



Sharples

SCHOOL

Newsletter

Issue 568
2nd October 2026

Sharples Open Events 2026



On Thursday last week we held our annual Open Evening and threw open our doors to primary school children and their families. It was a fantastic opportunity for prospective families to see our facilities, meet our staff and find out why we are the number one choice of secondary school for so many parents! Visiting students were able to try out our state of the art music equipment, create their own bags in textiles, witness a creepy crawly roadshow in animal care and have henna completed by some of our students in RS. These were only a few of the many activities that took place on the evening and our pupils acted as great ambassadors for the school.

This was only the start of our Open Events as on Tuesday and Wednesday this week, we again opened our doors for visitors in the morning to see the usual running of a day at Sharples. Visitors were able to see our staff and students in action within the classroom and families had the chance to visit our outdoor learning area and our very own observatory!

A huge thank you to all staff, tour guides and subject ambassadors who supported all 3 Open Events! We had over 700 students helping and they were all a credit to the school!

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

Tel: 01204 333253

Fax: 01204 333250

www.SharpleSchool.co.uk



Sharples

SCHOOL

Newsletter

English Department's Stars of the Week

Work of the Week

Year 7

Osa F for displaying an exceptional grasp of figurative language techniques. [Click here to view the work.](#)

Year 8

Maryam D for great answers in Blood Brother. [Click here to view the work.](#)

Year 9

Alfie C for a brilliant analysis of My Last Duchess. [Click here to view the work.](#)

Year 10

Tyler J - For a detailed and well-sustained response to Paper 1 Q4. [Click here to view the work.](#)

Year 11

Raven G for her humorous narrative. [Click here to view the work.](#)

Readers of the Week

Year 7

Mahek K for reading clearly and with enthusiasm.

Year 8

Maryam D for playing a superstitious Mrs Johnstone in Blood Brothers.

Year 9

Hamza Y for reading confidently and clearly.

Year 10

Alyssa E for always reading her answers out.

Year 11

Salahuddin A for reading with analytical thought.

Gold Tie of the Week - Noah Pringle

Very reliable, helpful to all students and looking after the Y7 students on their corridor at lunchtime.

