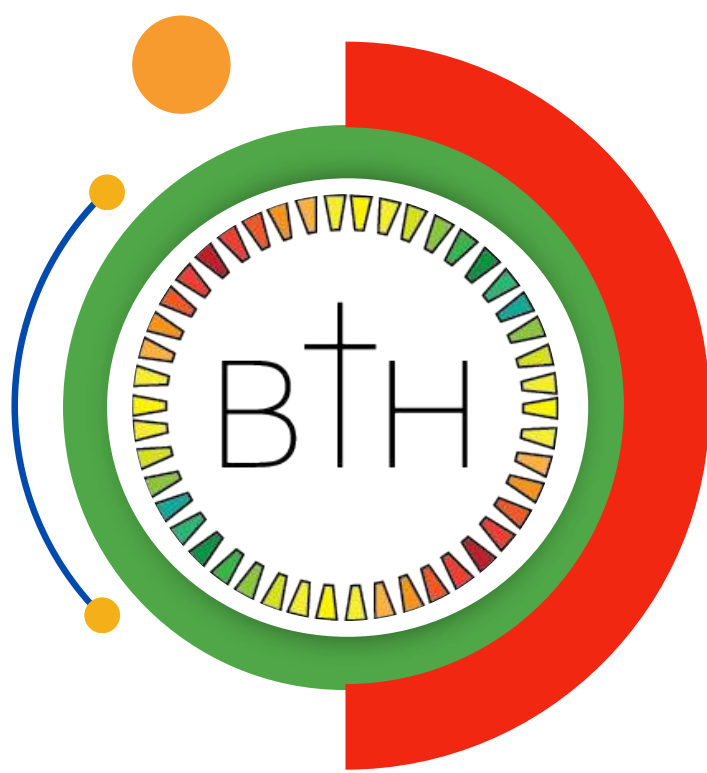




Blessed Thomas Holford Catholic College

May God's love be our guide 

# Weekly Newsletter



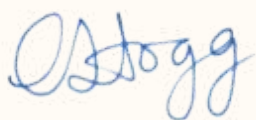
Dear parents/carers,

It has been a lovely sunny week at BTHCC and the students have been enjoying all their lunchtime enrichment activities. Do please encourage your child to engage in these experiences as the feedback from the students involved has been very positive.

The College is getting ready for our Annual Open Evening so thank you for supporting this event by allowing your child to leave BTH early at 2:25pm on Thursday 26th September. Thank you in advance for all the students who have offered to help during the evening. Open Evening is also an opportunity for our exiting families to have a look around the College so you are all welcome.



We also look forward to welcoming our Year 7 families to our Welcome Mass in October on the 23rd at 5pm. This is an opportunity for us to come together and celebrate our students.

Our mission to be kind, work hard and develop our whole selves is so important to us. We want our students to have God's love as their guide on the way to college and on the way home too so please encourage your child to be aware of our local community ensuring that our BTH students shine and represent their college with pride.

A handwritten signature in blue ink that reads 'C S Hogg'.

**Mrs C S Hogg**



 <b>Day</b>	<b>What is going on</b>
<b>Monday</b>	<ul style="list-style-type: none"> <li>• Celebration of the Word - Year 11</li> <li>• Assembly Year 7 &amp; 12</li> <li>• Relics of Carlos Acutis Trip to St Anthonys</li> <li>• School photograph - Year 7 &amp; 12</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• Celebration of the Word - Year 10</li> <li>• Assembly Year 11</li> <li>• Enrichment lunchtime clubs</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• Celebration of the Word - Year 9 &amp; 12</li> <li>• Assembly Year 10</li> <li>• Wednesday Word</li> <li>• Enrichment lunchtime clubs</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>• Celebration of the Word - Year 8</li> <li>• Assembly Year 9</li> <li>• OPEN EVENING</li> <li>• Enrichment lunchtime clubs</li> </ul>
 <b>Friday</b>	<ul style="list-style-type: none"> <li>• Celebration of the Word - Year 7</li> <li>• Assembly Year 8</li> <li>• College Mass</li> <li>• Enrichment lunchtime clubs</li> </ul>

# Form Saint Feast day- Week of Action

At BTH we have 12 form Saints, we will be exploring one form saint for the next 12 weeks. In the newsletter.

We will also be celebrating the students Form Day Saint's Feast Day and the idea behind it is to create a community for our Form Saints for our students to get involved and challenge themselves whilst celebrating an important and valuable person to our catholic family.

