

Horsforth School

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Our Ref: PCB/TRH/JFI

3rd February 2023

Dear Parent/Carer,

As we head into our final week of the half term on Monday I can reflect on some great sporting successes, fantastic efforts in class and a really positive atmosphere in the school. The vast majority of students are bringing their personal best every day and I really want to thank them for that.

Mental Health Week



We are marking mental health week all next week in school with a variety of activities and tasks which will raise awareness and importance of this issue with our young people.

Events include:

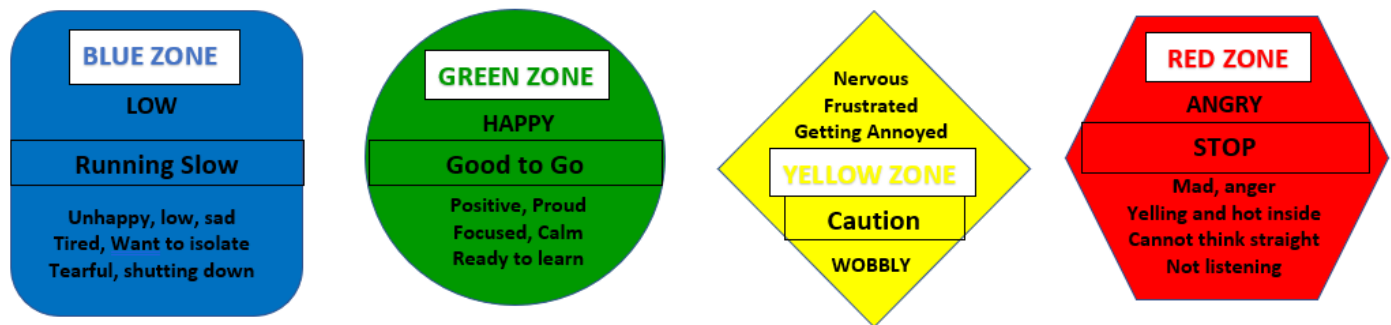
- An active form lesson outside, promoting the benefits of physical exercise, nature and fresh air.
- A specialist from time exploring self-regulation for different moods and emotions.
- A drop-down hour in the hall with our PSHCE leads exploring anxiety and in particular the effects of social media on mental health, body image and self-esteem.
- A bespoke PSHCE lesson on wellbeing.
- Dance, art therapy and music sign up sessions
- Drop in sessions with our mental health ambassadors
- Stalls and displays in our main corridors

We hope that this week proves successful in highlighting this very important issue. The aim of our tasks is to promote the 5 ways to wellbeing, encouraging resilience, self-care and self-management.

1. **CONNECT** 2. **BE ACTIVE** 3. **TAKE NOTICE** 4. **KEEP LEARNING** 5. **GIVE**

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We hope all students and staff will benefit from this and we encourage discussion around this at home too if that is something you are happy to do. We hope this supports students and also helps build resilience, often a discussion and recognition of problems, linked to strategies to help mean students can be happier, healthier and more successful. An example of a tool that could be useful that will be explained is:



MY TOOLS TO REGULATE AND CONTROL MY ZONES:			
<ol style="list-style-type: none"> 1. Talk to someone: share feelings 2. Write 3 things your grateful for 3. Do something you enjoy or something that makes you laugh 4. Think of a fun time or happy place 5. Remember these feelings pass 	<ol style="list-style-type: none"> 1. Smile at others 2. Enjoy the feeling 3. Help others 4. Learn something new 5. Exercise or take a walk 6. Eat the right things 7. Drink water 8. Sleep for 8 hours at least! 	<ol style="list-style-type: none"> 1. Deep breathe, slowly 2. Square breathing 3. Tell staff you need help 4. Talk about your feelings 5. Distract yourself 6. Use a fidget toy 7. Count to 10 or from 20 backwards 	<ol style="list-style-type: none"> 1. Say nothing, resist impulse speaking or shouting out 2. Deep breathe, count 3. Go to happy place in mind 4. Look out of the window 5. Ask for 5 mins time out 6. Use a fidget toy 7. See teachers for advice

Strike Action

As you know we had Years 11, 12 and 13 in school and the students were brilliant. Despite the disruption their focus and hard work meant it was a really useful day.

We didn't know the full impact of the strike but we estimate it affected 65% of lessons in school on that day. We are now planning how we prepare for the next day, the 28th February and make the day as purposeful as possible for all students. We will have to restrict attendance again but further information around Year groups and remote learning will be shared as soon as we are able. Thank you for your patience and understanding.

Book Amnesty

It's that time of year when people are thinking of having a good Spring clean clear out, so our school Reading Champion, Mrs Brown, is running a 'book amnesty' to encourage students to bring back overdue books without fines or any questions asked. It is never too late to bring a forgotten book back, even if these books have been lying around, forgotten for months or even years!

Students are reminded to bring back books within the 2-week loan window or to renew them. However, some students are saying that they cannot find these books any longer so they may need a little help with trying to find any that have been languishing in bedrooms or have been carried around in school bags for weeks. Please pop the books in your child's school bag for them to return back to the library or drop them off in the book crate in reception.

