

WINTER

NEWSLETTER 2019

A SPECIAL VISITOR

Page 10

CHRISTMAS FAIR

Page 8

ADVANCED AUTISM ACCREDITATION

Page 3

THE SLICE IS RIGHT

Page 6

PENDLE'S GOT TALENT

Page 18

WELCOME

from the Headteacher



As always, it has been a very busy Autumn term! We welcomed 23 new Year 7 students and a new Year 8 student, all of whom have settled in well and are successfully beginning their secondary education with us. All Year 11 students have also effectively transitioned from school into college, and another two students joined them in Year 12. We are certainly growing year on year.

There has been a lot to celebrate this term; In addition to our two successful ongoing Erasmus+ projects '8 Strings to our Bow', based on exploring different styles of learning and, 'Ready, Steady, Change', based on promoting positive mental health and wellbeing for staff and students, PCHS&C has recently been awarded a European Quality Label for the excellence in our previous eTwinning project "Make Every Step Count - Inclusive Education". This is excellent news as it means the work of our staff and students has been recognised as a centre of excellence, not just nationally but also across Europe.

PCHS&C's other big news is that we have had notification that we are officially the first special school in Lancashire County Council to be awarded the National Autistic Society - Advanced Autism Accreditation Award. As you may recall we were awarded our original NAS Autism Accreditation Award in July 2018, but due to the high calibre of current practice for children with autism, we were actively encouraged to apply for the recognition of

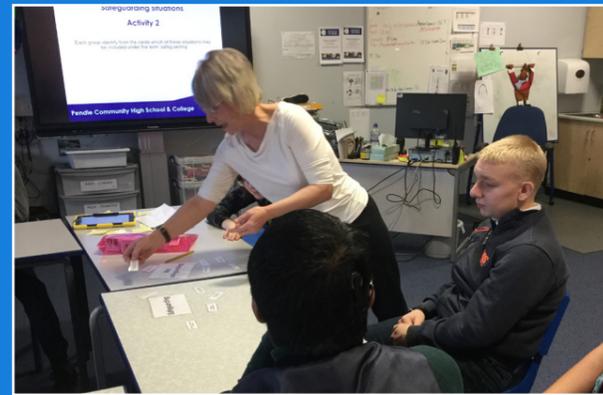
this advanced status, which we subsequently did. Following submission of the application, the accreditation committee concluded 'The support offered is personal centred and rooted in good practice approaches in achieving positive outcomes for autistic young people. The well-being and self-esteem of these young people is enhanced and their academic progress is outstanding. The school is generous in sharing its expertise with other professionals and the overwhelming majority of parents are happy with the support their child receives'.

We are delighted with this considerable achievement, which is truly a recognition of all the hard work of our amazing staff team, the active support of parents/carers with whom we work in partnership, and our fabulous students themselves.

After a term of lots of achievements, may I take this opportunity to thank everyone for their ongoing hard work and support, and wish everyone a very Merry Christmas, a peaceful New Year and a positive start to a new decade of even greater opportunities.

Best wishes as always

Chris Lingard



KEEPING SAFE, STAYING SAFE

In December Jenny worked with students in Post 16 & Key Stage 4 talking about safeguarding. The aim was to raise students' awareness of what safeguarding is and what to do if they have a safeguarding concern. The theme was keeping safe, staying safe.

Students talked about the importance of every person having the right to speak out and be heard, to be safe and to get help when they need it. Activities included discussions and scenarios.

By the end of the sessions the students had an understanding of what is meant by safeguarding and why it is important. They were able to identify what types of harm PCHS&C wants students to be kept safe from. The students were able to say what they could do if they have a safeguarding issue or concern, and what happens next.

Students were able to talk about their responsibilities in staying safe and keeping others safe. More sessions are planned for next term.

PCHS&C GAIN ADVANCED AUTISM ACCREDITATION AWARD



Pendle Community High School and College have become the first special school in Lancashire County Council to be awarded the National Autistic Society - Advanced Autism Accreditation Award.

