

#TEAM MOORSIDE PARENT UPDATE



Dear Parents/Carers,

As we head into the final week of this half term, it's hard to believe how quickly the past four weeks have flown. So much has happened in such a short space of time, and we are incredibly proud of the hard work, resilience and positivity shown by our students, especially during our Ofsted visit last week.

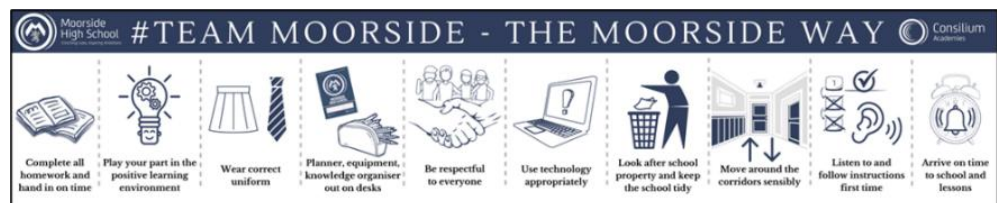
You may be aware of recent information circulating on social media regarding technology misuse and antisocial behaviour within the community. We continue to remind students of the importance of being socially responsible, both in and out of school, and we would really appreciate your support in reinforcing these messages at home. Working together is the most effective way to help our young people make safe and sensible choices. We appreciate that with the lighter evenings students want to be out in the community, however, they need to remember that the behaviour they demonstrate is often reported to local schools and it is disappointing when we identify that Moorside students are involved. Thank you in advance for your support with this, if you are concerned with how your child is presenting or have any concerns, please do always reach out to us and if we can, we will always aim to support and if we can't, we will signpost you to who can.

This point in the year always offers a valuable moment for reflection on how far we have come, how much our students have grown, and what we are doing each day to ensure they are happy in school, engaged in their learning, and benefiting from the many opportunities available beyond the classroom. While we know we do not always get everything right, we remain committed to learning, improving and working closely with our parents and carers to make Moorside High School the very best it can be for our community. We will be holding a Parent Forum during Half Term 6. If you would like to take part, please contact us at **MHSinfo@consilium-at.com** and let us know the theme or topic you would be interested in discussing.

Looking ahead to after the break, we have a busy and exciting run-up to the summer. This includes a range of trips, Year 10 assessments, Year 6 Transition Days, Sports Day, Pride of Moorside, Rewards Trips, and a period of work experience for Year 10. Please continue to remind students of the importance of attending school every day so they can fully enjoy and benefit from these opportunities. If you need any support with attendance, your child's Head of Year is always available to help.

Thank you, as always, for your continued support and we wish you a lovely weekend.

Mrs H Ryles-Dean
Principal



Pre-Loved Uniform

We have a pre-loved uniform area in school to support students who may need additional items. If you have any uniform at home that is still in good, wearable condition, particularly from Year 11 students, we would be very grateful for any donations. Please ensure all items are washed and clean and drop them off at reception. Thank you in advance for your generosity and support

Flag Football Success for Year 8 & 9 Girls



On Friday 8th May, our Year 8 and 9 girls took part in Game Day 3 of the Flag Football League. This was a particularly important fixture, as Moorside faced Wright Robinson in a decisive match to secure first place overall.

The game was incredibly competitive from start to finish, with Wright Robinson taking an early lead. However, our team showed great determination and resilience, responding with an excellent touchdown and successfully adding the extra point.

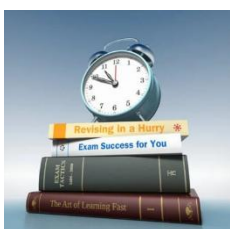
In a tense and closely fought contest, Moorside triumphed with a final score of 7–6. This fantastic result means the team has secured first place in the league, earning a place in both the Chicago Bears Final Day and the National Northwest Finals, which will be held in Loughborough this June.

While there is still plenty of work to be done in preparation for the finals, this achievement is a testament to the girls' hard work, teamwork, and commitment.

Well done to all involved, we are very proud of you!



