



Friday 13th September 2024

# Headteacher's Message

Our focus last week was on belonging and welcoming the students back to school. This week we are clarifying our standards and expectations, particularly with regards to conduct around school and the importance of high standards of uniform. House Achievement Leaders are contacting parents of students who are not wearing the correct uniform and we look forward to your support in ensuring our students wear their uniform with pride and are a credit to our wonderful school.

We are now offering a wide range of extra curricular activities for our pupils to get involved in; please encourage them to check the timetable for clubs in school and to get themselves involved in as many as possible to help promote our sense of belonging.

*Mrs V Arden*  
Headteacher



## IMPORTANT DATES

### Thursday 3rd October

Open evening  
(school closes to students at 13:00)

### Thursday 10th October

Form tutor progress evening  
(online, 16:00 - 18:00)

### Wednesday 6th November

Year 11 GCSE History trip

### Thursday 28th November

GCSE Awards Evening (2024 leavers)

### Friday 29th November

INSET (school closed to students)



## Shortcut links

[RSE Parent Guide](#)

[Whole School Messages](#)

[Awards](#)

[School Avoidance letter](#)

[Penalty Notice Fines](#)





## Hot Chocolate Friday

Hot  
Chocolate



FANTASTIC

The following students were invited to have Hot Chocolate with the Headteacher this week for a variety of reasons. Fantastic work all of you – keep it up!

Maksymilian N, Piotr S, Pawel S, Nikola J – for achieving a GCSE in Polish

Dua M, Azka F, Sara S, Uswa S – for achieving a GCSE in Urdu  
Mia C, Emmie S – Mature and resilient start to their triple science course.

Alex G – Making a brilliant, calm start to the new year at school

Harvey H – Making good choices all week – a brilliant start to the year

Anthony S – Working really well during the festival / celebration day

Megan E, Katie G – Excellent start to Science this year

Durga P – Fantastic effort with her History homework

Lucas S – Excellent attitude to Science lessons and great improvement in punctuality

Josh C – Brilliant conduct, helpful and friendly towards all library visitors

WELL DONE!

## Ties

Some of our students have requested regular ties rather than clip-ons. Our suppliers could offer us regular ties, but we would need to make a large order so we would like your opinion.

Would you prefer the option to buy a regular tie?



[Click here to respond](#)

## Homework Club

Every day in the Library  
until 4pm.



## Year 7 Homework

Homework will be set for core subjects (English, Maths and Science) until Christmas to allow students to settle into their life at Walton le Dale High School. Other subjects may set homework but this will be optional.

## Free School Meal Reminder

Students on a free school meal are allocated £2.40 per day. If they want to buy extra, their ParentPay must be topped up.

We allow students to get a free piece of toast at break. Anything extra to this will be taken from their daily £2.40 allowance, unless they have money on their account. The £2.40 is enough for a meal deal, which consists of a hot meal and a biscuit or a drink from the dining room, or at the canopy a sandwich, biscuit and drink. If they are having a panini or baguette then they can have a biscuit or a drink.

## Uniform

All orders placed online for uniform/stationery packs will need to be collected by students from the Uniform Shop (B7) at break time.



## Drinks Bottle

Please could we remind parents to send their child to school with a refillable drinks bottle to allow them to get water at the water fountains throughout the day, as we are unable to provide cups for them to use.

**Water Bottles are now available to purchase from Stationery Shop every morning at a cost of £1. Thank you.**



## 2024: Dates for your diary

Please find below the dates for our Progress Evenings this year.

Years 7 to 11	Thursday 10th October 2024	Settling in parents' evening (video- call)	Appointments with Form Tutors	4.00-6.00pm
Year 7	Thursday 20th March 2025	Progress Evening (face to face)	Appointments with Subject Teachers	4.00-6.30pm
Year 8	Thursday 27th February 2025	Progress Evening (face to face)	Appointments with Subject Teachers	4.00-6.30pm
Year 9	Thursday 6th February 2025	Progress Evening & Options Information Evening (face to face)	Appointments with Subject Teachers and opportunities to find out about the Year 9 Options Process	4.00-6.30pm
Year 10	Thursday 16th January 2025	Progress Evening (face to face)	Appointments with Subject Teachers	4.00-6.30pm
Year 11	Thursday 5th December 2024	Progress Evening 1 (face to face)	Appointments with Subject Teachers	4.00-6.30pm
Year 11	Thursday 13th February 2025	Progress Evening 2 (face to face)	Appointments with Subject Teachers	4.00-6.30pm

The first one will take place on 10th October. This is a 'settling in' parents' evening when you will have the chance to speak to your child's form tutor to see how they have settled into the new academic year. This will be done virtually by video call through SchoolCloud. More details will follow on this, along with details for Year 7 parents and carers to explain how to log in to SchoolCloud.

All our other Progress Evenings this academic year will take place in the school building with face to face appointments. We also use SchoolCloud as our appointment system for our face to face Progress Evenings. We encourage our students to come to the Progress Evenings with you.

These details can also be found on the school website.

We look forward to seeing you at these evenings.