PCHS&C were initially awarded their original NAS Autism Accreditation Award in July 2018, but due to the high calibre of this application and current practice for children and young people with autism, they were actively encouraged to be one of the first Local Authority schools to apply for the recognition of this advanced status.

Following submission of the application, the accreditation committee concluded the following:

- The support offered is personal centred and rooted in good practice approaches in achieving positive outcomes for autistic young people. The well-being and self-esteem of these young people is enhanced and their academic progress is outstanding.
- The school is generous in sharing its expertise with other professionals, through collaborative work with the co-located secondary school and by providing an outreach service to local primary schools.
- The overwhelming majority of parents are happy with the support their child receives.

Mrs Lingard – Headteacher stated that 'We are delighted with this - a considerable achievement, particularly as we are the first special school in Lancashire County Council to gain this award. This is truly a recognition of all the hard work of our amazing staff team, the active support of parents/carers with whom we work in partnership, and our fabulous students themselves'.

VOLCANOES, PIZZA & PROJECT WORK - ERASMUS TRIP 2019

In September a group of students travelled to Italy as part of our Erasmus project '8 strings to our bow'.

We first flew to Naples and spent the Saturday walking along the old cobbles of Pompeii overlooked by Mount Vesuvius which was definitely one of the highlights for staff and students alike!

On Sunday we travelled by train to Calabria and saw the Riace bearded warrior bronzes (460 BC) in the local museum. We participated in a variety of project work at the school and met the other students. We also took the opportunity to visit some other places of interest. This included taking the ferry over to nearby Sicily and exploring the charming and picturesque town of Taormina. We visited the old Roman amphitheatre with a view of Mount Etna in the background. We even managed to sneak in a couple of visits to the beach.

The week was thoroughly enjoyed by all. It had started with the annual firework display on the beach and ended with a fabulous gala dinner where our students actively engaged in the karaoke! Not surprisingly, pizza and gelato were the most popular requests from the menu throughout the week.



THE HEADTEACHER'S LUNCH

After almost a full term of practicing and serving different savoury and sweet dishes and types of hot and cold drinks in preparation for the Head Teachers' Buffet on Thursday 12th December, Year 11 successfully completed and served the buffet to the room full of guests.

Since September, students have been building up their skills by following recipes carefully, gathering the correct equipment independently, using electric whisks, blenders and ovens. They also learned the importance of making food look appealing in its presentation and how to arrange buffets to entice guests to try all of their products.

Guests were able to choose from a variety of foods including sweet potato pie, cheese and onion pasties, goat's cheese and caramelised onion quiche, savoury rice, sandwiches and pittas. They also had a choice of sweet treats in the form of christmas cake, carrot cake, lemon drizzle cake and mince pies.

Headteacher, Chris Lingard thanked all of the guests for coming and expressed her gratitude for the support they show to the school, whether it be in the capacity of a governor, current or former member of staff, or from an external agency with whom we maintain strong links. PCHS&C are very grateful to all who contribute in making us the outstanding provision that we are.

Also at the event, it was announced that PCHS&C have become the first SEN school in Lancashire to achieve all 8 of the Gatsby benchmarks, which you can read more about on page 7. Dean Langton, Chief Executive of Pendle Borough Council, presented a certificate to Deputy Headteacher, Jenny Bayliss and congratulated all involved for such a fantastic achievement.



THE SLICE IS RIGHT AT PCHS&C



On Wednesday 6th November Post 16 students hosted an innovative employer event supported by Paul Hartley, our Enterprise adviser. The idea was to invite employers to meet our students and engage in an activity that would enable the employers to see the strengths of our students as potential employees as opposed to employers visiting and just talking about their place of work.

The event was posted on Eventbrite with the following invitation: "We are inviting you as a local employer to meet the next generation of future employees you may have overlooked. The lunch time network session will give you the opportunity to meet these motivated and committed students who will be able to help your businesses achieve the success you aspire to. These students have very particular skills and your business could provide the right environment for them to thrive in the future."

