

Mossley Hollins High School

Our Newsflash (20)

Friday 10th February



OUR TOP STORIES THIS WEEK

NATIONAL AND REGIONAL TEACHER INDUSTRIAL ACTION

As you will be aware from the media, and the information recently communicated in our Newsflash, the National Education Union is taking industrial action in schools in the North West of England on **Tuesday 28th February**.

I would now like to confirm the draft arrangements for **Tuesday 28th February**:

1. **Year 11 students will be in school as normal** Pre-Public (Mock) Examinations will be completed by Friday 17th February (the last day before half-term). As teachers are marking papers and then teaching new content and re-teaching any misunderstandings or misconceptions, and with only a few weeks remaining before the summer examination window, it is important that Year 11 students are in school. Students will be taught by their class teacher (if they are in school) and they will access work to prepare them for their final examinations on MS Teams if their class teacher is not in school. Year 11 should attend school in full-school uniform.
2. **Year 11 Lesson 7 will be suspended on this day.** This means that Year 11 will leave the building at 3:00pm.
3. **All Year 8 students will be in school** as normal. Students in forms M, O, S1 and S2 will be involved in a careers fair on this day between 10:00am and 1:00pm. Where possible, students in these forms will follow their normal timetable for period 1 and period 6. Students in forms L, E and Y will follow their normal timetable for this day where possible.
4. **Most students in Year 7, 9 and 10** will work from home (see below);
5. **Students from Year 7, 9 and 10 whom we consider would be 'vulnerable'** by missing school will also be invited to attend as normal. Parents and Carers of these students will be contacted directly by our pastoral team and asked if they would like their child to attend. Please do not send your child in unless you have been contacted by the school. We may have capacity to accommodate some children of 'critical' workers on this day, but places will be **very** limited. Parents and Carers who are 'critical' or 'key' workers should contact the school if they would like their child to attend school on the day. Again, please do not send your child into the building unless you have contacted the school. To request a place for your child, please email admin@mossleyhollins.com.
6. **Work will be set for students in Year 7, 9 and 10 to be completed at home. This will be set via MS Teams.**

Meals will be provided at lunchtime as normal for those students attending school. If your child will be at home on the day, and is eligible for a free school meal, then he/she can collect a packed lunch from the drum. This can be arranged to be collected at the end of the school day on Monday or Tuesday lunchtime. Ms Judge will be emailing eligible families next week to ask them if they wish to order a packed lunch for their child. A packed lunch will only be prepared and left for a child to collect if parents/carers have replied to the email and ordered one for their child.

Details will be sent in advance outlining the arrangements for the remaining **national/regional** strike days scheduled on Wednesday 15th March and Thursday 16th March.

Thank you for your understanding. Please do not hesitate to contact school should you have any questions or concerns.



Stalybridge and Dukinfield Rotary Club

The headteacher, senior leadership team and student leaders would like to thank the Stalybridge and Dukinfield Rotary Club for the recent support to our students as they undertook the Leadership and Management Qualification.

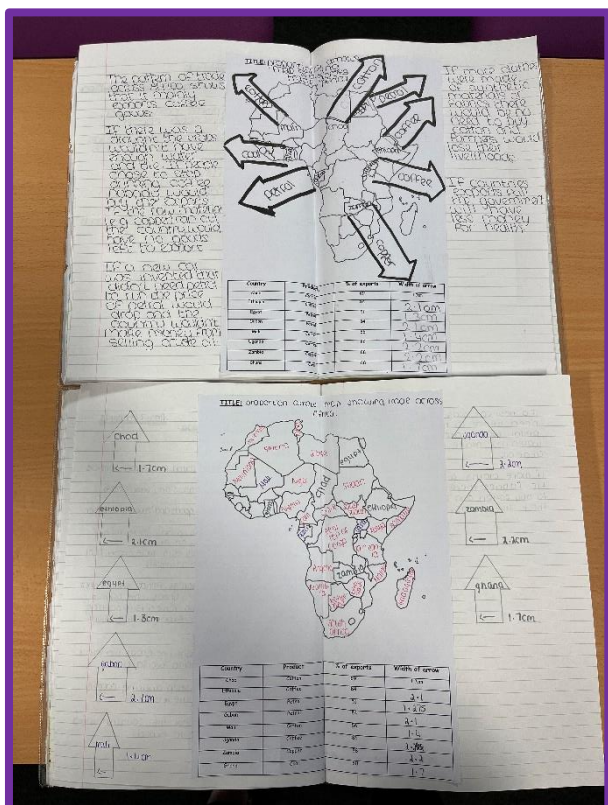
We are enormously grateful to the support from the Stalybridge and Dukinfield Rotary Club for the time and effort invested in our students and for providing this opportunity for them. This would not have been possible without the sponsorship of £750 from the Rotary Club to fund this fabulous programme.



