#### Pendle Community High School & College

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**NEWSLETTER 2018** 

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## WELCOME from the Headleacher

Welcome to our first newsletter if the 2018-19 academic year, in which we have seen 23 new students start their education with us, 13 year 11 students transition from school into college and all of our leavers move into further education, employment, training or care (where appropriate).

One significant whole school and college achievement that I'd particularly like to mention is that after 3 years of very hard work and dedication, the National Autistic Society (NAS) have recently awarded PCHSC their prestigious 'Autism Accreditation Award'. Around a quarter of our students have a diagnosis of autism, and many others display similar traits. This is a real validation of the high quality provision made at PCHSC for these students, alongside all our other students of course (you can read more about this on page 5). We have also been actively encouraged by the NAS to work towards gaining 'Advanced Autism Accreditation' status over the next year or so, which no other school in Lancashire currently holds! We will obviously be engaging parents/carers and other stakeholders throughout this process, but in the meantime if anyone is particularly interested in working with us towards this ambitious target, please just let us know. We simply want to continue to develop the best practice we possibly can for all of our students.

#### **WELCOMING OUR NEW STAFF**

We have also had the pleasure of welcoming several new teaching assistants, Ms Louise Carradice, Mrs Kirsti Camps, Ms Clarisse Beaumont and Ms Georgia Marsden, who are already positively contributing towards our brilliant staff team.









Many thanks and best wishes as always

Chris Lingard



13th Nov - Open evening & Parents evening
22nd Nov - Leavers' Presentation 1.30pm (guests to arrive for 1.15pm)
6th Dec - Christmas Fair
19th Dec - Whole school & college Christmas dinner

### **PCHS OPEN EVENING** Tuesday 13th November 4pm-5pm

This event is aimed at prospective parents/carers of young people with an EHCP including some form of learning difficulties and additional needs (e.g. autism, speech and language, sensory, physical or medical).

The session will include an introduction to the school and a tour of the school and college facilities. The process for accessing school places will be explained and there will be opportunities to ask questions.

If you know of someone who is considering PCHS&C for their child in the future, please let them know about this event.

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# NOTICEBOARD

The Workshop at Pendle Community High School & College have recently produced their first ever christmas catalogue featuring wooden items handmade by our students.

HEWORKSHOP

They will be selling a selection of these products at our christmas fair on 6th December, but if you can't wait that long... visit our website at **www.pchs.lancs.sch.uk/christmas-fair** where you can download a copy of the catalogue and pre-order your items!

## BASIC FIRST AID TRAINING WITH THE BRITISH RED CROSS

Trainers from the British Red Cross came into school to deliver some sessions on Basic First Aid.

The students completed two guizzes. One at the start of the sessions to measure how confident they felt and one at the end. Almost every student said that they felt more confident but would like to keep practicing what they had learned.

Mrs Huggett, Curriculum Lead for PSHE said "Having an outside professional support and enhance the learning already delivered in school has been fantastic. The training was delivered to students across key stages 3 and 4. For some it was the first time and for others it embedded the skills already taught and developed their skills further. It is really important that the students gain these skills and feel confident to use them if they ever need at some point in the future.





WE ARE





## COFFEE **AFTERNOON** A HUGE SUCCESS

Our college student council organised a fabulous coffee afternoon in aid of Macmillan Cancer Support on Friday 28th September.

Our whole school and college attended along with parents, carers and members of the community.

A fantastic £122.45 was raised by selling coffee, tea and cakes along with the raffle of an amazing 'Party on a cake' which was won by our very own Miss Ashworth.

A very big thank you goes to all who contributed to the afternoon and supported us by attending.

## PCHS&C RECOGNISED FOR HIGH **QUALITY AUTISM PRACTICE**



Pendle Community High School & College has been awarded Autism Accreditation by The National Autistic Society, the UK's leading charity for people on the autism

Accredited status is awarded to provisions where staff have a good working knowledge of methods and approaches which produce positive outcomes for people with autism. PCHS&C have been working towards gaining the award over the past three years, continuing to develop and refine their practice throughout. Particular areas of strength noted on the report included:

- Good links with the local community provides students with a breadth of experiences beyond the new initiative of reading ambassadors.
- Lessons are well thought through, with clear differentiation and creative approaches which ensure students are engaged in learning and teaching staff provide an appropriate balance of support and challenge.
- Micro-transitions are well managed, students are given opportunity to transition with differentiated levels of support, and independently, as appropriate.
- Training and development is robust and the school have been supportive of key staff developing autism specific knowledge and skills that is disseminated to all staff and used to inform practice.
- The senior leadership team have a clear vision for the school and college and are striving to be the best that they can be. The provision has robust systems which support the cycle of assessment, practice and review.
- Relationships between students and between staff and students were very positive. Students help each other and were respectful and polite to staff and visitors alike.

