



Dear Parents/Carers,

Thank you to all the Year 11 parents and carers who joined us last night for parents' evening. The partnership between parents and school is essential for supporting your child to do well and achieve their best, especially at this crucial point in their secondary school career. We were also supported by our Year 10 student leaders who did a very professional job with reception and refreshments – if your child was involved, please praise their hard work.

As we start December, things are already getting ready for the festive season. On Thursday 4th December we have our Creative craft and carol evening. Please ensure you've bought your tickets on ParentPay. The Christmas Card Design competition has now closed with the winners from Primet being announced next week, ahead of their designs going forwards to the Pendle Education Trust competition. Winners from each school will get together on Tuesday 9th December to see which designs will be used across the Trust this year. We've also got Christmas Jumper Day on Thursday 11th December.

Years 7 to 10 also have their mid-year assessments over the next fortnight. They have been looking at our Core Four study techniques during personal development sessions recently to help them in preparation, and will have revision lists set on ClassCharts for what to prepare for. These assessments are an opportunity to demonstrate just how much they know and can remember from their learning so far this year, and they should have a go at every question and give it their best. Tracker reports will be issued early in the new year to update you on their progress.

Along with the festivities also comes the much colder weather. Please ensure your child is dressed appropriately for school, with full school uniform and a suitable winter coat. If you have got any missing coats or uniform items please remind your child to be checking the lost property display near M14. During the winter months students should be wearing tights under their skirts or trousers. Our uniform policy does not include knee socks, and students wearing these will be asked to change into tights which they will be provided with. We also recommend if students feel cold inside school that they wear a school jumper under their blazer. If you need support with uniform, please get in touch with your child's Head of Year to discuss how we can support.

J Pilkington

Principal

Principal's Awards

Awarded to the students in each year group with the highest number of Positive Points and 0 Negative Points each week.



**Olivia-Rose
(7A)**

**Asad
(8M)**

**Aiden
(9E)**

**Sophie
(10E)**

**Wiktoria
(11A)**



**Artsmark
Silver Award**
Awarded by Arts
Council England



Leading Parent
Partnership Award
2022-2025

Stars of the Week

Congratulations to this week's star students:

Year 7

P- Brooke
R- Malaika
I - Robyn
M - Esah
E - Mark
T - Lulian
A - Lacey - Lei
YOY - Evie

Year 8

P- Lilli
R- Ethan
I - Haroon
M - Inaayah
E - Abdul
T - Thomas
A - Finley
HOY - Mia

Year 9

P- Evie
R- Marnie
I - Sonia
M - Will
E - Aliza
T - Oscar
A - Lily
HOY - Saffron

Year 10

P- Demi-Leigh
R- Lena
I - Hallie
M - Imogen
E - Fazeel
T - Abdullah
A - Summer
HOY - Maya

Year 11

P- Rabail
R- Josie
I - Rubj
M - Haydn
E - Candise
T - Ryanne
A - Oskar
HOY - Mareeha



Christmas

CREATIVE ARTS,
FESTIVE CRAFT &
CAROLS

The evening is a collaboration of Music, Food Technology and Art.

December 4th

5:30-6:30pm

The event will start with festive crafting, where parents, families and students will be able to make:

Festive cards and decorations

Festive gift labels

Winter wreaths

Festive treats

There will be music performances on throughout the event, performed by our talented students. A range of winter hot beverages, cakes and treats will be made and served to you by our food tech students. So, you can sit back and get crafty with your friends and families.

The event will commence at 5:30pm and parents are invited to attend, tickets are £3 per adult, children are £2 each and a family ticket for £8.00 is also available. Tickets are available through Parent Pay.



Year 10 Dive into the Science of Specific Latent Heat!

Last week, our Year 10 students have been exploring one of the most fascinating concepts in physics—specific latent heat. With focus and determination, they worked collaboratively to uncover the secrets behind energy transfer during changes of state.

Through hands-on experiments and guided discussions, students discovered how energy is absorbed or released without a change in temperature, deepening their understanding of thermal physics. Their teamwork and curiosity truly shone as they connected theory to real-world applications.

We are incredibly proud of their effort and enthusiasm—this is science in action at its best!

#ProudToBePrimet



Primet Positive Focus: EXPRESSIVE

This week we have been focusing on our core value of Expressive. This represents how we communicate through fluent speech and writing and use creative methods to represent our knowledge and ideas. We value the work of others and what it conveys.



