



Newsletter

Dear Armfield Parents and Carers,

A warm welcome to this week's newsletter! We are always delighted to share the fantastic achievements of our students and keep you updated with important reminders to ensure everything runs smoothly at Armfield Academy.

Messages

We have had the fire brigade in school this week supporting our young people out and about in our community. We continue to ask our parents to support the police and community workers to ensure their young people are safe and not displaying antisocial behaviour in our community. It is imperative that you know where your young person is when out and about. Please reiterate safety and your young person's understanding of being safe and a caring part of our community.

Winters coming. Please ensure students are arriving at school in full school uniform and with a coat.

Please ensure your young person's dinner card is topped up the night before money is needed, as it can take up to 3 hours to transfer onto the account.

Please see below, links to alternative trousers for any students who struggle with fabric due to sensory or skin conditions

[Marks and Spencer - Pull On Girls Slim Leg Easy Dressing Trousers](#)

Elasticated waist

Mock fastening on the front to keep them looking formal

65% polyester and 35% viscose so still have that stretch and soft touch feel

[Next - Pull On Waist Straight Trousers](#)

Elasticated waist

These do have the 2 pockets

65% polyester and 35% viscose

[Tesco F&F - Regular Fit Trousers](#)

Elasticated waist

Do have fastening at the front

65% polyester and 35% viscose

Don't forget!



Year 7

Meet the form tutor evening

Wednesday 30th September

Please book via the MCAS App

We ask a representative for every student attends
Any questions, please get in touch with the reception team

Bronze DofE weekend



Our 8 year 11 students completed their bronze DofE expedition this weekend with Armfield.

This year 45 students
have completed the DofE with us!





Year 10 girls football team



A huge well done to our Year 10 girls' football team, who competed in the Blackpool Schools' Girls' Football Tournament earlier this week!

The squad played with outstanding grit and determination, showcasing brilliant skill and teamwork throughout the day. They finished in a fantastic 2nd place overall, winning four of their five matches and keeping an impressive four clean sheets along the way.

**Congratulations, girls—we are incredibly proud
of your hard work and performance!**





Newsletter

GCSE French Mock Exam



Thank you to all year 11 students who have completed their GCSE French Mock Speaking Examination this week.

Every student arrived on time and approached the exam with maturity.

Thank you to those parents and carers who have supported us by practising with students for this exam.

All students now have a better understanding of the exam itself and can now use Year 11 to develop their knowledge and prepare fully for the next mock in January.

Merci,

The French Team



DUOLINGO



COMPETITION

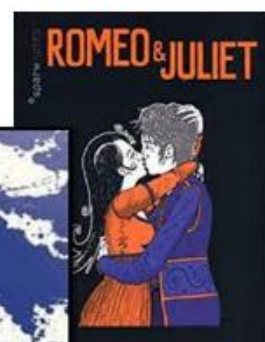
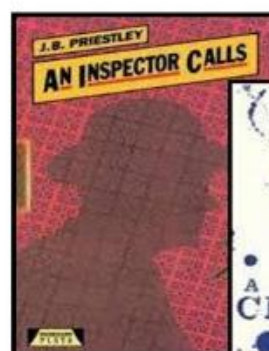
**TO CELEBRATE EUROPEAN DAY OF
LANGUAGES, THE MFL DEPARTMENT IS
LAUNCHING A DUOLINGO COMPETITION.
TO SIGN UP, SEE YOUR FRENCH TEACHER OR
EMAIL A SCREENSHOT OF YOUR DUOLINGO
DAY STREAK ON 28 SEPTEMBER
AND ON 16 OCTOBER.
EXCITING PRIZES TO BE WON !!!**



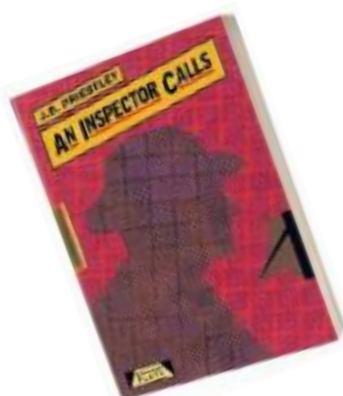
English Literature Books **YEAR 10**

The Deadline for payment for Year 10 students to have their own copies of the GCSE English literature texts is **Wednesday 14th October.**

Please ensure that payment is made on the [MCAS app](#) [the 'Products' section] to ensure they are prepared for their GCSE studies.