Chris Lingard, Headteacher says "This is another fabulous recognition of the amazing and constantly developing work undertaken at our outstanding school. Well done and thank you to everyone who has contributed towards this accreditation in any way – it is very well deserved!"

classroom, for example Firefighters, work with Burnley Football Club, Asda Community links and the



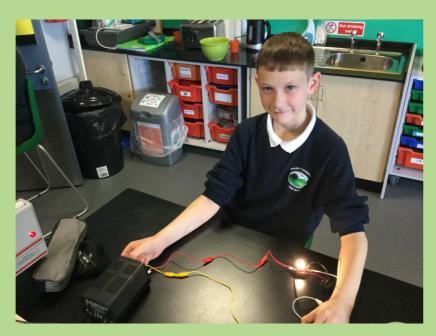
## PCHS&C SECURE TWO NEW EXCITING PROJECTS

As our latest Erasmus+ project 'Make Every Step Count' draws to a close, we are delighted to announce that we have been successful in our application for two new projects running from 2018-20.

The first will be school based and is about Gardner's Theory of Multiple Intelligences where we will explore 8 different styles of learning. These styles further enhance multi-sensory approaches and individualised learning through Music, Movement, Vision, Team work, Self-discovery, Logic, Language and Nature. The title of this project is '8 Strings to our Bows' which has been introduced to the school and the students have already designed logos to enter a competition with our partners who are from Macedonia, Turkey, Italy and Portugal.

The second project will be more college based and is about Developing Career and Workplace Opportunities for Young People with SEN, quite a long title but self explanatory at least! All the partners in this second project are SEN vocational colleges in Lithuania, Spain and Poland which should provide us with innovative ideas and opportunities to share good practice.





## BUZZING IN SCIENCE

In Science we have been been looking at all things electrical. We have explored electrical safety, created circuits with bulbs, buzzers and motors and investigated conductors and insulators. It's been an electrifying half term in Science!

## DEVELOPING OUR APP - AMBR

Last year our Wycoller team took part in a project to develop an idea for an app. Their app idea came in an incredible 3rd place which was an achievement in itself, but since then lots of exciting things have happened.

This year, we have approached and asked if we would be interested in developing the app further to which the whole team said YES! The team has now reformed and named themselves after the app they created - Ambr.

The idea was that the app could be used to help people with special needs live an independent life. We had lots of feedback from professionals saying it was fantastic, super and amazing! We have now put in a lottery bid to work with these professionals to develop the app as a prototype so that we can take it to the next developmental stage. Exciting times are ahead!

Watch this space - Team Ambr

OUTWARD BOUND RESIDENTIAL

Students from years 10 and 11 enjoyed a week in the lakes as part of an Outward Bound inclusion course with Pendle Vale College where we pushed ourselves to the max!

We took part in activities such as gorge walking, camping, hiking and even jumping in the freezing cold Ullswater lake. We started the week as two schools and finished as one!

Jasmine said "I really enjoyed the challenging activities and making new friends from Pendle Vale. I hope we can continue to see the pupils from Pendle Vale."

## COMPUTING GETS APP APPY! \*blippit

Our year 8 and 9 students are currently designing their own apps about a chosen topic. After the half term holidays they will be building the apps which, when finished, they will get a special QR code for so they will be able to download and use or share at home with friends and family.

To get an idea of what they can make have a look at what other schools have done visit www.planetblippit.com. We will be showcasing a select few in next terms newsletter!

## ENERGY SAVING SCOUTS

Pendle Community Scout Group went on a mission around the building last week as part of our Environmental badge. We have been looking at rubbish, recycling, saving energy and the effects on our environment.

The Scouts said they were surprised by how many plastic bottles were thrown away as rubbish and in the grounds.