UNCRC Articles

UNCRC Articles

As part of our UNICEF Rights Respecting Schools Award, we have been looking at each of the United Nations Convention on the Rights of a Child Articles. There are 54 Articles in total. This week we have been learning about:

- Article 12 – Respect for the views of the child: Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right applies at all times, for example during immigration proceedings, housing decisions or the child's day-to-day home life.
- Article 13 - Freedom of expression: Every child must be free to express their thoughts and opinions and to access all kinds of information, as long as it is within the law.



Upcoming Dates

2nd December – Flu vaccinations

3rd December – Year 7 MEGA trip to Nelson & Colne College

4th December – Year 10 Sister Act performance trip

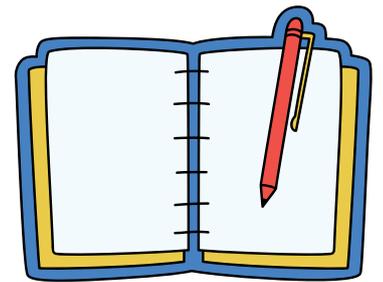
4th December – Christmas craft and carol evening – please buy tickets on ParentPay

11th December – Christmas Jumper Day

15th December – Parent/carer and KS3 child wreath making workshop – please sign up for a ticket

16th December – Year 10 Careers workshops

19th December – Whole School Assembly and final day before holidays, early finish time at 1pm



A poster for Christmas Jumper Day at Colne Primet Academy. At the top left is the school logo. The text reads: 'Colne Primet Academy Christmas Jumper Day THURSDAY 11TH DECEMBER ALL PROCEEDS GO TO SAVE THE CHILDREN CHARITY'. Below the text is a Christmas tree, a gold coin with a pound symbol (£), and four different Christmas jumpers. At the bottom, it says 'ONE POUND DONATION TO BE GIVEN TO YOUR FORM TUTOR' and 'Full school uniform must be worn with your Christmas jumper or one appropriate Christmas accessory.'

We're excited to celebrate Christmas Jumper Day on Thursday 11th December!

Students are invited to wear a festive Christmas jumper or a single appropriate Christmas accessory to help spread some seasonal cheer. Please note that full school uniform must still be worn, with the jumper or accessory added on top.

We are kindly asking for a £1 donation, which students can give directly to their form tutor on the day. All funds raised will go towards supporting our chosen Christmas charity.

Festive Wreath-Making

We are delighted to invite our parents and carers into school on **Monday 15th December**, from 9:15am to 11:30am, for a wonderfully festive Christmas Wreath-Making Morning.

This free event is open exclusively to parents and carers of **Year 7 and Year 8 students**, who are welcome to take part alongside their child. It's a perfect opportunity to get creative and enjoy some seasonal crafting together.

To participate, please bring along your own foliage -real or artificial -as well as any decorations you would like to include on your wreath. We will provide the space, support and festive atmosphere!

Please note: there are only 15 places available, so early booking is essential.

We look forward to welcoming you for a morning full of creativity and Christmas cheer.

**Please scan the QR code to book your place today!
Or click on this link : [here](#)**



Lancashire Adult Learning Festive Horticulture Course:

Nothing says Christmas like putting a hand-made wreath on your front door. With tuition from our teachers, you'll be creating your own festive wreath using greenery that you have gathered yourself from your garden or other accessible green spaces.

Learners must provide their own foliage - real or artificial and any decorations you wish to use.



Colne Primet Academy
15th December
9-15-11:30

We are excited to introduce CURIOSITY QUEST

An engaging opportunity for our Year 7 students to explore, research, and showcase their innovative ideas! The Extraordinary Minds Academy, led through Nelson and Colne College, has been created to spark the imagination of learners. Dedicated to expanding their academic confidence and abilities, the programme will allow students to use a wide range of skills including developing their leadership potential.

What is Curiosity Quest?

This project encourages year 7 students to dive into topics that spark their interest, solve mysteries, explain wonders, or tackle big questions such as "Who built the pyramids?" Students can enter individually or as part of a small group.

What students need to do

Choose a topic and subject that interests them
Research the topic thoroughly – gather information, debate ideas constructively, and seek different perspectives from peers, teachers, and family.

Prepare their submission to submit a 500 word document summarising their findings by Monday 15th December

Please speak to Mrs Leak if you have any further questions.



Welcome to the
EXTRAORDINARY MINDS ACADEMY



£50 gift voucher plus goodie bag



£30 gift voucher



£20 gift voucher

Checking your child's attendance and punctuality on ClassCharts

Selecting this tab will present you with a table of your child's **attendance** data for the past 31 days.