Particular thanks go to Judy Kelly and Chris Power for their tireless work and support every week to the students, providing support and guidance through the projects and for their final presentations and one-to-one interviews. I am not sure who was most nervous on the day, the staff or the students!

Our students have been so fortunate to receive the support of two talented and dedicated members of staff.

We are hoping to arrange for the students to present again to members of the rotary club, school staff, governors and parents. Further details will follow soon!



Year 9 Geographer of the week:

In geography this term, our Year 9 students have been focusing on **'Why does global development vary?'**

In this week's lessons we have looked at the trade across Africa and have created some fabulous proportional arrow maps to demonstrate which resources each country exports out of the continent and how much.

In the picture, you can see Harriet Darby and Evie Hewitt's fantastic work on the subject.



Freya Goodwin (Year 8) Inspired by Grammy Award Winning Musician

Freya spent last weekend playing her cello at the Victoria Hall, Bolton, taking part Nicola Benedetti's transformative orchestra-based workshops.

Freya had to prepare 3 pieces of music in the weeks leading up to the sessions, which included one piece where all the orchestras came together for a magnificent final performance.

Nicola Benedetti (CBE, Grammy Award winner) and her team of incredible musicians/educators helped Freya and her fellow musicians explore playing with expression, storytelling, sound production, freedom, improvisation, musical context and technique.

The Benedetti Foundation provided an extremely inspiring environment and Freya felt very privileged to be accepted to take part.



Philosophy in Religion and Worldviews

In Religion and Worldviews this week, Year 7 have been examining how we can measure truth, as part of their investigation into what difference it makes to be atheist or agnostic in Britain today.

Mrs Harrison and Miss Bradbury told Year 7 that they had a hedgehog in a sealed box and asked each class to prove or disprove that we were telling the truth. The majority of students were **very** critical of our claims and went to great lengths to try and disprove them; some asking for physical evidence of the hedgehog, some using their logic to conclude we weren't the type of people to break school rules or put a poor hedgehog in a sealed box!

This then led to an exploration of Humanist beliefs and their use of science, logic and reason to give their beliefs the *'best chance of being true.'*

Oliver Campbell-Griffiths said: *'I enjoyed the lesson because it meant we could talk about the world around us and what is true. The hedgehog in the box made me think of belief in aliens and God because you will never know if those things exist and if people are telling the truth. It's different with aliens and God because if they are real and they're cleverer than us we will get proof when they are ready. Some things you just can't prove right now!'*

Mia Bates said: *'I thought the hedgehog lesson was fun and told us that we needed evidence to decide if there was actually anything in the box, like Humanists need evidence about things in the world around us.'*

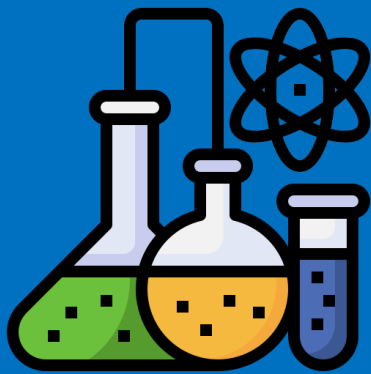


Spotlight on: Philosophy Club

In **Philosophy Club** this week, attendees discussed the concept of psychological egoism – the suggestion that all actions benefit the self in some way.

