



Yr 7 Settling in Evening on Wednesday 3.30-5.30pm

**Friday 15<sup>th</sup> September 2023**

<b>Your child's Form Tutor:</b>	<a href="mailto:surname + 1&lt;sup&gt;st&lt;/sup&gt; initial @bedalehighschool.org.uk">surname + 1<sup>st</sup> initial @bedalehighschool.org.uk</a>
<b>Pastoral Support Team:</b>	<a href="mailto:woodl@bedalehighnyorkssch.onmicrosoft.com">woodl@bedalehighnyorkssch.onmicrosoft.com</a>
<b>Miss Bradbury (Head of KS3):</b>	<a href="mailto:bradburys@bedalehighschool.org.uk">bradburys@bedalehighschool.org.uk</a>
<b>Mrs Clayden (Head of KS4):</b>	<a href="mailto:claydenv@bedalehighschool.org.uk">claydenv@bedalehighschool.org.uk</a>
<b>SEND &amp; Inclusion Queries (Mrs Knight):</b>	<a href="mailto:knighta@bedalehighschool.org.uk">knighta@bedalehighschool.org.uk</a>
<b>General Queries:</b>	<a href="mailto:admin@bedalehighschool.org.uk">admin@bedalehighschool.org.uk</a> or call 01677 422419
<b>Subject Teacher:</b>	<a href="mailto:surname + 1&lt;sup&gt;st&lt;/sup&gt; initial @bedalehighschool.org.uk">surname + 1<sup>st</sup> initial @bedalehighschool.org.uk</a>

## Attendance Support

Many parents and carers will have seen recent media coverage of the attendance issues facing schools in the wake of the pandemic. A range of reasons has been suggested by different commentators, and I have read many readers' letters published by newspapers which give more of a parental viewpoint on this issue. Some feel that it is because schools are not inclusive enough. Or they suggest that schools focus too much on rules and discipline with little incentive for students to attend. Others say that the pressure to achieve academically is too much to cope with. Or that the persistent challenge of securing social acceptance (essentially - making good friends) is too much for some young people. Some even think it is a wider post-Covid cultural shift in attitudes.

Whatever the reasons, national data, and our own year-on-year GCSE results, show a crystal-clear pattern, established over a long time that is impossible to argue against: higher levels of attendance lead to better academic outcomes and happier, socially confident students.

Our school, like the other schools I know in our part of the world, has struggled to regain our pre-Covid levels of attendance. At this point I should be clear and say that when I am talking about attendance issues, I am talking about students who are frequently absent from school without valid reasons - not those with significant or genuine health issues or other conditions that make it difficult for them to maintain full attendance.

So, what can we do about this issue? On a whole-school level, we try to ensure that school is simply a nice place to be. Yes - when you have nearly 600 teenagers in the building, there will be tensions, fallouts, dramas and a steady stream of other issues. But these are far outnumbered by the acts of kindness, courage and decency shown by the vast majority of our students and staff on a daily basis. We put a lot of effort into ensuring that school is about more than classroom lessons (as vital as they are!), and this is why we offer so many trips, competitions, clubs, activities and experiences for students to be involved with.

But I understand that this is a complex problem, and that there can be individual contexts around students and their families that make attendance at school a real challenge. I also believe that parents and carers genuinely want their children to be in school as much as possible.

*(Continued on next page)*

Understandably, some parents and carers worry that they will 'be in trouble' if their child is a poor attender. But school's objective is the same as yours: to get your child back into school. So please, if your child is struggling to maintain good attendance (95% or above), the first step is to ask us for help. We can often find solutions together that will make a genuine difference. And if we can't, we may be able to secure help from elsewhere. But it starts with a conversation, and a willingness to work together to make things better.

I hope that by sharing some information here, we can secure your full support in improving our whole-school attendance. One thing that often stands out is that poor attendance can very quickly become habit-forming. So, the earlier we can work together to tackle an issue, the less chance there is of that issue contributing to further absence. Every single day can make a difference.

