



# Sharples

## SCHOOL

### Newsletter

Issue 546  
13th February 2026

#### End of Half Term Letter

Dear Parent/Carer,

As we approach the February half term, I would like to provide an update on school activities and successes over the past few weeks.

This week our Year 10 students have ventured out into the world of work across a wide variety of work experience placements. We have seen students working in dental surgeries, primary schools, car showrooms, cafes, pharmacies and more. The feedback from employers has been so positive, and it is fantastic to see our young people preparing themselves for their future careers and representing themselves so well.

Year 11 have engaged well with their first full PPE mock examinations, showing stamina and resilience through what has been a gruelling three weeks. We look forward to sharing their results and more importantly next steps in learning, with parents after the half term holiday.

We were delighted to see our very first entrants in the Bolton heats of The Battle of The Bands, held at The Roundhouse music venue last week. "Five Blind Chickens", comprising Year 8 musicians and the Year 9/10 group "Stave and Close". Both bands put on a great performance and it was a great experience for them to perform in a professional venue. We now have over 100 students taking part in weekly musical instrument lessons.

At the end of January, the Geography and History departments arranged for all Year 9 students to take part in a field trip to Salford Quays. The students undertook a survey of the urban area and visited the Imperial War Museum. All were a credit to the school.

This week we have celebrated "Chinese New Year", with the tradition of the Sharples Dragon once again making its way around the school to distribute treats.

Next week, many of our families will begin their observance of Ramadan and we are supporting our students to continue with their normal studies at school through provision of quiet spaces at lunchtime and PE will deliver orienteering to students. We are also planning our annual Sharples Year 9 Iftar which will be held on Friday 6th March and the Easter Sharples Family Meals for Y8 which will take place at the end of term.

I would like to thank all parents who joined us for our Parent Forum and PTA Meetings this term. We discussed the new "Sharples Way" expectations which have received great feedback, and enjoyed a presentation from our Health Care Worker and First Aid Lead. Your input and support is vital to improving our school together. ...



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Finally, I would like to remind you that our mobile phone policy has been updated in line with new DFE guidance and the latest version can be found on our website.

We look forward to welcoming all students back after the break on Monday 23rd February at 8.45am

Wishing you all a restful and enjoyable half term.

Yours sincerely

Ms C Molyneux

Headteacher

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

#### **Year 10 GCSE Citizenship pupil has article published**

Congratulations to Fatima Ismail, one of our Year 10 GCSE Citizenship pupils, who has had a fantastic article published!

Fatima has become the very first Sharples student to be published on the national news platform The Day. In her thought-provoking article, she explores the relationship between technology and art, urging her peers: "Don't let AI steal your creativity."

[You can read Fatima's full piece on The Day's Student Voices page here.](#)

We are incredibly proud of her achievement and hope this is the first of many Sharples voices to be featured on the site. Well done, Fatima!

Inspired to share your own voice? We want to see more Sharples students get published! If you have an opinion on current affairs or a story you're passionate about, check out the Student Voices submission guidelines on The Day and speak to Mr Poole about how to get involved.

#### **Don't let AI steal your creativity**





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#### Proud Moments: Sharples Students Reach Semi-Finals in Youth Speaks Competition



On Sunday, 8th February, three Year 10 students from Sharples School took part in and represented the Sharples community at the Rotary Youth Speaks Competition in Rochdale. We couldn't be prouder of their achievement! Reaching the semi-finals is a fantastic success, especially when competing against some very prominent grammar schools.

Our team consisted of Idris, Amaara, and Safiya (pictured above), and each of them played a vital role in making their speech memorable and inspiring.

Idris brought wit, humor, and confidence to the stage, engaging the audience with his clever remarks and presence. Amaara showed exceptional confidence, delivering a powerful and thoughtful speech on "Parasocial Relationships." Safiya was an incredible chairperson, speaking with clarity and passion, guiding the team with her leadership and enthusiasm.