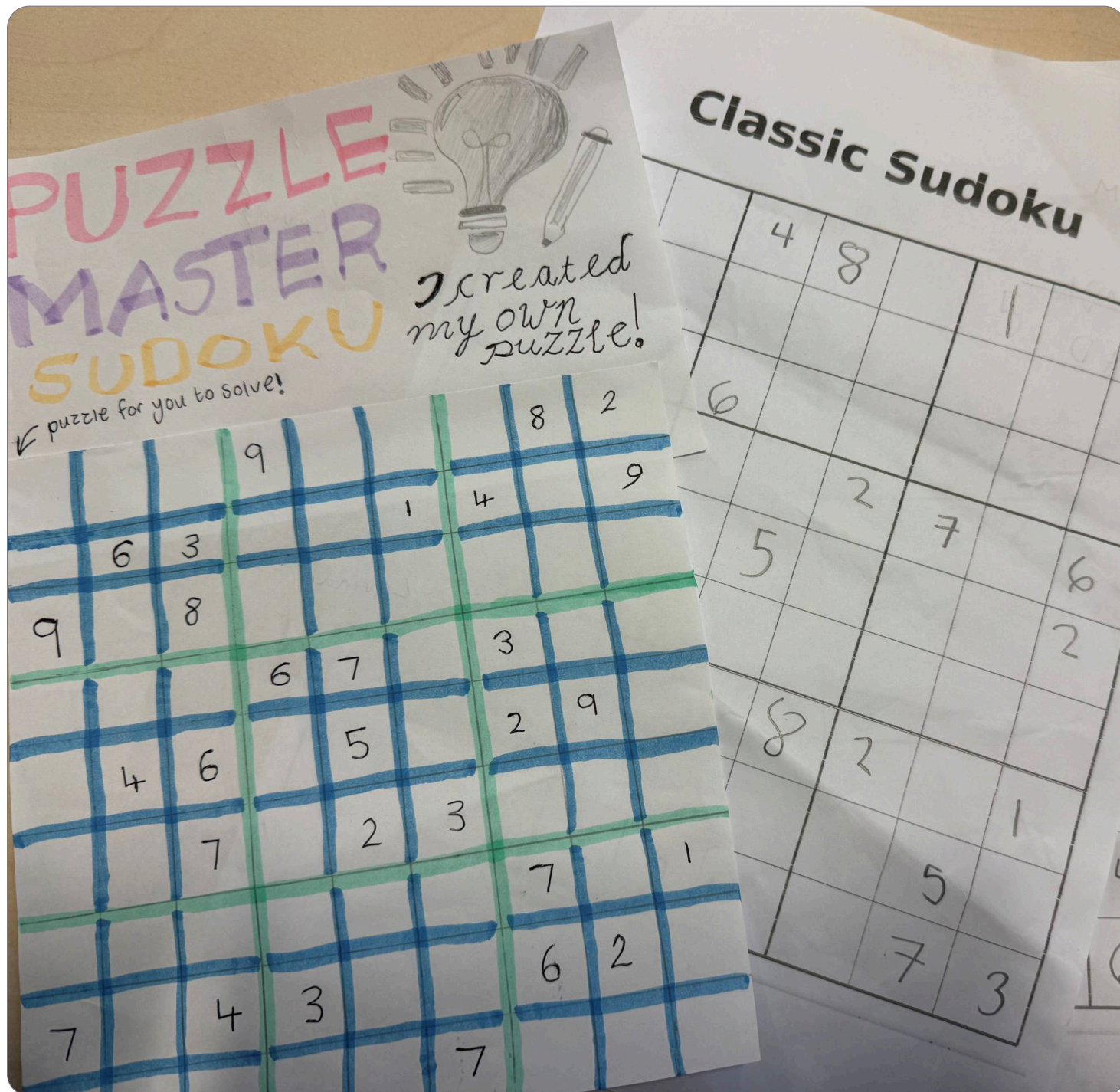


Sharples

SCHOOL

Newsletter

Maths Optional Homework



The maths department has received some lovely entries for the Puzzle Master optional homework. You still have until Friday 6th November to take part. Sudoku's are proving popular but maybe you could design a different puzzle? Reward points available for all entries.



Sharples

SCHOOL

Newsletter

Y7 takes 2 teams to Canon Slade for a friendly fixture!



It was fantastic to see so many new year 7's representing the school this week and many making their first appearance for school. It is good to reward the students for their commitment to training after school and at lunch time and we hope to see more students given opportunities in the future.

It was a lovely evening for football but Sharples didn't have it all their own way this week with one team losing and another getting a well earned draw. The opposition were very strong and it was a good test for both teams with plenty to learn from and things to improve as we move through the season.

It was also great to see 3 new goal scorers for Sharples on the night.

Sharples Radio: News and September 2026 Podcast

The Sharples Radio is back- bigger and better than last year! The student radio team will still be creating a monthly podcast full of: school news; school events; and other interesting topics, and we are now introducing live radio at lunchtimes (in the canteen and outdoor areas). In addition, coming soon, our lunchtime live radio will be broadcast on our school website so that everyone and anyone can tune in from anywhere in the world! We'll be playing tunes, old and new, and informing on Sharples news.

To listen to The Sharples Radio September 2026 Podcast, featuring reports on: what's new at Sharples; Seussical the Musical; Year 7 First Weeks; and a Quickfire Quiz with Miss Quigley, [click the link here](#).

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

Tel: 01204 333253

Fax: 01204 333250

www.SharplesSchool.co.uk



Sharples

SCHOOL

Newsletter

Sports Leaders!



A huge well done to our new cohort of Sports Leaders, who supported their very first event at Bolton Arena on Tuesday!

The girls did a fantastic job helping at the Panathlon Challenge Event, where pupils from schools across the borough came together for a brilliant day of inclusive sport. It was wonderful to see our Sports Leaders getting involved, encouraging participants and helping to make the event such a positive experience for everyone!

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

Tel: 01204 333253

Fax: 01204 333250

www.SharplesSchool.co.uk



Sharples

SCHOOL

Newsletter

Y10 Netball vs BSCA



A fantastic team performance from our Y10 netball team in their first fixture of the season against BSCA on Tuesday night. Special mentions go to our attacking duo, Millie B and Grace H, as well as our defensive powerhouses, Charley M and Aasia A, who all produced excellent performances. A brilliant effort from the whole team and a well deserved victory!

