



12<sup>th</sup> June 2023

Dear Parent/Guardian,

Welcome back after the half term holiday. I hope you managed to have a restful break with friends and family and enjoyed the excellent weather throughout the week. Pupils have returned to school superbly well with an extremely positive attitude toward their end of year assessments.

Over the last few weeks pupils have been completing their end of year assessments and have worked extremely hard in their preparation. It is clear that the pupils take their learning and their assessments seriously and that performance in these assessments is important to them. We will be feeding the information from the exams back to the pupils in classes over the next two weeks and every child will receive a report towards the end of term highlighting their progress this year. Reports will be issued very soon and this year you will receive the end of year progress report and a detailed comment from your child's form tutor outlining both academic, pastoral and personal achievements throughout the year. I am sure you will find this information extremely useful and that the reports will give a full picture of your child's academic year at Broughton.

Last Friday and Saturday our Duke of Edinburgh candidates completed their final expedition walking in the hills around Clitheroe. Over 50 pupils accompanied by 6 members of staff set off on the expedition in extremely warm and windy conditions. I am pleased to say that the pupils performed superbly well and were excellent ambassadors for school and most importantly really enjoyed their time walking and camping with their friends. Thank you to Mr Lowe, Mr Shepherd, Miss Klunder, Mr Ellis, Mr Hughes and Miss Belcher for organising and supervising the two-day expedition.

The forecast over the next few days looks to be extremely hot. Today I have asked pupils to remove their blazers and ties in an attempt to keep them cool in and around school. On the rare occasions that we get periods of hot weather we will decide at the start of the day whether or not to remove ties and blazer. Unless informed otherwise, pupils must come to school at the start of the day wearing their normal school uniform. If the weather looks especially hot we will give pupils the choice to attend school in their PE kit. We will always inform you in advance if this is the case.

Please can I ask you to continue to encourage your child to read at home. Research continues to show that reading every day shows benefits such as mental stimulation, vocabulary expansion, memory improvement, better writing skills and stronger analytical and thinking skills. It also gives pupils valuable time away from a mobile phone or a computer screen. At Broughton High School we have an amazing library that is filled with an exciting stock of books suitable for all pupils of all ages. Please encourage your child to visit the library this week and see if there is a book that they are interested in. Our wonderful Librarian, Mrs Whitlock will be happy to help. Our borrowing figures from the library compared to this time last year are hugely increased which is really impressive.

It has been impressive to see so many pupils achieving their 'Best of Broughton Award'. This is an award that the pupils have worked on throughout the year with the aim of completing all aspects of the challenge.

Headteacher: Mr David Botes

To achieve this award pupils will need to complete all eight challenges below.

1. Achieve at least a bronze award for academic and pastoral achievement in school.
2. Have great attendance: This must be across a term.
3. Evidence of reading at least 3 extra-curricular books.
4. Support a parents' evening, open night or event that shows willingness and commitment.
5. Attend a club or team activity over a minimum of 4 sessions.
6. Support a charity by promoting or helping raise funds.
7. Help out in a chosen area of school in the pupil's own time.
8. Feature in the school newsletter or receive a praise postcard.


Every pupil who manages to achieve this award will receive one of our 'Best of Broughton' badges to wear on their blazer. We have a huge number of children who have now completed this award and they have been presented with their badges in assemblies throughout the year. If your child has not yet achieved this award then it is not too late. Form Tutors and Heads of Year are providing a few final opportunities for the children to get involved and sign off the remaining elements of the criteria.

Key dates for the end of term:

Year 11 Prom at Barton Manor	Friday 23 <sup>rd</sup> June
Summer Music Concert	Tuesday 27 <sup>th</sup> June
Reward Trips (Years 7 - 10)	Friday 7 <sup>th</sup> July
Sports Day	Monday 17 <sup>th</sup> July
School Closes for Summer	Wednesday 19 <sup>th</sup> July (1.00pm)

If you ever have any questions or concerns, please do not hesitate to make contact. My email is [botesd@broughtonhigh.co.uk](mailto:botesd@broughtonhigh.co.uk).

