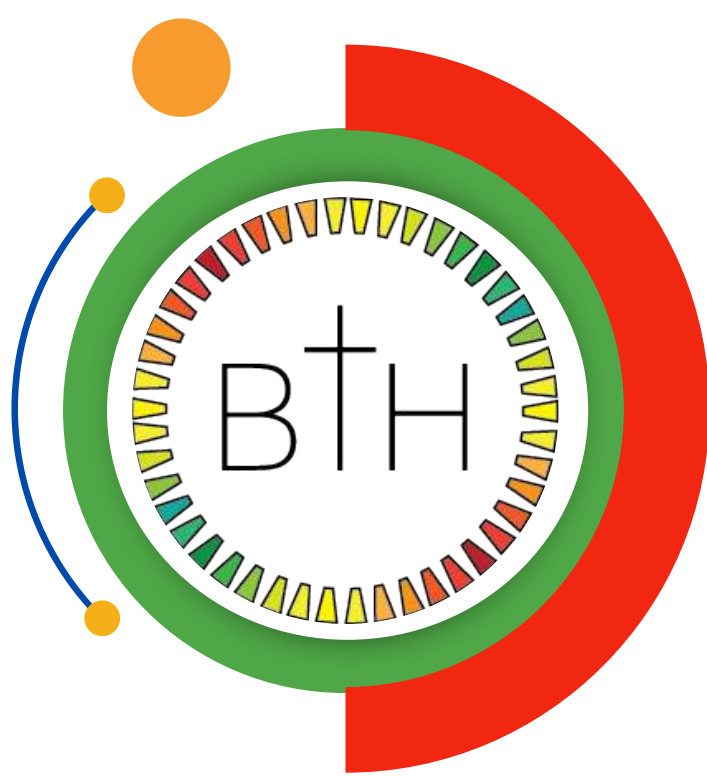




Blessed Thomas Holford Catholic College

May God's love be our guide 

# Weekly Newsletter



Dear parents/carers,

I do hope you all had an enjoyable half term break and it was wonderful to welcome all our BTHCC family back.

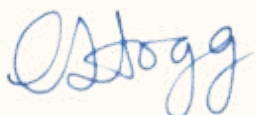
This week we keep our Trafford family of schools in our prayers as we learn the very sad news that a year 11 student from Sale High School died suddenly.

During November we remember all our loved ones who we have lost and we encourage our students to talk and share fond memories.

Next week is Anti-Bullying week. At BTHCC we will not tolerate any form of bullying and we want our students to feel empowered to report it. There are different ways to report bullying either in person or anonymously.

- **Report anonymously through the safety net - [safetynet@bthcc.org](mailto:safetynet@bthcc.org)**
- **The worry box is located at student services and the library and checked weekly**
- **Speak to an Anti-Bullying Ambassador**
- **Tell a parent or a family member**
- **Keep a diary of all incidents**

We want all our students to grow, feel cherished and be happy at BTHCC.



**Mrs C S Hogg**





# Dates for the diary



2024

NOV

11

ANTI-BULLYING WEEK

A week of activities to support anti-bullying week

DEC

02

YEAR 11 ASSESSMENT WEEKS

2 weeks

NOV

15

YEAR 8 VACCINATIONS  
HPV Vaccinations

DEC

05

YEAR 10 REVIEW EVENING

parents evening online

NOV

25

YEAR 8 ASSESSMENT WEEKS  
2 weeks

DEC

09

CHRISTMAS ADVENT SERVICE  
St Vincents Church  
Advent Service 6pm

NOV

29

INSET DAY  
students do not attend college for the day

DEC

19/20

WHOLE COLLEGE MASS  
All year groups

DEC

02

ADVENT APPEAL  
Advent appeal starts for 3 weeks

DEC

19/20

BTHCC TALENT SHOW

Students take part in a talent show





# Anti-Bullying Week



9th November 2024



## Plan for the week

Day	Task
All days	<ul style="list-style-type: none"> <li>Scavenger Hunt</li> <li>Design a poster</li> <li>PD lesson on bullying</li> <li>Teacher appreciation cards</li> </ul>
Tuesday	Odd Socks Day
Tuesday	Trafford Thrive talking about mental health and bullying - Main Hall
Wednesday	Year 8 to have a talk from an external speaker on bullying
Friday	HOT CHOCOLATE SALE - £1.00 Extra 50p for toppings Breaktime in Main Hall



Anti-Bullying Week 2024 will take place from Monday 11th - Friday 15th November, with the theme: **Choose Respect.**

Odd Socks Day is taking place on Tuesday 12th November, with adults and students being encouraged to wear odd socks to celebrate what makes us all unique.

From playgrounds to parliament, our homes to our phones, this Anti-Bullying Week let's 'Choose Respect' and bring an end to bullying which negatively impacts millions of young lives.

This year, we'll empower children and young people to not resort to bullying, even when we disagree and remind adults to lead by example, online and offline.

**ANTI-BULLYING WEEK 2024**

**CHOOSE RESPECT**

#ANTIBULLYINGWEEK

Monday 11<sup>th</sup> to Friday 15<sup>th</sup> November

**ODD SOCKS DAY 2024**

Tuesday 12<sup>th</sup> November

#OddSocksDay #ChooseRespect

# SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe  
Secondary | November 2024



In this issue:

- Anti-bullying week: Choose Respect
- Online bullying
- App focus: WhatsApp

## Anti-Bullying Week

Anti-Bullying Week is Monday 11th- Friday 15th November. The theme for this year's anti-bullying week is 'Choose Respect.'

