



Sharples

SCHOOL

Newsletter

Issue 558
5th June 2026

Sharpchella Strikes The Right Note



This year's Sharpchella music festival was a tremendous success, bringing together students from year 7 to 10 for an unforgettable celebration of live music and talent. The event showcased the incredible musical abilities within our school community and created a fantastic atmosphere enjoyed by all.

The festival opened with a brilliant performance from 'Stave & Close', who immediately captured the audience's attention with their energy and stage presence. Their set featured a mix of popular songs and impressive musicianship, setting the tone for a fantastic afternoon.

Next came 'On the Edge', whose polished performance demonstrated the hard work and dedication of the group. Their confident delivery and strong ensemble playing earned enthusiastic applause from the crowd.

The audience was then treated to a lively performance from 'CANtastic', who brought fun, excitement, and plenty of audience participation. Their enthusiasm was infectious, making them a real highlight of the festival.

Another highlight was the fantastic performance by '6 Blind Chickens'. The talented band entertained the audience with an energetic set that had students and staff singing along and clapping to the beat. Their musicianship, stage presence, and enthusiasm created a wonderful atmosphere and helped make the event a memorable celebration of music.

... continued on next page.

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

Tel: 01204 333253

Fax: 01204 333250

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Sharples Voices also performed a short set on the main stage. Their confident singing and impressive harmonies captivated the audience and created a truly uplifting atmosphere. The choir performed with enthusiasm and professionalism, demonstrating the strong sense of teamwork that has been developed through their rehearsals.

A special mention must go to 'CHES' and 'Rufus & Evan', who both took to the main stage. As Year 7 students who are just beginning their musical journeys, performing in front of such a large audience was a remarkable achievement. They showed great courage, confidence, and enthusiasm, making the most of an unforgettable opportunity.

The afternoon reached its climax with a spectacular headline performance from Charlie Aky. Delivering an outstanding set, Charlie captivated the audience and provided the perfect finale to a memorable event. The performance showcased exceptional talent and left festival-goers talking long after the final note had been played.

Sharpchella once again proved to be one of the highlights of the school calendar, celebrating creativity, teamwork, and a shared love of music. A huge thank you goes to all the performers, organisers, staff, and volunteers who worked so hard to make the festival possible.

We are already looking forward to next year's Sharpchella!

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RHS Plants for Well-being at Sharples Project Update



Now that the risk of frost has passed, Sharples forms have begun planting their sunflowers and other plants outdoors. We started this process with Ms Singleton's form, 7S3, who had great fun planting their giant sunflower, along with a sweet pea plant that they grew from seed in February, which has already started to bloom.

Over the next few weeks, all forms will have the opportunity to plant their sunflowers, helping to enhance biodiversity around our school. This project provides students with the chance to have fun, develop lifelong gardening skills, and experience the mental health and well-being benefits of growing plants.

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Mathematician of the Month

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

Well done to this April/May's nominees for fantastic work in maths lessons!

Year 7	Year 8	Year 9	Year 10	Year 11
Frankie A	Alfie C	Kyeranne R	Henriette L	Aamirah M
Abbie L	Faria D	Khadijah A	Isaac K	Zak I
Thomas B	Aqeela P	Caleb S	Maria M	Ubong N
Elizabeth L	Kelsey H	Aaliya I	Lucas K	Hasaan R
Sabtow I A	Madeeha H	Janki F	Khadijah P	Maryam I
Imama N	Teegan S	Ayaan S	Zayn H	Umamah B
Mustafa I	Qasim I	Lewis B	Brianna M	Azeem A
Elliot M	Ayaan V	Archie W	Kareemah M	Bethany K
	Myesha C	Lois C	Zaynab A	Fahima K
		Maryam M	Masbal H	

May Scientist of the Month

Massive congratulations to the 4 winners of last month's Scientists of the Month.

Year 7 - Bareerah Y - Phenomenal subject knowledge and contributions!

Year 8 - Maryam M - Helping with science club, great assessment scores and completing extra revision!

Year 9 - Tiah-Rose ON - Great attitude towards lessons and 100% effort!

Year 10 - Mehr-Unisa I - Consistently contributing to lessons in a positive manner!

Nominees - Kancy L, Sajid A, Alys MH, Khadijah Z, Isaac H, Natascha I, Muawiyah N, Uwais N, Fatima A, Maha ZA, Fajar AA, Erin B, Abeera F, Faria D, Ethan H, Charley M, Kyeranne R, Aman D, Zain A, William D, Aasiyah B, Ammaarah P, Aminah T, Sameer P, Raven G, Zahra BS, Amelia TM, Sol McC, Mohammed-Zain T.

