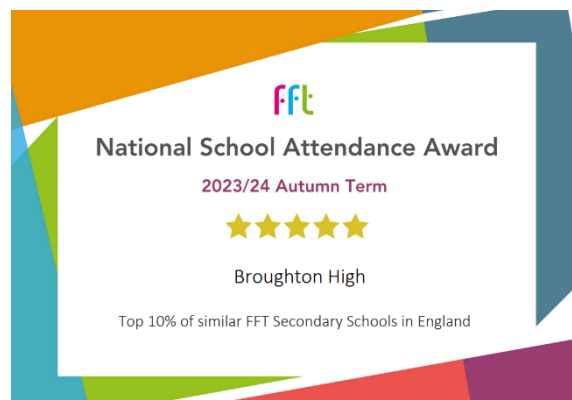
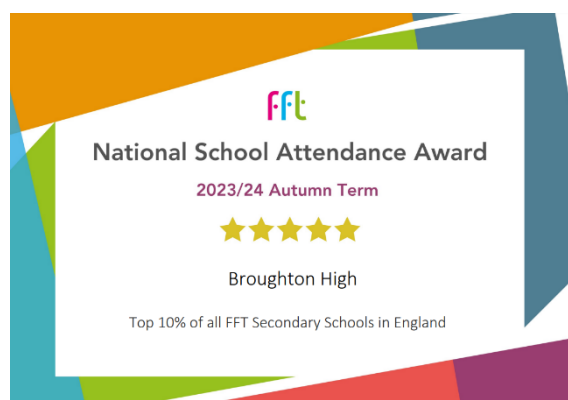


1st March 2024

Dear Parent/Guardian,

We received the excellent news this week that yet again Broughton High School is in the top 10% of school nationally for attendance. We also received confirmation that we are in the top 10% of similar schools to Broughton for attendance which again is truly impressive.



I know that I continually mention the importance of attendance in my weekly newsletter but it is still one of the biggest factors in ensuring that pupils make the best progress possible during their time at Broughton High School. I would like to thank you again for ensuring that your children are attending school at such a high level on a daily basis.

Today we said goodbye to Mrs. Karen Holding who has taken the decision to retire after being a member of our Learning Support Team as a Teaching Assistant for 28 years. Karen has made a significant difference to the lives of so many pupils over the years and I would like to take this opportunity to thank her for all her hard work, service and commitment to Broughton High School over such a long period of time. We all wish you the very best of luck in your retirement.

Today we also interviewed for a Maths teacher to take over from Mr. Gaffney. I am pleased to announce that we appointed Mr. Eaves and he will be joining us in June.

I have spent a significant amount of time visiting lessons this week, especially in our current Year 9 and Year 10 and I have to praise the pupils for their levels of commitment and hard work in lessons. I was especially impressed with the mature manner in which our pupils interact with their classmates and their teachers. The standard of presentation in books and the quality of homework that was completed was very impressive. Please spend some time asking your children to show you their books and the work they are completing in class. I am sure you will not be disappointed.

Our school website contains a huge amount of information, especially around the curriculum that your child will be following in each subject area. Each year group and subject has a specific plan of what will be taught during each phase of the school year and how we will assess them about what they have learnt and what they can remember at the end of each unit. Please take a few moments to have a look at the curriculum area of the website to gain a better understanding of what your children are currently studying and to test them on what they know.

Headteacher: Mr David Botes

Assemblies this week have focused on 'Self Belief' and I asked pupils to consider what it is that motivates them to do well and believe in their abilities and talents, both in and out of school. I reminded them to trust in themselves and that hard work always pays off. Having looked at the amazing recently generated Year 10 review scores, it is clear to see that so many pupils clearly have real self belief in their abilities. I know this will be the same for the other year groups also.

A reminder that the 'Year 8 Family Easter Bingo' will be held on Tuesday 26 March 2024 at 6.00pm in the Junior Dining Room here in school. The event will be organised by the PTFA, there will be bingo, light refreshments and the chance to win some wonderful raffle prizes too! The cost to attend is £5 per family (payment via ParentPay).

