



NEWSLETTER

Headteacher's Message

Dear Parents and Carers,

It was wonderful to see another incredible turn out to our monthly *Coffee Morning*, with over 45 parents in attendance. We trust that the morning was informative and that you now feel equipped to access support on and identify social, emotional and mental health issues.

Year 11 pupils worked tirelessly to prepare and serve restaurant quality treats to our Governors and executive team on Wednesday. The presentation of the food was out of this world and the mince pies were a favourite with all. Well done!

Our *12 Days of Christmas* initiative is in full swing with many more prizes still to be claimed. It is vital that pupils attend school up until the end of term and we are committed to maintaining our high standards throughout the final week. Pupils not attending school risk falling behind with their learning and missing out on fabulous prizes!

Read on to see the results of our *Dean Trust Ardwick General Election*...

Enjoy this week's news,

Ms S. Finlay



Ms S. Finlay
Headteacher

Safeguarding Tip: – Please check your child's planner for important messages from school.

Dates for your Diary

16 th December 2019	Achievement Week
19 th December 2019	Winter Showcase 2019
20 th December 2019	Christmas Break

Year 11 pupils seized the opportunity to cater for our school Governors and Chief Executive, Mr Tarun Kapur CBE



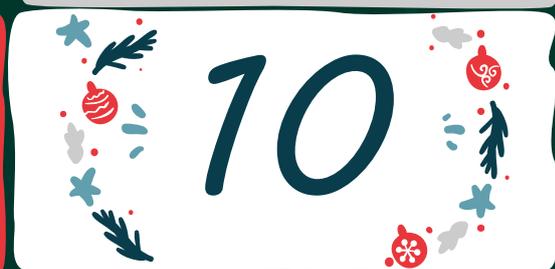
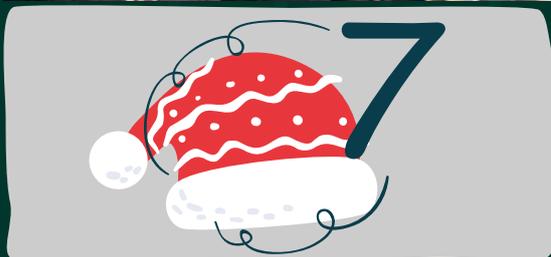
Weekly Attendance Best Forms

Year 7	Year 8	Year 9	Year 10	Year 11
7D Whitworth	8T Gaskell	9D Palace	10D Rylands	11D Whitworth
98.8%	100%	99.6%	99.6%	100%

School Attendance = 97.1%

In order to encourage pupils to have excellent attendance for the remainder of this term, we have launched our festive attendance initiative...

12 DAYS OF CHRISTMAS



Pupils who attend school each day, on time, will enter a draw to win a prize. This began with 1 pupil chosen at random to win a prize on Thursday 5th December and will end with 12 pupils chosen on Friday 20th December!

Head of Year Updates

Year 7 News

Our first ever *Year 7 Christmas Disco* takes place on Tuesday, 17th between 5pm-6pm! Year 7 have selected this as their end of term reward and those eligible to attend will receive an invitation card which will be their entry ticket. Pupils can either go home and change or bring a change of clothes with them for the event. Pupils will be invited in accordance to attendance, behaviour and attitude this term. Please ensure arrangements are made for your child to go home if they are invited and will be attending.

Year 8 News

This week we saw our first ReachOut trip of the year take place, with the Year 8 boys' group attending the Auto-Trader head office in Manchester. The session included a tour of the HQ and extensive activities themed around the specific coding knowledge for web-development! During the day pupils learnt about careers in marketing and applying practical skills when using marketing data. The pupils' engagement and conduct was exemplary and they were rewarded with a delicious Christmas dinner and a selection box each at the end!

Year 9 News

Next week all of Year 9 will take part in an enrichment project facilitated by the Manchester United Foundation. This is a great opportunity for all Year 9 pupils to access an enrichment activity that will help support their character development, careers education and curriculum knowledge.

Year 10 News

Year 10 pupils completed their mock exams this week. It is the first time in the history of the school that we have had 300 pupils in the sports hall completing exams! Pupils demonstrated a real maturity towards the logistics of this and have stepped up to the challenge set to them. We now hope that this positive mindset towards their exams will be evident when they receive their mock exam results in January.