Yours sincerely,



David Botes  
Headteacher

### Narrative Writing and Poetry - Year 10

On Wednesday 7<sup>th</sup> June, we welcomed Nathan Parker, a local writer, to deliver an assembly to all of Year 10. Needless to say, it was an absolute privilege to hear of Nathan's own journey into writing and hear him perform some of his own work. We were also lucky enough to have Nathan delivering some workshops, with a focus on narrative writing and poetry. The workshops included exploring the ingredients of poetry through the lens of children's poetry and Nathan's own work. This then culminated in a poetry collaboration where two groups explored the theme of food poverty and the impact of social media. Please do read their fantastic creative work below! Year 10 were an absolute credit: a brilliant day, enjoyed by all!

Thank you very much, Nathan!

Mrs Armstrong

#### **Hang on**

Hang on, I haven't taken a pic...  
Nah, not that one,  
I look grim.  
Why don't I feel good,  
dressed in my own skin?

Hang on, that filter doesn't look right...  
Maybe turn down the light,  
It's far too bright,  
But it's me versus the influencers,  
It's fight or flight.

Hang on, I need to turn off my phone,  
Too much screen time,  
Makes me feel alone,  
Time to take back,  
What I own.  
And feel empowered  
in my own home.

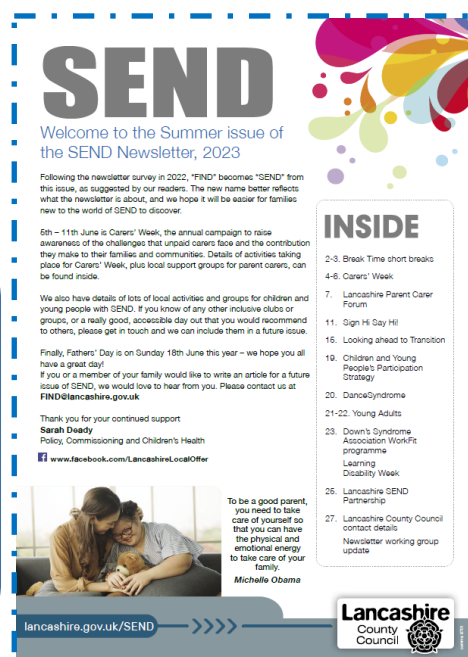
#### **Power**

Food has the power,  
To bring both joy and peril.  
Controlling people's lives  
Whether fortunate or feral.

The wealthy have it best,  
The poor have it worst.  
Unable to afford necessities  
Can be seen as a curse.

The summer issue of the SEND newsletter is now available  
and can be accessed on our website:

[SEND - Summer Issue - Newsletter 2023](#)



**SEND**  
Welcome to the Summer issue of the SEND Newsletter, 2023

Following the newsletter survey in 2022, "FIND" became "SEND" from this issue, as suggested by our readers. The new name better reflects what the newsletter is about, and we hope it will be easier for families new to the world of SEND to discover.

6th - 11th June is Carers' Week, the annual campaign to raise awareness of the challenges that unpaid carers face and the contribution they make to their families and communities. Details of activities taking place for Carers' Week, plus local support groups for parent carers, can be found inside.

We also have details of lots of local activities and groups for children and young people with SEND, if you know of any other inclusive clubs or groups, or a really good, accessible day out that you would recommend to others, please get in touch and we can include them in a future issue.

Finally, Fathers' Day is on Sunday 18th June this year - we hope you all have a great day!  
If you or a member of your family would like to write an article for a future issue of SEND, we would love to hear from you. Please contact us at [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk)

Thank you for your continued support  
**Sarah Deady**  
Policy, Commissioning and Children's Health  
[www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer)

To be a good parent, you need to take care of yourself so that you can have the physical and emotional energy to take care of your family.  
**Michelle Obama**

**INSIDE**

- 2-3. Break Time short breaks
- 4-8. Carers' Week
- 7. Lancashire Parent Carer Forum
- 11. Sign Hi Day Hi
- 15. Looking ahead to Transition
- 19. Children and Young People's Participation Strategy
- 20. DanceSyndrome
- 21-22. Young Adults
- 23. Down's Syndrome Association WorkFit programme Learning Disability Week
- 25. Lancashire SEND Partnership
- 27. Lancashire County Council contact details Newsletter working group update

[lancashire.gov.uk/SEND](http://lancashire.gov.uk/SEND) >>>>

**Lancashire County Council**

June is PRIDE month. 