Well done for all your hard work and efforts!



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English Department's Stars of the Week

Work of the Week

Year 7

Felicity for her wonderful annotations in poetry. [Click here to view the work.](#)

Year 8

Pippa M for her brilliant article on King Duncan's murder. [Click here to view the work.](#)

Year 9

Phoebe GL for excellent poetry analysis. [Click here to view the work.](#)

Year 10

Naomi C for demonstrating excellent knowledge in A Christmas Carol. [Click here to view the work.](#)

Year 11

Cerys J for her detailed plan in preparation for her GCSE exam. [Click here to view the work.](#)

Readers of the Week

Year 7

George H for always volunteering to read.

Year 8

Josh M for reading out loudly and fluently.

Year 9

Jason A who is an avid reader and expressed the importance of reading in class discussion.

Year 10

Cole T for reading aloud clearly and confidently with intonation!

Year 11

Bethany K for independently practicing reading questions to improve GCSE Language Skills.

Sharples Podcast - May Edition

Click the link to listen to The Sharples Radio May Podcast, featuring reports on: Star Wars Day, David Attenborough's Birthday, May Day, How to Escape Exam Stress and Quick Fire Questions with Mr Davies.

[Click here to listen!](#)





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Oliver M continues his Olympic dream!



Oliver competed in Kettering over half term and won the gold medal in trampolining. Oliver competed on both Trampoline and the double mini trampoline and walked away with a gold and bronze medal. Hopefully, this success translates into this next weekend when Oliver competes on the Friday, Saturday and Sunday after a busy week of GCSE's. This competition is the Home Nations where he will represent England on the double mini trampoline. Good luck this weekend Oliver!



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Y9 MMA Enrichment Course



Our Year 9 boys took part in their 4th session of the MMA course, another great session for the lads who displayed excellent skills and attitude throughout a tough session. Stand out performances came from Metuschel, Scott and Muntazir. Great work lads!



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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:

7 = 93.94%
8 = 96.59%
9 = 94.14%
10 = 93.73%
11 = 95.12%

Best forms this week:

7Shar1 = 98.99%
8Shar1 = 98.61%
9Ples2 = 97.70%
10Ples1 = 99.62%
11Shar5 = 99.21%

150 pupils have achieved 100% this academic year

Dates for your Diary

Exams ongoing

Saturday 6th and
Sunday 7th June:
Bronze DofE
Qualifying Expedition A
(Rivington) – 2 days 1
night

Monday 8th June::
Bolton lads and girls
club Fort Alice event
(9.15am - 2:00pm)

Thursday 11th June:
Gold tie interviews
(P1 & P6)

Thursday 11th June:
Helpdesk/Meet the
Head/Core Skills
Transition Event
(4:00pm - 6:00pm)

Career of the Week: App Developer

App developers design and build mobile applications for smartphones, PCs and tablets.

Average Salary: £ £31,000 £65,000
Starter Experienced

Typical hours:
(per week) 37 to 42

You could work: 9am to 5pm

Qualifications:

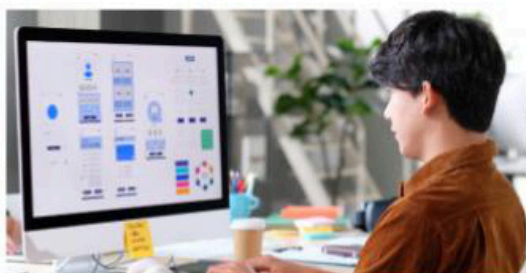
- You can apply for this job through a university course, an apprenticeship or a graduate training scheme.
- 4 or 5 GCSEs at grades 9 to 4 (A* to C) and A levels, or equivalent, for a higher or degree apprenticeship.
- 1 or 2 A levels, or equivalent, for a foundation degree or higher national diploma.
- 2 to 3 A levels, or equivalent, for a degree.

Skills required:

- Maths knowledge for understanding programming.
- The ability to write computer programs.
- Analytical thinking skills.
- To be thorough and pay attention to detail.
- The ability to come up with new ways of doing things.
- Knowledge of systems analysis and development.
- Complex problem-solving skills.