Together, they made a fabulous team, representing the Sharples community with pride and demonstrating the strength of our school. Their journey to the semi-finals is a remarkable achievement, showing what can be accomplished through teamwork, confidence, and determination.

Well done to Idris, Amaara, and Safiya – you have made us all proud!

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#### Update for Parents/Carers Regarding Mobile Phones

We are writing to remind you of Sharples School's expectations regarding mobile phone use, in line with our Mobile Phone Policy and the most recent Department for Education (DfE) guidance on mobile phones in schools which was released last week. The updated guidance is clear that schools are expected to operate as **mobile phone-free environments throughout the entire school day**, including lessons, movement between lessons, breaktimes and lunchtimes as well as on site before and after school. The DfE guidance provides examples of inappropriate use of phones, for example as a calculator or for research purposes.

At Sharples School, we are fully committed to maintaining a safe, calm and focused learning environment for all pupils and you will be aware that our policy is already that the site is phone free. However, we are updating our mobile phone policy, in light of the new guidance.

Whilst we recognise that many students carry a phone for personal safety when travelling to and from school, we now require that **phones must be switched off before entering the school site and remain switched off and kept out of sight at all times while on school grounds**. This expectation applies before school, during the school day (including break and lunchtimes), and after school until pupils have left the site.

Our approach is one of **clear expectations and zero tolerance to phone use in school**.

If a pupil is found accessing a mobile phone during the school day:

- The phone will be **confiscated until the end of the following school day**, and parents/carers will be informed.
- Repeated breaches will lead to **longer confiscation periods and further sanctions** in line with the Behaviour Policy (see the school website for further details).
- Refusal to hand over a phone when requested will result in **immediate placement in the IEU for that day and the following day until 4.30pm and parental contact**.

Safeguarding remains our highest priority. Any misuse of a phone to take photographs, record, or communicate in a harmful or inappropriate way will result in more serious consequences, and external agencies may be involved where necessary.

If students require assistance during the school day, then they should alert a member of staff. *...continued on the next page*





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**Contact home will always be made in the event of an emergency.**

If you need to contact your child urgently during the school day, you should:

- **Telephone the school office**, and we will endeavour to ensure that the message is passed on as quickly as possible, or
- **Email a member of staff** or [office@sharplesschool.co.uk](mailto:office@sharplesschool.co.uk) who will respond as quickly as possible.

We are grateful for your continued support in reinforcing these expectations with your child. By working together, we can ensure that Sharples School remains a safe, respectful and disruption-free environment where all pupils can focus fully on their learning and wellbeing.

#### Be Kind To Your Mind Group Connect with Nature



The Be Kind To Your Mind Group (pictured above) are growing plants from seed to explore the positive effects that being involved with plants and nature can have on mental wellbeing. They planted a variety of flowers, including Cosmos and Sunflowers and are nurturing them until they are ready to plant outside in the Spring. This links to the RHS Plants for Wellbeing project which is taking place across school.

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#### **Safer Internet Day: Starting the Conversation About AI and Online Responsibility**

Tuesday February 10th, saw Sharples School join millions of people worldwide in recognising Safer Internet Day, an annual event held in over 170 countries. The aim of the day is to bring people together to make the internet a safer and better place for everyone, especially children and young people.

During the Safer Internet Day assembly, students explored one of the most talked-about technologies of our time: Artificial Intelligence (AI). Students learned that although AI systems may seem as though they can “think for themselves,” they are actually trained using large amounts of data. This allows them to recognise patterns, make decisions, and generate content.

Many students already interact with AI daily through virtual assistants, chatbots, and the algorithms behind social media and streaming services. The assembly also highlighted some inspiring ways AI is being used for good, such as protecting rainforests, supporting surgeons during complex operations, helping deaf children learn to read, assisting blind and low-vision people, promoting sustainable fishing, and even helping protect honeybee populations.

