

head'sherald

SIR THOMAS BOTELER CHURCH OF ENGLAND HIGH SCHOOL, GRAMMAR SCHOOL ROAD, WARRINGTON, WA4 1JL | 01925 636414 | INFO@BOTELER.ORG.UK

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Dear Parents/Carers,

I hope you are well.

Many thanks for all your responses to my correspondence on the catering situation. I appreciate there were a couple of issues this week, but that was due to an electrical fault, so apologies.

Your feedback is important to me both positive and constructive. More often than not there is an explanation as to why things are maybe not operating as they should and I am always open and honest with you. However, sometimes we just need the opportunity to let you know.

We will always try to get back to you within 48 hours if you have emailed us as per our policy, so please try and be patient. If it is really urgent then please call. I appreciate that some of you want to see someone immediately and whilst we endeavour to do our absolute best with this, it is not always possible and I would appreciate your support with this.

The relationship we have with Parents/Carers is so important and I really value this. We want you to be happy and to feel informed regarding your child. We also want you to feel that you are able to ask questions and not feel that there are any barriers. We would much rather know about something rather than you sit home worrying.

The weather is very unpredictable at the moment and I would encourage you to ensure your child has a coat with them, especially on the more inclement days. We will always get the young people inside if it is raining as we will not have them stood outside in the morning or at break and lunch.

I hope you all have a lovely weekend and please do get in touch if we can support with anything.



Beverley Scott-Herron
Headteacher

Standards: Punctuality

Learning is the most important aspect of a school day. Lost learning is a challenge for all schools as it means gaps in knowledge start to develop. In order to maximise every learning opportunity our students need to be punctual to lessons.

We are lucky in that we are a relatively small school, therefore students can ensure they make it to lesson on time. This includes following break and lunch, even if they are on the field or attending a club. With this in mind, all students are expected to be in lessons within a few minutes of the bell. This is a realistic expectation.

Our capacity at school has increased and our corridors are busier than ever. Therefore students must always take the quickest route to their next lesson. A lesson changeover is by no means a socialising opportunity. Students can visit the toilet if needed but must then move to lesson quickly. Any lateness to lesson without good reason will result in a sanction.

Year 7 Form Tutor Parents' Evening - Monday 16th October

A reminder to Year 7 parents about the forthcoming Form Tutor Parents' Evening, which is an excellent opportunity to meet your child's Form Tutor to discuss how they have settled in at Sir Thomas Boteler Church of England High School so far. You may have questions to ask that have arisen since your child has joined us which our Form Tutors will be delighted to answer. Mrs Brown has been contacting parents who have not yet made a booking to see if we can support the process in any way.

This Parents' Evening will be **face to face in school** and all Year 7 Tutors are looking forward to having conversations in person. We will be using **School Cloud** as a booking system which allows you to book the appointment times that are convenient for you and is more efficient than your child having to book appointments with Tutors on your behalf. Appointments will be available from **3:30pm-7pm**. The booking system is now live. Bookings can be made here: <https://boteler.schoolcloud.co.uk/> or by following the link in the letter sent out by Mr Koltan.

Notice from Cheshire Police – WhatsApp Group

We are aware of a WhatsApp group called 'Add everyone you know' which has over 1000 participants. Young people are being encouraged to add all their contacts. Images of a sexual nature are being shared and a significant number of messages have been sent.

By being added to this group a child will have shared their phone number with over 1000 people that they do not know. This causing a significant risk of them being contacted by anyone and targeted for grooming.

We would ask that you advise parents and carers to check their child's phone and remove them from this group. Please also advise students about this group. We want everyone to be aware to ensure children cannot be targeted.

What to do if you are worried about your child anxiety

Anxiety is a feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings. Everyone will feel anxious sometimes, but these feelings will usually subside once a particular moment - such as taking an exam or trying something new - has passed. Anxiety can become a problem when:

- these feelings don't pass
- a young person feels constantly anxious, overwhelmed and distressed
- previously enjoyable activities or tasks start to make a young person feel anxious
- young people may start to withdraw and limit what they do.

It is important to note that a level of anxiety and stress before an event is perfectly natural and can help performance.