We discussed whether we are all psychological egoists and whether there was a difference between self-interest and selfishness, ultimately concluding that to be selfish involved intention to disadvantage others and that we were therefore not psychological egoists.

Next week's theme will tie in with Valentine's Day, considering the question 'Is there such a thing as unconditional love?' We welcome students from all year groups to attend each Tuesday lunchtime in 2:06.



Scientist of the week

Tracy Ojeaburu (Year 10)

Miss Tierney would like to award Tracy Scientist of the Week, this week, for giving 100% in every single lesson every week. Keep this up Tracy you are doing brilliantly!

Mossley Town Team's Spring Market

Mossley Town Team would like to welcome our school community to their Spring Market which will take place on Saturday 18th March.

Bring your whole family along for tea, cake and shopping.

Thank you from the PE department.

The PE department would like to say thank you to all parents, carers and family members who came to watch the games this week. Your support is much appreciated by both the pupils and the PE faculty. Thank you!

For more stories and updates, please see our News page on our website. You can also follow us on Twitter @MossleyHollins.



TOWN TEAM SPRING MARKET

Saturday 18th March 2023

11.00am to 2:30pm Free Admission

Mossley Methodist Church

Next day is Mothers Day & Easter only 3 weeks away



Tea, coffee and bacon butties available to purchase

Craft, Food, Gardening & Charity Stalls plus Raffle

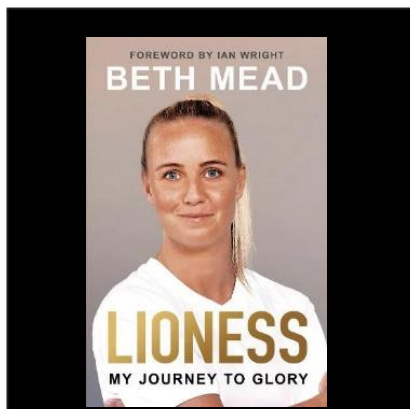




February is...
Love Your Library
Month

Dedicated to book lovers across the globe, this month honours libraries and the amazing life changing books they hold within them. What better way to celebrate than to visit our School Library and see for yourself some of these amazing books.

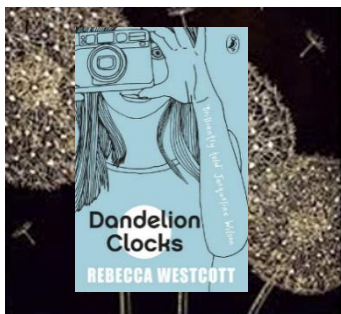
This week's library recommendations:



Beth Mead is one of the world's most talented female footballers - Golden Boot winner and Player of the Tournament at the UEFA Euros 2022, Arsenal Player of the Season 2021-22, and nominee for the 2022 Ballon d'Or. But long before this, Beth was just an ordinary kid from Hinderwell, North Yorkshire who wanted to play football.

From being placed in the local boys' team as a child because her mum wanted her to run off her boundless energy, to joining Middlesbrough FC's academy and making her professional debut at Sunderland, Beth and women's football have come a long way.

Now, Beth shares the challenges that shaped her, what she faced on the journey to the top, and the life events that made her stronger. Filled with positive life lessons and an exclusive account of England's Euros campaign, Beth offers readers of all ages the tools to be confident, brave, and resilient.



Dandelion Clocks by Rebecca Westcott will be loved by fans of Jacqueline Wilson and Cathy Cassidy. Liv takes us on a journey through her life from "Thirteen Weeks Before" to "Six Months After". We discover Liv's passion for photography, her brother's obsession with sticking to the rules, the stupidity of Louise at school, and how the family copes as Mum's terminal illness takes hold.

Guided by Mum's own childhood diaries, Liv finds a new way to live. This book is real, funny, utterly touching and absolutely heart-warming. Despite the sadness at the heart of the story, every reader will laugh and keep on turning the pages, charmed by Liv and her mum. 'A brilliantly told, ultra-modern story about a significant six months in eleven year old Olivia's life. This book comes with a free mini pack of tissues (you'll need them).