However, the assembly also made it clear that AI is not without its challenges, and that it's important to think critically about its wider impact — both now and in the future.

Some young people are concerned that AI could replace jobs, making it harder to find employment in the future. Schools and colleges are also thinking carefully about how AI might be used in education, particularly when it comes to students relying on it to complete work rather than developing their own skills. There are also serious concerns around deepfakes, where AI is used to create realistic images or videos of events that never actually happened, sometimes causing real harm.

Importantly, students were reminded that there is no single “right” way to use AI. Some people may want to build a career around developing or working with AI. Others may choose to use it occasionally for specific tasks, and some may decide not to use it at all. All of these choices are normal and valid.

What matters most is using technology safely and responsibly. This means:

- Thinking about how your use of AI might affect others, even if something is meant as a joke
- Understanding consent and respecting other people's boundaries

*...continued on next page*



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- Thinking critically about information AI provides, as it may not always be accurate
- Reflecting on the ethics of AI and its impact on society
- Being aware of how AI use affects your own wellbeing
- Knowing when and where to seek help, and speaking to a trusted adult if needed

#### Start a conversation

AI is an evolving technology that is likely to shape all of our lives. This Safer Internet Day, we want to start a conversation. We are encouraging students to talk to their friends, talk to their family, and talk to staff at school. How do you feel about AI? Do you see it as a force for good, or do you have concerns? What support would help you use it safely and responsibly? And what do you think adults need to understand about how AI is affecting your lives?

#### Safer Internet Day AI Emoji Language Challenge

Students are invited to design their own emojis that communicate messages about using AI safely and responsibly. Emojis could represent ideas such as:

- Safe AI use – using smart technology carefully to protect yourself
- Honest AI use – being open and responsible when using AI tools
- Risky AI use – highlighting potential dangers or poor choices
- Privacy protection – keeping personal information safe

This challenge encourages students to think creatively about how AI is used and how key online safety messages can be shared in a fun and visual way.

**Deadline:** Submit designs by 23rd February

**How to enter:** Entries should be submitted to Mrs Bennett

**Winning entry:** Successful entry will be displayed on the school computer desktops.

All students receive 30 positive reward points for taking part.

We look forward to seeing students' ideas and hearing their voices as we work together to build a safer, more thoughtful digital future.





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#### Who Am I Project Exhibition



The Schools Linking Network in Bolton is one of 27 networks across the UK which links classes together to explore issues around identity, diversity, community and inclusion.

Schools Linking is backed by DfE, MCHLG and the Pears Foundation. The programme meets Spiritual, Moral, Social and Cultural (SMSC) requirements, allowing schools to embed SMSC development and British Values into the curriculum.

The 'Who am I?' project launched in November 2022 and has continued to flourish and expand, due to its success and continued funding. The schools, located across different areas of Bolton with contrasting demographics, met to work together on ...

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the topic of identity using Holocaust Art as a central theme.

Each project brings together four schools. This project's schools were, Bolton St Catherine's Academy, Mount St. Joseph High, Sharples High School and St. Joseph's RC High. We met all together in November 2025. Then in December 2025 and January 2026 and, each pair of schools met twice – once at each school, to continue their work. During the school-based sessions, Nicola Mahon, EAL teacher and Bolton Schools Linking facilitator used high quality resources from The Linking Network to explore the question 'Who am I?'. Caroline Slifkin, a qualified and experienced Holocaust Arts Teacher delivered Holocaust Arts sessions where pupils looked at how Holocaust victims and survivors define themselves and their experiences through art. Pupils then responded by creating self-portraits, in whatever medium and style they wished.

They have included many elements of their identity within their work - family, home, heritage, community, interests, religion/beliefs amongst others, and many were inspired by the Holocaust artists they had studied earlier in the project.

Finally on January 28th, 2026, the four schools came back together to celebrate what they had achieved through this project and share their artwork with each other. They also had the opportunity to meet and listen to the testimony of a third generation, Hannah Goldstone, whose grandfather came to England on the Kindertransport. Thank you to all the wonderful staff and students involved in this project.