Bullying, as defined by the Anti-Bullying Alliance is; the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

As parents, we all want to ensure our children grow up in an environment that is safe, supportive and free from bullying. One of the most effective ways to achieve this is by fostering a culture of respect at home and in school. Teaching children the value of respect helps them develop understanding, empathy and kindness toward others. When children learn to appreciate and accept differences – whether in appearance, abilities, beliefs or cultural backgrounds- they are less likely to view these differences as reasons to exclude or mistreat others.

By instilling respect, we can help our children understand that everyone has their own unique perspective and experiences, which reduces the likelihood of them engaging in harmful behaviours or making negative assumptions. Encouraging mutual respect also helps children develop empathy, allowing them to put themselves in someone else's shoes. This not only discourages bullying but also promotes positive, supportive interactions among peers.

## 5 WAYS PARENTS CAN SUPPORT CHILDREN TO DEVELOP RESPECT FOR OTHERS

### MODEL RESPECTFUL BEHAVIOUR

1 Demonstrating respect in your interactions with others- listening attentively, being polite and showing empathy sets a powerful example.

### ENCOURAGE EMPATHY

2 Encourage them to put themselves in someone else's shoes. Ask questions like 'how do you think that made them feel?'

### SET CLEAR EXPECTATIONS

3 Establish and reinforce boundaries around respectful behaviour, such as speaking politely and listening to others. Be consistent with this.

### DISCUSS DIVERSITY AND ACCEPTANCE

4 Encourage curiosity and respect for people's differences, helping them to appreciate diversity rather than fear it.

### MONITOR SOCIAL MEDIA USAGE

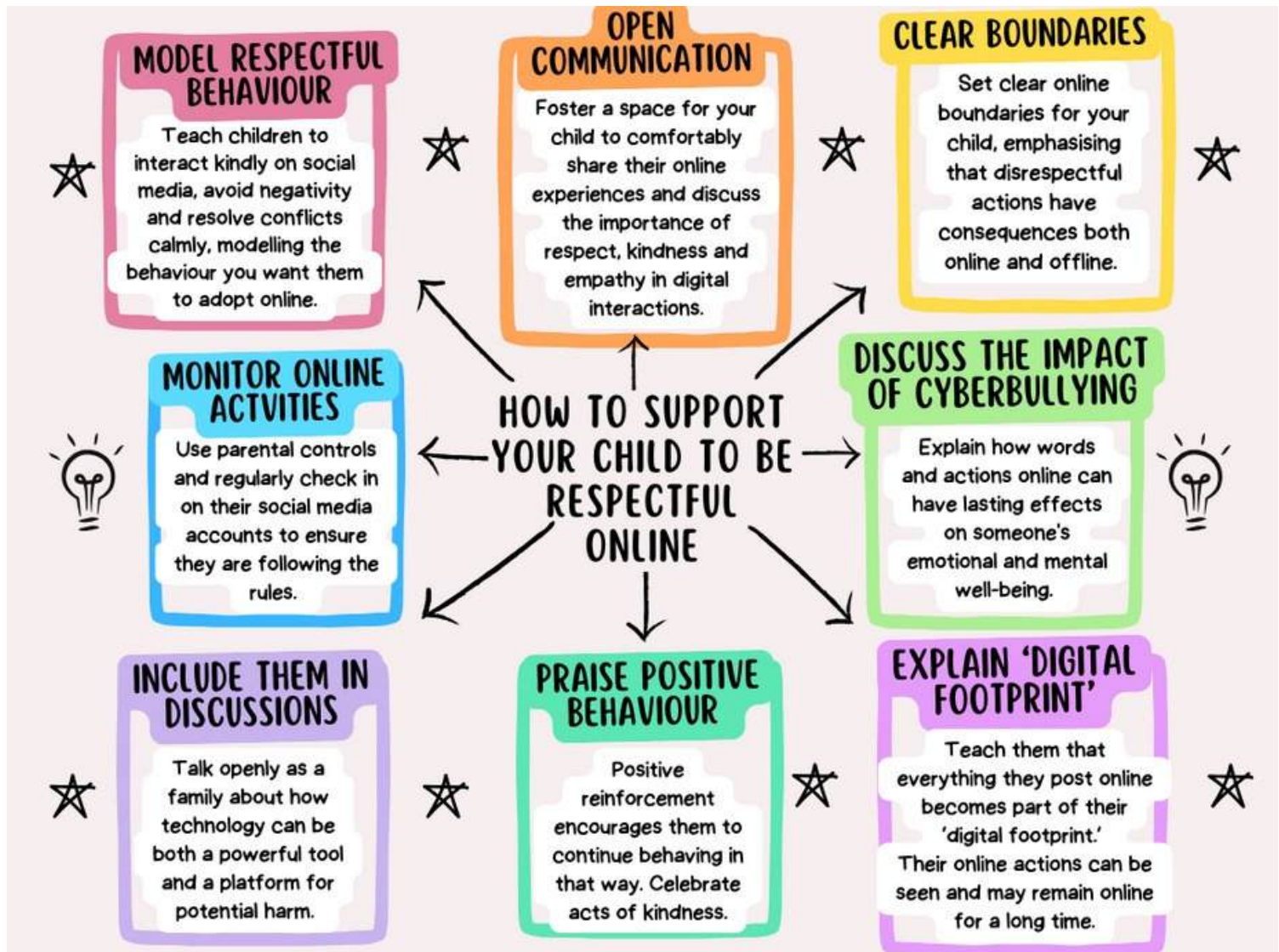
5 Help them navigate the media by discussing messages in TV shows or on social media that may promote disrespectful behaviour or opinions.