Year 11 Revision Books



We are developing a revision book club to allow students to share resources and access materials they may need for their studies. If your child is in Year 11 and has any revision guides or books, they no longer require, we would greatly appreciate your donations. These can be left at main reception. Thank you for supporting this initiative and helping all students to succeed.

Year 11 Exams Next week



- Monday morning: Chemistry Paper 1
- Monday at 1:00pm: Chinese Writing
- Tuesday morning: English Literature Paper 2
- Tuesday at 1:00pm: Classical Civilisation Myth & Religion. Computer Science
- Wednesday morning: French Listening
- Wednesday at 1:00pm: Enterprise
- Thursday morning: English Language
- Friday morning: PE comp 1. Arabic/Italian Reading & Listening

We wish all of our Year 11 students the very best of luck. Keep going, you are doing brilliantly, and we are all incredibly proud of you.

Changes to the School Day – Tuesday 19th May

Due to the length of the English Exam on Tuesday 19th May, we need to slightly change the school day.

- **Period 1** - 08:30-09:45
- **Period 2** - 09:45-11:00
- **Break** - 11:00-11:20
- **Period 3** -11:20-11:50
- **Lunch & R Time** - 11:50-12:55
- **Period 4** - 12:55-13:55
- **Period 5** - 13:55-14:55



These changes are in place solely to support examination arrangements and ensure our Year 11 students can undertake their exams in the best possible conditions. We appreciate your continued support and understanding during this important time. If you have any questions regarding these arrangements, please do not hesitate to contact us.

Parent Friendly School Award

It is with great pleasure that we announce that Moorside High School has achieved the Standard Award accreditation from Parent-Friendly Schools. To achieve this, as a school we were measured against 485 different criteria. The Parent-Friendly Schools accreditation is based on five years of research conducted in collaboration with the University of Canterbury Christ Church. As well as completing the accreditation process, we remain fully committed to our community, which we know fully supports our ongoing journey of improvement. As always, if you feel there is something that we can improve or look to introduce, please do contact us via MHSinfo@consilium-at.com



Big Ideas Update

On Thursday, four of our students took part in the Big Ideas Regional Final at University of Bradford. We are delighted to share that the team 'Little Things' were named runners-up out of twelve teams from across Northwest England.

We are incredibly proud of all of the students for their hard work, commitment, and teamwork throughout the competition. A huge well done to Little Things on this fantastic achievement!



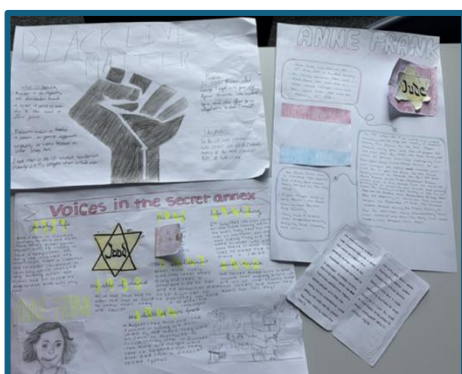
Voices for Equality- Anne Frank Trust UK

Earlier this week, our Year 9 peer mentors took part in the *Voices for Equality* training programme delivered by the Anne Frank Trust UK. The programme aims to empower young people to become positive role models who actively promote equality, inclusion, and respect within their school communities.

Throughout the training, students explored the life and experiences of Anne Frank and reflected on the impact that prejudice, discrimination, stereotyping, and hatred can have on individuals and society. They also took part in discussions and activities focused on challenging discrimination, understanding the importance of empathy and allyship, and learning how to confidently speak out against unfair treatment and prejudice in all its forms.

Our students represented the school brilliantly throughout the sessions, showing maturity, thoughtfulness, and a real commitment to creating a positive and inclusive environment for others. The training has provided them with valuable leadership, communication, and mentoring skills which they will continue to use in their roles as peer mentors across the school community.

We are incredibly proud of their engagement and look forward to seeing the positive impact they will continue to have within school.



