

FRIDAY 23RD FEBRUARY


Weekly Newsletter



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Blessed Thomas Holford Catholic College

May God's love be our guide 



Dear parents/carers,

As we hear today that an American company has made history by becoming the first commercial outfit to put a spacecraft on the Moon, I am reminded of the time in 1962, when President John F. Kennedy visited NASA for the first time. During his tour of the facility, he met a janitor who was carrying a broom down the hallway. The President then casually asked the janitor what he did for NASA, and the janitor replied, "I'm helping put a man on the moon."

At BTHCC we all have the same mission too which is the transformation of the person, for the transformation of society. We ask God to guide us with his love to ensure we become who God has called us to be so we can set the world on fire.

Outcomes and results are very valuable as they open doors to new experiences and choices allowing our students to have that transformative impact in the world. However, my lens is always on the journey. Is the daily experience of the child engaging and interesting? Is the child known and cherished? Do they feel they belong to the BTHCC family? Are all areas of BTHCC accessible to all? Are we aspirational for all?

These are the questions we consider and explore. We want to offer a broad, relevant, and balanced curriculum for all. It is our challenge to ensure our curriculum inside and outside the classroom caters for all needs. Our mission is that every child loves their learning, can participate fully, is curious and inquisitive.

Today our governing body came together to delve deeper into this vision to explore how we be challenged and improve our Blessed Thomas Holford Catholic College for all.

I always value hearing from you so do please contact me if you have any concerns or ideas.



Mrs C S Hogg

What's going on - Week 26th-1st March

MONDAY

Class of 2023 Year 11
certificate evening (this is for
last years Year 11)

Art Workshop with
Ian Murphy

TUESDAY

Wednesday

Word

Room 54
at 8.30am

Macbeth Trip

Wednesday

Wednesday

&

THURSDAY



College Mass
- 8.15am G3

FRIDAY

WHAT'S GOING ON IN LENT

at Blessed Thomas
Halford



WEEKLY MASS

Prayer Space - Friday 23rd
Feb, 1st March, 8th March,
15th March
Everyone welcome



WEDNESDAY WORD LENTEN REFLECTIONS

Prayer Space - 21st Feb, 28th Feb,
6th March, 13th March, 20th
March
Everyone welcome



SOUP AND A ROLL

Friday 23rd Feb, 1st
March, 8th March, 15th
March



RECONCILIATION

Sixth Form Centre -
Fri 16th March



LENT MASS

Sports Hall - Thurs
21st/Fri 22nd



BIG LENT WALK

Friday 22nd March



What have you given up for Lent or what will you be doing this Lent? We asked students and teachers.



Fast, pray and give

HIGH SCHOOL MUSICAL

NEXT →

Wednesday & Thursday



SHOWTIME

6pm-8pm

Main School Hall

ADMIT ONE

TICKET

AB 1234

Buy your tickets on Scopay or
you can pay on the door



SKI TRIP

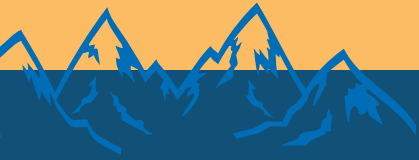
February half term



Connor Clarke - Year 8

"The ski trip was so much fun! We got to do so much stuff. I had some lessons before I went which helped but skiing is much harder than it looks! My favourite thing was when we went to the water park which was next to the hotel and spending time with my friends."





YEAR 9 OPTIONS EVENING

Last night we had our Year 9 options evening. It was an amazing evening with families and students discussing their options.