We are delighted to be able to share the students' work with the wider public through this exhibition at Asda Bolton and hope you enjoy, and feel inspired by, their artwork. The Exhibition will be on until Easter and is pictured above.

#### UKMT Intermediate Maths Challenge

At the end of January, five Year 11 students took part in the UKMT Intermediate Maths Challenge. The challenge helped students develop their mathematical reasoning, accuracy, and problem-solving skills. Well done to everyone who took part, and a special congratulations to Leah H for being the highest scorer in school and earning a Silver Certificate.



**United Kingdom  
Mathematics Trust**





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#### February STEM Challenge

This February, students are invited to take part in our STEM Challenges, designed to spark curiosity, creativity, and problem-solving across Science, Technology, Engineering, and Maths.

Students can choose to present their ideas through a poster, model, or presentation for each challenge they complete. Every completed challenge earns a wedge, helping students build towards completing a 8-sector STEM circle.

Whether you enjoy experimenting, designing, building, or coding, there's a challenge for everyone. Look out for the STEM Challenges poster around school for full details of this month's topics and how to get involved.

Congratulations to all the students who earned their first wedges in January!

**SHARPLES STEM CHALLENGE**

**EXPLORE STEM CHALLENGES**

**Complete the challenges!**

CHOOSE A TOPIC FROM THE LIST BELOW.  
CREATE A POSTER, MODEL, PRESENTATION, ETC.  
THE BEST ENTRIES WILL RECEIVE A CORRESPONDING WEDGE.  
COLLECT ALL THE WEDGES TO EARN THE STEM CHALLENGE BADGE!  
NEW CHALLENGES EACH MONTH.  
OPEN TO ALL YEAR GROUPS.

**STEM CHALLENGE**

METALS, SEEDS, ALGORITHMS, GLUTEN FREE, BIOLOGY, CHEMISTRY, PHYSICS, ASTRONOMY, MATHS, ENGINEERING, TECHNOLOGY, GALAXY, CIRCLES, UPCYCLING

**SUBMIT ENTRIES TO MR. FOWLDS (G43) BY 2<sup>ND</sup> MARCH**





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#### Space Science Visit from St Thomas, Halliwell



Students from St Thomas' Primary School in Halliwell enjoyed an exciting afternoon of space science when they visited Sharples School. The young scientists took part in a range of hands-on activities designed to spark their curiosity about the universe. They explored how light can be reflected and dispersed to create spectacular colour effects, learned how to identify asterisms and constellations (pictured above, right) in the night sky, and even had the opportunity to look through binoculars (pictured above, left) and telescopes. The visit was a fantastic opportunity for pupils to deepen their understanding of space science while experiencing the thrill of real astronomical observation.





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#### Royal Academy of Arts Young Artists Summer Call For Entries Show

We have registered our school for the Royal Academy of Arts Young Artists Summer Show and invite you to enter your artwork. See Mrs Lowe for more information and to submit your work. Closes 4th March.

- Judges looking for imagination, originality and skill
- Judged by a panel of experienced artists and arts professionals
- Selections announced end of May
- Accepted work will be exhibited online from 14th July
- Some will be selected to go on show at the Royal Academy Open Exhibition 14th July to 30th August
- Prizes are gift vouchers for art materials



#### Young Artists' Summer Show 2026

The Young Artists' Summer Show is a free, open submission exhibition for young artists aged 4–18 living and studying in the UK.

Students can submit one artwork for consideration which will be judged by a panel of artists and arts professionals. Selected artworks will be displayed at the Royal Academy of Arts either onsite or online. The RA will award prizes for inspiring artworks.

##### How to enter

From 5 January 2026, teachers will be able to register their school. Next, teachers and parents/guardians can submit artworks via the RA website until 4 March 2026.