Key dates are as follows:


Year 10 Parents' Evening	Thursday 14 March 2024
Year 11 'Final Preparation for Exams' Evening	Thursday 21 March 2024
Year 8 PTFA Family Bingo at 6.00pm	Tuesday 26 March 2024
Year 7 Parents' Evening	Wednesday 27 March 2024
School Closes for Easter	Thursday 28 March 2024
School re-opens	Monday 15 April 2024
Year 9 Parents' & Options Evening	Thursday 18 April 2024
Year 8 Parents' Evening	Thursday 25 April 2024

Yours sincerely,



Mr David Botes
Headteacher

Learn it CHALLENGE

Every week, pupils in **Years 7, 8 and 9** are given  different, relevant facts, with the challenge of learning and remembering all ten facts for the following week, when they will be tested on them by their form tutor.

Pupils can access the challenge via notices on Synergy.

The next test will be on these days ...

Years 7 and 8
Wednesday
6th March

Year 9
Thursday
7th March

Every week there will be a new set of questions/answers set.

Why are we doing this?

- essential practice for exams
- learning relevant, factual information
- rote learning is good for pupils
- acquiring some general knowledge

Capital Cities

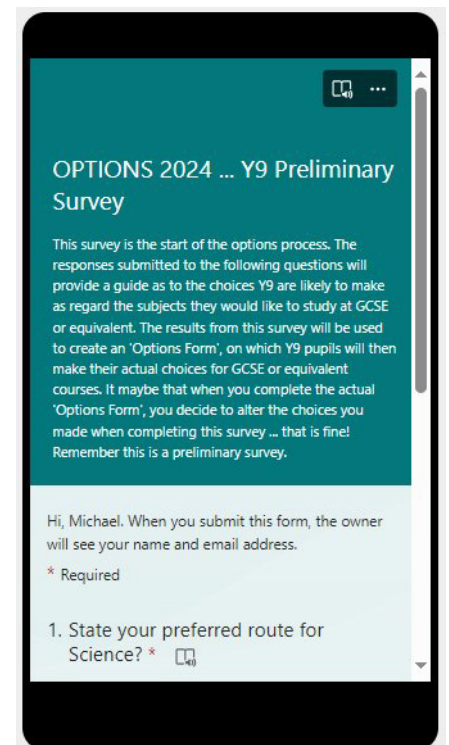
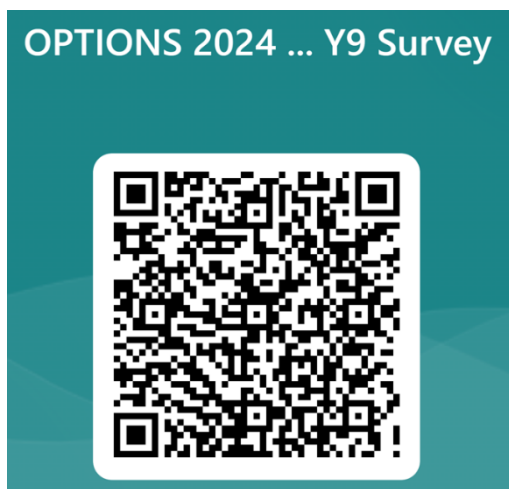
1. **Canberra** is the capital city of **Australia**.
2. **Brussels** is the capital city of **Belgium**.
3. **Ottawa** is the capital city of **Canada**.
4. **Beijing** is the capital city of **China**.
5. **Cairo** is the capital city of **Egypt**.
6. **Paris** is the capital city of **France**.
7. **Berlin** is the capital city of **Germany**.
8. **New Delhi** is the capital city of **India**.
9. **Tokyo** is the capital city of **Japan**.
10. **Luxembourg** is the capital city of **Luxembourg**.

Year 9 Options 2024

Over the next week, all Year 9 pupils will be asked to complete a MS Forms survey, which gives them a 'free' choice of subjects to study at KS4. Although, this is not the final choices of each pupil, pupils are asked to complete it as accurately as they can at this stage; the information gained from the survey will be used to create a 'best fit' options form, on which pupils will make their actual choices.



If your child is in Year 9, please discuss their initial choices with them and help them complete the survey which can be accessed via their School Synergy account, where it will appear as a homework assignment. Alternatively, pupils can access the survey using the QR code below and their school Microsoft account. Information about the proposed option courses offered for our Year 9 to pupils to study at KS4, can be found in the 'Options 24' booklet via the school website. The survey should be completed by Monday 11th March 2024.



Later this half-term during the week beginning 25th March, once the results of the survey have been collated and analysed, the actual options form will be published.

