



Horsforth School

Lee Lane East Horsforth
Leeds LS18 5RF

Tel: 0113 226 5454

Fax: 0113 226 5401

Email: info@horsforthschool.org

Website: www.horsforthschool.org

Headteacher: Dr P C Bell

Our Ref: PCB/TRH/JFI

17th January 2025

Dear Parent/Carer,

It's been a pleasure to see the Year 11's this week for their revision support activities. We really want to support them in the final 12 school weeks before their first exam. Students have heard about the importance of sleep, revision strategies and taken part in wellbeing activities. Please come along to the Year 11 revision evening to hear from Subject Leads and the Leadership Team on how to prepare and reduce anxiety in the run up to exams, the evening starts at 18:00 in the main hall.

Just a reminder to please cast your ballot for the Parent Trustee election, the deadline for returning ballots is 12:00 noon on Wednesday 29th January. After that, members of the Student Parliament will count the votes and the results will be communicated to parents and carers.

As always, the link to the podcast version is here:

<https://drive.google.com/file/d/1U4UJGlnTG3z5YOPZUx1cOajPFwQf6Sno/view?usp=sharing>

Supporting The Horsforth Community with Free NHS Services

Pharmacy+Health Horsforth, a local community pharmacy, offers a free, accessible NHS Pharmacy First Service where you can book free appointment consultations and treatments for minor illnesses like sore throats, earaches, insect bites, impetigo, sinusitis, UTIs, and shingles.

This NHS service can support staff, families, students, and carers by providing expert healthcare advice and treatment conveniently, without needing a GP appointment.

They also provide a range of other NHS services, including free contraception supply, free blood pressure checks, and free seasonal vaccinations. They deliver all NHS services in private consultation rooms with highly trained healthcare professionals in the pharmacy branch at no cost at all – at a convenient time for patients so they can get the treatment they need when they need it.

Toilet Use During Lesson Time

As a school we value and respect the welfare of our students by giving them the right to go to the toilet after lessons and at changeover. For those students with medical needs that require them to leave during a lesson, we provide a toilet pass. Parents need to notify us of the need, provide medical evidence and apply for one if that is this case.

'Opportunity and achievement for all'

As a school we also have a duty of care to ensure all students feel safe and have their voice. Whilst student voice is overwhelmingly positive about school, a small group of vulnerable students do not always feel welcome in our toilets or want to use them at certain times. The very nature of toilet blocks being semi-private means they are the one area in any school that can be seen as a place to gather in groups, to conduct secretive or negative behaviours, to truant, to hide or use phones. This is the case in all schools, but we wish to be proactive on solving this whilst valuing and respecting the welfare of all our students.

The design of our building and facilities are from the 1970s, meaning that our toilet blocks are impossible to re-design or move. We therefore, as a school, need to strike the right balance between privacy, safeguarding and welfare with adequate supervision.

In 2021 we took the main toilet doors off to make the toilet spaces more open and for easier passive supervision during lessons and transition. We notified all parents of these changes. The design of the toilet blocks means passive supervision is not as effective as we now currently need. To strike the balance between our duty to safeguard and duty to ensure proper fair, accessible toilet use, we will be adding the main doors back and closing some of the blocks at lesson time. They will be fully open at unstructured times and for the start of the day and form time. All toilet blocks will be open from 8am and through form time, break, lunch/ lesson 4 (due to the split lunch) and at the close of the day. This will give students 6 opportunities to go to the toilet in these blocks.

It is important to note that we are not closing **all** toilet blocks during lessons. We will keep some open all day at the front of the school which have closest supervision, and we do know students with complex personal and medical needs, or those with toilet passes and extenuating circumstances for use of toilets in lesson time will need to use toilets throughout the day. These blocks are also the largest and can be subject to regular checks. The gender neutral, disabled, and singular toilets dotted around the school will also be open all day. This will be for a trial period, and we will update in due course.

As a reminder, for those students with medical needs that require them to leave during a lesson for the toilet, we provide a toilet pass. Parents need to notify us of the need and medical evidence and apply for one if that is this case. Please contact pastoralhub@hprsforthschool.org if this is the case.

Japan Exchange 2025

The Horsforth School science department has a close relationship with Ritsumeikan High School, an independent school situated just outside of Kyoto, Japan. Each year we send some of our Year 12 students to the Japan Super Science Fair - hosted by Ritsumeikan High School - where they get to meet schools and students from all across the world and share an interest in science and discovery; it's easily one of the biggest highlights of the school calendar each year!

As part of this arrangement, every two years we offer an exchange program where families from Horsforth School host Japanese students, and we provide opportunities for both sets of students to experience British culture. Last time involved trips out to local landmarks, attempts at cooking and eating British cuisine, and generally giving them the classic Yorkshire warm welcome! This year we will be receiving ten students - four male and six female - between the dates of **Saturday 8th March** and **Friday 14th March** (one week).

'Opportunity and achievement for all'

Ideally, we would like to have volunteering families from **Years 11 and 12** to match the age of the visiting students. If you would like to be involved in this fantastic opportunity, please email Mr Weedy (Curriculum Leader of Science) at weedy01@horsforthschool.org indicating your interest by **Monday 27th January** so that we can begin the pairing process.

This is a unique chance for students to create links with others from the opposite side of the world, and it looks great on sixth form and UCAS applications; we very much look forward to hearing from anyone who would like to take up this excellent offer.

Rewards Celebration

All week, students who have above 96% attendance and zero negative points have been rewarded with a special celebration in the afternoons where they enjoyed tasty treats and games with their friends. Well done to those who achieved this very important target – we hope you enjoyed your reward!



