

#TEAM MOORSIDE PARENT UPDATE



Dear Parents/Carers,

As we move towards the festive season, our focus on uniform and high standards continues, and I'm delighted to say that students have really risen to the challenge. Thank you for your ongoing support with this. We've also seen a significant improvement in punctuality, with more students arriving on time and ready to learn. However, a small minority are still arriving after 08:25, which impacts their learning. Please continue to encourage your child to be on time every day.

December is shaping up to be an exciting month with lots of activities planned. Attendance is key to making sure your child can take part in these opportunities. One of the highlights will be our "12 Days of Attendance" initiative. Students simply need to attend school on time every day for 12 consecutive days to be entered into a prize draw. Each day, a mystery prize will be awarded to a student who has attended all lessons on time and received no BFL3s or 4s. Next week, Miss Aitken will also be launching Mission Christmas, which promises to be another fantastic event.

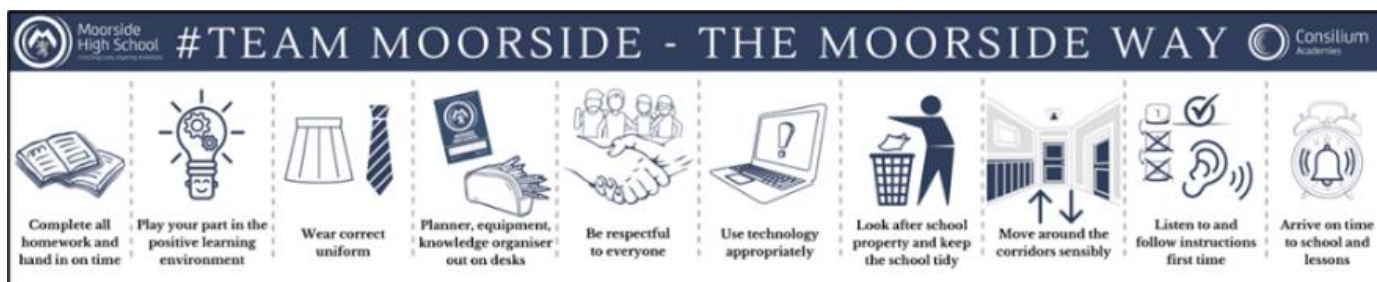
As we approach the end of this first term, we value your feedback on what's going well and what we can do to keep improving. Here are some of the positive comments we've received since September:

- Teachers, especially Year 11 staff, are generous with their time, offering interventions and support and being approachable.
- Pastoral care is strong, and Heads of Year are supportive.
- Standards in behaviour and academic expectations have continued to improve this year.
- Parents would like more opportunities to meet with the SEND team.
- *"My son loves Moorside High and enjoys coming to school every day. He has thrived and become a confident young man—Moorside has contributed to this massively."*
- Students are getting involved in new opportunities, such as becoming peer mentors.

If you have any thoughts on what's working well or areas for improvement, please share them [via this link](#).

As always, thank you for your continued support in upholding our standards and positive culture that define 'The Moorside Way'. I hope you all have a restful and enjoyable weekend.

Mrs H Ryles-Dean
Principal



Beat the Bell – Punctuality Matters!

Polite reminder: Students must be on site by 08:25 so they are ready to begin their first lesson promptly at 08:30. If a child arrives late without a valid reason, they will receive a same-day break detention.

Why is punctuality so important? It sets a positive tone for the day and reduces stress, Students don't miss vital learning at the start of lessons, it builds good habits for life beyond school.

Thank you for your support with this.

Children In Need



Thank you to our wonderful students, parents and carers who generously baked or donated cakes to support Children In Need last week. Thanks to your delicious contributions we were able to raise an amazing £150.91 in total. Pankhurst House earned an impressive 100 house tokens for collecting the most cakes, and Lowry House also received 100 house tokens for going the extra mile with the highest number of home-baked cakes. This now puts Pankhurst in the lead for the house competitions, overtaking Lowry, leaving Egerton and Joule with some catching up to do

So far this year, Moorside have raised over £640 through various charity fundraisers, including Macmillan, Breast Cancer Now, the Poppies Appeal and Children in Need. We are truly grateful for your continued support and for helping the school uphold its commitment to giving back to the community- thank you.