##### Important dates

5 January–4 March 2026  
Registration and submission open  
May 2026  
Judging  
14 July 2026  
Online exhibition opens  
14 July–30 August 2026  
Display at the RA open

Sign up and find out more  
[royalacademyarts.org.uk/youngartists](https://royalacademyarts.org.uk/youngartists)  
@royalacademyarts  
Made possible by Robin Hambro

- UK Students aged 4-18
- Individually, pairs or groups
- Any media/material
- Any subject/ No theme
- Max size: 95cm wide x 3 meters high
- Include a written description/ explanation of the artwork

\*Appropriate for under 18

\*Original Art/Photos

\*No AI

**DEADLINE 4th March 2026**

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

##### Work of the Week

Year 7

Harry D for his excellent letter writing. [Click here to view the work.](#)

Year 8

Isa A for reflecting upon and editing his work. [Click here to view the work.](#)

Year 9

Tyler J has been studying a new play. He has started linking his understanding of context to the characters from the play. [Click here to view the work.](#)

Year 10

Rayyan Y for his brilliant essay on Scrooge that he completed during form. [Click here to view the work.](#)

Year 11

Raees M for their great guide writing. [Click here to view the work.](#)

##### Readers of the Week

Year 7

Maryam D for always being enthusiastic about reading, reading loudly and clearly with confidence.

Year 8

Samera A for playing a brilliant Lady Macbeth.

Year 9

Afrin S for reading for meaning well and her inference skills when studying A View from the Bridge.

Year 11

Aisha A for her inference skills when studying and annotating extracts from Romeo and Juliet.





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#### English Competition

# GRIM TALES

Step into a world of mystery, magic, and mayhem! Are you ready to uncover dark secrets, or rewrite classic legends? Join us in the "Grim Tales" competition for Y7 to Y10 students and showcase your storytelling skills. Whether you love weaving eerie atmospheres or crafting heroes in haunted worlds, this is your chance to shine.

WITH A LIMIT OF 500 WORDS, LET YOUR IMAGINATION RUN WILD AND BRING YOUR MOST GRIPPING TALES TO LIFE. DARE TO TELL YOUR STORY — THE DARKNESS AWAITS!

**SUBMIT YOUR STORY TO MISS HASSAN BY  
FRIDAY 20<sup>TH</sup> MARCH 2026**

Send in your entry by 20th March 2026

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#### Dates for your Diary

Monday 16th to Friday 20th February: Half Term

Tuesday 24th February: Paris Information Evening (18:00 – 19:00)

Wednesday 25th February: Year 8 fieldwork day (9:15 – 15:15)

Wednesday 25th February: Year 9 options talk

Thursday 26th February: Premier League Inspires Challenge Event (9.00 - 14.00)

#### 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](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:

7 = 94.36%  
8 = 95.43%  
9 = 94.16%  
10 = 97.79%  
11 = 91.89%

Best forms this week:

7Ples1 = 97.94%  
8Shar1 = 100%  
9Ples1 = 99.01%  
10Ples1, 10Shar1 & 10Shar2 = 100%  
11Shar5 = 99.20%

226 pupils have achieved 100% this academic year

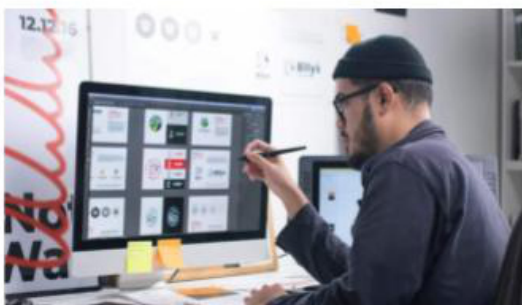
#### Career of the Week: Graphic Designer

Graphic designers create printed and digital materials for magazines, packaging, branding, websites and social media.