Further information for parents will be provided at the Year 9 Parents' Evening on Thursday 18th April, when, in addition to the opportunity to speak with subject specific teachers, there will be a presentation about the options process. This presentation will be held in the Junior Dining Hall at 4:15pm, 5:15pm and 6:15pm and all our Year 9 parents are encouraged to include one of these in their schedule for the evening; the presentation and opportunity to ask questions will take approximately 30 minutes.

All Year 9 pupils must submit their final options choices by Friday 26th April 2024.

Mr Church

Late Bus

The late bus operates every Tuesday, Wednesday and Thursday at a charge of 60p per pupil per journey. Pupils are able to use their bus passes and return tickets.

The service departs from Broughton at 4.25pm, allowing pupils to stay late to complete school work or participate in activities after school.

*** Until Thursday 28th March ***

the late bus will run Monday to Friday inclusive.

National Reading Champions Quiz

This half term, we have been running book quizzes in the library to help us select a team to represent Broughton High in the **National Reading Champions Quiz**. The quiz is part of a national reading campaign run by the National Literacy Trust, that 'supports and celebrates reading culture within schools'. 22 regions across the country take part with the winners of each regional heat going on to compete in a star-studded grand final held in London.



After two successful rounds in school, **Hemanshu Kayam 9C**, **Safa Shah 9s**, **Tabitha Roberts 8R**, **Georg Ilott 7s** and **Henry Smart 7H** won a coveted place on the team and this week took part in the regional heat against 23 other schools from across Lancashire. The team performed brilliantly, working together and answering some really tough questions over the course of two and a half hours. Although we did not make it through to the final, we had great fun and it was good to be competing against lots of pupils from so many different schools, all celebrating and enjoying reading. **Hemanshu**, **Safa**, **Tabitha**, **Georg** and **Henry** were fantastic representatives of Broughton and the reading culture we encourage here. Well done team!

Mrs Whitlock



Meet Therapy Dog ... Wilson



A small group of pupils have been selected to spend some time with our Therapy dog. We are working with the charity, Pets as Therapy <https://petsastherapy.org/> and Philippa Barker, who also provides a very valuable listening ear, alongside her dog, Wilson.

A Year 9 pupil commented, "Wilson is a lovely black Labrador who comes in to school on Mondays to help pupils relax and loves to be stroked. He pays attention to things that pupils say and enjoys being read to, laying down and relaxing while he is listening. Wilson is very calm and peaceful but also likes to have fun. He is very well-behaved and it is really nice to spend time with him and unwind".

Mrs Hardman

Wellbeing Workshop

As part of promoting wellbeing in school last week, Katie (a former pupil of Broughton High) gave some of our Year 10 and Year 11 pupils a very informative presentation about mental health and wellbeing in school. Pupils found the content very helpful and relatable.

We thank Katie for giving up her time and we look forward to welcoming her back to Broughton again in the future.



C Law, Roots Counselling



I WANT YOU
FOR WORLD BOOK DAY

WORLD
BOOK
DAY[®]

7 MARCH 2024

Get Caught Reading Competition

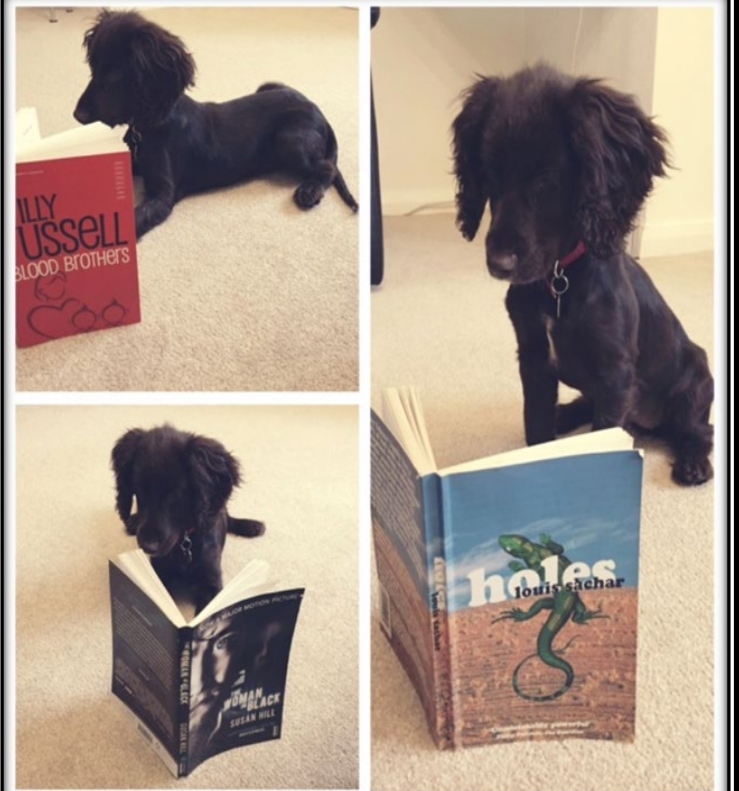
Here at Broughton, we recognise the importance of reading for both academic achievement and emotional well-being. The research continues to show that reading **leads to improved academic results and, importantly, a happier life.**

