



Sharples

SCHOOL

Newsletter

ISSUE 443
23rd June 2023



The Award for
MAKING A DIFFERENCE -
SECONDARY SCHOOL OF THE YEAR

SILVER AWARD

INSPIRATIONAL SCHOOL HONOURED IN PRESTIGIOUS PEARSON NATIONAL TEACHING AWARDS

Winner of Silver Award for Making a Difference – Sharples School is honoured today in celebration on National Thank a Teacher Day



The staff of Sharples School have been selected from thousands of nominations to win a Pearson National Teaching Silver Award for Making a Difference - Secondary School, for their outstanding commitment to changing the lives of the children they work with every day.

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

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The Sharples motto “Learn. Dream. Achieve.” is at the heart of this vibrant learning community. At Sharples the ambitious curriculum coupled with the extensive programme of enrichment opportunities make a difference to the learning opportunities and life chances of all students.

Sharples has now been shortlisted to win one of just 16 Gold Awards, which will be announced and celebrated at a gala ceremony in London on 25 November and televised on the BBC, with winners showcased on The One Show.

The honours have been announced on National Thank a Teacher Day, an annual event celebrating the role of educators across the UK for the valued role they play in communities and shaping young people. This year, students were joined by celebrities including Sir Michael Morpurgo, Edith Bowman, Bobby Seagull, Ore Oduba and Nadiya Hussain to mark their teachers' achievements.

The Pearson National Teaching Awards is an annual celebration of excellence in education run by the Teaching Awards Trust, an independent charity now in its 25th year, that recognises the life-changing work that takes place in education, highlighting the vital role educators play and the work that’s delivered in schools and colleges every day.

Michael Morpurgo, author, former Children’s Laureate, and President of the Teaching Awards Trust, says: “I am inspired by the devotion of teachers and the huge impact they have on the lives of the young people they tutor, support, encourage and motivate day in and day out. The valuable role they play both inside and outside the classroom has inspired generations of young people across the country to achieve their potential. I am delighted to congratulate the winners of the 2023 Awards and thank them all for the amazing contributions they have made to our communities.”

Sharon Hague, Senior Vice President of Schools at Pearson UK, says: “We would like to congratulate today’s Silver winners on their incredible achievements. We can’t underestimate the huge contribution schools make to our young people’s lives and Sharples School is an inspiring example of the positive impact an individual can have on pupils and communities.”

Rachel Johnson, CEO, PiXL, sponsor of the award for Making a Difference says: “We’ve been inspired by the work that is being delivered to transform the opportunities for local students but also in enriching the local community. The recipient of this award has showcased its influence in positively shaping opportunities far beyond the school walls. We’re delighted to be associated with the tremendous work that’s being delivered in communities across the UK.”



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Year 7 Students Make Their Own Club!



At the beginning of this half term, a group of Year 7 students decided to design and organise their own club. They printed posters, advertised it during form time and ordered all the necessary equipment to run the club. As a result of their planning, the very first Jewellery club started last Monday and has been a huge hit with their peers. It has now turned into the most popular attended club for Year 7 during lunchtimes which is a testament to their hard work. During the club, the leaders circulate and help their peers create pieces of jewellery. Over 30 attended on Monday which demonstrates how popular it has become. Great effort, Year 7!



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Mathematician of the Month - May



Every month a student is nominated from each of the maths classes as Mathematician of the Month. These students are nominated based on their hard work, enthusiasm and efforts within the lesson.

Shown here are some of the nominees for May. The full lists of nominees for each year group are below - well done to them all!

Year 7

Jayden O
Alexia H
Ashiyah P
Blayze-Elvis M
Safira T
Elliot G
Afia Z
Sakeenah S
Khadijah M

Year 8

Khadijah V
Tom D
Tom W
Rayhan D
Summayyah V
Maya A
Kulsoom P
Zak I
Abigail H

Year 9

Dante M
Daniel W
Farah D
Khalil L
Zach H
Erin A
Leon A
Sohan P
Joshua K

Year 10

Safa T
Ayaan H
Muhammad P (10E)
Hadia A
Hadia K
Maria S
Raif M
Joseph H
Abdullahi A



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English Department's Stars of the Week

Work of the Week

Year 7

Mariam P has written a lovely diary extract from the perspective of Viola from Twelfth Night. [Click here to view the work.](#)

Year 8

Marcus A has shown great improvements after reflecting on his poetry responses. [Click here to view the work.](#)

Year 9

Alesha M has annotated a spoken poem excellently and focused on intonation also. [Click here to view the work.](#)

Year 10

Megan H has written an excellent comparative paragraph. [Click here to view the work.](#)

Readers of the Week

Year 7

Aamirah H for reading Viola's lines passionately and enthusiastically.

Year 8

Aimee W for reading out answers confidently in class.

Year 9

Declan H for reading his answers confidently and clearly.

Year 10

Safa Af or reading out an extract of A Christmas Carol.



