



Sharples

SCHOOL

Newsletter

Issue 533
24th October 2025

End Of Half Term Letter to Parents

Dear Parent/Carer,

We have come to the end of the first half term and I would like to update you on the many accomplishments of the Sharples Family over the past 8 weeks.

Our new Year 7 students have settled in well, attending many extracurricular clubs, engaging with music, drama, sports and STEM. Year 11 have begun preparations for their first mock exams in November and they have attended over 100 hours of extra ALS sessions so far this year. All year groups contributed to our very successful Open Events earlier this term, when over 600 students volunteered to tour visitors around the school. A fantastic team effort.

Just this past weekend, the National School Performance Tables were released by the DFE and we are delighted that Sharples came out as the top school in Bolton. As a school community we work extremely hard to ensure that students leave us at the end of Year 11 with the necessary qualifications and skills to take the next step of their journey with confidence. I would like to recognise and thank our staff for their ongoing support of all students at Sharples.

This half term we have organised a number of excellent trips for students with Y10 Citizenship students visiting the Manchester History Museum, and Y11 GCSE History students supplementing their studies with a trip to Hardwick Hall. This weekend, 90 Year 11 students are heading off to Spain where they will take in the sights of Barcelona, alongside revision classes for English, maths and science.

I would like to thank all of you who have been able to contribute to the ongoing improvement of our school, through attendance at our Parent Forum, contribution to the Sharples PTA or through feedback provided to me or staff members. Our next Parent Forum will be held before the Christmas break and will be focused on "Student Rewards". Further details will be sent to all families when we return next half term.

Finally, the school has suffered sadness this half term, with the loss of two former students, both in tragic circumstances, and our school Finance Manager Mrs Bradley sadly passing away earlier this month. They will always be part of the Sharples Family and thoughts are with their families.

A reminder that all students should return to school for 8.40am on Monday 3rd November for Autumn Term 2. Having full attendance is extremely important and being in school every day leads to success in future examinations.

I hope that you have a relaxing half term break with your family.

Yours sincerely

Ms C Molyneux

Headteacher

[Click here to view the original letter as a PDF](#)



Sharples

SCHOOL

Newsletter

Sharples Radio



This term has seen the beginning of the all new Sharples Radio. Zak S is leading this exciting new project and recently interviewed and selected his radio team from students in Years 7 to 11. [To find out more about our dynamic new radio endeavour and to hear our first radio shows, written and presented by students in the new radio team, listen here.](#)

Form Time Reading

This half term, students in Years 7–10 have been getting stuck into some brilliant books during Form Time. Each year group has their own story to explore, and it's been great seeing everyone, students and staff alike, reading together and sharing their thoughts.

These sessions aren't just about improving reading skills — they're a chance to relax, spark conversations, and discover new stories. Many students have said it's one of their favourite ways to start the day!

Whether it's uncovering mysteries, exploring new worlds, or getting to know unforgettable characters, Form Time Reading has brought a real buzz to our mornings.



Sharples

SCHOOL

Newsletter

Year 8 Careers in Maths



Last week, our Year 8 students wrapped up their unit on Sequences in Mathematics. To celebrate their learning, they took part in a careers-focused activity exploring how sequences are used in various professions. Students discussed roles such as data managers, geologists, and computer programmers, discovering how mathematical patterns and logical thinking are essential in many fields.



Sharples

SCHOOL

Newsletter

This year marks a major milestone for Mellors Catering Services — we're celebrating 30 years of "serving up smiles"!

Since 1995, Mellors has been serving up delicious and nutritious meals in the heart of school dining halls and workplace restaurants. What began as a passion for great-tasting, high-quality food has grown into the award-winning, family focused Mellors Catering Services we know today — founded by Mark Timmerman and his dad Tim.

Mark's food journey started at age 10 in his dad's Southport bakery, where he developed a love for all things foodie! From the early days, Mark set up a strawberry and cream stall at the Southport Flower Show — now to education catering — Mellors has now reached its 30th birthday milestone. Mark built Mellors on strong family values and a belief that quality food should be accessible to all.

In fact, he's so committed to staying connected that his personal phone number still appears on our sandwich labels — because at Mellors, customer feedback has always mattered.

Today, Mellors continues to grow as a proud, independent family business, trusted across the education and B&I sectors for three delicious decades!