# SPOTLIGHT ON SAFEGUARDING

Support for children facing online bullying: Navigating the digital landscape As children increasingly engage with the online world, it becomes clear that they encounter more negative interactions, some of which can be considered bullying.

It is crucial for children to be respectful online as the internet's anonymity can magnify the impact of negative behaviour, such as cyberbullying. Hurtful actions online can harm a child's mental health, self-esteem and sense of security. Encouraging respectful online interactions helps children contribute to a more positive and supportive digital space, while also protecting them from engaging in or becoming victims of harmful behaviour. By teaching respect online, we help our children develop empathy and responsible digital habits, which are essential in today's connected world.



## Three ways for children to avoid bullying on WhatsApp:

- 1. Block and report:** Children can block users to stop receiving messages, calls and updates, and report bullies for WhatsApp to investigate.
- 2. Adjust privacy settings:** Parents can help children limit who can add them to group chats and who sees their profile details, reducing unwanted interactions.
- 3. Avoid engagement in negative situations:** It's important for children to avoid responding to bullies, as engaging can escalate the situation. Instead, they should save any evidence of bullying (such as screenshots) and seek support from parents, teachers or trusted adults.

Navigating negative situations on WhatsApp WhatsApp accommodates more than 1,000 participants in a group chat, and platforms that support such large groups can heighten the risk of bullying incidents among young people.







£1.00

50p for toppings

# HOT CHOCOLATE



## Friday

15th November  
Main School Hall  
Breaktimes

Raising funds  
for Spain

Over the half term break a group of Year 13s took the opportunity to visit the beautiful city of Krakow on a cultural and historical trip.

Our first day in Krakow saw us setting out on a walking tour of the city where our local guide talked to us about the history, architecture, art and poetry of the city. We heard the trumpet call from St Mary's Basilica, visited the oldest part of the Jagiellonian University and walked the Planty down to Wavel Hill Castle and Cathedral before crossing into the Kazimierz district.

During our visit we also visited the Galicia museum which is home to a permanent exhibition showing the story of Jewish life in the area through a series of powerful photographs focusing on what is left nowadays. Here we also were able to meet with Lidia Maksymowicz who was sent to Auschwitz as a child who shared her personal testimony with us.

Our group also visited the Schindler factory where our guide told us how WW2 affected Jewish life and the story of Oscar Schindler. Of course no visit to Krakow could escape the lessons history has taught us about the worst that humanity can do and so we visited the concentration camp established by the Nazis here at Auschwitz. Our expert guide walked us through Auschwitz I showing us the barracks and the evidence left behind in the glasses, shawls, shoes and suitcases. He talked to us about life as a prisoner in the camp and how the camp evolved from a labour camp into one of the deadliest mass extermination camps in the Nazi machine, with over 1.1 million people being killed at Auschwitz. We heard about the horrors of the Holocaust but also moments of sacrifice and heroism with prisoners smuggling food for the weakest, or in the case of Father Maximillian Kolbe, taking the place of a condemned prisoner so he had a chance to survive and see his children.

We also visited the second camp at Auschwitz-Birkenau where we saw the infamous watchtowers overlooking the selection ramp, the ruins of the crematorium and the remains of the barracks on this vast site. It was a very important visit and gave us the opportunity to reflect on what people can do to and for other people.



Yr13 student Grace Booth commented “ the visit gave us an educational insight into the atrocities and the hardship the Jews faced, it made us question humanity and justice and how easy it is to abuse power, showing the importance of democracy and why we must use our voices and and our votes carefully”.

We celebrated our last night with a Jewish dinner and concert at the Ariel restaurant in the Kazimierz where we heard musicians playing traditional klezmer music whilst we dined. During our trip we were able to sample a range of Polish cuisine, with the Zapiekanka and the pierogi being amongst our favourite! Overall we had a great trip, Krakow is a beautiful city with so much to see and do and we would definitely recommend a visit.



## Chaplaincy

### Whole School Mass

Tuesday last week, we shared a Whole School Mass with Father Ned to celebrate All Saints and all Souls. This was a beautiful Mass shared by the Whole School as we came together to share our faith and reflect. Many students participated during the offertory, reading, playing music and signing. The Mass was an amazing opportunity for students to experience Mass together, feel apart of our School community and get involved in Catholic Life.

### SVP

We also had our first SVP session which looked at what our students want to do to campaign, fundraise and create events in our School. It focused on why they are connected with their faith, why faith inspires them and how they can share this with others.



Faith in Action

### Quote of the week:

"For where two or three gather in my name, there am I with them." - Matthew 18:20

This quote is telling us about the power of community and how God is always with us.