Mission Christmas

Throughout the month of December, we will be supporting Mission Christmas-Cash for Kids. Mission Christmas aims to help Santa reach all children and supports children from birth to 18, with the greatest need typically being gifts for babies and teenagers (especially boys). Last year, your generosity was incredible, and we remain truly grateful for any donation- no matter how small.



We will be running Mission Christmas as a House competition this year, with each house focusing on a specific age range. Please see the breakdown below- but as always, we are grateful for any donation, for any age.

If you are able to contribute, we will be collecting new, unwrapped toys at our main reception by Friday 12th December. Please ensure the gift is clearly labelled with your child's House.

- Pankhurst House- 0-4 years (e.g. Dolls/colouring books)
- Lowry- 5-9 years (e.g. Games/ puzzles)
- Egerton- 10-12 years (Stationary/games)
- Joule- 13-16 years (Makeup/toiletries)



Year 7 Police Assembly

Earlier this academic year, our Year 7 students took part in an important session delivered by our Police Engagement Officer, focusing on responsible online behaviour. During this visit, students learned about how to stay safe online, the impact of harmful digital interactions, and the potential consequences of inappropriate or unsafe online conduct. The next workshop will take place on Monday 24th November during Period 5 and will be an extended session exploring the serious risks and legal implications associated with the possession of knives or offensive weapons. These sessions form part of our wider commitment to safeguarding and are designed to equip students with the knowledge and confidence to make informed, responsible decisions both in school and within the wider community.

Class of 2025 Certificate Collection

We are looking forward to welcoming our Class of 2024 back to school on Tuesday 25th November between 17:00-18:00. Our ex-students will be able to catch up with each other and staff over light refreshments whilst collecting their certificates. This is an informal event just for students, they can arrive and leave anytime between 17:00-18:00. All certificates will be available in Hub area of the Atrium. Students must sign for their certificates and will not be able to collect certificates for other students. If they are unable to collect certificates on this evening, certificates can be collected from main reception after this date. We are really excited to welcome the Class of 2025 back to Moorside and hear all about what they have been up to.

House Competition Update

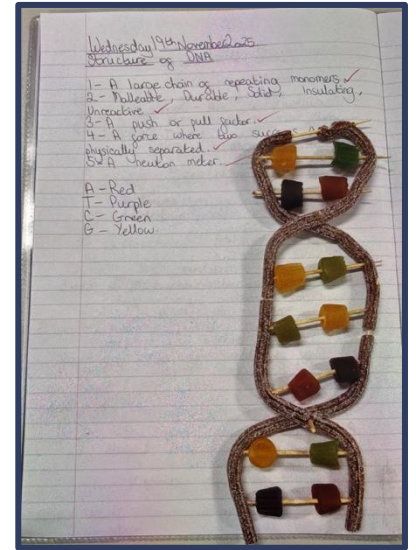
The House competition is certainly heating up, with Lowry House enjoying their best week yet - they dropped an incredible 25 coins, far more than the rest of the competition, further extending their lead in this incredible competition. Other notable gainers were Joule house, who had their best week in a long while, dropping a significant portion of the coins. Could a dramatic comeback, from our week-1-leader, be on the cards?