Relevant Subjects:

- English, Maths and Computing



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



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
Rounders/Cricket (SH) - LAL	Rounders/Cricket(SH) - LAL/AHM	Rounders/Cricket LAL/PGR	Rounders/Cricket) - LAL	Rounders/Cricket - LAL
	Sports studies catch up/KS3 hmwk- AHM			



PE After School Clubs - This Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y9 MMA session	Y8 Football Practice	Staff Meeting	Cricket practice	PE detentions
KS3 boys Swimming Club	KS4 Fitness Suite	KS3 Girls Swimming Club	KS4 Fitness Suite	
KS3 & KS4 rounders v Rivington (a)	Running Club		Girls Football- all years	
Y7 Football Practice				

Week beginning 8th June

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Sharples
SCHOOL

**SHARPLES PTA INVITE
YOU TO OUR**

SUMMER FAYRE

FRIDAY 3RD JULY 2026

3:15-5:30PM SHARPLES SCHOOL

Food stalls, raffle prizes, ice cream,
activities and much more!



**ALL
WELCOME!**



CELEBRATE THE WORLD CUP SYMMETRY

AN OPTIONAL HOMEWORK CHALLENGE!

Design or find a
FLAG

that has

1
LINE OF SYMMETRY

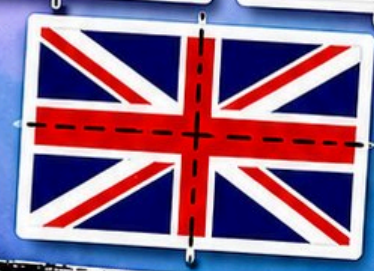
or

2
LINES OF SYMMETRY

or

4
LINES OF SYMMETRY

BE CREATIVE!



HAND YOUR ENTRY
TO YOUR TEACHER
FOR REWARD POINTS!

DEADLINE:
**MONDAY
13TH JULY**

SHOW YOUR TALENT, CELEBRATE SYMMETRY
AND THE BEAUTIFUL GAME!



MATHS EXAMS ARE COMING!



★ PREPARE TODAY, SUCCEED TOMORROW ★

PLAN • PREPARE • ACHIEVE

EXAM DATES

USE THE GOOGLE STUDENT SHARED AREA



Everything you need to revise and feel confident in your exams.



PAST PAPERS

Practice exam questions and get familiar with the format.



REVISION SHEETS

Review key topics and strengthen your understanding.



KNOWLEDGE ORGANISERS

Condense important information and make connections.



USE MathsWatch

Watch videos, complete interactive questions and track your progress.

A LITTLE PRACTICE EVERY DAY MAKES A BIG DIFFERENCE!



YOU'VE GOT THIS!

LEARN • DREAM • ACHIEVE



SET GOALS



PLAN TIME



REVISE SMART



TRACK PROGRESS



ACHIEVE SUCCESS



MATHS
PAPER 1
MORNING



STATISTICS
PAPER 1
AFTERNOON



MATHS
PAPER 2
MORNING



FURTHER MATHS
PAPER 1
AFTERNOON



MATHS
PAPER 3
MORNING



STATISTICS
PAPER 2
AFTERNOON



FURTHER MATHS
PAPER 2
AFTERNOON





ENGLISH NEWSLETTER

FRIDAY 5TH
JUNE

ALL DONE!

Year 11 have now completed all their English exams for both Literature and Language.

We wish them luck and hope to receive good news with them on results day this summer!

LITERATURE

LANGUAGE

MONDAY

TUESDAY

THURSDAY

FRIDAY

~~11
MAY~~

~~19
MAY~~

~~21
MAY~~

~~5
JUNE~~



**LITERATURE SOCIETY
ALL YEAR GROUP FINAL**

On Wednesday 10th June at 4-5pm there will be a final celebration for the winners of each year group to go head-to-head with their final updated projects.

Letters have been sent via email to invite parents/carers of the finalists to come celebrate the work and find out who will ultimately come out on top of this year's Literature Society.

We look forward to having your support and hope you can attend to celebrate your children for their hard work.

We hope to see you all Wednesday evening.



WHAT ELSE IS ON?

Books and Biscuits



Tuesday
Lunchtime
in the library



WORD OF THE WEEK

Nonchalant

= a manner or feeling or appearing casually calm and relaxed.

E.g. The student entered his final exam nonchalantly.



Anime Club
1:05 in U15

it will be the final week
next Wednesday.