Pendle Community College is rated 'Outstanding' in their last Ofsted report and the school and college creates an amazing nurturing environment for young people with a range of needs and abilities to thrive. This is an opportunity to learn more about the school and college but also meet the students and see how we can narrow the gap for their future employment aspirations.

Lunch will be provided, in fact you will be helping to create some tasty pizzas and you have the chance to ask questions and hear all about the students, the school and college."

Employers from seven companies attended the event and the feedback was tremendous from employers, students and the supporting staff:

"PCC students are more employable than some of their mainstream peers because they are so determined"

Welcoming, friendly, kind friendly faces, helpful, kind and considerate

Fantastic morning – such confident young people, wouldn't know you had any disabilities – just normal kids

You have made us feel so welcome



GEM BALL RAISES OVER £45,000

17 members of staff from PCHS&C attended the 18th annual GEM Appeal winter ball in November in memory of former student Matthew Burian.

This years theme was Magic Castle and was hosted by Denise Welch at The Principal Hotel in Manchester. Guests were invited to experience the deep wonders of the magical world and were amazed by the unique talents of high-class magicians and dazzled by mysterious illusion, as well as enjoying a magnificent three-course dinner.

The event helped raise a significant amount of money for the charity which will go towards conducting research into genetic disorders in children.



PENDLE COMMUNITY SCOUTS GROUP



Pendle Community Scouts had a fantastic time making these amazing Gingerbread Houses. They certainly showed their creative skills and helped one another.

We're looking forward to our Christmas theatre trip to Pendle Hippodrome to watch Jack & the beanstalk by Theatre Worx.

Happy Christmas everyone from Deborah, Chrissy and all our Scout members and we look forward to any new Scout members joining us in 2020.

PCHS&C ACHIEVE ALL 8 GATSBY BENCHMARKS



The Gatsby Benchmarks are a framework of 8 guidelines that define the best careers provision in schools and colleges. Back in July we reported that PCHS&C had received a certificate for achieving 7 / 8 of the National Benchmarks. The national careers strategy is built around these, becoming new Statutory Guidance for careers in January 2018 to be fully embedded by 2020. The Gatsby Benchmarks originated in a research report (Good Career Guidance) from the Gatsby Foundation in 2013. The report was commissioned by Lord Sainsbury and Sir John Holman was appointed to lead a research team to focus on international evidence for 'what works' in career development.

We are absolutely delighted to report that we have now achieved all EIGHT Benchmarks after clarifying our work on collecting post 16 destinations data. We are the first school in Pendle and the only SEND school and college to achieve this in Lancashire. Dean Langton, Chief Executive of Pendle Borough Council presented our updated certificate to us on 12th December.

Pendle Community Christmas Fair

5th December 2019

WeCAN...
Charitable Trust

We were pleased to host a range of external stallholders, from whom we received great feedback about the success of the event. They sold various items including resin coated artwork, books for children, personalised glassware, cakes, handmade jewellery, wax melts, painted boxes and pots of slime!



The Grotto was the busiest it has ever been with Santa seeing more children than ever in previous years. As always the children were very happy to see Santa and have the chance to tell him what they wanted for Christmas, walking away with a present and a smile.



The Workshop was a hive of activity with people queuing out of the door to come and have their turn at painting their own santa or christmas tree decoration. Others chose to build their own snowman out of pieces of wood and frame it to take away.



We would once again like to thank all of our parents, carers, friends and families for sending in raffle and tombola prizes, bottles, sweets and chocolate. without your continued support, the fair wouldn't be the success that it proves to be year on year.

We would also like to thank our business sponsors for their contributions this year; Morrisons, Reed, Thorntons, Millies Cookies, Hair by Danny Paul, Pendle Leisure Trust, Wilko and The Body Shop.



We CAN... Charitable Trust in association with Pendle Community High School & College held a very successful Christmas Fair on Thursday 5th December.