#### What WE will do:

- Check your child's attendance every day
- Phone home to discuss your child's attendance with you
- Invite you into school for attendance meetings if we are concerned, or if you are concerned
- If we cannot establish a reason for absence, then we may make a welfare home visit
- We will try to make adjustments and amendments around your child in school if there is a particular issue that is stopping them from attending in the short term
- We follow the North Yorkshire School Attendance Policy

#### What YOU must do:

- 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 appointment cards/letters
- 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
- Have a backup plan for if your child misses transport, call on a family member, neighbour or friend
- If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help
- If there is a fallout, argument or issue with another student or staff member, don't 'keep them off until it is resolved'. These things can only be resolved when all parties are in school and able to speak to appropriate staff.
- Avoid taking your child on holiday during school time.

#### **Who can I ask for help if I am worried about my child's attendance?**

Mrs Hayes: Attendance: hayesz@  
Mis Bradbury: Yr 7-9: bradburys@  
Mrs Clayden: Yr 10-11: claydenv@  
Mrs Knight: (SEND/CO): knighta@  
Miss Hall: Pastoral: halla@  
Your child's Form Tutor

Add on [bedalehighschool.org.uk](http://bedalehighschool.org.uk) after the staff name and first initial (listed above)

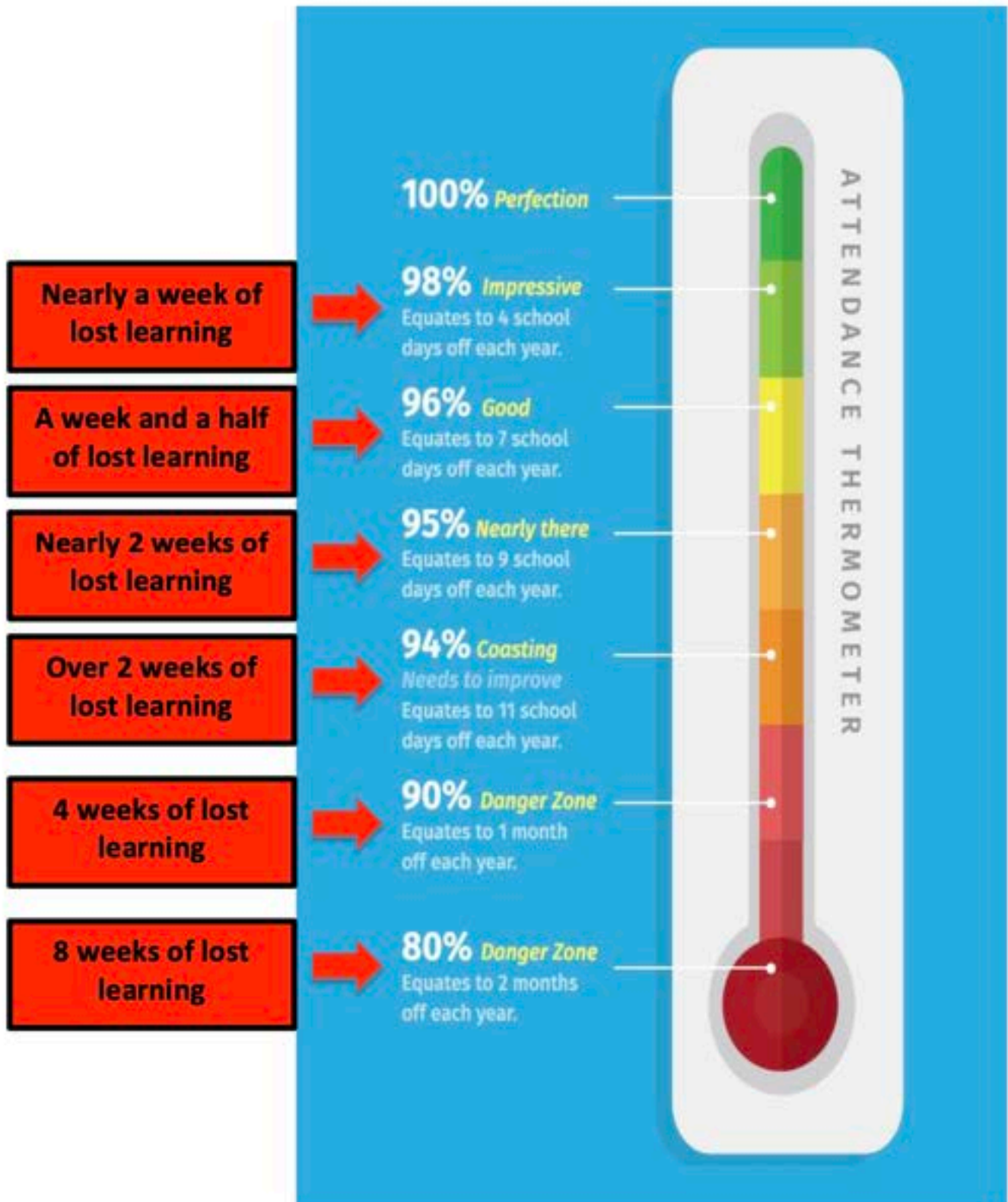
OR Call 01677 422419 and ask for one of these staff members.