Mental Health Awareness Week

This week, we have been recognising and celebrating Mental Health Awareness Week across school. Mental Health Awareness Week is organised by the Mental Health Foundation and aims to encourage open conversations around mental health, reduce stigma, and promote positive wellbeing. This year's theme focused on taking action to support good mental health and wellbeing for ourselves and others.



Throughout the week, students took part in assemblies delivered by our Mental Health First Aider, Miss Henn, who shared practical tips and strategies from the Mental Health Foundation to help boost mood and improve wellbeing.

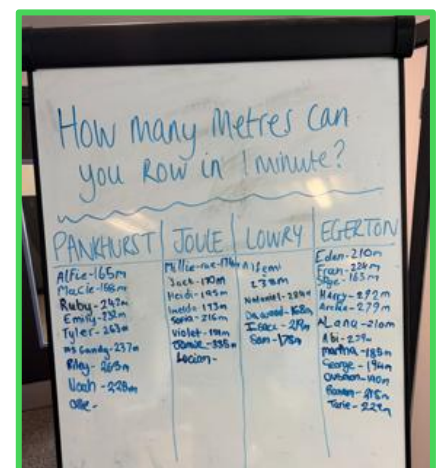
On Thursday, staff showed their support by wearing green as part of the national "Wear it Green Day" campaign. Wearing green is a way of raising awareness of mental health and showing solidarity with those experiencing mental health challenges.

To finish the week, we hosted a pop-up wellbeing stall today in the atrium, giving students the opportunity to engage with a range of activities and support resources throughout lunchtime.

Our healthy snack stall encouraged students to think about the importance of nutrition and how fueling both body and mind can positively impact mood, concentration, and overall wellbeing. The stress relief station proved very popular, with students exploring a range of fidget toys and stress balls designed to support emotional regulation and reduce feelings of stress and anxiety. Students also had the opportunity to take part in mindfulness colouring activities, helping to promote relaxation, focus, and calmness during the busy school day. Alongside this, students were able to access signposting information and leaflets highlighting where they can go for support if they are struggling with their mental health, both within school and through external organisations and services.

One of the most meaningful activities was our "How Are You Feeling?" display, where students wrote messages and reflections on green leaves to share how they were feeling. This created an important opportunity for students to pause, reflect, and recognise that talking about mental health is something that should happen all year round- not just during awareness weeks. Finally, students were encouraged to get active by taking part in our physical wellbeing rowing challenge, reinforcing the important link between physical activity and positive mental wellbeing.

We are incredibly proud of the engagement shown by both students and staff throughout the week and remain committed to continuing conversations around mental health, wellbeing, and support throughout the year.



How many metres can you row in 1 minute?

PANKHURST	JOWE	LOWRY	EGERTON
Alfie - 165m	Jack - 190m	Alice - 150m	Eden - 210m
Macie - 168m	Wade - 195m	Lucy - 175m	Fran - 200m
Ruby - 240m	Isaac - 195m	Natalie - 200m	Sam - 185m
Emily - 180m	Isaac - 210m	Isaac - 200m	Harry - 220m
Tyler - 260m	Sarah - 210m	Isaac - 200m	Arika - 220m
Ms Candy - 270m	Violet - 190m	Sam - 170m	Alana - 210m
May - 265m	Sam - 195m		Ali - 220m
Uoah - 220m	Lucy - 160m		Partha - 180m
Oliver -			George - 190m
			Osman - 190m
			Sam - 200m
			Tara - 220m

Current Conversations- Real Talk, Real time events



Current Conversations. This feature is designed to keep you informed about topical issues, themes, and events that students are discussing in school. It will also provide helpful context, conversation starters, and guidance so that you can continue these discussions at home. Our aim is to support students in developing awareness of the world around them, building confidence to discuss current topics, and making meaningful links between their learning and real-life events. We hope this section helps strengthen those home-school conversations and offers useful insights into what your child is exploring in school.

Each Friday during R Time, students explore and discuss topical news stories from around the world. These sessions help develop critical thinking, spark curiosity, and build confidence in expressing informed opinions.

