



NEWSLETTER

Holmes Chapel Comprehensive School & 6th Form College

Issue: 175 Date: 3rd May 2024



Dear all,

I hope you have had a good week and that you are enjoying the time of year. Early summer is a great season with longer days, warmer weather and more sunlight. I'm an early morning person and I often get up very early just to take a little time before the world wakes up to enjoy the quiet and peacefulness of sunrise. Every year, over a quarter of us will experience some sort of mental health issue and I feel comfortable sharing with you that I include myself in this number. I've worked hard to address some challenges regarding my mental and emotional health and with the support of my family and friends I feel positive and in a really good place. The few minutes I spend in the early morning provide a quiet space where I can think about all of the things in my life I am grateful for and all of the people I care about. My thoughts often drift to thinking about and reflecting on the role I play in our school and how I can better serve the children who come here, their families and my colleagues. I focus on the joys of running a school and the countless positive interactions that I have with our children and the colleagues who I work alongside of. Conscious thinking and conscious decisions to be positive, grateful and thankful. With this in mind, on the 13th May it's mental health awareness week. In school we will be emphasising this as part of tutor time, assemblies and enrichment. It creates a great opportunity for us all to talk to each other and our children about a subject that is often misunderstood, one that some people feel awkward about and sometimes is a taboo. Take it from someone who knows, it's better to talk, better to share and even better to listen.

It's impossible to get to this stage in the year without mentioning the students who are on the cusp of the national exam season. Many of these young people have worked hard, have put in the extra time and effort and have committed to being the very best version of themselves. Our teachers and support staff have offered countless hours of additional support to help lay the ground for a successful exam season. I am a firm believer that 'luck' has nothing to do with exam success. Hard work, dedication, belief, motivation and critically, consistency over time are the characteristics of those who come through the exams with a sense that they have achieved their own high standards and can enjoy the sense of pride and fulfilment that comes with doing their very best. I know that in the coming weeks you will continue to encourage, motivate and praise our children so that they feel cared for and supported through this exciting stage of their education. Next week, the year 11 students will have a final assembly. This is a poignant celebration in the run up to the exams that allows tutors and the year group some time to reflect and enjoy some time before the exam season gathers pace.



Finally in this newsletter, I'd like to make an announcement regarding how our school is led. Changes to our Assistant Headteacher team have allowed me to reconsider the structure of our school so that we continue to be innovative, improvement focused and outward facing. Last week, I appointed a second Deputy Headteacher to our school. Many schools that are of the same size as us follow the two deputy model and only a very few years ago, it was what we once had here. This exciting development will give us the capacity to develop further so that we continue to improve the educational and school experience for our children and staff. Tim Munro will be joining us in September and I know that you will warmly welcome him to our school. Tim will be a great asset to us and will be visiting during the summer to begin working alongside us here at Holmes Chapel as he transitions from his current school into his Deputy Headship.

Warm regards and thanks for reading

Nigel Bielby
Executive Headteacher



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Uniform Matters

After so many weeks of wet and cold weather, it has been great to finally get some warm, sunny weather this week, enabling us to allow students onto the fields at break and lunch. Next week we will be running an assembly with all year groups to reiterate the expectations around behaviour and safety at lunchtime and on the fields. As part of this and as the weather gets warmer, it is a good opportunity for us to remind parents of the need for all students to attend school fully equipped and dressed in full school uniform.



Below are a couple of key links to our uniform policy and also to our uniform suppliers. We would be very grateful if all parents could talk to their children about the need to adhere to the uniform guidelines and in particular to focus on the following:

- A number of children are coming to school without ties at the moment. Ties are easily available from our uniform suppliers and we need every child wearing the correct school tie for the duration of the day.
- We have purchased some new emergency ties



[Uniform Policy](#)



<https://www.hccs1978.co.uk/uniform>

School Parking/Speeding/Parking

As your PCSO for Dane Valley I can say that the main 2 issues that I get feedback for would be speeding and parking.

School parking is always an issue, when schools are back in so please be aware of inconsiderate parking and remember that residents want to be able to pull out of driveways and junctions safely.



Cheshire East wardens are aware of these issues and are planning visits in the near future so you have been warned!

I conduct speed enforcement on certain sites throughout Dane Valley and although the vast majority of drivers maintain the correct speed the odd few will speed mainly on the arterial routes in and out of Holmes Chapel, Cranage, Goostrey and Twemlow.