Landfill has lived his whole life as a scavenger, running with Wooflings, swimming with turtles and feasting on whatever he can catch. Old Babagoo has always looked after him, on one condition, Follow Babagoo's rules. The most important rule of all is NEVER go beyond the wall. But Landfill longs to venture Outside. And some rules are made to be broken. Darren Simpson's exhilarating storytelling will make you think about the world differently in this urgent, compelling tale for our times.



Today a reader tomorrow a leader.

DATES FOR YOUR DIARY

(Please see our website for further details)

Friday 17 th February	Year 11 PPEs End
Friday 17 th February	National Theatre Adaptation of Hamlet for Yr7 Elective Drama Group
Tuesday 21 st February	Harry Potter Book Afternoon
Thursday 2 nd March	World Book Day
Friday 10 th March	Year 9 Life Skills Day

OUR GCSE COUNTDOWN

EXAMINATION COUNTDOWN



WHY USE GCSEPOD?

What is it?

- One website, 3 apps and over 6000 Pods.
- Content produced specifically for mobile devices, tablets and PCs.
- Designed to squeeze exactly the right knowledge needed for exam success into short 3-5 minute chunks.
- Helps with learning, homework and revision.
- For years 10 and 11 only.

It will help your child get organised. Your child can create personal playlists to listen to in the run-up to an exam, to help with homework or on the go to help consolidate learning. The viewing history feature enables your child to return to Pods they found useful. There's also a 'Favourites' playlist, which enables them to easily return to Pods on areas they may be finding difficult. Premade exam specific playlists, available in the 'My Courses' area are neatly organised meaning your child can manage revision quickly and easily whilst prioritising their time.

SUPPORT YOUR CHILD ON THE PATH TO SUCCESS



Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision.

- ▶ Proven to increase results
- ▶ 28+ exam mapped subjects
- ▶ Available online and offline
- ▶ Audio visual content
- ▶ Builds confidence
- ▶ Independently accessible assessments

Want to find out how you can support your child more with GCSEPod? Then join one of our free webinars by registering here: <https://www.gcsepod.com/podup-presents-webinars/>

"The correlation between success and failure was made almost 100% clear by the use of GCSEPod."

Head of MFL
at Yateley School

"I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive."

Student

"My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising."

Parent

Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account

1. Go to GCSEPod.com and click 'LOG IN'
2. Click 'New to GCSEPod? Get Started'
3. Enter your child's details and confirm the name of the school they attend
2. Create a username and password

For more information please visit www.gcsepod.com/parents



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Beating exam stress

If you wish to access guidance to help your child beat exam stress you may find this link useful :

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

Your post-16 options

If you currently have a child in year 11, you may find this website useful for discussing options going forward:

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

PPE TIMETABLE

Start Time	Examination Title	Duration
Monday 13th February		
9.00am- 10.35am	English Literature 19th Century Literature and Unseen poetry	1 hour 35 mins
11.00am-12.00pm 11.00am-12.15pm	Spanish- Writing	Foundation - 1 hour Higher - 1 hour 15 mins
1.20pm- 3.05pm	Business Paper 1 Influences of operations and HRM on business activity	1 hour 45 mins
1.20pm- 2.50pm	Statistics Paper 1	1 hour 30 mins
Tuesday 14th February		
9.10am- 10.40am	Maths- Calculator paper 3	1 hour 30 mins
2.00pm-3.30pm	Geography Unit 3: Geographical Exploration	1 hour 30 mins
Wednesday 15th February		
11.30am-12.40pm 11.30am-1.15pm	Combined Science: Physics Paper 1 Separate Science: Physics Paper 1	Combined 1 hour 10 mins Separate 1 hour 45 mins
2.00pm-3.45pm	Business Paper 2: Influences of marketing and finance on business activity	1 hour 45 mins
2.00pm-3.30pm	Statistics Paper 2	1 hour 30 mins
2.00pm- 3.00pm In computer room	Dance- Component 3	1 hour
Thursday 16th February		
9.00am- 10.45am	Further Maths	1 hour 45 mins
8.45am-10.45am and 11.15am-12.15pm	Art, Craft & Design- Portraits	3 hours
12.15pm- 1.15pm and 2.00pm-4.00pm	Fine Art- Portraits	3 hours
Friday 17th February		



