



Headteacher's Message

Dear Parents/Carers

As we reach the end of a busy Autumn term I would like to wish everybody a happy, restful Christmas holiday period and send our best wishes for 2023.

It has been a particularly busy term filled with opportunities, visits and activities in school. Students have participated in various sporting activities and last week was our Christmas Music Concert. The students were fantastic and the quality of the singing and dance was excellent. Thanks to all of the students and staff in preparing and organising this. It was a fantastic way to end the term.

I hope you enjoy reading the newsletter and well done to all of our students who have been involved in wider school life this term.

Headteacher's prize winners (pictured here) this term are:

Year 7: Emilia

Year 8: Sophia

Year 9: Sophia

Year 10: Milagrosa

Year 11: Lara

The awards were for attitudes to learning, excellent behaviour standards and contribution to school life at Ruskin. Well done to you all!



I would like to thank you for all of your support again this term and I hope you enjoy the Christmas break.

School re-opens Wednesday 4th January to all students on Week 2 timetable. If you would like to discuss anything please contact us on 01270 560514 or via email enquiries@ruskin.cheshire.sch.uk

Mr Postlethwaite
Headteacher



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Christmas Card competition



A Christmas card competition was run by Mrs Hazlehurst.

And the winning design was **Aryana BALAN (8LOU)**

Well done Aryana!



Book Club

It has been a successful term for our keen readers at Ruskin. We started off the term by kick starting a new book club for our KS4 readers, in addition to our KS3 book club. We also began Year 10 and 8 peer mentor reading sessions, which run every week in our library. These sessions offer a fantastic opportunity for our students to read together in a supportive environment. In addition to this, we have had various exciting competitions running such as our World Cup reading competition and a book advent calendar. This involves three students winning books for each day in December.

Most recently, our KS3 and KS4 book club ran a powerful event for our Year 7 students. They donated, wrapped and hid books for the Year 7s to find. It was a very successful event!

Thank you to all of our book club members for their hard work and commitment this term.



Miss Allcock
Miss Webb



Theatre Visits

An Inspector Calls

On Wednesday 5th October, 65 Year 10 students were treated to a trip to a modern adaptation of their GCSE text 'An Inspector Calls'. For many, this was their first experience of theatre and it feels wonderful to be able to do this again, after so many years of COVID. The students behaved impeccably and members of the public even commented on their exceptional focus during the performance. As an English faculty, we believe exposure to texts being performed is essential and we will ensure we continue to offer similar opportunities to enrich the students' lives and prepare them for their examinations.



Blood Brothers



A phenomenal showing of an amazing production. This trip showed the best of Ruskin Students conduct throughout the entire trip. The Year 9s behaved in an exemplary manner during the performance, with many gasps and squeals of excitement as the ending was revealed. Several students made good use of the snack delivery system to have treats delivered to their seats! A great time was had by all, and listening to students searching up the actors past performances, as well as adding Blood Brothers songs to their music playlists really did end the trip on a high.

Miss Farrington



Chinese Cooking



On Monday 14th November, two groups of students in Year 10 enjoyed learning about Healthy Chinese Cooking.

Project ambassadors from the Fun Healthy Cuisine group travelled from London to work with the GCSE Food Preparation and Nutrition group in the morning and then the Hospitality and Catering group in the afternoon.

The students enjoyed learning about Chinese Regalia Chinese Cuisine, watched a cooking demonstration and then re-created the selected dish which was hoisin chicken and crunchy vegetables.

Both groups were able to practise new cooking skills which will assist them in their practical challenges. This included deboning chicken, knife skills, how to prepare a dish using a range of sauces and presentation skills. All students were given samples of sauces to take home and try.



All prepared dishes were then judged on presentation and technical skills, and the winners were Tilly Greer-Cooper and Cayla Owen.

A great experience was had by all.

Mrs Pritchard



Fish Masterclass



The Year 11 Hospitality and Catering group worked with Mr Belcher, who is the Development Chef from Caterlink, to prepare fresh rainbow trout with a vegetable cassoulet.

Lots of new skills were learned during this session and the dishes were excellent!

