

Barlby Bulletin Newsletter Half Term 2 2023

Personal Development



BARLBY
HIGH SCHOOL



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A warm welcome to the Barlby Bulletin. The focus for this half term is on Personal Development.

At Barlby High School we want all of our pupils to reach their full potential. We are committed to nurturing essential life skills to allow our pupils to thrive in the wider world. These skills and knowledge are delivered through our Personal Development Programme. It is designed to suit the needs of our school community.

Personal development is delivered through Personal Social and Health Education (PSHE) including Relationships and Sex Education and Health and Wellbeing. All lessons aim to celebrate and respect the diverse nature of British Society, including different Cultures, Ethnicities, Disabilities, Faith, Ages, Sexual Orientation and Gender Identities.

Our Personal Development curriculum is a carefully sequenced, responsive curriculum that is increasingly ambitious year on year and is accessible to all of our students. The statutory guidance is comprehensively covered by learning opportunities across the school at its wider curriculum.

Spiritual, Moral, Social and Cultural development (SMSC) - There are opportunities in all lessons across the curriculum to develop pupil understanding of SMSC.

Spiritual - pupils connect with other faiths and values and reflect on their experiences.

Moral - pupils understand the difference between right and wrong, consequences and how to solve moral/social dilemmas.

Social - pupils develop and use a range of social skills with others and feel part of our school and wider community.

Cultural - pupils develop an understanding and appreciation of their own culture and heritage.



We want all of our pupils to 'Live their lives to the full' and we ensure that the pupils have comprehensive careers guidance to meet the Gatsby Benchmarks as we seek to nurture aspirations and inform our pupils about the range of opportunities open to them including higher education, apprenticeships and employment.

Personal Social and Health Education (PSHE)

All students have one lesson of PSHE per week covering a range of topics relevant to the modern world, such as healthy relationships, alcohol, drugs and mental health - we focus on supporting our pupils to be healthy, safe and to prepare them for life and work.

The curriculum for this half term, all students in KS3 & KS4 has covered:

Yr7 Friendships, respect and relationships

Yr8 Identity, Relationships and Sex Education

Yr9 Sex, Law and Consent

Yr10 Exploring relationships and Sex Education

Yr11 Sexual Health

Students have been working hard in PSHE and they have been very mindful of the sensitive nature of the topics that we have covered showing maturity in their approach to PSHE which is very pleasing to see. Students should be commended for their approach to learning and keep up with all the hard work that they are applying each lesson.

More information on the PSHE Curriculum can be found on the school website - [Click Here.](#)

Due to the nature of the topics being covered in PSHE we share with our pupils the following information to help keep themselves and other safe and where they can gain further information and support:

- Speak to your parents or guardians, Head of House or a trusted adult or friend.
- If you have any concerns about yourself or someone you know, it is important to speak up and tell someone.
- <https://www.childline.org.uk> Support and Advice for young people
- <https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>
- <https://www.kooth.com> Free Safe and Anonymous online support for young people
- <https://www.loveisrespect.org/> : This website is dedicated to providing information and support to young people who are experiencing dating abuse.
- Charity that campaigns against FGM and violence towards women 0208 960 4000

Assemblies

This term we have had a focus on Remembrance, Anti bullying and UK Parliament for Parliament Week where we explored Democracy.

We have had a guest speaker in school, Christina Gabbitas, who has been talking to our pupils about 'Trapped in County Lines'. We also held a Parents Information Evening in October with Hand in Hands Amanda Norris, who works with the Children's Society. During the evening, information was shared with parents and carers on child sexual exploitation (CSE), grooming awareness, county lines and knife crime. All those who attended found the information very informative and useful. In the New Year we will be hosting the British Transport Police who are going to be presenting assemblies on Railway safety.

New to our assemblies rota this year is Global Perspectives - this is to bring awareness to our pupils about celebrating diversity from around the world. So far this year there has been a focus on China. Students have made chinese lanterns and learnt some useful phrases to use in lessons and more recently there has been a focus on Sweden - as 'Tis the season to be global!' students have been making Santa Lucia Crowns, which could have been seen decorating the school Christmas Trees at the Christmas Fayre!

Learn the Lingo!

'Hello' = 你好 = Nǐ hǎo = 'Nee How'

'Goodbye' = 再见 = Zàijiàn = 'Zi jee en'

'Thank you' = 谢谢 = Xièxiè = 'sheer sheer'



House Competitions

This half terms House Competition has been to make a Christmas Hamper.
Forms have been asked to design and fill a hamper.

The winners of the best Christmas Hamper was **7SOS** - well done!

We would like to thank everyone for their donations - we know they will be really appreciated by a family who are struggling this year. All donations are to be taken to our local food bank.