There will be events and projects for every student to get involved in and even a committee to help organise the week.

On the actual feast day, students will be welcomed with a celebration breakfast, liturgical reflections led by the students and allowed to be in their own clothes. Whilst the week will be celebrated with projects designed by the students and local charity work and sponsorship.

This will be loved and led by our student at BTH to remind us of our beautiful family and the amazing work of some amazing people!





# Welcome Mass Year 7



20th of September 2024

# Welcome Mass

YEAR 7 WELCOME MASS  
23rd October 2024

BLESSED THOMAS HOLFORD  
17.00pm



As part of welcoming your child and yourselves to The Blessed Thomas Holford Catholic College family, we are inviting your child and your family members to attend the Year 7 Mass of welcome on the 23rd of October 2024 at 5pm.

Part of the School values at BTH is celebrating and involving ourselves into the catholic community and we would love to be able to share this with our students and family of BTH.

Refreshments will be provided after Mass, so family, staff and students can get to know one another.

## Chaplaincy

This week we have been exploring world issues in Faith in Action. There has been some great work on supporting Catholic social teachings through wanting to support people with disabilities and creating world peace! We would love to see more of you campaigning for current world issues and we even did a reenactment if we were POPE FOR THE DAY! This week we will be designing our own modern day superhero's fighting world issues! Please pop along to Walsingham 6 any day at lunch time!



Faith in Action

### Quote of the week:

*"This poor man cried, and the Lord heard him and saved him out of his troubles"*

This quote is showing that **when you are in trouble, God is always there.**

### Events this week:

**Wednesday word:** 8:30 am in the chapel

**Family Mass:** Friday 8:15 am in the Chapel

**Faith in Action:** Every lunch in W06

**Philosophy club:** Every lunch in F 12

**Knit and Natter:** Westleigh (St. Vincents) 26<sup>th</sup> September 10am

**Holy Angels 60<sup>th</sup> anniversary:** 27<sup>th</sup> September 7pm

### Weekly Challenge:

Can you pick up 10 pieces of litter to help save the environment?



This week's key word:

**PEACE**

## 1. What is one of your hidden talents?

When I was little I always wanted to be a fashion designer but had no idea how to sew or where to start, so I sort of grew out of it. At University I took up costume design and loved it so much. Apart from sewing a really rubbish pillow in Y7, I had never made anything! I went on to becoming an avid sewer and designer. I even started my own business selling bags and accessories all handmade by me. I even won an award for my creative sewing ideas!

## 2. What is your favourite dish from the college cafeteria?

As a newbie to the school, there's still a lot to try. I've heard great things about the waffles so can't wait to try those!

## 3. What are your "trapped on a desert island" books?

I love reading so would be happy with anything. I'd love to say something clever like a survival book. But as a Dramatist, I feel like would be fun to be stuck on an island with some plays to bring to life. So, I'll say the 'Complete Works of William Shakespeare'. There's a good variety of styles and stories in there and I could put on some one woman shows.

## 4. How does technology make teaching more simple or difficult?

Technology is something that can make lessons really exciting and engaging. Being able to watch professionals at work and find examples at tip of our fingers is something I really enjoy being able to share as a teacher. It's providing a lot of use in the GCSE and A-Level to allow every student to experience theatre in a different way and even getting to watch plays from all over the world that you wouldn't get to see. There are so many advantages for me and I can't wait to see how technology advances throughout the years.

## 5. What would the students be surprised to find out about you?

I'm a bit of a thrill seeker and am always up for an adventure, especially when it's something unusual. I've scaled the side of a cliff in the Lake District, I went scuba diving in a shark tank and I've done the longest zip line in Europe. I'm hoping to add to the list in 2025!

## 6. What inspires you?

As a creative thinker, I'm inspired by individuality and people exploring and sharing their stories in unique ways. I love going to watch live music, reading books, going to art galleries, and of course, going to the theatre. I feel so inspired when I see people putting true passion into their work!

## 7. Are there any embarrassing teaching moments you are willing to share? What are they?

No embarrassing stories yet (there's always time). I don't mind making a fool of myself when I'm teaching though. I often run around the room as different characters or trying to show different drama skills off... I don't find it embarrassing though, it's just my subject!





We are delighted to inform you that we now offer Drama as part of our curriculum.