National Poetry Day Competition

Students in Years 7, 8 and 9 celebrated National Poetry Day earlier this month and during form time they penned a short poem of their own. This year's theme is 'PLAY' and students shared the many different ways in which they play sports, musical instruments or enjoy time with friends or siblings. I think you'll agree this short collection is a lovely celebration of young people's voices. Some of the poems can be read towards the end of the newsletter - just after the English newsletter.





Sharples

SCHOOL

Newsletter

English Department's Stars of the Week

Work of the Week

Year 7

Zoya A - For her lovely work on poetry structure. [Click here.](#)

Year 8

Rubina C - For a great piece of descriptive writing on Hannibal Lecter. [Click here.](#)

Year 9

Maryam M - A fantastic analytical piece of writing on how tension is created in the 'The Jungle'. [Click here.](#)

Year 10

Khadijah P - For a very detailed poetry essay on the theme of war. [Click here.](#)

Year 11

Huzaifa A - For his wonderful argument on why billionaires should be banned. [Click here.](#)

Readers of the Week

Year 7

Eva E A for reading difficult vocabulary fluently and clearly to the whole class.

Year 8

Samera A - playing a hateful Mrs Lyons from Blood Brothers.

Year 9

Pinklily T - playing a passionate Mico from The Jungle.

Year 10

Bailey G - portraying a grave Jacob Marley from A Christmas Carol.

Year 11

Declan J - starring as Mr Birling in An Inspector Calls.

Keeping children Safe at Halloween & Bonfire Night

Key information for children and Parents/Carers.

Key information can be found on the Child Accident Prevention Trust website.

How to keep children safe this Halloween <https://capt.org.uk/halloween/>

12 top tips BONFIRE NIGHT <https://capt.org.uk/?s=BONFIRE+NIGHT>

Child Accident Prevention Trust <https://capt.org.uk/>



Sharples

SCHOOL

Newsletter

Year 10 vs St Catherine's



Our Year 10 boys football team took on St Catherine's Monday night looking for their first victory of the year. We got off to a shaky start going a goal down but this spurred the lads on to start playing as we scored moments later with a great header from Kledi. This started the onslaught from our Sharples team as we fired in 3 more before half-time. As the second half began the lads continued to display their dominance as Callum scored a spectacular strike from outside the box. As the game went on we showed levels firing at will with the scoreline hitting double figures. It was a fantastic team performance with goals from Kledi, Callum (2), Kobe (4), Rayyan (2) and Hayden. Stand out performance from Alfie who dictated play from start to finish. Well done lads, onto the next one! #UpTheSharples

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

Tel: 01204 333253

Fax: 01204 333250

www.SharplesSchool.co.uk



Sharples

SCHOOL

Newsletter

Year 8 unable to make it 3 wins in a row!



Year 8 were looking to make it 3 wins in a row and progress to the next round in the Bolton Cup but the team will now have to settle for a place in the plate competition. The conditions were horrendous and it was a real test of character and resilience. Rivington started the game better and found themselves 2 goals up at half time. Sharples pressed for an equaliser in the second half but couldn't break down the opposition and conceded 2 further goals on the counter attack. Hamza Y was superb in midfield and led by example and showed great determination throughout.

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

Tel: 01204 333253

Fax: 01204 333250

www.SharpleSchool.co.uk



Sharples

SCHOOL

Newsletter

Year 8 & Year 9 Netball vs Essa



Our Year 8 and Year 9 netball teams were back in action on Wednesday afternoon against Essa. It was a fabulous performance from both teams, with some excellent netball on display from the very start! A big shoutout to Orla A and Grace H who had standout performances in the shooting circle!

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

Tel: 01204 333253

Fax: 01204 333250

www.SharplesSchool.co.uk



Sharples

SCHOOL

Newsletter

Dates for your Diary

Monday 27th October
to Friday 31st October:
Half Term

Monday 3rd
November: Year 7
Christmas Cooking
Club (15:15 – 17:15)

Wednesday 5th
November: Bolton
Cross Country
Competition - all year
groups (P1 to P6)

Thursday 6th
November: Flu
vaccinations - all year
groups

Friday 7th November:
The Glass house
Bakery visit
(12:00 – 15:00)

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:

7 = 94.01%
8 = 93.10%
9 = 90.58%
10 = 94.57%
11 = 94.13%

Best forms this week:

7Ples1 = 97.24%
8Ples3 = 99.12%
9Ples4 = 94.96%
10Shar2 = 99.14%
11Shar5 = 97.67%

584 pupils have achieved 100% this academic year

Career of the Week: Legal Secretary

Legal secretaries provide administrative support for lawyers and legal executives.