Many thanks to Mr Belcher and Caterlink.

Rookery Hall visit

Our Year 10 Hospitality and Catering students were warmly welcomed at Rookery Hall at the end of November.

They had a full tour of the Hotel with the Manager, a 'mocktail' class with the Bar Manager, learned how to lay a table for wedding events and even had a sample spin class!

A big thank you to Rookery Hall's Manager Mr Ruben Pita and the great staff, who organised the activities, and made us feel so welcome.

Mrs Westerside-Downes



Geography Trip

On Wednesday 21st September, our Year 11 Geographers visited Rhyl to undertake the fieldwork element of their GCSE. Students enjoyed a day out of the classroom, putting their geographical understanding and skills to the test.

They spent the morning investigating how Rhyl has regenerated areas of the sea front, aiming to increase visitor numbers. Students rated the area with environmental quality surveys and asked members of the public their opinions of Rhyl.

After a stop for fish and chips for lunch, the students then walked the beach, measuring how wooden groynes are preventing the beach being transported down the coast by longshore drift.



Students across the whole school have raised monies for the following charities:



P.E. Department—Football

Boys Football

Between September and October half term we have taken part in the new South Cheshire Schools Football League, playing against St Thomas More away, Sir William Stanier away and The Oaks at home. There are now 3 leagues in South Cheshire, grouping schools with their local schools. We have tried to give all students who have wanted to play the opportunity to do so. We have had two teams in Year 7 and Year 8. We have the South Cheshire cup to look forward to after the February half term break.

Results

STM – away

27/09/22 Year 7 lost, Year 9 lost,

29/09/22 Year 8 lost, , Year 11 lost

SWS – away 06/10/22

Year 7 lost 2-7, Year 8 won 2-7, Year 9 won 3-4

The Oaks – home

17/10/22 Year 7 lost 2-3, Year 8 won 6-4, Year 9 won 11-1

Year 10 (playing 20/10)

Year 7 & Year 8 Girls Football Teams

We have had quite a few fixtures this term:

2 games vs the Oaks, we won one and lost one,

Friendly vs Winsford.

Year 7 Football tournament at Shavington.

Year 8 Football tournament at Shavington.



P.E. Department—Netball

The Year 7 Netball Team have had a fantastic start to their school netball careers. They have worked hard in training sessions and used their newly developed skills well in games. The team played games in a local league Vs Sir William Stanier, St Thomas More, Malbank and Shavington. They managed to draw three of these games and win 1. Several players were identified as being 'Player of the Match' for each game. These included; Cydnee Parker, Erin Rogers and Daisy Leitch.

The team then went on to represent Ruskin in the local tournament. They again played Sir William Stanier, St Thomas More and Malbank but this time managed to win all of their games and go on to win. All players performed really well and should be proud of their achievements. This is a great start for the team and hopefully they will go from strength to strength.



P.E. Department—other news

Hockey

Sports Leaders helped to run primary hockey. On Monday 10th October we supported our School Games Organiser, Mr Hughes, in hosting a primary school hockey competition. There were 9 school teams taking part and we had 14 of our sports leaders officiating the games and helping to run the event. The event went really well and, as our students were brilliant, we are looking to hosting the district final in January.

Trampolining

This half term we have run a trampoline club on Wednesdays after school. Students have enjoyed learning the basics of trampolining and have started to put together their own routines. This club will continue in the Spring term so please ask a member of the PE department if you are interested.



A big thank you to our site team who took delivery of a beautiful, fresh Christmas tree, secured it safely in the Main Hall and decorated it in a traditional, festive manner.

It has gained lots of admiring glances!



PSHCE

This term has been quite busy for PSHCE and Personal Development at Ruskin. We have managed to secure several agencies, speakers and organisations to come into school to provide our students with expert and knowledge in a wide variety of subject areas.

We had singer songwriter Bronnie come into school to perform for all year groups, whilst delivering a series of important messages on LGBTQ, Resilience, Tolerance, Mental Health and Body Image. We have also been

pleased to welcome the Cheshire Fire Brigade into school to educate our young people in road safety and personal safety, as well as Keele University, the NHS and the Sea Cadets to provide valuable careers education.