This new addition provides students with an opportunity to explore their creativity, build confidence, and develop communication and teamwork skills in a fun and engaging environment.

Drama classes will be available to students across all year groups 7 - 11 and are designed to encourage self-expression and imaginative thinking.

It will also be an option next year to be taken as a GCSE.

We are excited about the positive impact this subject will have on our students' overall development, and we look forward to seeing their talents shine on stage! 🎭🎭🎭🎭



## Why Not Try Something New? Join Our Enrichment Clubs

We are excited to encourage students to explore something new by joining our Enrichment Clubs at lunch this term! Whether they are interested in learning a new skill, developing a hobby, or meeting new friends, our clubs offer a wide variety of activities to suit all interests.



From;

**Foodie Fun**

**Esports**

**Drama**

**Debate Club**

**Green Team Eco Club**

**Historical Icons**

**Lego Club**

**Language/Culture Club**

**Ukelele Club**

**Faith In Action**

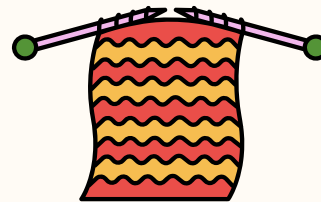
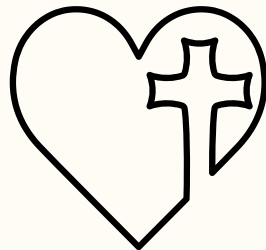
**Philosophy Club**

**Science Club**

**Knit and Stich**

**Running Club**

**Criminology**



There's literally something for everyone. These clubs are a great way for students to broaden their horizons, build confidence, and have fun outside of the classroom.

**Encourage your child to sign up and try something new this term!**



Well done to the Year 8 boys A team who started off their season with a 5-1 win in the ESFA cup. Goal scorers: Abell , Cox 📷, Midwood 📷. POTM Bolton

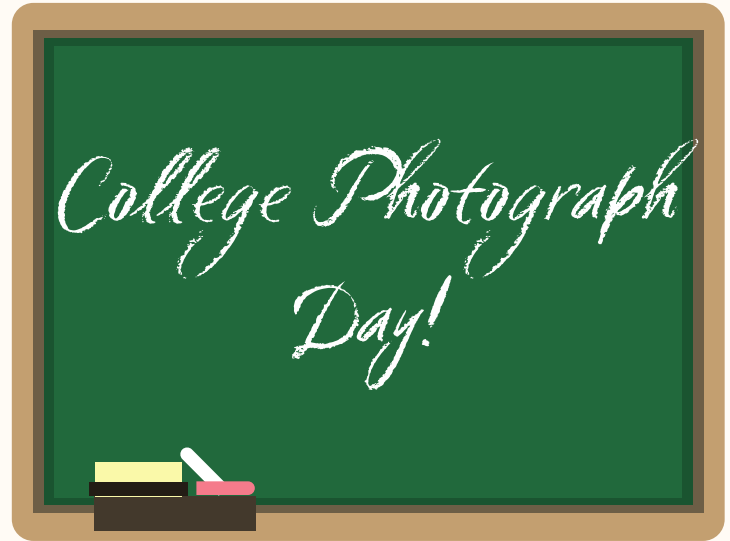
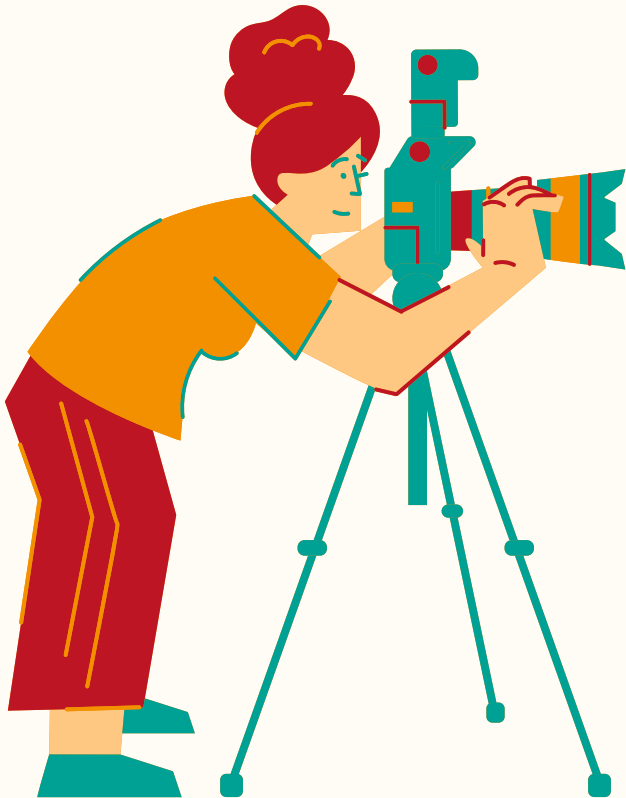
They were playing in their new kit which they won last year by winning the Greater Manchester schools Futsal. 🙌🙌🙌

