



# Sharples

## SCHOOL

### Newsletter

Issue 483  
28th June 2024

#### Spanish Exchange Visit June 2024



Last week, pupils were joined in class by 9 Spanish exchange students from our partner school, IES Punta del Verde in Seville. From Wednesday to Friday, the Spanish pupils took part in lessons and experienced school life at Sharples, making

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many new friends. In addition, they spent time in the observatory, which was a new experience not possible in their own school. On Friday evening, the Spanish pupils enjoyed fish and chips in Olympus Fish and Chip restaurant and were pleasantly surprised by the British delicacy.



Pupils at Sharples were also invited to accompany the Spanish pupils to Liverpool (as pictured above) and the Lake District, and the Year 9 pupils stepped up and became tour guides for the weekend. In Liverpool on Saturday, we visited the Museum of Liverpool, the Albert Dock (pictured on the first page) and Liverpool One. The Year 9 pupils used their Spanish to communicate key facts and help the Spanish pupils order food at lunch time. On Sunday, our pupils demonstrated their resilience in the long walk between Grasmere and Ambleside, and the Spanish pupils enjoyed the beautiful views in the sunshine.

The Year 9 pupils from Sharples School became good friends with the Spanish pupils, demonstrating their kindness and hospitality to ensure the Spanish pupils had the very best experience possible. The Spanish teachers were very impressed with the school and very grateful for all the hard work and effort put in by the staff and pupils at Sharples.

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#### English Department's Stars of the Week

##### Work of the Week

###### Year 7

Misba J has written a phenomenal speech in her English lessons. [Click here to view the work.](#)

###### Year 8

Alexia H has written an excellent analysis of tension in the novella, The Pearl. [Click here to view the work.](#)

###### Year 9

Declan J has shown insight into his poetic annotations and detail in his writing. [Click here to view the work.](#)

###### Year 10

Amna N has researched brilliantly for her upcoming spoken language speech. [Click here to view the work.](#)

##### Readers of the Week

###### Year 7

Ammaarah P for demonstrating excellent understanding of all literature texts this week.

###### Year 8

Masbal H for always reading clearly and confidently, especially when reading the book, The Pearl, to the class.

###### Year 9

Maryam I for always volunteering and reading confidently.

###### Year 10

Alex C for his role in Romeo and Juliet.





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#### The Bereavement Café

The Bereavement Café is a pop up service moving around Bolton, Wigan and surrounding areas. The organisation believe in bereavement support, they offer peer to peer support, the opportunity to meet others in your locality who are going through similar situations for friendship, advice and hope.

Losing a loved one can often leave us feeling shattered. Our focus wanes, we're overwhelmed by agony, and contrary to the common perception, the situation might even intensify with time. The Grief Recovery Method guides you towards the right steps, alleviating the need to endure pain in hopeless anticipation. The Bereavement Café certified grief recovery specialist can provide both one-on-one and group support for those grappling with the loss of a loved one.



Their Aims & Objectives are-

1. To demystify the topic of grief and remove its status as a taboo subject.
2. To equip everyone with the self-assurance necessary to engage in a meaningful conversation with those grappling with loss, focusing primarily on active listening.
3. To provide a secure, comfortable environment where individuals can discuss their experiences with grief without fear of judgement or scrutiny; regardless of how long it's been since the bereavement occurred.

For further information and support, visit their web page The Bereavement Café | Supporting People Through Their Grief ([thebereavementcafe.co.uk](http://thebereavementcafe.co.uk)) or email them at [info@thebereavementcafe.co.uk](mailto:info@thebereavementcafe.co.uk)





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#### Sports Leaders Host Mini Football Festival



Our sports leaders hosted a fantastic event (as you can see in the above picture) for local primary schools on Wednesday afternoon. Since the start of the year, over 20 girls have been developing their leadership skills through the 'Game On' project every Wednesday after school. They have had the opportunity to gain experience from external coaches who have delivered valuable sessions about the importance of communication, organisation and team work. In recent months, the group have had the chance to put their training into practice and helped lead multiple Panathlon Tournaments at Bolton Arena and David Lloyd. As a result of these events being a great success, the girls wanted to deliver their own football session to local primary schools. After weeks of planning, the leaders hosted a mini football festival for Sharples Primary, Gaskell Primary and The Oaks. The girls delivered some skill based sessions to over 40 Year 4/Year 5 pupils before organising a tournament where they officiated all of the games. This was a fantastic event enjoyed by everyone involved. The girls showcased their ability to run and organise a festival and offer guidance to the primary students about how to improve. It was brilliant to see how everyone's confidence had increased since January; teachers from the primary schools even commented on how well the girls conducted themselves. Well done, girls!