Parking throughout Dane Valley again is usually very good t please remember that parking on double yellows and junctions even for a few moments puts other drivers and pedestrians at risk.

Please [click here](#) for the Residents Voice Survey and please have your say.

Kind regards
PCSO GRAHAM



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Drama Club Trip to The Lowry

On the last day of term before the Easter break, 30 members of Drama Club from Year 7-10 ventured to The Lowry to watch a fantastic performance of *The Boy at the Back of the Class*. We were fortunate enough to follow this captivating performance with two workshop opportunities, firstly with the Associate Director of the production followed by a second workshop with the Assistant Stage Manager. Superb opportunities for our superb group. Well done to all involved for their commendable focus and engagement throughout the day!



Year 8 Visit to Edge Hill University

A group of year 8 students attended an aspirational day at Edge Hill University. The day focused on what life is like for students when they begin Higher Education. The students got involved in a range of activities, from student finance and budgeting to touring around the campus to look at accommodation, lectures and learn about the numerous extra- curricular activities that university has to offer. The group were very enthusiastic and engaged throughout the day.

This visit is part of our continuing careers programme at HCCS, offering students the opportunity to find out more about further education, apprenticeships and jobs. Students have been given a login for the online platform Unifrog: this software provides students with an opportunity to explore the main learning pathways, careers and education that follow secondary school.

[Click here](#) to read more on Unifrog.



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LEARNING RESOURCE CENTRE NEWS



During this final term, our Y7 students will be taking part in the Read for Good Readathon. Over the next couple of weeks they will receive all the information and resources they need to take part.

Read for Good is a registered charity that started as Readathon in 1984, by asking students to read whatever they wanted in their spare time, and getting their friends and family to sponsor them to raise money for seriously ill children in hospital.

Readathon continues to support reading for pleasure in schools and now raises money for Read for Good's Hospital Programme, which provides books and a storyteller for children in the 30 major children's hospitals across the UK.

If you would like to support our students with their fantastic reading efforts, and help to raise money to provide books and stories for children in hospital, you can donate to the Readathon here:

www.readathon.org/sponsor.

The money raised will benefit children local to our communities.

You can find more information about Read for Good via their website:

<https://readforgood.org/>

If any students Y8-Y11 would like to take part, they are more than welcome to see Miss Moores in the LRC and collect a sponsorship form to join in the fun!

Recommended Reads for May



Recommended by BookTrust. Learn more about the above titles and more at <https://www.booktrust.org.uk/booklists/b/best-books-for-teens-teen/>



THROUGH THEIR EYES



Congratulations to our Year 7 student Giorgia Townsend who has been chosen for publication in the Young Writers' Through Their Eyes Poetry Competition.

An excellent achievement!



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LEARNING RESOURCE CENTRE NEWS

Students' Work

An extract taken from *The Last Biscuit* by Brianna Hamilton.
1st place in our Y8 Literature Festival Competition 2024



The Last Biscuit - Extract

"Please, please...", I begged. I felt a hard push to the left of my chest. It was enough to make me lose my footing, my hands frantically reaching out, trying to find something to hold on to. I made a go for his arm but I wasn't strong enough. I cam plummeting down onto the tracks clutching his glove which I'd plucked from him in my struggle. I felt sore all over, my head throbbing from the impact. I could hear a whistle in the distance and the screeching of brakes but my focus was blurry and the light was becoming brighter and brighter until their was no light at all.

Celebration Day

Celebration Day is back! - Enter The Day's 2024 competition to win an iPad!

Parents/Carers, do you have a young writer or storyteller at home?

The Day and Celebration Day are once again running a writing competition for 5 to 18-year-olds, challenging them to celebrate someone amazing from the past, with a new optional theme of sporting heroes in history!

Entering is free and simple, especially with your support:

- Access the free entry pack, writing tips and resources here.
- Encourage students to do their own research or interview older family members or friends to discover inspiring figures from the past.
- Select a story to share with the world! It doesn't have to be about a famous individual, but it must be about someone who has passed away. This year's optional theme is "sporting heroes in history!"
 - Submit a written piece of up to 250 words for primary students or up to 500 words for secondary students/teachers, OR an audio piece lasting a maximum of two minutes.
- **Enter your child's story (and signed consent form if you have it ready) via our [online platform](#) by 5pm on Tuesday, May 14th, 2024.**

Why participate?