#### **Coughs and Colds?**

NHS guidance confirms that it is fine to send your child to school with a minor cough or common cold. And we all know that you can feel below par on these days, especially when you first wake up. But often, after we are up and dressed, after eating breakfast and maybe taking ibuprofen or paracetamol – these symptoms are much more manageable. Please send them to school in this instance, but you can always let us know to contact you if they do start to feel worse during the day.

# Attendance Support

## ATTENDANCE THERMOMETER SHOWING THE IMPACT OF ABSENCE ON LEARNING





## Lovely Year 7s: School Meals

Mrs De Roche (Catering Manager) has let me know that some of our Year 7s are regularly buying food for friends at break or lunch, and then running out of money themselves. It is lovely to hear that they are truly enacting one of our core values of compassion – but please can parents remind them of the limit of daily spend (£7) and that we try to support each student by not allowing them to buy for others. They can still be a great friend by coming to staff in the dining hall and telling us if one of their friends is unable to purchase food, or has an issue with their account. This way, - we can resolve it without it impacting on their (and your) budget.

## Self-Study Update

Mr Dunne writes (repeated from last week): Following some concerns raised regarding our move away from Satchel One last academic year, we are now moving self-study recording to Microsoft Teams. Students have had an assembly to explain these changes and been given an overview of the usability of the platform. From Monday, students in Yrs. 8-11 will expect to have their self-study set within the assignments module of Teams. Logging into Teams is easy and simply requires a school email address and school password. The app can also be downloaded to ensure that push notifications are received when self-study is set, submitted or returned. Any student who is struggling to get into Teams should speak to a member of staff who will assist. Teams works with the My Child at School app so any active self-study set in Teams is visible for parents in our parent app. Students in Yr 7 will have further guidance on accessing Teams and the Bromcom student portal across the course of next week with the intention of setting self-study for them from Monday 18th September. **We will be offering a virtual help session to parents soon - more info to follow on this.**