Average Salary: £ £20,000 £45,000
Starter Experienced

Typical hours:
(per week) 36 to 38
a week

You could work: 9am to 5pm



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

Qualifications:

- You can apply for this job through a, college course, an apprenticeship, working towards the role or specialist courses run by a professional body.
- 4 or 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, including English and Maths.
- You could take a course in audio transcription, legal word processing, or a qualification like a Level 3 Diploma for Legal Secretaries.

Skills required:

- Administration skills.
- Excellent verbal communication skills.
- Excellent written communication skills.
- To be thorough and pay attention to detail.
- The ability to work well with others.
- Knowledge of English language.

Relevant Subjects:

- English, Maths and Computing.



Careers &
Enterprise
at Sharples School

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

Tel: 01204 333253

Fax: 01204 333250

www.SharplesSchool.co.uk



Sharples

SCHOOL

Newsletter



PE Lunch Time Clubs - This Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y7 Football (Big Astro) - AHM	Y8 Football (Big Astro) - PGR	Y7 Football (Big Astro) - AHM	Y8 Football (Big Astro) - AHM	Y9 Football (Big Astro) - AHM
Y11 Football (Small astro) JBA	Y10 Football (Small astro) JBA	Y11 Football (Small astro) JBA	Y11 Football (Small astro) JBA	Y11 Football (Small Astro) - JBA
Netball Yr 7/8 (SH) - LAL	KS3 Dodgeball (SH) - LAL/AHM	Just Dance- all years (SH) - LAL/PGR	Basketball (SH) - LAL	Y7 Girls Football (SH) - LAL
	Sports studies catch up/KS3 hmwk- AHM			



PE After School Clubs - This Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y7 Football practice	Y7 Football v Rivington (a) Bolton Cup	Bolton X-country (pd3-6)	KS4 Fitness Suite- SHAR	Y11 QF Bolton Cup v Westhoughton (a)
KS3 boys Swimming Club	Y8 Football practice	Champions League trip	Girls Football- all years	
Netball - all years	KS4 Fitness Suite- SHAR	Y9 Football Practice	U13's Girls Football @ Ladybridge	
	Running Club- all years	KS3 Girls swimming	Racquets- all years	
		KS4 Girls Fitness		
		Basketball- all years		

Week beginning 3rd Nov



ENGLISH NEWSLETTER

FRIDAY 24TH OCT



We've reached the end of a long and busy first half-term, which means celebrating wonderful work our students have done, competition winners, and much more to look forward to in the next half-term!

WORD OF THE WEEK

Gratitude

= The quality of being thankful.

E.g. "He expressed his gratitude with a heartfelt thank you."

LIBRARY EVENTS

Books That Go Bump in the Night

Local primary school pupils enjoyed an afternoon of spooky literature when they accepted an invitation to a Halloween event in the library with Miss Topham.

Sharples Primary School's Year 6 enjoyed a Halloween-themed event where they were quizzed on famous authors and text, and engaged in some poetry recitals.

Improving oracy and fluency skills is a key priority of many primary schools and it was a pleasure to practise these techniques in the decorative library. All participants received an appropriately themed certificate.

HUGE THANKS go to English ambassadors from Year 9 and 8: PinkLily, Sadiyah, Rocco and Aamira.



COMPETITIONS



Winners of the ghost stories competition have been announced!

[Click to see.](#)



[Click to see some of the lovely poems written for the I have a dream competition and there are more for National Poetry Day on the next page.](#)

ANOTHER COMPETITION AND MORE ON THE NEXT PAGE!

