



# PENDLE COMMUNITY HIGH SCHOOL & COLLEGE

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## SPRING NEWSLETTER 2018



### Welcome to the Spring Term Newsletter!

It has been a short but intense term, and as always we have continued to achieve a significant amount in the time available.

It has also been a season of rather severe weather at times which unfortunately resulted in 2 and a half days unavoidable school closure at the beginning of March.

I would like to apologise for any disruption caused during this time, but clearly the health and safety of our students has to be of utmost importance when making these decisions.



### What's inside..?

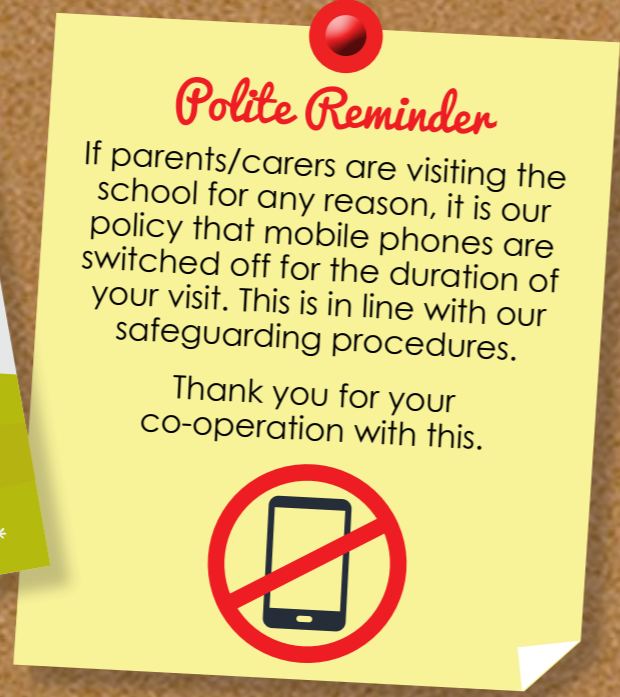
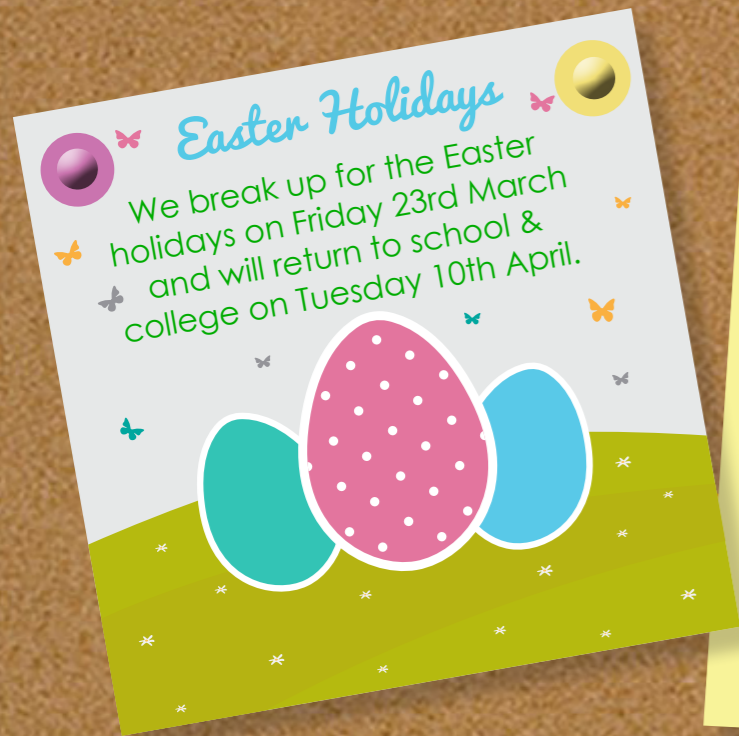
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and much more...