Average Salary: £

Typical hours: 37 to 40 (per week)

You could work: evenings occasionally



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

#### Qualifications:

- You could take a foundation degree, higher national diploma or degree in graphic design, art and design or illustration.
- 4 or 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, for a level 3 college course.
- 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, including English and maths, for an advanced apprenticeship

#### Skills required:

- Design skills and knowledge.
- To be thorough and pay attention to detail.
- Knowledge of media production and communication.
- Knowledge of English language.
- The ability to come up with new ways of doing things..
- Thinking and reasoning skills.

#### Relevant Subjects:

- English, Art and Graphics.



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 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	Y8 Football practice	KS3 girls Swimming Club	KS4 Fitness Suite- SHAR	PE detentions
KS3 boys Swimming Club	Y7 Football v St Catherine's (a)	Y9/10 Football Practice	Girls Football	
Netball - all years	KS4 Fitness Suite- SHAR	KS4 Fitness Suite- Girls	Y10/11 Girls football tournament	
Game on leaders training- SCU	Running Club- all years	Basketball practice		
	Racquets- all years			

Week beginning 23rd Feb

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**Sharples**  
SCHOOL

## SCIENCE DEPARTMENT

We are coming to the end of Half Term 3, and have been very busy...

### TRIPS



Miss Stephenson led a successful Yr10 trip on a college workshop

### ALS

To support their exam preparation, Year 11 have participated in hours of high-quality additional learning sessions, both in school and online, including masterclasses in the theatre and past paper sessions taught by GCSE examiners.

### PRACTICAL WORK

Our science technicians have provided hours of practical work, ranging from investigating speed to Hooke's Law to Testing for Starch and investigating rates of photosynthesis.

### YEAR 9 FOCUS

Year 9 students sat 3 'pre-options' assessments to help support them in making the best possible choices over the coming months. The data from these will be shared at parents' evening and used to help choose the correct pathway for each student at KS4.

**NEXT UP: STEM WEEK  
(9TH-13<sup>TH</sup> MARCH)**



# ENGLISH NEWSLETTER

FRIDAY 13<sup>TH</sup> FEB



## YEAR 10 LITERATURE SOCIETY: FILM AND LITERATURE COMING UP

After half term, it's Year 10's chance to get involved in this year's Literature Society.

The theme for their year group is (as the headline suggests) Film and Literature.

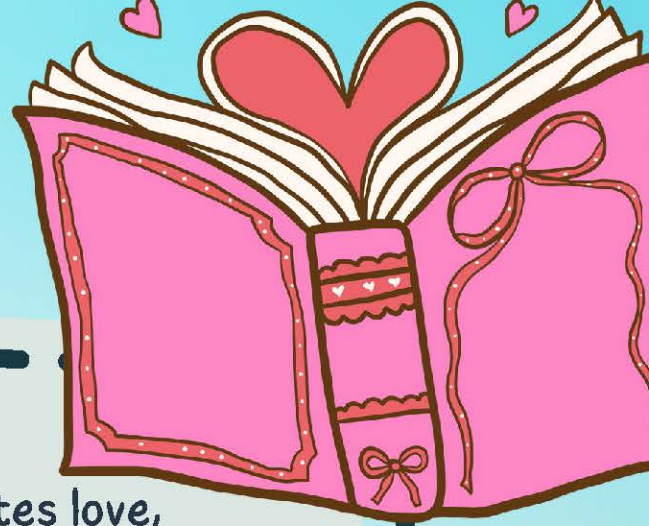
This is an exciting opportunity for Year 10 students to bolster their applications for when they finish school, to be creative outside of the school curriculum that they can be proud of (and add to your purple folders).

The **deadline** is **Monday 23rd March** with **presentations** at lunchtime on **Wednesday 25th**, where students and staff can come to celebrate your finished projects. **There'll be up to 100 reward points for grabs and prizes and treats for the best - even a rewards trip at the end of the year!**





# LOVE FOR BOOKS



We all know that Valentine's Day celebrates love, yes, but it's also Library Lover's Day on February 14, dedicated to book lovers across the globe. The day honors libraries and the amazing life-changing books they hold within them. Before you ask why libraries need to be celebrated, digest this fact — there was a time when libraries didn't exist! The word 'library' is actually a Latin word that literally means 'a place that stores books.' Therefore, libraries were simply places appointed by the state to 'stock' books and important manuscripts for the longest time.