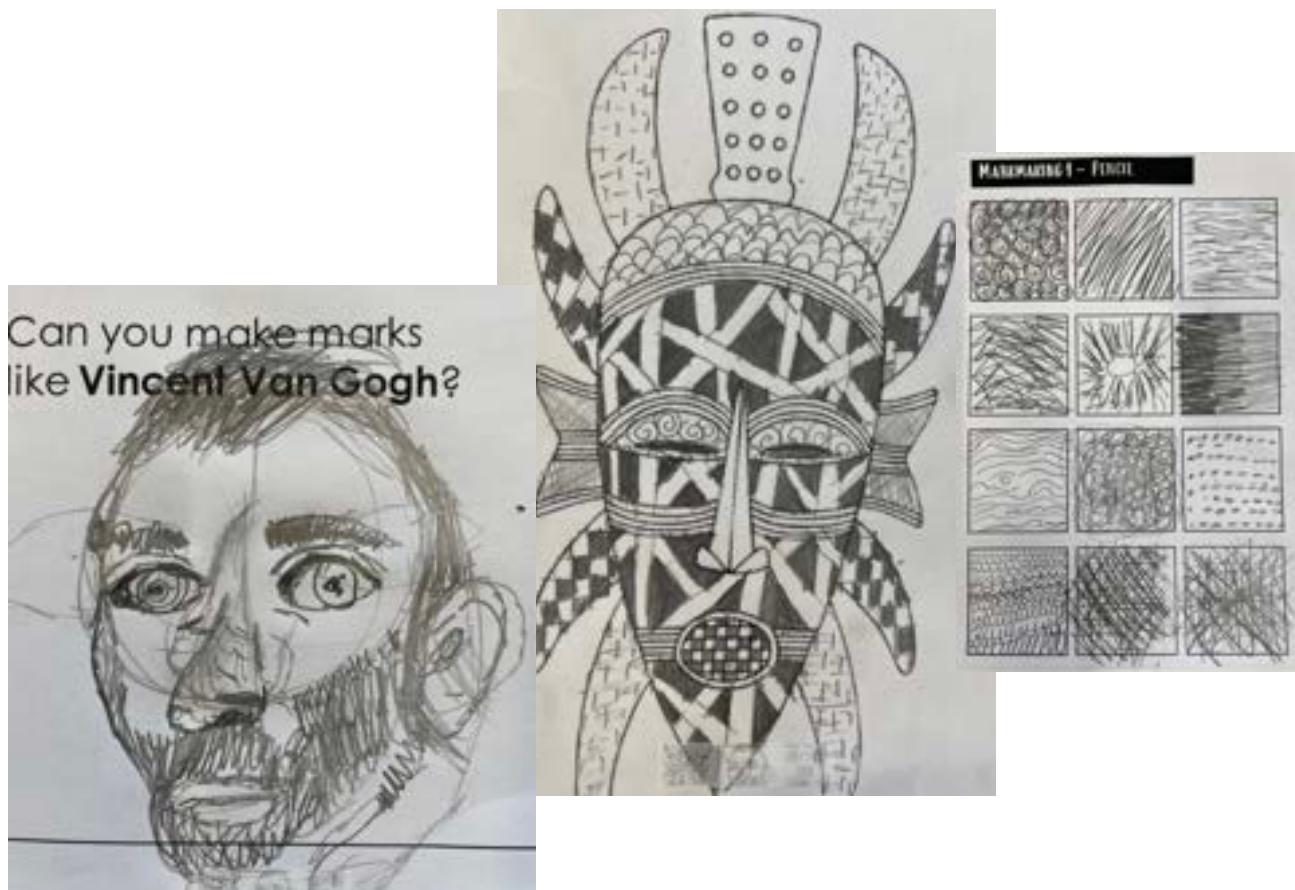
## Science Update

Mrs Faint writes: Top set Year 11 students were getting stuck in today during a Required Practical Activity for the 2<sup>nd</sup> Physics Paper. They had to investigate if changing the depth of water affects the speed of the water waves. I have included some photos of their great work in class.



# Super Students...continued!

**Mrs Dixon writes:** Our Art and Design students are off to a super start this term. With excellent focus in lessons, KS3 students have generated some energetic and interesting markmaking. Year 8 have been looking at Zentangles and African Art, whilst Year 7 enjoyed learning about Vincent Van Gogh and why his work is so special. We look forward to seeing everybody's work develop over the coming weeks!



A number of girls across school took part in a Dance show at Northallerton Forum last weekend. The pictures look amazing - well done to all who were involved. The ones we know of are: Anna Clark, Ava Paskins-Waldron, Esmae Potter-Service, Mia Armstrong, Olivia Bailes, Lois Hare, Kairi Buckton, Freya Doyle, Evie Lyons, Lexi McMillan-Smith, Leyla Crocker, Georgia Pattison, Imogen Pattison, Annabelle Rooney, Louise Boreham and Amy Hannington.





# BHS Great European Day of Languages Bake-Off

Miss Jackson writes:

Are you a wonderful baker? Would you like to enter a competition to help celebrate the European Day of Languages on Tuesday September 26<sup>th</sup>?

If that's a "oui", a "ja" or a "si" read on....

On Tuesday September 26<sup>th</sup>, we will be celebrating the European Day of Languages. If you would like to bake a cake, simply choose a European recipe or a theme from a European country and bake your cake.

Bring your cake into school on Tuesday 26<sup>th</sup> to be entered into the competition. The winner and runners up will be chosen by the School Leadership team and prizes given out.

The cakes will then be sold off at a break time bake sale on the Wednesday to raise money for a charity of the winner's choice.