To promote World Book Day this year, we are launching a '**Get Caught Reading**' competition and the basic idea is, well, to get caught reading! We want you to submit a photograph of where you have been caught reading: the wackier and the more adventurous the better! We are also broadening entries to include pet submissions. Here is some inspiration from Mrs Armstrong's dog, Willow, from when she was a puppy (we really do mean it when we say we recognise how important reading is for all – including pets!). All entries will receive a Synergy point and there will be prizes for the winning entries!

Please send your entries to:

whitlocka@broughtonhigh.co.uk

by **Friday 8th March.**



Attendance Guide for Parents/Carers

What YOU must do:

- If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival. Read the [NHS advice](#) for guidance if in doubt.
- Have a backup plan for if your child misses transport, call on a family member, neighbour or friend.
- Try to telephone the school before 8.30am each day of your child's absence.
- Tell the school in advance, of any medical appointments and bring in the appointment card or letter.
- If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

What WE will do:

- Check your child's attendance every day.
- Phone home to discuss your child's attendance with you.
- If we cannot establish a reason for absence, then we may make a welfare home visit.
- Inform you if we have any concerns with your child's attendance.
- Invite you into school for attendance meetings if we are concerned.

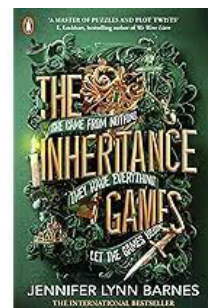
Mr Brandwood

Reading Recommendations

Alice Chapman (10C)

'The Invisible Life of Addie by LaRue' - V.E Schwab

'Inheritance Games' - Jennifer Lynn Barnes



It is always great to hear any recommendations you have.

If you have read a book that you think other pupils will enjoy, please email Mrs Armstrong with the title, author and why you recommend the book:

armstrongk@broughtonhigh.co.uk

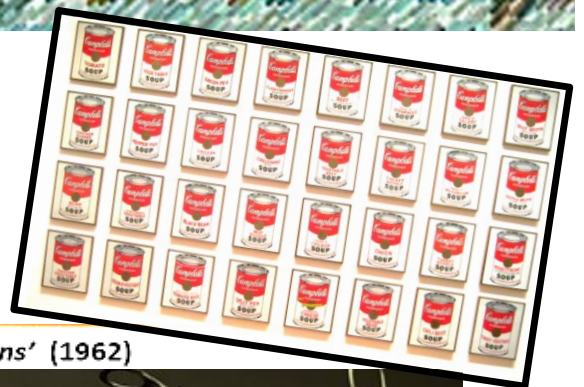
Synergy points are awarded for all submissions and you will feature in the newsletter!

**A pupil who reads
is a pupil who succeeds.**

'Tin Can Selfies' is a collaborative **Y8 Art Homework Project** which juxtaposes ideas of uniformity & community with individuality & diversity.

This project is inspired by **Andy Warhol's 'Campbell's Soup Cans'**.

Ms Smith's Y8 Artists created a subverted label for a food can in which they presented them self as a 'product'.



Andy Warhol 'Campbell's Soup Cans' (1962)



Girls' Cricket - U13 North Finals

Well done to the U13 Girls' Cricket team who represented Preston in the U13 North Finals at Bolton Arena.

After coming first place in the Preston competition, we were placed in the high ability group on the final's day, proving extremely challenging for our team.

However, with our usual Broughton spirit, our team battled hard against some amazing teams and never stopped trying, showing true resilience and determination throughout.