Young Minds supports the LGBTQIA+ community all year around. Follow the link below for more information, support and advice: <https://www.youngminds.org.uk/>

**SUMMER TERM - KEEP GOING - PUPILS ARE DOING GREAT!**   

**S - STAY RESILIENT**

**U - USE POSITIVE DAILY QUOTES**

**M - MOTIVATION- KEEP GOING; NOT LONG NOW**

**M - MAKE TIME TO DO THINGS YOU LOVE**

**E - ENJOY YOUR DAY – FIND ONE THING WHICH HAS BEEN POSITIVE AND WRITE IT DOWN**

**R - REMEMBER YOU ARE AMAZING!**


**T - THINK POSITIVELY AND STAY FOCUSED**

**E - BE ENTHUSIASTIC ... YOU CAN DO IT!**

**R - TAKE RESPONSIBILITY TO CREATE AN EFFECTIVE LEARNING ATTITUDE**

**M - MAKE YOUR LAST TERM THE BEST ONE YET!**

C Law, Roots Counselling

 <p>music department <b>Summer Concert 2023</b></p>	<p><b>TUESDAY 27TH JUNE</b> <b>6:00PM ONWARDS...</b> BROUGHTON HIGH SCHOOL - MULTI PURPOSE HALL <b>--- FREE ENTRY ---</b> TICKETS AVAILABLE FROM THE MAIN OFFICE</p>
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## WORD OF THE WEEK

w/c 12<sup>th</sup> June

**rife: adj.**

**of common or frequent occurrence.**

### Example

Violent crime is **rife** in some inner cities.

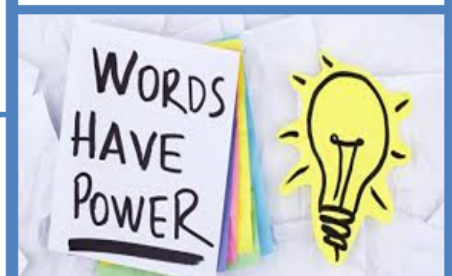
### Synonyms

abundant, plentiful, popular.

### Antonym

limited.

SCHOOL SYNERGY





# RADIOTHERAPY STUDENT OPEN DAY

Saturday 1st July  
2023



Have you thought about a career in Radiotherapy? Would you like to know more about radiotherapy and this fantastic profession?



We are inviting prospective students to visit our radiotherapy open day on Sat 1st of July.

If you would like to attend please book a 1 hour slot by contacting the email below .



To book please email-  
[education.radiotherapy@lthtr.nhs.uk](mailto:education.radiotherapy@lthtr.nhs.uk)



# NCS information Events

Whether you're looking to make a difference in the world, you're an aspiring entrepreneur or you're wanting to gain new skills for life, our NCS experiences are for you.

Now your 15–17 year old has the same opportunity to embark on an exciting new adventure where they can make friends, build their confidence, and develop and strengthen their skills for work and life.

Want to find out more? We will be hosting a series of NCS information sessions.

Monday 19th June

NCS-parental-information-evening: Registration

Tuesday 27th June

NCS-parental-information-evening: Registration



**WEARENCS.COM**





DID YOU KNOW? We currently have three community choirs that meet each week in Longridge, Broughton and Garstang. We have 90+ members and are proud to welcome everyone of all abilities. Sign up for your TWO FREE taster sessions on our website!



PRESENTS

## ***“The Show Must Go On!”***

OUR THREE COMMUNITY CHOIRS JOIN TOGETHER FOR A SPECIAL EVENING OF FANTASTIC MUSIC, SUPPORTED BY OUR MUSICAL FRIENDS.