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#### Premier Open Taekwondo Champion



A huge well done to Eloise A (Year 7) who won gold at the Premier Open Taekwondo Championships at Huddersfield University on Sunday. With 26 Taekwondo clubs participating and a total of 260 competitors, Eloise entered the higher weight class and was still able to achieve the win! A fantastic achievement!

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#### Year 7 Futsal



Students have been participating in futsal tournaments within school all term but this week a Year 7 team (pictured above) was selected to travel to Smithills. The practice was evident during the match with Sharples showing that they were comfortable playing in the format and showed great composure on the ball and tactical awareness with and without possession. It didn't take long for Sharples to find the net and their dominance was clear throughout the entire game, which finished 10-4 to Sharples. Scott scored the goal of the game with a cheeky back heel half volley into the corner of the net.





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#### Year 8 Futsal



Our Year 8 futsal side (pictured above) ran out winners against Smithills this past Wednesday. There were great performances all round from all players. We will be trying to get more futsal fixtures in the future so that we can reward the over 40 Year 8 students that have attended the Futsal club in the last few weeks. The final score on Wednesday was a 9-2 win for Sharples.

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#### Attendance Information

Reporting an absence:

If your child is too ill to attend school, please contact the school before 9.30am with full details of your child's illness/symptoms. The attendance email is the easiest way to contact school as the phone line can get very busy.

The school attendance email is: [attendance@sharplesschool.co.uk](mailto:attendance@sharplesschool.co.uk)

If we are unable to make contact and you do not provide a reason for your child's absence, this absence will be recorded as unauthorised.

#### Attendance Data

Monday 24th June to Friday 28th June

Year Groups attendance this week:

Year 7 = 97.23%  
Year 8 = 95.18%  
Year 9 = 93.52%  
Year 10 = 94.33%

Best forms this week:

7Shar5 = 100%  
8Shar5 = 98.72%  
9A = 96.31%  
10A = 98.57%

86 pupils have achieved 100% this academic year.

#### Dates for your Diary

Exams ongoing  
(Year 10 PPEs)

Saturday 29th and  
Sunday 30th June:  
DofE Bronze  
Qualifying Expedition

Monday 1st July:  
Runshaw College  
Taster Day

Wednesday 3rd July:  
Sharples Prom  
(19:00 – 23:00 Last  
drop village)

Wednesday 3<sup>rd</sup> and  
Thursday 4<sup>th</sup> July:  
New intake day for  
next year's new  
starters

#### Career of the Week: Psychiatrist

*Psychiatrists are doctors who diagnose and treat patients with mental health problems.*

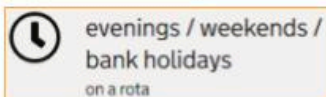
Average Salary:



Typical hours:  
(per week)



You could work:



#### Qualifications:

- 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, including English, maths and science.
- 3 A levels, or equivalent, including biology and chemistry.
- A 5-year degree in medicine, recognised by the General Medical Council.
- A 2-year foundation programme of general training.
- 3 years of core training in psychiatry.
- 3 years of training in a speciality.

#### Skills required:

- Counselling skills including active listening and a non-judgemental approach.
- Knowledge of psychology.
- Knowledge of medicine and dentistry.
- The ability to understand people's reactions.
- Excellent verbal communication skills.

#### Relevant Subjects:

- Science, Health and Social Care, Maths and English.