### Events this week:

Wednesday word: 8:30 am in the Chapel

Family Mass: Friday 8:15 am in The Chapel

Faith in Action: Tuesday and Wednesdays 1pm in W06

Philosophy club: Tuesday-Thursday

SVP: Every Thursday 12:30-1:30pm in The Chapel with Miss Giles

### Weekly Challenge:

Bring in some cash on Friday the 15<sup>th</sup> November to support fundraising for the floods in Spain.

This week's key word:

**Community**





A fantastic comeback win for the Year 11 A team in the [@schoolsfootball](#) Cup on Monday, coming from 2 goals down to go through to round 3.

Goalscorers: Browne / Whittaker / Sheil / Darbyshire / Breheny .

POTM: Darbyshire and Whittaker.



Great win for our Y8A team vs Wellington in our first league match! Well done girls 🍀



A 4-1 win for the Year 11 A team on Wednesday in the Catholic Cup.

Goalscorers: Browne / Sheil .

POTM: Cleary.

Team: Kepinski, McCormick, Mason, Cleary, Smith, Darbyshire, Mullan, Sheil, Breheny, Kalinski, Browne (c). Subs: Bradshaw and Goode.



A 5-3 win for the Year 7 B team on Tuesday.

Goalscorers: Knight / Okeyan / Liddell

POTM: Keeling



Year 7 lads unbeaten in three matches 🏆

Across the three matches they scored 15 tries in total only conceded 3 🙌🙌



PHYSICAL EDUCATION EXTRA-CURRICULAR TIMETABLE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Clubs: 8:15am - 8:45am	TABLE TENNIS Fitness Suite (SDP)	Staff Meetings	BASKETBALL Sports Hall (OH)	Staff Meetings	BASKETBALL Sports Hall (JR)
BOYS AFTER SCHOOL : 3:20-4:20PM	RUGBY SALE SHARKS 3G/BACK FIELD SHU	CROSS COUNTRY 3G/BACK FIELD CL	GCSE BADMINTON YEAR 10/11 KRX/JR Sports Hall HANDBALL GYM (OH)	Staff Meetings	BASKETBALL Sports Hall (SPG/AT)
GIRLS AFTER SCHOOL : 3:20-4:20PM	BASKETBALL COACH Sports Hall (CHO/KRE)	NETBALL MUGA SDP/JBU CROSS COUNTRY 3G/BACK FIELD CL	GCSE BADMINTON YEAR 10/11 KRX/JR Sports Hall HANDBALL GYM (OH)	Staff Meetings	

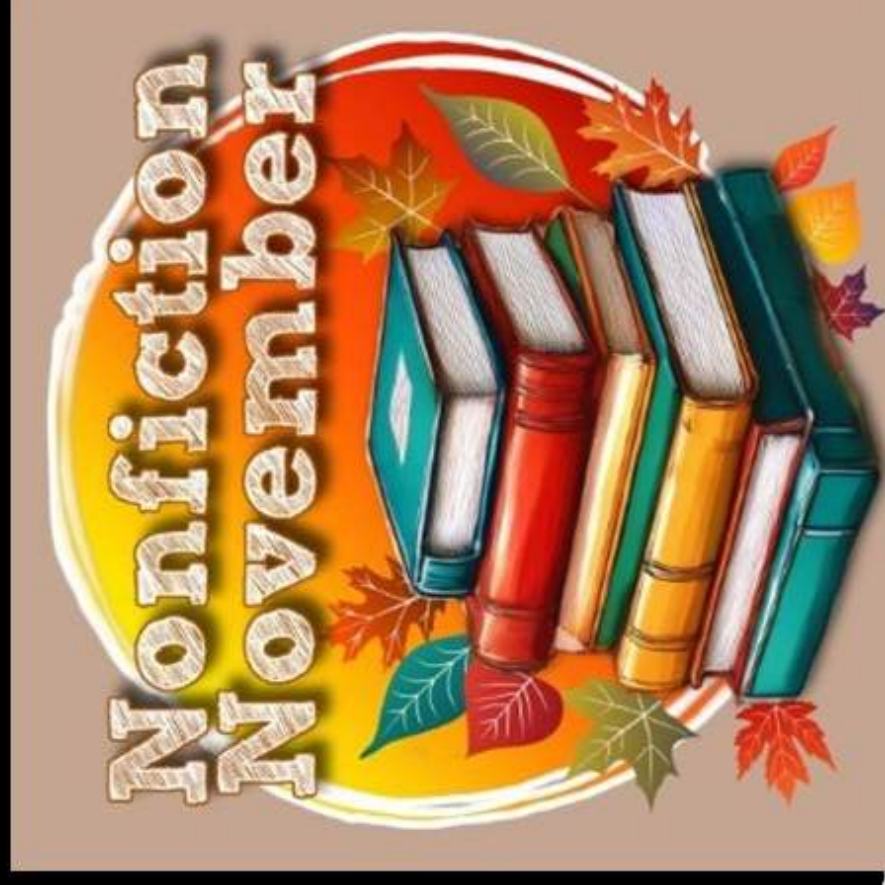
## What is Non-fiction November?

This annual celebration of factual materials is a celebration of reading for information, to expand knowledge, and to explore individual interests.

This year, the theme for Non-Fiction November is ***Why Don't You? (Hobbies and Leisure)***.