Mark in Year 8 completed his challenge of 3 1/2 k bike 3 1/2 k run and 3 1/2 ski challenge to raise money for a bereavement room here at BTH. His aim was to raise £200 and thanks to the BTH family he went over his target! Well done Mark!! Your BTH family are very proud of you!





Year 9 have been working on a new architecture project. They have been making drawings of the school building from outside. They will be taking inspiration from the Vorticism Art movement.



The College photographer is coming in to college on Monday 23rd of September to take individual head shots of Year 7 and 12 ONLY



## OPEN EVENING 2024

Blessed Thomas Holford invite our 2025 September admission pupils to take a look round the school, meet the teachers, see our excellent facilities and ask questions.



**THURSDAY 26TH SEPTEMBER**  
5.00PM TO 8.00PM  
Headteacher's Address: 5.30pm, 6.30pm & 7.15pm

Students will be finishing at 2.25pm on Thursday. If your child (Year 9 upwards) would like to volunteer to help on the evening please tell them to come to Student Services on Monday and speak to Mrs Hussain.

## Word of the Week

Our word of the week this week is **"consist"** - "to contain" or "include" and we will be continuing to reward students who incorporate the term into lessons this week.

## Book of the Week

Our Book of the Week, which will be displayed in the library and promoted by staff next week, is the best-selling Northern Soul by Phil Earle: This week's Book of the Week is a short, breezy modern love story ideal for long-time or first time readers! Brand new to the BTH library this year!

**consist**  
- verb: comprise, contain, include, incorporate

Science: The compound calcium carbonate consists of one calcium atom, one carbon atom and three oxygen atoms.  
Religious Studies: The Islamic faith has five constituent parts, called the five pillars; Shahada, Salah, Zakat, Sawm and Hajj.

**con-sist**

consists  
consisted  
consisting  
constituent

Latin: con (with or together)      Latin: sistere (stand)

Who might use this word? material engineer, nutritionist, upholsterer

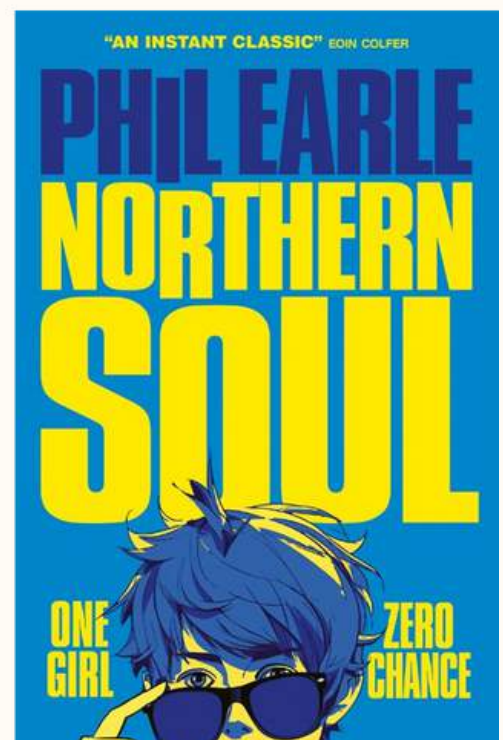
## Book of the Week

Marv's fourteen and his life is simple. There's football. And his best mate, Jimmy. Nothing else matters until a new girl at school - Carly - crashes into his life. For Marv, it's love at first sight, emotions flipped upside down, as he knows Carly will never notice him.

He needs help - lots of it - but when it miraculously arrives in the shape of a musical idol from the past, the path to Carly's heart proves anything but easy...

This week's Book of the Week is a short, breezy modern love story ideal for long-time or first time readers! Brand new to the BTH library this year!

This week's Book of the Week will be displayed in the Library until Friday, but available for the rest of the year.