We're a local choir, of local people from all walks of life. We're passionate about our local community. All funds raised from this concert, our fabulous raffle and other events over the coming year will be donated to the Civic Hall in Longridge. 2023 celebrates their 50th year and they need a helping hand to update their facilities and make repairs. Join us for a sensational night to remember!

FROM **COLDPLAY TO QUEEN; ABBA TO LORD OF THE RINGS**, THERE'S SURE TO BE SOMETHING FOR EVERYONE!

**Bar – Raffle – Artisan Market Stalls**



**Saturday 1<sup>st</sup> July 2023**

**7:30pm**

**Doors open 7pm**

**Longridge Civic Hall**

**PR3 3HJ**

**£8 adults**

**£5 concessions**

Tickets available from our online shop: [www.singspirationcommunitychoir.co.uk](http://www.singspirationcommunitychoir.co.uk)

For any further information call or email Stewart on 07740 593979

or email: [stewart@singspirationcommunitychoir.co.uk](mailto:stewart@singspirationcommunitychoir.co.uk)

**'COELIAC DISEASE IS DIFFERENT FOR EVERYONE' MAY 2023**

As part of raising awareness of coeliac disease and to coincide with the campaign in May 2023, Year 10 GCSE pupils, planned and prepared a variety of dishes that would be suitable for anyone affected by the condition. Pupils used gluten free ingredients and alternatives to wheat flour to make a range of dishes from fresh pasta to wheat free pizza bases.

Well done Year 10;s the range of dishes which you made demonstrate how versatile and confident you have become with your knowledge and skills.

Mrs Newton



**Primary Food Lessons**

Woodplumpton St Anne's Primary School, Year 4 pupils enjoyed two weeks of food lessons at Broughton High school in May. They prepared a range of dishes and took part in several practical activities. Thank you to the Year 8 helpers who were excellent helping with the tasks.

Mrs Newton



# CAREERS HUB



This section of the newsletter informs pupils and parents of the latest careers news, events held in school and opportunities further afield. Links to external employers and training providers can be accessed by clicking on the links underlined. Any careers queries can be directed to Mr Lord by email [lordc@broughtonhigh.co.uk](mailto:lordc@broughtonhigh.co.uk)

## JOB OF THE WEEK

Click to watch a small information video



### Event Manager

Financial advisors help people and organisations choose investments, savings, pensions, mortgages and insurance products.

Average Salary - £23,000 -45,000.

Average Working Hours- 35-38 per week.

More information can be found about this career path, including routes into the industry via the National Careers Website [here](#).



## NOTICES

### Calling Year 10 Parents

We are well underway in collecting the relevant paperwork from employers regarding Y10's work experience which will be running from 11<sup>th</sup> -13<sup>th</sup> July.

Please keep an eye on your emails over the coming weeks for a parental authorisation. Please check you are happy with the conditions and detail of the placement and complete the necessary steps.

Should you encounter any problems please do not hesitate to contact me via email [lordc@broughtonhigh.co.uk](mailto:lordc@broughtonhigh.co.uk)

## LIVE APPRENTICESHIP VACANCY



University of Central Lancashire

### Training 2000

Training 2000 have a number of live vacancies suitable for our Year 11 pupils. They have positions in areas such as, accountancy, business administration, dentistry and engineering. To find out more information about these opportunities visit Training 2000's website [here](#).

To find out if an apprenticeship is a suitable pathway for your child, visit the government website [here](#).

## Rec Room

Rec Room is available across different platforms and is free to play. It can be played with or without a VR headset. Rec room consists of player created rooms, in which players can play games and interact with others.

**Rec Room is rated as 9+ by the App store.** For players under 13 years of age, they are assigned a junior account. When creating a junior account, you can also add your own email address, which will allow you to manage your child's password and other settings such as in app purchases. Users with a junior account will not be able to message each other.

You should be aware of the following if your child is playing Rec Room:

- In app purchases: make sure your bank account details are not linked to the device your child is playing on.
- Chat: if your child does not have a junior account then there is a chat facility within Rec Room so there is a risk that your child could communicate with strangers.
- Inappropriate content: your child may come across themes or content that is not appropriate for your child.

