



Sharples

SCHOOL

Newsletter

Issue 567
25th September 2026

Fresher's Concert - discovering the sounds of Sharples!



On Friday 18th September, our year 7 pupils were treated to an exciting and entertaining concert designed to showcase the fantastic musical opportunities available to them throughout the school year.

Hosted by the brilliant Mr Elston, the concert gave our new Year 7 pupils the opportunity to see and hear some of the many musical and enrichment activities they can get involved in at Sharples.

The afternoon featured a fantastic variety of performances, beginning with our school choir, Sharples Voices, who demonstrated the energy and enthusiasm of singing together as a group.

We were also treated to performances from our school bands, CHES, CANTastic, and Stave & Close, showcasing the range of musical styles and talents that pupils can develop through taking part in our enrichment activities.

A particular highlight was a performance from Myesha, who wowed the audience with her violin playing. Pupils also got the chance to see two instruments they may not have encountered before, as Mrs Brook and Mrs Keegan demonstrated the clarinet and bassoon, performing Scott Joplin's famous The Entertainer.

There was plenty of theatrical talent on display too, with Grace, Phoebe and James entertaining the audience with their musical theatre performances. *... continued*

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

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And, of course, no Sharples concert would be complete without a little competition and fun! Mr Elston introduced our very own “Dress to Impress” challenge. Mrs Smith and Miss Kirk, along with their teams, were given just two minutes to create and present their very own fashion shows. The teams certainly embraced the challenge, resulting in plenty of laughter and some wonderfully creative outfits!

The concert was not only about entertainment; it was also an opportunity for our Year 7 pupils to discover the wide range of musical enrichment opportunities available to them. Pupils were introduced to the different ensembles, choirs and musical activities they can join this year, as well as finding out more about how they can sign up for individual instrumental lessons.

We hope the concert has inspired many of our Year 7 pupils to get involved, try something new and discover the joy of making music. Whether they are already an experienced musician or have never picked up an instrument before, there is a place for everyone in the musical life of Sharples.

A huge thank you to all of our performers, staff and pupils who helped make the concert such a memorable start to Year 7!

Keep an eye out for information about how to get involved in music enrichment and instrumental lessons at Sharples.

Music Clubs Weekly Timetable

When?	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime 12.55 - 1.30	SHARPLES Symphony M1 + M2 Invite only	SHARPLES voices M1 Year 7 MUSIC club M2	Musical Theatre Club M2 Invite only	Christmas Choir M2 SHARPLES SYNTH Orchestra M1	Concert Rehearsals M2
After school 3.15 - 4.00	ROCK SCHOOL M2 Invite only	Seussical Jr G67, M1 + M2	SHARPLES voices M1 GCSE Music ALS G32	Seussical Jr G67, M1 + M2	

Recital Evening - date TBC

BHM rewards concert

Tuesday 20th October (Period 4 + lunch)



Winter Showcase

17 December 2026

7PM

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Sharples Stewards - Silver Ties!



We are delighted to announce the appointment of our new Sharples Stewards - Silver Ties. This important role will see students supporting the organisation and setup of key events throughout the year! Their first major responsibility was assisting with our recent Open Evening. From preparing spaces, to welcoming visitors and supporting the site staff, their contribution was invaluable! Well done, everyone!

Gold Tie of the Week

Jack Hornby for great dancing at the disco, stayed over for the Sleepover with Y7 and selling lots of tickets for the event!

