



## #TeamMoorside Parent Update 09.02.24

Dear Parent/Carer,

It is hard to believe that we are just one week away from the February half term. Time has gone so quickly since Christmas, and when we return, we will only have four weeks and three days before the Easter Holiday.

Next week is an important week for our Year 11 students who will be receiving their mock exam results on Thursday. This will also be the day when we will be launching our '40 Days to Amaze'! Yes, it will be just 40 school days until the May Bank Holiday before the external exams begin on Monday, 13<sup>th</sup> of May. During these 40 days there will be an array of support and guidance for our Year 11 students to ensure they are fully prepared for their GCSE exams.

This week we welcomed visitors into school from the Greenshaw Trust. They spent the day with leaders visiting lessons and speaking to students. All the visitors commented on how well the students were focused within lessons and how polite and mannerly they were. We know there are lots of good things happening in school and it was good to showcase these to our visitors. Over the coming weeks, we are hoping to set up a gallery on our school website so we can share and showcase more of all the good work and activities that the students are involved in.

Also this week, the gazebo was a hive of activity with our Chinese New Year celebrations. Students enjoyed our pop-up library, with a selection of Chinese themed literature and books written by Chinese authors, alongside learning about the Chinese representation of their birth year. Thank you to the literacy team for organising this event.



After half term we are very much looking forward to 'World Book Day'. We will have several events running across the week and we will also be launching our guided reading programme. More information around this will be circulated nearer the event.

Finally, over the past few weeks, we have seen a slip in standards with regards to uniform and students chewing gum. There have been more students attending school in trainers and non-uniform items such as hooded jumpers. As you are aware, these items are not part of the uniform and students will be challenged and given a consequence if they are incorrectly dressed. Next week, we will be reminding students around the expectations of uniform, skirt length, shoes and dressing smart, so when they return after the half term break, they can attend school in the full, correct uniform and be rewarded for following the 'Moorside Way'. If you require any support with uniform or ensuring that your child has everything they need for school, please do not hesitate to contact [MHSinfo@consilium-at.com](mailto:MHSinfo@consilium-at.com). We have many items in our pre-loved store and have spare shoes, ties and blazers that students can use whilst they wait to replace any lost or broken items. Students are ambassadors for the school as they walk/travel to and from school, so it is always disappointing to hear when the local community comment on their behaviour or appearance. Please can I ask for your support in ensuring that students are wearing their uniform correctly, not only in school but also to and from school.

On the note of travelling to and from school, we have been made aware this week of an incident that occurred in the local community. A young person (not from Moorside) sadly had their coat taken and was threatened with a knife early evening. We do not have any further information around this but we thought it was information that needed to be shared with you. We will continue to remind students on the importance of staying safe in the community and going straight home afterschool. If we receive any further information around this, we will share it with you.

As always, if you have any concerns or thoughts you would like to share with me, please do not hesitate to contact me via [MHSinfo@consilium-at.com](mailto:MHSinfo@consilium-at.com)

Thank you for your continued support, have a lovely weekend.

Mrs Ryles-Dean  
Headteacher

### **Year 11 Parents Evening**

This is taking place on Thursday 29<sup>th</sup> February. Booking is now open via school cloud. [Please click here to access](#) further information around the event. The Year 11 reports will be sent to parents on Monday, 26<sup>th</sup> of February.

### **A message for parents and carers from Public Health Salford regarding Measles.**

Measles cases are rising across the UK. Over the last 4 weeks, there has been a rapid rise in cases. The majority of cases have been in children under 10, however anyone who has not had both doses of the vaccine is at risk.

Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools. It can be a very unpleasant illness and, in some children, can be very serious and lead to hospitalisation.

Having the MMR vaccine is the best way to prevent serious illness. Two doses of the vaccine give lifelong protection against measles, mumps, and rubella. The MMR vaccine is given at one year old and again at around three years and four months in readiness for starting school. It is often given at the same time as the pre-school booster.