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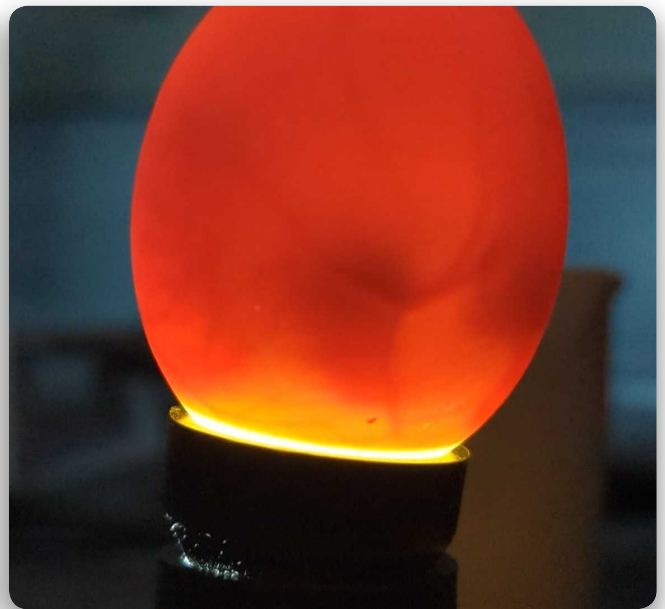
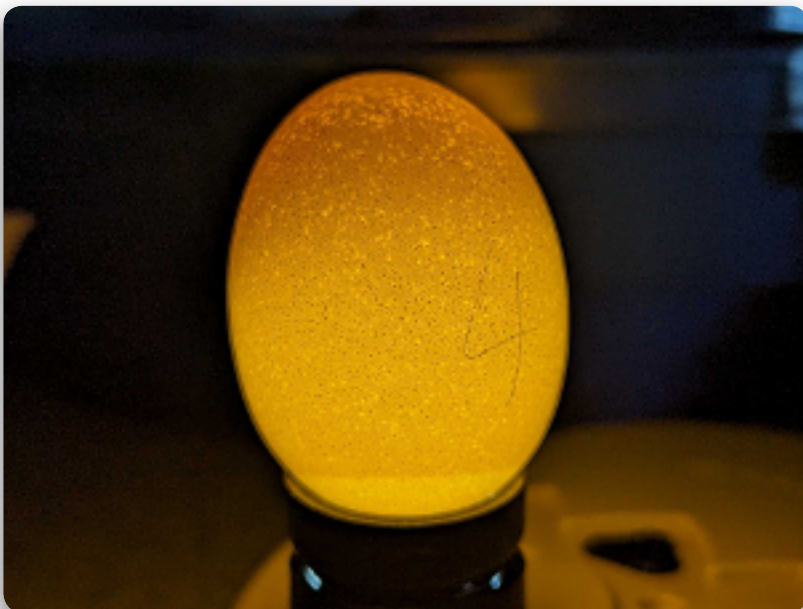
Science Enrichment Newsletter

STEM club

In this week's STEM club pupils were planning a student-led activity for the remaining weeks of term. There was a choice between the three scientific disciplines; Biology, Chemistry and Physics. The Biology investigation could entail examining different cell types using microscopes or even building an "ecosystem in a bottle". For Chemistry, pupils could perform a forensic investigation using chromatography or even experiment with different colours to make the ideal firework! And last but not least, the Physics practicals entailed building a set of "fairy lights" or even building a set of scales using marshmallows. Next week the teams will start work on the project they wish to complete!



EGGcellent news



Animal Care students have 'candled' the Sharples eggs, and we have signs of life! Using a light allows us to see as the unborn chick starts to develop. At this stage, the embryo



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starts to form a 'C' shape as the head and tail come closer together. We should soon see the neck beginning to thin and the beak will start to form and grow.

Science Career of the Week

This week's career is 'Nuclear Engineer'. Nuclear engineers have a range of responsibilities, from designing and developing nuclear equipment, such as reactor cores and radiation shielding, to writing operational instructions or examining nuclear accidents. 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.

Minesweeper Competition



Students had an enriching experience during their visit to the University of Manchester, where they learned the art of constructing minesweeping robots (pictured above). The day began with an illuminating talk highlighting the significance of clearing landmine-affected areas and the widespread nature of this problem. The students then acquired practical skills in using Bluetooth technology to remotely control robots. They also gained insights into the workings of metal detectors. The day concluded with a meet and greet session, providing students with the opportunity to interact with early career engineers from various industries. They now have four weeks to design and build their own robots before returning to the university for an exciting competition.



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Lego Robotics Competition



After weeks of dedicated practice and meticulous preparation, Hatim and Sherjeel (pictured) participated in the EEP Lego Robotics Grand Final at the Big Bang Science Fair, held at the NEU in Birmingham. Out of 350 schools, they were among the 34 finalists. They showcased their robots and presented their design ideas to the judges. Alongside the competition, they enjoyed exploring the fair and engaging with science exhibits. Although they didn't win any prizes, we are incredibly proud of their hard work and dedication.