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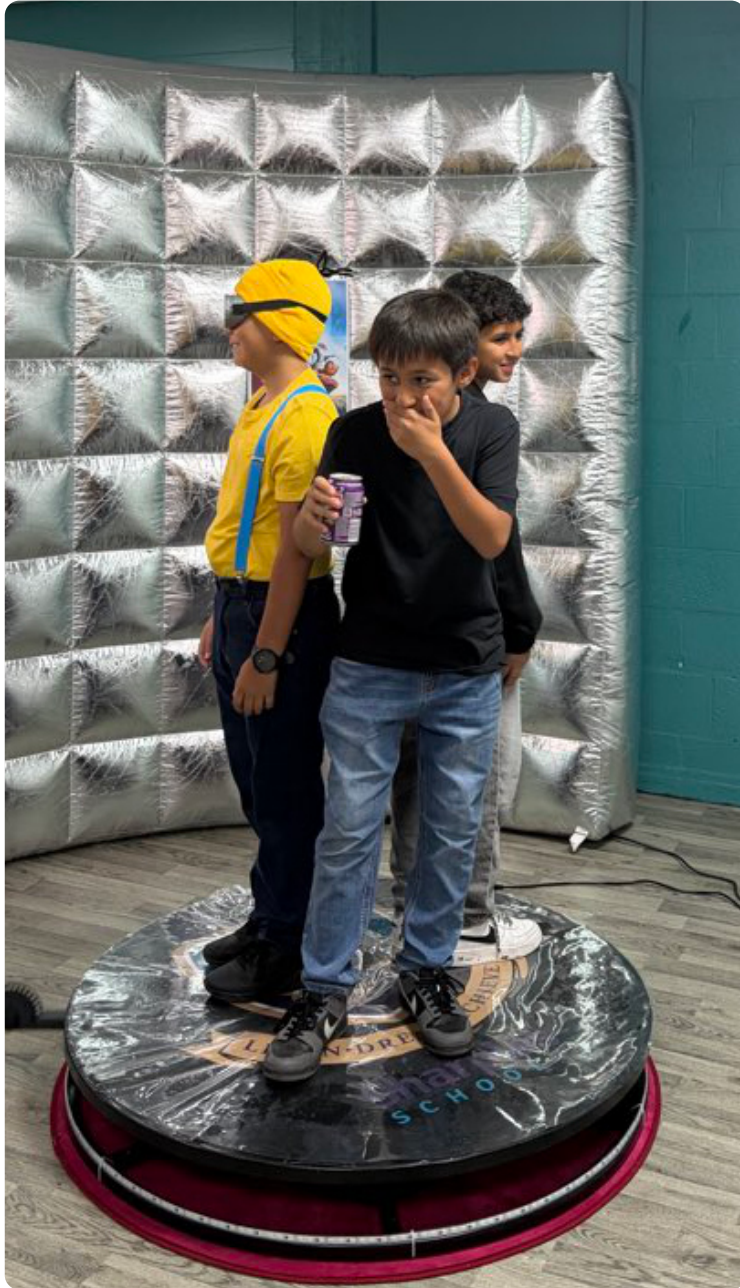


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Y7 Freshers' Disco!



After a fantastic musical performance for our Year 7 students on Friday afternoon, the fun didn't stop there! Our new Year 7 students were welcomed back in the evening for our Gold Tie Freshers' Disco. Our brilliant Year 11 students organised a fantastic movie-themed evening packed with dancing, singing and games for our newest members of the Sharples community. A huge well done to our Year 11 organisers for putting on such a fantastic event, and to our Year 7 students for getting involved and making it such a memorable evening!

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The Sharples ACE Reward System



The Sharples ACE System resumed this week and pupils from every year group received reward vouchers from our newly appointed Year 9 Reward Assistants. Congratulations to the following students, who successfully applied for the reward assistant position: Myesha C, Miles H T, Lavina K, Samera A, Jennah B, Zunairah C, Bisma Z, Darcey E, Lenny K, and Timothy O.

As part of our Sharples ACE System, all staff can award students positive A.C.E points for Academic achievement, Community involvement, or Excellence in both of these areas. Prizes include: vouchers for a queue jump, or a snack and drink; text messages home; entry into a Love to Shop voucher prize draw; fun activities and trips; goody bags; and A.C.E badges. This year we also have the all new diamond badge!

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Subject Ambassadors



Congratulations to all of the students who have been selected as Subject Ambassadors this year. With so many applications received, being chosen is an even greater achievement! Our Subject Ambassadors will now work towards achieving their Sharples Impact Award, which requires them to support at least five events throughout the academic year. Their first opportunity will be helping within their departments at our upcoming Open Evening.



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English Department's Stars of the Week

Work of the Week

Year 7

Bronte B for her excellent understanding of text genres. [Click here to view the work.](#)

Year 8

Betrand L for some excellent independent analysis of Act 1 Blood Brothers. [Click here to view the work.](#)

Year 9

Aarav P for excelling at an interim knowledge check and showcasing his learning well. [Click here to view the work.](#)

Year 10

Eloise A for detailed poetry annotations. [Click here to view the work.](#)

Year 11

Tia S for an excellent response to Paper 1 Q3 and responding to feedback. [Click here to view the work.](#)

Readers of the Week

Year 7

Archie K for reading with enthusiasm and expression.