We urge parents to check their child's MMR immunisations are up to date with both doses by checking your child's immunisation record (Red book) or by contacting their GP surgery.

If your child is not vaccinated, please contact your GP for an appointment. Anyone can get measles if they haven't been vaccinated so if you as parents and carers are not vaccinated, we would urge you to book an appointment. For more information about measles, see the [nhs.uk website](https://www.nhs.uk).

### **Year 11 student signed for Manchester United Women Academy Under 21's**

We are very proud to announce that Millie Crook in Year 11 has signed a 2-year professional contract for Manchester United Women Academy Under 21's. This is an amazing achievement for Millie as only a limited number of places have been offered. We know Millie has worked incredibly hard for this, juggling her football training schedule alongside her academic studies and we wish her every success in her football career and can't wait to see what happens next for her. Millie will also be playing in the U16's FA cup final in April. Well done Millie, we are really proud of you!



### **Year 11 Drama**

Year 11 GCSE Drama students will be completing their Component 3 exam on Wednesday, 13<sup>th</sup> of March. This is their scripted performance which they have been working hard on since before Christmas. An external examiner will be coming in on the day to watch the performances and this is worth 20% of their final grade. In preparation for this, each student will complete a technical rehearsal for one period on Tuesday, 12<sup>th</sup> of March. Good luck to all of the students involved!

### **Police Assembly - Staying Safe Online**

Our assembly focus this week was around online safety, including social media and sexting. Our Police Liaison Officer, PC Wright, has delivered the assemblies to all year groups to help educate and support our young people. The assembly was also to help foster awareness of cyberbullying, highlighting the criminal offences relating to malicious communications. By addressing these topics students will gain a deeper understanding of the potential risks associated with their online activity, instilling invaluable knowledge and strategies to safeguard their well-being. Students responded extremely well to the assemblies, and we are hoping to include more speakers across the year, to continue to educate our young people. If you are concerned around how your child uses social media, please do contact our Designated Safeguarding Lead – Miss Drinkwater, who will be happy to support you.

### **Greater Manchester Programme of Learning and Development Events**

#### **Monday 4 March 2024 – Friday 8 March 2024**

Delivered in partnership with GM Partners, there is a programme of learning for the first week in March, delivered by professionals in the Local Authority and Greater Manchester Police. There are some parent online briefings regarding CCE and signs/indicators for parents to look out for. All sessions are free of charge and primarily delivered via Microsoft Teams, please see below for the Eventbrite link.

<https://www.eventbrite.co.uk/e/county-lines-signs-and-indicators-for-parents-and-professionals-tickets-825043095107?aff=oddtcreator>

### Childrens Mental Health Week

This week was Children's Mental Health Week and this year's theme was **'My Voice Matters'**. The aim of this year's theme was to introduce our young people to the idea that their voices matter and they can use their voice to create the changes they want to see. During R time sessions this week, students had the opportunity to discuss ways they could use their voice to promote positive change within the community. They also discussed how a healthy body and a healthy mind work simultaneously to improve our mental wellbeing.



**YOU DON'T HAVE TO  
BRUSH ALL YOUR  
TEETH, JUST THE ONES  
YOU WANT TO KEEP.**

As part of Children's Mental Health Week at Moorside, we also wanted to highlight the mental benefits of good hygiene. To support this notion our students are able to collect a free tube of toothpaste from reception.

### Feel Good February

Feel good February continues this week, it has been great to see the students getting involved. Please do remind your child that a flyer with all the challenges is available from the school library.

We have reminded students to ask permission at home before they complete any of the challenges, and that they need to stay safe and make sure they tidy up after themselves! If students complete one of the activities, we are encouraging them to share them with us at: [MHSwellbeing@consilium-at.com](mailto:MHSwellbeing@consilium-at.com)

### Feel Good February

Moorside High School logo featuring a stylized 'M' and 'H' inside a circle, with the text 'Moorside High School' and 'Enriching Lives, Inspiring Ambitions' below it.