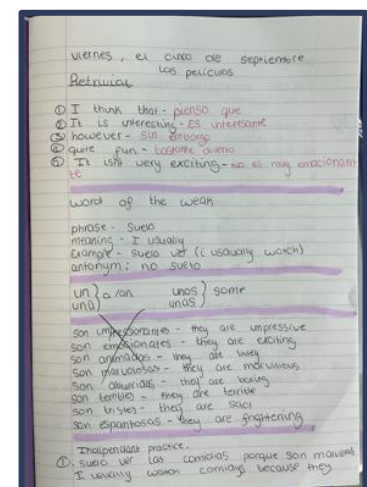
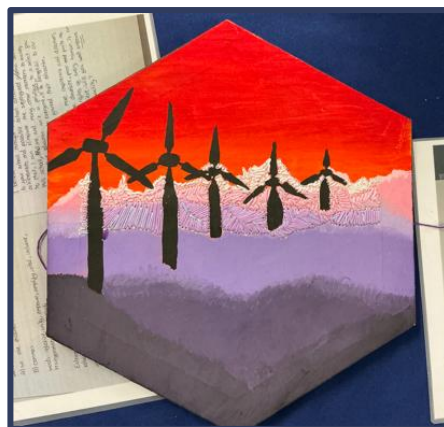
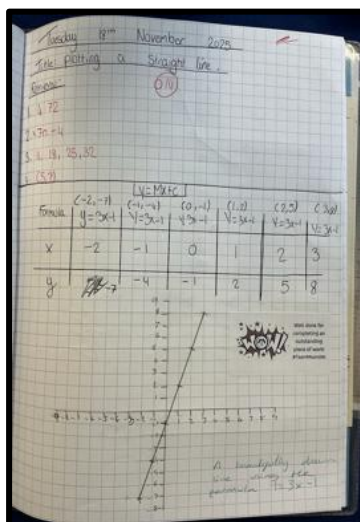
WoW Wednesday

WOW Wednesday was a fantastic celebration of student achievement this week!

During lunch, Mr. Joynson hosted students in the Atrium who proudly showcased an array of incredible work, starting with the truly brilliant creations in Hospitality and Catering this week that really did blend some marvelous artistic creativity with the practical aspects of developing some incredible meringue nests, some impressive Climate Change designs from Textiles, a superb display of some practical work in Science along with some great pieces of work in Maths and Spanish - Absolutamente magnífica.



Every student who contributed a brilliant piece of work walked away with a well-deserved postcard and prize, as well as the much-coveted tokens to drop for their house in the race to finish top of the House Competition.



Christmas Card Competition – Extra House Points



We are running a Christmas Card competition over the next four weeks. The competition is open to all students and the winning design will be published and sent out to other schools and our local community from Team Moorside. All entries should be handed in at reception before 12noon on Monday 1st December. The design should be no bigger than A5 and should represent us as a school. We are really looking forward to seeing all the designs.

December Activities

With Christmas just around the corner, we're excited to share some confirmed dates and activities for the festive season:

- **Christmas Jumper Day – Thursday 11th December 2025**
Students are invited to swap their blazer for a Christmas jumper in exchange for a small food item donation for the local food bank. All other uniform items must still be worn.
- **Christmas Lunch – Thursday 11th December 2025**
A festive lunch will be served in the school canteen.
- **Christmas Jumper Swap Week – Week commencing 1st December 2025**
To support Christmas Jumper Day and reduce costs, we're holding a jumper swap. Students can donate an old jumper and choose one from those brought in during the week.
- **Candy Canes for Charity – From 8th December**
Our Student Leadership Team will be selling candy canes for a small donation. Students can order a candy cane to be delivered to a friend. Sales will take place at break times from 8th December, with deliveries during the week commencing 15th December.
- **Mission Christmas – Throughout December**
We're proud to support Mission Christmas again this year, helping Santa reach all children. If you're able to donate, we'll be collecting **new and unwrapped toys** at main reception until **Friday 12th December**. Gifts for babies and teenagers (especially boys) are most needed. Last year your generosity was incredible—thank you in advance for any support you can give.
- **Christmas Celebration Assemblies – Thursday 18th December**
- **End of Term – Thursday 18th December at 14:55**
- **School Reopens – Monday 5th January 2026 at 08:25**



Year 11 College Application Support

Year 11 Careers Message

Reminder please:

The college application deadline for Moorside High School is:

Mon 15th December 2025

This is for all colleges - We encourage you to apply to at least 2 colleges

(but more if you wish – there is no limit!)

All applications are to be made online via college websites – with the exception of Xaverian College (paper application)

Please see Mr Farmer / Miss Farooq at break/lunch (Mon-Thurs) if you require any Xaverian College application forms, college prospectuses, or any questions regarding college!



