

Weekly Newsletter



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Blessed Thomas Holford Catholic College

May God's love be our guide 



Dear parents/carers,

Today we celebrated Family Mass with Father Godlove in our new BTHCC chapel which is at the heart of our college. Christ is at the centre of our college as we all serve BTHCC. The virtues of faith, love and hope allows us to be adventurous, to be who God called us to be and know we are cherished. Please do visit our new chapel for Family Mass every Friday at 8.15am.

We have had an exciting healthy eating week with so much useful advice and tips. The three menus created by the students were superb and the smoothie bikes were great fun!

BTHCC has had great success in the sports fixtures this week and we celebrate their commitments to sport and their achievements. I do hope you enjoy reading all about life at BTHCC and our wonderful young people who bring us so much joy each day.





Mrs C S Hogg



WHAT'S GOING ON - WEEK 17TH-21ST JUNE

Day	What is going on
Monday	<ul style="list-style-type: none">• Battlefields Trip• Year 10 Trip to Kenyon Hall Farm• Year 12 Assessment week
Tuesday	Art Trip - MMU Degree Show - GCSE and A-level students
Wednesday	<ul style="list-style-type: none">• Wednesday Word• Talk the Talk Workshop• Year 11 Leavers Mass
Thursday	Wear a football shirt for £1 to celebrate England playing in the Euros
Friday	College Mass

STUDENT SHOUT OUT

3 course meal planned, budgeted and cooked by Charlotte in Year 10.



FOOD AND NUTRITION

Food science in action - Year 8 investigating using yeast as a raising agent! Some pupils even managed a stuffed crust Don't think any of these pizzas made it home to the parents!



GREATER MANCHESTER SCHOOLS ATHLETICS CHAMPIONSHIPS



Last weekend 8 of our students represented Trafford at the Greater Manchester Schools Athletics Championships.

Students who competed were (in order of the photos from left to right):

- Aleksy Nosal – Year 9 – High Jump
- Jake Ward – Year 10 – High Jump
- Tia Unwin – Year 9 – 100m – Tia got through to the 100m finals.
- Charlie Madden – Year 10 – Triple Jump – came 2nd and received a medal
- Joseph Saunders – Year 9 – 800m
- Jamie Brown – Year 8 – 300m
- Esther Gomez – Year 12 – 100m finals (finished 4th and got a PB of 12.82s)
- Daria Dwyer-Ross – Year 12 – 400m finals (finished 2nd)

GEOGRAPHY FIELD TRIP

Year 12 geographers spent two days in north Wales learning fieldwork skills to prepare them for their own NEA data collection.

The students spent time assessing plant succession across Talacre sand dunes, regeneration in Llandudno and the impact of tourism in Betws-y-Coed. Despite the weather the students soldiered on in true geography style!



YEAR 12 MEDIA

Year 12 media students have been filming for their media project. The film they were developing is a crime film called Miss Judas and the scene was a heist at a bank. They had to rob the bank manager (played by Mrs Hogg) of the banks crypto currency.



STREET DOCTORS



The Street Doctors have been in today to talk to the Year 9 students about changing lives by giving young people the skills and confidence to deliver lifesaving first aid.

Their mission is to empower young people through training to keep safe, save lives and be part of the solution to street violence.

STUDENT SHOUTOUT

Year 7 Boys are the Trafford Cup Champions!!! Winning the final 8-5. The team have won the quadruple this year and one more to go!! Well done to a fantastic set of pupils!



GOOD NEWS

Brenda the Vendor book winners this week - Ben, Dan, Ivy and Gareth Well done to all of you and we are looking forward to hearing the book reviews!



Congratulations to 4 of our year 7s who played the under 12s and won the Defender cup at Twickenham last weekend.

HEALTHY EATING WEEK

It has been national Healthy Eating Week this week and it has been wonderful to see all the students get involved. On Monday, Tuesday and Thursday we had our 'Design a Dish' winners showcasing their healthy meal option that everyone got to sample.

Wednesday we had the Smoothie bike where students and teachers got to bike and blend your own smoothie! Plus we had the Health tracker competition going on throughout the week with an 'Air Up' up for grabs.