The following are some basic strategies you can adopt as parent/carer to support your child:

Open Communication: Encourage open and non-judgmental communication with your child. Let them know that they can talk to you about their feelings and fears without fear of criticism.

Listen Actively: When your child shares their worries, listen attentively and empathetically. Show understanding and validate their feelings rather than dismissing them.

Educate Yourself: Learn about anxiety disorders and understand the different ways anxiety can manifest in children. This knowledge will help you provide more informed support.

Maintain Routine: Consistency and routine can be comforting for anxious children. Stick to regular schedules for meals, bedtime, and activities as much as possible.

Encourage Healthy Habits: Promote a healthy lifestyle with balanced nutrition, regular exercise, and adequate sleep. These factors can significantly impact a child's emotional well-being.

Create a Safe Space: Ensure that your home is a safe and nurturing environment where your child feels loved, supported, and accepted for who they are.

Encourage Social Interaction: Help your child build social skills and friendships, as social support can be a significant protective factor against anxiety.

Positive Reinforcement: Praise and encourage your child's efforts and achievements, no matter how small. Positive reinforcement can boost their self-esteem and confidence.

Be Patient: Understand that progress may be slow, and setbacks are normal. Be patient and supportive throughout your child's journey in managing their anxiety.

Seek Professional Help: If your child's anxiety is severe, persistent, or significantly interferes with their daily life, you need to ask for specialist help.

Further to this, if your child is feeling stressed or anxious about exams, the following strategies are known to help:

Planning: Create a revision timetable that breaks down your subjects into manageable chunks. Allocate specific time slots for each subject and stick to the schedule as much as possible. Stay informed with all of the key dates – no surprises!

Set Realistic Goals: Set achievable goals for each study session. This can help focus and motivation. Celebrate achievements, no matter how small they may seem.

Practice Mindfulness: Mindfulness techniques, such as deep breathing, meditation, and yoga, can help reduce anxiety and improve concentration. Spend a few minutes each day practising mindfulness.

Healthy Lifestyle: Eat nutritious meals, exercise regularly, and get enough **sleep**. A healthy body and mind are better equipped to handle stress.

Stay Hydrated: Dehydration can affect cognitive function and increase stress. Make sure to drink enough water throughout the day.

Positive self-talk and be kind to yourself: Replace negative self-talk with positive affirmations. Ensure students believe in their abilities.

Stay connected: Spend time with friends and family to maintain a healthy social life. A support system can provide emotional support during stressful times.

Breaks and rewards: Take regular breaks during your study sessions to recharge. Reward yourself with something you enjoy after completing a task or reaching a goal.

Calm environment: Revise somewhere comfortable that makes you feel calm and relaxed.

Practice Past Papers: Familiarise yourself with the exam format by practising past papers. This can help reduce anxiety about the unknown.

Finally, **Seek help**. You must ask the school for help if your child is experiencing difficulties and you need further support and guidance. You can do this by contacting your child's form tutor or Head of Year.

Personal Development

Please look out for the Personal Development newsletter which was issued yesterday and can be found here <https://t.ly/xS-XO> A Personal Development newsletter will be issued every half term.

Being part of a school council is a good way to develop your employability skills and this week some of our students have been involved with TCAT Parliament which was led by Andy Carter the Conservative MP for Warrington South. Andy introduced the group of students from across all the TCAT schools to the workings of Parliament and they debated on 'Should school be 5 days a week?' The arguments for and against this were truly fabulous. They also had an information and questions sessions with Adrienne Laing our Director of Operations who is responsible for sustainability within TCAT schools. She talked the students through the latest energy saving projects occurring in our schools and took them on a site visit in our grounds so they could actually see how the 150m holes were being drilled. Students will be taking their knowledge of decarbonisation in our schools back into their school.

Some Year 11 Students went to the Warrington Careers fair to gain valuable post 16 knowledge from colleges, employers and apprenticeships, this is part of their Post 16 education curriculum. Year 11 should now be applying for their next stage of education, training or employment and over the coming months should be attending their course discussions with the college they have applied to. They must attend these discussions to be offered a place at college. If you as a parent/carer would like to meet with our careers advisor please contact reception.