- A valuable achievement for CVs, enhancing future employability
- Win an iPad, certificate, and have their work published and read out on film!
 - Free participation certificate to print and keep
 - Develop writing and oracy skills
- A chance for your child to connect with older generations

Don't miss out – help them kickstart their story today!

Ensure that all entries are submitted by 5pm on Tuesday, May 14th 2024.

Find out more about Celebration Day and the writing competition on the website:

theday.co.uk/celebration-day-writing-competition/



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LEARNING RESOURCE CENTRE NEWS

Fibre Arts Club

Our Fibre Arts club which began last term is growing each week in numbers. We have students completing a range of projects such as scarves, blankets and teddy bears. It has been lovely to see students sharing their talents with other students each week and even a number of staff members who have come along to join in too.

Our Fibre Art Club meet in the LRC every Tuesday Lunchtime in E3 at 12:30pm and Tuesday After School at 3:15pm - 4:10pm.

All students are welcome!



Congleton Youth Orchestra

Hello from all at Congleton Youth Orchestra.

We would like to invite orchestral musicians to our Open Rehearsals for our Senior and Intermediate Orchestras on Saturday 11th May at Trinity Methodist Church, Wagg Street, CW12 4BA.

Seniors: Grade 3 or 4 plus 9-10am

Intermediates: Grade 0 (playing from one year as part of whole class lessons) to Grade 3 10-11am

Please complete the registration form below to sign up and we will see you there with your instrument.

<https://www.congleton-youth-orchestra.org/register>

We do have instruments for you to borrow if you do not have access to one, just let us know on your sign up form what you need.

If you do not play an instrument and would like to learn, we will be holding an Open Day to try instruments out on Saturday 22nd June. More information to follow. If you can't wait to find out, contact us on

secretary@congleton-youth-orchestra.org
01260 278843

Trainees must be in Year 3, or 7 by September 1st to begin learning with us.

We look forward to seeing you on Saturday 11th May for fun and music making!



CONGLETON YOUTH ORCHESTRA
Registered Charity No: 1071130

OPEN REHEARSAL!

Saturday 11th May 2024

Trinity Church, Wagg Street, Congleton, CW12 4BA

(Nearest car park: West Street, Congleton)

9:30am-11am:

Grade 4 and above - Seniors

Grades 0 - 3 - Intermediates



@congletonyouthorchestra



congleton-youth-orchestra.org



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SANDBACH HOCKEY CLUB

JUNIOR HOCKEY

REGISTER NOW!

Training Time: Minis & Juniors
Thursdays 6:00-7:30 pm

ALL ABILITIES WELCOME!

Join us at Sandbach with our Mini and Juniors training, the fun starts from Year 3 to Under 14 on Thursdays! If you're wanting to give this try, our 3 free sessions for new players are perfect for you.

TRAINING STARTS ON JUNE 6TH @ SANDBACH SCHOOL
FIND US ON THE BLUE ALL WEATHER PITCH

Contact us below to register:

Sandbach Hockey Club
 Sandbach Hockey Club
www.sandbachhockeyclub.com

SANDBACH HOCKEY CLUB

SENIOR HOCKEY

REGISTER NOW!

Senior Training Time:
Ladies - Tues 7:00-8:30 pm
Mens - Thur 7:30-9:00 pm

ALL ABILITIES WELCOME!

Sandbach has four senior teams that are always looking for more players (Ages 14 & over). Our training is mixed ability, so if you've never played before or are looking to get back into the sport, try our 3 free sessions available to new players.

TRAINING STARTS ON JUNE 6TH @ SANDBACH SCHOOL
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Contact us below to register:

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ACT NOW CONFERENCE
5th July 2024

The ACT Now Conference is an opportunity for secondary aged students to come together and present issues that affect them or feel are important to them.

This year the guest speaker will be
SAVERA UK

9.00am-2.15pm

SANDBACH SCHOOL THEATRE SPACE

Please choose a topic that is important to you, and you would like to talk about on the day. You could deliver this in several ways, for example a presentation, drama, music, etc. It's entirely up to you. Please email sciosteameast@cheshireeast.gov.uk with your chosen topic.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health issues like increased heart rate and energy distribution. Start by understanding the ingredients, reading labels, and limiting consumption. Encourage your child to stay hydrated with water and eat a healthy diet.