Mental Health Awareness Week



In R Time, students have been taking part in a short Mental Health Awareness Week session linked to Mental Health Awareness Week 2026 (11–17 May 2026), which focuses on the theme of “Action.” This theme encourages students to move beyond awareness of mental health and instead focus on small, practical steps that can support wellbeing in everyday life.





During the session, students were asked to reflect on common feelings such as stress or feeling overwhelmed and were reminded that these experiences are normal and something everyone can experience. They were encouraged to think about simple actions that can help, such as talking to someone, taking a break, going for a walk, or supporting a friend. The key message was that small actions can have a big impact over time.

The session also highlighted that mental health support is available beyond school, with organisations such as the The Mix, YoungMinds, and Childline providing resources and toolkits for teens to help promote positive mental health and practical support strategies.

Questions to Discuss at Home

- What small actions did you discuss that can help support your mental health or someone else’s?
- How can you tell when someone might be feeling stressed or overwhelmed, and what could you do to help?
- What is one positive action you could try this week to look after your wellbeing?

Further Reading

- **NHS Every Mind Matters** – free self-care tips and personalised “Mind Plan” tools - <https://www.nhs.uk/every-mind-matters/> 
- **Mind (Young People section)** – clear guides on feelings, coping strategies, and getting help - <https://www.mind.org.uk/for-young-people> 
- **The Mix** – support for under 25s including chat, forums, and advice on stress, relationships, and mental health - <https://www.themix.org.uk/> 
- **YoungMinds** – practical advice for stress, anxiety, low mood, and supporting friends - <https://www.youngminds.org.uk/> 

Reading beyond headlines helps young people develop informed opinions, deepen understanding, and build lifelong learning habits. Taking 10 minutes together to explore an article can spark meaningful discussions and broaden perspectives.

Safeguarding Update –

Supporting Children’s Mental Health at Home and in School

This year’s theme for Mental Health Awareness Week 2026 is “**Take Action**”, reminding us that small daily actions can make a big difference to emotional wellbeing. Children do not need us to have all the answers... They need trusted adults who listen, support and **take action** when help is needed.

Support Available in Salford

Mind In Salford

Non-profit organization
Provides wellbeing support, advice and community mental health services for adults, young people and families.

Salford Primary Care Psychological Therapy Service

Offers NHS talking therapies and emotional wellbeing support.

START

Community wellbeing charity offering creative wellbeing activities, peer support and mental health services.

Childline - Salford

Free confidential support for children and young people 24/7.

Salford Thrive

Provides emotional health and wellbeing support for children and young people in schools and the community.

How can you support your child’s Mental Health at Home?

Talk and Listen

- Create regular opportunities to talk
- Listen calmly without judgement
- Let children know all feelings are okay

Support Healthy Routines

- Encourage regular sleep patterns
- Promote healthy eating and hydration
- Limit excessive screen time before bed

Monitor Online Wellbeing

- Talk openly about social media and online pressures
- Encourage balanced screen use and positive online habits

Notice When Extra Support May Be Needed

Seek help if your child is experiencing:

- Persistent sadness or anxiety
- Withdrawal from friends or activities
- Changes in sleep or eating habits
- Increased anger or emotional outbursts
- Difficulties coping at school or home



Together, we can help every child feel safe, valued and supported.



Key Dates:

Friday 22nd May - School closes 14:55 – May Half Term

Monday 1st June - School re-opens 08:25

Wider Curricular, Intervention and Exam Dates

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 Summer GCSE Exam dates/times can be found on the school website or by [clicking here](#)

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

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

CONSIDERATION ASPIRATION RESILIENCE EQUALITY



WORD OF THE WEEK

TREPIDATION



Antonyms:

Confidence

Synonyms:

Fear; Apprehension

Connected Words:

Trepid

British Values link:

Individual Liberty

Noun:

Trepidation is a feeling of fear or anxiety about something that may happen.

Moorside focus:

Consideration
Aspiration



How do I say this in Spanish? Miedo

Spanish phrase: This feeling of trepidation is useless.