8.50am-9.50am	Design & Technology	1 hour
8.50am-10.35am	Computer Science Paper 2- Computing Concepts	1 hour 45 mins
8.50am- 9.20am	Religion- Component 3 exam on A Study of Islam.	30 mins
11.15am- 11.50am 11.55am- 12.40pm	Spanish- Listening	Foundation - 35 mins Higher - 45 mins

UPDATED TERM DATES 2022-23

In light of the announcement of His Majesty's coronation on Saturday 6 May 2023, an additional bank holiday has been announced on Monday 8 May. School will therefore be closed on this day.

The HPV 2 Vaccinations which were scheduled for this date will be rearranged. The new date for these will be communicated when they have been confirmed.

OUR REMINDERS AND MESSAGES



Rehearsal schedule for the school production of *We Will Rock You*:
Monday 3-6pm – Main Cast only
Thursday 3-5pm – Whole Cast
Thursday 5-6pm – Main Cast only

Reminder to Visitors

We would, respectfully, like to remind all visitors that any abusive or threatening behaviour to any member of our school community will not be tolerated.

Any visitors who behave in this way will be asked to leave the premises and may face prosecution.

Request for spare uniform

If parents have spare uniform which your child has outgrown, such as shirts or trousers, could we please request that these be donated and dropped off at school reception. Thank you.

In the event of extreme weather

In the event that school opening is impacted by extreme weather, updates will be provided via School Gateway. This is the quickest and most cost-effective way in which to communicate with families. Whilst we are not expecting any extreme weather in the coming weeks, it would be really beneficial for families to download the School Gateway app if you have not already done so and turn on notifications, to ensure effective communication.

Mobile Phones Handed into Reception



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From Monday 12th December pupils' who are handing in their mobile phone to Student Reception must ensure they are contained within a clear, sealed bag with their name and form clearly displayed. Any phones which are not presented in this way will not be accepted. The current use of paper envelopes will no longer be accepted.

Mobile Phone Policy

Our mobile phone policy, which has been in place for many years, is generally very well complied with and we are grateful for the support of parents/carers and students. The school is a sociable place during break and lunchtime as a result of this policy, which requires that mobile phones/devices are not seen, heard or used during the school day or on the school premises. We have had a couple of instances recently where students have used phones during the school day, including to call parents. Where it comes to our attention that a student has used a phone, we will take action as this is a breach of our rules. This does include calls made to parents; if a need for a student to call a parent arises during the day they should speak to their head of year or the office staff who will make arrangements for this to happen, where appropriate, through the school office.

LIFE SKILLS AT MOSSLEY HOLLINS

Life Skills in form Time

Please note, year 11 will no longer undertake Life Skills in form time in order to focus on essential revision sessions in this time.

Redgrave (year 7)	Faraday (year 8)	Bronte (year 9)	Nightingale (year 10)
Tuesday	Friday	Thursday	Friday

The timetable below shows the theme for Spring Term 1:

Year Group	Theme	Week Seven Topic
Year 7	Exploring Family Life and Relationships	Family Relationships
Year 8	Healthy Relationships	Identifying positive and negative behaviours
Year 9	Healthy Relationships and Readiness for Sex	Review of learning
Year 10	Managing Relationships	Divorce

Future Life Skills Days

The following Life Skills Days are scheduled in the school calendar.

- Friday 10th March 2023 - Year 9
- Tuesday 18th April 2023- Year 8

If you would like some tips on how to speak to your child about positive relationships, you may find these websites useful:

<https://childmind.org/article/how-to-help-kids-have-good-romantic-relationships/>

<https://www.goodtherapy.org/blog/9-tips-for-talking-to-teens-about-dating-and-relationships-0227157?scrybrkr=bffe03dd>



NATIONAL ONLINE SAFETY

E-Safety: Protect yourself on the Internet: remember the GOLDen rules.