The atmosphere was buzzing with Christmas spirit as the elves & volunteers worked tirelessly to make the event a success.

We had a range of stalls including the all time favourites such as the tombola and raffle. Our DT department once again shone with the products made in 'The Workshop'. 'The Kitchen' introduced their jams, pickles and chutneys as well as their home made christmas cakes. We sold products made by our 14-19 groups for which our student volunteer, Farhan, gave his best Lord Sugar impersonation as he haggled with customers to get the best price!

The games proved to be very popular, selling out within the first hour! Our 12 Days of Grinchmas saw some lucky children walking away with bags of sweets and chocolate, but the miserly Grinch made sure some children opened their door to a measly onion! The 6 stocking challenge was equally as exciting.



NEW FOOTBALL SEASON

PCHS entered two U16 teams into the 5-a-side football competition at The Soccerdome in Blackburn. Both teams competed well against other teams from across East Lancashire. This year for the first time we included a girl and two boys from our Year 7's. This proved to be an enlightening experience and one they thoroughly enjoyed.

Once again our girls played particularly well but unfortunately this time, they were defeated. Last year the girls were crowned champions and although they were unlucky this time, they will get the chance to redeem themselves during the next fixture in the new year.

This time around, it was the turn of the boys to excel. They played a total of five matches and won them all scoring a total of 30 goals and only conceding a measly 4! All the players performed well and played with spirit, determination and sportsmanship.

We are looking forward to more of the same in the new year. The players can't wait for the next fixture and are keen to be involved in the action. Watch this space!



A VERY SPECIAL VISITOR

PCHS&C were delighted to welcome a very special visitor from Wellybob's farm by the name of Lightning.

Lightning is one of Father Christmas' many reindeer! He came along to school to visit the students who enjoyed petting him and having their photo taken with him.



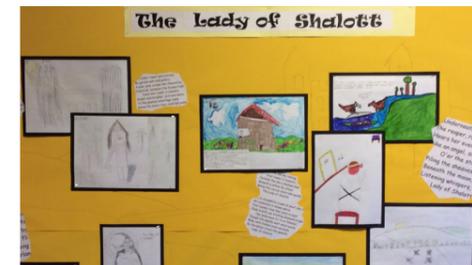
PIRATES AND POETS IN WYRE

Students in Wyre have recently been studying pre 1914 literature "Treasure Island" By Robert Louis Stevenson and pre 1914 poetry "The Lady of Shalott" by Alfred Lord Tennyson.

All of the pupils wrote poems about pirates and made pirate biscuits as part of our work on instructional texts.

They have encountered lots of new words and now have some understanding of the different forms literature can take. By deduction and inference they understand that each individual can interpret literature in a different way.

The poem inspired artists particularly the Pre Raphaelites to produce many paintings. Likewise our students were inspired to produce their own pieces of artwork and put them on display.



DEVELOPING IDEAS IN DT



The Workshop has had another busy Autumn term preparing for this year's Christmas Fair. After the success of last year's catalogue, the DT groups wanted to expand their range and add a whole host of new products.

Students have used the internet to find new ideas which they have then created in their practical lessons. The DT stall was once again the most popular at the event and plenty of orders were placed!

COMMUNICATING IN CALDER

In Calder we have all been working really hard to develop our communication skills. We have played games, asked questions and made up our own stories using symbols, vocalisations, signing and eye gaze. We have all developed skills that will help us to be more independent and we have had lots of fun in the process.



ROTTEN ROMANS ON THE REEL

As part of the Romans topic in history, some of our Year 7 students got the opportunity to visit Blackburn Vue cinema to watch the Rotten Romans film. Everyone thoroughly enjoyed the visit.



EXPLORING GEOGRAPHY

An assortment of topics have been covered in Geography during the very busy Autumn Term. Our year 7s familiarised themselves with their new setting and explored their environment both inside and outside the school. They took part in a scavenger hunt around the grounds, observing nature and matching photographs to unfamiliar areas. They have also been engaging in topics such as sustainability and what this means to them and the world; electricity, wind turbines and also recycling.