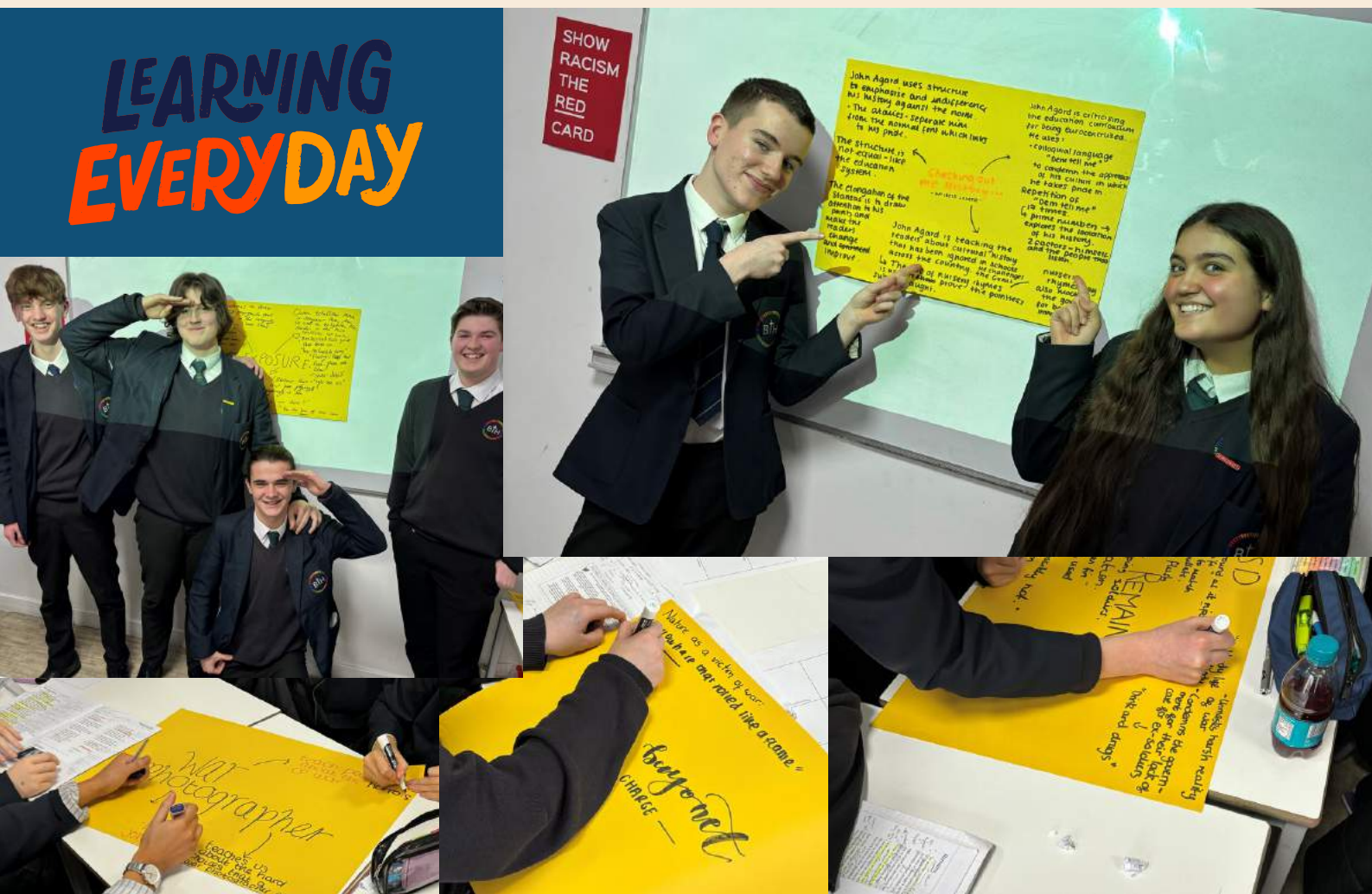




Wednesday word this week was marking the start of Lent. Mr O'Neill discussed the importance of Lent in terms of giving back something. He shared memories of his grandma who gave a lot to charity and received Benemerenti medal for her contributions to the Catholic Church.

WEDNESDAYWORD

Mrs Butterworth's year 11 class worked in groups as experts of key GCSE poems. Together they explored the writers' intentions and contextual factors that influenced the poets and then presented their ideas to the class. #loveoflearning





Our winners of
Brenda the
Vendor this
morning! Well
done to you all
#bthccread

#BTHCCREADS

TALK THE TALK WORKSHOP

Talk The Talk were in school this week to deliver their Talk About Communication workshop. Talk The Talk's mission is to develop students' oracy skills and their communication confidence to support positive life interactions and improved social outcomes.