MENU

5 - 1 OF YOUR 5 A DAY
 MEAT FREE
 - MEAT-FREE MONDAY

5 A DAY
 MEAT FREE
 - CHEF'S CHOICE
 - PLANT-BASED (VEGAN)

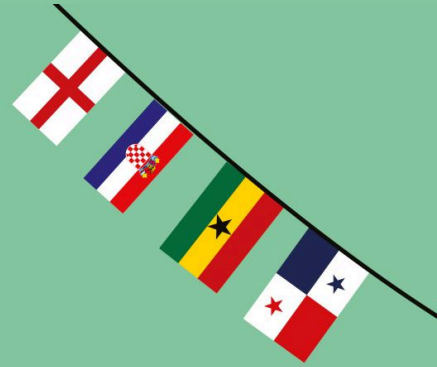
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cheese Whirl served with Salad - £1.85	Marinated Chicken Wrap - £1.85	Battered Fish and Chips £2.10	Meat or Vegetable Moussaka Served with Salad £2.10	Tugo Pizza Slice £1.50
Vegetarian Main Dish	Sweet Potato Enchilada served with Salad £1.85	Italian Pasta Bake Served with Salad £1.85	Aubergine and Chickpea Dhansak Served with Rice £2.10	Salsa Jacket Potato served with Salad £1.85	Bhaji Burger served on a Folded Naan with Salad £1.85
And There's More...	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p
Love Joes	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90
Pasta King	Pasta Sauce of the Day with Garlic Bread - £2.10	Pasta Sauce of the Day with Garlic Bread - £2.10	Pasta Sauce of the Day with Garlic Bread - £2.10	Pasta Sauce of the Day with Garlic Bread - £2.10	Pasta Sauce of the Day with Garlic Bread - £2.10
Dessert	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p



GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO

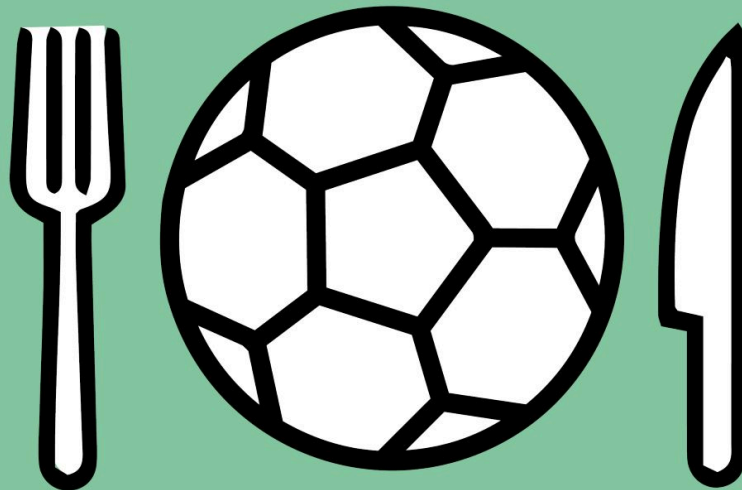


Mellors
**FOOD
HAPPY**



Find your

FOOTBALL FLAVOURS



WIN!
Find the
footballs -
win an official
Football!