To change the displayed timeframe of attendance records, click on the **Date** button and select the date range of your choice.

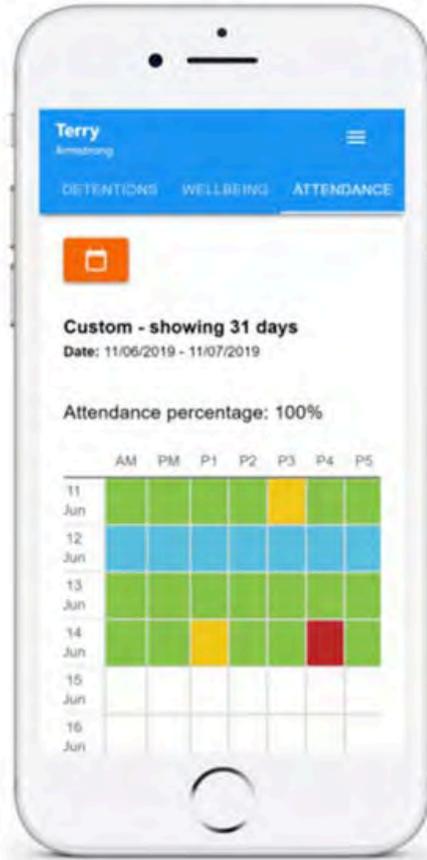
Attendance records fall under four categories: **Present**, **Late**, **Authorised absence** and **Unauthorised absence**.

Present: Your child attended the lesson.

Late: Your child was late to the lesson.

Authorised absence: Your child did not attend the lesson, but had a valid reason for doing so.

Unauthorised absence: Your child did not attend the lesson and did not have a valid reason to do so.



New Ways November 2025

MONDAY



3 Get outside and observe the changes in nature around you

TUESDAY



4 Sign up to join a new course, activity or online community

WEDNESDAY



5 Change your normal routine today and notice how you feel

THURSDAY



6 Try out a new way of being physically active

FRIDAY



7 Be creative. Cook, draw, write, paint, make or inspire

SATURDAY

1 Make a list of new things you want to do this month

SUNDAY

2 Respond to a difficult situation in a different way

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

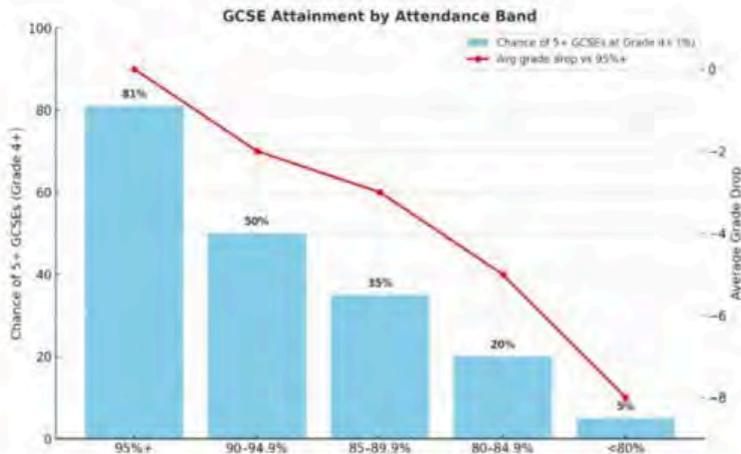
30 Look for new reasons to be hopeful, even in tough times



GCSE Attainment by Attendance Band

GCSE Attainment by Attendance Band

Attendance has a direct and powerful link to GCSE attainment. Pupils with high attendance (95%+) are far more likely to achieve strong passes, while persistent absentees see their attainment collapse. The chart below shows the relationship between attendance bands and outcomes.



Key Findings:

- Pupils with **95%+ attendance** have around an **81% chance** of achieving 5+ GCSEs at Grade 4 or above.
- Pupils with **90-94.9% attendance** are typically around **2 grades lower** across their subjects.
- Pupils below **80% attendance** see outcomes collapse: fewer than **5% achieve 5+ strong passes**.

Key Message: Each 1% drop in attendance is linked to lower attainment – approximately a quarter of a grade per subject.



Expectations Reminder: Extra-curricular and Enrichment

All students are encouraged to take part in the wide variety of activities at Colne Primet Academy. We encourage not just academic development but personal growth through structured sessions before school, at lunchtime and after school. All extra-curricular activities are free and are a great way to try something new and make new friends, just simply turn up and have a go!