Finally, may I take this opportunity to thank everyone for their ongoing support and wish you all a very happy and relaxing Easter break.

Best wishes as always  
*Chris Lingard*

# Noticeboard



## College Links



PCHS&C students have the opportunity to benefit from college links programmes that we have developed over the years with local establishments for those over the age of 16. Our current partner is Nelson & Colne College, who offer our young people in Years 12, 13 and 14 a 10 week programme in Hair and Beauty. This takes place in the Distinction Hair and Beauty Salon located on the college site in salons that are newly refurbished with industry equipment designed to help students get career-ready.



Not only do our learners have the opportunity to apply the knowledge gained from college tutors in a practical manner within a professional salon setting, but they also get the chance to spend time in and experience a mainstream post 16 college environment. This is particularly important in preparing those young people for when they leave our community.



Those taking the Hair and Beauty course are able to try a wide variety of applications, including hair treatment and styling, nail decoration, manicure and body art whilst learning how to use tools and equipment safely. No previous experience is required and all students are encouraged to have a go! Many discover that they have a real aptitude for this and find out that this could be a real career choice for them.

## Bowland became virtual

Bowland had the opportunity to experience virtual work related learning when employers from the creative arts and digital media industry, Digital Advantage visited over several sessions to create a virtual app for our phones. As part of this experience we explored the power of marketing consumers using colour, texts and images.



Our app "Credo" goes public in Preston on April 13th at a ceremony attended by other schools and colleges.



## Recycling in Ribble

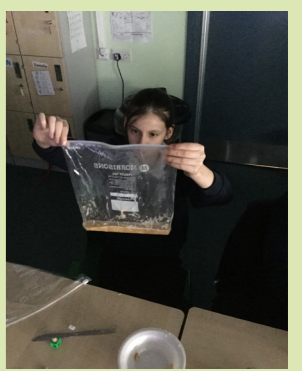
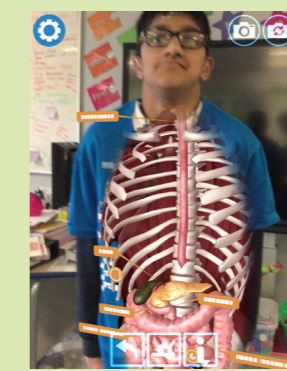
As part of our PHSE topic 'caring for the environment', pupils in Ribble decided to go litter picking around school. Pupils worked in groups to pick up and sort litter for recycling.

We are also hoping to go on a 'beach clean' next term as part of our Erasmus topic on pollution.



## Digesting Science

In Science this term, we have been studying the digestive system. We created our own model digestive system and as you can tell from the photos, the task was 'hard to swallow' for some of the pupils!



## Snow days

The Beast from the East arrived with gusto causing the school and college to close. Please do not think was an easy decision for management to call. There are protocols, procedures and health and safety that all have to be considered before the call is made. Some staff braved the beast and went for a very snowy walk to take some photos.



Mr Hird donned his wellies and walked back to school to take some photos & Mrs Endersby showed us why she wouldn't be able to get to school from her house!!

# WORLD BOOK DAY 2018

As the blizzards arrived so did the witches and wizards into Pendle Community High School & College, one fine snowy winters spring morning!



The buzz around school and college was electric. Staff and students had entered into the wizardry spirit and made every effort to enter the magical world of Harry Potter. Hogwarts had nothing on us.



Classroom activities included making potions, planting mandrakes, animal care in the owlery and wand making to name a few and pot luck with the revolting jelly beans for some unfortunate muggle. Butterbeer was drunk in abundance down at The Three Broomsticks, Hogsmeade and letters of acceptance from the new influx of students arrived ready for a September start.



Lots of shenanigans involving potions, lotions, spells and enchantments took place over the course of the morning. The sorting hat placed staff into houses and magical mayhem began! Wizards, witches and the odd muggle earned house points during the planned activities which culminated in the house cup being awarded at lunch time.



