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School that Matters: Mental Health Week

In my letter on Monday I observed that the theme of Children’s Mental Health Week set out a clear challenge to adults, to listen. If we are going to encourage young people to use their voices then it is important that they have an audience, they are listened to and, as far as possible, their thoughts and feelings lead to actions.

Young people, like adults, need to feel that they can influence the things that influence their lives. This week Salford City Council has launched the Make Your Mark campaign to encourage all schools to get their pupils to vote in the Youth Parliament elections - we will be doing this. However, on another level we are challenged to listen to young people when they speak to us one-to-one - staff who work in schools experience this every day.

Of course, we call this ‘relationships’ and they are absolutely at the heart of what we do as a school to ensure young people are well, safe and included. For example, it was great to see that on our Instagram account several pupils shared their tips for being mentally well - that takes courage, insight and articulacy. Connections with one another, with trusted adults make school a safe place, a place where young people can thrive and can feel that the challenges they face are able to be addressed.

Lila, Y10, inspired by artist Ant Carver, using pencil, ink, water colours and posca pens.

Partnership with parents, carers and families is vital, as schools cannot address mental health alone, especially when other services have been cut or removed. And I think it is important too that adults talk openly about their mental health, as modelling ways of coping, showing self-regulation and compassion.

AS you can see from this week’s newsletter there are plenty of opportunities in school for pupils to participate and build relationships. This sets the foundations for their achievement and helps to build a sense of purpose as they learn new skills and experience the satisfaction of producing great work or taking part in a trip.

Ben Davis, Headteacher



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*'The CREST award
in Science
empowers pupils to
work like real
scientists*

CALENDAR

Year 11 Mock Exams
February 12th – 14th

Ash Wednesday,
February 14th

Half-term begins,
February 16th

**Pupils and staff return
from half-term,**
February 26th

**Year 8 Parents' and
Carers' Evening, May**
16th

**Year 7 Parents' and
Carers' Evening, June**
13th

Year Group Leadership

Year 7
Year Manager: Mr Healey
(Senior Leader: Mr
Jordan)

Year 8
Year Manager: Mrs
Vincent
(Senior Leader: Mr Jones)

Year 9
Year Manager: Miss
Moore
(Senior Leader: Mrs
Johnston)

Year 10
Head of Year: Mr.
Pemberton
(Senior Leader: Miss
O'Leary)

Year 11
Head of Year: Miss Toon
(Senior Leader: Mrs
Tulloch)

Around our School this Week: Highlights

1

Our sporting successes have continued this week with the Year 10 football team who are taking part in the Greater Manchester Cup and celebrated a successful win 4-2 against Didsbury High School last night!

