



Sharples

SCHOOL

Newsletter

Issue 484
5th July 2024

Mock Election Fever at Sharples School



Sharples students have participated in a mock election in the run up to the general election this week. Students and staff in all year groups have voted in a secret ballot where they chose between a similar range of parties as have stood in the Bolton North East constituency in the general election.

Our focus has not been on debating issues or campaigning. Instead, it is about educating our young citizens in the importance of voting and in how a secret ballot works. Students have voted along with their teachers in year assemblies over the last week and had a real experience of democracy in action. And in case you are interested in the winner, the Green party won comfortably.

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A Magical Reward



This week our top students in Years 7, 8 and 9, who have not received any negative points this year, were rewarded with a magic show. Scoop Magic thrilled them with awesome illusions, comedy conjuring and dangerous deeds. Scoop included the audience and even juggled with machetes over Mrs Smith! The students had the opportunity to meet the star of the show, Barry the Bird (pictured above), and thoroughly enjoyed their well-deserved afternoon treat.

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UKMT Junior Maths Challenge 2024



Well done to Adil G (pictured above) for taking part in the second round of the Maths Challenge. He was the only student from Sharples School who was selected to take part in the second round and has received a certificate for his participation, well done Adil!

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English Department's Stars of the Week

Work of the Week

Year 7

Pinklily T has written a lovely article. [Click here to view the work.](#)

Year 8

Hazra K has produced a cleverly ominous article. [Click here to view the work.](#)

Year 9

Calista C has shown excellent enthusiasm in her poetry annotations. [Click here to view the work.](#)

Year 10

Zulal M has excelled in her first draft of her spoken language assessment. [Click here to view the work.](#)

Readers of the Week

Year 7

Kiya P for playing a dramatic Malvolia from Shakespeare's Twelfth Night.

Year 8

Kareemah M for reading with enthusiasm in the Pearl.

Year 9

Kayden L for reading out his sonnet.

Year 10

Istahil AD for always offering to read in lessons and has a very clear & confident voice.



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Mathematician of the Month



Every month a student is nominated from each of the maths classes for Mathematician of the Month. These students are nominated based on their hard work, enthusiasm and efforts within the lesson.

Well done to the nominees from June for fantastic work in maths lessons!

Year 7

Hayden K
Grace H
Lewis B
Millie B
Maarij K
Phoebe G-L
Ashwin K
Emelia G

Year 8

Rafan R
Hayden R
Laaibah A
Zara K
Ibrahim A
Romeo B
Hollie K

Year 9

Riya P
Maliha C
Danyaal S
Hadiya R
Jannah K
Laiba N
Owais U-H
Peter F

Year 10

Soha A
Humayra I
Everett G
Grace F
Jacob D
Kenton C
Aayma Z
Charlie G
Mischa L
Harvey B



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Emerging Talent Runners Up



The Year 8 Football team finished runners up at The Manchester United Emerging Talent Tournament this past Wednesday. There were 8 teams in the final who had won their regional finals previously. The team got off to a poor start, losing the first game 1-0. The lads bounced back and won the second game 3-2 ... *continued* ...

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with a last minute winner to give us a chance of reaching the final. In the third game, we ran out 3-1 winners, which resulted in Sharples reaching the final on goal difference. We then lost out to St Peter's High School in the final, although it was a fantastic achievement to reach the final, especially considering the team had lost their first game. There was excellent team spirit throughout the tournament which was fantastic to see. Well done to Year 8 on another fantastic season.



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SPORTS AWARDS

2024

P5 & P6

Wednesday 17 July

All those who have represented the school will be recognised throughout the afternoon. A 'player of the season' will be awarded for each team.

THEATRE - INVITE ONLY

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Game On Leaders



A big well done to our new Year 7 sports leaders who were very lucky to sign Ms Webster's book of honour on Wednesday morning to acknowledge their commitment to the Game On programme this year. Alongside our older leaders, the girls have taken part in a number of leadership opportunities where they have been developing key skills such as communication, teamwork and organisation. Most recently they helped run a brilliant football festival for local primary schools. We look forward to welcoming more leaders in September when our new Year 7 students join!