Hagrid visited with a relative and the evil Professor Snape turned good for a little while and arranged a school Quidditch match with Gryffindor winnings wands down. Dragon eggs were awarded for a variety of sensational outfits and wizardry work, even moaning Myrtle managed a smile at the end of the day. Much mischief was managed but I solemnly swear that learning did take place..



Polyjuice must have sold out in Diagon Alley, as the number of adults all pretending to be the same Professor, good or evil appeared. We had an escapee from the Prison of Azkaban and several dementours floating up and down the corridors. Dobby was free as he danced around the classroom wearing his socks and Professor Dumbledore munched on his winning Easter Egg instead of lemon sherbets.



I solemnly swear we are learning in here





## Time Out For Parents Handling Anger in the Family

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 5 to 16, then *Time Out for Parents – Handling Anger in the Family* is for you. Over four sessions, you'll increase your skills and confidence as a parent and discover practical tools to help you and your children deal with the ordinary, everyday anger that all families experience.



### The Sessions

- Session 1 Managing our anger – part 1
- Session 2 Managing our anger – part 2
- Session 3 Helping children manage anger – part 1
- Session 4 Helping children manage anger – part 2

Care for the Family Garth House, Leon Avenue, Cardiff CF15 7RG  
Tel (029) 2081 0800. [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)

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## Time Out For Parents Handling Anger in the Family

Sessions for anyone parenting children aged 5 to 16

Starts **Wednesday 25th April** 9.30am - 11.30am  
for 4 Weeks at Pendle Community High School & College

Call Alison McConville on **01282 682269** to book your place



## MindFit The Journey

- Would you like to make some personal goals?
- Would you like help to increase your confidence?
- Would you like to be more assertive?
- Would you like to set yourself some personal goals?
- Would you like to have some 'you' time?
- Would you like to make new friends?

Call Alison on **01282 682269** to book!

A brand new course brought to you by Pendle Community High School & College and Lancashire Women's Centres



If so, pop along to the first session, have a coffee/tea and see if this course is for you.

Starts **Thursday 19th April 2018** from 9.30am to 11.30am for 5 weeks at Pendle Community High School and College. Sessions will be led by Alison McConville, Family Liaison Officer and Cath Milton from the Women's Centre

## Boccia

Three of our Post 16 students took part in a Boccia tournament held at Queen Elizabeth's Grammar School in Blackburn. The tournament comprised of 12 teams from across Lancashire. The knock-out system produced two semi-finals and ultimately the final.

Our intrepid trio put up a resolute show and competed admirably. However it wasn't as much our inability to contend the challenge it was more about the opposition playing exceptionally well. The boys behaved impeccably and after each game sportingly congratulated the opponents. Each person was presented with a certificate as a memento of their participation.



## Relaxing with Yoga



On Wednesday afternoon form time, students and staff have been enjoying the relaxing benefits from Yoga!

## Exploring culture

In Wenning we have learning about stories from different cultures. We have all enjoyed reading and exploring 'Handas Surprise' which is a story set in Africa. We tasted lots of different fruit from the story and some of us wrote some sentences based on what happened in the story. We had lots of fun making the animals for our class display. Fantastic work Wenning!



## Catering Kitchen

Students are enjoying a taste of the professional kitchen and staff are enjoying tasting the end result. The students follow strict a health and safety, work simulated environment and sell the produce to staff as a fund raiser.



## Busy in Bowland

The team have had a very productive term with lots of topics covered. The importance of rights and responsibilities has taken precedence over form time with students researching various pieces of information to aid their understanding of the world around them. Rachel visited from the Sex Ed team to talk about bits and bobs and how students can stay safe. Hats off to the guys as they were all mature about the topic and asked generally viable questions about a not so easy topic to talk about freely! Lots of independent travel has taken place with several students now able to use public buses to and from college; a great skill required for when they leave us to go onto another college. Thanks to Jeff Brown from LCC enabling our students to be able to be out and about confidently.