# COMPUTER SCIENCE NEWSLETTER



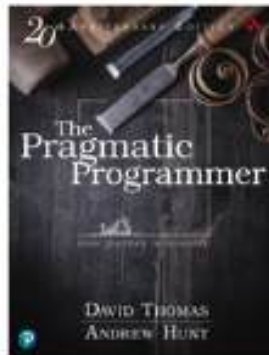
ISSUE 2

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

Nintendo and The Pokémon Company are suing the developer of Palworld for alleged patent infringement, claiming the game, which has gained popularity as "Pokémon with guns," copies elements of the Pokémon franchise.

More here:

<https://www.bbc.co.uk/news/articles/c3d9zv50955o>



## What are we currently learning?!



Year 7	Year 7 have set up their school accounts and have started using Google Classroom
Year 8	Year 8 are looking at binary images and how they are represented in a computer system.
Year 9	Year 9 have been introduced to Audacity as part of their Binary Sound module.
Year 10	Year 10 have been doing some Binary/Denary practice and looking at decomposition.
Year 11	Year 11 were recapping Rubber Duck Debugging and practicing validation in Python.
Year 12	Year 12 have been looking at Number Bases and Communication/Networking
Year 13	Year 13 are carrying on with their NEA projects.

## Career of the Week

A **website developer** designs, builds, and maintains websites, ensuring they function correctly and look visually appealing.

## WHAT TO WATCH

THIS EDUCATIONAL SERIES EXPLORES SCIENCE AND TECHNOLOGY TOPICS IN A FUN AND ENGAGING WAY, WITH EXPERIMENTS AND INTERVIEWS THAT MAKE COMPLEX IDEAS ACCESSIBLE FOR YOUNGER AUDIENCES.



## WORD weekly

**Debugging** is the process of finding, diagnosing, and fixing errors or bugs in a computer program to ensure it runs correctly and efficiently.

## Question Time

What percentage of children have been bullied online?

A. 38%   B. 42%   C. 46%

Last weeks answer: 90%

## 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

Amazon are ordering their staff back into the office from January for five days a week as it ends its hybrid work policy. Andy Jassy, Amazon's CEO, says that the being in the office is a better set up to "invent, collaborate, and be connected enough to each other."



### CAREER OF THE WEEK

**Job Title:** Marketing Manager

**Salary:** Earn up to £60,000

**Job Responsibilities:**

- Create awareness of the brand
- Run social media campaigns
- Source and secure sponsorships
- Produce creative content
- Conduct market research

### WHAT TO WATCH



What was meant to be the greatest and most extravagant music festival of all time, turned out to be the biggest scam ever pulled by Billy McFarland.

**Title:** FYRE: The Greatest Party That Never Happened.

**Where:** Netflix



### KEY TERMS INTRODUCED IN BUSINESS



**E-Commerce:** Using the internet for buying and selling of products and services.

**Merger:** When two or more businesses join together to operate as one business.

**Mission Statement:** An organisation's aims or long-term intentions, its ultimate purpose and why they exist.

**SWOT:** 'A tool used to identify the strengths, weaknesses, opportunities and threats to a business'

### WHAT ARE WE STUDYING IN BUSINESS STUDIES?

<b>Year 10</b>	Year 10 are looking at the risks and rewards associated with setting up a business.
<b>Year 11</b>	Year 11 are looking at methods of growth including mergers and takeovers
<b>Year 12</b>	Year 12 are looking at the mission statement and objectives of different businesses and how to write their first 25 mark question.
<b>Year 13</b>	Year 13 are looking at income statements and balance sheets and how they can be used to analyse the performance of a business.

# GEOGRAPHY NEWSLETTER

## Hello!

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



## What to Watch!

itvX



Judi Dench sets out on a trip of a lifetime to Malaysian Borneo - in this first episode, she learns how orangutans help prevent global warming.



## What are we currently learning?!

YEAR 7	Year 7 have started finished their fieldwork! They have been drawing conclusions from their results.
YEAR 8	Year 8 have been completing their summative assessment next week, which will include content all the way from when they were in year 7!
YEAR 9	Year 9 have been looking at the Battle for the Arctic from a variety of different viewpoints.
YEAR 10	Year 10 have begun their new topic 'The UK's physical landscape' and focussing on different rock types.
YEAR 11	Year 11 are working hard and have completed their first Geography exam, keep going!
YEAR 12	Year 12 have been consolidating their learning on regeneration and are preparing for revision mode.
YEAR 13	Year 13 have completed their first Geography exam, keep up the hard work!