YEAR 7 LITERATURE SOCIETY: GREEK MYTHS

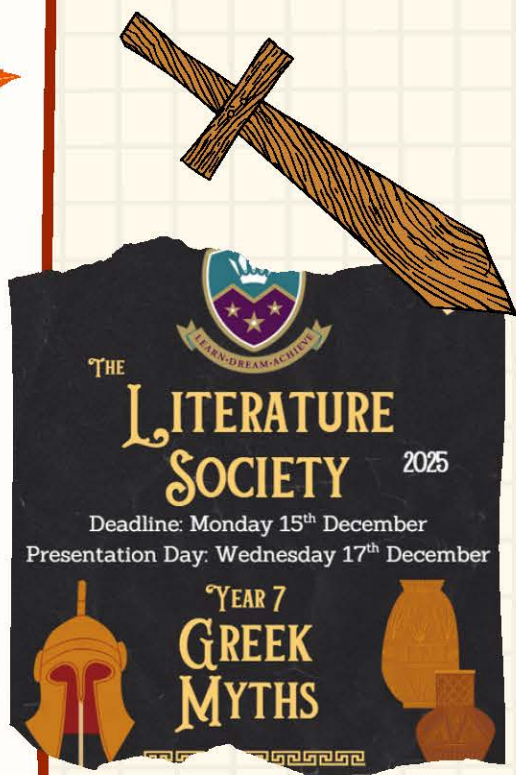
Next term, Year 7 are invited to create projects for Sharples School's Literature Society. The theme this year is 'Greek Mythology' (meaning projects could be anything to do with Greek Myths).

This is an exciting opportunity for you to be creative outside of the school curriculum and show your skills and imagination.

Already we've had many pupils planning out their projects and sharing ideas - the next term might seem long but it'll be over in a flash leading up to Christmas time so for anyone involved we recommend getting started sooner. If you still wants to take part pop in to see Mr Husayn in U15.

DEADLINE

The deadline will be Monday 15th December with presentations of your projects on the afternoon of Wednesday 17th December, where students and staff can come to celebrate your finished projects. There will be cupcakes and even rewards for the best!



WHAT ELSE IS ON?



Mock Trials - Year 9 and 10 have been given roles like barristers, solicitors and witnesses to prepare for a trip to Bolton Coroners Court.



Anime Club - Wednesday lunch in U15



NATIONAL POETRY DAY 2025

We had National Poetry Day this half-term and pupils wrote some thoughtful and emotive poems. They've been linked here.



SHARPLES RADIO

Over the last few weeks Mrs Smith and The Sharples Radio Team have been researching, recording and editing their first podcast. To find out about this new school radio adventure check out the podcast on the school website.





Sharples
SCHOOL

National Poetry Day 2025

PLAY

You're my friends and I love you,
that's the way it's meant
to be
but because you are my sisters as well you mean
much more to me
I feel so lucky you're my friends
and I really hope you know
you'll have a special place
within my heart wherever
we may go



Maryam Year 7

My favourite sport is swimming
the sound of the water
the feeling of water
just the water

The different tricks
the different strokes
hearing nothing but the water

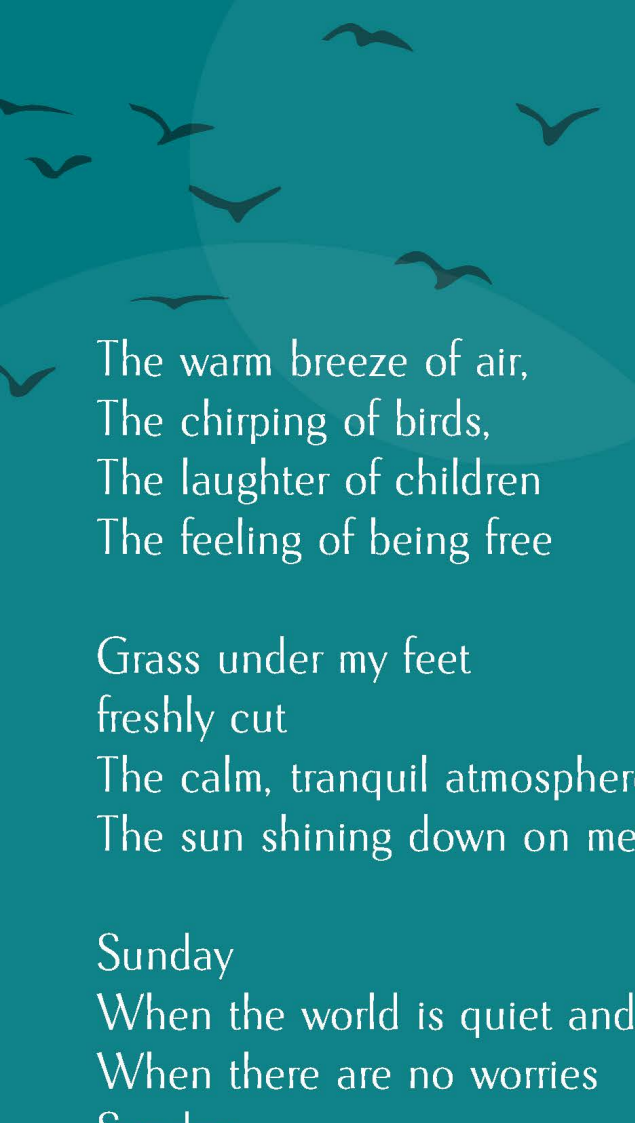
The fun swimming costumes
the silly goggles
the smell of chlorine
that is the best part