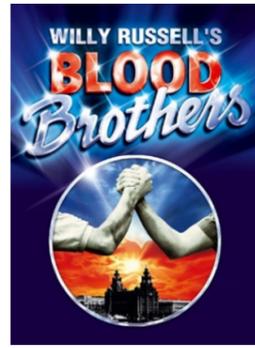
Years 8 and 9 have focused their studies on climate and the weather. They have explored hot and cold climates, experienced dressing up as an Inuit and completed charts on the differing weather conditions in our country. Some students completed a comparison project between polar and arid conditions.

KS4 students in Pendle are now more aware of environmental issues around the world. They have particularly focused on the recent news regarding plastic in our oceans and how people can help to prevent marine life from dying. They have produced a project as a group to be presented in assembly in the New Year.



STUDYING TWINS

This term Lytham have started reading a new book entitled "Blood Brothers" which has lots of challenging themes. As a form group, Lytham have been discussing the topic of how twins must feel when they have been separated at birth having never been told about their sibling.



As part of this topic we have watched the film The Parent Trap and this has helped us to understand some of the emotions that separated siblings could feel and then see the wonder as they discover the truth about each other. We are looking forward to watching the play online before we break up as an end of term treat!



ART INCLUSION WITH PENDLE VALE

Two of our talented artists from Blacko have been attending Pendle Vale College each week to take part in GCSE art lessons.

Last month Layne successfully sat his mock art exam. He spent the whole day in Pendle Vale with no TA support working on his piece of exam work. Layne's project is in preparation for a 3D sculpture influenced by African Art.

Daniel is in his first year, he loves going "but only to visit!". Daniel has been exploring masks influenced by African art.



A TRIP OUT FOR IRWELL



Irwell enjoyed a trip to Towneley Garden Centre as part of their Science topic: Materials and their properties. They explored many different types of materials that various items were made from.

After this, the students used their own money to buy a drink in the cafe, using the skills they have been learning in their PSHE topic: Money and finance.

LEARNING ABOUT ASIA

This term Marsden have completed an AQA module on Asian countries. We have learnt about art and sculptures, recreational activities, music and instruments and also food relating to Asian countries. During this topic, students have enjoyed making sushi, flying kites and making sculptures of their own.



BLACKO VISIT INSITU

Blacko students were invited to a Creative Careers week organised by Insitu in Brierfield. The morning was spent looking at different career opportunities within the creative arts.

Students met with an artist, a trainee journalist, a lady from marketing and one part of the ownership Paul Hartley. As part of the morning, students tried screen printing using their own designs. Some found it hard to write and draw back to front so their design would be the right way round when printed on paper.

Students then had the opportunity to use the Talkaoke, a pop up talk show where anyone can sit down and air their views around the table. Students shared their ideas and opinions on a range of topics including Brexit and the elections.



GETTING SLIMY IN SCIENCE

In Ribble we have been looking at different materials and made some Ooblek to research states of matter. Oobleck is a non-newtonian fluid. That is, it acts like a liquid when being poured, but like a solid when a force is acting on it. You can grab it and then it will ooze out of your hands. We used cornflour and water to make Ooblek and decide if it is a solid or liquid. Ribble had lots of messy fun!



NEWSHOUNDS...



'Tis the season to be jolly...busy in the Newshounds Office! The current crop of Newshounds is a Magnificent Seven, if ever there was one (or seven)! Yet another brilliant set of articles are laid out here for your consumption, so put your feet up, grab a mince pie and feast your eyes on what we have to offer!