The Scouts turned numerous classroom lights and computers off and left a few messages around to ask people to help us conserve energy and turn things off at the end of the day.

## **BUSY IN BLACKO**

Team Blacko have settled in well to the new school year. Already so far 3 of our young men have been out on a joint visit to Ullswater with Pendle Vale College and another member of the team has become a star midfielder for the Pendle Vale year 10 football team. Part of our class took over leading the learning in their RE lesson, sharing their knowledge of their Islamic faith and in PSHE students have completed work on basic first aid including CPR and bandaging.

## **A VISIT TO CASTERCLIFF**

Team Irwell visited Castercliff Primary Academy to take part in their MacMillan coffee morning. The students walked to the school taking care when crossing roads and working together as a team. The event was really well turned out with lots of people attending from different places. We were very lucky we managed to get a table to sit together and enjoy our cakes and juice. There were lots of special visitors there but our favourite was Bertie Bee, the Burnley Football Club mascot. We wanted to ask Bertie Bee lots of questions, but bees can't talk so we tried to teach him some Makaton signs instead.



## BECOMING BOWLAND

Unlucky 13 for some! But not for the Bowland team this year. We said goodbye to our year 14s in the summer and welcomed new faces moving up from year 11 to make up this years new group.

This year, we will be focusing on becoming young adults and how this will affect our students. Moving on to further education or employment continues to be a topic of discussion and we are enjoying taster sessions at other colleges, filling in application forms for both colleges and for jobs and updating our CV's.

Our students have had a successful previous year passing exams and this brings the eagerness of progressing further this year whether it be in numeracy, literacy or ICT. We are sure there will be laughter, fun and maybe a few tears along the way.

RED WHITE & **BLUE** DAY

On Friday the 5th October students in KS3 took part in a Red, White and Blue day to commemorate the end of the first world war.

Students took part in making poppies, sequencing the events of the first world war, making posters, watching videos associated with the war and looking at who our allies and enemies were.

Some students also had the chance to learn some songs from the war with our music therapist Beth and then all of KS3 took part in a sing song at the end of the morning.





## WORLD MENTAL **HEALTH DAY 10TH OCTOBER 2018**

To mark World Mental Health Day 2018, Jenny Bayliss our Deputy Headteacher presented an assembly to students in post 16 to raise awareness of what mental health is. We discussed that we all have both mental health and physical health.

We described mental health as being about our feelings, our thinking, our emotions and our moods. We emphasised that looking after our mental health is just as important as looking after our physical health.

We talked about everyday feelings and how these everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long. We also talked about overwhelming feelings. These overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. We discussed that people may call them a mental health problem, mental illness or mental disorder.

We explored some ideas for looking after both our physical and mental health. Students were able to offer ideas for looking after our physical health, such as healthy eating, exercise and keeping our bodies clean. Students recognised that looking after our mental health includes talking to people we trust, staff in college/school, family and friends. Our pupils and students have 76 staff that they can talk to and they agreed that this was a lot of people available to listen to them. In addition to staff and family or friends, information was provided about other support available.

Students suggested lots different things to help make us feel better such as relaxing, listening to calming music, meditation, a long bubbly bath, reading a book, a brisk walk or exercise. Everyone has different ideas of things they like that helps them to feel better.

Visit our website www.pchs.lancs.sch.uk/parents-carers/school-nurse where you can find a list of useful links relating to mental health and details of how you can find support.

Freephone Wellbeing & **Mental Health Helpline** 

#### 0800 915 4640

Open 365 days a year Monday - Friday 7.00pm until 11.00pm Saturday & Sunday -12.00pm until Midnight

Samaritans: call 116 123 to access the listening service, available 24 hours a day, 365 days a year, free from any phone.

Carers Helpline: The Carers Help And Talk (CHAT) line is available 24 hours a day 365 days per year. The line is manned by Carers who have an understanding of caring for a person with a mental health condition. CHAT Line number: 0333 103 9747

#### Remember... we all have mental health.

## NEWSHOUNDS ARE GO.

Welcome! A new school and college year means a new Newshounds! This term the team comprises a Magnificent Seven! Callum (year 8), Liam (year 9) and Laura (year 10) are three of our 'seasoned journos' from last year, who have now been joined by Alina brings new members of staff to and Zak (both year 7), Ayman (year 9) and James (year 10). Alina and Ayman are our first brother and

sister Newshounds; Ayman has written a piece for this Newsletter and we're looking forward to see what his sister will come up with at Christmas!