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Year 11 Careers Message

COLLEGE APPLICATION SUPPORT

Mr Farmer will be available each Tuesday after school to support Year 11 students applying to college.

This will be based in A111/A112 (IT rooms near Science!)

- TUESDAY 18 NOVEMBER: 3-4 PM
- TUESDAY 25 NOVEMBER: 3-4 PM
- TUESDAY 2 DECEMBER: 3-4 PM
- TUESDAY 9 DECEMBER: 3-4 PM



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See you there!



Safeguarding Update –

Self Harm – Guide for Parents and Carers

Supporting young people through adolescence can be challenging, and it is important for parents and carers to be aware of the signs that a teenager may be struggling. Self-harm is often a coping mechanism for overwhelming emotions, not an attempt to seek attention, and early recognition can make a significant difference. A range of useful resources, guidance, and support services is attached to help you understand self-harm, start conversations, and access further help if you are worried about your child.

What is self-harm

Many people describe hurting themselves as a way of dealing with difficult feelings or overwhelming situations. Often people who self-harm are experiencing extreme distress and self-harm is the only way that they can think of to cope. People might harm themselves in different ways such as:

- Cutting
- Taking too much medication
- Burning
- Hair pulling
- Excessive scratching
- Hitting themselves
- Tying things around parts of the body
- Starting fights or punching things
- Headbanging

Reasons for self-harm

Self-harm can serve several different functions and many young people tell us that there are lots of reasons why they do it. These reasons may include:

- To manage or distract from emotional upset
- To reduce tension, frustration or anger that has built up in the body
- To express emotions such as hurt, shame or fear
- To regain control over feelings, situations, people or problems
- To create physical pain that distracts from emotional pain
- To feel something (anything)
- To bring themselves back to the present (grounding)
- To create a sense of numbness
- To punish themselves or avoid hurting others
- To draw attention to needing care and support from others
- To see if it helps (particularly when others around you are doing it)



Other ways to help

Self-harm may be helping your child to cope with difficult feelings. It is therefore important to support them to think of other ways they might cope. These can include distraction, stress management techniques, and thinking of alternative methods of discharging extreme emotions. Sometimes joining a social activity or sports group can be helpful as a distraction. This can also provide a form of social support. Some people find that 'delaying' harming themselves can decrease or get rid of the urge. Work with the young person to reduce access to objects that they may use to self-harm (e.g., knives, medication) which could help protect them against any immediate impulse to self-harm.'

It's important to balance a combination of distraction and emotion release techniques. Some activities that young people, parents and professionals have found helpful include:

Distraction: activities, self-soothing, stress relief

- Going for a walk, looking at things and listening to sounds
- Creating something: drawing, colouring, writing, music or sculpture
- Going to a public place, away from the house
- Making or using a self soothe box
- Playing a board game
- Exercise

- Stroking or caring for a pet
- Watching TV or a movie
- Playing computer games
- Watching videos on YouTube
- Getting in touch with a friend
- Listening to your favourite music
- Having a relaxing bath
- Wrapping up in soft, heavy blankets
- Creating a safe place (real or imaginary)

Releasing emotions:

- Crying
- Let feelings out by talking
- Writing down how you feel in a journal, weblog or letter
- Creating a piece of art or music that demonstrates your feelings
- Sports or physical exercise
- Using a punchbag
- Hitting a pillow or other soft object
- Throwing a ball hard against a wall
- Listening to loud music
- Ring a helpline to talk



Self Harm Key Resources & Support

1. NHS – Where to Get Help for Self-Harm

Practical NHS advice for self-harm, including how to talk to a GP, when to seek urgent help, and signposting to help for families.

[nhs.uk](https://www.nhs.uk)

2. CPFT NHS Trust – Self-harm: A Guide for Parents and Carers

A guide written specifically for parents/carers: what self-harm is, how to support a young person, and when to get further help.