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

Tel: 01204 333253

Fax: 01204 333250

www.SharpleSchool.co.uk



Sharples

SCHOOL

Newsletter

Y7 GM Cup



Year 7 travelled to Crompton House in Rochdale for the first round of the GM Cup this week. It is still very early days for the team and we are learning about positions but the players have been very flexible in their approach.

Sharples started brightly and were much braver on the ball from the off set and moved the ball around well and created numerous chances. The final shot or pass was missing and the opposition twice caught Sharples out on the break with a long ball forward and took their chances to go in 2 nil at half time.

Sharples were dominant throughout the entire second half, hitting the post, the bar, their opposition keeper was in fine form to keep Sharples out. Eventually, Sharples pulled a goal back after Ted M slotted home after following in from a free kick. Sharples continued to press forward but were caught out with a free kick in the last 2 minutes.

Overall, a good performance and as the opposition referee said- 'I don't know how you've lost that game!'



Sharples

SCHOOL

Newsletter

Domin-eight-ion for Year 8!



Year 8 progressed through to the next round of the Bolton Cup this week after an 8-0 thrashing of Kings Academy. There were some excellent performances throughout the game with all players playing really well. Sharples went into half-time 2-0 up, with another 6 goals being added before the end of the game. Special shoutouts to George, for his 2 goals, Cobey for his top corner screamer and Stevie for his great performance in goal with several key saves to protect the clean sheet but not to forget his outstanding bicycle kick to make it 7-0.

Overall, a fantastic game for Y8 which will give them confidence going forward. Their next game will be next Tuesday AWAY against Canon Slade 'B' Team.

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

Tel: 01204 333253

Fax: 01204 333250

www.SharpleSchool.co.uk



Sharples

SCHOOL

Newsletter

Dates for your Diary

Monday 5th October:
Year 7 sports event
(Away 3:00 – 5:30pm)

Wednesday 7th
October: Year 9
Fieldwork Day (all day)

Wednesday 7th
October: Year 11 Imam
Talk (10:05 – 10:55am)

Wednesday 7th Oct:
Black History Maths
event (1:30 – 3:30pm)

Thursday 8th October:
Year 10 Places of
Worship Trip

Thursday 8th October:
Send Tag Rugby Fest
(9:30 - 11:30am)

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

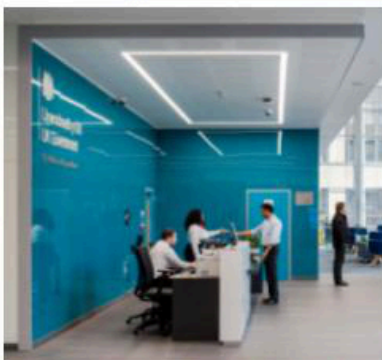
Career of the Week: Tax Inspector

Tax inspectors make sure the correct amount of tax is paid and investigate cases of fraud.

Average Salary: £ £30,000 Starter £57,000 Experienced

Typical hours:
(per week) 38 to 40
a week

You could work: between 8am and 6pm



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

Qualifications:

- You can apply for this job through a university course or an equivalent award like a professional accountancy qualification.
- 4 or 5 GCSEs at grades 9 to 4 (A* to C), or equivalent.
- 2 or 3 A levels, or equivalent.
- A degree in a relevant subject for postgraduate study.

Skills required:

- Customer service skills.
- Knowledge of economics and accounting.
- Patience and the ability to remain calm in stressful situations.
- Maths knowledge.
- The ability to work on your own.
- To be thorough and pay attention to detail.
- Analytical thinking skills.

Relevant Subjects:

- English and Maths.



Careers &
Enterprise
at Sharples School

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

Tel: 01204 333253

Fax: 01204 333250

www.SharplesSchool.co.uk



Sharples

SCHOOL

Newsletter



PE Lunch Time Clubs - This Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y7 Football (Big Astro) - AHM/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 Netball A & B v St James (a)	Y11 Netball v tournament @ Bolton School	Y9 Football Practice	Y7 Football v Turton (h) TBC	PE detentions
Staff Meeting	Y8 Football v Canon 'B' (a)	Y7 Football v St Joseph's (a)	Y9 Football v St Joseph's (h)	
	Netball practice- all years	KS3 girls Swimming Club	Y7, Y9, Y10 Girls football v St James (A)	
	Y7/8 Football Practice	KS4 Fitness Suite- Girls Only	KS4 Fitness Suite	
	KS4 Fitness Suite			
	Running Club- all years			