Ground rules

1. Keep information private – think, would I tell this to a stranger?
2. Agree rules about meeting online 'friends' in real life
3. If it's not acceptable in real life it shouldn't be acceptable online

Online safety

1. Use anti-virus and monitoring systems
2. Know where to get advice – see below
3. Activate security and privacy settings

Location

1. Internet access should be in a family room, rather than a bedroom
2. Know that Internet access can be gained by the use of other devices; such as gaming consoles, mobile phones or the neighbour's wireless

Dialogue

1. Talk to your parents about your internet use
2. Talk to your parents if you have a problem or feel uncomfortable



10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. These emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity; it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: https://www.ofcom.gov.uk/l1/data/assets/pdf_file/0024/234609/childrens-media-use-and-attitudes-report-2022.pdf

NOS National Online Safety®

#WakeUpWednesday



www.nationalonlinesafety.com



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/NationalOnlineSafety



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MENTAL HEALTH AND WELLBEING

Mental Health and Wellbeing

The safety and wellbeing of our students is our highest priority. We offer a number of support streams for our students to reach out to if they ever feel anxious, overwhelmed, stressed, worried or lonely. All the details of our Mental Health and Wellbeing support streams can be found under the student tab of our website:

www.mossleyhollins.com/students/mental-health-and-well-being/

Self Harm

 Self-Harm Network <https://www.nshn.co.uk/>

SHARE
Self-Harm Awareness & Recovery - Support group in Manchester
Tel: 0161 226 5412 / 07876 166 625

Papyrus
National suicide prevention charity. Tel: 0800 068 41 41

Drugs and alcohol

 Tobacco <https://www.nhs.uk/smokefree>

 Young Minds: <https://youngminds.org.uk/find-help-looking-after-yourself/drugs-and-alcohol/>

 My Recovery Tameside:
<https://www.changegrowlive.org/my-recovery-tameside>
You can also phone or email: 0161 672 9420 or email tameside.referrals@cgl.org.uk

Or if you live in Manchester: 0161 839 2054 from 09:00 - 17:00 on weekdays or email ecypsemanchester@cgl.org.uk

 Talk to Frank: <https://www.talktofrank.com/>
0300 1236600

General

Concerns in or out of school? Use the the Confide reporting tool to report any concerns. 

 Childline - general support for young people.
Call 0800 1111 or visit <https://www.childline.org.uk/> 

 Think you know: <https://www.thinkuknow.co.uk/>

Mental Health and Well-being

Off the Record: Suitable for children and young people aged 10-25 in Tameside who are experiencing mental health difficulties such as anxiety, worry, low mood, bereavement, bullying and stress etc. www.otr-tameside.org 0161 355 3553 

 Samaritans
www.samaritans.org
Freephone: 116 123
Text message: 07725 90 90 90

Eating Disorders B-eat – Eating Disorder Charity
www.b-eat.co.uk
Tel: 0845 634 141 


 Mind: Suitable for young people aged 8-18 years struggling with different issues such as anxiety, worry, low mood, stress, bullying etc.


Sexual Health and Well-being

YOUthink are a specialist team for sexual health intervention and prevention, which focus on improving young people's sexual health. The team is made up of youth workers who offer FREE one to one individual support to young people aged under 25 to access local contraception and sexual health services. The service also offers a variety of services including: pregnancy testing, condom distribution, advice and support.

The Service is confidential and designed to keep young people SAFE and not judge.


To contact YOUthink about any sexual health issue, or ask a question about services, Monday to Friday 9.30am to 4.30pm:
Tel: 0161 342 5600 or 0161 342 5671 or 0161 342 5672 and ask to speak to someone from the YOUthink team.

