

Friday 6th September 2024

# Headteacher's Message

A very warm welcome back to school! I hope you had a wonderful holiday and are ready for a busy and exciting term ahead. A particular welcome to our new year 7s, who have conducted themselves incredibly well so far. We are delighted to have you join our community.

This week we have been mostly encouraging students back into routines and establishing positive relationships. It has been heartwarming to witness so many of our older students supporting our new starters in finding their way around our building.

We have noticed an increase in the volume of traffic at the front of school, which is understandable as parents get routines established once more. In order to try to reduce the congestion, could I suggest parents parking a little further from school in the coming weeks? Please also be respectful of our neighbours. In particular the nursery which needs access for parents collecting their children and the industrial estate opposite, which requires access for HGVs. Thank you.

*Mrs V Arden*  
Headteacher



## IMPORTANT DATES

### Tuesday 10th September

Year 11 Geography field trip to Bowness

### Friday 13th September

Year 7 and year 11 photographs

### Thursday 3rd October

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

### Thursday 10th October

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



## Shortcut links

[RSE Parent Guide](#)

[School Avoidance letter](#)

[Whole School Messages](#)

[Penalty Notice Fines](#)





## Student photographs

**Friday 13th September**

Year 7 and year 11 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: **Mr Samuel**  
[nsamuel@wldhigh.co.uk](mailto:nsamuel@wldhigh.co.uk)

Apollo: **Miss Fox**  
[cfox@wldhigh.co.uk](mailto:cfox@wldhigh.co.uk)

Endeavour: **Mrs Bailey**  
[ebailey@wldhigh.co.uk](mailto:ebailey@wldhigh.co.uk)

Voyager: **Mrs Nuttall**  
[enuttall@wldhigh.co.uk](mailto:enuttall@wldhigh.co.uk)

Discovery: **Miss Meadowcroft**  
[jmeadowcroft@wldhigh.co.uk](mailto:jmeadowcroft@wldhigh.co.uk)



## 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

## 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.**



## Contact Details

Please inform school via schoolcomms if you have changed email / home address / phone number recently so that our records can be kept up to date. Thank you.



## Football Training

Y7 football training will be on Monday (09/09/24) after school 3:05 - 4:00pm. We do not have training every week due to fixtures across the school, however students and parents will be notified via notices, class charts and the bulletin whenever we do.

All other years football will be starting with school friendlies next wednesday with year 9 v year 10 being the first fixture.





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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**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](https://www.eventbrite.com).

See you there!