



# Sharples

## SCHOOL

### Newsletter

ISSUE 442  
16th June 2023

#### Greater Manchester Schools Athletics Record Breaker



A huge well done to Cherie U who competed at the Greater Manchester Schools Athletics Championships on Saturday in the 100m. Cherie finished 1st place with a time of 11.98s which was not only a Bolton Harriers club record, it was also a county Championship record! For her age group, no one has ever ran faster at the Championships and this result placed her as Year 10 No.1 in England (UK No.2). This also qualified Cherie for the English Schools Athletics Championships in Birmingham in a couple of weeks where she will run in the U17 category as a lower age. We wish Cherie the best of luck! Well done!



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#### Science Enrichment Newsletter STEM club

This week pupils were mixing milk and vinegar to make a smelly plastic-like substance. It took great patience to slow mix the fresh milk with the tub of reeking vinegar! After mixing until the viscosity of the mixture appeared to increase, the pupils then placed the broth into a heat bath (tub of warm water). They had created curd (first stage in making cheese) for consumption! Sadly nobody was willing to taste the delicacy....but pupils will be back for more science next week!



#### Fossils



Students in Year 7 have had the opportunity to learn about the Earth & its atmosphere in their science lessons. Here are some examples of fossils made by students who have been learning about the fascinating process which allows scientists to learn more about the structure of ancient living organisms, such as dinosaurs.

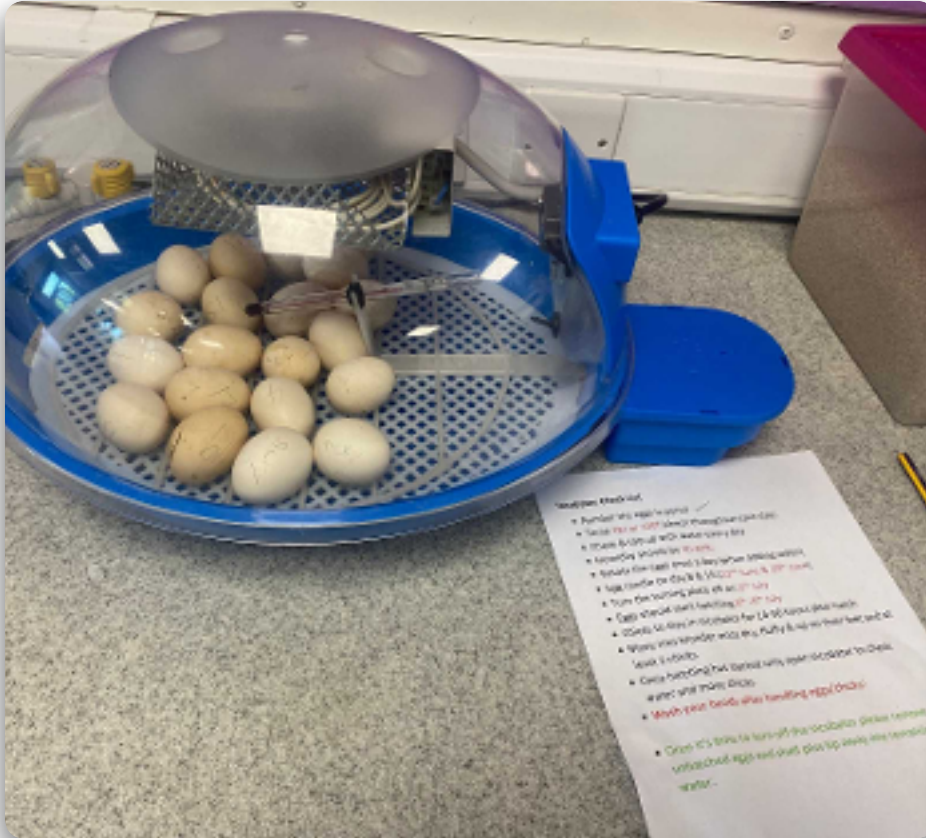


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#### Chicks



Say hello to the Sharples School Chicks! We will be incubating 20 eggs with the hopes of hatching as many as possible. We have to keep the eggs at the right temperature and humidity and hopefully they will be hatching in around 3 weeks time! We will be announcing all our eggs hatching as it happens and we will be running naming competitions so as many forms as possible can pick names for our chicks. The chicks will not be a permanent addition to Sharples but we are aiming to give them the best start in life that we can, please feel free to come down to G41 and see the incubator and the chicks when they hatch.