We have also had Cheshire Police and Safer School Partnerships into school delivering a series of workshops including Get Away and Get Safe, which educated students about the risks of Gang Culture and how to build confidence to say to no to peer influence. Through the Safer School Partnership, Year 10 also received a talk on raising awareness on violence towards women, before a group of students took part in a digital media workshop on the same topic. These students gained experience in creating their own podcasts to spread the message about how violence towards women and Sexual Harassment needs to stop.



Additionally, in order to support our Year 7 students in their transition to high school they have received talks on online safety and the law, road safety and dental health with Stefan Jandric. This talk in particular helped to develop student knowledge on a range of influences on health, such as diet and sugar intake, healthy teeth brushing habits and where and how to access support on dental health.

Next term, we look forward to welcoming Diversify Now into school for a day to promote cultural awareness in our community and the unacceptability of racism and discrimination.

Miss Davies



Amazon Authors



A group of Year 9 students have had an incredible opportunity to collaboratively create their own published novel. Richard Seymour from White Water Writers came into school for the week and guided the students in completing their own book. The book is titled “The One We Didn’t Know” and is now available to purchase on Amazon. The students have worked tremendously hard and have shown they can work under pressure, work as a team, and have plenty of resilience. We are extremely proud. Congratulations to **Natasha Cornes, Liam Cooper, Jake Cooper, Nefeli Kordaki, Skyrrah Seaton, Owen Jackson, Oliver Kynnersley and Anca Olaru!**



Mrs Rankin

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Achieving High Standards**



Student Success



Ben has had great extra-curricular success in recent weeks.

He recently qualified for the Regional Pistol Shooting Final at the intermediate level - and then went on to win gold!

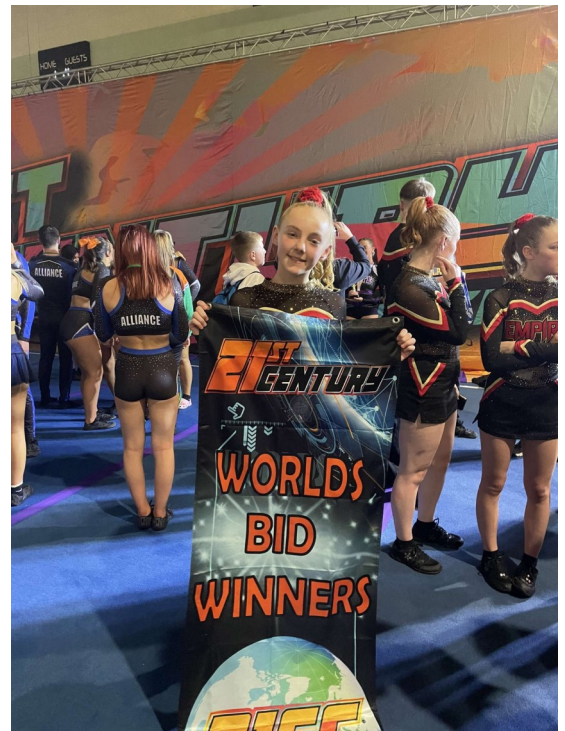
He did exceptionally well, especially as he ended up having to use another gun at the last minute, as the one he'd been practising with jammed up during in the practice sessions!

In the photo, Ben can be seen with GB shooting team member and GB Paralympian, Ryan Cockbill. Well done Ben!

Tilly Greer-Cooper started cheer at Matrix Cheer Squad in Crewe but this year had the opportunity to audition for Crimson Heat Phoenix, a team in Stockport.

Tilly joined this team and in doing so has been invited to attend the National Championships in Dallas, Texas in February 2023.

Success with this team has continued as Tilly and her peers were invited to compete in Ireland, where they came first, securing their place in the World Championships in Florida. There, Tilly will be representing England and competing against cheer teams from all over the world. We wish her lots of luck and success.



Carol Singing at Barony Lodge Care Home!