Well done to all the students who applied to be on one of the school councils. This is a great achievement.

Please check out our social media every week for 'job of the week' Watch with your child and discuss with them how they feel about that kind of job. This week's is here:

https://www.youtube.com/watch?v=am-StbO53ek&list=PLVEWa7uIDT769WGUTc_-lOca4dJRIPatZ&index=13

World Mental Health Day

For this year's World Mental Health Day the wellbeing council promoted the 'get Britain talking campaign' designed to ease stress and anxiety by asking what's on our minds. Staff and students were encouraged to take part in the national homework of writing or drawing their feelings or worries.

A Wellbeing drop in was also held during lunch time with activities reflecting on our student's stresses and worries and the school nurse on hand to support. A mindfulness yoga class was held in our new gym and open to all for emotional regulation and to promote the importance physical exercise has on everyone's mental health.

Israel and Palestine

I am sure you are all aware of the growing and shocking loss of civilian life in Israel and Palestinian territory in Gaza and the West Bank.

This a complex situation, so below is a useful article that may help if your child has any questions <https://www.bbc.com/news/world-middle-east-67039975.amp>

Here are the Newsround links below to share with your child/ren if you would like to

<https://www.bbc.co.uk/newsround/67051424>

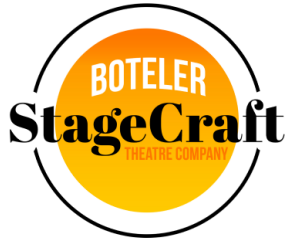
<https://www.bbc.co.uk/newsround/13865002>

Collective Worship

This week as part of Collective Worship, students have been focusing on Mental Health Awareness. We have used the scripture from 1 Peter (5:7) to discuss the meaning of sharing our thoughts and troubles with God.

"cast all your anxiety upon him because he cares for you."

The Ethos Ambassadors have launched our Harvest campaign to raise donations for the local food bank. Please send any non-perishable items to school next week so we can deliver them to the food bank before the half term break. Finally, we are looking forward to taking Year 7 to Christ Church next week for the Harvest Service, it will be a wonderful opportunity to give thanks for their hard work and for an excellent start to school life as part of the 'Boteler family'.



National
Theatre

CONNECTIONS 2024

I am delighted to announce the creation of our very own Theatre Company. This week in Year 7 to Year 10 assembly the School Production was launched. We are performing a brand-new play as part of the National Theatre's Connections Festival.

Connections is the National Theatre's annual, nationwide youth theatre festival. The programme is 29 years old and has a history of championing the talent of young people from across the UK.

Over the summer I read several brand-new plays and submitted a choice in September and the brilliant news is that we have been selected to perform the play that we choose. It is called 'The Periodicals' written by Sian Owen. It is set in the near future and focuses on the lives of a group of young people who live as a feral group of techno-savvy fugitives, living off the land, which is a rubbish dump. They stay out of sight of the authorities as their story evolves.

One of the reasons for choosing this play is because we are not limited on casting. As well as the characters who live on the dump, we have a chorus called 'The Methanes'. 'The Methanes' are invisible to the characters and are an ethereal and omnipresent force, interacting with the audience.

The production will be performed in school on the 19th and 20th of March 2024. The exciting part of performing for the festival is that the Students will also perform at 'The Lowry' in Salford. Dates are yet to be confirmed but it will be between 17th and 21st of April 2024. This will give the Students an incredible opportunity to work in a professional theatre.

'Sign up' for the production will take place on **Wednesday 18th October, at lunchtime, in the Drama Studio.** For those new to the school, we do not audition, we are inclusive to all, whether a Student wishes to have a small or significant role. All Students will become a member of our Theatre Company.

This is a great opportunity and I look forward to working with our young people.

Ms Armstrong
Leader of Drama and School Productions



Wired Aerial Theatre have been based in Liverpool for over 20 years. In February 2022, they created 'Me V Me' a Bungee-Assisted dance piece on the theme of mental health – based on an old Cherokee tale of the two wolves.

www.wiredaerialtheatre.com

The battle that goes on inside all of us, positive versus negative thoughts, with the tagline "Which wolf will win? The one you feed the most!"