#### Science Career of the Week

This week's career is 'Mechanical Engineer'. Mechanical engineers design power-producing machines, such as electric generators, internal combustion engines, and steam and gas turbines, as well as power-using machines, such as refrigeration and air-conditioning systems. Information about experience opportunities, providers, entry requirements and much more can be found here: [Science career of the Week](#).

Please speak to Mr. Burke, who will provide you with more information about this, or any other, science career.



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#### **Space News**

Uranus, the enigmatic ice giant, continues to astound scientists as a polar cyclone swirls over its north pole for the first time. Researchers used radio telescopes to capture direct evidence of the cyclonic storm. This revelation follows a previous spacecraft flyby that hinted at a similar storm at the planet's south pole. By unravelling Uranus' weather patterns, scientists deepen our understanding of the vast and diverse celestial bodies that inhabit our universe.

#### **Scientist of the Month**

Congratulations to all our fantastic Scientists of the Month and nominees!

Year 7: Bailey G and Fartun M.

Year 8: Tilly E and Zahra S.

Year 9: Aimee K, Aiden B.

Year 10: Safa A and Kevin B.

The list of Nominations can be found [here](#).

*Mr. Fowlds - Science Enrichment Coordinator*

#### **Contacting School**

Reception and the phone line into school are very busy, particularly in the mornings and from 3pm onwards. The phone system does not give an engaged tone when in use and your call will ring until reception are able to answer.

If you are unable to get through you may prefer to contact us via email, the below email addresses are consistently monitored throughout the school day:

- [attendance@sharplesschool.co.uk](mailto:attendance@sharplesschool.co.uk) if your call is relating to pupil absence or appointments
- [office@sharplesschool.co.uk](mailto:office@sharplesschool.co.uk) for other general queries

Please let us know your name, your child's name and form as well as a brief summary of the reason for your communication.

In addition, the school website offers a wide range of information and contact details for other departments and school staff.

Thank you for your patience during busy periods.



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#### **English Department's Stars of the Week**

##### **Work of the Week**

Year 7

Ashiyah P has produced some excellent annotations on key quotations from Twelfth Night. [Click here to view it.](#)

Year 8

Kundai C has produced thoughtful responses in his poetry work. [Click here to view it.](#)

Year 9

Josh K has shown thoughtful and perceptive ideas in his analysis of Iago's character. [Click here to view it.](#)

Year 10

Ayaan A has written an excellent response to the poem Mametz Wood. [Click here to view it.](#)

##### **Readers of the Week**

Year 7

Oliver B for reading out his Young Writers poem.

Year 8

Ayan A for completing the most reviews in class.

Year 9

Heidi F for sharing and reading out her ideas confidently for the rest of the class.

Year 10

Khaleela A for showing a good understanding of war and conflict poetry.



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#### Double Victory For Both Rounders Teams!



A big well done to both our KS3 and KS4 rounders teams (pictured) who secured wins over both Little Lever and Westhoughton on Thursday evening! KS3 had a nervous first innings against Little Lever and were down going into the second innings. However, with plenty of rounders from Khadija V and Ruby M, the girls secured a 97-90 victory. The momentum continued from the first match and with some brilliant fielding from Elizabeth S, the girls came away with another 68-45 win over Westhoughton!

The KS4 team had a more smooth sailing couple of fixtures and were comfortable throughout both games. With some excellent fielding from Grace G, Leah K and Cherie U, the girls managed a 58-35 win over Westhoughton and a massive 94-39 victory over Little Lever! A great evening for both teams. Well done, girls!

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#### Attendance Information

Reporting an absence:

If your child is too ill to attend school, please contact the school before 9.30am with full details of your child's illness/symptoms. The attendance email is the easiest way to contact school as the phone line can get very busy.

The school attendance email is: [attendance@sharplesschool.co.uk](mailto:attendance@sharplesschool.co.uk)

If we are unable to make contact and you do not provide a reason for your child's absence, this absence will be recorded as unauthorised.

#### Attendance Data

Year Groups attendance this week:

Year 7 = 97.29%  
Year 8 = 93.87%  
Year 9 = 96.09%  
Year 10 = 95.71%

Best forms this week:

7Shar4 = 100%  
8L = 96.77%  
9H = 97.86%  
10H = 98.95%

38 pupils have achieved 100% this academic year

#### Dates for your Diary

Monday 19th June to Friday 30th June: Year 10 Exams

Wednesday 21st June: Bolton Athletics Championships Year 7 and Year 8

Wednesday 28th June: Bolton Athletics Championships Year 9 and Year 10

Thursday 29th June: Animal Care visit (Chester Zoo)

#### Career of the Week: Clinical Engineer

*Clinical engineers apply engineering principles to the research, design and development of healthcare products and equipment.*

**Average Salary:** £ £24,907 to £44,503

**Typical hours (per week):** 38 to 40 a week

**You could work:** evenings / weekends on a rota

#### Qualifications:

- You can apply for this job through a university course, an apprenticeship or a specialist training programme run by the NHS.
- 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, including English, Maths and Science.
- 2 or 3 A levels, or equivalent, including Maths and Physics.