# NEWSHOUNDS...

Welcome to the latest Newshounds contribution to our newsletter! Our intrepid reporters are as ever beavering away to bring you more super articles. The current team comprises Brooke and Callum who are in Year 7, Liam is in Year 8, while Laura, Nabil and Sulaman are in Year 9. What does this great group have for you this time? Well, let's start with Callum...Pendle Community High School and College have recently acquired some brand new computers, which is great news! Callum is the Newshounds computer

expert and he not only gives us the 'lowdown' on what we can expect from the new software we'll be using, but also provides great guidance to buying a new computer and staying safe online once you've got one!

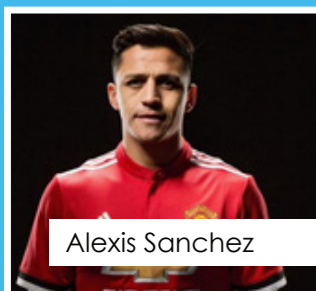
Meanwhile, Sulaman shares his love of football with us. He's a keen follower of Manchester City, but also takes a keen interest in soccer around the world. He introduces us to some of his favourite players and football grounds in Europe and has also added a couple of devilish questions

in Sulaman's Fiendish Footie Quiz! The answers can be found on the back page of the newsletter; will you get the right answers?

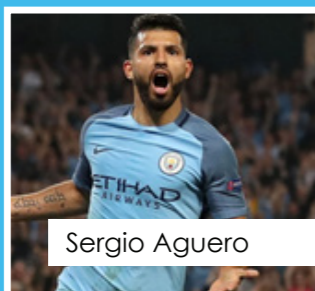
Brooke shares her excellent poster with us and Laura, Liam and Nabil have written about... well, let's not spoil the surprises! Their articles are coming along really well and should appear in the next newsletter; they'll be well worth waiting for! That's enough of an introduction, so let's roll!

## Sulaman's Fiendish Footie Quiz

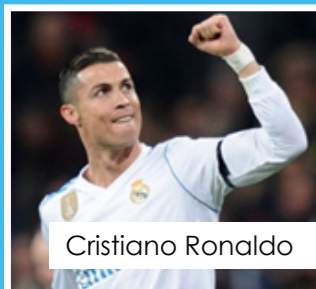
Here are four of my favourite players:



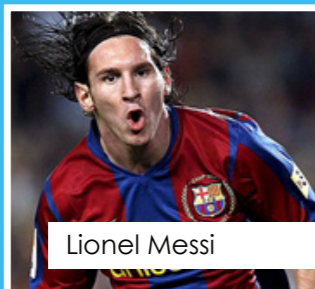
Alexis Sanchez



Sergio Aguero

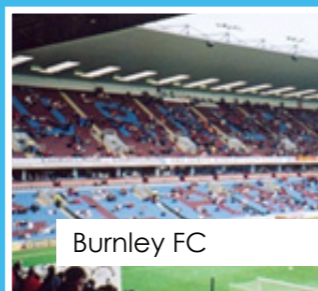


Cristiano Ronaldo



Lionel Messi

Here are some famous football grounds. Some are very near here and some are a long way away!



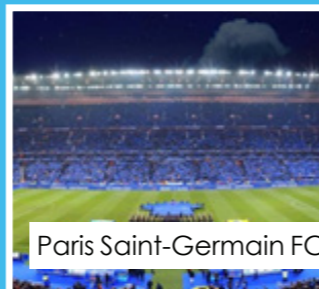
Burnley FC



Barcelona FC



Manchester City FC



Paris Saint-Germain FC

1. Only one of these players has never played for a Manchester football club. Who is it?

2. Only one of these football clubs has won the UEFA Champions' League trophy! Which one is it?

Answers on the bottom of page 12

## Brooke's Design Debut

Staff and students will have noticed recently that there are a few different posters in the school corridor that promote Newshounds! This was Brooke's idea and here is one of her posters, which is about what a great lunchtime club this is and encourages more of you to join us.