Year 8

Mohammed D for always volunteering to read and always reading spectacularly in class.

Year 9

Muhammed I for always volunteering to read.

Year 10

Imaani P for always reading out her answers clearly and using the Sharples SPEAK UP.

Year 11

Yasin P for adapting his tone of voice to convey Sheila's excitement and bringing the character to life in An Inspector Calls.



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Y7 started off the season with an emphatic win!



Over the last couple of weeks over 60 students have been training twice per week showing outstanding commitment in their first term at Sharples. An initial squad of 13 players was selected to play a league fixture away at Ladybridge whilst training still continued at Sharples on the same night for the year group.

It was a dominant display from the team despite constant rotation of positions and rolling substitutions to allow players to play in a number of different positions. A total of 8 goals were scored with 5 players registering their first goals for school and a clean sheet for Jesse and the defence. Next Monday 2 teams will travel to Canon Slade for a friendly fixture and then a smaller squad will travel to Crompton House in Rochdale in the GM Cup on Wednesday and leave school at lunch time for the fixture.

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Year 9 Boys Football Cup Match



Wednesday night saw the year 9 boys footballers take on Kearsley in the first round of the Bolton Cup. After a tough loss the week before the Sharples boys wanted to make sure that wasn't repeated. We started fast with Qayyim opening the scoring within the first 2 minutes, he quickly added to his tally scoring 3 before the end of the first half. This was the start of the Sharples onslaught as goals came from across the team with some exceptional finishes from Alfie G, Zach AS, Jack T and Raees. A fantastic game from the Year 9 boys, who now progress to the next stage of the Bolton Cup. Special mention to Qayyim who was man of the match with his 4 goals. #UpTheSharples

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Y8 Fixture vs Ladybridge



Y8 started off their season with a 2-2 draw against Ladybridge. We went behind twice and managed to pull it back with goals from Josh & George. It was a great first performance from the team who were unlucky to not get the win. Ladybridge's Goalkeeper had an excellent game on which was his first appearance. Sharples Goalkeeper Stevie had an excellent game to keep the scores level. A good performance to start the season with many fixtures coming up over the next few weeks.



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Dates for your Diary

Tuesday 29th
September: Open
morning (9:15 –
11:00am)

Wednesday 30th
September: Open
morning (9:15 –
11:00am)

Thursday 1st October:
Year 11 Next Steps
evening (4:00 –
6:00pm)

Thursday 1st October:
Year 11 Spain parents'
information evening
(6:00 – 7:00pm)

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.

Appointments in school time: Please provide an appointment card/letter. If your child has a medical appointment and needs to leave early, please can you provide a copy of the appointment card/letter so an exit slip can be issued.

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 this week:

7 = 97.22%

8 = 94.63%

9 = 96.54%

10 = 95.37%

11 = 94.42%

Best forms this week:

7Ples3 & 7Ples4 = 100%

8Shar3 = 100%

9Ples4 = 98.95%

10Ples1 = 98.96%

11Ples4 = 100%

1075 pupils have achieved 100% this academic year

Career of the Week: Chiropractor

Chiropractors manipulate joints, bones and soft tissue to help clients control pain or prevent injuries from reoccurring.

Average Salary: £

Typical hours:
(per week)  37 to 39
variable

You could work:  in your own business
managing your own hours



Qualifications:

- You can apply for this job through a university course.
- 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, including English, maths and science.
- 3 A levels, or equivalent.
- A degree in any subject for a postgraduate course.

Skills required:

- Sensitivity and understanding.
- Patience and the ability to remain calm in stressful situations.
- Customer service skills.
- Leadership skills.
- To be thorough and pay attention to detail.
- The ability to work well with others.
- Excellent verbal communication skills.
- Thinking and reasoning skills.
- To be able to carry out basic tasks on a computer or hand-held device.

Relevant Subjects:

- English, Maths, Science and Health & Social Care.