## Geography in the News



Most animals aren't cute! Conservationists who are working to preserve those animals perceived as frightening or unattractive have an even harder battle. "Most people just know about Jaws," says shark biologist and National Geographic Young Explorer Deborah Santos de Azevedo. They are working hard to change beliefs—and reminding people that sharks are a vital part of our oceans

## Career of the week

As a **marine biologist**, you could:

- test and monitor sea creatures exposed to pollutants
- collect samples through coring techniques, water collection, physical organism collection, and visual recording of organisms analyse and interpret data using
- statistical software to answer research questions, monitor populations, or recommend new conservation methods map and analyse spatial data using Geographic Information Systems (GIS) software analyse biological and water chemistry samples in a lab and develop new research theories from them

## Reaching the peak



Identify the flags of these 6 countries. Put your answers in the Geography Challenge box in Room 43 for the chance to win a prize! Make sure you put your name and form on your answers!

## Geography phrasebook

**Metamorphic Rock:** rocks that have been changed in shape and form by intense heat and pressure

**Neo-colonialism:** new economic control and resource plundering by developed countries

**Orographic rainfall:** precipitation caused by hills or mountains

**Population:** the number of people living within a certain area

## GEOGRAPHY NEWSLETTER

**We are so impressed with the entries for the plastic bottle project from our Year 7s! They found, through their fieldwork, that there are a lot of plastic bottles used within school, so they were tasked with creating an alternative use for it! The projects were viewed by other teachers and the top ones have won a place on a trip to sea life for the day!**



# SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe

Secondary | September 2024



## Problematic smartphone use

According to the Ofcom report 'Children's Media Lives 2024', children are spending between 6-8 hours a day on social media, through their smartphones or other devices. This is an increase from 12 hours a week in 2014. Unlike the content that used to be watched directly on the TV, young people are often unsupervised, leaving them thinking that everything they are seeing is real and true to life. There are many reasons that social media is so addictive and keeps our children on their phones:

In this issue:

- Problematic smartphone use
- Better sleep routines
- App focus: Snapchat

- Social media provides instant feedback through likes and comments allowing them to feel social validation and approval.
- The latest trends are showcased on social media leaving young people with a fear of missing out increases the drive to check their feeds obsessively.
- Every notification or positive interaction triggers a release of dopamine, the feel good hormone.
- Young people are exposed to versions of others' lives on social media which seem faultless. This leads to comparisons and the desire to project a similarly perfect image of themselves.
- Social media provides a place to connect with others who they might not meet in real life. It also creates communities connected with hobbies.

## Proposed smartphone boundaries

Implementing boundaries can be challenging once a child has become accustomed to unrestricted smartphone usage. However, once you have made a connection with your child (see image, right) around the reasons you must keep them safe on their smartphone, it is advisable to put boundaries in place. Here are some suggested boundaries:

Parent access:

- Shared passwords.
- Parent and child regularly review social media and messaging apps together.

Screen limits:

- Daily limits.
- Phone-free activities.

Phone-free areas:

- No devices in the bedroom or bathroom.
- Devices to be stored away in a central charging area 30 minutes before bed.

Conduct:

- Honesty about how the phone is used.
- Respect and kindness shown to everyone you are communicating with.

Top tips:

- Occupy your child during phone-free times, or support them to occupy themselves.
- This will be a challenge but you are doing it to protect your child.

## Talking to your children about their smartphone use



### Where and when?

Take advantage of opportunities to connect while participating in daily tasks such as driving, shopping, or doing chores together.

2



### How to make a connection

Relate your concerns to real life situations. Mention examples you have seen on the news or in TV shows.

3



### Start to ask questions

When discussing real life examples, ask gently about the experiences of their friends. Avoid asking them directly about their own experience.

4



### Discuss boundaries

Ask what things you should be doing, as their parent, to make sure they are kept safe on their phone. Give your suggestions too.

5



### Implement boundaries

Agree on one or two boundaries and try for two weeks before adding others. This may include some non-negotiables.