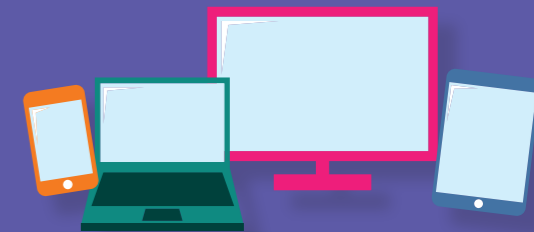
It features a map of the lovely island of Bali, which is in Indonesia! Why Bali, Brooke? Brooke replies "I wanted to include something nice for people to look at and I like Bali!" Well, why not?



Thank you to all of our Newshounds for their wonderful articles. Be sure to look out for us in the next edition.

## Callum's computing considerations

Hello Students/Parents/Carers of Pendle Community High School and College! Let's say you have enough money to buy a computer for a child, but you're having a hard time finding one a child would like or your child is not having a good time staying safe online? Well, today is your lucky day to easily pick a child's computer and stay safe online!



### Choosing a child's computer

If you are looking to buying a computer for a child in early years (e.g 3-5 years old), you should look for a VTech Laptop Computer that comes pre-loaded with content and which also has a feature that blocks the user from accessing non-age appropriate or dangerous content.

If your child is around 6-8 years old, it would be the best time to purchase a family computer, which means it doesn't belong to the children but it's there when they need it. If you're

looking to go on the cheaper side, have a look for a Dell or Hewlett Packard (HP) desktop. The same goes for laptops too. However, if you have a lot of money in your bank, take a look at one of the HP Envy Systems, which can cost well over £1000 but are great for sharing and also monitoring what the little ones are up to! Also it's a great idea to enable parental controls such as a time limit, restricting websites and add-ons, as well as blocking downloads. Finally, if

you have a lot of money (and I mean a lot), especially for a teen who plays games, take a risky delve into the world of gaming pcs and laptops. I'd recommend looking for one with a great graphics card (especially the NVidia Geforce GTX Series) and a powerful processor. Also, if you can, get a controller and a mouse for better performance and don't forget those parental controls!

Here are a number of steps to keep your children safe on the internet!

## Staying Safe Online

1. Never share personal information such as passwords and e-mails to anyone except your parents. This is very common knowledge nowadays, but it happens to hundreds of people every single day, so make sure you commonly monitor what the children are up to.
2. Never accept files from strangers. Files from strangers could very well lead to viruses, which can send information from your computer, slow down hardware and more. If you do run into this, immediately block them and report them.
3. Never use the same password on several websites. Database breaches are guaranteed on websites, no matter how protective the corresponding website claims to be. I'd recommend changing your password on any on-line sources and if you are looking to join other online sources, make sure to use an 'easy to remember' password that is different to your other passwords.
4. Always tell a trusted adult if something is upsetting or concerning you. If you ever run into something making you upset or concerning you, such as a rude message or looking to download something that may look 'sketchy', always tell a trusted adult to deal with the issues you may be experiencing.
5. Never take risks. This more or less ties into the second step on how to stay safe, but if you find something that may look really cool, such as a custom theme, new start menu or something along those lines, DO NOT take the risk. This can lead into 'bricking' your computer, which basically means that it 'freezes up'. It may require a system recovery or a full re-format to get any chance of your computer back up and running. One of the biggest examples is deleting the System32 Folder to speed up your computer. If you do stumble upon this folder, NEVER delete this folder, as it can basically destroy your entire system if you ever decide to delete it.



# NEWS

## from Nurse Deborah

<https://www.lancashirecare.nhs.uk/snsn>

A Special Needs School Nursing (SNSN) website is now up and running. It will be a source of great information. Please take a look.