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



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/CCH	Y8 Football (Big Astro) - PGR/LAL	Y7 Football (Big Astro) - AHM/CCH	Y8 Football (Big Astro) - AHM/CCH	Y9 Football (Big Astro) - AHM/CCH
Y11 Football (Small astro) JBA	Y11 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) - CCH	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 v Canon Slade- 2 matches (a)	Y10 Netball v BSCA (a) Bolton Cup	Y8 Football v Kings (a) Bolton Cup	Girls Football- all years	PE detentions
KS3 BOYS Swimming Club	Y10 Football v Rivington (a) Bolton Cup	Y7 Football v Crompton House (a) GM Cup	KS4 Fitness Suite	
Netball - all years	Y8/9 Football Practice	KS3 girls Swimming Club		
	KS4 Fitness Suite	KS4 Fitness Suite- Girls Only		

Week beginning 28th Sept

TEAMWORK
DETERMINATION
OPPORTUNITY

MORE
THAN
A GAME



Welcome to the
Sharples
PE Department

FOOTBALL FIXTURES

LEARN • DREAM • ACHIEVE



WED 23RD SEPT



Y9 v Kearsley (a)
Bolton Cup



MON 28TH SEPT



Y7 'A' v Canon Slade (a)



Y7 'B' v Canon Slade (a)



TUE 29TH SEPT



Y10 v Rivington & Blackrod (a)
Bolton Cup



WED 30TH SEPT



Y7 v Crompton House - Rochdale (a)
GM Cup



Y8 v Kings Academy (a)
Bolton Cup



TUE 6TH OCT



Y8 @ Canon Slade v their 'B' team (a)
(11 a-side)



WED 7TH OCT



Y7 v St Joseph's (a)



THU 8TH OCT



Y9 v St Joseph's (h)



MON 12TH OCT



Y9 v Little Lever (a)



TUE 13TH OCT



Y8 v Little Lever (a)



WED 14TH OCT



Y7 v Kearsley Academy (a)
Bolton Cup



Y7 'B' v Kearsley (a)
Friendly



THU 15TH OCT



Y10 v Little Lever (a)



WED 21ST OCT



Y7 v Little Lever (a)



TBC



Y11 v Co-Op Academy North (a)
GM Cup - TBC



Y11 v Kings Academy/
St Catherine's (a)
Bolton Cup - TBC

OUR SCHOOL
OUR TEAM
OUR FUTURE



RESPECT



INCLUSION



ENJOYMENT



SUCCESS

PLAY

DEVELOP

BELONG



SHARPLES
PE DEPARTMENT

**OPEN TO
ALL YEAR
GROUPS!**

COMING SOON!

SHARPLES

HYROX

TRAINING SESSIONS

- RUN
- LIFT
- PUSH
- GET FITTER
- BE STRONGER
- TOGETHER

FITNESS
STRENGTH
ENDURANCE
COMMUNITY

MOVE
BETTER
FEEL
STRONGER
BE YOUR BEST



THURSDAYS
AFTER SCHOOL



**SPORTS
HALL**



**OPEN TO
ALL YEAR
GROUPS!**

CAN YOU TAKE ON THE CHALLENGE?



RUN



LIFT



PUSH



GET FITTER



BE STRONGER



TOGETHER

HYROX
FOR A STRONGER YOU



Sharple's
SCHOOL

NEXT STEPS EVENING

HOW TO BE SUCCESSFUL IN YEAR 11

4:00PM – 6:00PM

THURSDAY 1ST OCTOBER 2026

The following post-16 providers and employers
will be attending:



Scan to register via a Google Form.





ENGLISH NEWSLETTER

FRIDAY
25TH
SEPTEMBER

ENGLISH ROLE MODELS



WELL DONE to all the successful applicants for the English and Reading Ambassador roles. We are confident you will represent the department with pride and be passionate about the subject. We had a wide range of potential candidates and it was genuinely tricky deciding on the final list (below).

ENGLISH AMBASSADORS:

Y7 - Ayomikun & Halima
Y8 - Aaishah & Aamina
Y9 - Evie & Aasiya
Y10 Nabihah & Maariyah M
Y11 Emilie-Rose & Fatima

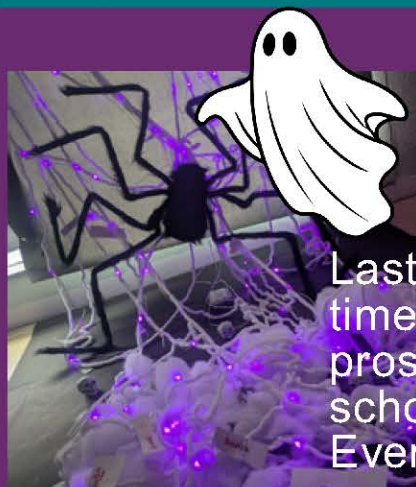
READING AMBASSADORS:

Y7 - Freya & Maryam S
Y8 - Aishah & Aadil I
Y9 - Bisma & Zunairah
Y10 - Mariam &
Umaymah



Ayomikun proudly wears his new ambassador badge

The English Department went all creepy-crawly on its guests....