WHAT ARE THE RISKS?

- HIGH CAFFEINE CONTENT:** Most energy drinks contain high levels of caffeine, often more than a cup of coffee. High caffeine intake can lead to increased heart rate, high blood pressure, insomnia, and anxiety. Excessive consumption can lead to dehydration and other health issues.
- DISRUPTED SLEEP PATTERNS:** Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns, leading to chronic sleep deprivation. This can affect mood, cognitive function, and overall health.
- LINKS TO SUBSTANCE ABUSE:** Some research has suggested a correlation between energy drink consumption and substance use. The high sugar and caffeine content may lead to increased risk of substance abuse, particularly in adolescents.
- POTENTIAL FOR DEPENDENCY:** Frequent consumption of energy drinks can lead to dependency. This is because the body becomes used to the high levels of caffeine and sugar, and may experience withdrawal symptoms when consumption is reduced.

ADVICE FOR PARENTS & EDUCATORS

- LIMIT CONSUMPTION:** Encourage your child to limit their consumption of energy drinks. The American Academy of Pediatrics (AAP) recommends that children under 12 should not consume energy drinks. For older children, limit consumption to one small serving per week.
- PROMOTE HEALTHIER HABITS:** Encourage your child to stay hydrated with water and eat a healthy diet. Encourage them to get regular exercise and get enough sleep.
- SET A POSITIVE EXAMPLE:** Adults can reduce their own energy drink consumption to set a positive example for their children.

Meet Our Expert: Dr. James Smith, a leading expert in adolescent health and nutrition, discusses the risks of energy drinks and provides practical advice for parents and educators.

Wake Up Wednesday | The National College

Source: www.nationalcollege.org.uk



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30 YEARS VISYON
SUPPORTING CHILDREN'S MENTAL HEALTH

Parent Workshop

Supporting your Child with Additional Needs



What:
A 90 minute workshop helping you to identify your child's needs, understand their rights and how to access support.




When:
Wednesday 22nd May 2024
10:30am - 12:00pm

Where:
At Fellowship House, Park Road, Congleton, CW12 1SP

Book now
Email: Fornilteam@communitiesTeam@visyon.org.uk
Call: 01760 220000

Visit www.visyon.org.uk or call 01760 290000 to learn more about how our charity supports children, young people and their families with mental health problems, including across Cheshire East.


Reg. Inland Charity Number: 0295
Reg. Street Company Number: 220755

30 YEARS VISYON
SUPPORTING CHILDREN'S MENTAL HEALTH

Parent Workshop

Helping Children Manage Worries and Anxiety



What:
FREE 7 week programme for parents/carers of children aged 5+. This programme is evidence based and explains various parenting techniques which can be applied to support an anxious child.




When:
Wednesdays at 10:30am - 12pm
04 June
12th June
19th June
26th June
3rd July
10th July
17th July
All 7 sessions must be attended consecutively to complete the course and benefit from the learning techniques.

Where:
At Fellowship House, Park Road, Congleton, CW12 1SP

Book now
Email: Fornilteam@communitiesTeam@visyon.org.uk
Call: 01760 220000

Visit www.visyon.org.uk or call 01760 290000 to learn more about how our charity supports children, young people and their families with mental health problems, including across Cheshire East.


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30 YEARS VISYON
SUPPORTING CHILDREN'S MENTAL HEALTH

Parent Workshop

Impact of the Academic World



What:
This workshop explores the pressures children can face at school, why school refusal can occur and special educational needs. We'll offer ways to support your child with their anxiety.




When:
Wednesday 15th May 2024
10:30am - 12:00pm

Where:
At Fellowship House, Park Road, Congleton, CW12 1SP

Book now
Email: Fornilteam@communitiesTeam@visyon.org.uk
Call: 01760 220000

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30 YEARS VISYON
SUPPORTING CHILDREN'S MENTAL HEALTH

Parent Workshop

Understanding Self-harm



What:
We'll look at ways to support children and young people who self-harm and break down some of the stigmas associated with self-harm and thoughts of suicide.




When:
Wednesday 9th May 2024
10:30am - 12:00pm

Where:
At Fellowship House, Park Road, Congleton, CW12 1SP

Book now
Email: Fornilteam@communitiesTeam@visyon.org.uk
Call: 01760 220000

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