As usual, there are too many Newshounds for one Newsletter, so remember to look out for the 'overspill' in Newshounds Extra on the website! A truly belting array of topics this time from (to start off with) three Year 8

Newshounds: Sikander delves into the magical world of Nusrat Fateh Ali Khan, one of the truly great singers of Qawwali music. Don't know about him? Read on to find out! Salmaan, who's fast becoming one of our main Newshounds, goes shopping, introduces you to his grandma and teaches you a bit of Spanish! Meanwhile, McKenzie continues his love affair with Liverpool Football Club – will they end their thirty-year wait for the league title this season? Our Year 9 representatives are two more (not so) old hands; Casey, who's 'batting' for Newshounds – what could

that be about? Cricket? Maybe! Maybe not! However, Callum, the Newshounds Information Technology Correspondent, does some more digging into a well-known computer game. Yet another mouth-watering article from him, which is just too big to be true – so you'll have to read all about it in Newshounds Extra! along with two other Christmas crackers; Liam in Year 10 has been 'horsing around', while Stranger Things have been spooking Nabil from Year 11! Let's roll the presses, wish our readers seasonal greetings and send very best wishes to you all for 2020!



WELL RED!

McKenzie continues writing about his beloved Liverpool football team! You'll probably remember his Newshounds article piece in the Summer 2019 Newsletter, celebrating the Champions' League victory over Tottenham Hotspur in last May's final. Well, we're into a new season now and the players are once again in the hunt for more trophies!

"Liverpool, my favourite football team, are playing in the European Champions' League this season and Mo Salah is one of our best players. We are top of the league in England at the moment and I just hope we can stay there! Mo also plays for Egypt in midfield. I like the way he smiles while he is playing, even when things go wrong. He never gives up and always tries his best, which is also what my teachers want me to do!"



Mo with two of his Liverpool team-mates, Roberto Firmino (on the left) and Sadio Mané (on the right).

I'LL HUFF, AND I'LL PUFF...

In Science this half term Yarrow have been learning about materials and their properties. As part of this topic the students in Yarrow were tasked with the job of finding a suitable material for a roof on 'The Three Little Pigs' house. This experiment raised lots of questions and was fun to conduct.

In the end The Three Little Pigs had a watertight house thanks to the explorations skills of Yarrow!



CELEBRATION TIME

Towneley have had a fabulous, fun packed term! We have been learning about different festivals and celebrations that we take part in at home and in our wider communities. We have looked at how celebrations such as the Feast of St Andrews is celebrated in countries including Scotland, Poland and Romania, and have made some traditional foods associated with events including parkin for bonfire night, shortbread for St Andrews Day, and Anzac biscuits for Remembrance Day.

Towneley are enjoying looking at how Christmas is celebrated and have made gift boxes for mince pies to give to friends and family. Towneley would like to send everyone best wishes for the New Year!

CHRISTMAS IS COMING!

We have been enjoying lots of Christmas themed activities in Calder in recent weeks. We have listened to and engaged with Christmas sensory stories, baked and eaten Christmas foods, experimented with freezing and melting snow and even had an indoor snowball fight!

We have all worked really hard on our entry for Pendle's Got Talent, which has been hard work but lots of fun!



QUIET...FOR QAWWALI

Sikander is a big fan of qawwali music, which many readers may not know about, so read on to find out all about Nusrat Fateh Ali Khan, who's probably the most famous qawwali singer of all time! Discover the fruits of Sikander's research!

"Nusrat Fateh Ali Khan was a singer from Pakistan; he was born in 1948 and died in 1997. He is widely credited with introducing qawwali music to international audiences. Qawwali music is a form of Islamic religious music in a tradition going back nearly six hundred years and Nusrat became known as sultan qawwali, meaning king of kings of qawwali.

Born in Faisalabad, Nusrat gave his first public performance at the age of 16 and then became the head of the family Qawwali Party in 1971, after the death of his uncle, Mubarak Ali Khan. In the summer of 1985, Nusrat performed at the World of Music, Arts and Dance (WOMAD) festival in London.

He first visited Japan in 1987 at the invitation of the Japan Foundation, performing at its Asian Traditional Performing Art Festival. In 1988, Nusrat teamed up with Peter Gabriel on the soundtrack of the film The Last Temptation of Christ, which led to him being signed to Gabriel's own record label.

