

Love

Grace

Fellowship

February 2020



Burnley High School Newsletter

A Huge Thankyou!

We would like to say a huge thank-you to every family who contributed to the Food Collection during our Reverse Advent programme in December. Your support enabled us to ensure that the most disadvantaged members of the local community ate over the Christmas period. We had such a big collection that we were able to split the donations between 'The Gateway' and 'BFC in the Community' food collections.

Odd Sock Day

Well done to all the students who took part in Odd Sock Day, organised by the Year 11 Senior Prefect Team on Wednesday 15th January. Over £200 was raised and all money will go towards helping those who have been affected by the Australian bush fires.



Attendance

Firstly, and most importantly, a **BIG** well done and thank-you to all pupils who managed to get a 100% attendance certificate for the Autumn Term which is a great achievement with, hopefully, many more aspiring to this target.

Whilst so many of our children achieved the target of 97% attendance or above, there are still **many pupils whose attendance is not acceptable**. School will contact you if your child's attendance becomes a concern and offer support for you and your child. We may request a meeting in school, too. If your child's attendance falls to around 90%, then school will no longer continue to authorise absences without evidence of appointments. Unauthorised absences can lead to fixed penalty notices which will be issued when parents do not work with the school to improve their child's attendance.

Always attempt to send your child to school even if they feel a little 'under the weather.' The school will support your child by offering them quiet places to work whilst ensuring they do not miss out on their learning. School will always contact you if your child is genuinely unwell which is why it is vitally important that we have your correct contact details.

If your child is absent from school then school **MUST** be notified on **every day of their absence**. Please contact the school on **01282 681950 extension 2**. Alternatively, you can email our Attendance Officer on **chelsea.barras@burnley-cs.org**.

Mental Health Week

Last week we had the pleasure of working with Rachel Mackenzie, a world Thai boxing champion. Rachel came into school to work with some members of Year 11 and focussed on self-motivation and a positive mind set to support them through their GCSEs. Rachel also worked with Year 9 and Year 10 students to help them establish a project to support and mentor other students within school. It was a wonderful opportunity and the pupils gained a great deal from it.

Year 7 and 8 forms are well underway with the Anna Freud project. Each morning a group of our students complete 5 minutes of mindfulness during morning registration time. The effects of this on the students' wellbeing is being monitored and all findings will go back to the Anna Freud Research Team.

Visitor - Burnley F.C.

Last week, Burnley F.C.'s Charlie Taylor visited Burnley High School to meet with a group of students interested in building resilience and how to overcome anxiety and worries.

Charlie joined the students to discuss the times in his life where he has had to show resilience, touching on when he has been injured and competing for places in a squad and the effect this had on him both mentally and physically. He also chatted about the importance of looking after mental wellbeing, for example, the low feeling when a game is lost a game in comparison to the highs that come with winning. He further discussed the methods he uses to cope with these issues.

Following the discussion, Charlie joined students in the sports hall for some football, before posing for photographs.



Personal Development

In our drive to develop the personal, moral, emotional, social and spiritual development of all students we have expanded our curriculum time. Two form time sessions are now dedicated to Personal Development [PD]. Please discuss with your child what they have been learning each week in PD and encourage them to discuss the issues they have been learning about.

This term Year 7 are focussing on online safety and using social media and their phones responsibly.

Students will be discussing and analysing the impact of cyber-bullying and its long term effects. After half term we will be looking at different aspects of adolescence and their effects on different individuals.

Year 8 are focussing on the law and criminal justice system and, over the next few weeks, Burnley High School will be transformed into a courtroom where students will be engaging in mock trials.

Year 9 are focussing on careers and employability. Students will be developing their life skills in areas such as interview skills, writing CVs, understanding tax codes and national insurance as well as looking at a variety of potential careers for their future.

A focus on illegal drugs and recreational behaviours will be apparent in the Year 10 PD lessons. Their long and short term impacts on health, family and the community will be discussed. Later on in the term, students will explore and discuss the safe use of drinking alcohol and the impacts and law around its use.

Year 11 are focussing on relationships and sexual health. Students are will be looking at positive relationships, self- respect and keeping themselves safe online. As part of this theme, the Department for Education have introduced new guidance on the delivery of the sex and relationships education [SRE]. As part of the review process, Burnley High School will be holding a Consultation Evening for all parents to have an involvement in what the children will be learning about.

The Consultation Evening will take place on 6th February at 4pm - 5pm.

Sporting Success

We have had a busy few weeks with our sport achievements at Burnley High School.

Year 7 and 8 students competed in the recent Burnley Schools' Indoor Athletics Competition at Blessed Trinity. A combination of short, middle distance and relay races, together with field events such as standing long jump, indoor shot put and speed bounce, pitted our students against the other secondary schools in town. Each student who participated in the events can rightly be proud of their attitude, effort and behaviour ensuring that Burnley High School's ethos was in evidence. A huge congratulations to the Year 7 Boys team and the Year 8 Girls Team who both came second in their competitions.



The Key Stage 3 and Key Stage 4 netball teams braved the cold and played extremely well in their tournaments showing resilience and positivity.



The Year 7 girls participated in the indoors football tournament where some cracking saves were made by Robin Gill!

Furthermore, six of our superstar students qualified and ran in the Lancashire Schools' AA Cross Country Championships at Witton Park in Blackburn. All students showed true commitment and made everyone at BHS proud. Well done!

Keep up the sporting successes Burnley High School!



Dates for the Diary

Sex and Relationships Education [SRE] Consultation Evening: 6th February 4p.m.-5p.m. - for all parents who wish to attend.

Online Safety Day/ NSPCC Number Day: 7th February - assemblies to be delivered by Year 11, activities for the whole school and prizes to be won!

Parents' Evening Year 7: 10th February 4.30p.m.-7p.m.

Personal Development Day/Valentine's Day Celebration: 14th February - for all children.

Year 7 Condoover Residential: 2nd - 4th March

World Book Day: 5th March - students will be encouraged to dress up as their favourite book characters and will take part in a number of activities throughout the day.

Year 9 Parents' Evening: 9th March 4.30p.m. - 7p.m.