SCHOOL for GHOULS!

Last night we had a wonderful time welcoming new prospective students into the school, with our annual Open Evening extravaganza! This year, the English Department had a spooky theme, in line with Halloween, gothic literature and ghost stories. We had spooky scrabble, spider webs, spooky stories and poems, mysteries to solve and even selfies with a dead author! **THANKYOU** to all the amazing ambassadors for helping ensure the night went "with a bump!"





POEM OF THE WEEK

Pleasant Sounds

By John Clare

The rustling of leaves under the feet in
woods and under
hedges;

The crumpling of cat-ice and snow down
wood-rides,

narrow lanes and every street causeway;
Rustling through a wood or rather rushing,
while the wind

halloos in the oak-toop like thunder;
The rustle of birds' wings startled from their
nests or flying

unseen into the bushes;
The whizzing of larger birds overhead in a
wood, such as

crows, puddocks, buzzards;
The trample of robins and woodlarks on the
brown leaves.

and the patter of squirrels on the green
moss;

The fall of an acorn on the ground, the
pattering of nuts on

the hazel branches as they fall from
ripeness;

The flirt of the groundlark's wing from the
stubbles –

how sweet such pictures on dewy
mornings, when the
dew flashes from its brown feathers.



The poem shows that if you slow down and listen closely, the outdoor world is full of amazing, everyday sounds that are just as beautiful as a song.

"Pleasant Sounds" by John Clare is a poem that celebrates the lovely, natural noises you can hear when you walk through the countryside and pay close attention. Instead of looking at a view, the poet uses his ears to explore nature.

WORD OF THE WEEK

AMBITIOUS

= to have a strong desire to succeed or achieve something

E.g. She was ambitious and wanted to be a doctor one day.



WINNING CHOCOLATE BAR DESIGNS

'He's a magician with chocolate! He can make anything - anything he wants!'

Imagine you are a chocolate maker like Mr Willy Wonka and are inventing your next delicious creation. Use the space below to design your chocolate bar.

Name
The Shar-bar

Description
The Shar-bar it's full of love, kindness and represents the Sharples Way!

Ingredients
Love, Kindness, Milk chocolate, white chocolate, peanuts, fruit

Snappy Slogan
A Shar-bar that gives you love and kindness!



Well done to Isla's amazing Sharples chocolate bar whose ingredients include milk and white chocolate as well as love and kindness! I think we should copyright it! Who thought the Sharples values could be so tasty...



We loved this creation from Maryam, for her descriptive and persuasive language. Who could resist an 'ooey gooey marshmallow dip' that is coated in yummy textured, nutty chocolate? It even carries a warning that's it *deliciously irresistible!*

'He's a magician with chocolate! He can make anything - anything he wants!'

Imagine you are a chocolate maker like Mr Willy Wonka and are inventing your next delicious creation. Use the space below to design your chocolate bar.

Name
ooey gooey marshmallow dip

Description
Ooey gooey marshmallow dip is a chocolate with extra gooey marshmallows on the inside. The chocolate bar is made of marshmallows and it is delicious and rough.

Ingredients
Marshmallows (of course!)
Coco seeds powder
nuts
Sugar
Coconut oil

Snappy Slogan
melting marshmallow moments



We loved the snappy slogan for this bar:
Crunch it, munch it and love it.
Abeera needs a future job in advertising with her persuasive language

'He's a magician with chocolate! He can make anything - anything he wants!'

Imagine you are a chocolate maker like Mr Willy Wonka and are inventing your next delicious creation. Use the space below to design your chocolate bar.

Name
Choc Cookie Monster

Description
Filled with a chocolaty taste and crumbles cookie pieces.