We also have the Pendle Education Trust Secondary Pledge which we are committed to along with West Craven High School, our sister secondary school in the Trust. Pendle Education Trust pledges that all our secondary students will experience all 5 out of 5 of these opportunities before leaving secondary school.

Cultural appreciation	Exploring careers	Fundraising	Community Involvement	Eco-awareness
e.g. trip to the theatre	e.g. attend a careers fair	e.g. organise an event for a good cause	e.g. get involved in a community project	e.g. take part in a sustainability project

Focus on Year 10

A huge well done to our Year 10! We started this year off as we mean to go on.

Our commitment to maintaining such high standards across the school has been outstanding, and it's been fantastic to see attendance improving too this term. We are aiming for perfection and would like to stress the importance of being in school.

We are especially proud of the evolving roles of our Year 10 leaders, who have been readying themselves in supporting KS3 reading with enthusiasm and maturity. Their willingness to guide younger students and contribute to our reading culture shows true leadership. The training will take place in upcoming weeks where our selected reading leaders will be working with Deputy Principal, Ms Brown.

A special thank you also goes to those of you who assisted during the Year 11 Parents' Evening. Your professionalism, organisation, and warm welcoming and friendly nature helped the event run smoothly and created a positive experience for families and staff alike. We had lots of praise on Jack's brewing skills & Quadir's natural flair to be the best guide! That's not to forget all our other helpers who shone on the night. It's always nice to be able to pass the duties over for our leaders to 'run the show'...

This may be a shorter half term, but we've achieved so much already. Our Y10 athletes performed brilliantly at the recent cross-country competition and our students also represented the academy and you, their families, fabulously during the star awards performances.

Keep up the brilliant work Year 10!



Miss Faraz
Head of Year 10

ORACLE FILM CLUB INTO FILM

Thursday 4th December: 3.25pm – 5.06pm

30 FREE PLACES AVAILABLE
 Parent permission slip available from Oracle
 Please feel free to bring popcorn and water!

Oracle Film Club – Minecraft Movie Screening!

Our Oracle Film Club is excited to announce its next film showing – the Minecraft Movie! All students are welcome to come along and enjoy this special screening on **Thursday 4th December, from 3.25pm to 5.06pm.**

There are **30 free places available**, so make sure to secure your spot. Parent permission slips can be collected from the school Oracle.

Feel free to bring along popcorn and water to enjoy during the film.

We look forward to seeing you there for an afternoon of adventure and fun!



National Creative Writing Competition – Get Involved!

We're excited to share that entries are now open for the National Writing Competition, a fantastic creative opportunity for all children aged 11 to 18.

This year's challenge is to write a story about something unusual happening – in 100 words or less! Let your imagination run wild and show off your storytelling skills.

The top five entries will be published in a national book, so it's a brilliant chance to have your work recognised across the country.

Entry sheets, packed with helpful tips and inspiration, are available from The Oracle or from your English teacher.

We can't wait to see your creativity shine!

NATIONAL WRITING COMPETITION
 Deadline 16.12.25

Write a story about something unusual happening in 100 words or less!

Top 5 entries to be published in a national book.

Entry sheets (with lots of tips and help) available from Oracle or your English Teacher.

(Year 8 might be doing this with their English Teacher)

BOOST YOUR STUDENTS' WRITING CONFIDENCE OPPORTUNITY FOR STUDENTS TO BE PUBLISHED IN A BOOK FANTASTIC PRIZES FOR STUDENTS AND SCHOOLS

Attendance

As we look towards the end of our first term in school, we revisited in assemblies the importance of achieving 95%+ attendance and punctuality to school for our students. Year 11 have started their Period 6 sessions in preparation for their GCSE exams at the end of the year, and Year 7, 8, 9 and 10 start their first end of year assessments.

Every single day counts for students to achieve their maximum potential.

For all year groups, **95% attendance = 50% more chance** of achieving their Maths and English GCSE.

For students who have **less than 90% attendance = 36% chance** of achieving their target grades.

As the weather has become colder, we commended all students who have ensured they have maintained and improved their attendance to 95% and above and how building a habit can help all students increase their attendance over time. Across all of our year groups, attendance was up to 94.8% in the first week after half term and we look forwards to supporting our students in achieving as high a level of attendance as they can for the rest of this year.

In preparation for our reward events at the end of this half term, students are continuing to work towards **achieving 95%+ in their attendance and behaviour**. This half terms reward event involves our Year 7s experiencing a local cinema trip and Year 8-11 students competing in a variety of 'beat the teacher' events.