[CPFT NHS Trust](https://www.cpft.nhs.uk)

3. Action for Children – How to Help Your Child or Teenager If They Are Self-Harming

Tips on starting conversations, getting professional help, and self-help strategies like a "soothe box".

[parents.actionforchildren.org.uk](https://www.actionforchildren.org.uk)

4. Mentally Healthy Schools – Coping with Self-Harm: Advice for Parents and Carers

A downloadable guide that explains reasons behind self-harm, vulnerability, how to support, and where to get help.
mentallyhealthyschools.org.uk

5. Family Lives – Self-Harm in Teenagers

Very parent-focused: how to respond if you suspect self-harm, how to talk, how to treat injuries, and building trust. Helpline and live chat available.

[Family Lives](https://www.familylives.org.uk)

6. YPAS Toolbox

Free resources including a support booklet for parents/carers on self-harm, self-help advice, and explanations of self-injury.

[YPAS](https://www.ypas.org.uk)

7. YoungMinds – Supporting a Young Person Struggling With Self-Harm

Advice on how to support them emotionally, practical steps, and self-care for carers. Also lists useful apps/helplines.

[YoungMinds](https://www.youngminds.org.uk)

8. YoungMinds – Self-Harm & Mental Health (Parents)

A more general A-Z guide for parents on self-harm, with helplines, apps (like Calm Harm), and how to approach difficult conversations.

[YoungMinds](https://www.youngminds.org.uk)

9. Harm-Ed – Sources of Support

A curated list of websites, apps, and services for professionals, parents, and carers supporting someone who self-harms.

harm-ed.com

10. Barnardo's – Self-Harm (for Parents & Carers)

Information on self-harm signs, getting help (like CAMHS), and how to support your child safely.

[Barnardo's](https://www.barnardos.org.uk)



Wider Curricular Activities Timetable

Please click [here](#) to access the Wider Curriculum Timetable for Years 7-10.

The Year 11 Intervention/Study Sessions Timetable can be accessed by clicking [here](#).

All term dates for the academic year, 26/27 can be found on the school website or by [clicking here](#)

MHSYear7@consilium-at.com, MHSYear8@consilium-at.com, MHSYear9@consilium-at.com,

MHSYear10@consilium-at.com, MHSYear11@consilium-at.com, MHSabsence@consilium-at.com

Email: MHSinfo@consilium-at.com

Twitter - [@moorsidehigh](https://twitter.com/moorsidehigh)

Instagram – [moorsidehighofficial](https://www.instagram.com/moorsidehighofficial)

CONSIDERATION ASPIRATION RESILIENCE EQUALITY



WORD OF THE WEEK

TYRANNY

**Antonyms:**

Democracy; liberality

Synonyms:

fascism; despotism

Connected Words:

Tyrannical

British Values link:

Democracy, The Rule of Law,
Individual liberty

Noun:

Cruel and oppressive
government or rule.

Moorside focus:

Equality



How do I say this in Spanish? Tiranía

Spanish phrase: If anyone stood up against their boss, they were sacked.

Si alguien se enfrentaba a su jefe, lo despedían.

Hitler ruled Nazi Germany with tyranny.



SILENT REMINDER

**KEEP OFF THE GRASS AND IN SIGHT AT
BREAK AND LUNCH TIME.**

**Rules**

- During break and lunchtime, all students must remain on the tarmac area, MUGA or astro turf and in full view of duty staff.

Why

- The grass is muddy and slippery which increases the chance of accidents.
- Remaining on the hard surfaces means students are generally closer to the building and therefore it is quicker for you to return to classrooms on time after break and lunch.
- We need to maintain the sports pitches so that we can continue to hold fixtures throughout the autumn and winter.





MAPAS Music Production Course

Learn essential music production techniques
Create and craft your own tracks
Study on professional equipment and software

Open to all children in years 9-13

Great for all GCSE/BTEC/College students!

Starts

Thursday 8th January, 6 - 8pm

Future Skills at Media City UK

12 Week Course (term time)

£60 Places are limited

To book visit: sclmapas.co.uk/shop/tickets



salfordcommunityleisure.co.uk/mapas





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