Ingredients
Milk chocolate, cookie pieces, crispy pieces and chocolate chips

Snappy Slogan
Crunch it, munch it and love it.

The competition was open to all Year 7s as part of a celebration of Roald Dahl's birthday. The winning entries will all win a luxury hot chocolate, as will every pupil who entered a completed design. Your form tutor will tell you if this is you. The treat is a lovely way to welcome in the new autumn season...



WHAT ELSE IS ON?

Books and Biscuits



Tuesday
Lunchtime
in the library



WEDNESDAY:

DISNEY CLUB

Y7-8



EVERY WEEK IN THE
LIBRARY AT
LUNCHTIME

We hope you enjoyed one of the clubs the English Department hosted this week. Don't worry if you haven't signed up yet, come along and see what we offer!



Anime Club Wednesday
lunch in U15 -





BACC CLUBS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Latin Club HAV - AS	Books & Biscuits NTO - Library	Disney Club HPA - Library	Creative RE PMC - U32	LGBTQ Club HAV - U51
Recycled Art JLO - G60	Running Club MHT - AS	Anime Club SHU - U15	Gardening Club CFI/JBI - U47	Sharples Arrows OJE/DSI - U35
Calculated Colouring LDA - G16	3D Printing HGL - G59	Youth Speaks ACH/IHA - U15	Sharples Synth Orchestra AKE - M1	Cooking Club MBR - G83
Card Games KMC - G46	Music Club CAB - M2	Antarctica Flag Competition CGR - U38	Christmas Choir CAB - M2	Chess Club KMC - G46
Sharples Techies THA - G67	Sharples Voices AKE - M1	Musical Theatre (Y8) CAB - M2	Basketball LAL - SH	Sharples Stars THA - G67
Polyglot Club SBH - N10	Dodgeball Club CCH - SH	Sharples Voices AKE - AS	Seussical Rehearsals CAB - AS	Calm Creative RQU - N11
Sharples Symphony AKE/CAB - M1	Seussical Rehearsals CAB - AS	Just Dance LAL - SH	Football (Y8) AHM - Astro	Concert Rehearsals CAB/AKE - M1



PUZZLE MASTER



Create Your Own Puzzle!

Create your own Sudoku, logic puzzle, number puzzle or mathematical riddle for someone else to solve. Include the solution.

EXAMPLE

Here is an example of a Sudoku puzzle (which you can use as inspiration):

5	3			7				
6					1	9	5	
	9	8					6	
8				6				3
4			8		3			1
7					2			6
	6					2	8	
	4	1	9				5	
		8				7	9	

This is just an example!

Solution

Here is one possible solution to the puzzle:

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

Good luck with your puzzle!



Entries to be handed to your maths teacher by

Friday 6th November



MENU

KEY

5 - 1 OF YOUR 5 A DAY

MEAT FREE

MEAT-FREE MONDAY

CHEF'S CHOICE

PLANT-BASED (VEGAN)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken Singapore Noodles £1.85	5 Chicken Biryani £1.85	Beef Burger and Chips £2.10	Vegetable or Meat Lasagne served with Garlic Bread £2.10	Tugo Pizza Slice £1.50 Extra Topping £1.85
Vegetarian	Cheese Potato & Leek Pie Seasonal Veg £2.10	Salsa Jacket Potato With Salad £1.85	Veg Burger & Chips £2.10	Veg Chilli with Wedges £1.80	Spicy Bean Enchilada's £1.80
And There's More...	Panini - £1.95 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £2.00 Vegetables of the Day - 42p	Panini - £1.95 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £2.00 Vegetables of the Day - 42p	Panini - £1.95 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £2.00 Vegetables of the Day - 42p	Panini - £1.95 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £2.00 Vegetables of the Day - 42p	Panini - £1.95 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £2.00 Vegetables of the Day - 42p
Love Joes	Love Joes Curry & Rice £1.90 Chicken Curry of the Day with Rice £2.10	Love Joes Curry & Rice £1.90 Chicken Curry of the Day with Rice £2.10	Love Joes Curry & Rice £1.90 Chicken Curry of the Day with Rice £2.10	Love Joes Curry & Rice £1.90 Chicken Curry of the Day with Rice £2.10	Love Joes Curry & Rice £1.90 Chicken Curry of the Day with Rice £2.10
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-90p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-90p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-90p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-90p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-90p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p