He would go on to release five albums of traditional qawwali music, along with more experimental albums, working with the Canadian guitarist Michael Brook. He went on to work with a number of other western composers and rock musicians, including Pearl Jam and Alanis Morissette. In 1989, he performed at the Brooklyn Academy of Music in New York, earning him admiration from the American audience.

From 1992 to 1993 he was a Visiting Artist in the Ethnomusicology Department at the University of Washington in Seattle. Nusrat is still considered to be one of the greatest voices ever recorded; he possessed an extraordinary range of vocal abilities and could perform at a high level of intensity for several hours."



Nusrat Fateh Ali Khan in concert. On the right is his brother, Farrukh Fateh Ali Khan. Farrukh was also very talented; he played the lead harmonium and provided accompanying vocals.

FAMILY TIME FOR SALMAAN

Salmaan has been one busy Newshound of late! He says: "I enjoy it when my grandma comes to stay at weekends! She lives in Accrington, so I go with my Dad to pick Grandma up to come to my house. We usually collect her from Accrington on a Friday. I play cards with my Grandma and she stays until Sunday, when my Dad and I take my Grandma back home. Sometimes I go to her house."



Meet my grandma, Mrs Roqiya Bhatti. We are enjoying a nice meal in this picture!

"I've been shopping with my Dad and my brother – we went to Home Bargains in Nelson. We bought two coffees and one chocolate cake, which cost about five pounds. We also bought six sweet cones from the shop, which cost another five pounds and then we all walked home, which took about fifteen to twenty minutes."

"One of the big differences from last year at school is that now I'm learning Spanish in Year 8. I have learned some numbers in Spanish and I also know the words for some colours. Green is 'verde', blue is 'azul', brown is 'marrón' and black is 'negro'. 'Hello' is 'Hola', Goodbye is 'Adiós', while 'My name is' is 'Me llamo...'. If I go to Spain, I can now say 'Hola. Me llamo Salmaan.' and then I've introduced myself!"

NA NA NA NA NA NA NA NA... BAT FAN!

Casey is a bat fan (no, not Batman) and she's written an excellent 'batty' article:

"I often see bats flying around near my house and wanted to find out a bit more about them, so I visited the National Geographic Kids website, which is great!

Did you know that there are roughly 1,300 species of bat in the world? That's around a fifth of all mammals! I read about the straw-coloured fruit bat (fruit bats are one of my favourites), the grey long-eared bat and loads more!

DON'T FORGET TO CHECK OUT NEWSHOUNDS EXTRA AT:
WWW.PCHS.LANCS.SCH.UK/NEWSHOUNDS



Parents & Carers

COFFEE MORNING

Wednesday 15th
January

9.30am - 11am

Join Alison and Deborah to find out about the new well-being courses planned for January. Amy Whittle from the ASD centre will also be attending.

Planned courses will include **Zentangle**, a form of artistic meditation known to relieve stress, increase focus and creativity, provide artistic satisfaction and increase your sense of personal wellbeing.

We will also be running **Mind Calm** which is about finding peace in a hectic world.

Come along and let us know which other courses you would like to try.



OTHER PLANNED COURSES

Relax and De-stress (Taster session)

Friday 24th January 2020
from 9.30-12 midday

Relax your Mind and Body (6 weeks Course)

Friday 31st January 2020
from 9.30-12 midday

To book your place, please contact Alison McConville on 01282 682269.