Enter at: www.mellorscatering.co.uk

Cheer on your team with our
match worthy meals



www.mellorscatering.co.uk



Find your
**FOOTBALL
FLAVOURS**

Mellors
**FOOD
Happy**

MEXICO VS SOUTH AFRICA - 11TH JUNE

MAIN

CHICKEN/BEEF TACOS WITH A SOUR CREAM TOPPING

OR

QUESADILLA WITH CHEESE OR HAM

£2.10

NATCHO HOT DOGS

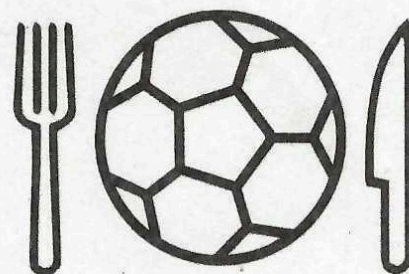
£ 1.85

DESSERT

CAKES 72P

BISCUITS 50p

FRUIT POTS 55p-85p



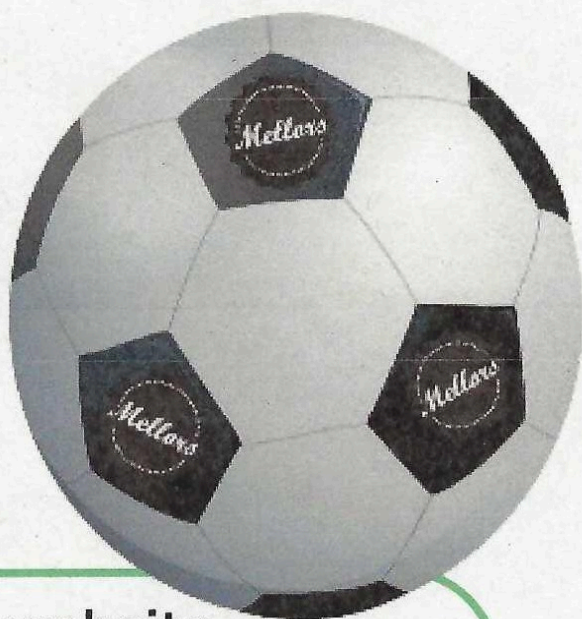
Find your
**FOOTBALL
FLAVOURS**

SCORE BIG...THIS JUNE

Mellors
FOOD
HAPPY



**FIND THE
FOOTBALLS –
AND WIN!...**



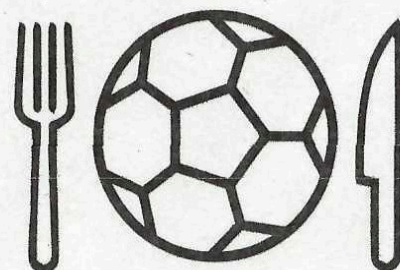
Head over to our website
www.mellorscatering.co.uk, find the
hidden footballs & enter how many you
can find for your chance to win

1 of x4 Official Footballs!

(Just in time for Summer!)

T&C's on our website.

Join us this June with football flavours
from around the globe!



www.mellorscatering.co.uk



COMMUNITY
LOCKER

**“PROVIDING EVERYTHING A CHILD NEEDS
TO ACCESS SCHOOL”**

HOW IT WORKS

HOW WE GET OUR SUPPLIES

THE PUBLIC AND BUSINESSES DONATE ITEMS, WE ALSO RECEIVE FUNDING TO BUY NEW ITEMS.

WHO CAN JOIN?

ANYONE IN RECEIPT OF AN INCOME RELATED BENEFIT CAN JOIN, YOU’LL NEED TO REGISTER WITH US ON YOUR FIRST VISIT.

WHATS AVAILABLE TO BUY?

PRELOVED UNIFORM AND SCHOOL SUPPLIES STARTING FROM 20P

NEW ITEMS ARE AVAILABLE AT ⅓ OF THE COST

TOILETRIES AND HOUSEHOLD CLEANING PRODUCTS AVAILABLE FROM 50P

SANITARY ITEMS

AVAILABLE FOR FREE

DAY TIME APPOINTMENTS

WE HAVE LIMITED DAYTIME APPOINTMENTS AVAILABLE. TO BOOK A SLOT PLEASE EMAIL HELLO@COMMUNITYLOCKER.CO.UK

WHERE TO FIND US

KINGS CHURCH BOLTON, THE MILL, BL2 6QE. NEXT DOOR TO THE COMMUNITY GROCERY

**FOR OPENING DATES, EVENTS
AND MORE CHECK OUT OUR
WEBSITE**





**DONATE YOUR NEW OR GOOD CONDITION PRIMARY OR
SECONDARY SCHOOL UNIFORMS FOR ALL SCHOOLS IN
BOLTON**



SHOES/TRAINERS



BAGS



COATS



P.E. KITS



ALL UNIFORM



**SCHOOL SUPPLIES/
STATIONERY**

DROP OFF POINT

MAIN RECEPTION
MON-FRI 9:30-4:30PM
KINGS CHURCH BOLTON
THE MILL, BL2 6QE
or email us for more options





Exams can be tough.

They're supposed to test you, and sometimes that can be overwhelming. But we're here if it ever feels too much.

With free, confidential support, you can talk to a professional, read how others might be feeling the same or take a moment to write down your thoughts.



Visit **Kooth.com** to explore the many ways Kooth can support you.



Providing NHS services

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident *does* occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National
Online
Safety®

#WakeUpWednesday

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022–23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



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Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance

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WeMatter

An online group work programme for children and young people affected by domestic abuse



WeMatter is a totally digital service providing specialist support to children and young people aged 8-17 years old, who have been affected by domestic abuse across England. WeMatter delivers the CYP Domestic Abuse Recovery Toolkit, which offers a range of activities and discussions informed by Trauma Focused Cognitive Behaviour Therapy. This group programme is designed to help children and young people understand their own experiences, develop healthy coping strategies, increase levels of safety and achieve positive future relationships.

To contact the team please call: 0300 373 0258

Email: wematter@victimsupport.org.uk

If you are in immediate danger call: 999

victimsupport.org.uk



NURTURING CONNECTIONS

SKILLS FOR PARENTS
AND CARERS



5TH MAY 2026 - 16TH JUNE 2026

6 X 90 MINUTE SESSIONS

ONLINE



Are you looking for practical ways to support your child's emotional wellbeing and development?

Our Nurturing Connections programme offers a safe and supportive space to explore:

- building positive relationships
- strengthening communication
- navigating challenges
- repairing emotional bonds

The sessions will provide you with tools and insights to help you foster resilience, empathy, and healthy behaviour in your child.

To sign up or learn more:

programmes@khulisa.co.uk



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