This week during form time, students have been engaging with a variety of romance texts to explore the genre and fall in love with books!

## **FEBRUARY 14th – International Book Giving Day**

This special world-wide event encourages participants to share their love of books with others, especially children. On this day of love, help those who may not have access to as many books as you do.





## WHAT ELSE IS ON?

### Books and Biscuits



Tuesday  
Lunchtime  
in the library



Anime Club  
Wednesday lunch  
in U15

## WORD OF THE WEEK

### Wary

= to be cautious and watchful.

E.g. "Be wary of strangers offering gifts."

## SHARPLES RADIO

The Sharples Radio team have been busy making monthly podcasts. All podcasts can be found on the Student Voice page of the school website.

<https://www.sharplesschool.co.uk/student-voice/>





# BE A HIGH-FLYER... A HEALTHY SCHOOL LUNCH SUPPORTS YOUR LEARNING!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	SAUSAGE & MASH £1.85 	CHINESE CURRY OF THE DAY £2.10 	CRISPY BATTERED FISH & CHIPS £2.10 	HOMEMADE MACARONI CHEESE £1.80	SALSA POTATO £1.80 
Vegetarian Main Dish	HOMEMADE CHICKPEA & LENTIL CURRY £1.80	CHINESE VEG NOODLES £1.85 	CHEESE PASTIE & CHIPS £2.10	PAV BHAJI IN A BUN WITH SALAD £1.80 	PIZZA OF THE DAY £1.50 
And there is more.....	SANDWICH SELECTION £1.45-£1.85 JACKET POTATO & FILLING £1.85 SALAD BOX £1.90	SAME AS MONDAY	SAME AS MONDAY	SAME AS MONDAY	SAME AS MONDAY
Street Food	Love Joes Curry Pot £1.90 Panini £1.95	Love Joes Curry Pot £1.90 Panini £1.95	Love Joes Curry Pot £1.90 Panini £1.95	Love Joes Curry Pot £1.90 Panini £1.95	Love Joes Curry Pot £1.90 Panini £1.95
Italian Daily Special	Pasta King Sauce of the Day £1.90	Pasta King Sauce of the Day £1.90	Pasta King Sauce of the Day £1.90	Pasta King Sauce of the Day £1.90	Pasta King Sauce of the Day £1.90
Dessert	Fruit Pots 55p-£1.30 Traybake 72p Biscuit 50p Cheese & Crackers 85p	Fruit Pots 55p-£1.30 Traybake 72p Biscuit 50p Cheese & Crackers 85p	Fruit Pots 55p-£1.30 Traybake 72p Biscuit 50p Cheese & Crackers 85p	Fruit Pots 55p-£1.30 Traybake 72p Biscuit 50p Cheese & Crackers 85p	Fruit Pots 55p-£1.30 Traybake 72p Biscuit 50p Cheese & Crackers 85p



# MENU

KEY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



- MEAT-FREE MONDAY



- PLANT-BASED (VEGAN)





**Dear Parent / Guardian,**

As we approach the holy month of Ramadan, we are writing to you with a spirit of community and inclusivity. We understand that for many students, Ramadan is a time of deep spiritual reflection, fasting, and celebration. At Mellors Catering services, (your school lunch provider) we believe that our food provision should adapt to the cultural needs of its community. That is why we are proud to launch this new initiative, to support within the month of Ramadan. Introducing...**Mellors Moonlit Meals.**

**Why This is important for your child**

Ramadan is a pillar of the Islamic faith, observed by fasting from sunrise to sunset. For observing students, this means missing Mellors standard lunch service.

