



Horsforth School

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Headteacher: Dr P C Bell

Our Ref: PCB/TRH/JFI

6th May 2022

Dear Parent/Carer,

I hope this letter finds you and your loved ones safe and well.

Our Curriculum

The last couple of years have brought a number of challenges, and one of those is ensuring that we continue to deliver our curriculum effectively. We wanted to take the opportunity to share with you the latest information on what we offer.

We are very proud of the curriculum at Horsforth School. Our intent, to provide 'Opportunity and Achievement for All', is described in detail on our website [here](#).

We provide a broad and challenging curriculum for students, with English Baccalaureate qualifications at its core. You can find a summary (**attached**) with this letter of what students study in each year group, which will shortly be displayed on our website.

Headteacher's Breakfast for our Fab 5's

We are delighted to have rewarded so many of our students this week during the Headteacher's Breakfasts. We are so proud of them for their outstanding behaviour which shows that they are bringing their personal best to school every day and in all lessons.



Year 7 into Year 8 Language Choice

A reminder that the deadline for option choices is Friday 13th May. The vast majority of students will study this language until the end of Year 11, so please encourage students to speak to their language teacher if they are unsure.

'Opportunity and achievement for all'

Mental Health Awareness Week

Next week is mental health awareness week (9th-15th May). The official theme this year is loneliness. Loneliness affects many of us at one time or another. We know that loneliness can be both the driver for and a product of poor mental health.

The pandemic has very much given rise to a sense of loneliness. The main driver of this is increased social anxiety as a result of prolonged isolation during lockdowns now preventing meaningful engagement with others. The importance of cognitive social development during youth has meant children have been greatly impacted by this.

We're asking you as parents and carers this week to get thinking about loneliness and how it might have affected not only your child but yourself and your whole family. We encourage you to be open with your children about their mental health and potential feelings of loneliness. Providing your children with a safe and welcoming space to talk about their mental health can make all the difference and even help minimise feelings of loneliness.

Below are some good websites for tips on how to talk to your children about mental health:

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/helping-your-children/>

For further support with mental health visit the website www.kooth.com or contact your pastoral officer at the school. All students will be exploring this issue in form time next week.

Invigilator positions available!

Year 11 and 13 exams are going ahead this summer and we are looking for anyone who would be able to support us as invigilators. If you are able to support over the summer exam period, please contact recruitment@horsforthschool.org.

I would like to just finish by wishing all our students who will take exams all the best this year. Please let us know if we can support or if anyone needs help. This can be a very stressful time for students (and as a result everyone in the house) and we are here to help if you need us.

Thank you for your continued support.

Take care, stay safe and best wishes.

Yours faithfully

Dr P Bell
Headteacher

'Opportunity and achievement for all'