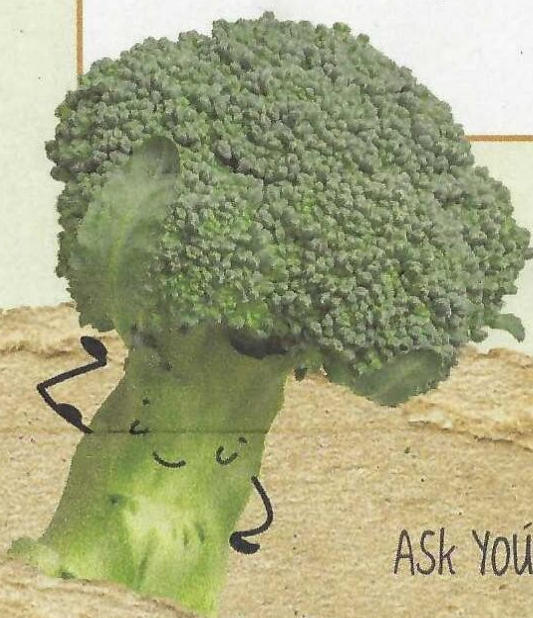
GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO



This week's Plant-based

WHY NOT TRY THE DELICIOUS MEAT FREE SAUSAGE RAGU

£2.10



Look out for the
plant-based symbol



Ask Your Catering team for more details

Kooth are changing their name to Soluna

Your at-a-glance guide to Soluna by Kooth

About Soluna:

- Soluna is delivered by Kooth, a trusted NHS and local council partner, providing digital mental health support since 2001.
- Soluna is free for young people (aged 10-25) in supported areas. Because our service is funded by local NHS services, councils, and organisations, both availability and the sign-up age depend on where young people live.
- No formal referral is needed; young people can access support directly via the web or mobile app.
- The app is rated 13+ on app stores due to standard health platform classification rules. Children aged 10–12 can access the full service directly via any web browser.

What does Soluna offer?

- **One-to-one professional (human) support:** British Association for Counselling and Psychotherapy accredited live text-based chat, delivered by qualified professionals. Available weekdays from 12pm to 10pm, and weekends from 6pm to 10pm, 365 days a year. Self-help activities are accessible 24/7.
- **Self-help resources and peer support.** Includes interactive tools (e.g. Noise Cleanse, which uses sound to promote relaxation) and pre-moderated peer community spaces.

How does Soluna support parents, carers and families?

We know it can be tough to know the 'right way' to support young people struggling with their mental wellbeing.

Soluna can help by offering free, in-the-moment support for your child. This could include mental wellbeing issues such as anxiety, exam stress, or low mood, or perhaps they want to use the platform to learn more about mental health and positive ways to manage it.

The service:

- Provides early support before problems escalate.
- Offers support for those who may be waiting for other services or a neurodevelopmental assessment.
- Complements ongoing care alongside other sources of support.
- Provides out-of-hours support, including evenings and weekends, 365 days a year.

Soluna's safeguarding and governance

- Human moderation: 100% of peer community posts are pre-moderated by professionals before publication. Private messaging between users is not possible.
- Age-gating and safeguarding: content is age-gated (10–12, 13–15, 16–17, 18+) so young people only see material suitable for them. Soluna collects Personally Identifiable Information (PII) to support enhanced safeguarding and coordination with local services.
- Therapeutic content carries the [PIF TICK](#) quality mark, showing it's evidence-based, up-to-date, and easy to understand.
- Soluna is clinically governed and built to align with all relevant UK safeguarding standards, as well as the Online Safety Act 2023.

How do I help my child access Soluna?

You can direct your child to SolunaByKooth.com - where they can find more information on our service.

No formal referral is necessary, and it's quick to sign up. Your child can start exploring our resources and finding support straightaway.

Young people already using Kooth will get clear instructions when they log in, and new users will be automatically directed to Soluna from Kooth.



BOLTON UNITED NETBALL



GIRLS AGED
11 - 16



SATURDAYS
10AM - 11AM



SHARPLES SCHOOL
Hill Cot Road, Bolton,
BL1 8SN



6 WEEK BLOCK
PAYMENT



REGISTER USING
LINK BELOW



FOR ANY ENQUIRIES CONTACT

07807 245346