Thank you for all your continued support in ensuring your child attends each day and we look forward to working with all students in demonstrating their Proud to be Primet attitude.

Mr Thomas
Assistant Principal



Curriculum focus Geography

As I write this, I'm looking out over a frost cover field from the new build with the sun shining in. This is my favourite type of weather – cold and crisp with fantastic views over Pendle Hill from the front of school. I'm always reminded when it's like this of why I became a Geography teacher and what a fantastic part of the UK we live in. So much geography on our doorstep!

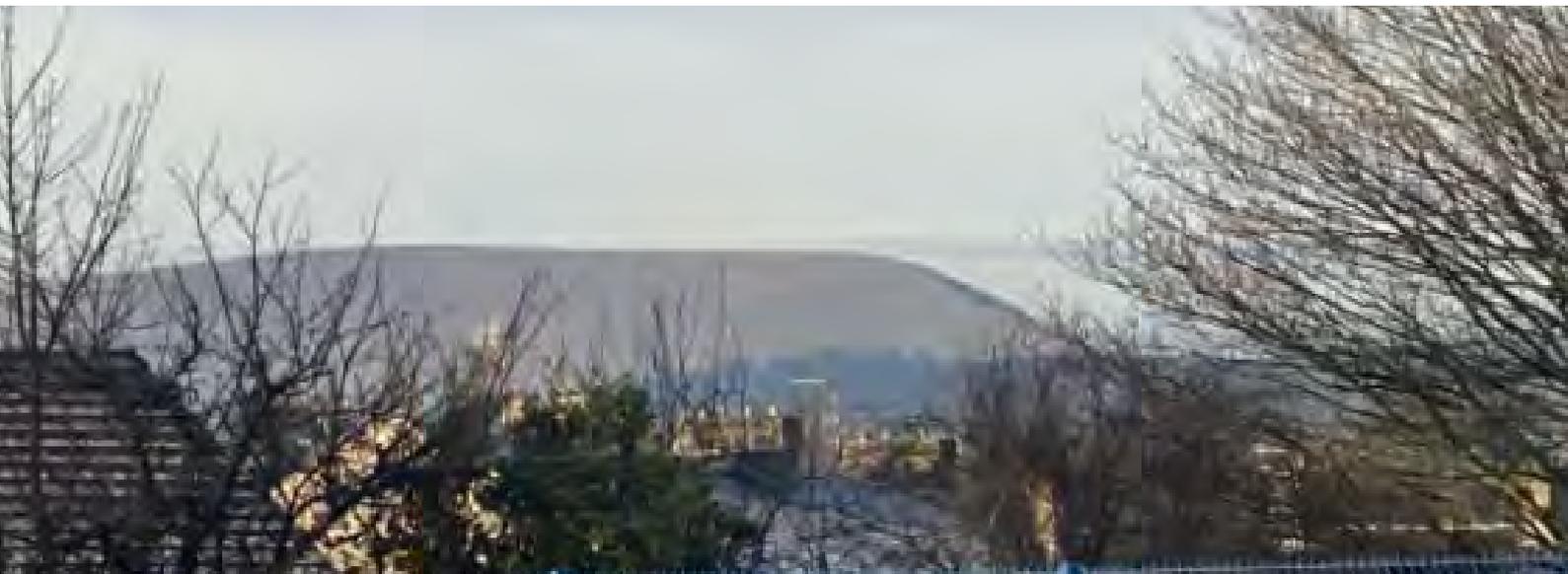
Pendle Hill from our yard: formed 300 million years ago when the River Ribble eroded the limestone away leaving behind the harder pendle grit, and forming the well-known plateau shape.

At KS3, Year 7 have been learning all about the UK this half term and why we experience the weather we do. I've had some great conversations with the students in the Bridge about why it rains so much in the North West. But not today! Year 8 are looking at populations around the World and areas that are sparsely populated and areas that are densely populated. Year 9 are continuing their work this half term looking deep into the earth's structure and have started to understand why earthquakes and volcanic eruptions happen, and where. Fascinating stuff!

At KS4, year 11 are also studying tectonic hazards and are using a case study close to my heart: Nepal. I have spent some time in Nepal over the years working closely with a school in Kathmandu which was badly affected by the earthquake in 2015. Although it's a difficult one to talk about, it's amazing to be able to share my experiences of the country both before and after the earthquake and really allow students to understand the devastating economic effects that nature can have on such a Low Income Country. Year 10 are starting to learn about the weird and wonderful world of Tropical Rainforests and all the amazing species that survive in such a hot and wet environment. The World truly is an amazing place and it's a real privilege to help our students understand that every day.