If you need help with a recipe, or you have any questions, pop and see us in Room 10 and 12.

Miss Jackson and Mrs Wilson





# BHS READING NEWS

Welcome back!

September 2023



## LIBRARY SHAKE-UP!



This summer, we gave the library at Bedale High School a bit of a makeover! As well as organising the books into different genres to make it easier for you to find your next exciting read, we have added more books, ordered comfy cushions (reading nest, anyone?) and blackboard paint, offering another way for you to share your recommendations with other students.

It has been wonderful to see so many of our students already making use of the space and enjoying a peaceful read at break and lunchtimes.

Be sure to come along any break or lunchtime to browse the books!



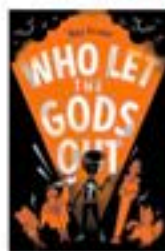
There are lots of exciting events and competitions coming up this year to celebrate reading, writing and speaking and listening. Which ones will you get involved in?

## Rotary **YOUNG WRITER** COMPETITION

September sees the launch of the annual Rotary Young Writer Competition, open to young people aged 7-17. This year, you are invited to produce a story in prose or poetry on the theme of 'Rebuilding'. Deadline: 14th February 2024. Look out for posters around school and see your English teacher or Mrs Cann for more information.



On 27th September, some of our Y7s will take part in a virtual author visit with Maz Evans, famed for her 'Who Let The Gods Out' series. We can't wait to find out more about her new book about Mayan mythology!



## READING GOALS!

As well as aiming to read for at least 15 minutes every day, why not also try:

- Reading to someone else?
- A new genre?
- Writing your own poem or story? (Check out the Rotary Young Writer Competition for inspo!)

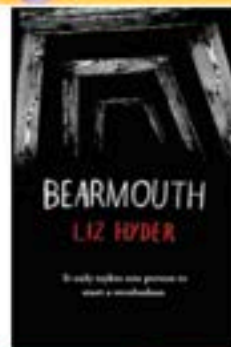
## WE WANT TO HEAR FROM YOU!



What are your favourite books? Who are your favourite authors? We want to feature your ideas and recommendations in this newsletter, around school and in our library. Drop an email to Mrs Cann at [canns@bedalehighschool.org.uk](mailto:canns@bedalehighschool.org.uk), pop into the library, or have a chat with your English teacher.



Like short stories? Try 'Look Both Ways' by New York Times bestselling author, Jason Reynolds. This anthology of 10 stories features a range of characters and adventures, told by friends on their way home from school.



Mrs Cann recommends: 'Bearmouth' immerses you in a dystopian underground world where days are filled with hard labour and memories of the world above ground fade quickly. Will a mysterious newcomer bring hope or danger?





**BHS  
MILITARY  
STUDENTS  
CLUB**

**OPEN TO ALL FORCES  
STUDENTS IN YEAR 7 TO 11**

AN OPPORTUNITY FOR OUR FORCES  
STUDENTS TO TRY NEW THINGS, DEVELOP  
NEW SKILLS, MAKE NEW FRIENDS AND GET  
TOGETHER WITH YOUNG PEOPLE FROM  
SIMILAR BACKGROUNDS

**EVERY WEDNESDAY AT  
LUNCHTIME IN THE  
DRAMA STUDIO**




**PAID EXTRA  
CURRICULAR  
DRAMA  
LESSONS**

**With Mrs Kate Vaughan**

Open to all students in Years 7 to 11

An exciting opportunity to develop skills  
in speech and diction, acting and devised  
drama through the New Era Academy

Weekly Solo 30 minute lessons - £22.00  
Weekly Duo 30 minute lessons - £15.65

TO REQUEST A PLACE FOR YOUR  
CHILD, PLEASE EMAIL  
[WOODL@BEDALEHIGHSCHOOL.ORG.UK](mailto:WOODL@BEDALEHIGHSCHOOL.ORG.UK)




**JOIN OUR  
PTFA**

We are looking for  
parents and friends to  
join our PTFA and  
volunteer their time  
at various school and  
community events  
throughout the year

Can you offer your  
time, support,  
resources, muscle  
or good humour?

To find out more about what's  
coming up, email  
[woodl@bedalehighschool.org.uk](mailto:woodl@bedalehighschool.org.uk) to  
express your interest

It's not all about  
serving tea and  
coffee!