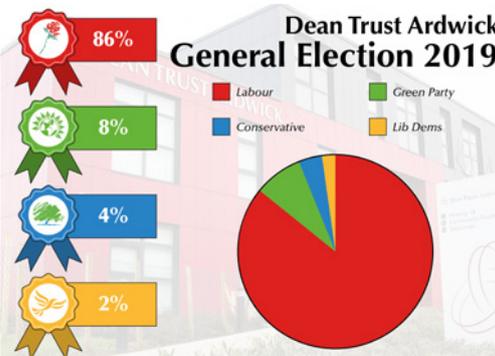
Year 11 News

Well done to all pupils who have finished their mock exams. This can be a stressful time for pupils but it will stand them in good stead for their real GCSE Exams. I hope that all pupils take time out to refresh and recharge over the Christmas break, ready to tackle the next term.

The Dean Trust Ardwick General Election results are in!

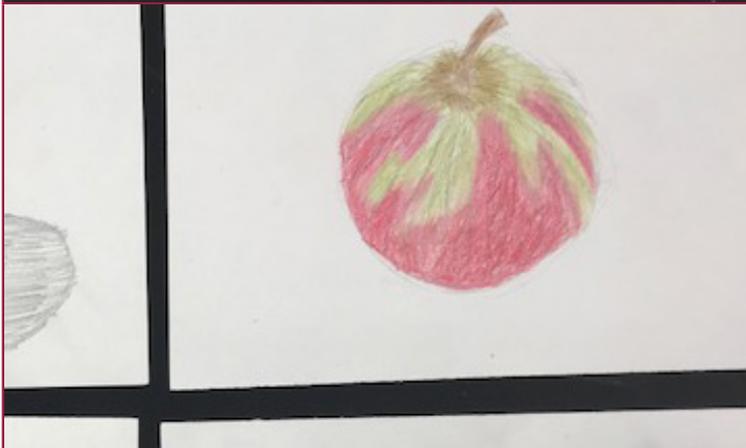
As you will have read in last week's newsletter, our *Dean Trust Ardwick General Election* took place on Wednesday. We were astounded by the number of pupils who took time out of their day to vote at one of the many poll stations throughout school. With over 500 pupils taking part; the results are now in...

With 86% of the votes, the Labour party took the lead followed by the Green Party at 8%! Conservatives came in third place with 4% of the votes and Lib Dems last with only 2% of the total votes.



Art and Design

Year 8 have been working on a series of fruit using a variety of media, working on use of tone and colour in their work.



DEAN TRUST ARDWICK

WINTER SHOWCASE

THURSDAY 19TH DECEMBER 2019

TICKETS WILL BE SOLD AT BREAKS AND LUNCHTIME FROM 2ND DECEMBER

ARRIVE AT 5.00PM FOR A 5.30PM START

FT. DR SEUSS' THE GRINCH

English: Hard work rewarded

Well done to everybody for an amazing first term of Accelerated Reader! It has been lovely to see the buzz around reading and completing quizzes this term. The pupils who have challenged themselves, and successfully hit their points target, were treated to a cinema viewing of The Lion King this Thursday afternoon. Lots of prizes are still on offer for those of you who are trying extremely hard with your reading!