Year 11 Revision Week

As a school we aim to support students to achieve their very best and this week was Revision Week for our Year 11 students. They have had a full week of targeted sessions aimed at supporting them with their second round of mock exams in February and ultimately their summer GCSE exams. Staff and even some of our sixth form students have been sharing tips on revision planning and techniques as well as looking after wellbeing and stress management during this crucial time. We look forward to seeing parents at the Year 11 Revision Evening on Monday (20th January) in the hall at 6:00pm



'Opportunity and achievement for all'

Spreading Christmas Cheer: Students' Kindness Warms Hearts

Before Christmas, some of our Year 11 students took part in a wonderful heart-warming project, creating Christmas cards for the residents of a local Care Home. Their creativity and thoughtfulness made a real impact, and we're so proud to share the lovely message we received from the care home.

The staff told us they were overwhelmed by our students' kindness, and the residents were absolutely thrilled to receive the cards. For some residents without family, these were the only cards they received, which made them all the more special. One resident even reads their card every single day and proudly shows it to everyone who visits!

It's amazing to see how something as simple as a card can make such a big difference. A huge well done to everyone who got involved—you've really helped to brighten someone's Christmas. Let's keep spreading that kindness all year round!



Financial Literacy Workshop

On Tuesday 14th January, 30 Year 7 and Year 8s took part in a financial literacy workshop delivered by EVERFI as part of their Impact through Education programme as part of their mission to improve understanding of money in the world around us: everyone deserves the knowledge and confidence to build financial wellness and achieve positive health outcomes.

Students completed a 'Thrive: You and Your Money' workshop, helping young people develop critical financial education skills like budgeting and saving through five 10-minute online modules. The students were exceptional and achieved certification for their completion of the programme!

Health, Wellbeing and Safety Week

Our annual Health, Wellbeing and Safety Week takes place w/c 20th January. This is a focussed week where we further extend our comprehensive personal development offer for our students, promoting skills for now and into adult life, and to support their wellbeing.

During this week students in Years 7-11 will have a range of opportunities to take part in an array of activities that improve their health, wellbeing, and understanding of staying safe. With their peers this week, students will take part in an active tutor time session around the importance of keeping good physical and mental health with practical tips for both. Furthermore, Students have the chance to sign up for a range of activities after school and at lunch which promote health and wellbeing. Different staff will be offering a range of activities that students can sign up to: knitting, yoga, bun making/decorating, crafts,

'Opportunity and achievement for all'

birdwatching and even karaoke to name but a few! We hope to see as many of our students as possible taking advantage of these to support improving their wellbeing and further building on positive relationships between staff and students.

Moreover, to complement our prioritisation of the five ways to wellbeing from NHS guidance, we also have guest speakers from Leeds Rhinos for Year 9 students about the importance of mental fitness. Year 10 and 11 students will also benefit from the opportunity of special assemblies from Mr Beezy, a motivational speaker who has experience of working with students across the country. An energetic, humorous and empowering presenter, the students will receive what we believe will be an engaging approach on what it takes to be successful and further inspire our students to strive for being the best version of themselves!

As a main focus for our safeguarding talks for all year groups, we are focussing on improving our students' understanding and awareness of harmful sexual behaviours be it crude, derogatory jokes or language to more serious incidents of harassment, sexting or assault.

Online safety remains a key focus for the week and as such we do remind parents to make sure they are monitoring their child's phone usage, use of apps, internet and social media. Unfortunately, it is not uncommon for some of our students to have fallen foul of online predators wanting indecent images of children.

We are promoting a digital detox for the week with our students. Overuse of technology can have a profound effect on mental health, wellbeing and sleep.

Please find out how a 48 hour detox can be completed at home using the following the link:
<https://www.gohenry.com/uk/blog/family/10-digital-detox-tips-for-teens-and-the-rest-of-the-family>

School Dinner Menu

Please click on the link below to view the food on offer for the coming week.

<https://docs.google.com/document/d/1YU51y5GO-H6-odpxhPOG8zIUwpletxJRyfSbz2tSY0A/edit?usp=sharing>

- 1. Please note menus may be subject to change due to product availability.*
- 2. Please note some of the products we serve may contain peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimise the risk of cross-contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat allergies.*
- 3. Please note we will make every reasonable effort to ensure that the information provided is accurate; however, due to the very nature of food production there can be variations in each meal. As a school we are not able to provide 100% accurate information on the food we serve.*

Sixth Form at Horsforth News

Less than One Week to go!

Is your son or daughter in Year 11 and still considering their options after GCSEs? Our final sixth form open evening is on 23rd January >> [Book your free tickets here](#) <<

'Opportunity and achievement for all'

Our Holistic Approach

We pride ourselves on getting our students ready for their next steps. We recently organised a talk from the NatWast Group about potential banking career journeys, which also included advice on budgeting and “MoneySense”. Yesterday our Year 13 students heard from Sheffield University about UCAS Extra and clearing...in case those options are ever needed.



Mental Health, Wellbeing And Safety Week

Next week we will be encouraging all our students to get involved in activities to help de-stress and prioritise their health. From gym sessions, knit and natter and meeting Pablo the dog, please encourage them to take a break and get involved.



Don't Forget to Complete those Applications!

At the end of January we will start our group interviews (by invitation) for those students wanting to join our sixth form from this September. [Make sure your son or daughter has completed and submitted their application here.](#)

Thank you as always for your support,

Yours faithfully

Dr P Bell
Headteacher

'Opportunity and achievement for all'