## PE Extra-Curricular Clubs

### Monday

**Lunchtime** - KS4 badminton in the sports hall - Miss Temple

**Afterschool** - Y7 Football on the MUGA - Mr Bielby

**Afterschool** - Trampolining for all ages in the GYM - Mrs Clayden

### Tuesday

**Lunchtime** - Basketball in the sports hall - Mr Bielby

**After school** - Girl Football (week B only) - Miss Goddard (not starting until Tuesday 26th)

### Wednesday

**Lunchtime** - Netball in the sports hall (Y7/8 week A and Y9/10/11 week B) - Miss Temple

### Thursday

**Lunchtime** - Basketball in the sports hall - Mr Bielby

For all lunchtime clubs, students do not need to get changed but must bring trainers. For all after school



# What's Coming Up?

Keep an eye on the changes and updates to events as this table will be updated weekly. I hope that it gives parents and carers an idea of the fantastic range of opportunities and events that are available to BHS students. We firmly believe that the happiest students are the busiest students – the ones who take advantage of the experiences we can offer them...please encourage your child to get involved!

DATE	EVENT	AUDIENCE
18 <sup>th</sup> Sept	Sports Studies Rock Climbing Trip to Brimham Rocks (1)	Yr 11 Sports Studies Students
20 <sup>th</sup> Sept	Year 7 Settling In Evening	Year 7 Parents
21 <sup>st</sup> Sept	Sports Studies Rock Climbing Trip to Brimham Rocks (2)	Yr 11 Sports Studies Students
25 <sup>th</sup> Sept	PSHE trip to Bradford (1)	Yr 7 students
27 <sup>th</sup> Sept	BHS Open Evening	Yr 5 and Yr 6 Parents
28 <sup>th</sup> Sept	PSHE trip to Bradford (2)	Yr 7 students
4 <sup>th</sup> Oct	Primary Enrichment Day - Art	Art Subject Ambassadors and local primary students
5 <sup>th</sup> Oct	PSHE trip to Bradford (3)	Yr 7 students
6 <sup>th</sup> Oct	Hovercraft Challenge at QE	Some Yr 9 and Yr 10 students
10 <sup>th</sup> Oct	Assembly with Richmond Sixth Form College	Yr 11 Students
16 <sup>th</sup> Oct	Visit to DRAX (1) Restart A Heart Day (1)	Yr 10 Science students Yr 7 Students
20 <sup>th</sup> Oct	Visit to DRAX (2) Restart A Heart Day (2)	Yr 10 Science students Yr 7 Students
23 <sup>rd</sup> Oct	Primary Enrichment Day History	History Subject Ambassadors and primary students
24 <sup>th</sup> Oct	Geography Trip to Malham (1)	Year 8 Geog students
25 <sup>th</sup> Oct	Geography Trip to Malham (2)	Year 8 Geog students
26 <sup>th</sup> Oct	Geography Trip to Malham (3) Yr 11 Information Evening	Year 8 Geog students Yr 11 Parents and Students

# The Wellbeing in Mind Team

## Wellbeing in Mind Team



### Who we are...

The Wellbeing in Mind Team (WMT) is a Mental Health Support Team (MHST) which is an NHS service that has been introduced as part of the national plans to expand mental health services for children, young people, and their families within the education setting.

### What we do...

We aim to positively impact the mental health and wellbeing of young people by:

- Using low-intensity evidence-based CBT informed interventions for low mood and anxiety.
- Working closely with each school's identified Mental Health Lead (a senior member of the school staff who has received specific training to support this role) to support individual referrals through consultations.
- Supporting schools in developing and maintaining a 'whole school approach' (WSA) which includes delivering assemblies, classroom-based sessions, staff training and workshops covering a range of topics.

### Why we do it...

Difficulties you experience in your child and teenage years can affect things like your work, friendships and home life. Having the right support available when and where you need it can help to lessen the impact difficulties like stress or anxiety have on you, both now and in the future.

This team are in school every Tuesday and Friday. They will also be delivering sessions to every Year 7 tutor group this half term.

## Wellbeing in Mind Team

Trained mental Health professionals - in school twice a week to support young people with a range of issues.