**FEEL GOOD FEBRUARY**

AS PART OF OUR **WELLBEING** CHALLENGES ACROSS THE YEAR, WE ARE LAUNCHING OUR 'FEEL GOOD FEBRUARY'

CAN WE, AS A COMMUNITY, WALK, CYCLE, RUN, THE DISTANCE OF LANDS END TO JOHN O'GROATS, AS TEAM MOORSIDE.

874 MILES OR 1406KM

All you need to do is send screen shots of your steps/rides in kilometres to [MHSwellbeing@consilium-at.com](mailto:MHSwellbeing@consilium-at.com)

There will be regular updates and a weekly map, tracking the distance - Good Luck Everyone

Also, please do not forget to encourage students to email their evidence from Strava, phone or Fitbit to: [MHSwellbeing@consilium-at.com](mailto:MHSwellbeing@consilium-at.com) for our Lands End to John O'Groats challenge.

### Parent Forum

Thank you to those parents that have suggested a theme for our next Parent Forum. We will be in touch next half term with more information and dates for this.



### Short Story Competition

It is extremely important to us that all our young people's voices are heard, we want the short story competition to be about those stories and voices of the North of England that aren't always heard. We would like our students to focus on how young people relate to their environment, in whatever way they choose to express. Students can also complete a book review, and it would be great to see some reviews of northern writers' books. The competition is open to all years. Mrs Beach and Ms King will be running an afterschool club to support students creating the best entries they can, ready for the deadline of the 22nd of March.



### Moorside Matters Parent Facebook group.

If you would like to join, please head over to our Facebook page by [clicking here](#) or scanning the QR code. As is normal in most Facebook groups, you will be asked a few questions to verify your genuine connection with the school and agree to the group rules before being accepted.

We look forward to meeting you virtually through the Facebook group! Thank you for your support.



### **Key Dates:**

- Thursday 15<sup>th</sup> February 2024 Year 11 Mock Results Day
- Friday 16<sup>th</sup> February 2024 Year 9 Choices Deadline
- Friday 16<sup>th</sup> February 2024 School closes at 2:55pm for February Half term.
- Monday 26<sup>th</sup> February 2024 School reopens at 8:25am
- Thursday 29<sup>th</sup> February 2024 Year 11 Parents Evening


All term dates for the academic year, 23/24 can be found on the school website or by [clicking here](#)

### Word of the week

WORD OF  
THE WEEK

**DILIGENCE**

(NOUN)




**DILIGENCE**

EFFORT | THOROUGHNESS | DEDICATION | ATTENTION

A quality of someone who's  
working carefully and with a lot of  
effort.

"The staff carry out their duties  
with diligence and care."



## Silent Reminder – Uniform

Unfortunately, over the past few weeks, we have seen a slip in standards with regards uniform. There have been more students attending school in trainers and non-uniform items such as hooded jumpers. As you are aware, these items are not part of the uniform and students will be challenged and given a consequence if they are incorrectly dressed. Next week, we will be reminding students around the expectations of uniform, skirt length, shoes and dressing smart, so when they return after the half term break, they can attend school in the full correct uniform and be rewarded for following the 'Moorside Way'. If you require any support with uniform or ensuring that your child has everything they need for school, please do not hesitate to contact [MHSinfo@consilium-at.com](mailto:MHSinfo@consilium-at.com). We have many items in our pre-loved store and also have spare shoes, ties and blazers that students can use whilst they wait to replace any lost or broken items.

## SILENT REMINDER - UNIFORM #THE MOORSIDE WAY

A school uniform comprises of a standard set of clothes that students wear when they attend school. A school uniform is a significant part of life at school because it plays an important role in promoting a sense of pride, self-confidence, and a feeling of belonging within the student body. All of these factors positively contribute to students' overall wellbeing.

The benefits of having a school uniform...