**Global Perspective
Competition
Winners -
9LFI - Well Done!**



Form Time

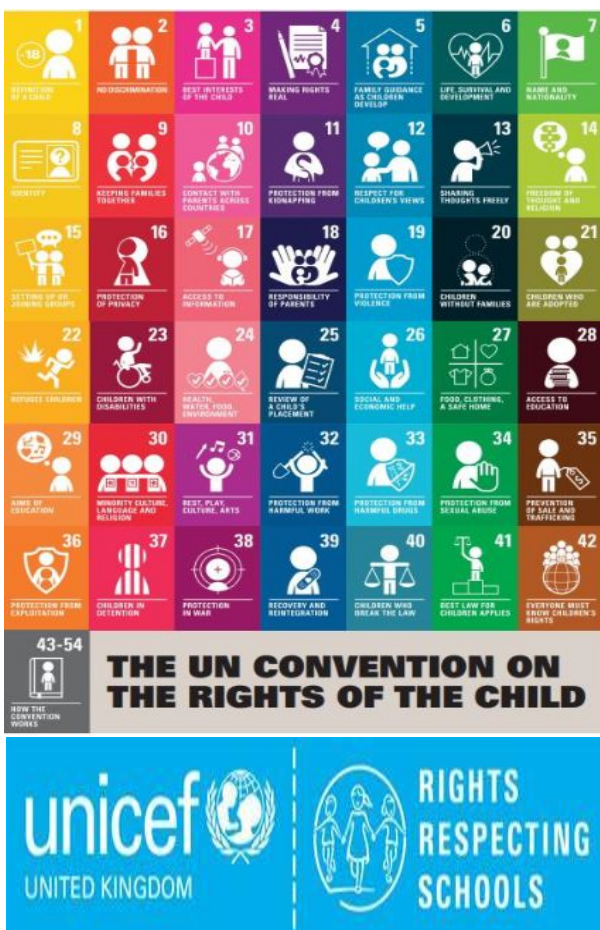
Form Time links closely to our assembly themes but with a focus around British Values. Each week all forms work on a related topic, providing time for debate and discussion on a range of issues and topics and there is always a weekly quiz to test our pupils knowledge and understanding!



Rights and Respecting Schools - Unicef

Last year the school achieved the Bronze Award. The program helps the school ensure that we create a safe and inspiring place to learn, where our pupils are respected and their talents are nurtured and they are able to thrive. The program uses the UN Convention on the Rights of a Child (UNCRC) as its guide.

[Click here](#) to read the summary document. This year, we are working towards the Silver Award.



Rainbow Flag Award

Over the past year, we have been working toward the Rainbow Flag Award with our pupils. This is a national quality assurance framework that focuses on positive LGBT+, (lesbian, gay, bisexual, trans, plus other related identities), inclusion and visibility. The whole school and all subjects have been involved with working towards this award.

So far we have achieved badges for Effective Policies, Student Voice and Skilled Teacher.



The final submission for the remaining categories is January 2024.

GET LGBT+ SUPPORT

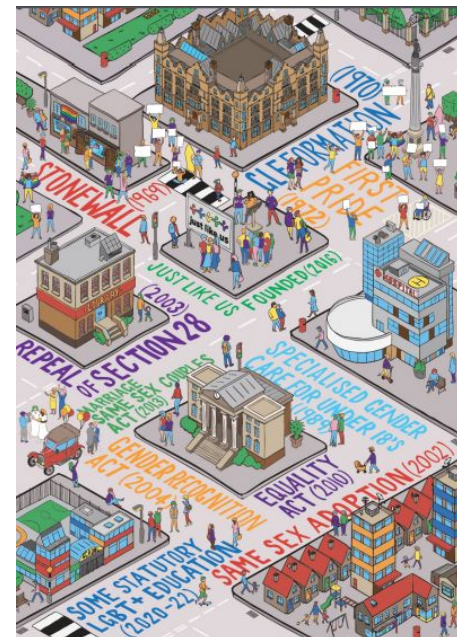
School can help too. Just talk to:



	<p>Switchboard (@switchboardlgbt) Switchboard is an information, support and referral service for LGBT+ people and anyone considering issues around their sexuality and/or gender identity. Website: www.switchboard.lgbt Helpline: 0300 330 0630</p>
	<p>AKT (@aktcharity) AKT supports LGBT+ young people experiencing homelessness or living in hostile environments to find safe homes, employment, education or training and to celebrate their identities in order to improve their life outcomes. Website: www.akt.org.uk Email: gethelp@akt.org.uk</p>
	<p>Mermaids (@mermaidgender) Mermaids supports children and young people who are gender diverse, as well as their families and professionals involved in their care. They operate a number of services for young people and parents across the UK. Website: www.mermaidsuk.org.uk Helpline: 0808 801 0400</p>
	<p>Gendered Intelligence (@genderedintelligence) Gendered Intelligence runs a number of youth groups that welcome trans, non-binary, gender variant and questioning young people. Gendered Intelligence also hosts a camping weekend and offers resources on their website. Website: www.genderedintelligence.co.uk</p>
	<p>Stonewall (@stonewalluk) Stonewall is one of the UK's best known LGBT+ organisations. Their 'What's in My Area?' page allows you to see what LGBT+ services and community groups are local to you by putting in your postcode. Website: www.stonewall.org.uk</p>

@JustLikeUsUK

www.justlikeus.org



Mental Health and Wellbeing

The PSHE curriculum and other subject areas are constantly supporting and promoting our pupils and staffs mental wellbeing as well as their physical health. Students can also access help from their form tutors, Heads of House, Student Liaison Officers as well as our Mental Health First Aid Team.

Our Wellbeing support information can be found [here](#).

Further information on self help can be found on the school website- [Click here](#)

It is important to involve our pupils in all aspects of their own health and wellbeing. Each form has a Wellbeing Representative and we have a Senior Wellbeing Ambassador - Wellbeing Award for Schools - [Click Here](#).

There are 5 steps that you can take to improve your **mental health and wellbeing**. Trying these things could help you to feel more positive and to embrace *'living life to the full'*.



**BARLBY
WELLBEING**



Talk and listen.
Be there for people.
Feel connected,
listening carefully.

Good relationships with people are important for your mental wellbeing. They give you chance to share positives and provide support when it's needed.



Move your mood.
Find active things that you enjoy.
Enjoy the

Being active is not only great for your physical health, but improves mental wellbeing too. It raises self-esteem as well as releasing hormones which improve your mood.



Remember the simple things that make you smile. Pay attention to the

Listen to your thoughts and feelings and be aware of the world around you. This can help you to approach situations more positively in life.



Embrace new experiences.
Seek opportunities.
Find out new

Learning new skills boosts wellbeing by building self-confidence and self-esteem. This can include things such as cooking something new at home or trying a new hobby.



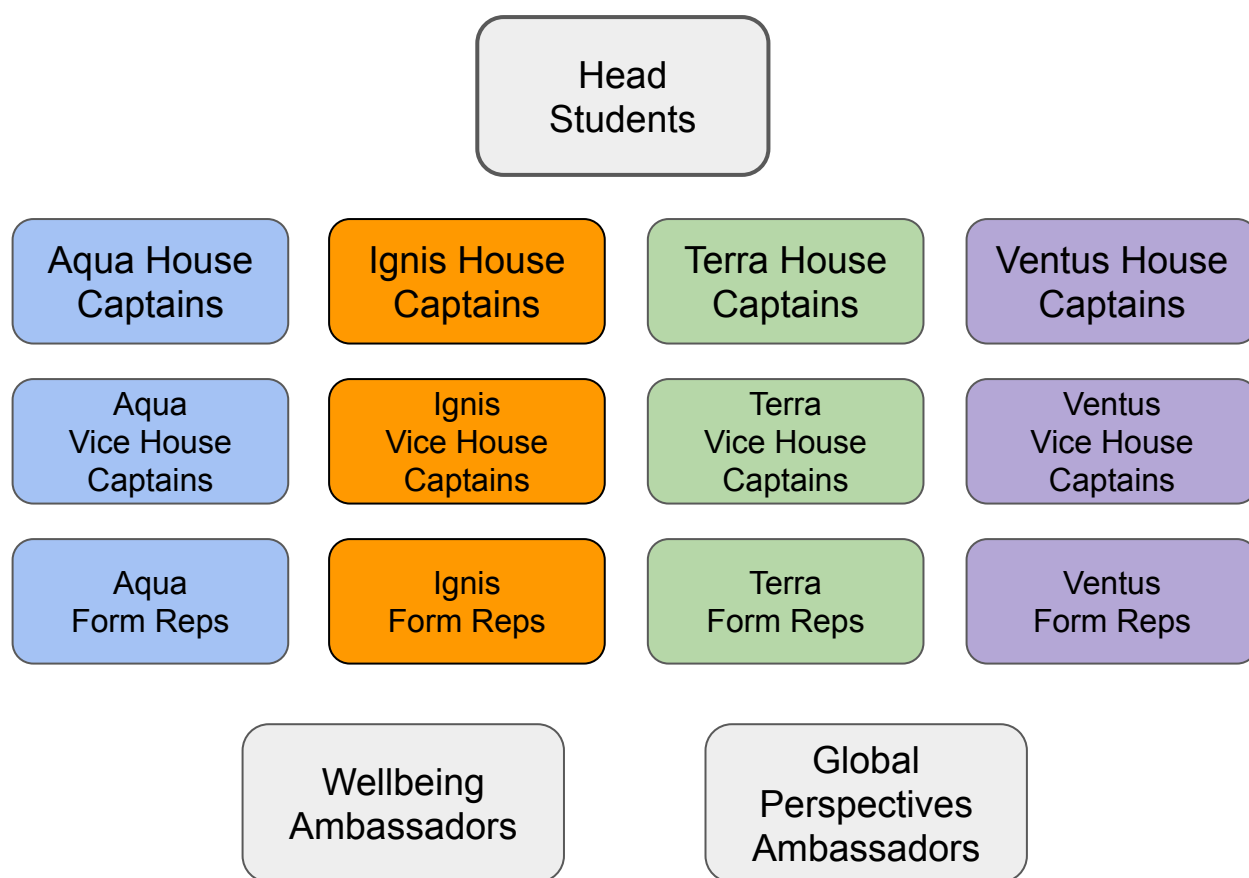
Give your time. Give your words. Give your presence.
Acts of kindness.