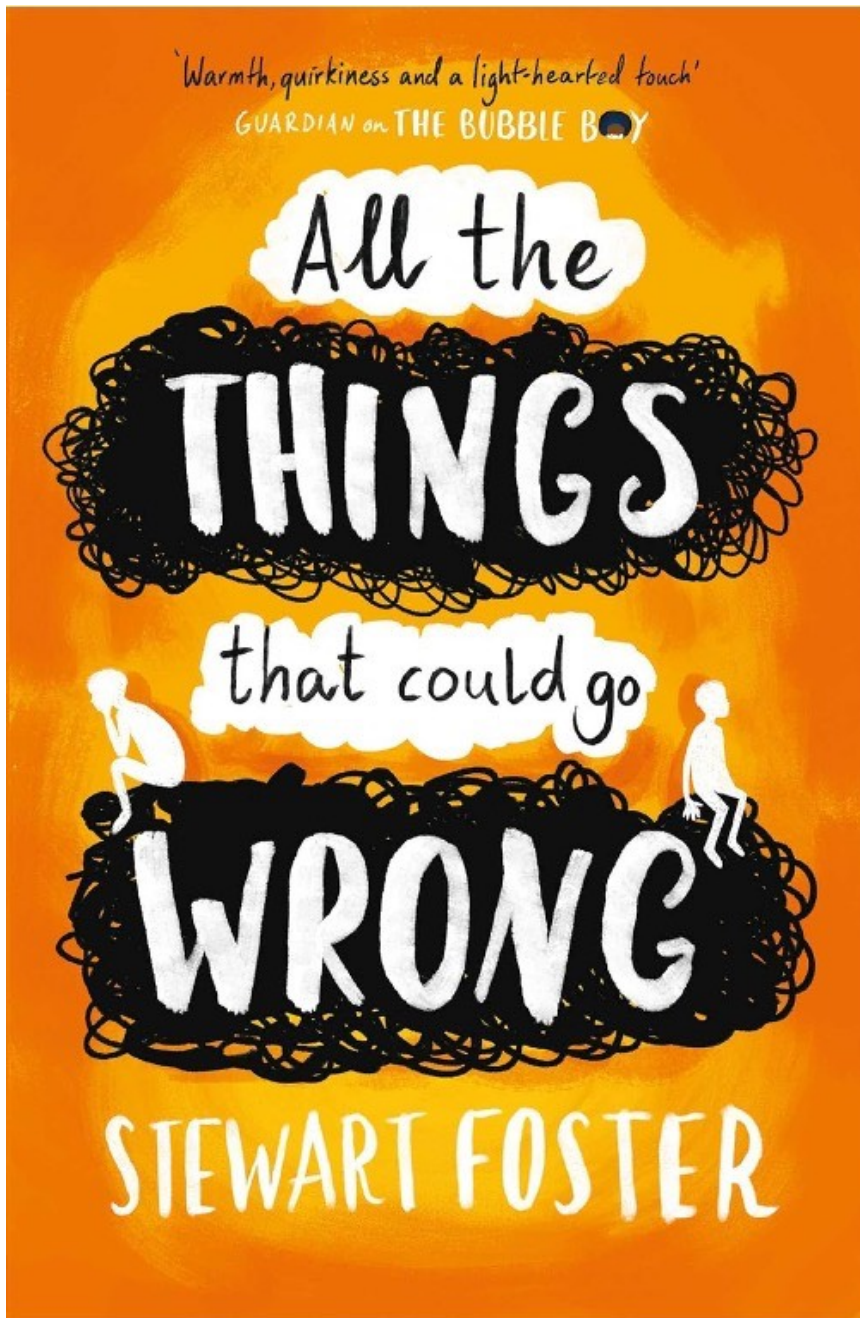
2

Year 9 pupils had a superb day at the Whitworth Art Gallery this week. We are regular visitors to this very welcoming and forward-thinking place and our pupils loved exploring the gallery and producing their own pieces of art with local artist Alan Birch. You can see more on the Art Department Instagram account @stambrosebarlow_art

3

There has been fantastic work going on in Science. The CREST Bronze Award introduces our students at St Ambrose Barlow RC High School to project work empowering them to work like real scientists, technologists, engineers or mathematicians. Students were given the topic of 'Bath Bombs!', however, they were given complete freedom over their work and methodologies. Furthermore, the project process develops enquiry, problem-solving and communication skills. CREST Bronze can even be used by students to enhance their UCAS personal statements. After completing the project, each student will receive a personalised certificate.





There are two sides to every story.

Our book choice this week is *All the Things That Could Go Wrong* by Stewart Foster.

'An absorbing story about bullying and friendship, crafted with the right balance of warmth and tension... Like most stories, there are two sides to this one and the narrative alternates between the viewpoints of teenagers Alex and Dan'. – Books for Topics

Dan is angry. Nothing has been the same since his big brother left, and he's taking it out on the nearest and weakest target: Alex. Alex is struggling. His severe OCD makes it hard for him to leave the house, especially when Dan and his gang are waiting for him at school ...

Then the boys' mums arrange for them to meet up and finish building the raft that Dan started with his brother. Two enemies stuck together for the whole of the school holidays – what could possibly go wrong?

WORLD BOOK DAY

World Book Day is the biggest celebration of books and reading around the world and this year it will be held on Thursday 7 March 2024.

World Book Day vouchers will be distributed to pupils next week and they are valid from Thursday 15th February – Sunday 31st March 2024. If any pupil misses out on getting their voucher they should see our Librarian, Mrs Davis to pick one up.

The voucher entitles school pupils to £1 off any book of their choice OR they can swap the £1 book token for any of the special £1 World Book Day books specially produced for the occasion. These can be browsed here

Vouchers are redeemable in independent book shops, Waterstones, W H Smiths, The Works as well as supermarkets Tesco, Asda and Sainsbury's. Please be aware that stocks of the £1 books may be limited, so do check with your local store before making a special visit, to see if they stock them.

Various activities will take place around school on the day as we highlight to our young people the value of reading for pleasure and instil in them the joy that books can bring to our lives. You can find out more about World Book Day here. More information about redeeming World Book Day tokens is here.



Key Stage 3 Book Club

Our book club meets at 3:15pm - 4:00pm in the Library every Tuesday.

Having finished 'There's a Boy in the Girl's Bathroom' by Louis Sachar we have moved on to enjoy the full range of books from the Salford Children's Book Awards short-list.