The trainer from Talk the Talk nominated the following students as Oracy Champions, so they'll be getting a book token for Brenda the Vendor 😊

Emile Azar
Freddie Butler
Lucy Russell-Beattie
Aidan O'Keeffe
Helen Brady

Extra-Curricular

Timetable

Date : Feb - March
Term 3

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am-8.45am			<p>Wednesday Word – 8.30am-8.40am, Room 54</p>		<p>Friday College Mass – 8.15am-8.40am, G4 (Prayer Space)</p>
3pm	<p>Maths Games and Lego – Mr Wilde and Miss Moloney Rm 57 Year 7/8 (3-3:45pm)</p> <p>Science Club Lab 10 (3-4pm) Ms Hunt</p>	<p>English Creative Writing E2 (3-4pm) Mr Collins</p> <p>Equality and Diversity Club 30 (3-4pm) Miss Penny-Collins every other week</p> <p>DT – Year 9 invite only Miss Ginsburgh</p>	<p>Maths Sixth Form workshop S2 (3-5pm)</p> <p>Year 10 Art Club Miss Penny Collins Rm 30 (3-4pm)</p> <p>Knit and Stitch Club Rm32 Miss Akintoye (3-3:45pm) Week every week</p> <p>Chinese Club Miss Ludlow Rm 3 (3:10-3:45pm)</p> <p>Textiles club room 23 3pm-4pm- Invite only</p>	<p>Debate Club (3:10) Miss Price</p> <p>GCSE Art – Yr10/11 Rm 30/31 Miss Anderson (3-4pm)</p> <p>Food and Nutrition Rm 26 – Yr 8/9 Miss Metcalfe</p> <p>Global Students – Yr7-9 Rm 32 (Each fortnight) Miss Akintoye (3-3:45pm) Starts week commencing 5th October every week</p>	



Physical Education

Extra-Curricular Timetable

GIRLS

Date : Feb - March
Term 3


Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am-8.45am	Dodgeball Sports Hall All Years (SDP/CL)	Indoor Cricket Sports Hall All Years (CHO/KRE)	Futsal Sports Hall All Years (SC/JR)	Volleyball Sports Hall All Years (KRX/SPG/SHU)	Table Tennis Fitness Suite All Years
3.10pm - 4.15pm	Netball Courts and Sports Hall All Years (KRX/SDP/CL)	Rugby MUGA/Back Field All Years (CHO/KRE)	Basketball Sports Hall All Years (CHO/SDP)	Badminton Sports Hall All Years (OHA)	
			Gaelic Football All Years (AT/SPG)	7 aside Football 3G pitch Year 7 (22nd/29th Feb) Year 8 (7th/14th March) Year 9/10 (21st March) (JR/AT/MON)	

Physical Education

Extra-Curricular Timetable

BOYS

Date : Feb - March
Term 3

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am-8.45am	Dodgeball Sports Hall All Years (SDP/CL)	Table Tennis Fitness Suite All Years (OHA)	Futsal Sports Hall All Years (SC/JR)	Volleyball Sports Hall All Years (KRX/SPG/SHU)	Table Tennis Fitness Suite All Years
3.10pm - 4.15pm	Basketball Sports Hall All Years COACH (SHU)	Cricket 3G Pitch All Years (SHU/OHA)	Gaelic Football 3G Pitch All Years (AT/SPG)	Badminton Sports Hall All Years (OHA)	
			Rugby 3G All Years (SCR)	7 aside Football 3G pitch Year 7 (22nd/29th Feb) Year 8 (7th/14th March) Year 9/10 (21st March) (JR/AT/MON)	

Music Extra-Curricular Timetable



**Date : Feb - March
Term 3**

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am-8.45am	Individual Practice (max three in a room)	Individual Practice (max three in a room)	Individual Practice (max three in a room)	Individual Practice (max three in a room)	Individual Practice (max three in a room) 8.15am - MASS in Prayer Space
Lunchtime	Capriccio Singers Room 17	Pizzicato' Ukulele club Room 12 Music Theory Club Room 11	V12 Personal Development with Mrs Whitfield		Consort Recorder Club Rm 17
3pm	Year 11 GCSE Music lesson		'Concerto' Concert Band (Room 11)	Free rehearsals	Band Practice (pre-book the practice rooms)

High School Musical rehearsals all week

Year 7, 8 & 9 Food and Nutrition Cooking Club

Email Miss Metcalfe or come to room 26 if interested, places are on a first come first serve.

DATE	What will we be making?
22nd February	No cooking this week
29th February	Flapjacks
7th March	Pancakes
14th March	No cooking this week
21st March	Easter traybake



Food and Nutrition Club

YEAR 7 GIRLS

We are holding a Year 7 Interform netball tournament on Monday 4th March after school. Pupils can sign up with their form tutor and just come along on the evening with their PE lt. Please encourage your child to sign up, we would love to see as many Year 7 pupils down as possible. It should finish around 4:30pm.