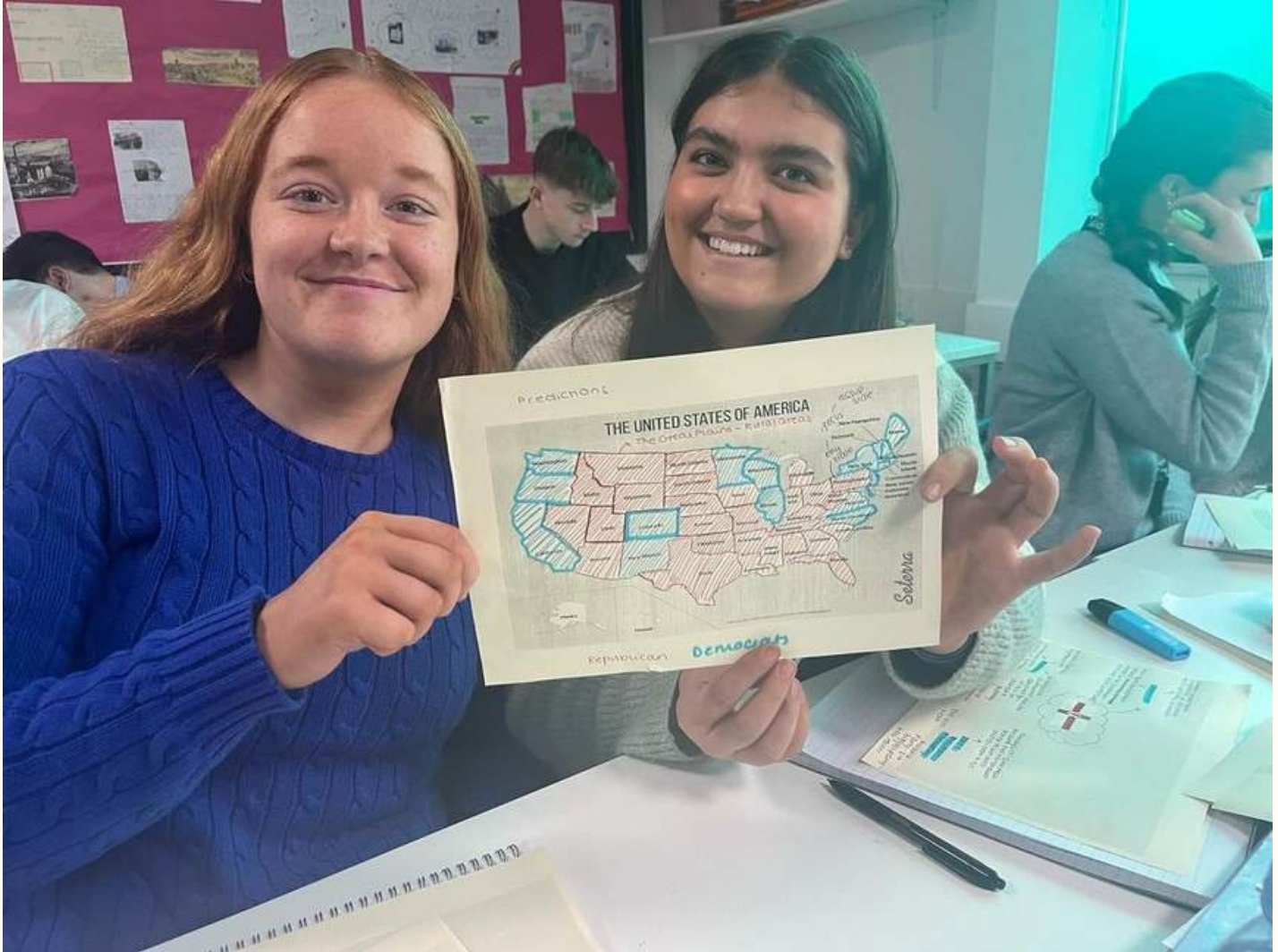
Providing pupils with the opportunity to read and explore non-fiction plays a vital role in helping them to learn about their world, as well as fostering reading for pleasure. It is therefore essential that pupils have access to a high-quality and engaging non-fiction collection.

Non-fiction books are a brilliant way to engage readers and bring information alive. Please encourage your child to visit our school library.





Year 12 politics students were mapping out the race to 270 in the Presidential Election on Monday