Each academic year often our community and this term Laura will introduce to you Miss Carradice! James, Liam and Zak

have covered the North and the South of the UK between them on holidays, while Ayman is about to go to Pakistan! Read about all this globetrotting! Meanwhile, Callum has been out and about, mixing with pupils and staff who have some seriously tricky questions for him! He plays Mr Answers right here in this Newshounds edition!

#### MEET MISS CARRADICE!

An interview with Laura



Laura: What job did you do before you came here? Miss Carradice: I worked at Ridgewood Community High School in Burnley. Ridgewood is a very similar type of school to this one and I worked there for ten years!

Laura: Are you enjoying your new job at Pendle Community High School and College? Miss Carradice: Yes, definitely!

Laura: Do you have any pets at home? Miss Carradice: I have loads! I have three sheepdogs called Queenie, Silas and Stanley as well as two cats called Amos and Yuki. They all keep me really busy!

Laura: What is your favourite television programme? Miss Carradice: I don't really have one! I'm not really much of a telly person; I'd rather just listen to some music.

Laura: What is your favourite movie? Miss Carradice: I do have a favourite film: it's Alice in Wonderland.

Laura: What is your favourite food? Miss Carradice: I'm a big fan of Thai food and love all Thai dishes!

Laura: What is your favourite 'take away'? Miss Carradice: That would have to be something from Pronto Pizza in Burnley! I can thoroughly recommend it!

#### **Q&A WITH CALLUM**

Welcome to my first Newshounds article of the 2018-19 academic year! For a while I have been wondering "What guestions people can ask me to which I can respond?" Well, here we are! Throughout the past few weeks, people have asked me a whole bunch of questions (in fact so many questions I can't fit them all into this one article so don't feel bad if your question is not on here!)

Liam: Have you ever been on a Mainline bus? Me: I have seen a lot of Mainline buses in the past but I have never been on one myself.

Miss Beaumont: What's the most dangerous thing you have done? Me: Well I've almost drowned once...

Mr Garretts: Have you ever been on an aeroplane and if not, where in the world would you like to go? Me: I've never been on one myself. However, we are planning to take one in the foreseeable future. I'd personally take one to Disneyworld (a cliché I know)!

Max: Who's your favourite Youtuber? Me: At this current point in time, my favourite Youtuber is James Rallison, the creator of the TheOdd1sOut channel.

**Shane:** What happened during the boxing match when the Youtubers KSI and Logan Paul met each other?

Me: Well, the event ended in a draw and there's going to be a rematch sometime next year.

Daniel: Will you give us in Form Wyre some doughnuts?

Me: Maybe I will, maybe I won't but you'll see...

#### **AYMAN'S JOURNEY**

I'm now 13 years old and had my birthday during the summer holidays on 17th August. We also moved house! We went to the cinema for my birthday treat to watch Mission Impossible-Fallout, which was a great movie. I also had popcorn and Pepsi! I opened my cards, got a lovely cake from Nafees Bakery in Burnley and had a celebration in the evening!

That's not all! I'm going to Pakistan during the holidays for a family wedding. We'll be flying out on Pakistan International Airlines. We're also going to Islamabad, where I'll visit the Faisal Mosque and the Centaurus Mall. I go to the mosque for praying five times a day. Before praying I wash my face. I pray for people who have passed away and listen to the musical instruments that are playing. The Centaurus Mall is huge; you can eat, see films, shop and go to its Fun City complex!





#### IT'S THE ISLE OF WIGHT FOR LIAM

I went to the Isle of Wight for a week and what a lovely week it was! You have to cross water to get there from the mainland and I went on the Wightlink ferry with my mum and dad, my sister and my dog Dexter, who is a lurcher/greyhound. I went to Robin Hill Country Park and went on its famous toboggan ride, but not with Dexter! There are loads of fun things to do in the Country Park. I've added a picture of people enjoying the toboggan ride.



#### JAMES HEADS FOR PORTISHEAD!

My mum, dad and I went to Portishead near Bristol on holiday. I went out in the sun, we went shopping, we went to Clevedon and we went to see my Auntie Carol, who works in a chippy! She does sausages, battered sausages and chips! We visited the Black Nore Lighthouse and another one at Battery Point! I caught two big crabs in my crab bucket at the Marina, but I put them back in the sea before we left. We also went to see my dad's old school!