The\_Enlightened\_Parent

# SPOTLIGHT ON SAFEGUARDING

## 4 WAYS TO HELP A TEENAGER IMPROVE THEIR SLEEP

Here are 4 practical strategies to help teenagers get better sleep



The\_Enlightened\_Parent

### The Significance of Sleep

For teenagers, sleep plays a crucial role due to the significant changes happening in their bodies and minds. Here are some key reasons highlighting the importance of sleep:

- **Physical growth and development:** Sleep triggers the release of growth hormones necessary for physical growth. Brain development: Quality sleep is essential for brain development, especially in areas related to decision-making, impulse control, and emotional regulation.
- **Emotional well-being:** Sleep aids in emotional regulation, stress reduction, and is closely linked to mental health.

Given the demands teenagers face from school, social life, and extracurricular activities, it is crucial for them to meet these sleep needs. It is recommended that teenagers aim for 8-10 hours of good quality sleep each night.

### Barriers to good sleep

There are many reasons that teenagers don't get quality sleep. These might be:

- Hormonal changes during puberty will sometimes have a negative impact on a child's ability to fall and stay asleep.
- Academic or extracurricular pressures may be causing a young person to feel the need to stay up late.
- Use of electronic devices late into the night can be a significant barrier to a good night's sleep.
- Peer pressures may encourage a young person to stay up late to engage in social activities.
- Mental health issues may make it difficult for a young person to fall asleep. They may be worried or anxious.

Snapchat: A leading social media platform for kids

Despite the minimum age requirement of 13, many younger children sign up for Snapchat as there is no age verification process.

Here are some safety tips for parents and carers of children who use the app.

### KEEPING YOUR CHILD SAFE ON SNAPCHAT

- Restrict who can see them**  
Go to the settings menu, under 'Who can...' adjust 'Contact me' and 'View My Story' to 'My Friends'. This prevents strangers from sending messages or viewing their content.
- Discuss the risks**  
Teach children not to share personal details, locations, photos. Talk to them about why strangers are contacting them through the app and to be vigilant.
- Regularly review**  
Check who their friends are to ensure they are trusted connections. Ensure privacy settings remain secure as Snapchat updates the app.
- Snapchat Family Centre**  
This tool allows parents to see who their child is communicating with. However, it doesn't allow parents to see the content of messages.

Privacy   Educate   Monitor   Tools

The Enlightened Parent

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

### 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.



### 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.



### 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.



### 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.



### 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.



### 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.



### 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.



### 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.



### 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.



### 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.



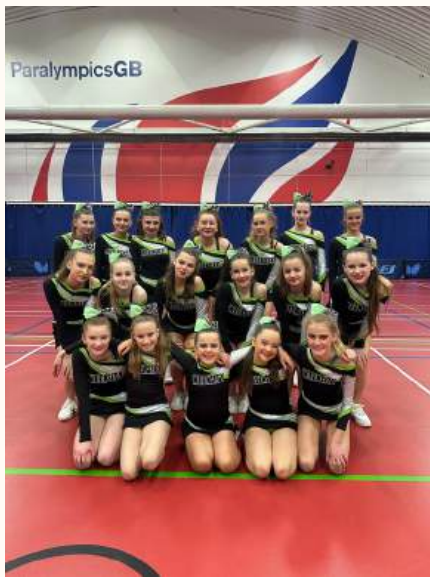
## Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and an ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



# #WakeUpWednesday

The National College



Intensity was founded by our programme director Suze in 2013 originally as a dance only programme in Sheffield. By the end of the first season Intensity had grown to include competitive cheer and many of the teams from back then are still going strong today!

In 2017 we opened our Altrincham location, then in 2018 our Marple location followed. This season we have decided to merge both of these locations together, this change will allow us to grow and progress all athletes under one umbrella where we can offer wider opportunities. Not only do we offer high level and international experiences but we are proud to offer an exceptional recreational and entry level programme where we build from the ground up.

Athletes are able to start their journey with us and take a variety of pathways to enhance their cheer and dance experience. At Intensity we pride ourselves on a family environment. We strive to offer more than just cheer and dance classes, providing a support network for everyone who walks through our doors.



## Intensity are offering the BTH Family a FREE Trial

Instagram: [@intensitymanchester](https://www.instagram.com/intensitymanchester)

If anyone would like to book their FREE TRIAL quote 'BTH' by emailing [info@intensitycheeranddance.com](mailto:info@intensitycheeranddance.com)

Our classes at BTH are on a Monday evening:  
5-5.45pm, Recreational Cheerleading (4+)  
5.45-6.45pm, Youth Competition Cheerleading  
6.45-7.45pm, Tumble (5+, all abilities welcome)  
7.45-9pm, Senior Competition Cheerleading