Or visit 31 Young People's Centre, Clarence Arcade, Ashton-under-Lyne, OL6 7PT. LGBT Foundation is a national charity delivering a wide range of services to lesbian, gay and bisexual and trans (LGBT) communities. <https://lgbt.foundation/Advice-Support-&Information> 0345 3 30 30 30 

SEXWISE – online honest advice about contraception, pregnancy, STIs and pleasure. <https://www.sexwise.fpa.org.uk/> 

Sexual Assault:
<https://www.sexwise.fpa.org.uk/where-to-get-help/sexual-assault-services>

Domestic Abuse

 Refuge <https://www.nationaldahelpline.org.uk/>
0808 2000 247

THC Edibles

We have had some information shared with us by other professionals in Tameside. There are growing concerns about the availability across the country of edibles.

THC edibles are often sweet treats that contain some cannabis product in them. THC edibles typically contain the psychoactive component of marijuana. This type of product can make a person high. CBD edibles, another popular edible, do not have THC in them, for the most part, but can be beneficial for health improvement. In all cases, you should know more about marijuana edibles before consuming them.

What Is THC?

Tetrahydrocannabinol (THC) is the psychoactive part of the cannabis plant. It is this component that can make a person feel high and euphoric when people consume these products. THC edibles, then, typically can make a person feel high. These may include things like cookies or brownies. They may also be available in a gummy form. They taste sweet and harmless, but they can also, unfortunately, cause addiction.

What About CBD Edibles?



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CBD edibles, such as gummies, gums, and even beverages, do not contain THC. They have cannabidiol oil. They are not FDA-approved for food consumption, making it hard to know what you're consuming. These products legally include no more than 0.3% of THC in them. They will not make a person high.

What Are the Health Risks of THC Edibles?

Marijuana edibles are risky for several reasons. First, these products are not well regulated, meaning what is contained in them is not always fully disclosed. Packaging is also being sold separately online, so you can never be too sure what the packet contains. That means a person could be consuming chemicals, other drugs, or even high doses of marijuana that can be dangerous. Also, they contain THC in them, which is addictive. A person can develop an addiction to marijuana due to consuming edibles, mostly when consumed alongside other drug use.

There are serious side effects from the use of THC products like this. That may include:

- Confusion
- Vomiting and nausea
- Anxiety and panic attacks
- Hallucinations
- Paranoia
- A drop in respiration rates



These products can be **extremely dangerous**. Some people have **serious health effects** from taking these products. This may include **heart problems** due to rhythm irregularities. It may also lead to **motor function impairment**, which can lead to **trouble walking, operating a vehicle, or engaging in activities**. It's also more likely that a person consuming these edibles can harm themselves or hurt others.

Some individuals have a delayed onset of the effects of THC edibles. As a result, they consume a large amount of them, causing illness and **intense hallucinations or delusions**. A person may be fully unaware of what they are doing, leading to a risk of engaging in poor behaviours. People using these products may be at a higher risk for engaging in unprotected sex, other drug use, and reckless activities.

Look out for our purple posters around school which can signpost you to specialist help and support.

Your support

There are ways you can help protect your children and support our school community. These include:

- Talking to students about why edibles are harmful for them.
- Learning about the different types of edibles available and the risks associated with using these products. We recommend that you have a look at images of edibles above and online to familiarise yourself on what they can look like.
- If you have concerns that someone may be consuming edibles, please seek medical advice.



CONTACTING SCHOOL

Updated Telephone Options

Please be aware that the school's telephone options have been updated to the following

- 1 for Attendance /Very Rare Emergency Only Detention Queries*
- 2 for HR
- 3 for the Finance Department
- 4 if you wish to contact Facilities Management to use this building
- 5 for any other queries.