#### Skills required:

- Knowledge of engineering science and technology.
- Maths knowledge.
- Knowledge of computer operating systems, hardware and software.
- Design skills and knowledge.
- Knowledge of Biology.
- Knowledge of Physics.

#### Relevant Subjects:

- Science, English, Maths & Engineering.



Information sourced from: <https://nationalcareers.service.gov.uk/job-profiles/clinical-engineer>



Careers & Enterprise  
at Sharples School

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#### PE Lunch Time Clubs - This Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y7 Football (Big Astro) - AHM	Y8 & Y10 Football (Big Astro) - AHM	Y9 Football (Big Astro) - AHM	Y7 Football - Boys & Girls (Big Astro) - AHM & LAL	Rounders- SCU/LAL
Boccia (Gym) - LAL	Y7 Dodgeball (SH) - LAL/SCU	Rounders - LAL/SCU	Basketball (SH) - LAL & SCU	Y7/8 Football (Big astro) AHM
Yr 9/10 Cricket (Field) - CCH	Yr 7/8 Cricket (Field) - PGR	Yr 7/8 Cricket (Field) - PGR	Yr 9/10 Cricket (Field) - CCH	Yr 9/10 Cricket (Field) - CCH
Rounders - SCU				



#### PE After School Clubs - This Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KS3 Swimming	KS3 Athletics practice	Bolton Town Championships Yr 7/9	No clubs due to staff training	No clubs/fixtures
KS3 & KS4 Rounders vs Ladybridge	KS3 Football Festival	Yr 7 Football tournament @ Carrington		
Yr 7/8 Football practice		KS3 Swimming		
Cricket practice- all years		Running club- all years		
		Basketball- all years		
		Sports Studies catch up session		

Week beginning 19th June





**BE CREATIVE**

**BE INSPIRED**

**HAVE FUN**

**WOULD YOU LIKE  
TO PLAY A  
MUSICAL  
INSTRUMENT?**

You can have weekly instrumental or vocal lessons from our specialist music teachers in your school and also hire an instrument by visiting us at:  
[www.boltonmusicservice.com/parents-and-pupils](http://www.boltonmusicservice.com/parents-and-pupils)

**YOU CAN ALSO  
JOIN A BAND,  
GROUP OR CHOIR**

You can join one or more of our bands, choirs and orchestras at Mere Hall and other venues after school.

You do not need to have lessons with us to be a member of our ensembles.

There is something for everyone.

For further information, visit our website or call our team on:

**01204 333533**

**Bolton  
Music Service**

Working in Bolton and Blackcam with Darwen

# Bolton Job and Careers Fair 2023

Twilight Event

The Albert Halls, Bolton

2.30pm - 6.30pm

June 14, 2023



## Looking for work, a new career or an apprenticeship?

- Meet employers with job vacancies
- Apprenticeships for young people and adults
- Free careers advice
- Pop-up Job Centre

### Find out about local opportunities for:

- Education and skills
- Digital help and training
- ESOL provision
- Job seeking support
- Self-employment and enterprise

**Free to attend. Bring your CV!**

Visit [www.boltondes.org.uk](http://www.boltondes.org.uk) to find out more



**GMCA** GREATER  
MANCHESTER  
COMBINED  
AUTHORITY

**Bolton  
Council**

# ***Bounce back In 6 weeks***

***Bounce back*** is a six-week course in how positive psychology can give a boost to your family's mental wellbeing. It is an introductory guide to some of the latest evidence-based techniques from positive psychology that have proven benefits on mental wellbeing within the family.

***Bounce back*** is for anyone who is interested in learning more about practical ways to improve mental wellbeing. It is particularly useful for parents and carers interested in learning new ways to support their own and their children's mental health and happiness.

***Bounce back*** introduces six key themes from positive psychology research. Two themes address positive approaches to your past (character strengths and gratitude), two address positive approaches to the present (savouring and kindness), and the last two themes (hope and meaning) explore how you can use positive psychology to reach your potential. For each theme you are invited to try out practical techniques to boost your own and your family's mental wellbeing.