Space News

The discovery of phosphorus in a cloud at the edge of the Milky Way has expanded the potential habitable zone of our galaxy. Phosphorus, one of the essential elements for life on Earth, was previously missing from the far reaches of the galaxy. This finding suggests that the habitable zone of the Milky Way may extend approximately 22,000 light-years from its centre. Astronomers are now encouraged to explore the outer regions of the galaxy for planets and the possibility of life. The detection of phosphorus, along with previous discoveries of organic molecules, indicates that the galactic habitable zone could be wider than previously assumed. This discovery motivates further exploration for potential life in distant regions of the galaxy.

Mr. Fowlds - Science Enrichment Coordinator



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Year 7 Manchester United Football Tournament



The Year 7 football team finished 3rd in the recent Manchester United Emerging Talent Final's day held at the First Team Training Ground, Carrington. It was a very successful and positive experience for the players who battled very warm conditions and a few injuries to grind out some fantastic performances. Special mention goes to Callum who scored some fantastic goals in several games with other school staff giving compliments on this. Another special mention must go to our goalkeeper, Patrick, who made some outstanding saves to ensure that the team kept hold of their points.

Overall, the Year 7 have had an outstanding year as a football team, going unbeaten in the league which has meant that they are League Champions! This is a fantastic achievement for a group that had not played together until September, we hope the year can continue this into next year as they progress to 11 v 11 games.

Well done to everyone who has represented the Year 7 school team this year!

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Bolton Athletics Championships



On a lovely Summer's day Sharples Year 7 and 8 athletes travelled to Leverhulme Park to compete in the Bolton Athletics Championships. Athletes have been working hard practising after school and all their hard work paid off with many superb performances.

The Year 8 boys relay team made the final but just missed out on a medal position. Sharples did manage to bring home some medals with some outstanding individual performances. Stand out medal performances were as follows:

Ayaan Y had a tough heat in the 100m and made the final but wasn't able to finish top 3, competing against some incredible athletes. However, no one could better his discus throw and he won the gold yet again for the second year in a row. Ayaan threw 27.5m and broke a school record that has stood since 1995!

Abdur R hasn't been at the school long but is making a real impression in a short space of time. Abdur dominated his 300m heat and then the final winning the gold and breaking a school record with a time of 39.74s with an incredible performance.

Sienna E made her debut in the Championships after an impressive season with the netball team. Sienna won Bronze and was unlucky not to get more after the top 3 all finished together and were separated by milliseconds.

Overall, it was a superb team performance with all students showing real determination and resilience and it was lovely to see students supporting their peers and representing their school with pride. Good luck to the Year 9 and 10 team who will be in action next Thursday at Leverhulme Park.



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Women's World Cup Festival



A group of 16 Year 7 and Year 8 students took part in the 'Women's World Cup Festival' at Ladybridge FC on Tuesday (pictured). Students took part in a 3v3 tournament using air pitches before rotating around a number of different football stations. The festival was to help raise awareness of the Women's World Cup which is taking place this summer and reward students for their commitment throughout the winter season! Well done to everyone involved!



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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

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 = 95.08%

Year 8 = 91.87%

Year 9 = 95.69%

Year 10 = 95.67%

Best forms this week:

7Shar4 = 99.55%

8R = 95.48%

9A = 100%

10H & 10P1 = 100%

38 pupils have achieved 100% this academic year

Dates for your Diary

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

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

Friday 30th June:
Year 10 Geography
Field Trip

Saturday 1st to
Sunday 2nd July:
DofE Bronze
Qualifying
Expedition in
Clitheroe

Career of the Week: Clinical Engineer

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

Average Salary: £ E24,907 — E44,503
Starter — Experienced

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



PE After School Clubs - This Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KS3 Swimming KS3 & KS4 Rounders vs Ladybridge Yr 9/10 Football practice	Cricket practice- all years KS3 and KS4 Rounders vs Ladybridge and Essa Yr 7/8 Football practice Yr 9/10 athletics practice	KS3 Swimming Running club- all years Basketball- all years Rounders Practice Sports Studies catch up session	Y9/Y10 Bolton Athletics Town Champs Fitness suite	No clubs/fixtures

Week beginning 26th 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

**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

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



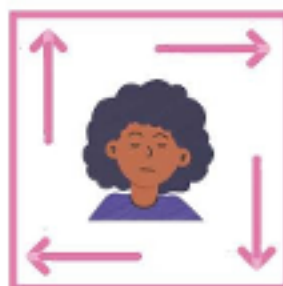
Relax and let go of anxious thoughts

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.

SCHOOL UNIFORM APPEAL!!

DON'T BIN IT, DONATE IT



- SHOES
- BAGS
- TRAINERS
- P.E. KITS
- COATS
- SCHOOL SUPPLIES
- ALL UNIFORMS
- STATIONERY

DROP OFF: KINGS CHURCH, THE MILL, BURY RD, BOLTON BL2 6QE

COMMUNITY
LOCKER