Professional Boxer Visit

This week we were very fortunate to have Josh Wisher, a young professional boxer from Leeds, visit the

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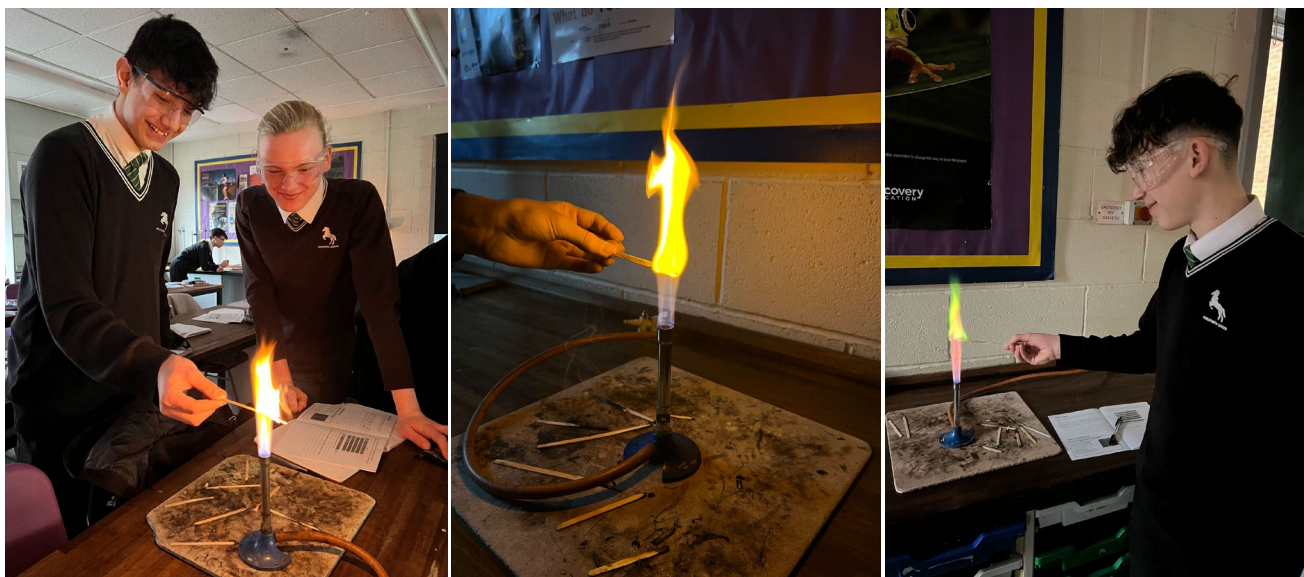
school to talk to students in PE about his career in boxing.

Students from all year groups had the opportunity to ask questions to Josh about how he started out, as well as how he overcame barriers to rise to compete at a professional level, open a gym and run his own coaching company. I would like to thank Josh for taking the time to visit and wish him all the best in his upcoming bout in March this year!



Year 11 Chemistry Drop Down Day

Superb work by our Year 11 Chemistry students who have used their excellent problem-solving skills to identify unknown compounds in their second drop down day.



Horsforth School Lottery – Raising Money for Our Students

Many of you already generously support our School Lottery which raises additional funds for our students. We would love for more of you to get involved so here's some information about how it works.

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- The lottery is run in association with the UK's only lottery organisation dedicated to helping schools – Your School Lottery
- Anyone over 16 years can take part – parents, carers, teachers and the wider community too, so please share with friends, colleagues and relatives (the more people who play the bigger the prizes)
- Tickets start from £1 per week
- There's a guaranteed weekly school prize draw - one of our school's supporters will win a cash prize every week
- An additional weekly national prize draw to win £25,000!
- A percentage of the ticket sales will be given back to our school which will help us to buy additional resources for our students.
- To date lottery money has contributed towards much needed gymnastics equipment, English books and sensory equipment for the SEND department

Take a look at Horsforth School's dedicated webpage and buy tickets [here](#) - best of luck!



Vacancies

Two very exciting opportunities have arisen for a Teaching Assistant and a Curriculum Leader of Modern Foreign Languages to join Horsforth School. If you are interested in these roles please click on this link <https://www.horsforthschool.org/vacancies/> or call 0113 2265454 for further details.

Late to School

There has been a rise in the number of students late to school since September and are seeing a rise in repeat offenders. Punctuality is fundamental to the smooth running of our school day and when students arrive late, we have disrupted classes and students out of classes at unstructured times.

We are going to be reviewing our policy on punctuality in the next term and we will update you in due course about this. Can I remind you in the meantime that students must be in school by the latest 8.19am, the gates close at 8.20am.

If there are roadworks then we do expect parents or students to alter journeys or wake up times to make up for this.

Sports Fixtures

Boys' Football

Year 8 B 3 vs 3 Cardinal Heenan B

Sixth Form at Horsforth News

Battle of the Bands

On Sunday afternoon, the 3 winning bands from The Battle of the Bands held earlier this year, got to perform a live gig at The Wardrobe in Leeds. The entire event was organised by the Year 12 A level

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musicians Eve, Spike, Jimmy, Oliver and Maddy under the record label of 'Stallion Records', however some of the participants were from lower years.



The venue was packed and the music had the entire audience on their feet and bouncing. A real treat for a Sunday afternoon. The overall winning band 'The Tom Toms' closed the event with a whole range of songs from Daddy Cool originally by Boney M to Stevie Wonder's Superstition. Thank you to all of the students and parents who came along to support the event.

Thank you, as always, for your support.

Yours faithfully

Dr P Bell
Headteacher

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