Week beginning 5th Oct

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



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

TEAMWORK
DETERMINATION
OPPORTUNITY

MORE
THAN A
GAME



GIRLS FOOTBALL FIXTURES

LEARN

DREAM

ACHIEVE

THURSDAY 8TH OCTOBER



YEAR 7 VS ST JAMES (AWAY)



YEAR 9/10 VS ST JAMES (AWAY)

MONDAY 19TH OCTOBER



YEAR 8 VS ST JAMES (AWAY)

THURSDAY 22ND OCTOBER

KS4 VS BOLTON SCHOOL (AWAY)



MORE INFO



**GET CHANGED @ LUNCH
FOR AWAY GAMES. IF YOU
HAVE SHINPADS AND LONG
SOCKS PLEASE BRING.**



**MORE FIXTURES COMING
SOON...**

OUR SCHOOL
OUR TEAM
OUR FUTURE



RESPECT



INCLUSION



ENJOYMENT



SUCCESS

PLAY | DEVELOP | BELONG



NETBALL FIXTURES

LEARN • DREAM • ACHIEVE



**MORE
THAN
A GAME**



**TEAMWORK
DETERMINATION
OPPORTUNITY**

TUES 29TH SEPTEMBER



YEAR 10 VS BSCA AWAY

MON 5TH OCTOBER

YEAR 7 A+B ST JAMES AWAY

TUES 6TH OCTOBER

YEAR 11 TOURNAMENT @ BOLTON

MON 12TH OCTOBER

YEAR 8+9 VS ST JAMES @ HOME

TUES 13TH OCTOBER

YEAR 10 TOURNAMENT @ BOLTON

MORE INFO

 **GET CHANGED @ LUNCH FOR AWAY GAMES.**

 **IF YOU ARE SELECTED PLEASE LET A MEMBER OF STAFF KNOW IF YOU ARE UNABLE TO PLAY ASAP**



RESPECT



INCLUSION



ENJOYMENT



SUCCESS



Sharples

SCHOOL

RECIPE OF THE WEEK

JAMIE OLIVER'S BUDGET MEALS

Cheat's Deep-Pan Pizza

Prep: 10 mins

Cook: 12 mins

Serves: 2

Budget: under £2.00

INGREDIENTS

The Dough

Self-raising flour 150g

Plain yogurt 150g

Sea salt 1 pinch

The Base Topping

Passata / tomatoes 150g

Grated cheese 75g

Dried oregano 1 pinch

Salt & pepper To taste

Optional Toppings

Fresh basil leaves

Sliced mushrooms

Sweetcorn / Peppers

Cooked ham / Chili

MONEY SAVER TIP

No yeast or long proofing required! Use up leftover cheese ends or freezer veg to keep costs minimal.

INSTRUCTIONS

- 1 Preheat Oven & Pan**
Preheat your oven to 220°C / 200°C fan (425°F / Gas 7). Place a 26cm–28cm ovenproof, non-stick frying pan or cast-iron skillet over medium heat on the stove.
- 2 Make the No-Yeast Dough**
In a mixing bowl, combine the self-raising flour, plain yogurt, and a pinch of salt using a fork until it forms a dough. Knead gently on a floured surface for 1 minute until smooth.
- 3 Shape the Base**
Roll or press out the dough on a lightly floured surface into a circle roughly the size of your pan (about 1cm thick).
- 4 Sear the Bottom**
Lightly dust or oil the hot pan and carefully place the dough inside. It should sizzle immediately. Press to the edges and cook for 3 to 4 minutes on the stovetop until the underside is golden.
- 5 Add Toppings**
While still on the stove, quickly spread your seasoned passata over the top, leaving a 1cm crust border. Scatter your cheese and desired toppings evenly over the sauce.
- 6 Bake to Finish**
Transfer the pan directly to the top shelf of the preheated oven. Bake for 8 to 10 minutes until the crust is puffed, golden, and the cheese is bubbling.

EQUIPMENT NOTE

Ensure your frying pan handle is fully oven-safe. If using a handle with silicone or wood, wrap the handle in double-layered aluminum foil before placing it in the oven.



