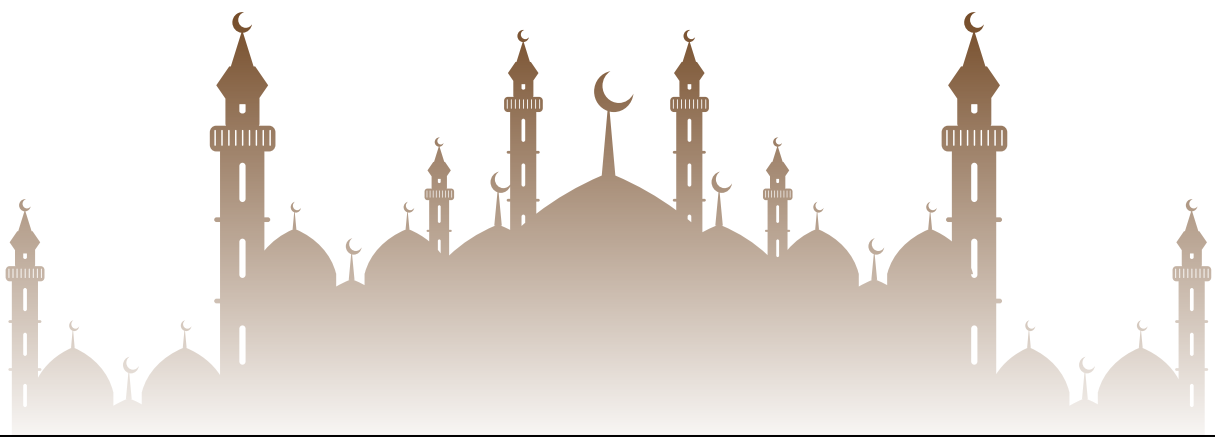
#### **Why is Ramadan important to you?**

"It is important because in my religion, God said you have to fast for 30 days every year until you die. This practice grants me access to Jannah (Heaven) when I die, and that is very important to me."

**Ramadan Mubarak to everyone observing this sacred month!**

### **Useful links and resources:**

- What is Ramadan? - BBC Bitesize
- Celebrating Ramadan - Britannica
- What happens if you fast for a day? - Medical News Today
- Is Ramadan fasting related to health outcomes? A review on the related evidence - Journal of Research in Medical Sciences





# SUMMER UNIFORM REMINDERS



Should we be lucky enough to have some sunny days during the summer term, we will relax the uniform if the temperatures are high, such as the removal of ties, an open top button, along with the removal of blazers and jumpers.

When there is a sustained period of heat in cases of extreme temperatures, as directed by the DFE or other government agency, we will make a decision on students attending school in their PE Kit as an alternative. We will always aim to inform the parents the night before or very early on the morning of such high temperatures, as we have always done previously.

No trainers or  
trainer style  
shoes



Sensible  
school bag



No hooded tops



Not wearing the correct uniform will result in a consequence being issued. Parents/Carers will be informed via Arbor/ClassCharts if this is the case. #TheMoorsideWay #DressSmartThinkSmart



Pencil Case



Student Planner



Knowledge Organiser



Reading Book and  
Reading Ruler



Do not forget, we have our Pre-Loved uniform recycling scheme and have had many items of good quality uniform handed in for re-use. If you would like to enquire about these and find out what is available please email [MHSinfo@consilium-at.com](mailto:MHSinfo@consilium-at.com) All items are available free of charge and we find many students and families bring items to swap, which really helps everyone out. We have done as much as possible to continue to keep the cost of our uniform down. Students do not have to wear a branded PE kit as long as the items they are wearing are navy blue. We have also provided our new Year 7 and Year 11 students with a new tie. Should you require any support with the purchase of the uniform, please do not hesitate to contact us at [MHSinfo@consilium-at.com](mailto:MHSinfo@consilium-at.com) where we will be happy to help.



## Contacting Moorside High School

Moorside High School will be open over the Easter break for the Year 11 revision classes. Should you need to contact school, reception will be open between 09:00-12:00, apart from the public bank holidays

School will re-open for the summer term, for all students on Tuesday 22<sup>nd</sup> April 2025 at 08:25

Should you require any support over the Easter break, you can use the anonymous online reporting tool - SHARP, which can be accessed via the school website or the Speak Up, Speak Out platform.



**CONTACT US**

The SHARP System

The MHS Info email inbox, will be monitored less frequently over the break, so responses to concerns raised via this platform may take a little longer to receive a response.

Something not right, or have a good idea, would you like to make a difference...

**SPEAK UP, SPEAK OUT**

TALK TO US

SPEAK UP, SPEAK OUT #TEAMMOORSIDE

Your name & email will be registered when you log a comment

Consilium Academics

## Who to contact...

### Safeguarding/child protection issues

The Bridge Partnership can be contacted by telephone on 0161 603 4500 from 8.30am to 4.30pm. If you need to speak to somebody about your referral of concern outside these hours, please call the Emergency Duty Team on 0161 794 8888.

All referrals and request for support concerning the welfare or safety of a child must go through the Bridge Partnership via their online portal:

<http://childrensportalehm.salford.gov.uk/web/portal/pages/home>

# HAPPY EASTER



## Contact us:

Email: [MHSinfo@consilium-at.com](mailto:MHSinfo@consilium-at.com)

Phone: 0161 804 4022

Website: [www.moorsidehigh.co.uk](http://www.moorsidehigh.co.uk)



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High School**  
*Enriching Lives, Inspiring Ambitions*