



Dear Parent/Carer, it has been an exceptionally busy school year thus far and with covid restrictions being eliminated we have been able to get back to a more regular school life, which has been marvellous! We thought we would take this opportunity to update you on some non-academic events and also provide you with some safeguarding information which we hope you will find useful.



Our students have been acquiring an amazing amount of house points for showing school values, great academic work and extra-curricular achievements. It's all to play for the house cup with Savile leading the way, closely followed by Kings, then Queens with Porter House currently in 4th place. A great summer sports event for any house could make all the difference! We are looking forward to a full house programme next year. Remember House merchandise can be purchased at our [online shop](#).



SCHOOL OF STARS...

There has been heap of House points awarded. We have additionally awarded our stars with early lunch passes, amazon vouchers, chocolates and certificates for outstanding work and for showing school values of Aspiration, Respect, Responsibility, Self-Belief, Purpose and challenge. **If your child has a notable out of school achievement. Please let us know so we can award them House Points and also praise them in school.**

The importance of sleep

Our surveys have shown (as per the national picture) that our youngsters are not getting enough sleep. A useful site for support is <https://teensleephub.org.uk/> Teenagers need approx. 8 to 10 hours of good quality sleep per night to function properly. Good sleep not only improves academic and athletic performance, it is also important for our own well-being.

Screens are a particular issue for well being and sleep. They interfere with a young persons sleep patterns. Ensuring that phones/game machines are off and are not a temptation is vital. Free apps such as Google's family link allows parents/carers to monitor and limit screen time. We will be holding a parent/carers event on the wider use of social media in the near future. Details to follow.

As part of our growing provision for supporting our school community's emotional wellbeing, we are exploring ways in which mindfulness and calm reflection can improve wellbeing. Our primary aims are to increase awareness and understanding of the significant benefits that mindful activities can have for our emotional fitness and to provide students, staff, parents and carers with more opportunities to learn, experience and practice mindfulness both at school and at home. The link below takes you to a free, not for profit platform called Smiling Mind. Why not take a look at the resources and guidance available here and explore how mindfulness might work for you. [Smiling Mind](#)

School Pastoral Contacts

If you have anything of a pastoral nature you wish to discuss with school, please contact your child's Pastoral Leader.

Y7/8 Mrs Griggs e.griggs@crossleyheath.org.uk

Y9/10/11 Mr O'Connor n.oconnor@crossleyheath.org.uk

Y12/13 Ms Rudman j.rudman@crossleyheath.org.uk

SCHOOL TRIPS.

School visits are back on the agenda. Our older students repeatedly tell us that their fondest moments of school are times enjoying school visits and the extra-curricular experiences that we offer. It's great to have the ski trip in KS4 running again next year. We also have our reward trips to Blackpool Pleasure Beach to look forward to and our Y7's have the chance to attend a residential next year. Plus, numerous other subject based visits are in the calendar. It is very helpful when planning such trips if slips are returned quickly and payment is prompt. Thank you.

Uniform!

It's always great to see our students looking smart in their uniform. Some uniform concessions were given due to covid during the last year and these will shortly cease. A letter will be sent soon. Please support us by ensuring your child is dressed accordingly for school. Our uniform policy can be seen [here](#).

We will also be setting up a second-hand uniform shop. If you no longer need uniform items, and they are in good condition. Please donate to the school. Your child can drop off them off at our Pastoral Base.

Free School Meals

Did you know that if your child qualifies for free school meals, not only can you save hundred of pounds on lunches per year: the school also receives extra funds to improve school resources/provision. We do not share this information and the money simply gets discretely added to your child's parent pay account each day. See if you qualify by clicking [here](#)

Safeguarding

Our safeguarding survey: Our students tell us that they feel safe in school, they know who to turn to for support when they need it and they know how to report abuse. The district wide independent ENHA survey showed that our students on average are happier in school than students in all other Calderdale schools. Our students also told us that they know that homophobic, sexist, racist, transphobic, faith based negative comments are not banter and that alt,though rarely heard, are challenged in school.

Young People and Sexual Harassment.

Our students have had an assembly on safeguarding and generally how we deal with issues in school. This is important so that they know what to do if they are worried and they know we will take any concerns they raise seriously with appropriate action. We thought you would find it helpful to know about the issues we covered: An element of sexual harassment which has been in the news lately is 'peer on peer' abuse. It is clear that this is part of a wider societal issue and it is recognised that young people in **any** school might experience it outside school or even in school because schools are reflective of wider society. We are very alert to this kind of abuse or harassment which can sometimes be dismissed as banter or joking around and, like all schools, we have a range of measures in place to educate and support our students.

We continue to educate students in Personal Development about the issues they may face as young people in the modern world. These are always done in a sensitive and open manner. In the digital age, young people are experiencing increased pressures including on their appearance and also face an increasing amount of sexual harassment online as well as in person. This can include name calling, pressure to send pictures, unwanted touching, peer pressure to behave in a way that is beyond their years, amongst others. We encourage all our students to choose kindness at all times, to treat others how they themselves wish to be treated and to treat everybody with respect. Making fun of someone or making sexualised comments to or about someone is never banter and as a school we will not accept such behaviour. Through our Personal Development programme, we educate our young people on the effects of such behaviour and the importance of respectful behaviour. In a recent national survey, 26% of respondents aged 11-16 admitted to sending a nude image to someone they were interested in and 48% had received one of someone else. We know that our young people are no different and this pressure exists in all Key Stages. We will always deal with such issues in a sensitive and appropriate manner. We will never victim blame.

It is however important to note that it is a crime to take, hold, show or share any sexualised image of any person under the age of 18. If you suspect that your child has any such images on their devices, the only way to ensure they are removed is to do a factory reset of that device.

In many cases, we respond to incidents without involving the police, for example where an incident can be defined as 'experimental' and there is no evidence of abusive or aggravating elements. Where there are abusive and/or aggravating factors, incidents will always be referred to the police through Children's Social Services and in all cases if that person is under the age of 13.



With the summer exams approaching, we want to support students and their parents/carers to keep a healthy perspective at a time that can promote stress and worry. In addition to activities and support planned to take place here at school, we would like to signpost you to the following link that takes you to some useful guidance and support resources: [Exam Wellbeing – The Crossley Heath School](#)

Safeguarding Leaders

Our designated safeguarding lead is Mr Chesters and he can be contacted on l.chesters@crossleyheath.org.uk or you can contact your child's Pastoral Leader with any safeguarding concern.

Peer-on-peer abuse is never OK

If you are, or have seen someone, being harassed or abused in person, through messaging, or online, you must report this to a trusted member of staff. This kind of behaviour is never ok, even if it looks like 'banter'. This could include:

- Bullying
- Harassment
- Sexual abuse
- Sharing of inappropriate photos
- Inappropriate comments
- Unwanted touching
- Up-skirting



Parent/Carer advice

If your child discloses something to you it is important that you are supportive of your child, you do not blame the child for their actions but show the child we will support them to try and solve the issue in the best way that we can.

Also recognise that in such circumstances you yourself may have a mix of emotions and that you seek support for yourself.

SAFEGUARDING SUPPORT CAN BE SOUGHT BY CALLING CHILDREN'S SERVICES.

If the child lives in Calderdale on [01422 393336](tel:01422393336) or Kirklees on [01484 456848](tel:01484456848) or Bradford on [01274 435600](tel:01274435600) or Childline on [0800 111 111](tel:0800111111)

If this a matter which would involve 'PREVENT against extremism' please refer to our webpage for support <https://www.crossleyheath.org.uk/prevent/>