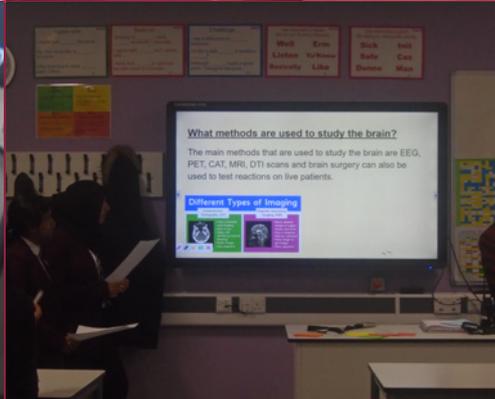
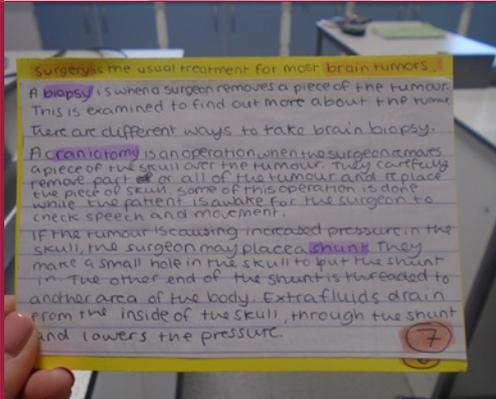
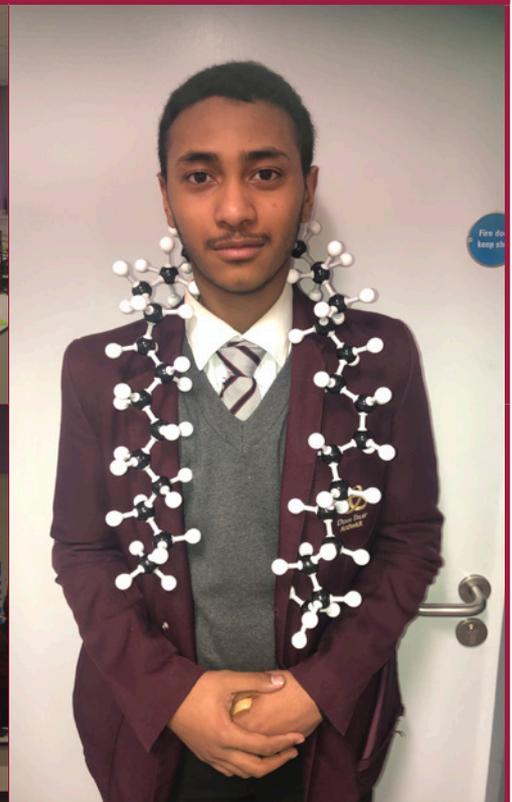
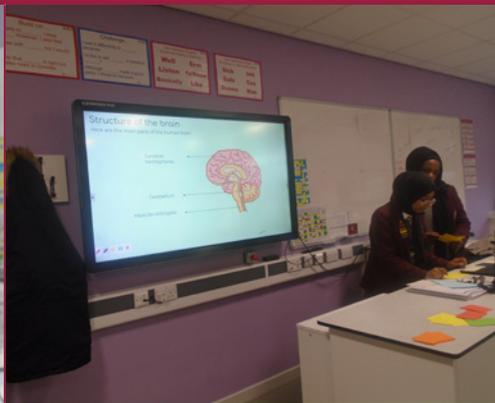


Mathematics: Mock examinations revision!

It's been a busy week in mathematics, with Year 7 learning about surface area, and Year 9 finishing off their work on cumulative frequency and displaying data using box plots! In Key Stage 4, Year 10 have combined some revision for their exams and built on their work of co-ordinate geometry. Year 11 have spent some time looking at areas for improvement following their mock exams. Well done to all for their sustained effort!

Science: Hydrocarbons and the atmosphere...

Year 11 pupils studying triple sciences have been investigating different fuels and the Earth's atmosphere, using molybds to produce hydrocarbon chains. Hydrocarbons are organic compounds that are made of only hydrogen and carbon atoms - they are found in many places, including crude oil and natural gas! Pupils in Year 10 have been studying the structure, function and complications of the brain and presenting this in class to their fellow pupils.



Humanities: *Dean Trust Ardwick General Election*

Over the past week pupils have been discussing this week's election in PSHE lessons. They have learnt about the differing parties and how they differ from each other, including their main policies. This has resulted in some fantastic discussions with pupils across year groups debating what party they would vote for. It has been great to see so many pupils being politically engaged and thinking about their future!



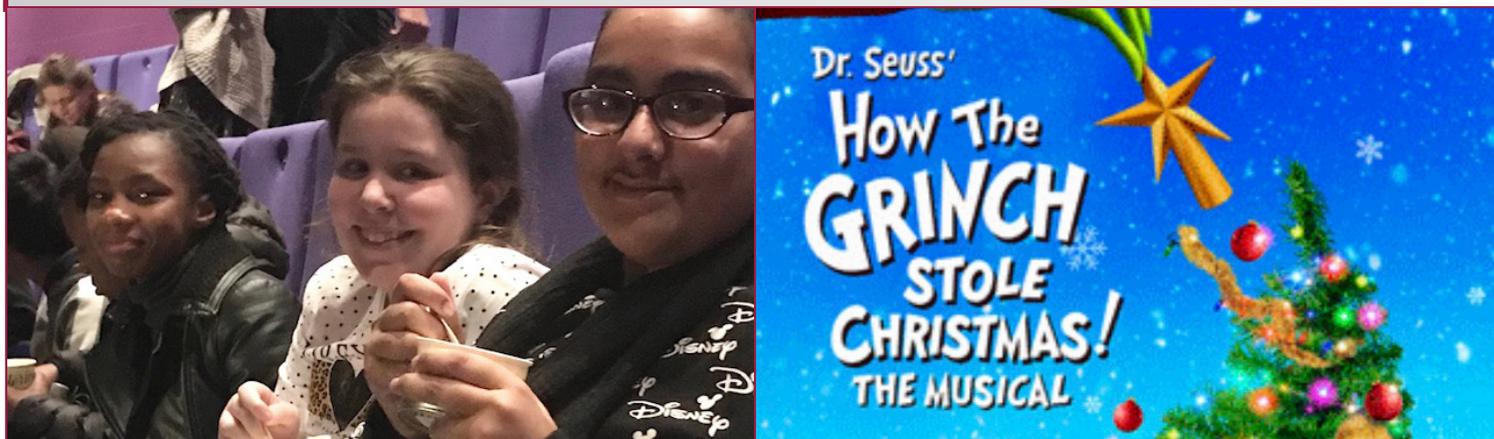
Physical Education:

On Thursday night during the 4-0 Manchester United win against AZ Alkmaar, 9 pupils had the privilege to bear the flag at the *Theatre of Dreams*. Well done to all the pupils involved and their dedication in practising the night before. Our Year 8 team won a very competitive game 4-3 against *The King David High School* in difficult conditions on Wednesday. Well done to all those involved in fixtures throughout the week.



Performing Arts

On Wednesday 11th December, 40 Key Stage 3 performing arts pupils went to see Dr Seuss' '*The Grinch Who Stole Christmas*' at the Lowry theatre, Salford. They had an amazing time and it was really good for them to experience watching a professional, live production. Summer, in Year 7 had this to say, "It was really good and my favourite character was the Grinch, because he was very funny!".



Design and Technology

Year 7 pupils have been utilising the disc sander to neaten the edges of their assembled desk tidies whilst they work towards completing their projects before the Christmas break.



Hospitality and Catering: Catering for Governors

This week has provided Year 11 pupils with an opportunity to cater for our Governors meeting. Pupils were excited to create a range of desserts for our Governors that showcased their hospitality and catering skill. Pupils created mince pies, orange and cinnamon Christmas cheesecake, salted caramel brownies and dark chocolate truffles all presented to a restaurant standard!



Coffee Morning: Health and Wellbeing

With over 45 parents in attendance, our second *Coffee Morning* of the year was a huge success! This month we hosted the event in the school library with Miss Moore leading on the theme 'Health and Wellbeing'. Topics covered included guidance on recognising social, emotional and mental health issues as well as information on how to react and support your child if any of the above issues come to light.



DEAN TRUST ARDWICK

SEMh

Social, Emotional and Mental Health

Recognising change...

- Significant weight loss or gain
- Fatigue or loss of energy
- Loss of interest or pleasure in things
- Spending lots of time in toilet
- Being secretive
- Difficulty forming friends or keeping friends
- Lack of social skills, including self awareness and social awareness
- Inappropriate behaviours
- Isolating self
- Feeling worthless / uncared for
- Anger / negative behaviour
- Rudeness / aggression
- Spending lots of time on their phone
- Being worried when they are on their phone
- Worried about going to school

2 Dean Trust Ardwick SEMh Handbook

How to react...

- Ask your child if everything's ok, be positive, supportive and encouraging.
- Be non-judgemental and do not react with shock or distaste.
- Make sure they know they can trust you to help them and understand their feelings.
- Offer them support by speaking to doctors, school or using websites such as young minds for advice.



Get support for yourself:
www.youngminds.org.uk
[/find-help-for-parents/parents-helpline](http://find-help-for-parents/parents-helpline)



Call us for free Monday-Friday from
 9.30am to 4.00pm

0808 802 5544

How to support...

- Have structured conversations with them (positive, interested, solution focussed).
- Encourage them to be open and honest with you ensuring you remain calm and supportive.
- Giving them space to speak without judgement.
- Encourage to breathe, regulate their breathing and calm down then encourage them to make informed decisions not react to situations.
- Asking them why they are behaving or acting like this...how can you help them?
- Encourage them to speak to peer mentors or welfare team for support in school.
- Encourage them to attend the GP

Explain to your child what websites are available for advice:

www.youngminds.org.uk

www.kooth.com

www.childline.org.uk



Keep your voice quiet and slow.



Breathe slowly. Practice relaxation techniques.



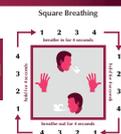
Count to ten or more, slowly.



Think before you react.



If the anger really justifies it.



YOUNGMINDS
 fighting for young people's mental health