Over the past 2 weeks our Year 10 BTEC dancers and Year 9 dance club students have worked with the dance company and have taken part in practical workshops, question and answer sessions and watched live performances at the Parr Hall.



Students took part in 2 workshops, the first here in school where Michaela led the pre performance workshop accompanied by Alicia. They led the students through a practical workshop that looks at the themes they convey within the piece. They were taught how the piece was first developed and began to create their own phrases in the same style.



The second set of workshops took place at the Warrington Pyramid Arts Centre. We started the morning with front row seats to watch the full performance of Me v Me.

They then took part in a second practical where they used the 5 Ways to Wellbeing in a creative format, offering the students the opportunity to open up and discuss mental health. The dancers in the show then taught them a part of the ground work and helped them create their own phrases to complete the dance.



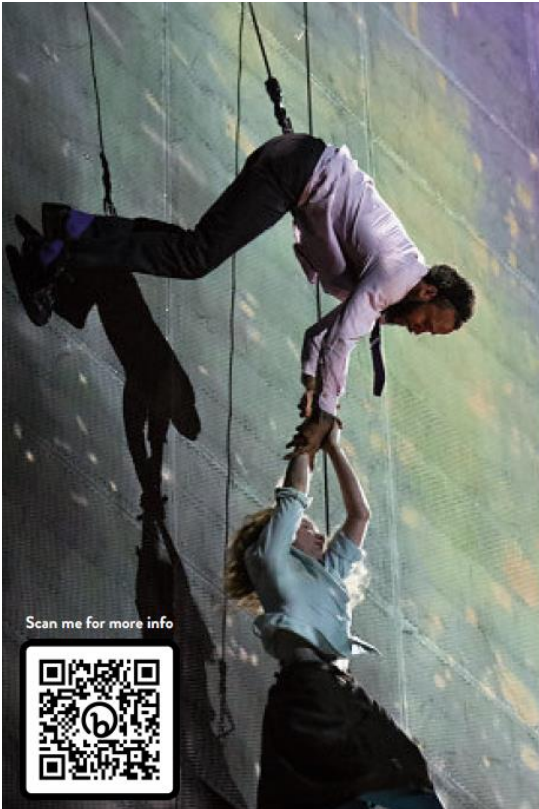
We finished the day with a question and answer session with not only the dancers and crew but Wendy the artistic director. The students asked some fantastic questions that gained valuable information about the piece and those involved to enable them to complete their coursework.

This has been an amazing experience for our students and we cannot wait to work them again. Feedback from the company was brilliant: Michaela 'Thank you so much for bringing your groups. They were absolutely fabulous. Lovely girls with so much potential'

Jo, Communications manager said 'Thank you so much for attending our performance and workshops of "Me vs Me" with your students. They were an amazing advocate for your school and have great potential in the Performing Arts.,

Next week Wired Aerial Theatre would also like to invite you and our students to their next performance "As The World Tipped", which will be the headline event for St Helens Borough of Culture 2023 celebrations.

"As The World Tipped" is the largest and one of the finest large-scale outdoor shows to be produced by a UK company and tells the powerful tale of an ecological crisis through an extraordinary piece of aerial theatre with spectacle, humour, and emotion. Please find more info on our website here: <https://bit.ly/3LODrw2>



YOU'RE INVITED!

As The World Tipped

wired
aerial theatre

WHEN:

Saturday
21st October 2023
6.30PM

WHERE:

Birchley Street Car Park
St Helens

FREE!

The 45-minute family-friendly show is part of St Helens Borough of Culture 2023 celebrations

LYMM CONCERT BAND

Musical Director &
Principal Conductor
DARREN C. WOOD

**2023
Saturday**

**14th October
6:30pm**

**Disney
100
CONCERT**

TICKETS AVAILABLE ON THE DOOR!

SCAN MY QR



**Adults £5
Children £3**
Under 16 years of age

Sir Thomas Boteler CofE High School

Grammar School Rd, Latchford. WA4 1JL

For more information please visit our website

www.lymmconcertband.co.uk

 Find us on
Facebook

**making
music**