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Rounders vs Ladybridge



A mixture of students from Year 8, Year 9 and Year 10 (as pictured above) took part in an indoor rounders fixture against Ladybridge on Wednesday afternoon. With the grass too wet to host outside, instead of cancelling, we made the decision to play our first rounders fixture in the sports hall! The girls took a while to find their rhythm inside but once they did they started to dominate the first innings. Going into the second half of the match, the girls stepped it up a gear and produced some excellent batting which resulted in a 106-99 victory. A great game, well done to all involved!

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KS3 Rounders Tournament



A massive well done to our KS3 rounders team (pictured above) who competed in the Bolton Rounders Tournament on Tuesday evening. After some excellent fielding from Zaara P, the girls secured their first victory against Harper Green, winning 46-44. Up next was Smithills which went down to the final batter and unfortunately the girls missed out on the win by the smallest of margins! The final score against Smithills was 45-43. Going into the final match of our group against Kearsley, the girls knew a victory was needed to have a chance of progressing through to the semi-finals. After some brilliant batting, the girls managed an impressive 55-43 win. However, unfortunately this wasn't enough to progress and the girls just missed out on a semi-final spot through goal difference! A great tournament, well done girls!

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KS4 Rounders Tournament



Our KS4 rounders team (pictured) put up a great effort at the Bolton tournament on Thursday evening. Placed in a tough group with Bolton, Canon, Thornleigh and St James, the girls knew it would be a tough task to get out of their section. Although the girls put up a great fight and showed fantastic spirit, it wasn't enough to progress. A brilliant afternoon of rounders which was the last ever match for our Year 10 girls!

Thursday's tournament draws an end to our fixtures for this academic year. Well done to everyone who has represented the school and we can't wait to start again in September!

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Golf Tournament Winner



Congratulations to Zack S (pictured above) for winning the Division 3 tournament last week with a great score of 23 points in the Bolton Schools' Golf Championship 9 hole competition.

Taekwondo Silver Medal



Congratulations to Aidan B (pictured above) who won silver at the Welsh International Championship competing in the Advanced 59 kg category. It was a superb performance from Aidan who only weighed in at 52 kg and had to compete against older and heavier opponents.



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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

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 1st July to Friday 5th July

Year Groups attendance this week:

Year 7 = 96.51%

Year 8 = 95.45%

Year 9 = 93.18%

Year 10 = 95.03%

Best forms this week:

7ples3 = 99.15%

8ples4 = 99.52%

9R = 100%

10L = 99.19%

90 pupils have achieved 100% this academic year.

Dates for your Diary

Monday 8th July:
College Taster Day

Monday 8th and
Tuesday 9th July:
Year 5 taster days

Tuesday 9th July:
Year 8 Quarry Bank
Mill Trip

Tuesday 9th July:
Summer Showcase
(19:30 – 21:00)

Wednesday 10th
July: Sports day

Wednesday 10th
July: Year 10 Parents
evening
(16:00 – 19:00)

Career of the Week: Airline Pilot

Airline pilots fly passengers and cargo to destinations around the world.

Average Salary:



Typical hours:
(per week)



You could work:



Qualifications:

- You can apply for this job through a university course, applying directly, a trainee scheme or specialist courses run by private training organisations.
- 2 to 3 A levels, or equivalent, for a degree.
- 4 or 5 GCSEs at grades 9 to 4 (A* to C) and A levels, or equivalent.

Skills required:

- Leadership skills.
- Excellent verbal communication skills.
- Knowledge of maths.
- Thinking and reasoning skills.
- To be thorough and pay attention to detail.
- The ability to operate and control equipment.
- Observation and recording skills.
- Patience and the ability to remain calm in stressful situations.

Relevant Subjects:

- Maths, English & Science.



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



Careers &
Enterprise
at Sharples School

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Sharple's
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2024 SHARPLE'S SPORTS DAY

WEDNESDAY 10TH
JULY 2024

INTERFORM FOOTBALL & NETBALL,
FOOT GOLF, INFLATABLES, TUCK SHOP,
ICE CREAM VAN, JUST DANCE &
GLOW IN THE DARK DODGEBALL





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.



#WakeUpWednesday

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.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: 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.



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.

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 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.



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.



SCAN ME