Mrs Helen Brown



## Student photographs

At Walton-le-Dale we sometimes take photographs of pupils and use student names on display boards around school (for example, to celebrate their achievements). This could be as part of a display of excellent work, or as part of the daily student notices such as seating for examinations, groups for trips). We use these photos on the school's website and on display boards around school.

**If you to opt out of your child's name or photo to be used on any publicity material/website etc, please contact your child's House Achievement Leader.**

Challenger:	<b>Mr Samuel</b> <a href="mailto:nsamuel@wldhigh.co.uk">nsamuel@wldhigh.co.uk</a>
Apollo:	<b>Miss Fox</b> <a href="mailto:cfox@wldhigh.co.uk">cfox@wldhigh.co.uk</a>
Endeavour:	<b>Mrs Bailey</b> <a href="mailto:ebailey@wldhigh.co.uk">ebailey@wldhigh.co.uk</a>
Voyager:	<b>Mrs Nuttall</b> <a href="mailto:enuttall@wldhigh.co.uk">enuttall@wldhigh.co.uk</a>
Discovery:	<b>Miss Meadowcroft</b> <a href="mailto:jmeadowcroft@wldhigh.co.uk">jmeadowcroft@wldhigh.co.uk</a>

## Student absence reporting

Please see the link to our website [here](#) where you will find information on reporting student absences. We only use Classcharts and Schoolcomms as the only two methods of notification – **please do not ring or email school**. If your child has a medical appointment, please upload a copy of this evidence onto Classcharts. If you have received notification of your child not registering in school, please respond via either Schoolcomms or Classcharts – **please do not ring**.

Although we ask parents/carers to refrain from booking medical appointments during school time, we understand there may be times that this cannot be helped. Therefore, please can we ask you to specify on Classcharts: what time your child needs to leave site and whether they are getting picked up or making their own way to their appointment along with any supporting evidence of the appointment so we can authorise their absence.

If you do not have access to Classcharts, please contact your child's HAL. Please could we also remind parents/carers that they need to complete the Classcharts notification, and these are not to be made by students or siblings.

## Safeguarding

If you have concerns for a child's welfare and you require advice, please contact Children's Social Care on 0300 123 6720. For out of hours (evenings and weekends) please call 0300 123 6722.

For a child who resides in the Blackburn area, please ring the Children's advice and duty service on 01254 666400. For out of hours (evenings and weekends) please call 01254 587547.

If you have immediate concerns for a child, please dial 999 and ask for the Police. For mental health support services, please see the links below for information and contact details:

- Kooth – all anonymous and over text (there is an app to download)
- School Nursing Service – 11-19 years olds can text their school nurse on 07507330510 or scan the QR code to contact them via Chat Health, for anonymous advice 9-5pm =
- Shout – Text SHOUT to 85258 (more of a crisis line if struggling to cope)
- Papyrus – Prevention for young suicide contact: 0800 068 4141
- Samaritans – for support call 116 113 for free or email [jo@samaritans.org](mailto:jo@samaritans.org)
- <https://www.lscft.nhs.uk/our-services/service-finder-z/children-and-young-peoples-psychological-services>
- Young Minds – Crisis messenger is a free 24/7 UK service. Text 'YM' to 85258



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

### 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

### 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

### 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

### 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

### 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

### 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

### 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

### 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

### 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

### 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

### Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate of Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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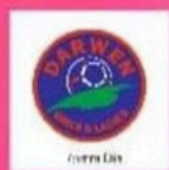


# DARWEN GIRLS



## Looking for New Players

*Training at Square Meadow  
Darwen  
Play Games on a Sunday  
Inclusive Club*



**U6s- U15s**

Under 16s training  
available

Contact Nikki on  
07948233751

Facebook:  
Darwengirls#ladies

***All Coaches have full DBS***

**Darwengirlsladies@hotmail.com**



Winter training  
from october @  
DACA



**Does your child vape or smoke?  
Do you want to find out how to  
support your child?**

## Join our monthly Parent Information online drop-in sessions

3rd Wednesday of the month at 10.30am & 6.30pm



**Use QR code to book with  
Eventbrite to secure your FREE  
place**

[smokefreelancashire.org.uk](http://smokefreelancashire.org.uk)  
[spoc.smokefree@wearewithyou.org.uk](mailto:spoc.smokefree@wearewithyou.org.uk)

Please visit  
[www.smokefreelancashire.org.uk](http://www.smokefreelancashire.org.uk)  
for more information on the service

If you're a parent dealing with children who vape or smoke, this FREE online event is perfect for you. Join us on the 3rd Wednesday of the month at 10.30am or 6.30pm for information about vapes and advice on how to handle this challenging situation. Starting on September 18th, this workshop will focus on:

- What's in a vape
- Types of vapes
- Why Young People are vaping / smoking
- The effects of nicotine on the young brain
- Vaping Laws
- How we can help to support young people

Don't miss out on this opportunity to connect with other parents facing similar issues.

Smokefree Lancashire has dedicated teams to help support both young people & adults who use nicotine products.

Please book your space on [Eventbrite](#).

See you there!