Lucy Year 8

*My favourite thing to do is singing
As I sing the feeling makes me free
As I sing, the feeling makes me, me*

Seb Year 9





The warm breeze of air,
The chirping of birds,
The laughter of children
The feeling of being free

Grass under my feet
freshly cut
The calm, tranquil atmosphere
The sun shining down on me

Sunday
When the world is quiet and calm
When there are no worries
Sunday

Samar Year 9



Badminton
I love badminton
It can be fast
Slow
It can be however you want
If I could spread my love for Badminton
Then I'd talk non-stop
A game where I can truly be myself

Jannat Year 9

I play the bass, I play until
there are calluses on my fingers
But at least people think I'm cool
They let me sit with them
because I play the bass

But nobody hears the bass
And nobody understands the
importance of the bass until
it's no longer there
But I hear its beauty
the harmony bringing the song together
I see the bass
It makes a song sound better

I play the bass, I play until
there are calluses on my fingers
But at least people think I'm cool



Pheobe Year 9

My favourite time to play board games is late at night
When the birds are all hidden
and the midnight moon has risen

In my house
I feel my competition rise
acting like it's life or death
The winner has not been decided yet



Charlotte Year 7



My favourite instrument
to play is
the drum with my friends
on a fresh Thursday morning
Excitement
fills the air
as we let our hands free-fully
play a beat

Holly Year 7



*I get back from school, from a restless day
Immediately I wonder what I want to play
Do I want my PS or my Nintendo?
Do I want a bike ride or maybe wait, NO
I know exactly what I must do
I will go animate something new
I position my figures with Blu-Tack gone dry
After the 60th attempt I feel I might cry
Then they click right into place
Now the camera, it's a race
I run to get it before they fall over
Constantly looking over my shoulder
As I return with the camera and the animation starts flowing
Why had I ever wanted to stop going?*

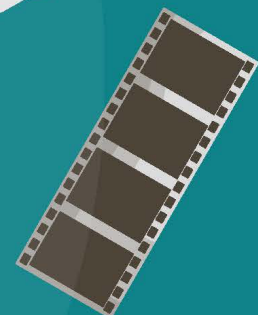
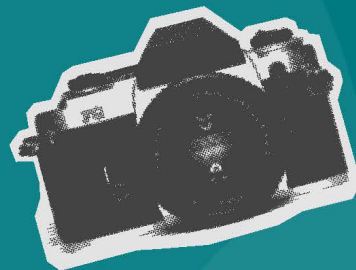
Jack Year 9



My favourite place to play is my house
I'm the most comfortable there
I play with my brother and sister
They're my favourite people
I laugh and I cry sometimes
But it's just a game
It'll pass, it always does
Sometimes it's games
Other times it's competitiveness
I never win though
Not like I want to anyway

This morning was different
The house was quiet
We always play when it's morning
Today was different, weird
No-one was home
It was lonely
Suddenly it was time to leave
For college, I mean
I finally grew up
Ten years had gone in a flash

Ifeoluwa Year 9



*My favourite time to play is an early Sunday morning
whether it's cold, wet, dry or hot
I'm always on that pitch
This morning is a morning of shivers, screams, cheers and whistles
Above all this is my favourite feeling when I score
or when we win
I love these days
I will never forget them
My never forgotten Sunday mornings*

Shaunna Year 9



The sand sits between my toes
and I find it comforting

I'm young again
free and breathless
as I run
towards the sea

My dad has made me
a sand boat
I sit in it
and imitate
a real ship

My tiny hands
make a steering wheel
and I breathe in
the salty air
Ah
happiness

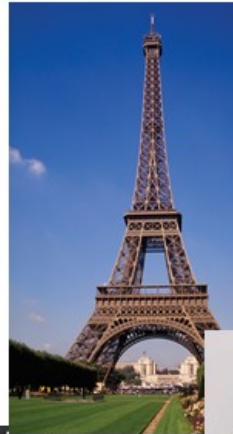
Miss Grimshaw
Geography

Year 9 Maths Competition

Year 9 have just finished the Similarity unit and now you have the opportunity to put the skills you have learned to the test!