Careers &  
Enterprise  
at Sharples School

Information sourced from: <https://nationalcareers.service.gov.uk/job-profiles/psychiatrist>

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#### PE Lunch Time Clubs - This Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y7 Football (Big Astro) - AHM	Y8 Football (Big Astro) - PGR	Y9 Football (Big Astro) - AHM	Y7 Football - (Big Astro) - AHM	Y8 Football (Big astro) - AHM
Y8 Football (Small Astro) - JBA	Y11 Football (Small Astro) - JBA	Y7/Y8 Basketball (SH) - LAL	Rounders/Cricket (Field) - LAL	Y11 Football (Small Astro) - JBA
Boccia (Gym) - SCU & LAL	Sports Studies/Ever Learner catch up (G32) - AHM	Rounders/Cricket (Field) - PGR	Y9 Football (Small Astro) - JBA	Rounders/Cricket (Field) - LAL
Rounders/Cricket (Field) - SCU & LAL		Y11 Football (Small Astro) - JBA		

**WEEK COMMENCING -**  
**1st July**



#### PE After School Clubs - This Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KS3 & KS4 Rounders vs @ Turton	KS3 Rounders Tournament @ Harper Green	KS4 Rounders vs Ladybridge (Home)	KS4 Rounders Tournament @ St James	
Yr 7/8 Swimming Club	Orienteering Club	Yr8 MUFC Football tournament @ Carrington- 8.30-12pm	KS4 fitness	
KS4 fitness	Running club- all years	KS3 Swimming club		
Yr 7 futsal practice	KS4 fitness	Yr 9 futsal practice		
	Yr 8 futsal practice			

- Cricket, Rounders and Futsal fixtures will be arranged throughout the term!





PRESENTED BY:

**SHARPLES PERFORMING ARTS  
AND MUSIC DEPARTMENT**

# SHARPLES SUMMER SHOWCASE

MUSIC | DRAMA | DANCE | AWARDS

9TH JULY, 2024

07:30PM

TICKETS AVAILABLE FROM MRS HAMLIN OR MR CORRIGAN

£2.00 EACH





**Sharples**  
SCHOOL

# SUMMER BINGO

**Thursday 11th July**

**6.30pm, doors open at 6pm**

**Sharples School Theatre**

**£3 for a book of tickets**

**27 chocolate prizes to be won across  
9 full games of bingo plus a jackpot game.**

**Come along on the evening to  
support Sharples School**



# What Parents & Educators Need to Know about SCHOOL AVOIDANCE

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022–23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

## UNDERSTANDING SCHOOL AVOIDANCE

### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

## IMPACT OF SCHOOL AVOIDANCE

### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

## Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

### RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

## Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health paper.



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The National College®



# What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

## WHAT ARE THE RISKS?

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



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The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)



# Summer support for everyone - not just our tenants

We're  
here if  
you  
need us

The summer holidays are fast approaching, and as the kids revel in their freedom, some parents might be worried about getting through the next six weeks; but we're here if you need us.

## Help with money and/or food:

We can check if you're entitled to any extra income, look at debts, support you with applications for benefits, access emergency financial support, and more. If you're a Bolton at Home tenant, you can access our free Money Advice service using **01204 328000** or by visiting: [www.boltonathome.org.uk/money-advice-team](http://www.boltonathome.org.uk/money-advice-team).



If you aren't a tenant, you can still access free money advice from Bolton's Money Skills Service on **01204 332916** or at [www.boltonsmoneyskills.org.uk](http://www.boltonsmoneyskills.org.uk).

Working with Urban Outreach, we also run food pantries in Bolton. For a low weekly cost, you'll get five shopping bags of food (typically worth over £30). Eligibility criteria apply, but we'll do what we can to help. Just visit [www.boltonathome.org.uk/food-support](http://www.boltonathome.org.uk/food-support) for details.



## There are lots of fun things you can do with the kids for free:

You could explore one of Bolton's country parks – try Jumbles, Moss Bank, or Moses Gate, build a den in the house or garden, hold a movie night with homemade cinema tickets and posters, and/or make pizzas – buy a base (50-75p each) and decorate with your favourite toppings.

We and our partners have also planned free activities for you and the kids to enjoy during the holidays. See them at: [www.boltonathome.org.uk/cost-of-living](http://www.boltonathome.org.uk/cost-of-living).



**Bolton**  
at **Home**

**Remember:** for a full list of ways we can help with rising living costs, scan the QR code below or visit [www.boltonathome.org.uk/cost-of-living](http://www.boltonathome.org.uk/cost-of-living).



SCAN ME