



## Horsforth School

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Headteacher: Dr P C Bell

Our Ref: PCB/TRH/JFI

30<sup>th</sup> January 2026

Dear Parent/Carer,

I would like to start by confirming our term dates next year as well as training days. We always try to follow the Leeds Calendar as I know how challenging it is if you have children at other schools and the dates do not match: <https://www.leeds.gov.uk/schools-and-education/school-holidays-and-term-dates>

Our Training Days for the 2026/27 academic year will be:

- Tuesday 1st and Wednesday 2nd September 2026
- Friday 27th and Monday 30th November 2026
- Wednesday 23rd June 2027

I hope this helps with your families' forward plans.

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

[https://drive.google.com/file/d/1O4okkAlUscmh0e5Cz0YywEI7ek8H5o6\\_/view?usp=sharing](https://drive.google.com/file/d/1O4okkAlUscmh0e5Cz0YywEI7ek8H5o6_/view?usp=sharing)

### **A Week Focused on Wellbeing**

We've enjoyed a jam-packed week of activities dedicated to Mental Health, Wellbeing and Safety, all designed to help our students develop important life skills for now and for the future.

Throughout the week, students took part in a wide range of engaging and informative sessions. These included:

*Soundproof Box*, a theatre company that delivered an interactive performance, Red Flags, educating young people about spotting the warning signs of domestic abuse, coercive control and unhealthy relationships.

*Smashed*, a theatre in education programme designed to reduce underage drinking and alcohol-related harm.

*Leeds Rhinos* worked with students on mental fitness and resilience, helping to reduce stigma and encourage early support for mental health issues.

*Kooth*, who delivered a talk to students informing them about their free, safe, and anonymous digital mental health and wellbeing platform designed for children and young people.

*'Opportunity and achievement for all'*

Throughout the week, *MindMate* and *Safe Phone* ran lunchtime stalls, giving students information about their services. MindMate is a Leeds-based mental health and wellbeing platform for young people and their families, offering self-help, support services and resources. Safe Phone (formerly Teen Connect) is a confidential emotional support and signposting service for individuals aged 11–18, as well as their parents and carers.

Students took part in Active Form every morning, alongside more relaxed wellbeing activities such as baking, birdwatching and karaoke.

Each session aimed to provide students with practical tools, useful information and positive experiences to support their mental health and encourage healthy choices. Below is a snapshot of just some of the events that took place.



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## Support for Families at Home

For parents and carers who would like to continue the conversation at home, you may be interested in trying a **48-hour digital detox** as a family. This simple guide offers practical tips and ideas:

<https://www.gohenry.com/uk/blog/family/10-digital-detox-tips-for-teens-and-the-rest-of-the-family>

Together, we can continue to support our students' wellbeing both in school and at home.

## Year 11 Art Trip

Last week, our Year 11 Art students visited the Turner Prize exhibition at Cartwright Hall in Bradford. The visit provided a valuable opportunity to experience contemporary art first-hand, and the impressive range of work brought colour and creativity to an otherwise grey day. Students hopefully returned feeling inspired and full of ideas for their own projects!



## Panathlon Success

Well done to the amazing Year 9 team who took part in the Panathlon sports event at Prince Henry's School, Otley on Tuesday. The team were incredible, showing great effort, teamwork and encouragement for others. It is an absolute pleasure to announce that they came home victorious with the gold medal. Congratulations to Cara, Hettie, Imogen, Isaac, Jacob, Mary and Norah, they were an absolute credit to Horsforth School and made Mrs Flanagan super proud!



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## **Sports Fixtures**

### Year 10 Yorkshire Cup Semi Final Defeat

The Year 10 boys did us proud last night in the semi-final but were beaten by the better team. Crossley Heath won 40 - 7 and were strong in defence and attack. All of their players play regular rugby, but our boys put their bodies on the line and never gave up. Some strong performances from Issac and George.

It is a great achievement to get to the semi-final so they all deserve a well done as it was the top tier of the Yorkshire Cup, so we are technically top four in Yorkshire at Year 10!

### Year 9 Football

Last week our Year 9 Football Team put together one of their finest performances in the green of Horsforth, with a 5-1 thumping against Benton Park.

The opening stages saw us dominate the ball, but a lapse in concentration allowed Benton to take an early lead. However, the boys stuck it out and continued to play some quality football. Archie, James, Joe, Nico and Isaac were solid at the back. Noah pulled the strings in midfield, whilst Sam and Leo won every duel! Up top Murtada, Luca, Jamie, Charlie and Lucas were a constant threat. We deservedly went in 3-1 at half time. Noah with a classy finish and two from Charlie.

More of the same was asked for at half time and that's what we got. The conditions were appalling but we continued to dominate and Archie showed real maturity between the sticks! The introduction of Arthur added to our fire power, and we went on to score a further two goals to come out 5-1 winners, Charlie with both.

Special mentions go to: Charlie for his four goals when playing in the year above, Noah for moments of real quality in the final 3rd, Archie for a keeping display which was cool, calm and collected and finally Joe for his communicational skills which were constantly productive and supportive!

The Player of the Match was James for his overall reading of the game, for winning every tackle and for being his usual humble and unassuming self! CLASS!

### Year 7 Football

Our Year 7s played Benton in the Northwest league on Wednesday evening and won 8-3. The boys were brilliant throughout. Sam made four good saves despite forgetting his gloves, forgetting his shin pads and putting a knot in his shoelace that could have moored the titanic.

We also saw two brilliant goals from Laurie, two from Archie, one from Christian, one from Ed, one from Henry and an own goal completed the scoring. The Player of the Match was captain Ed who was a machine throughout!

A victory against Ilkley in the next league match will put them in a very good position to go through.

## **Sixth Form at Horsforth News**

### Mental Health, Wellbeing and Safety Week

This week our students got involved in activities to help de-stress and prioritise their health.

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From gym HIT training, coffee and conversation and knit and natter – we hope some downtime was enjoyed!



Thank you, as always, for your support.

Yours faithfully

Dr P Bell  
Headteacher

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### **School Dinner Menu for the Week Ahead**

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.*

### **Free School Meals**

Your child may be eligible for free school meals. It's quick and easy to apply. To find out more, please visit

<https://www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals>

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