Can you use your skills to create a model version of a famous landmark or of your actual or dream house or bedroom?

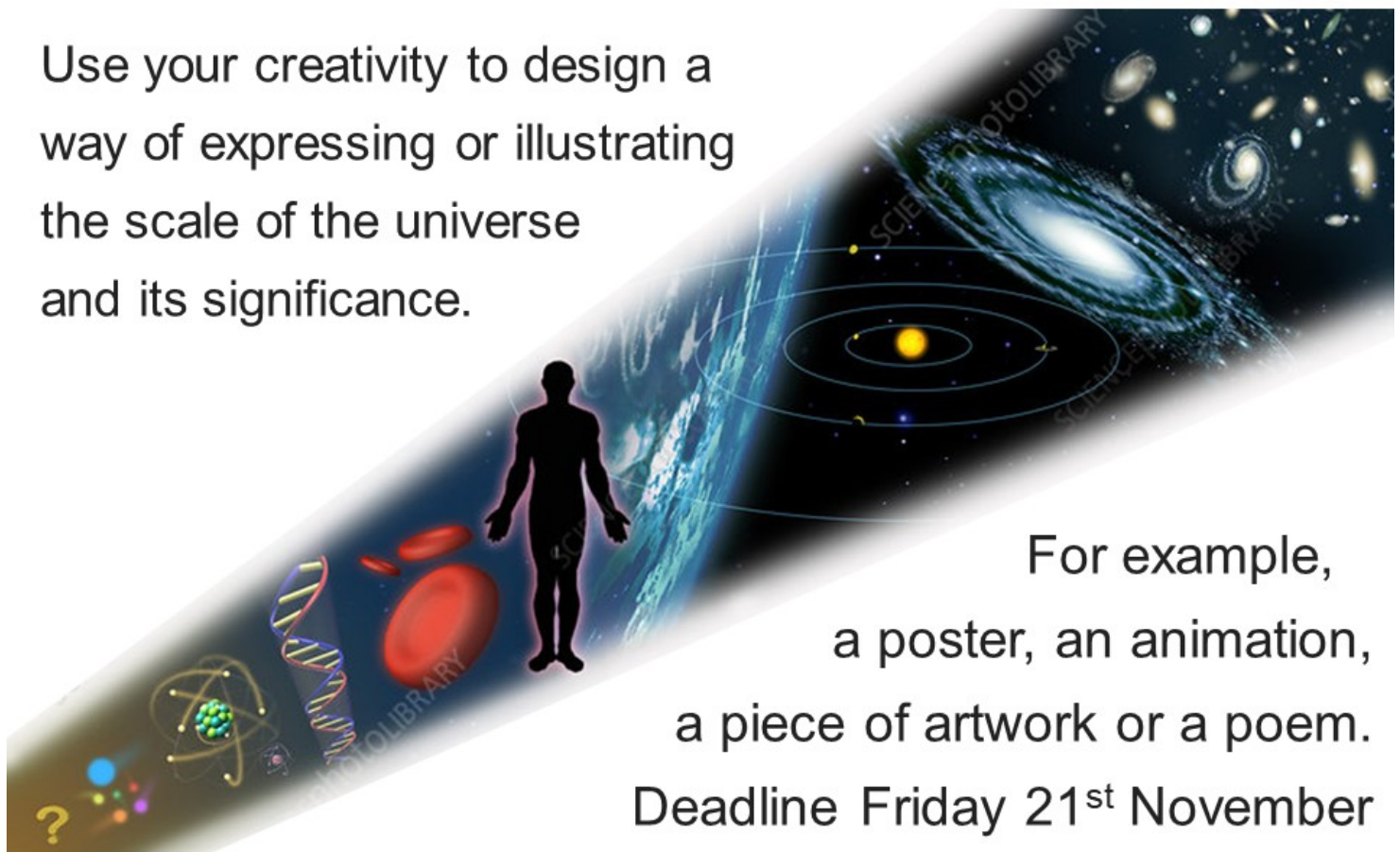
Deadline for entries is Weds 19th November
Please hand in to your Maths teacher



Prizes available for the best creations...

Y10 Competition

Use your creativity to design a way of expressing or illustrating the scale of the universe and its significance.



For example,
a poster, an animation,
a piece of artwork or a poem.
Deadline Friday 21st November



Join our **BIRTHDAY BASH**

This November!

Coming soon!

We're always looking for ways to make you 'Food Happy'.