Fasting requires a nourishing meal (Iftar) to break the fast and replenish energy for the next day. Mellors Moonlit Meals ensures your child receives a healthy, balanced meal to support their concentration, learning, and overall well-being throughout Ramadan.

**How It Works**

We want to ensure that all children have the fuel they need to learn and thrive.

Mellors Moonlit Meals allows students eligible for Free School Meals (FSM) who are observing Ramadan to use their daily allowance to "purchase" a meal intended for breaking their fast, rather than a lunchtime meal. This ensures your family receives the full value of the FSM benefit, reducing your food costs during this important month.

Not on a Free School Meal? Even if your child is not eligible for FSM, we encourage you to use Mellors Moonlit Meals as a convenient and balanced option!

**Your school has carefully selected the following option to best suit our students' needs and facilities:**

**Mellors Moonlit Meal Bag**

The kitchen will prepare a chilled selection of items in a handy 'grab and go' style bag - Ready-to-eat and easy to transport home. Perfect for breaking the fast immediately.

This could include:

- Sandwich
- Fruit Pot OR Homebake
- Bottle of Water





Next Steps: Sign up your Child Today!

To ensure we can accurately plan and prepare these meals for your child, we need to know who will be taking part.

**Please complete and return the form available in the canteen or order your lunch in the morning of each day for the Mellors Moonlit Meals scheme.**

We look forward to supporting your child and family throughout Ramadan.

Warm regards,  
Mellors Catering Services

Scan the QR  
code for  
delicious  
recipes!

SCAN ME!



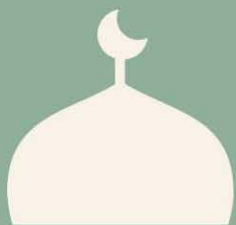
@MellorsCatering



Mellors Catering Services



[www.mellorscatering.co.uk](http://www.mellorscatering.co.uk)



**JOIN FREE**  
**BOOKING IS ESSENTIAL**

# **BOLTON MHST: ONLINE PARENT/CARER WORKSHOP ON EXAM STRESS**

These 90 minute workshops are aimed at parents/carers of young people aged 5–18 and will look at:

- What exam stress is
- How exam stress impacts young people
- Helpful strategies to support your child



**DATE: February 17<sup>th</sup>**

**TIME: 16:30-18:00**



**Greater Manchester  
Mental Health  
NHS Foundation Trust**

**Scan the QR code or search 'Bolton MHST' on  
Eventbrite to secure your place**



**NEW**

# WOODBIDGE SEND SERVICE

## PARENT WORKSHOP

### SUPPORTING YOUR CHILD'S SELF-REGULATION

Learn about effective practical strategies to help your child manage their emotions, reduce ineffective behaviour and develop some self-regulation skills. This workshop focuses on developing a calmer supportive home environment.

Cost: £15 per family  
maximum 2 to attend  
Date: 8th May 2026  
9.30-10.30

Woodbridge Training Hub  
Waggon Road, Bolton  
[www.woodbridgesend.co.uk](http://www.woodbridgesend.co.uk)





### What support can we offer?

- Support and guidance for parents who are not feeling confident following a breakdown in relationship.
- Tips for managing your own and your children's feelings.
- Rebuilding relationships with your children following family conflict.



# Empower Parents

### Positives we aim to achieve:

- Parents to feel equipped to manage difficult situations.
- Parents to understand their children's perspectives and have new strategies to support them.
- Building a parent peer support community.

## We are here



25<sup>th</sup> February  
4<sup>th</sup> March  
11<sup>th</sup> March  
18<sup>th</sup> March  
25<sup>th</sup> March  
1<sup>st</sup> April



10am - 12pm

## At

Harvey Children's  
Centre,  
Shaw Street,  
BL3 6HU



Bolton

Together

[CYP@fortalice.co.uk](mailto:CYP@fortalice.co.uk)



01204 589682



[www.fortalice.org.uk](http://www.fortalice.org.uk)