Mrs Kinnane

Lead Practitioner of Geography



Assembly Theme

This week we welcomed youth workers from CYAG (Colne Primet Action Group) and Targeted Youth Support. Both organisations promoted the wide range of activities available to our young people after school, at weekends and during school holidays. We also had HAF (Holiday activities and Food Programme) tell students about how they support families during school holidays. If your family is entitled to access the support from HAF, you will have emailed directly by LCC. Below is further information on all 3 organisations and their services.

Colne Youth Action Group

Members only; membership is £5 per year
Join today at www.cyag.org/join

Mondays

- Homework Support 3.30 - 4.30pm
- Junior Youth Club 4.30 - 6.30pm
- Senior Youth Club 7.00 - 9.00pm

Tuesdays

- Sen-sational 4.30 - 6.30pm
- The Sound House 6.30 - 8.30pm

Wednesdays

- Homework Support 3.30 - 4.30pm
- Junior Youth Club 4.30 - 6.30pm
- Senior Youth club 7.00 - 9.00pm

Thursdays

- Cricket 3.30 - 4.30pm

Saturdays

- Weekend Wanderers 10am - 4pm

CYAG

Find us @ [colneyag](https://www.facebook.com/colneyag) [colneyag](https://www.instagram.com/colneyag)

Colne Youth Action Group Charity, Byron Road, Colne, BB8 0BQ
Registered No: 1192629

Out of School Achievement

A huge well done to Cody, who has been crowned Pendle Youth Darts Academy Grand Slam of Darts Intermediate Winner 2025. This is a fantastic achievement and reflects Cody's hard work, dedication, and impressive skill on the oche.

We are incredibly proud of you, Cody
#PROUDTOBEPRIMET





Talkzone has been providing confidential advice and support to children and young people in Lancashire for 30 years.

We are just a text, web chat or phone call away for anyone aged 0-19 or up to 25 if you have a learning difficulty or disability.

- Someone to talk to
- What age can I?
- Problems at home or school
- Mental health
- Jobs and training
- Self harm
- Apprenticeships
- Bullying
- Staying safe online
- Drugs and alcohol
- Sex and health
- Things to do
- Relationships
- Housing, rights and money

Talk online lancashire.gov.uk/youthzone
Text 07786 51 11 11
Call 0800 51 11 11
Find us on Facebook @LancashireYZ
Find us on Twitter @LancashireYPS

You can contact us from 2-10pm, 365 days a year.

lancashire.gov.uk



LOOKING FOR THINGS TO DO THIS WINTER?

ARE YOU OR IS YOUR CHILD IN RECEIPT OF FREE SCHOOL MEALS?

HOLIDAY ACTIVITY AND FOOD PROGRAMME 2025
WINTER IN LANCASHIRE: EAT, PLAY, REPEAT!



#HAF 2025



Scan me to find out more, or call in to your local Family Hub.

Funded by
Department for Education

lancashire.gov.uk/events



Targeted Youth Support at the Zone Nelson

Monday – Colourful Voices (7-9pm)

Tuesday – Girls' Group (7-9pm)

Wednesday – Boy's Group (3:30-5:30pm), Youth Council (7-9pm) and Detached (Barnoldswick (7-9pm))

Thursday – LGBTQ+ (7-9pm)

Friday – Safe Space (7-9pm)

Leeds Rd, Nelson BB9 8EL
Phone: **01282 470877**



Scan the QR code to get advice and support

www.lancashire.gov.uk/youthzone/get-in-touch/

Personal Development

Personal Development

This week in Personal Development students have been looking at:

Year 7			Year 8	Year 9	Year 10	Year 11
Healthy learning – SHED method	Healthy Learning – SHED method	Healthy Learning – SHED method	Barclays Life skills / Learning skills and Flashcards	Relationships and Conflicts		

Next week they will focus on:

Year 7	Year 8	Year 9	Year 10	Year 11
Study Skills and flashcards	Study Skills and flashcards	Study Skills and flashcards	Racism and Racism in the workplace	Power to <u>perform</u> : nutrition and rest

Next week, as part of our provision for Relationship and Sexual Health education, the NHS Sexual Health Team will be delivering assemblies to years 9-11. The assemblies will cover consent, access to contraception sexual health advice, and the importance of communication in healthy relationships. The assemblies reflect the right of all children from the age of 13 to access confidential support from the NHS in this regard. The Northwest, including Pendle, continues to have high teenage pregnancy rates, so the aim is to make sure all students are aware of their rights before they need to access these services.