Did you know we run special themed meals (at least) every month?

Coming up...

It's our birthday! We'd love you to join us as we celebrate 30 years of serving up smiles...



Look out for our Special Party Menu!



Mellors Catering Services



www.mellorscatering.co.uk

10 Top Tips for Parents and Educators TEACHING CHILDREN FIRE SAFETY

Fire safety is especially important around Bonfire Night, as fireworks, bonfires and sparklers add extra risks for families and young children. Every year in the UK, thousands of accidents occur due to improper handling of fireworks and neglecting fire safety measures. This guide offers practical tips for keeping children safe when handling everything from fireworks to space heaters.

1 BONFIRE NIGHT AWARENESS

Bonfire Night is exciting, but it comes with several inherent risks. Educate children about the dangers of fireworks and open flames. Teach them that only adults should handle fireworks and that bonfires should never be approached. Keep children at a safe distance (at least five metres away) from bonfires and explain why supervision is crucial during these events.

2 SUPERVISE FIREWORK USE

Fireworks should only be handled by responsible adults who are following UK laws and guidelines. Make sure to buy fireworks that meet British Standards and adhere to all instructions that come with them. Keep children a suitable distance from any fireworks activity and designate an adult to supervise the event. Ensure no one goes near fireworks after they've been lit.

3 SPARKLER SAFETY

Sparklers are often captivating for little ones, but they can burn at extremely high temperatures – over 1,000 °C! Only allow children over the age of five to use sparklers, and make sure they wear gloves. Teach them to hold sparklers at arm's length and never wave them near others. Once a sparkler has burned out, extinguish it fully in a bucket of water – which you should prepare beforehand and always keep nearby.

4 ORGANISED DISPLAYS ARE SAFER

If possible, families should attend an organised fireworks display rather than holding one at home. These tend to be far safer as they're run by professionals adhering to strict safety regulations. Organised displays also provide a controlled environment where children can enjoy the event from a safe distance, reducing the risk of accidents.

5 KEEP FIREWORKS AWAY FROM THE HOME

If you are hosting your own fireworks display, set them off well away from homes, sheds or fences to avoid starting accidental fires. Choose a wide-open space with no flammable materials nearby and keep a means of putting out fires to hand in case of emergency – such as a bucket of water, a hose or a fire extinguisher. Afterwards, ensure that all fireworks are fully extinguished and never attempt to relight one if it doesn't go off.

6 BONFIRE SAFETY

If you're building a bonfire, place it well away from trees, buildings, fences or anything else flammable. Make sure it's structurally sound and not at risk of collapsing. Only burn natural materials like wood and leaves, avoiding petrol or other accelerants. Children should be kept far away from the bonfire, and it should always be supervised by adults. Be sure to fully extinguish the bonfire before you leave it.

7 "STOP, DROP AND ROLL"

Ensure that children know what to do if their clothing catches fire. Teach them the simple "stop, drop and roll" technique, which can quickly extinguish flames. Practice this with them before events like Bonfire Night, so they feel confident if the need to use it arises. It can also be helpful to keep another means of putting out these kinds of fires on standby, just in case. An extinguisher or flame-retardant blanket are both sound choices.

8 SECURE CANDLES AND OPEN FLAMES

Beyond Bonfire Night, everyday fire safety is also crucial. Candles can be a common fire hazard, especially in homes with young children. Teach children not to touch any open flames, and ensure candles are placed in sturdy holders away from combustible materials. Never leave candles, incense burners or other such items unattended, and always extinguish them fully before leaving a room or going to bed.

9 EDUCATE ABOUT FIREWORKS HAZARDS

Make sure children understand the dangers of playing with fire or fireworks, and how to handle such things responsibly. Emphasise that fireworks are **not** toys and can cause serious injuries when improperly used. Demonstrate the importance of treating fire with respect and the consequences of misuse, which can help temper any curiosity and any resultant dangerous behaviour.

10 FIRST AID FOR BURNS

Even if you have the best possible precautions in place, accidents can still happen. Keep a first aid kit on hand. Ensure you know how to apply basic first aid to burns, so you can teach children those techniques too. If someone suffers a burn, run it under cool water for 20–30 minutes. Never use creams or ointments, as these retain heat and can cause further damage. Instead, seek medical help if the burn is serious.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings and many other industries, helping them to maintain a safe working environment.