Este sentimiento de inquietud es inútil.

I felt trepidation surrounding my exams, but I knew I would be fine.



SILENT REMINDER - YEAR 11 EXAMS

Year 11 GCSE final external exams are now taking place. These exams are national, meaning all students across the country sit them at the same time under official exam conditions.

- Year 11 exams are in progress – these are very important. Please act respectfully at all times.
- Keep noise to an absolute minimum near all exam venues.
- Follow all signage carefully – do not go past any signs marked “No Entry.”
- Do not look through windows in the sports hall or any exam spaces.
- Move quietly and calmly when passing exam areas.
- Be considerate of students sitting exams – avoid shouting or gathering nearby.
- Follow staff instructions promptly at all times during the exam period.
- Help maintain a calm environment so students can perform their best.

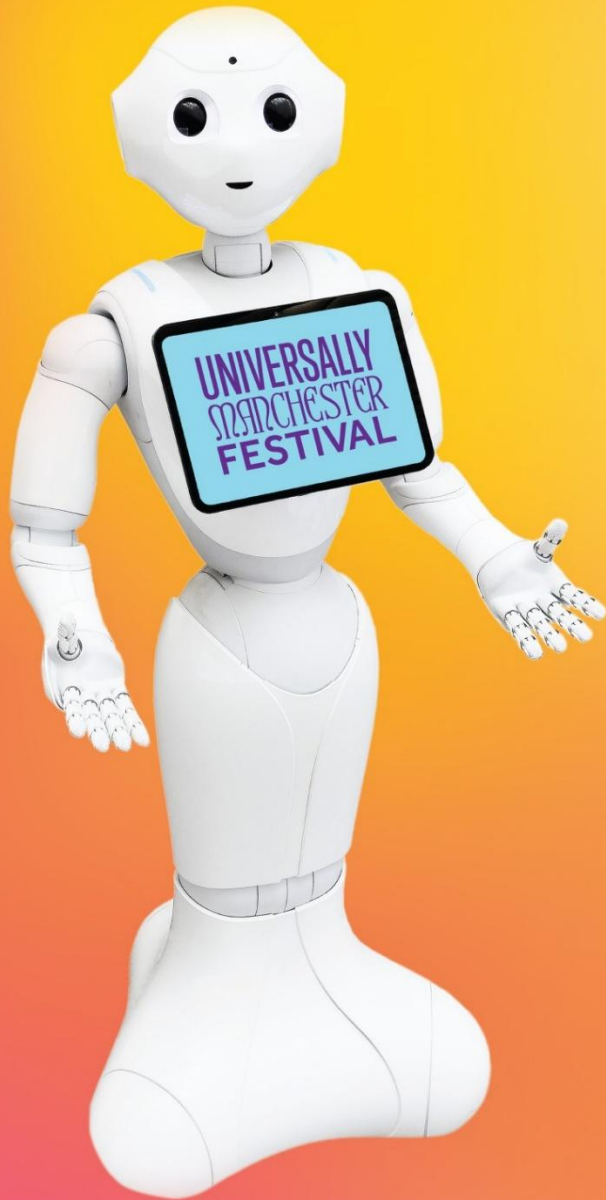
**It will be you one day sitting your GCSE exams.
Your GCSE exam results stay with you for the rest of your life**

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FESTIVAL

13 JUNE 2026
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Fun**



#UNIVERSALLYMANCHESTERFESTIVAL

A COMMUNITY DAY FOR ALL

Our free Universally Manchester Festival returns with fun activities for all!

Join us on **Saturday 13 June, 11am - 4:30pm** for a day of inspiration, curiosity and play. Get hands-on with science activities, creative sessions, tours, and engaging talks and performances. Meet our staff, students and community partners and together we'll explore what makes for a greener, healthier and fairer world for everyone.

From music to medicine, poetry to planets, and art to atoms there's plenty to discover and do – with activities on offer for all ages.

Our Universally Manchester Festival is free and open to everyone. Discover more of our family friendly activities at:

universallymanchester.com