On Friday 9th December, a selection of students from the Ruskin Singing Club travelled to Nantwich to sing Christmas Carols for the residents of Barony Lodge Care Home. We really did enter into the Christmas Spirit, and the elderly residents enjoyed joining in with the songs, some playing jingle bells and even getting up to have a dance!

The students from Ruskin sang beautifully and enjoyed a well-deserved hot chocolate and mince pie at the end of a fun, festive afternoon.



Singfest at Pebblebrook!



In preparation for the massed choir performance of 'Singfest' in March 2023, Ruskin Choir attended a workshop led by the Love Music Trust at Pebblebrook Primary School just before October half term. Our students acted as ambassadors for the primary singers, learning songs from 2 original medleys titled 'Dancers and Dreamers', including hits songs such as 'A Million Dreams' and 'Dancing in the Moonlight'.

Mrs C M Harrison



GCSE Dance Workshop – Emancipation of Expressionism

During the Autumn Term, Year 10 and 11 GCSE Dance students participated in a 3 hour workshop based on the professional set work Emancipation of Expressionism which is part of the students theory exam.

The session was led by Boy Blue Entertainment company member Lara McCabe. Lara taught the students signature motifs from Section 4 called Empowerment.

Students learnt movements such as Ninja Glide, Ninja Run, Ninja Static and Chariots of Fire. Lara was exceptional, breaking down each step in a fun way with so much energy the students couldn't fail to be inspired. The students were fantastic and mastered the actions with such confidence that they now can write about the signature motifs in their written exam.

Miss Lane



Year Achievement Manager—updates

Mr Gregory: Year 7

It seems a long time since we welcomed the new Year 7 students to Ruskin. Since September, most students have settled in well at Ruskin and have made a successful transition to high school and I thank you for your support.

We have some very bright and talented students in the year group and they are showing that they are a fantastic group, who have immersed themselves in the school curriculum and have shown a very positive attitude to classwork and homework.

This term the students have accumulated a total of 18,819 positive points showing that the students have set a very high standard of behaviour. Many of these positive points show that the Year 7 students are working hard in lessons, completing homework and following the Ruskin code of conduct. The totals for each form are as follows:

7BEL:	2972
7BRL:	3640
7COS:	3034
7GRV:	2934
7ODO:	3263
7SAM:	2976

A considerable number of students were involved with the Christmas Concert which was organised by Mrs Harrison and Miss Lane. Ethan Mellor (7BRL) performed a fantastic solo during the song Last Christmas. Also Emilia Wright, Ruby Moloney Ridsdale, Casey Littler, Louise Koymans, Jasmine Davis, Lucy Hogga, Virginia Sabova, Harlow Seaton, Julia Pilipczuk, Amelia Sharples and Casey Crooks performed a specially choreographed dance.

There has been a positive start to Forest School with Ms Day with a small group of Year 7 students who have produced some excellent work and learned many new skills.

Ms O'Donnell, Mr McGregor and Ms Davies have expressed their excitement about the sporting abilities of the Year 7 students with particular reference to the football and netball team who have performed well in competitions this team.

I hope the students have a well deserved break and will see them in 2023 for this spring term!



Year Achievement Manager—updates

Mr Hartley: Year 8

As we near the end of the Autumn term, we are able to reflect on a very successful start to the school year. The behaviour and attitude of the students has been extremely positive. As Year Manager, my role continues to be to ensure a solid pastoral foundation for all students while supporting their academic progress. I would like to thank you and them for your continued support and cooperation.

Working with staff and their peers, students started the year with a reflection of Year 7 and created their 'Star Aspirations' which look fantastic on the year board in the main hall. Their teachers are very impressed with start the students have made also. In particular there have been high standards of attitude to learning and behaviour for learning in the classroom. Engagement with homework has also been a very positive aspect of their term. Students fully understand that they must have high standards and aspirations in all aspects of their work as they look, in the long term, to Year 9 and beyond to GCSEs.

Mrs Harrison and Miss Lane are immensely proud of, and grateful to, the students for all their work in Music and Dance, especially in their performances for the festive season. Ms Day has been hugely encouraged by the work done by the Year 8 students in Forest School describing the group as "superb" and Mrs Pritchard has been able to select so many 'Star Bakers' in Food Technology. Mrs Gray has been very complementary about her humanities group as have Mrs Farrington in English and Mrs Loutfi in Maths.