***Bounce back*** was developed jointly with the Open University, the University of Chester and Ian Platt, a PhD Researcher, at the University of Bolton. Ian will be delivering the course for us in Bolton.

## **LOCATIONS:**

**MhIST, 1st Floor, Moorland House, 116 Bark Street, Bolton BL1 2AX**

**FOR MORE INFORMATION CONTACT CHRISTINE MAKINSON:**

**Tel: 01204527200 Email: [christine.makinson@mhist.co.uk](mailto:christine.makinson@mhist.co.uk)**

Bolton

Together

## Parent Peer Support Overview

Bolton Together offers some wonderful parenting peer support groups for parents/carers of children any age. These groups are aimed at parents and carers of children who are experiencing mental or emotional health difficulties. They are also a great way to meet with other parents and members of the community to discuss experiences. Some brief information about what these groups offer is below.

### Breaking Barriers – Peer Support for Parents/Carers Of Children With SEND

Breaking Barriers is a charity that works with children and young people with SEND. Breaking Barriers peer support gathers groups of parents/carers of children with SEND and can offer support and advice and signpost to useful information.

During non-term time please check the calendar on [www.breakingbarriersnw.com](http://www.breakingbarriersnw.com) as these dates and times can change.

#### Contact

[breakbarriers3@gmail.com](mailto:breakbarriers3@gmail.com)

07717 434 840

#### Location

Tuesdays 5-6:30pm

Thursdays 10-12:30

Breaking Barriers North West café, upper ground floor of Market Place (next to TUI).

 *Breaking Barriers NW*

# Bolton

# Together

## MHIST – Bounce Back

A 6 week course looking at how Positive Psychology can boost family mental wellbeing. Particularly useful for parents/carers looking at ways to support their own and their child's mental wellbeing. Each week will introduce a new topic from Positive Psychology research.



### Contact

[Christine.makinson@mhist.co.uk](mailto:Christine.makinson@mhist.co.uk)  
01204 527200

### Location

MHIST 1<sup>st</sup> floor, Moorland house. 116 Bark street. Bolton, BL1 2AX

## Raise The Youth – Parent Peer Support

One to one guidance and meeting with parent connectors who can support other parents. Also provides access to informal support groups to meet others and share experiences.

## Nurturing Parents Mindfulness Programme

An 8-week course using mindfulness techniques to help support parents to cope better with stress and anxiety. Each week looks at a new topic including communication, stress, dealing with difficulties and much more. Also, an opportunity to meet other parents and share experiences.

### Contact

07507 360305  
[parents@raisetheyouth.co.uk](mailto:parents@raisetheyouth.co.uk)  
01204 431946  
[office@raisetheyouth.co.uk](mailto:office@raisetheyouth.co.uk)



Bolton

Together

## How to Refer

Referrals can be made through our online link <https://bolton-together.org.uk/parent-peer-support-programme-referral-form/>. If possible, please include the name of the organisation that would be best suited for support in the 'Please provide a brief description of your situation \*' box on the referral form.

You can contact the organisations directly to find out more information and arrange to attend the groups.

Alternatively, please contact [ithrive@boltontgether.org.uk](mailto:ithrive@boltontgether.org.uk) for more information.

# Let's talk about anxiety: parent and carer guidance

Anxiety is a natural response to everyday difficulties. It's normal for children and young people to feel anxious about certain things – just as it's normal for parents and carers to worry about their children.

Most children and young people who are experiencing anxiety don't require specialist help. A good deal of what parents and carers already do can be helpful.

Normalising anxiety, helping your child to understand their own anxious feelings, and providing support and encouragement can make a big difference.

## What is anxiety?

Anxiety is a feeling of unease such as fear or worry. It's one of the body's natural responses to stress and affects our thoughts, feelings, body, and behaviour.

Anxiety activates the body's fight-flight-freeze response. This means that the body prepares to either confront, escape or freeze in the face of a perceived threat.

Anxiety is not necessarily a mental health condition. Most of the time, anxious feelings are normal responses to stressful situations in everyday life, and they will pass naturally.

## When is anxiety a problem?

Difficulties can arise when normal levels of anxiety become more severe or persistent and start impacting a child's everyday life. Anxiety can become a problem when:

it is constant,  
intense, and  
overwhelming

it occurs in  
response to no  
real threat, or  
the threat is  
exaggerated

it interferes with  
someone's daily  
life and stops  
them doing  
things they want  
to.