ALISON MCCONVILLE
Family Liaison Officer

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NURSE DEBORAH
Special Needs School Nurse

01282 682269 • dmckenna@pchs.lancs.sch.uk

STOP THE SPREAD OF WINTER BUGS

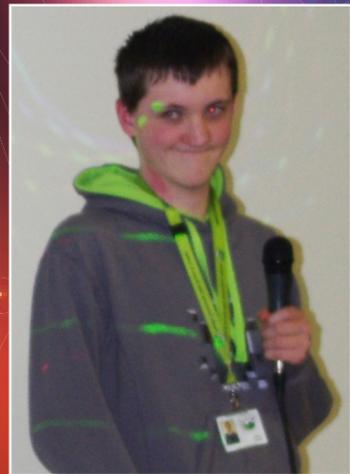
Norovirus causes diarrhoea and vomiting and is one of the most common stomach bugs in the UK. It's also called the "winter vomiting bug" because it's more common in winter, although you can catch it at any time of the year. It can be very unpleasant but it usually clears up by itself in a few days. **Try to avoid going to your GP, as norovirus can spread to others very easily. Call your GP or the NHS 24 '111' service if you're concerned or need any advice.**

If you experience symptoms, the best thing to do is to stay at home until you're feeling better. There's no treatment for norovirus, so you have to let it run its course. To help ease your own or your child's symptoms:

- Drink plenty of fluids to avoid dehydration to replace the fluids lost from vomiting and diarrhoea – as well as water, adults could also try fruit juice and soup. Avoid giving fizzy drinks or fruit juice to children as it can make their diarrhoea worse. Babies should continue to feed as usual.
- Take paracetamol for any fever or aches and pains.
- get plenty of rest.
- If you feel like eating, eat plain foods, such as soup, rice, pasta and bread.
- Use special rehydration drinks made from sachets bought from pharmacies if you have signs of dehydration, such as a dry mouth or dark urine – read more about treating dehydration.
- Babies and young children, especially if they're less than a year old, have a greater risk of becoming dehydrated.

Norovirus can spread very easily, so you should wash your hands regularly while you're ill and stay off work or school until at least 48 hours after the symptoms have stopped, to reduce the risk of passing it on.

A person with norovirus is most infectious from when their symptoms start until 48 hours after all their symptoms have stopped, although they may also be infectious for a short time before and after this.



PENDLE'S GOT ★ TALENT

MONDAY

Pendle's Got Talent 2019 kicked off in style on Monday 16th December with lots of amazing and talented acts from our students in Post 16. We welcomed Pendle Vale Choir to open the first of our two shows and they sang beautifully.

The judges were blown away by the performances which ranged from singing & dancing to exercise routines and boxing!

Callum and Mr. Byrne made a great double act whilst compering and they made sure a great time was had by all.



TUESDAY

The talent continued on Tuesday 17th December and this time it was our school students' turn to take the stage.

The show was compered by Beth and Farhan this time and they tried to win the audience over with a few jokes... unfortunately they were worse than those in a Christmas cracker!

The acts once again blew the judges away with a variety of performances including singing, dancing, acting and even synchronised swimming! A most enjoyable event.



● NOTICEBOARD ●

ADVERSE WEATHER



As we are approaching the winter months it is time to prepare for adverse weather. Announcements will be issued by:

Radio: Stations Capital and Radio Lancashire will be advised.

Website: Our school website will also have up to date news of our closure:
www.pchs.lancs.sch.uk

Telephone: If these options are not available to you please call the school office on 01282 682260. If you are unable to get your child to school because of adverse weather please call the school absence line on 01282 682263.

**SCHOOL CLOSURES EARLY
FRIDAY 20TH DECEMBER
AT 1:30PM**

We will re-open Monday 6th January
Have a fantastic Christmas break!

**ARE YOU MISSING
OUT ON OUR SCHOOL
APP?**



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PARENT/CARER FORUM - DATES FOR THE DIARY

Fri 24th Jan	12.15-1.30pm	Planning social event + managing behaviours
Fri 13th Mar	12.15-1.30pm	Finalising social event + mental health & wellbeing
Thu 2nd Apr	6.00-8.00pm	Proposed date for parent-carer social event
Fri 8th May	12.15-1.30pm	Topic tbc
Fri 19th Jun	12.15-1.30pm	Topic tbc

all parents & carers welcome