We also have many students engaged in extra-curricular activities including dance, art, sport, textiles and choir. Mr McGregor and Miss O'Donnell have been very impressed with the performances of the girls' and boys' football teams in their fixtures. A number of students have also shown themselves to excellent ambassadors and representatives of the school in speaking to visitors, working with the School Council, raising money for charity and speaking to Governors.

In November we had visitors from the Army, based at Sandhurst, who worked with the year group on a number of different STEM (Science, Technology, Engineering and Mathematics) projects. The students were highly motivated, developed problem solving skills and made good use of Q&A opportunities. The half-term awards assembly in October was a real pleasure to organise and deliver. Certificates for outstanding contribution to school community were awarded to:

8BAT – Maisie Bowyer
8EDD - Morgan Ashbrook
8FAR - Lorianna Pinto Afonso
8LOU - Jaiden Starkey
8LAA – Josh Springham
8NET – Gracie Soares

Continued...





Mr Hartley continued...

I have thoroughly enjoyed working with the group. As the term draws to a close, we will enjoy the Christmas festivities and a well-deserved rest over the holiday. I am confident that the students will come back refreshed and keen to achieve in the Spring term. They have once again placed themselves in a very positive position to develop academically in the new term and I am certain that they will continue to take all the opportunities provided for them.

I wish you a Happy Christmas and peaceful New Year.

Mrs Bennett: Year 9

I have felt privileged to see the year group grow and mature this term, with lots of opportunities and achievements celebrated. Students have taken the opportunity to immerse themselves into wider aspects of school life including signing up to the Duke of Edinburgh Award, participating in sporting activities, and drama and musical events. Many Year 9 students performed in the Christmas Concert, which was a resounding success and I was so proud of them. A number of students have shown great leadership qualities and have led groups of Year 5 and 6 students on open evening, while others have shown leadership skills in sporting events or by participating in the School Council. These skills and qualities will support them in many aspects of their lives in the future. There were many students selected to participate in a STEM workshop where they completed various practical activities with external visitors, and were a credit to the school. It was also wonderful to meet with several students and their parents recently to celebrate their successes, and the contributions these students make to school life. I am very proud of all of them.

Year 9 have had a busy year so far, and after the Christmas break we will begin to prepare to select their options as they start to think about moving into Year 10. They will experience a variety of assemblies and taster sessions to ensure they make informed decisions. There are so many choices at Ruskin, I know students will be very excited to start their next term as they start to think about their GCSEs. This will be their first opportunity in their educational journey, to select subjects they would like to study and I know they will do this in a mature and thoughtful way.

Form Tutors and I would like to thank you for your continued support in helping to ensure that your child has had a positive and rewarding year so far, and we look forward to seeing your child's continued successes.



Year 10: Miss Managh

This term has been a busy and exciting one. Students across the year group have been progressing well in their subjects, and have shown great maturity whilst settling into their GCSEs. Autumn assessments are now completed and students are preparing for the spring term. We have continued to recognise students' academic and personal achievements in assemblies and always love to hear of successes outside of school, so please do contact us and let us know. Students have also undertaken the various extra-curricular activities on offer becoming more confident and expressive. I am delighted to see Year 10 students have signed up to the Duke of Edinburgh scheme, undertaking both Bronze and Silver awards. This is an excellent opportunity to develop a host of transferable skills and meet new people. It was lovely to be able to invite so many Year 10 students to participate in rewards activities in the final week of term and I am in no doubt that next term students will continue to uphold their high standards and the school's expectations. I would like to congratulate those Year 10 students who have continued to give 100% to every aspect of their education and look forward to sharing in future successes. Year 10 have amassed an impressive 18,712 positive points this term! A reminder that year 10 Parents' Evenings will be coming up in the new year on **Monday 23rd January**. We look forward to meeting you all then to discuss your child's progress in their subjects.