Any questions, please get in touch on missrennox@bthcc.org.uk





Thrive Newsletter Eating Disorders Week

Anti-stigma newsletter for Eating Disorders Week, with a focus on ARFID, taking place 26th February- 3rd March



[READ MORE](#)

IMPORTANT

DIOCESE OF SHREWSBURY

JOIN THE 2024 LOURDES YOUTH PILGRIMAGE

Wednesday 24th July
Friday 2nd August

Age - 16-22

Cost - £725

Funding and fundraising support is available.



Youth Pilgrimage 2024

Don't forget to email
youth@dioceseofshrewsbury.org to
register your interest!

Junior Bake Off



[APPLY HERE](#)



Nuts

We have some pupils and staff with severe nut allergies. As such we will be asking pupils NOT to bring in any nuts or nut based products.

Please do not bring nuts or nut based food e.g peanut butter into school. Some allergies are airborne meaning if students are eating nuts in any of the canteen areas this can trigger a severe allergic reaction.

While we cannot guarantee we are a nut free school, we are beginning to working towards becoming one.

Thank you for your support and understand

Art Workshop

ART

Guest artist - Ian Murphy is visiting the school on Tuesday to work with years 10, 12 and selected year 9's.

Ian Murphy is an UK based Fine Artist, renowned for his passion for journeys and landscape, both natural and constructed. By working with the artist, pupils will be able to learn new skills and techniques and produce a series of large-scale mixed media drawings exploring architecture and architectural features. For GSCE and A Level students any artwork produced will contribute to their coursework / portfolio of work. Selected year 9 students will get the opportunity to work with a professional artist and experience what GCSE Art will be like.

World Book Day



With World Book Day fast approaching we would like as many of you to email in pictures of your pets reading. You can make it as creative as you like and add some glasses or a tie.

Don't fear! If you don't own a pet, you can send in a picture of you or a family member reading in an unusual place (on a boat or the top of a mountain).

The top three winners will all receive a £20 Watstones vouchers on World Book Day 7th March.

Please email all entries to mrsarowe@bthcc.org.uk

FOLLOW OUR SOCIAL MEDIA



TRAFFORD'S YOUTH VAPING OVERVIEW - JANUARY 2024

Secondary schools vaping education & awareness

Trafford's School Health & Early Break Young People's Service are working in partnership to deliver a vaping drop-in at each of the Trafford High School's between January-April 2024. This gives young people the opportunity to speak with a professional and better understand the harms and risks of underage youth vaping.

TO BOOK THESE DROP-IN SESSIONS, PLEASE CONTACT YOUR DEDICATED SCHOOL NURSE AT:

Central Team: Dis-Central.Trafford.School.Nurse.team@mft.nhs.uk or 0161 912 3395
West Team: Dis-WestTraffordSchoolNursingTeam@mft.nhs.uk or 0161 549 6290
North Team: Dis-North.Trafford.School.Nursing.team@mft.nhs.uk or 0161 549 6290
South Team: Dis-South.Trafford.School.Nurse.team@mft.nhs.uk or 0161 912 2340



Young people's 1:1 vaping and smoking support



Young people who are regularly vaping can access 1:1 support with either their school nurse or Early Break. Parents, young people or professionals can make a referral to their local school nursing team. If a young person is found to be using an unregulated vape, smoking tobacco, or other substances, their support will be transferred to Early Break for further support to change their habits.

Parent and Professional webinars on youth vaping

School Health & Early Break will be offering separate webinars for both parents and professionals who live/work or their child attends school in Trafford. The youth vaping webinar aims to challenge the myths and misconceptions around vapes, share the facts on youth vaping, how it may impact teenage behaviour and what support is available.

Trafford Parents Webinars:

- [Tuesday 30th January at 7pm](#)
- [Wednesday 28th February at 7pm](#)
- [Thursday 28th March at 7pm](#)



Trafford professionals webinars:

- [Tuesday 20th February at 3:30pm](#)
- [Wednesday 14th March at 3:30pm](#)

Please click on eventbrite link above to book)

For further information please contact info@earlybreak.co.uk

(Please email tssp.learning@trafford.gov.uk with your name, job title and organisation to book)

FUTURE DEVELOPMENTS:

Copies of youth vaping educational materials are currently being developed with Trafford Young People to allow school's form tutors to deliver a short vaping education session during pupil's form time.