#WakeUpWednesday®

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/fire-safety>

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123

WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994

WINSTON'S WISH:
08088 020 021

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®



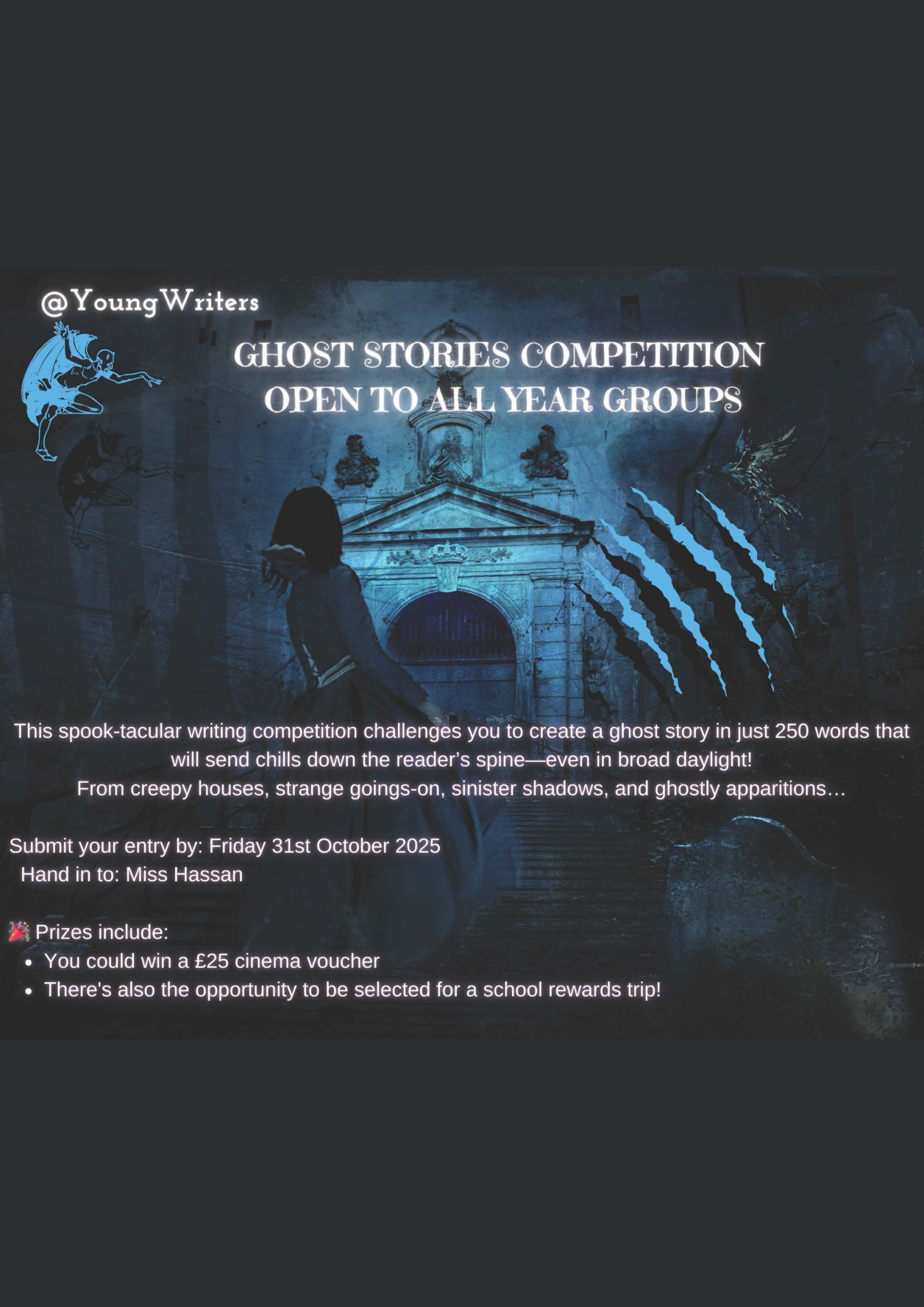
www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege



@YoungWriters

GHOST STORIES COMPETITION OPEN TO ALL YEAR GROUPS

This spook-tacular writing competition challenges you to create a ghost story in just 250 words that will send chills down the reader's spine—even in broad daylight!

From creepy houses, strange goings-on, sinister shadows, and ghostly apparitions...

Submit your entry by: Friday 31st October 2025

Hand in to: Miss Hassan

 Prizes include:

- You could win a £25 cinema voucher
- There's also the opportunity to be selected for a school rewards trip!