Year 11: Mr Ledwards

As your child approaches the end of their first term in Year 11, I would like to thank you for your continued support in helping them to make the most of their time here at Ruskin. As you are aware, this is an important and demanding time for your child; it can be extremely stressful for students with revision and controlled assessments taking place throughout the year.

Year 11 Parents' Evening took place on Monday 28th November and the evening ran very well. This was vital for yourselves as parents/carers to have conversations with class teachers around their mock results, along with their predicted GCSE grades. For those that couldn't make the evening, hopefully you have either met with myself or spoken to your child's form tutor.

Students' **Short Reports and Mock Exam Results** were issued before the evening. I hope that you found these useful, as they allow you to track your child's progress and see, at a glance, whether they are on target for their GCSEs.

Work Experience ran the week on 12th-16th December. This was a great opportunity for students to gain vital experience in world of work and feedback from employers was extremely positive. For those that did not attend, various events ran throughout the week to give those students experience of career based skills that will serve them for the future.

Your child will have their next round of **mock exams in February**. As with each set of mocks it is vital they prepare fully as it gives an up-to-date snapshot of what they're likely to achieve in their final exams. The October mocks went very well and the students were, generally, well prepared and understood the exam protocols that have to be followed. Please can I send a gentle reminder that students must arrive on time to all exams and have with them all equipment necessary for that particular exam.



Some Gentle Reminders:

UNIFORM

Please remember:

- **NO** sculptured haircuts, including patterns, are allowed and hair length must be at least a Grade 2 or above.
- Hair should be a natural colour.
- No shaved eyebrows.
- Only plain ear studs are allowed, one in each ear lobe.
- Trainers are not allowed.
- No painted or gel nails.

MOBILE PHONES

Mobile phones are to be switched off at all times.

Mobile phones are not to be used in school. If students are found to be using their phone, it will be confiscated and a parent will be asked to collect it from the School Office.

Students should not use their mobile phones to contact parents throughout the school day.

Phones taken on a Friday will be returned to the student at the end of the school day. Parents will be informed.

SCHOOL EQUIPMENT

- Pencil case
- Pen (black)
- Pencil
- Ruler
- Rubber
- Calculator
- Maths Set
- Water bottle

Calculators and Maths sets can be purchased from the Mathematics department or School Office:
Calculator £9
Maths Set £1.50
Both £10



Attendance at Ruskin

As you will be aware, attendance is always a key focus at Ruskin. Attendance at school is essential in order for students to make the progress they are capable of and succeed during their time at secondary school.

We give students the challenge of having 95% attendance or above/ and anything lower than this can have a significant impact on students learning, as you can see from the chart below:

Short term impact		In a year	In a school career
100%	Full attendance	190 days learning	Full attendance – no learning lost
95%	Good Attendance		
94%	Half a day off per fortnight	2 <u>week</u> learning lost	10 weeks learning lost
90%	A day off each fortnight	A month's learning lost	Over half a year's learning lost
85%	A day and a half off each fortnight	Nearly half a term's learning lost	The equivalent of missing Year 11
80%	A day off a week	Over half a term's learning lost	A full year's learning lost

We do know that, on occasions, absence is unavoidable. On these occasions, we do ask that you contact the school every day that your child is absent. If we do not get information on this, your child's absence will be marked as unauthorised. One day is worth two absences (am and pm registration) and ten unauthorised absences could result in you being fined by the local authority.

Our preferred method for reporting absence from school is via the Class Charts app. Your child should have the details for you to log in to the app/website in their planner. If you do not have this, they will be given out again at the start of the new academic year, or please contact the school. You can now also track your child's attendance every day on Class Charts.



We will continue to contact parents and carers regularly to inform, discuss and celebrate attendance. We look forward to working with you in order to support your child attending school.

We are continuing to hand out tokens to all students that have 100% attendance each week. This gives students the opportunity to win either a TV, wireless earbuds, a £100 clothes voucher, a tablet or a smartwatch. The winners for each of these will be announced in July on the last day of the year, giving students lots of opportunities to collect more tokens!

Thank you for continuing to support your child with their attendance at school.



Building Projects

An update on some of our building projects. The art roof replacement is nearing completion. Photos of before and after have made such a difference to the school. Thank you to students and staff for their patience during the works.