Britain's tooth decay epidemic saw around 170 youngsters have teeth extracted in hospital every day last year, with sugar blamed for creating an "oral health crisis"

"This concerning trend shows there is an urgent need to introduce measures to curb

our sugar addiction which is causing children's teeth to rot."

Half the sugar children are having comes from snacks and sugary drinks.

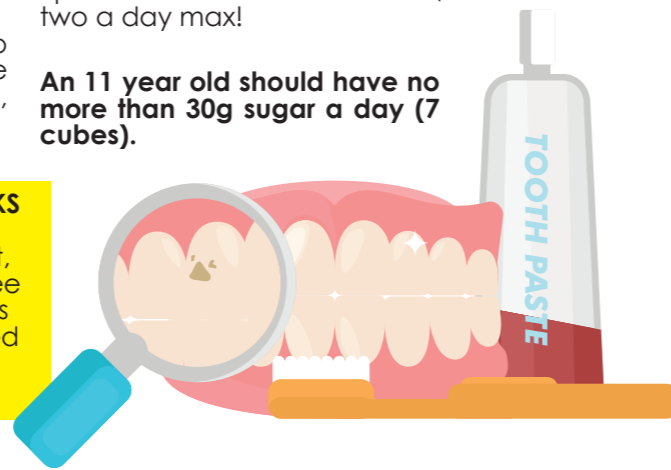
Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay.

Fruit and vegetables are always the best choice, but if you're shopping for packaged snacks for your children, use this helpful tip: look for 100 calorie snacks, two a day max!

**An 11 year old should have no more than 30g sugar a day (7 cubes).**



**IDEAS FOR 100 CALORIE SNACKS OR LESS** Malt loaf slice, fresh or fanned fruit salad, one crumpet, one scotch pancake, sugar free jelly, plain rice cake or crackers with lower fat cheese, chopped vegetables and lower fat hummus.



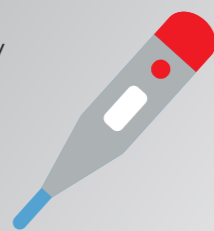
**There have been tragic local cases recently linked to Sepsis.**

**In some cases, symptoms of more severe sepsis or septic shock (when your blood pressure drops to a dangerously low level) develop soon after. These can include:**

- feeling dizzy or faint
- a change in mental state – such as confusion or disorientation · diarrhoea
- nausea and vomiting
- slurred speech
- severe muscle pain
- severe breathlessness
- less urine production than normal – for example, not urinating for a day
- cold, clammy and pale or mottled skin
- loss of consciousness

**Early symptoms of sepsis may include:**

- a high temperature (fever) or low body temperature
- chills and shivering
- a fast heartbeat
- fast breathing



**When to get medical help**

Seek medical advice urgently from NHS 111 if you've recently had an infection or injury and you have possible early signs of sepsis. If sepsis is suspected, you'll usually be referred to hospital for further diagnosis and treatment.

**Severe sepsis and septic shock are medical emergencies. If you think you or someone in your care has one of these conditions, go straight to A&E or call 999.**



## Online Safety Group



In February Mr Sharp, computing teacher and Mr Trevor Ashton, Chair of Governors, attended an Online Safeguarding event at Townley City Learning Centre, where they were made aware of the latest developments regarding Online Safety. There was lots of information shared. Here are some key points that may be useful for parents to check out:

- **Snapchat:** Does your child use Snapchat? Check they have enabled "Ghost Mode" so their location is hidden! "Streaks" is a growing concern, look up Snapchat streaks for more information.
- **Social media apps:** Did you know most apps have asked permission to access your contacts? Check your settings and turn off if you are concerned.
- **Musicallyapp:** There have been issues around bullying, as young people can share videos publicly. Check if your child is using it and have they been bullied.
- **WhatsApp:** Do you know who all your child's contacts are? Do they really know who they are talking to? Maybe talk through with your child and ask how they know the people in their contact list.
- **www.net-aware.org.uk** This is a really great website and also has an App. Great for advice on staying safe and tells you about websites and apps your child may use. It has a simple search box at the top so just type in the app or website you want to learn about and it will give you helpful information.
- **FOMO** - Ever heard of it? No, neither had I! It stands for "Fear Of Missing Out". Something that the pressures of being in an always connected and online society is bringing to our children. We can support our children by asking them to hand in their phone at night so they are not tempted to keep checking for messages or updates.