Giving and acts of kindness support mental wellbeing by creating positive feelings and purpose. Giving also helps you connect to others too.

Student Leadership and Student Voice

Our pupils views and opinions are heard and collected regularly. Pupils feedback is valued and their ideas help our team to adapt the Personal Development offer to suit their needs. There are numerous opportunities for our students to lead initiatives and deliver change, which helps to develop their skills for the wider world.

Our Student Leadership Team is democratically elected by their peers each year.



Our student leadership team meet monthly and feedback student views to the Senior Leadership Team.

Enrichment

At Barlby High School, we offer a variety of opportunities for our pupils, outside of the curriculum which will enhance their learning.

Enrichment provides our pupils with a chance to try new and varied activities, that develop their character, resilience, motivation and encourage them to pursue their wider goals. It helps to teach life skills that benefit the pupils beyond the classroom, and they can develop an appreciation for cultural and community issues, teamwork and social responsibility.

At Barlby High School we encourage all of our pupils to take part in as many enrichment opportunities as possible to develop their own interests and talents.

Enrichment opportunities include:

Lunchtime and afterschool clubs

Music lessons

School shows, assemblies and Sports Days

School trips

Whole school events such as World Book Day and Sports Day

Supporting Charities such as the MacMillan Coffee Morning and the School Christmas Fayre

Duke of Edinburgh Award

Student Leadership opportunities

To name but a few!

Christmas Fayre

On 5th December, we held our second Christmas Fayre. We had a range of external stall holders plus each House had a stall. We would like to thank everyone who donated to the tombola and prizes to the raffle which included:

A 6ft Christmas Tree
Hampers from Greencore
£50 Amazon Voucher
£20 Love to Shop Voucher
DVD player
Wine
And much more!



Monies raised from the evening will be split between each House Charity!

Next year we hope to light the tree at the front of school and have 'Carols in the Green'!

School Show - Grease!

Barlby High to present GREASE (Young@Part)

Over 40 students have been busy rehearsing for Grease - The Musical, this year's school production. Featuring classic hits such as "Summer Nights", "Greased Lightning" and "We Go Together", this performance promises to be exciting and fun for all ages!!! Miss Horsley, Miss Hardcastle and Mr Buckby could not be prouder of the enthusiasm and commitment given by all of the students involved. With only 5 weeks of rehearsal left, everyone is pulling together to make this the best production yet!!!

Performances will take place on the evenings of Tuesday 6th and Wednesday 7th February 2024. Keep an eye out for tickets going on sale in January 2024!



Sports Leadership

Primary Sports Events

As part of the transition program coordinated by Mr Rinaldi, Miss Rafton has been working hard along with our Sports Leaders to deliver quality and fun sporting events for our local primary schools.

So far this academic year over 120 children from our 5 cluster schools - Barlby CP, Barlby Bridge, Riccall, North Duffield and Hemingbrough have participated in a range of sporting opportunities.

Year 1 and Year 2 have completed a festival of multi skill games.

The next upcoming event is a Crossfit festival for years 3 and 4. Here the pupils will complete a set of 10 exercises and then they compete to see who can complete a workout in as quick a time as possible.

Later in the year, year 5 and 6 will compete in a duathlon. Pupils will scoot and run set distances as quickly as possible to score a personal best. Pupils will also be competing in rounders on the same day.

Look forward to a host of sporting activities for our local primary pupils to look forward to!