Two fine large crabs are caught in James's crab bucket, but don't worry, he put them gently back in the sea afterwards!



James and Auntie Carol make their way towards Battery Point Lighthouse

#### ZAK HEADS NORTH OF THE BORDER

We went to Scotland for our summer holiday on my sister Sara's birthday. The capital city of Scotland is Edinburgh. On the first day of our holiday we were eating my favourite Asian food called The Good Asian Pizza and the next day we went to Edinburgh Castle. We took the special road called The Royal Mile that goes up to the Castle and I saw a Lamborghini Aventador - a really cool car! On the last day of our holiday we went to see the Royal Yacht Britannia. The Royal Yacht Britannia was home to Her Majesty The Queen and the Royal Family for over forty years, sailing over one million miles around the world! I was having fun playing on my laptop during my holiday, but when I arrived at the Royal Yacht Britannia I was too busy watching the sea and taking lots of pictures of boats!



From the Royal Mile...



...to the Royal Yacht

# PARENTS RERS

#### WELCOME TO NEW PUPILS AND FAMILIES

Our School Nurse Deborah McKenna and Family Liaison Officer Alison McConville are on hand to discuss any concerns, health issues or questions you may have. You can call them directly on 01282 682269 and if they are unavailable, you can leave a message on the answerphone with a convenient time and contact number to return your call.

### NATIONAL BUG BUSTING DAY 31ST OCTOBER 2018

The aim on National Bug Busting Days is to find all the head lice and zap them in one fell swoop. This stops them from circulating endlessly.

NHS CHOICES have information on Headlice and advice on how to manage an infestation.

https://www.nhs.uk/conditions/head-lice-and-nits/

Head lice and nits are very common in young children. They don't have anything to do with dirty hair and are usually picked up from head-to-head contact. Head lice are small insects, up to 3mm long, and can be difficult to spot.

#### SCHOOL CLINICS

Dr Williams and Dr Rakshi (Community Neurodevelopmental Paediatricians) hold monthly clinics at PCHS&C. If your child is under Dr Williams or Dr Rakshi they will arrange to see your child in these clinics. I can make new referrals to them so if your child has not got a Paediatrician and their needs require review please discuss this with me.

Fiong Shorrock (Dietitian) also holds a monthly clinic at PCHS&C. If your child requires dietetic review she will arrange to see you in these clinics. If you have a different dietitian it may be that your child is transferred over to Fiona or your dietitian liaises with me via letter, telephone, email. If you have concerns around your child's growth and would like support from a dietitian please discuss this with me and I can make a referral.

Nicki Dean is the lead teacher for Physical Development, with physiotherapy and OT programmes supported by Paula Richardson, either of whom can be contacted on 01282 682260. If you have a named occupational therapist and want to speak to them directly contact St Peters centre on 01282 628359. For Physiotherapy contact the Rainbows centre on 01282 803605.

Emily Shepherd is the speech therapist linked with PCHS&C. Emily provides advice & support to Classes. Emily will see pupils at PCHS&C to review programmes, techniques and assess feeding guidelines as necessary. If you wish to contact Emily please contact St Peters centre on 01282 628359 or through the home school diary. Emily tends to be at PCHS&C on a Tuesday.

Orthotics The number for Orthotics to discuss any problems with specialist footwear and splinting at the Rainbows centre is 01282 804602. They tend to do clinics on a Wednesday afternoon and all day Thursday. If you need a referral your GP must refer to MSK. Your GP cannot refer direct.

We would like to say a massive thank you to everyone who attended the parent/carer drop in session on Thursday 20th September, it was a huge success!

Many of our parents and carers signed up to The Positive Pathways Programme which started on Thursday 27th September for 12 weeks here at PCHS&C. The course is all about positive well-being, setting achievable goals, being more confident and finding strategies to raise your self esteem.

#### Here are ten top tips that we discussed during the course in order to build your self-esteem:

- 1) Stop comparing yourselves to others
- 2) Keep your thoughts positive
- 3) Accept all compliments with a thank you
- 4) Feed yourself with positivity
- 5) Associate yourself with supportive people
- 6) List your past successes
- 7) Celebrate your qualities
- 8) Do good for others
- 9) Find your passion
- 10) Be you and don't apologise

Keep an eye out for more new courses and sessions for parents and carers starting soon!