Finally, please do have a look at the latest copy of **Digital Parenting** that was sent home recently. It has some useful tips and advice not just for parents but for anyone wanting to stay safe and keep up-to-date on living in the Digital world! **Stay safe!**

## Pendle Community Scout Group



This term has been short and sweet but it's been action packed with fun, challenge and adventure and giving our young people skills for life.

We started the term with some new members and they have thoroughly enjoyed themselves. We celebrated our Founders day with young people wearing their uniform to school on the 22nd February. We had a really good session on disability awareness making lava lamps as part of our experiment badge and the Scouts are currently planning the Harry Potter themed camp for after Easter which will be taking place at Silverhelme, Silverdale. We have also had a music night where they had to make up an instrument with resources they found around school.

A big thank you goes to the Scout leaders who volunteer week in week out to ensure we have a great programme. Nurse Debs, Miss Smith & of course our new AGSL, Chrissy Turner who comes and volunteers as well.

Have a wonderful Easter and refresh yourselves for the next term of great activities.

- Lee McNulty, Group Scout Leader

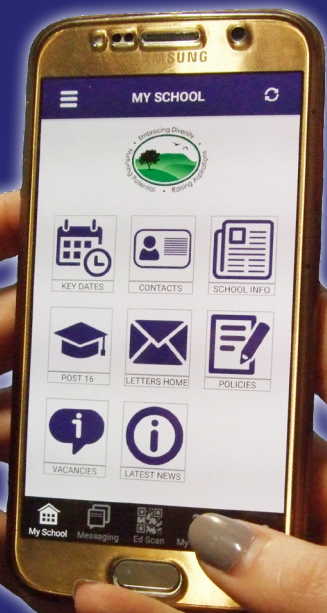
## Work experience



Students from Bowland took part in a work experience project at Bootham Park fishing lake and lodges in Barley. Students have been developing skills required in the workplace and experience for their future possibilities and opportunities. Students had to contend with the cold weather and all showed a fantastic attitude towards the jobs they had to do working in an outdoor environment and housekeeping duties in the lodges.

The project will run throughout the spring and summer giving year 12, 13 and 14 students the opportunity to participate. A big thank you to our school governor Frank Wren for the opportunity to access the lodge park.

# SCHOOL APP FOR PARENTS



Our app for parents shows you up to date information about all aspects of your child's school life. The app has lots of powerful tools within it, to make your life easier and help you as a parent ensure that your child receives the best education possible.



## My School

Allows you to view information and keep up to date with what's going on in school.



## Key Dates

If you are always missing events or just need to check that you have space in your diary, our app is able to show you all of our upcoming events.



## News

Keep up to date with any news that our school wants to share. An example could be the latest school sporting results, exam success or the promotion of an end of term event.



## School Information

Easily access school policies on the move allowing you solve problems or to answer important questions that you or your child may have.



## Attendance

Keep up to date with your child's attendance details. Taken directly from school and updated on a daily basis.



## Messaging

Our app allows school to send you messages direct to your mobile.



## Achievements

Showing you how well your child is doing. The school can use the app to give you regular updates of all their achievements.



## Forms & Letters

My Ed stops the age old problem of not receiving letters from school. Fill in forms securely on your app and return them directly to your child's school.

Download the MyEd app today and search for Pendle Community High School and College to get started!