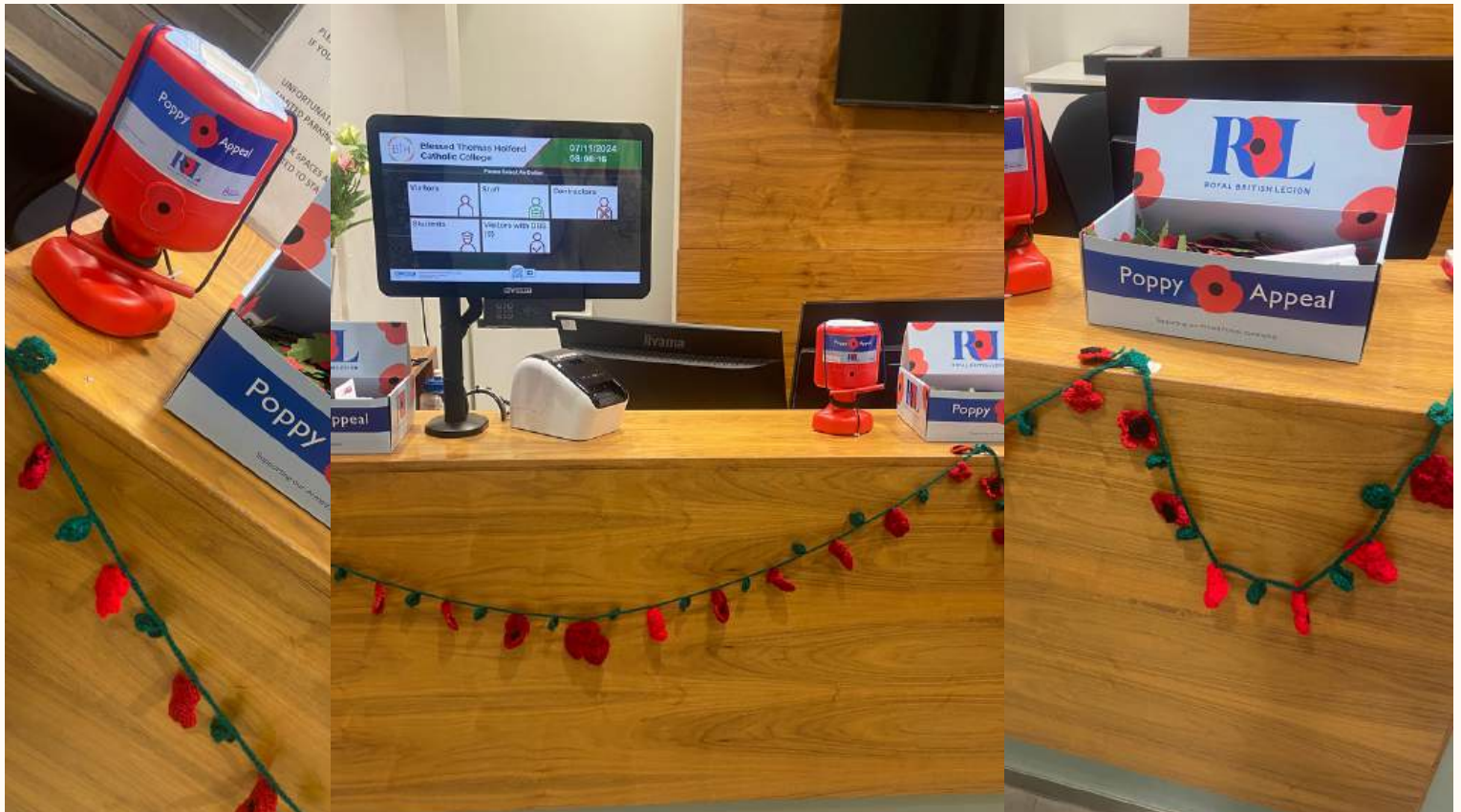


We took a group of Year 11 and 12 students to the Maths Inspirations event at the Royal Northern College of Music yesterday. It consisted of a series of talks about the Maths of fractal art, how Maths helped to build the Emirates stadium and the Maths behind the octave in music and how noise cancelling headphones work. So it was a varied programme! The students really enjoyed getting a glimpse into areas of Maths that are beyond the curriculum.





“Over half-term Miss Akintoye and her Knit and Stitch group crocheted nearly 80 hand made poppies on support of the 2024 poppy appeal at BTHCC. Some poppies were made into bunting whilst other were sold to staff and Sixth Formers for a minimum donation of £2.00 to this years poppy appeal. “





# BUSINESS STUDIES

## NEWSLETTER



Welcome to the Business Studies department newsletter! Here you will be able to find out about what the students are learning in Business Studies at BTHCC, as well as updates of what is going on in the business world.

**BREAKING NEWS**

### BUSINESS IN THE NEWS

Boeing workers have ended a 7-week strike after agreeing to a 38% pay rise deal over the next four years. 59% of striking workers voted in favour of the new deal, which includes a one-off £9,300 bonus, as well as changes to the retirement plans.



### CAREER OF THE WEEK

**Job Title:** Event Manager

**Salary:** Starting at £33,000

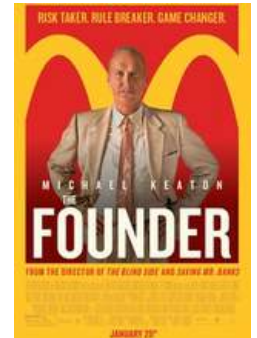
**Job Responsibilities:**

- Liaise with clients to find out their exact event requirements
- Research venues, suppliers and contractors then negotiate prices and hire
- Manage and coordinate suppliers and event logistics

### WHAT TO WATCH



Following the store of Ray Kroc, and the creation of the McDonald's fast-food restaurant chain, this film looks at how he eventually forced out the original founders to take control.



**Title:** The Founder

**Where:** ITVX

### KEY TERMS INTRODUCED IN BUSINESS



**Revenue :** The amount of income received from selling goods and service

**Business Operations:** The activities that allow a business to produce / deliver products and services to its customers.

**Laissez-Faire Leadership:** Where managers take a 'let it be' approach, allowing employees as much freedom as possible.