Brady in year 7
'wholesome winning wraps'



William in year 8
'aromatic chicken noodles'



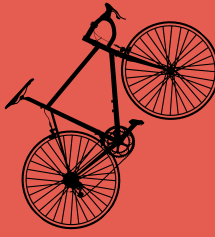
Annie in year 7
'spicy chicken burger'



Smoothie



SMOOTHIE BIKE
Bike and Blend



EUROS



Wear a football
shirt for

£1

THURSDAY 20TH

&

TUESDAY 25TH



UEFA
EURO2024
GERMANY

YEAR 11 & YEAR 13 LEAVERS MASSES

 Blessed Thomas Holford Catholic College

INVITE

Our Year 11 Students and Families

**to join us for a
'Leavers Mass'**

**19TH JUNE
6PM-
7.30PM**

 Main School

 Refreshments and cake to be served afterwards in the Main School Hall

 [Complete the google form](#)







 Blessed Thomas Holford Catholic Sixth Form
May God's love be our guide 



We extend a heartfelt invitation to you and your family to join us for the Yr13 Leavers' Mass

MONDAY 24TH JUNE

*In the Sixth Form at 4pm
Followed by light refreshments in the cafe*

DATES FOR THE DIARY

Date	Event	Time	Location
19th June – Wednesday	Year 11 Leavers Mass	6pm–7.30pm	Gym
24th June – Monday	Year 13 Leavers Mass	4pm–6pm	G3/4
26th June – Wednesday	Year 13 Prom	7pm–11.30pm	Hilton – Manchester
29th June – Saturday	Year 11 Prom	6.45pm–11.30pm	AJ Bell Stadium
3rd July – Wednesday	Year 7 Induction evening parents	6pm–8pm	Sports Hall
9th July – Tuesday	Key Stage 3 Awards Evening (year 7 & 8)	6pm–7.30pm	Sports Hall
10th July – Wednesday	Key Stage 4 Awards Evening (year 9 & 10)	6pm–7.30pm	Sports Hall
15th July – Monday	End of year trips	All day	Year 7 – Nerf (arrival back to school approx. 3.30pm) Year 8 – Blackpool Zoo (arrival back to school approx. 4.30pm) Year 9 & 10 – Blackpool Pleasure Beach (arrival back to school approx. 4.30pm)
16th July – Tuesday	Key stage 3 Sports Awards (year 7,8 & 9)	6pm–7.30pm	Sports Hall
19th July – Friday	Sports Day	All day	3G



10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

Young Writers
presents

SURVIVAL SAGAS

If students would like to take part
they can call into the library for a
entry sheet.

MISSION CHAOS

CREATIVE WRITING COMPETITION
FOR 11-18 YEAR-OLDS

▶ Win £50 and a trophy!

▶ Opportunity to be published!

ONE MISSION, ONE HUNDRED WORDS,
ONE INCREDIBLE STORY!

Hand in by:

See this teacher for more information including story starter ideas:

Helping Students from Hong Kong

Who are we

We are a non-profit making group managed by hongkongers to mind the mental wellbeing of children and young people recently migrated to the UK from Hong Kong. We are currently funded by the Government to offer bespoke counselling.

It is okay not to be okay.

Hong Kong Well UK CIC
英國心泉

 hongkongwell.uk

 help@hongkongwell.uk

 hongkongwelluk



Our services

Children Counselling and Therapy

Our UK registered Cantonese speaking specialists provide:

- Online triage assessment for children in distress.
- Free counselling or therapy for eligible children living in England.
- Free or subsidised counselling or therapy for eligible children of underprivileged families living outside England.
- Signposting to NHS or local community services with English case summary.

Parents Support

Our Cantonese speaking DBS-checked volunteers with social work experiences from Hong Kong advise parents of children in need.

We provide translation for families (Cantonese/English) to support their communication with school and other stakeholders.

We organise monthly online meet up for parents to air their joy and sorrow with coaching from our specialists.

We organise fun day and family activities.

Bridging the Information Gap

We host workshops on parenting, schooling, mental health and SEN supports.

Our bilingual website inform parents and children on local supports relating to mental health, CAMHS and SEN. We host workshops for professionals in

schools, health and family services on Hong Kong migrants in cooperation with local councils.

Publication and Advocacy

We publish picture books for children and parental guides on migration-linked stress and anxiety.

We publish English pamphlets on Hong Kong's political development, its impact on the children and how to help.

We are a receipt of the Children and Young People's Resettlement Fund.

We are a member of the Greater London Authority London-Hong Kong Steering Group.