Our results were as follows:

Broughton 54 v Penwortham Girls 82

Broughton 52 v St Aidan's 71

Broughton 33 v St Michael's 108

Well done to all the team:

Ellie O'Neill

Kara Giddins

Grace Ashworth

Emily Bradley

Isla Dean

Aliyah Ahmed

Nishi Thakkar

India Amrith-Thompson

Mrs Lupton



Broughton High School's PTFA invite you to their

Year 8

Family Easter Bingo Event

Tuesday 26 March 2024

at 6.00pm

**£5
per family**

There will be bingo,
light refreshments and the
chance to win some
raffle prizes too!



**Payment to be made via
ParentPay**



*You are
invited to our...*

RUNSHAW COLLEGE

Don't forget our Application Deadline
**1st
April
2024**

OPEN EVENT

Wednesday **6th** March

4.00pm-8.00pm

Proud to **pursue
excellence
together!**



Register online at: www.runshaw.ac.uk/openevent



Self-Injury Awareness Day - 1st March

Self-harm can look different for different people. You might find yourself doing things which are harmful, but not think of them as 'self-harm'. But that doesn't make your experience any less valid.

Self-harm can look like:

- cutting yourself
- using drugs or alcohol to cope with your problems
- not eating, over-eating, or forcing yourself to throw up
- spending all your time on addictive behaviours like gaming, social media or gambling
- over-exercising and/or exercising when you are injured
- biting, hitting or burning yourself
- hitting walls
- getting into situations on purpose where you risk getting hurt.

Often self-harming only brings temporary relief. You might also have negative feelings after self-harming, such as guilt, shame or fear. When difficult feelings start to build up again, you might feel like you have to harm again. It can be really hard to break out of this cycle. Self-harming can become a habit and it can be upsetting to think that this is your only way to cope.

Follow the link below for more information:

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>

WORD OF THE WEEK

w/c 4th March

hysteria: noun

an emotionally unstable state brought about by a traumatic experience.

Example

Mass **hysteria** erupts as the people crowd in to view the race.

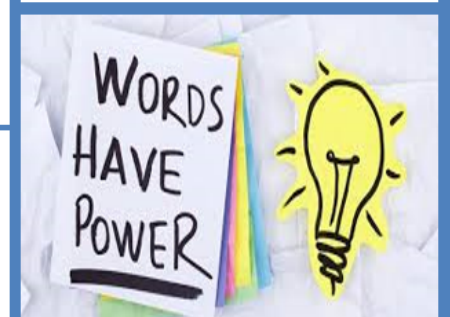
Synonyms

panic, excitement, frenzy.

Antonym

calmness.

SCHOOL SYNERGY



Presentation Evening for Air Force Cadets

On Saturday evening, 24th February, two of our Year 9 pupils, **Seth Wilcock** and **Jamie Steele**, attended the **143 Longridge Squadron's awards ceremony**.



Seth and Jamie have been Air Force cadets for 18 months and attend twice weekly parade nights as well as weekend camps and activities.

At the presentation evening, Seth and Jamie received certificates for: Pre Duke of Edinburgh, air rifle trained shot, air rifle marksman, leading cadet award, leadership, along with a certificate of appreciation from the Royal British Legion for their fundraising efforts. Very well done to both pupils.



RECRUITMENT NIGHT

Tuesday 5th March 2024 19:30

Christ Church Hall, Chapel Street, Longridge, PR3 3JA

Are you at least 12 yrs old and in Year 8?

AND WOULD YOU LIKE TO TRY...

Flying
&
Gliding



Paddle-
sports



First
Aid



Weapons
Training



DofE

Leader-
ship
Skills

**THEN PLEASE GET IN TOUCH
BY EMAILING**

Adj.143@rafac.mod.gov.uk





YEAR 10 & 11

SEE FACILITIES MEET LEARNERS & STAFF EXPLORE YOUR OPTIONS

OPEN EVENT

THURSDAY 7 MARCH 4PM - 7PM

YEAR 10 & 11

OPEN EVENT

THURSDAY 7 MARCH 4PM - 7PM

PRESTON
COLLEGE

At our Open Event you can speak to our course tutors, specialist support staff, advisors and learners about the experience you'll get as a Preston College learner. You'll also have the chance to explore our industry standard facilities, Apprenticeships and learning opportunities including T-Levels and Scholarships.

SCHOLARSHIPS

Receive a number of benefits, including £1,000 (over two years), a travel pass, gym membership and more!