- Research has shown that when all students are wearing the same outfit, classrooms are more disciplined, with lower noise levels and significantly better 'listening' from students.
- By wearing uniforms, students no longer have to waste time planning their outfits to wear to school. Wearing a school uniform means that students are focused on their education and not on their attire.
- Students who wear a school uniform do not have to feel insecure about their appearance and social status. Because all students are wearing the same clothes, there's no judgment.



## SILENT REMINDER - UNIFORM #THE MOORSIDE WAY

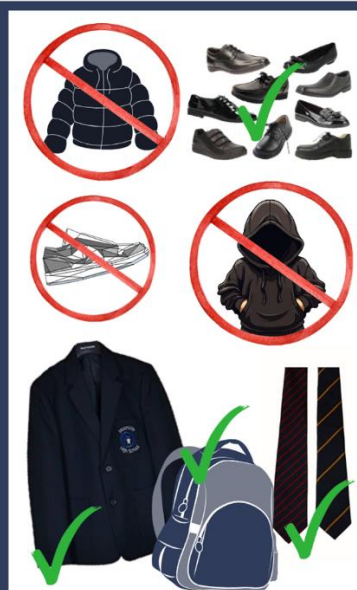
### Key Uniform reminders

**Coats & Hoodies** - All outside garments should be removed when you enter the school building and either carried or kept in bags. Students should never be seen with their hoods up when on the school campus unless it is raining.

**Shoes** - Students should wear a school shoe, trainers are not permitted and are not part of the main school uniform.

**Bags** - Every student must bring a school bag to school. Bags should be large enough to carry your equipment, planners and knowledge organisers.

**Ties and Blazers** - The school blazer and tie are the most important part of the school uniform. They should be worn with pride at all times.



# My VOICE MATTERS

## 10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Here are some brilliant tips from young people just like you on how you can look after your mental health.

Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK



- ① Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.
- ② Talk to someone you trust and feel comfortable with – a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- ③ Write your thoughts and feelings down.
- ④ Keep in contact with people, don't isolate yourself.
- ⑤ Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- ⑥ Focus on the good parts of your life and doing what you love, rather than the negative.
- ⑦ If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.
- ⑧ Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTuber, listen to music.
- ⑨ Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!
- ⑩ Remember that you're not alone, even if it sometimes feels like you are.

\*With thanks to students at Stewards Academy and Ark Globe Academy

### ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit
- [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://place2be.org.uk/help) for more advice



CHILDRENSMENTALHEALTHWEEK.ORG.UK



# My VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

**Are you a parent or carer who wants to talk to your child about mental health?**

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: [bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

For secondary children: [bit.ly/3LBD2wk](https://bit.ly/3LBD2wk)

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://CHILDRENSMENTALHEALTHWEEK.ORG.UK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?



WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?







**Class Charts is an online system which teachers use to track attendance, achievement, behaviour and homework throughout the school day.**

We believe in working closely with parents and one key benefit of Class Charts is that it provides parents with daily attendance, behaviour and achievement reports so you are kept upto date in real-time on your child's performance in school.

**You will be able to use Class Charts to keep track of:**

- achievements
- attendance
- homework
- behaviour

If you have more than one child at the school you can use the same parent account to view achievement data for all your children.

Class Charts for parents can be accessed via the website, or iOS and Android apps. You should have received a Parent Code from school which can be used when you sign up.

**If you've lost your login details, please get in contact via:**  
**mhsclasscharts@consilium-at.com**

[MHSYear7@consilium-at.com](mailto:MHSYear7@consilium-at.com) , [MHSYear8@consilium-at.com](mailto:MHSYear8@consilium-at.com), [MHSYear9@consilium-at.com](mailto:MHSYear9@consilium-at.com),

[MHSYear10@consilium-at.com](mailto:MHSYear10@consilium-at.com), [MHSYear11@consilium-at.com](mailto:MHSYear11@consilium-at.com), [MHSabsence@consilium-at.com](mailto:MHSabsence@consilium-at.com)

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

Twitter - @moorsidehigh

Instagram – moorsidehighofficial

**C**ONSIDERATION **A**SPIRATION **R**ESILIENCE **E**QUALITY



**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