In RCS, Year 9 are continuing their topic on Commitment. This week, they are exploring relationships and the law, including marriage, civil partnerships, and religious ceremonies of commitment. This unit is designed to support the statutory RSE framework, focusing on families and respectful relationships. Students will also consider the right to delay sexual activity, looking at this alongside celibacy and sex before marriage. There will be an examination of religious texts and rituals surrounding marriage, which will provide guidance on the expectations of committed relationships.

Later this term, Year 7 will have lessons aimed at helping them understand and manage changes, with particular attention to the changes that occur during puberty. These lessons are delivered sensitively in a safe learning environment, enabling students to explore issues around mental health, accepting change, and preparing for puberty as a normal part of growing up.

If you have any questions about the delivery or materials used, please do not hesitate to contact me. You may also wish to refer to the school's Relationship and Sex Education policy.

Year 8 this week worked with Nelson and Colne college exploring post 16 pathways, including T levels, Btecs, A Levels and Apprenticeships. As students move through their school life, it is important they have a clear understanding of how they can continue their journey towards employment beyond Primet.

Work Experience fortnight commences Monday 22nd June 2026

We are now booking in lots of Work Experiences placements, so well done those students who have already returned their form. It is important that students return their completed Work Experience form from the careers office as soon as possible so we can confirm the placement with the employer.

You can support your child by considering contacts you may have in various places of work and can help them arrange a placement somewhere you are already familiar with. Work Experience forms are available to students via the careers office or form tutors.



Mrs Bielby
Head of Personal Development

Careers

Explore Your Future – College Open Events

Over the next few months, there are lots of exciting college open events taking place across our area. If you're in Year 10 or 11, this is the perfect opportunity to start exploring your next steps. Visiting different colleges will help you discover the courses, facilities and opportunities available – and give you a real feel for where you might want to study after West Craven. Make sure you get along to some of these events to find out more and start planning your future!



College Open Events

College Name	What do they offer?	When?
Nelson and Colne College	Vocational A-Levels T-Level Apprenticeship	Wednesday 15 th October 2025 - 5.30pm to 7.30pm Tuesday 11 th November 2025 - 5.30pm to 7.30pm Thursday 5 th February 2026 - 5.30pm to 7.30pm (Careers open event) Thursday 23 rd April 2026 - 5.30pm to 7.30pm (Year 7, 8, 9, 10 & 11 event) Thursday 25 th June 2026 – All day (New student day) Thursday 20 th August 2026 – All day (GCSE results day)
Accrington and Rossendale College	Vocational A-Levels T-Level Apprenticeship	Wednesday 22 nd October 2025- 5.30pm to 7.30pm Tuesday 3 rd February 2026 – 5.30 to 7.30pm Tuesday 28 th April 2026 – 5.30pm to 7.30pm (Careers open Event) Tuesday 28 th April 2026 – 5.30pm to 7.30pm (Year 7, 8, 9, 10 & 11 event) Friday 26 th June 2026 – All day (New student day) Thursday 20 th August 2026 – All day (GCSE results day)
Burnley College	Vocational A-Levels T-Level Apprenticeship	Tuesday 18 th November 2025 – 5.30pm to 7.30pm Wednesday 21 st January 2026 – 5.30pm to 7.30pm (Themis careers event) Tuesday 10 th February 2026 - 5.30pm to 7.30pm Wednesday 6 th May 2026 - 5.30pm to 7.30pm (Year 7, 8, 9, 10 & 11 event)
Craven College	Vocational T-Level Apprenticeship	Thursday 9 th October 2025 – 5.30pm to 7.30pm (Aviation Academy) Wednesday 15 th October 2025 – 5.30pm to 7.30pm (Aviation Academy) Monday 17 th November 2025 – 5.30pm to 7.30pm (Skipton) Wednesday 19 th November 2025 – 5.30pm to 7.30pm (Aviation Academy) Thursday 20 th November 2025 – 5.30pm to 7.30pm (The Aviation Academy) Wednesday 11 th February 2026 – 3.00pm to 6.30pm (Apprenticeship and careers fair at Craven College)
Myerscough College	Vocational T-Levels Apprenticeship	Saturday 15 th November 2025 – course advice morning Saturday 6 th December 2025 - course advice morning (Preston centre ONLY) Saturday 7 th February 2026 - course advice morning Saturday 18 th April 2026 - course advice morning
North Lancs Training Group	Apprenticeship	Wednesday 18 th March – 1pm to 6pm (Accrington) Thursday 26 th March – 1pm to 6pm (March)
Training 2000	Apprenticeship	Wednesday 28 th January – 4.30pm to 7.30pm Thursday 29 th January – 4.30pm to 7.30pm