**Entry Threat:** The potential threat of entry to the industry by new competitors.

### WHAT ARE WE STUDYING IN BUSINESS STUDIES?

<b>Year 10</b>	Year 10 have been introduced to the financial side of business, calculating revenue, costs and profits.
<b>Year 11</b>	Year 11 have been applying the content covered in year 10 from the marketing mix to a business which is looking to grow and expand.
<b>Year 12</b>	Year 12 have been looking at different management and leadership styles and how they can change depending on the situation the business is in.
<b>Year 13</b>	Year 13 have been looking at a new model of Porters Five Force's and how it is used to analyse the competitive environment.

# COMPUTER SCIENCE NEWSLETTER



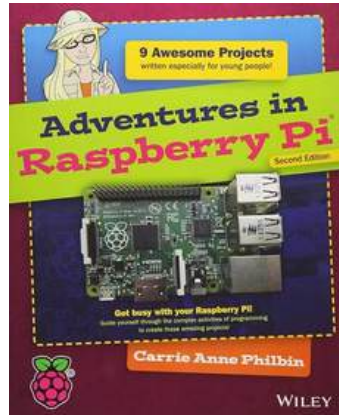
ISSUE 8

Hello!



Welcome to the Computer Science department's newsletter! In every issue we will keep you up to date with everything going on in Computer Science at BTHCC as well as things you can watch/listen/read and see that are all brimming with technology!

## Book of the Week



## IN THE NEWS

Despite Bitcoin's massive influence, the identity of its creator, Satoshi Nakamoto, remains unknown. Recently, a press conference claimed Nakamoto would reveal himself, stirring excitement. However, only a few reporters attended, and skepticism grew when a man named Stephen Mollah declared he was Nakamoto but failed to provide evidence, including a promised demonstration involving the first Bitcoins. The event ended as yet another dead-end in the ongoing mystery. More here:

<https://www.bbc.co.uk/news/articles/c079zp2vy3lo>



## What are we currently LEARNING?



Year 7	Year 7 have been looking at how to collaborate online safely together.
Year 8	Year 8 have been looking at image audience and purpose.
Year 9	Year 9 have finished recording their radio adverts in Audacity.
Year 10	Year 10 have been looking at sorting algorithms.
Year 11	Year 11 have been receiving feedback for their October assessments.
Year 12	Year 12 have been looking at information systems and pixels.
Year 13	Year 13 are carrying on with their NEA projects.

## Career of the Week

**IT support specialists** help people and organizations with their technology problems. They assist users with issues related to computers, software, and networks, often troubleshooting problems over the phone, through email, or in person.

## WHAT TO WATCH

**THE SOCIAL NETWORK (2010)**  
THE BIOGRAPHICAL DRAMA ABOUT THE FOUNDING OF FACEBOOK. IT HIGHLIGHTS THE DEVELOPMENT PROCESS, THE INTERPERSONAL CONFLICTS, AND THE WORLD OF TECH STARTUPS.



## weekly

A **loop** is a programming structure that repeats a set of instructions until a certain condition is met.

## Question Time

What year was the first electronic computer, ENIAC, completed?

- A. 1940
- B. 1945
- C. 1950

Last weeks answer: Ada Lovelace



# **BLESSED THOMAS HOLFORD CATHOLIC COLLEGE EARNS RECOGNITION FOR COMMITMENT TO GENDER BALANCE IN COMPUTER SCIENCE**



We are thrilled to announce that **Blessed Thomas Holford Catholic College** has been awarded a certificate from the **National Centre for Computing Education (NCCE)**, celebrating our dedication to improving gender balance in the field of Computer Science. This recognition comes as part of our school's participation in the **"I Belong: encouraging girls into computer science"** initiative – a program that seeks to inspire young women to pursue studies and careers in technology.

At Blessed Thomas Holford, we understand that **diversity in technology is essential** for innovation, creativity, and progress. In an industry that has traditionally been male-dominated, **encouraging female students to explore Computer Science is not just an opportunity; it's a responsibility.** Through this initiative, we have worked to create a **supportive and inclusive environment** where all students, regardless of gender, feel empowered to engage with and excel in technology.

Our efforts have included **dedicated programs and activities** aimed at building confidence and interest in Computer Science among female students. This year, we hosted a **girls-only computer science competition**, where students had the opportunity to create websites celebrating female pioneers in tech. This project **sparked excitement and conversation** around the achievements of women in technology and gave students **hands-on experience in web development and teamwork.**

Furthermore, our computer science department has focused on offering **role models, resources, and support networks** that can make a lasting impact on our students. By sharing stories of **women leaders in STEM**, and **fostering an encouraging classroom environment**, we aim to show our students that **there is a place for everyone in the world of computing.**

This recognition from NCCE is a proud moment for our school and is a testament to the **hard work of our students and staff.** But this is only the beginning. **We are committed to continuing our journey** to build a more equitable and diverse future in technology. Through initiatives like "I Belong" and with the unwavering support of our community, we aim to create a **pathway for all students – especially young women – to pursue their passions in Computer Science.**

Thank you to our students, families, and staff for their **enthusiasm and commitment to this vision.** We look forward to seeing our students grow, innovate, and lead the way in creating a more inclusive tech landscape.