CENTRE OF SPORTING EXCELLENCE

Find out more about our exclusive partnership with Preston North End Community and Education Trust.

APPRENTICESHIPS

Meet the Apprenticeship team and learn about how you start your career and study for a qualification when you leave school.

SPECIALIST ACADEMIES

Find out more about Specialist Academies in Musical Theatre, Acting and Dance.

SEND

Talk to our SEND team to find out about the support available.

FACILITIES

See the ISTEM Centre, Construction Skills Centre, Hairdressing Salon, Theatre, Dance Studios, Sports Centre and more!

STUDENT SERVICES

Talk to our Student Services team about bursaries and bus passes.

Keep up-to-date through our social media channels for your chance to **WIN £20 AMAZON VOUCHERS** at the event in our Golden Ticket competition.

scan to register
www.preston.ac.uk/march24

   /prestoncollege



CAREERS HUB

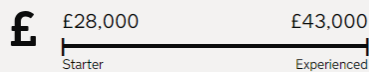


This section of the newsletter informs pupils and parents of the latest careers news, events held in school and opportunities further afield. Links to external employers and training providers can be accessed by clicking on the links underlined. Any careers queries can be directed to Mrs Smethurst by email smethurstj@broughtonhigh.co.uk

Learning disability nurse

Learning disability nurses take care of the social, psychological and physical health needs of people with a learning disability.

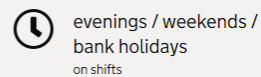
Average salary (a year)



Typical hours (a week)



You could work



[Click to watch a small information video](#)

'THE PARENT PERSPECTIVE' PODCAST

"The Parent Perspective" is an exciting **podcast series for parents and carers**, helping them to support their children with careers advice and guidance. Series 3 is bigger and better than ever, led by our brilliant new host, Rachel Burden!

Together with Not Going to Uni, we want to make sure that we are supporting parents to feel informed and confident in providing careers support and guidance to their child, so that they ultimately make the best decisions for them.

Through the podcast Rachel and guests offer a fun and informative space for listeners to:

- Explore which careers are available today
- Showcase the experiences of interesting and diverse role models
- Provide real-time insights into how the world of work is changing

Each episode Rachel speaks to a diverse mix of parents, bringing their burning questions to expert speakers from the careers world. Together they uncover practical solutions and informative answers, to help you and your child make informed decisions on those all important next steps.

Listen via your **preferred platform** now or **listen below!**

BE THE FIRST TO HEAR



[Click here to find out more](#)

Soft skills to succeed!

Sign up to one of these webinars on unifrog to help you improve your soft skills! Search for webinars on your unifrog home page!

unifrog

Year 10 Work experience

Upload your work experience to unifrog by **8th March 2024**.



Soft skills to succeed: Communication

For students

Effective communication is essential for managing relationships, and this is especially important at work. Big companies invest lots of money in developing their employees' communication skills, so join this webinar to get a head start! Deloitte, Accenture, and the Government Economic Service will be there to discuss the importance of effective communication, and how you can build these skills while studying.

> Mon 4 Mar @ 16:30 UK time - 45 mins - [sign up](#)



Soft skills to succeed: Critical thinking

For students

From recognising biases to constructing logical arguments, critical thinking allows you to evaluate information and use it to form your own opinions. If you want to understand what critical thinking is, why it's so important to employers, and how you can demonstrate it while studying, join this webinar to hear from Dyson what employers look for when assessing candidates.

> Mon 4 Mar @ 17:30 UK time - 45 mins - [sign up](#)



Soft skills to succeed: Adaptability

For students

Being adaptable means responding well to last-minute changes and excelling in uncertain situations. If you want to learn how to impress by demonstrating adaptability skills on your CV, join this webinar today! You'll hear from Barnett Waddingham and Schroders about what employers look for when hiring, and how to build adaptability skills while studying.

> Tue 5 Mar @ 17:00 UK time - 45 mins - [sign up](#)



Soft skills to succeed: Commercial awareness

For students

Understanding your future employer's needs will allow you to excel within your role, and having strong



Essity - The name behind brands such as Cushelle and Lotus tissues, Essity has a range of apprenticeships in manufacturing, engineering, and technical areas, with sites across the UK. Perfect for students post A-Level, BTEC, or GCSE.

[Learn about Essity's apprenticeships](#)

Women in the Army



"If you're thinking of joining the Army, embrace the challenges as well as the opportunities. Build your **resilience**, seek out **mentorships**, and remember the importance of **friendship**."