PE **Extra-Curricular Sport** (Autumn Term 2 2025)



DAY	TIME	ACTIVITY	ROOM	STAFF
Monday	Lunchtime	Year 7 Badminton	Sports Hall	LHM/CJO
	After School	Football All years Netball (year 7 & 8)	Yard Sports Hall	LHM/CJO
Tuesday	Lunchtime	Year 8 Badminton	Sports Hall	KDO/LHM
	After School	Girls Football – year 7 @ FM Badminton – all years	Fisher More until 5pm Sports Hall	LHM/CJO EDR/KDO
Wednesday	Lunchtime	Year 9 Badminton	Sports Hall	EDR / CJO
	After School	Boys' Basketball all years Cross Country – all years	Sports Hall Outside	CJO/LHM EDR/KDO
Thursday	Lunchtime	Year 10 Badminton	Sports Hall	LHM/EDR
	After School	STAFF MEETINGS	STAFF MEETINGS	STAFF MEETINGS
Friday	Lunchtime	Year 11 Badminton	Sports Hall	KDO/CJO
	After School	No Club		

New PE Extracurricular Sports – Autumn Term 2

We're excited to launch our new range of PE extracurricular clubs for Autumn Term 2! Students can now take part in a variety of lunchtime and after-school activities, including badminton, football, netball, and basketball.

It's a great opportunity to stay active, have fun, and develop new skills – so get involved and give something new a try!



Extra-Curricular Program – Autumn 2 (2025)

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Homework Support Club 12.20 -1pm (T12)	Homework Support Club 12.20 -1pm (T12)	Homework Support Club 12.20 -1pm (T12)	Homework Support Club (Maths) 12.20 -1pm (T12)	Homework Support Club 12.20 -1pm (T12)
After-school 3.20pm	Homework Support Club 15.20 - 4pm (T12)	Homework Support Club 15.20 - 4pm (T12)	Homework Support Club (Maths) 15.20 - 4pm (T12)	Homework Support Club 15.20 - 4pm (T12)	Homework Support Club 15.20 - 4pm (T12)
	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)
	Board Games Club 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Performance Club 3.20-4.15pm Mr Husband and Miss Smalley (F13, HALL)	Music Club 3.20 – 4.20pm Mr Husband (Music)	Free Film Screenings 3.20 - 4.15pm Ms Dawson Lib1 (Oracle) See posters for details of dates and times	Board Games Club 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)
	Year 7 Science Club 3.20 - 4.15pm Miss Flegg (M11 Science)			Student Support* 3.20 - 4.15pm Casey S T (Cabin, Quad)	
	Student Support* 3.20 - 4.15pm Casey S T (Cabin, Quad)				
	Performance Club 3.20-4.15 Mr Husband and Miss Smalley (F13, HALL)				

*This is tailored to the students' needs and interests.

Autumn 2 Extracurricular Programme

We are pleased to share details of our Autumn 2 extracurricular programme, which offers a wide range of lunchtime and after-school clubs designed to enrich students' learning and personal development. Opportunities available this half term include Homework Support Club, Performance Club, Music Club, Board Games Club and Science Club, alongside many other activities.

We encourage all students to review the full programme and take advantage of the clubs and support available.



SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS 1

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



RIGHT TIME, RIGHT PLACE 2

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



KEEP IT AGE APPROPRIATE 3

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



EMPHASISE HOPE 4

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



MONITOR REACTIONS 5

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



CONSIDER YOUR EMOTIONS 6

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



SET LIMITS 7

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



TAKE THINGS SLOWLY 8

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



ENCOURAGE QUESTIONS 9

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



FIND A BALANCE 10

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



BUILD RESILIENCE 11

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



IDENTIFY HELP 12

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



National Online Safety

#WakeUpWednesday



East Lancashire Young People's Mental Health

**Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?**

Advice sessions are available on-line via
'Attend Anywhere'
Delivered by CYPMH East
tinyurl.com/ELCAS-LSCFT



Enter the word "CYPMH East" as the first name and "drop in" as the second name followed by your date of birth.
You will then enter our virtual waiting area where we will collect you.

Wednesday 3rd December 25

1pm – 3pm

Wednesday 10th December 25

3pm – 5pm

Wednesday 17th December 25

5pm – 7pm