As this project comes to an end we are now preparing for the next project to start on our return in January. A four classroom extension to the current English block. The Portakabin has now been removed and these new classrooms will further support us improving our teaching and learning environment for students. This is a very exciting project for the school and we have not seen a build like this for some years.

We also have now finished installing Promethean screens throughout the classrooms which now means that teachers can teach in any room and have access to the same equipment. The screens are a big hit with staff and students!





Pay online...

For peace of mind



A convenient way to pay

Parents can now book and pay securely online for a range of items using a debit/credit card or through PayPoint. Paying Online gives you the peace of mind that comes with knowing that your money has reached school safely and is used for its intended purpose.

How to pay online...

- Step 1 – Have your activation letter ready
- Step 2 – Login at www.parentpay.com
- Step 3 – Follow instructions to activate account
- Step 4 – Click on 'Items for payment'

For balance alerts – Click on 'Alerts' to set text/email alerts

Parents can
check meal items
purchased daily





Ruskin Community High School HOLIDAY DATES 2022 / 23

	<i>Date of Closing</i>			<i>Date of Re-Opening</i>		
Christmas 2022/2023	Wednesday	21 st	December	Wednesday	4 th	January
Spring Half-Term	Friday	17 th	February	Monday	27 th	February
Easter	Friday	31 st	March	Monday	17 th	April
May Day	Friday	28 th	April	Tuesday	2 nd	May
Summer Half-Term	Friday	26 th	May	Monday	5 th	June
Summer	Wednesday	19 th	July	*****		

INSET: Designated staff training/preparation days:
Monday 3rd July 2023

Timings of the School Day from September 2022

Monday—Friday	Years 7 & 8	Monday—Friday	Years 9, 10 & 11
AM Form Tutor	8.40-9.00	AM Form Tutor	8.40-9.00
L1	9.00-10.00	L1	9.00-10.00
Break	10.00-10.15	L2	10.00-11.00
L2	10.15-11.15	Break	11.00-11.15
L3(PM Reg12.15-12.20)	11.15-12.20	L3(PM Reg12.15-12.20)	11.15-12.20
Lunch	12.20-1.00	L4	12.20-1.20
L4	1.00-2.00	Lunch	1.20-2.00
L5	2.00-3.00	L5	2.00-3.00

Current Vacancies at Ruskin

Laboratory Science Technician

Exam Invigilators

Please contact the school for further details: 01270 560514

**Learning Together,
Achieving High Standards**





Wellbeing Support Contacts

Winter can be a difficult time. It can be tough to get into the Christmas spirit if you're hurting, if you're alone, if you're worried about money or if you are missing someone important in your life. It's okay to not be okay. Please reach out for support.

SAMARITANS call 116 123 from any phone 24 hours or email jo@samaritans.org

VISION—Support for Young People

Wellbeing Groups, Counselling and mentoring, Practical Strategies Webinars. Call us on 01260 290000, text 07508 074748 or email: administration@visyon.org.uk

NHS Every Mind Matters

Take the Every Mind Matters quiz and get started today with a free plan, expert advice and practical tips.

KOOTH—Online Mental Wellbeing Community

Free, safe and anonymous support. Online counselling and information for young people aged 12 to 25. Visit www.kooth.com

JUST DROP IN

Mental Health and Wellbeing Support for Young People. Contact: Hello@justdropin.co.uk or 01625 665079.

CHILDLINE

Support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors. Call 0800 1111 or visit www.childline.org.uk

FRANK

Confidential advice and information about drugs, their effects and the law. Call 0808 808 6600 or visit www.talktofrank.com

NO PANIC

Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Call 03330 606 1174 or visit www.nopanic.org.uk/no-panic-youth-hub

SELF HARM

Free online self harm support for 11 to 19's. Visit www.selfharm.co.uk

UTOPIA—LGBTQ+, Youth Group

Crewe area call Rachel Lawton on 07794 437602 for more information

Text **SHOUT** to 85258 in the UK to text with a trained Crisis Volunteer (24 hours a day)