English Messages





Support and Help IN Education
Fylde Coast Mental Health Support Team



Blackpool Teaching Hospitals
NHS Foundation Trust



Helpful Apps

These days so many of us use apps in our everyday life for anything from shopping to entertainment to travel, but have you considered using them to look after your wellbeing and mental health?



Calm

Improve your health and happiness with the calm app. Help improve your sleep quality, reduce your anxiety and stress levels or use this just to improve your focus.



Worry Tree

The Worry Tree app aims to help you take control of worry. Wherever you are you can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you.



Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. It's also on Netflix too.



Catch It

Learn how to manage feelings like anxiety and depression with Catch It. It can teach you how to look at problems in a different way and turn negative thoughts into positive ones.



Togetherall

Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.



Calm Harm

Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself. This urge feels most powerful when you start wanting to self-harm.

Caring · Safe · Respectful

Disclaimer

The app developer is solely responsible for their apps advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.





Support and Help **IN** Education
Fylde Coast Mental Health Support Team

NHS
Blackpool Teaching
Hospitals
NHS Foundation Trust

Helplines, Text & Web Based Support

SHINE Fylde Coast MHST Operates 9am to 5pm Monday to Friday.

There are other Helplines, text and web-based support if someone is finding it hard to cope. You can get 24 hr advice to support you, your parent/carer or someone you care for. More details below.

CASHER The CASHER Team is based at Blackpool Victoria Hospital. They see young people up to age 25 who require mental health support out of normal hours. They offer urgent support 7 days a week across Fylde & Wyre.

07810 696565 or bfwh.casher.team@net.net

Text YM to 85258

For a goat mental health support

Available all day, every Day

YERIN N KIDS
Support Kids' Emotions

The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. Text YM to 85258.

ChildLine
0800 1111

Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.

Ring: 0800 111

Visit: www.childline.org.uk

"It's alright to ask for help"

SAMARITANS

116 123

Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year. Call 116 123 for free

PAPYRUS

HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide.

Call: 0800 068 4141

Text: 07860 039 967

Mental Health Crisis Line

0800 953 0110

24 hours 4 day
3 days 4 week

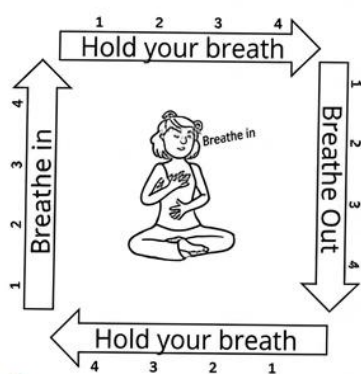
Lancashire Mental Health Crisis Line is available 24 hours a day. It is staffed by trained mental health professionals. Call 0800 953 0110

kooth

Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25 www.kooth.com



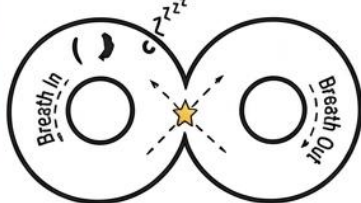
Mindful Breathing



CALM DOWN WITH TAKE 5 BREATHING



Lazy 8 Breathing

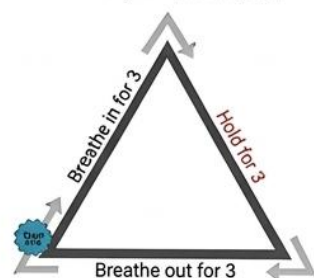


Trace the Lazy 8 with your finger with the and taking a shap breath in.
As you cross over to the other side Lay is shedy by your breath out.
As you cneeting ahead by Lazy 8 until you lane a cube body breath in.



Triangle Breathing

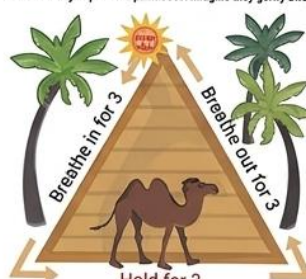
Start at the bottom off of the triangle. Follow the shide wound the whole triangle to complete one dresp breath.



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Triangle Breathing

Camers lino to troct around the pyramids in Sport. Maybe cameres they have two humps, and a pyramed any inis aent Start at the weinr, waming sun, and sniow the sides shidems the whole hangle shape into your finger to complete one deep aroosh. As you pass the palm boes. Imagine they gerify away!



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Star Breathing

Start at any "Breathe in" side.
Hold your breath of the wate, then breathe out.
Keep going until until iv grave grown the whole star.



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Thank you for your continued support—we love celebrating our students' successes with you!

Best wishes,

The Armfield Academy Team