Making contact with your child's Head of Year (Progress)

Please ensure that you use the new email address listed below to make contact with your child's Head of Year (Progress) for any questions or concerns you may have. The relevant Head of Year will ensure that you receive an acknowledgement or reply within 48 hours. Unless a phone call is urgent or is in relation to a serious safeguarding concern, parents/carers will be directed to email the relevant Head of Year on the new email addresses below:

Classof2023@mossleyhollins.com – Year 11 – Mr Beaumont

Classof2024@mossleyhollins.com – Year 10 – Mrs Burns and Mr Howarth

Classof2025@mossleyhollins.com – Year 9 – Miss Fogg

Classof2026@mossleyhollins.com – Year 8 – Mr Hayward

Classof2027@mossleyhollins.com – Year 7 – Mrs Allwood-Smith

Ensure notifications are on for School Gateway app

As a school we are looking at ways to reduce costs, one area highlighted is the amount we are spending on text messages.

Even if you have the School Gateway app you must ensure that you are logged in all the time and have push notifications manually turned on for this app within your phone settings. Every device will have other settings that can affect push notifications (for example, battery optimisation, which prevents some devices from receiving push notifications when the battery is below a certain percentage).

Please also ensure that you are running on the latest version of the app, which can be confirmed in the Play Store or App Store. If you are still not receiving notifications and have followed the guidance below, you would need to refer to the help guide for your specific device and/or contact your device manufacturer:

If both parents\carers are registered on Gateway please ensure that each registered user is using the School Gateway app.



Guidance for switching on notifications:

Apple

1. On your phone, go to settings
2. In here, scroll down to the 'Notification Centre'
3. Select School Gateway
4. In here, ensure that under the heading 'Notification Centre' is switched on
5. Close the screen; you will now receive notifications when new app messages come through



Android

1. On your phone go to Settings > Applications Manager
2. Scroll down the list of apps until you find School Gateway and select it
3. In here there will be a tick box that says 'Show Notifications'. Ensure this is selected
4. Close the screen; you will now receive notifications when new app messages come through.



Huawei

1. Tap the Apps icon on your home screen
2. Tap settings
3. Tap Apps or App Manager
4. Scroll down and tap School Gateway
5. Tap Notifications
6. Confirm 'Block all' is toggled OFF (Samsung / other devices - toggle 'Allow Notifications' ON)
7. Restart your device



Samsung

1. On your phone got to Settings > Notifications and Status Bar > Notifications Centre
2. Scroll down your list of apps until you find 'School Gateway' and select it
3. Activate 'allow notifications' and also 'priority display'
4. Restart your device
5. You will now receive notifications when new app messages come through.



OUR VACANCIES AND TRAIN TO TEACH OFFER

Job Vacancies – Mossley Hollins High School

Role: Technology Technician – Mossley Hollins High School

Pay Scale: Grade D (Point 7-10)

Actual starting salary at Grade D Point 7: £4,234.91

Hours: 8 hours per week, worked over 4 days (term time only)

Contract: Permanent

Closing Date: Monday 27th February 2023 (12 noon)

We may decide to close this vacancy early if we receive a high volume of suitable applications.

Start Date: As soon as possible

Role: Level 3 Teaching Assistant (Literacy+) – Mossley Hollins High School

Pay Scale: Grade E (Point 11-16)

Actual starting salary at Point 11 (12 hours: £6,830.87) (14 hours: £7,969.35)

Hours: 12 - 14 hours per week (term time only)

There may be an opportunity for some flexibility in the hours of the role

Contract: Permanent

Closing Date: Monday 27th February 2023 (12 noon)

Start Date: As soon as possible

There are teaching assistant training opportunities available for the successful candidate.

Interested applicants should complete an Application Form available on the school website at www.tret.org.uk/vacancies/mossley-hollins-vacancies

Train to Teach

Train to Teach with us here at **The Tame River Teaching & Curriculum Institute** through School Direct in partnership with **everyonelearning@ Hawthorns Kingfisher**.



Manners + Hard work + Honesty = Success



We are currently recruiting for **Biology, Chemistry, Physics, English, Geography, History, Maths, PE with Ebacc, Art, RE, Design & technology, Computer Science and MFL**. We lead and host training and placements in strong schools at secondary and primary level. Bursaries may be available.

For more details, please contact eduggan@tret.org.uk or look at the **Train to Teach** Section of the Trust Website: www.tret.org.uk



Manners + Hard work + Honesty = Success