### The iTHRIVE model...

The thrive framework is a national needs-based model that aims to support and improve services for children and young people's mental health

The model conceptualises need in five categories; Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support.

The Thrive approach places emphasis on prevention and early intervention, through supporting young people, their families and professionals to be resilient, to be informed about support available, and to understand what they can do to help themselves.



Typically, the pupils the Wellbeing in Mind Team work with fall within the 'Getting Advice' and 'Getting Help' quadrant.

We can support pupils in 'Getting Advice' through supporting them in accessing information and accessing self-help resources. We are also able to support pupils who fall within the 'Getting Help' quadrant, through the delivery of evidence-based intervention sessions.



# Compass Buzz Us Service for 11-18s

## ***BUZZ US***



BUZZ US is an anonymous and confidential text-messaging service for young people aged 11-18 in North Yorkshire where you can speak to a worker of Compass Phoenix to receive advice, support and signposting for any mental health and wellbeing issues you may have.



**BUZZ US**

Thank you for messaging in, how can I help you today?

I've been feeling really low in mood for the past few months

I'm sorry to hear this, shall we work through this together and look at some strategies that may help.





**Autism  
Central**



**DAISY  
CHAIN**  
Autism & Neurodiversity

# Are you looking for somewhere you feel listened to and understood?

## Autism Central is here to help.

The Autism Central Peer Education programme is for parents, carers and personal assistants of autistic people. Daisy Chain is the Regional Hub for North East and Yorkshire.

Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

**We are here to listen, offer guidance and tell you about services that are available in your local area.**

**Navigate you to services that can make a difference and empower you.**

**Increase your knowledge, understanding and provide you with skills to last.**

As part of the programme, Daisy Chain will provide weekly Parent Learning Opportunities and Links Parent Support Group (based in Stockton, held during term-time) with additional sessions set up in locations across North East and Yorkshire.



**Visit our website**



**support@daisychainproject.co.uk**



**01642 378461**



# Mental Health Signposting

*We have now been awarded the NY Healthy Schools Silver Award!*

*Please visit our updated Mental Health and Wellbeing section on the school website: [Mental Health and Wellbeing at BHS](#)*

## Wellbeing Support from Bedale High School

There are lots of places you can access help and support...



[www.thegoto.org.uk](http://www.thegoto.org.uk)

This is a website developed by the NHS North Yorkshire Clinical Commissioning Group. It is a single point of information that promotes different mental health support services (like a signpost). The website is designed primarily for young people but there is information for parents and carers too.

### Contact details:

Mr T Kelly

[kellyt@bedalehighschool.org.uk](mailto:kellyt@bedalehighschool.org.uk)

Mrs V Clayden

[claydenm@bedalehighschool.org.uk](mailto:claydenm@bedalehighschool.org.uk)



Please don't hesitate in contacting Mr Kelly or Mrs Clayden if you have any concerns during the break or if you need support with something.



Text 07520 681168 to start a supportive text conversation with friendly professional support

### Another useful resource:

[bedalehighschool.org.uk](http://bedalehighschool.org.uk)

Safeguarding

Where to go to for help

## Further Information

In our area, there are a range of national and locally-funded support forums for children and young people which are now embedded, including:

<https://thegoto.org.uk/> The Go-To Website - the home of wellbeing and mental health in North Yorkshire. The website helps young people find the right help and support to stay well, whatever is happening in their life.



**Healthy Schools**  
North Yorkshire

Childline - free, confidential, anonymous 24/7 service for anyone under 19 in the UK with any issue including emotional and mental health.

YoungMinds Textline - free, 24/7 text support for young people across the UK experiencing a mental health crisis, with texts answered by trained volunteers supported by experienced clinical supervisors  
Buzz Us Text Messaging Service - confidential advice, support and signposting from a wellbeing worker within one working day via text for young people aged 11-18 across North Yorkshire and York.

Self Harm help: Here you can see a link to the YoungMinds website and a guide aimed at supporting parents who have children who may be self-harming. It is a useful and user-friendly guide which include further ideas for help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>

[guide/self-harm/](#)

There is further information - including health professionals' referral forms - on NHS North Yorks CCG Website.