# SCIENCE NEWSLETTER

Issue 7



## Welcome

**Hello!** Here you can find more about what the students are learning, things to peak their (and yours!) interest, and see that science is of central importance in the world. If you have any queries, you can email Mrs Thorneloe at: [e.thorneloe@bthcc.org](mailto:e.thorneloe@bthcc.org)



## Science in the news

Mimicking how plants convert sunlight into energy has been a dream of scientists aiming to create renewable energy solutions. Artificial photosynthesis is a process that replicates nature's method, using sunlight to drive chemical reactions that generate clean energy. However, creating synthetic systems that work as organically as natural photosynthesis has been a challenge until now. Now, researchers from the University of Tokyo have designed a new type of hydrogel that can generate hydrogen and oxygen by splitting water molecules using sunlight. This design is a potential game changer in the quest for clean energy, as hydrogen is seen as a promising fuel for the future.

## Terminology

**QUANTITATIVE**  
collecting and analysing numerical data  
e.g. Quantitative chemistry is an area of chemistry that allows chemists to calculate known quantities of materials. For example, how much product can be made from a known starting material or how much of a given component is present in a sample

## Career of the week

**DIETICIAN**      2/3 A Levels or equivalent inc. Bio or Chem  
SALARY: £42,000      REQUIREMENTS: Chem

Diagnose and treat people with nutrition problems and help people make healthy lifestyle and dietary decisions

## What are we currently learning?

Year 7	The structure of an atom, energy transfers and respiration	
Year 8	Crystallisation of salt solutions and germination of seeds	
Year 9	B	Levels of organisation
	C	Metals and non-metals
	P	The National Grid
Year 10	B	Coronary heart disease
	C	Macromolecules
	P	Parallel circuits
Year 11	B	Recessive genetic disorders
	C	Relative formula mass
	P	Forces and elasticity
Year 12	B	Proteins
	C	Amount of substance and bonding
	P	Forces on supports
Year 13	B	Centre Assessment Feedback
	C	Centre Assessment Feedback
	P	Centre Assessment Feedback

## Science in the media

**WHAT: PANORAMA-INFECTED BLOOD**  
Meet the families of some of the 380 children with bleeding disorders who were infected with HIV, to discuss their campaign for justice  
**WHERE: BBC I-PLAYER**

## Question time

As you go further up a mountain, your weight

- Increases slightly
- Decreases slightly
- Stays the same

The answer to last week's Q was A) a Geiger counter measures radiation. Did you get it right?!



# FOOD AND NUTRITION

## THIS WEEK

WHAT IS ON THE MENU?

Year 7: Why is breakfast important?

Year 8: Factors affecting food choice

Year 9: Religious diets

Year 10: Micronutrients

Year 11: NEA1

Deadline

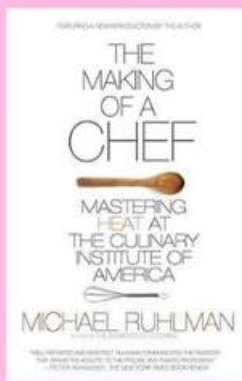


## WHAT TO WATCH



Rick Stein's Food Stories - BBC iplayer

## BOOK OF THE WEEK



We recommend trying out, The Making of a Chef: Mastering Heat at the Culinary Institute of America



## CHEF OF THE WEEK

RIANON YEAR 7

Rianon in year 7 who made an amazing Apple Crumble

## WORD OF THE WEEK

### Calcium

Definition: Calcium is a mineral your body needs to build and maintain strong bones and teeth.

## CAREER OF THE WEEK

### NUTRITIONAL THERAPIST




A Nutritional Therapist is trained to look at health-related symptoms, and determine if these are caused, or made worse by, deficiencies in certain vitamins and minerals.

**AVERAGE SALARY - £37,438**



# INSTAGRAM TEEN ACCOUNTS



Please find below a link to 'Instagram Teens' that has a lot more parental controls to support parents in the safeguarding of their children online including what content they get access to and who can/cant contact them.  
Please read





# THE THRIVE GUIDE!

## Trafford Thrive in Education



Supporting you to thrive ... your way

## MEN'S HEALTH AWARENESS MONTH



November 2023 - Men's Health Awareness Month November 2 - November 30

### WHAT'S IT ALL ABOUT?

November 2024, also known as Men's Health Awareness Month, focuses on promoting physical and mental well-being among males. Movember provides a platform for boys and men to discuss their health openly, seek support, and take helpful steps towards a healthier and happier life.

[Click here for more information on November](#)

### THINK ON THIS

While women are more likely to receive support for their mental health, this doesn't mean men don't experience difficulties.

30%	50%	50%
of all referrals for psychological medicine are for men. Men are less likely to seek help for their mental health problems.	More men are likely to take time off work, with 1 in 5 taking a full day off work in the last 12 months.	Men are more likely to be diagnosed with mental health problems at an earlier age than women.
	10.9%	
	Of men in England have a mental health condition.	

### TRY THIS

It's okay for boys and men to access support and to speak about their mental health, but it isn't always easy to know what to say. Click on this link to practice approaching difficult conversations.



**Tackle Difficult Conversations | November Conversations**

Better conversations can help you support the men in your life. Discover effective techniques and get them to open up.  
[www.movember.com](#)

Click on the picture above for more info

### TAKE INTO ACCOUNT

"Shoutout to the boys and men who are facing mental health challenges. Don't 'man up' - speak up."

- Mental Health America



**LISTEN TO THIS PLAYLIST WHILE YOU READ!**

**ALL OF THESE MALE ARTISTS HAVE OPENLY SPOKEN ABOUT THEIR MENTAL HEALTH**