Rec Room does have reporting facilities so if your child is playing Rec Room, then please ensure they know how to use them and to talk to a trusted adult if they see anything that concerns them.

You can find out more about Rec Room here:

<https://recroom.com/parents-guide>

## Social Media Influencers

### What is an Influencer?

An influencer is somebody prominent on a social media platform such as YouTube and Instagram, who have a high number of followers. Influencers share their opinions/ideas and may be paid to advertise/promote products through their account. Whilst there are some great influencers, there are some that choose to share their own opinions, which could be misogynistic or racist for example. These opinions can be expressed or interpreted as fact. It is important to talk to your child about the spread of misinformation online and how we should fact check and critically analyse what we see and hear online.

What we see on social media platforms is influenced by algorithms, which predict what type of content we are most likely to interact with. Whilst there are benefits of algorithms, it can mean that once we start looking at certain content, our social media feed can become more aligned with that opinion, so we don't see a balanced picture. You can find out more here: <https://www.childnet.com/blog/algorithms/>

### Further information

The NSPCC have created an article detailing what you need to know about online influencers. You can read it here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-05-16-the-influence-of-influencers/>



# Pinterest

# Safety Controls

**You must be at least 13 years old to have a Pinterest account.**

Pinterest is used for finding/storing ideas in categories such as recipes or home and fashion inspiration. Users can create a number of boards to which they 'pin' related ideas to, so they are organised and easy to find.



## What safety settings does Pinterest have?

For those under 16, Pinterest sets the account as private. If your child is under 18, then you can add a passcode, which will allow you to manage some settings.

## Reporting on Pinterest

If your child is using Pinterest, ensure that they know how to report content that does not meet the guidelines of Pinterest and how to block other users. You can find out more here:

<https://help.pinterest.com/en-gb/article/report-something-on-pinterest>

## Further information

You can find out more using the links below:

- <https://business.pinterest.com/en-gb/teen-safety-on-pinterest/>
- <https://help.pinterest.com/en-gb/article/resources-for-parents-and-caregivers-of-teens>

# Money Savvy Online



## Have you been scammed online?

As scammers become more sophisticated, it is important that we learn about the different approaches that they might use and what to look out for so we can protect ourselves. Barclays have listed some of the most common scams on their website:

<https://www.barclays.co.uk/fraud-and-scams/scams-protection/>

## MoneySense from NatWest

NatWest have an area on their website full of useful articles and guidance to support your child and enhance your understanding. Articles include avoiding fraud and online scams, information on digital game currency, the dangers of fraud and do you know what a money mule is?

The site also includes activities to complete with your child to enhance their understanding of money including a 'savings challenge' for ages 5 – 8 and 'money and your mental health' aimed at young adults. You can find this information and lots more here:

<https://natwest.mymoneysense.com/parents/>

# JusTalk

Users can use this app to video chat, call and text. There are two versions – JusTalk and JusTalk Kids with both versions having the option to unlock further functions via a premium subscription. **JusTalk is rated as 12+ and JusTalk Kids is rated as 4+ on the App store. Even though the apps may be rated as age appropriate for your child, there are still risks in using either version, such as in app purchases.**

The Ineqe Safeguarding Group provide an overview of JusTalk, including the risks you need to be aware of: <https://ineqe.com/2023/02/08/what-is-the-justalk-app/>

# Mental Health and Wellness Podcasts

Common Sense Media have curated a list of podcasts that might be suitable for teenagers. The podcasts listed include a description and reviews. You can find the article here:

<https://www.common sense media.org/lists/best-mental-health-and-wellness-podcasts-for-kids-tweens-and-teens>

# What is artificial intelligence (AI)?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity is increasing due to the likes of ChatGPT and more recently, My AI from Snapchat. Internet Matters have created a guide about using AI with your child and lists some popular AI tools that you should be aware of: <https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools/>

In addition, Childnet have produced this blog about Snapchat's My AI: <https://www.childnet.com/blog/snapchats-new-ai-chatbot-and-its-impact-on-young-people/>