ARMY
BE THE BEST

MEET
STAFF SERGEANT TANYA PARRY

Royal Artillery

Growing up with her father in the Army, Staff Sergeant Tanya Parry dreamed of signing up herself. So she took her first steps at 15 by joining the Queen's Royal Hussars cadets, and at 17 she joined the Army Reserves. Today, she's our first female Watchkeeper Pilot, and on her way to Captaincy.

**SCAN THE QR CODE TO DISCOVER OUR OPPORTUNITIES
AND LEARN ABOUT LIFE IN THE ARMY**



Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:

- <https://www.internetmatters.org/issues/screen-time/protect-your-child>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:

- <https://www.internetmatters.org/issues/screen-time/deal-with-it/>

This final link provides a guide on how to balance screen time:

- <https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/>



Video Chatting

Does your child use a web cam or a device to video chat?

Video calls are a very popular way in which people connect with each other, this could be using Facetime on an iPhone, video calling in WhatsApp or perhaps livestreaming on social media as an example.

You should talk to your child about who they chat with and what they are sharing when they do. As with all apps and websites that your child accesses, make sure they know how to use any reporting tools and they know how to block other users if necessary.

It is important that your child is aware that what they say and do whilst video chatting can be recorded and shared later without their knowledge. Additionally, ensure your child understands that they must say no if they are asked to do anything that makes them feel uncomfortable and they should speak to a trusted adult when they have any concerns.

Childnet have written this blog to help you learn more about video chat and webcams. It also contains tips on how to manage risks whilst online: <https://www.childnet.com/help-and-advice/video-chat-and-webcams-parents/>



Report Remove

Childline work with the Internet Watch Foundation (IWF) and Yoti to help a child remove any sexual image or video of them that is online.

This service will help them to have an image **removed** that is public or available to anyone on the internet. Find more here:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

Instagram

You will probably know that Instagram is used to post photos and videos, but did you know that it can also be used to message, voice/video call and send disappearing messages? Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).

You must be over 13 years of age to set up an account. To create an account, you must enter a date of birth (but it is not verified). *When you set up an account for users under 16 years old, the account is set to Private. This is the recommended setting so that your child approves who follows them and sees their content.* Even if your child's profile is private, their bio (at the top of their profile) can still be seen by **everyone**. Check they have not included personal information here e.g. they should not be wearing their school uniform in their photo.

Instagram includes several privacy settings, so go through these with your child and ensure they are set appropriately. Settings include:

- Messages/Group chats – set who can message you/add you to groups.
- Story replies – you can turn this off or choose who can message you.
- Hidden words – turn this option on to hide comments/messages that may be offensive. You can also add your own custom words or emojis.

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it.

Supervision

You can set up supervision on your child's (aged 13-17) Instagram account. This gives you access to a set of tools including the ability to see who they follow/who follows them, how much time they are spending on Instagram, set a time limit and view accounts your child has blocked. Your child can also share when they have reported anything to Instagram with you. Learn more here: <https://help.instagram.com/658522825492278>

Safety Features

Ensure your child knows how to report posts and people, how to unfollow and block people, delete and turn off comments. View here: <https://help.instagram.com/269765046710559>

Quiet mode

Your child can activate quiet mode, so they do not receive notifications (to provide less distraction whilst studying and at night time).

How can I keep my child safe on Instagram?

The NSPCC have published a blog with everything that you need to know: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/keeping-children-safe-on-instagram/>

More information

- Visit the family centre to learn more about the features available: <https://familycenter.instagram.com/>
- Download a parent's guide to Instagram: <https://help.instagram.com/299484113584685>

Do you need help managing your child's device?

You can use Google Family Link or Apple Family Sharing to help you depending on your child's device.

Google Family Link

This is a parental control app from Google that lets you:

- See activity reports showing how long they spend on each app.
- Approve or block new app downloads.
- Set screen time limits.
- Find their location (using their device).

You will need to download an app and then decide appropriate settings.

<https://families.google.com/familylink>

Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions.
- Share purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

<https://www.apple.com/uk/family-sharing/>

Monitoring Apps (paid for)

In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend a specific product, these are some examples that you could review and test using a free trial:

- Norton Family: <https://uk.norton.com/products/norton-family>
- Qustodio: <https://www.qustodio.com/en/>
- Family Time: <https://familytime.io/>