ENGLISH NEWSLETTER

FRIDAY 2ND
OCTOBER

CALLING ALL LEADERS

The English Department is searching for potential leaders of the future, who enjoy public speaking.

We have been given a fantastic opportunity for students to see Barack Obama live. To be in with a chance of winning a seat, Year 7 and 8 students have been invited to enter a speech competition. Students will need to prepare and record a 3–5 minute speech answering the question: *'What Makes a Good Leader?'*

The exciting contest fits in beautifully with the school's focus on oracy, as well as giving students once-in-a-lifetime opportunities.

WHAT IS ORACY?

Oracy is the ability to express oneself fluently, clearly, and effectively through spoken language, including both speaking and active listening

To improve students' oracy skills they are encouraged to:

- *read aloud in class
- *collaborate with their peers
- *ask questions
- *raise their hand to answer
- *engage in drama activities
- *engage in public speaking
- *use Standard English
- *use their voice for good



Barack Obama is an American retired politician who served as the 44th president of the United States from 2009 to 2017. He was the first African American to serve as president.





POEM OF THE WEEK

Football Mad

by Benjamin Zephaniah

Football Mad is a humorous poem which gently pokes fun at the way some footballers can behave. It's full of rhythm and rhyme that the Jamaican poet (below) was so famous for.

Oh no, bless my soul
Clever Trevor scored a goal
So he runs up the pitch
And wriggles his botty,
He's kissed by ten men,
All sweaty and snotty,
Now he's waving his fists
To the Queen who just stares,
The lad's going crazy
But everyone cheers.
Now what's he doing?
He's chewing the cud!
Now what's he doing?
He's rolling in mud!
Now he's crying
I think he's in pain,
Now what's he doing?
He's smiling again.
Oh no, bless my soul
Clever Trevor scored a goal
He's doing gymnastics
He's doing some mime
He's kissing the ground
For a very long time,
He's now on his back
With his feet in the air,
He's gone all religious
And stopped for a prayer.

Did he pray for the sick?
Did he pray for the poor?
No, he prayed for the ball
And he prayed to score.
No one, but no one
Can restart the game
Until Trevor has had
His moment of fame.
Oh no, bless my soul
Clever Trevor scored a goal!
He kicked the ball into the net
How much money will he get?

Benjamin Zephaniah was a British writer, dub poet, actor, musician and professor of poetry and creative writing. Over his lifetime, he was awarded 20 honorary doctorates in recognition of his contributions to literature, education, and the arts.



WORD OF THE WEEK

Word of the week:

coherent = Logical and consistent

"His argument was coherent and easy to follow."



WHAT'S ON

Books and Biscuits



Tuesday
Lunchtime
in the library



Get yourself
along to one of
the many clubs
the English
Department
runs every
week!

WEDNESDAY:

DISNEY CLUB

Y7-8



EVERY WEEK IN THE
LIBRARY AT
LUNCHTIME



Anime Club Wednesday
lunch in U15 -



FRIDAY QUIZ in the library!
Test your knowledge for fun



Sharples
SCHOOL

CALCULATED COLOURING CLUB

Monday Lunchtime
G16
For Year 7





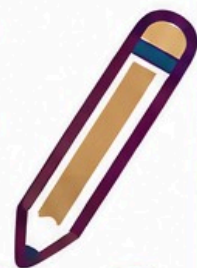
BACC CLUBS



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
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE

MEAT
FREE

- MEAT-FREE MONDAY



- PLANT-BASED (VEGAN)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken Pie served with Mash & Veg - £2.10	Marinated Chicken Wrap - £1.85	Battered Fish and Chips £2.10	Meat or Vegetable Moussaka Served with Salad £2.10	Indian Chicken Curry of The Day £2.10
Vegetarian Main Dish	Italian Pasta Bake Served with Salad £1.85	Veg Noodles £1.85	Cheese Whirl and Beans £2.10	Chickpea & Lentil Dahl £1.85	Tugo Pizza Slice £1.50 5 A DAY Extra Topping £1.85
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





BLACK HISTORY MONTH

Mellors
FOOD
Happy



MAIN

**Delicious Jerk Chicken
Served With
Irio Potatoes
£2.10**

DESSERT

**Mango & Coconut
Cheesecake
£1.10**

TASTE THE HISTORY – 6TH OCTOBER



www.mellorscatering.co.uk



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