## The anxiety alarm

A car alarm goes off to alert its owner. However, sometimes the alarm can be too sensitive – it might go off when the wind blows, or when someone walks past. This can be similar to our feelings of anxiety – we might think something is more threatening than it is and feel more worried than we need to.



## How do I know if my child is anxious?

Children and young people can be anxious about different things. They might be worried about their friendships, doing well at school, or other changes in their life.

Some common signs of anxiety include:

- difficulties being apart from you or other family members
- avoiding or worrying a lot about social activities
- difficulty concentrating, relaxing and sleeping
- frequent stomach aches or headaches
- constantly seeking reassurance
- difficulty leaving the house
- reluctance to go to school or take part in certain lessons
- excessive fear of being criticised.



## How can I support my child?

Parents and carers are experts on their own children. Many techniques that specialists use with children and young people are similar to what parents and carers already do. You can help your child by providing support in the following ways.

**Listen to understand:** listen to your child with curiosity and openness. Try to avoid making assumptions, minimising their feelings, rushing to reassure them, or just telling them to 'calm down' or 'relax.'

**Normalise anxiety:** explain that anxiety is a normal response to everyday difficulties, and that you're there to support them. You might explain the 'fight-flight-freeze mechanism' or the 'anxiety alarm' example to help them to understand.

**Provide structure and routine:** where possible, provide a consistent routine - particularly around meals, homework, phone and laptop usage, and sleep hygiene. Make your child aware of any upcoming changes that they can plan for.

**Help them to understand their feelings:** you might use an anxiety thermometer, diary or worksheet to help your child to identify particular triggers, patterns and anxious responses, and work on a plan together to try to reduce their anxious feelings.

**Practise healthy coping skills:** use the healthy coping skills cards with your child. You might cut these out and keep them around the house, stick them to the fridge, or encourage your child to carry them with them.



## Supporting your child to face their fears

While it can be natural to try to protect your child to help them avoid things that make them anxious, this can be unhelpful in the long run.

Try and come up with a plan with your child to help them overcome their anxiety step-by-step. This might involve gradually working up to confronting a feared situation in a way that is comfortable for them, and gently encouraging them to try new things.

This can be a tricky balance to strike. You shouldn't push your child into situations that are overwhelming for them and bound to fail. This might need some experimentation and tinkering with.

You'll know best how to support your child – work together to find a solution that works for them.

## What if my child's anxiety doesn't get better?

If anxiety continues to interfere with your child's everyday life and causes them persistent distress, you should contact your GP and your child's school for further support. You might also contact a local counselling service.

### Further support

- **NHS: anxiety in children** – information on supporting children and young people with anxiety.
- **Youth Access** – information about where to find youth support services in your local area.

## Looking after yourself

Worrying about your child can itself be anxiety-inducing and isolating. You should make sure that you also look after your own mental wellbeing.

If you're struggling with anxiety, you should:

- talk to someone that you trust – this could be a friend or family member
- try the techniques on the healthy coping skills cards, as well as the NHS's anxiety self-help guide
- make time for self-care – including seeing friends and family, hobbies, and relaxation.

If you're still struggling, you should seek further professional advice. Speak to your GP or contact a counselling service.

## Healthy coping skills cards

### Positive self-talk



*Feel calmer and more confident*

Think of some negative thoughts you might sometimes have (e.g., "I can't do this!")

Think of three positive phrases you might try to use instead (e.g., "I can do it, I've done it before!")

Write these phrases down and reflect on when you might use them.

### Five senses



*Feel relaxed and more aware*

Take a deep breath. Look around. Try to notice:

five things you can see  
four things you can touch  
three things you can hear  
two things you can smell  
one thing you can taste.

### Thoughts in the sky



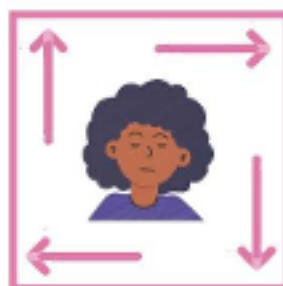
*Relax and let go of anxious thoughts*

Sit comfortably. Focus on breathing in and out.

As you breathe out, imagine any anxious thoughts floating away into the sky.

Continue this for a couple of minutes, focusing on your breath.

### Box breathing



*Feel calmer and more relaxed*

Breathe in through your nose for 4 seconds.

Hold your breath for 4 more seconds. Feel the air fill your lungs.

Breathe out through your mouth for 4 seconds.

Repeat this several times.