Trafford's Public Health Team have also been successful in the NHS Population Health Fellowship Programme. This allows Trafford Council to complete a 12-month research project. Trafford is one of only four North West Local Authorities successful in this programme, and the only LA focusing their research on youth vaping.

YOUNG CARERS ACTION DAY

**CARERS
TRUST**

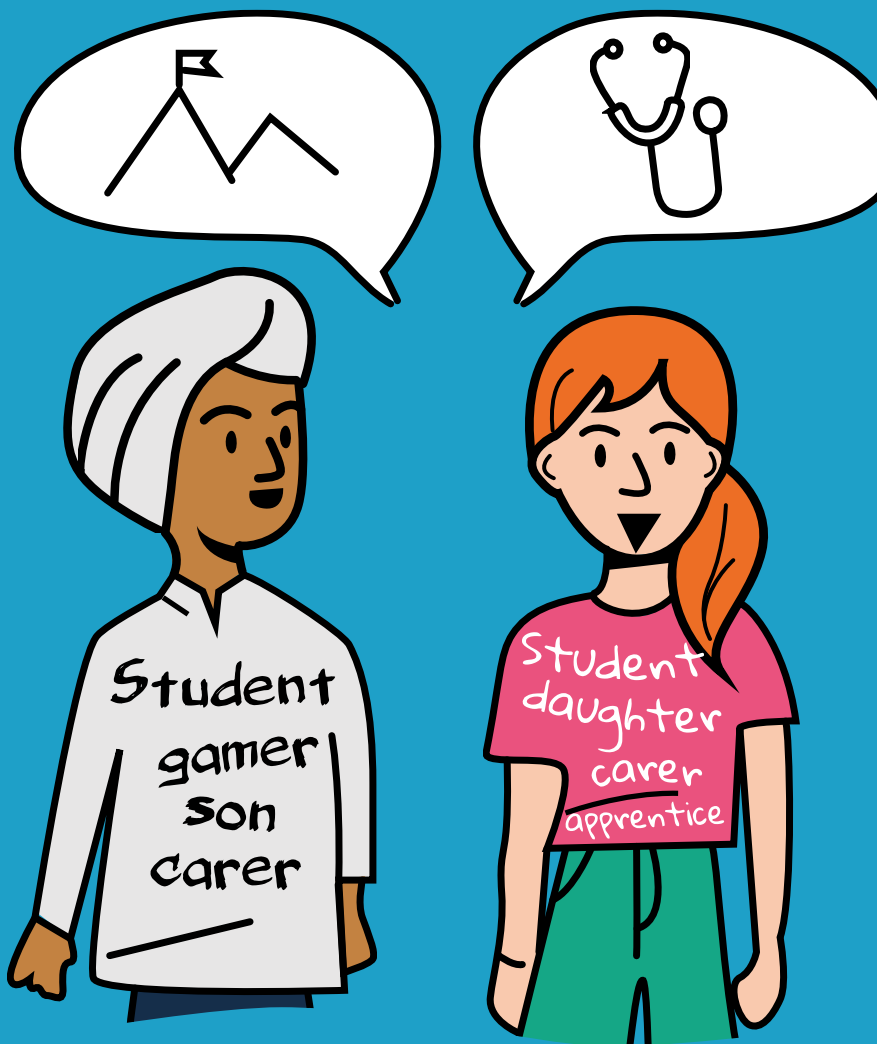
WEDNESDAY 13 MARCH 2024

Fair Futures for Young Carers

Being a young carer shouldn't be a barrier to a young person's dreams. It should be a stepping stone to a brighter future.

Together, let's create a future where young carers can dream without limits.

Your voice matters. Support us on Young Carers Action Day so every young carer can learn, earn, and thrive!



**Find out more and get involved:
[Carers.org/ycad](https://carers.org/ycad)**

#YoungCarersActionDay



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.

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.



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety



JOIN YOUTH FORUM

Youth Forum is a youth group for young people in year 7 and above up to 19. The group is youth led, with a focus on making a positive change for Trafford.

Meet new people

Learn new skills

Make new friends