### **IRWELL IN THE PARK**



Irwell took a trip to Marsden Park one Wednesday morning to reinforce their understanding of the story that they are reading in Literacy, Skellig.

We walked up to the park observing different properties in the area. They discussed which properties where in good or poor condition before walking around the park collecting items to take back to school to add to their own art work.

Their next task is to add the leaves and sticks etc to the garage that they are making.

### WENNING ON WHEELS



This half term, Wenning spent two Friday afternoons going out on the school bus. We spent time observing our local community and seeing the places where we all lived.

On the second trip, we all enjoyed going to McDonald's Drive Thru, where we enjoyed a McFlurry- we all deserved it after great sitting on the bus!

## **SETTLED SEVENS**

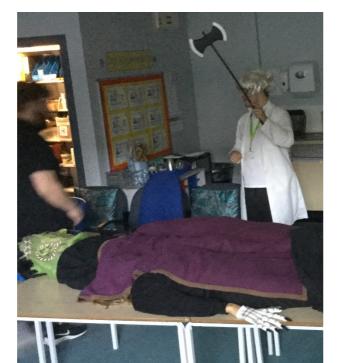
Our new year sevens have all settled in well to their new classes in PCHS!



## **HORROR IN SLAIDBURN**

Slaidburn have been studying Frankenstein by Mary Shelley and discovering what drove Dr Frankenstein to make a monster from different body parts.

Slaidburn have also been using role play to hack each other up and create an 8 foot monster, with cross curricular links to science trying to harness lightning to bring the hideous monster to life.



## **CYGNET COURSE**

Are you a parent of a child aged 5- 18 years with autism? Are there times you feel you would value more specific help and support at home? The this could be an opportunity for you.

PCHS&C have recently received the Autism Accreditation Award from the National Autistic Society and in a drive to support our parents we are delighted to be able to re-offer the newly updated Cygnet Program. This is a well-established and highly evaluated course, written and devised by Barnardo's. It offers a clear and supportive framework for parents of children who have autism.

This is a 7 week course and will be run by 3 of our specialist staff in autism from 9.15am - 12.30pm and will include the following:

Tues 6 <sup>th</sup> Nov	Session 1	Introd
Tues 13 <sup>th</sup> Nov	Session 2	Over
Tues 20 <sup>th</sup> Nov	Session 3	Sens
Tues 27 <sup>th</sup> Nov	Session 4	Com
Tues 4 <sup>th</sup> Dec	Session 5	Unde
Tues 11 <sup>th</sup> Dec	Session 6	Supp
Tues 11 <sup>th</sup> Dec	Session 6	Sum Time

Please note that there are up to 12 places available on the course. Places will be allocated on a first come first served basis and additional applications received will be placed on a waiting list for later this academic year.

The course is free to parents/carers of young people diagnosed with autism, not only for students attending our school, it is also free for students attending other schools locally.

If you think this course would be beneficial to you and you would like to be considered for a place, please contact Claire Wilkinson on 01282 682260.

duction session

view of autism

ory processing

munication- including social stories

erstanding functions for behaviour

orting behaviour

mary & identifying next steps to socialise and make links

## Pendle Community High School & College Christmas Fair 6th December 2018

#### From 6pm

## Pendle Community Christmas Fair is back...and this year we are promising it will be bigger and better than ever!

Our students are busy creating lots of items to sell at the fair, ranging from sweet cones and reindeer dust, to our impressive wooden decorative items made in DIY class and much more! We have also opened up the fair to external stallholders and have some pretty cool stalls already confirmed! You don't want to miss out.

We will be asking for donations for our tombola and raffle prizes, and we are also reaching out to local businesses to ask if they would like to sponsor us in return for us advertising their logo on our website and promotional material. If you know anyone who could help, please ask them to get in touch! Every donation will be gratefully received. More information can be found on our website.

So come along to this fantastic event and support our outstanding school & college. All funds raised go straight back into enhancing our students' education and providing them with amazing opportunities.



Keep checking our website for exciting updates www.pchs.lancs.sch.uk/christmas-fair and follow us on facebook @pchsXmasfair