



# NEWSLETTER

Holmes Chapel Comprehensive School & 6<sup>th</sup> Form College



Issue: 163

Date: 31<sup>st</sup> March 2023



*Dear all,*

This has been a really busy, sometimes challenging but successful term for all of us and our children here at school. Spring is giving way to summer, the nights are a little lighter and day by day our children are growing, learning and developing as they turn from children into adults. As we look into the next term, we should all feel a sense of excitement and expectation. It seems like only yesterday that our year 7 children came to us full of enthusiasm from their primary schools. It's incredible how quickly they got used to their environment and got to know their staff and teachers who care for them. They have been an amazing group of children to introduce to the school. Our year 8 children are now well settled and preparing for the move to Upper School this coming autumn term. They were the first group to arrive at school in a fully 'post pandemic' year and as they transition to the rigours of Upper School and year 9, there will be a celebration event to mark this rite of passage. We are busy planning what this looks like and please watch this space as well as your inbox for details.

Our year 9 children are also going so soon to move into year 10 and their examination courses. In just two short years, early Summer 2025, our current year 9 children will be on the brink of starting their final examinations. Current year 10 and 12 students are in the mid phase of their studies and although it seems early, now is the time to up the levels of commitment and engagement with self learning and self driven revision. Those who start early inevitably have a more healthy and happy final preparation year, suffer less from exam stress and ultimately perform better. When students look back on their time in examination classes, it's not uncommon for some of them to say that they wish they had started putting in hard miles earlier than they did. Through preparation, a strong work ethic and a dedication to do as well as possible is a great way of approaching almost everything life throws at us.

Finally, let's not forget our examination classes in year 11 and 13 who are soon to sit their formal examinations which start in just a few short weeks. I am sure that all of the students are now putting their revision plans into top gear with several hours of independent revision each day as they prepare for this very important time in their lives. We need to be right behind our children, supporting them and encouraging them to go the extra mile, do the long hours and to dig deep so that they build a solid understanding of knowledge and skills which allows them to perform at their very best standards. The reality is that exams are challenging times and they require a huge investment of time and energy. Here at school we will be running a masterclass programme and refining key areas of learning but it's important for all families to know that the vast bulk of revision is not done in school. It's done at home, after the school day by dedicated students putting in the time and effort to back themselves and their futures. We will all support them with our care and love and help them to be as ready as possible.



In other news, we continue our journey to become a Multi Academy Trust working in partnership with Shavington Academy. Myself and the Headteacher at Shavington, Emma Caswell have been working on this project for over 18 months with the intention to form an ambitious, innovative organisation that provides excellent educational experiences, opportunities and outcomes for the children, families and communities we serve. Our public consultation process which ran last July was a key part of this journey and took in the views of our communities, staff and the trade unions. This is a very exciting time for both Holmes Chapel and Shavington. As the process rolls forward, we will of course keep you informed.



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Finally, our long awaited new build is underway. The foundations are in and very soon the steel skeleton of the building will be in place. This extension to our infrastructure is a result of our growing numbers here at school and a response to the Local Authorities' need for additional school places in our area. The new build will be ready and commissioned in the first few months of 2024 and will contain around 10 classrooms. We are currently planning how to shuffle our classroom plans around to make sure that we make the best use of this new space.



As always, can I thank all of you who trust us to take good care of your children and have supported us so far along the way. Thank you to those who have been in to see us and have been positive, kind and respectful. Thanks to everyone who has helped us to work through some challenges so that our children learn how to behave, how to be a positive part of our community, how to be polite and how to be kind. One of the most important resources that any school has is its children. When families and school are all on board together and working off the same page, this inevitably means that our children feel cared for, feel better about themselves, have better quality relationships and learn better.

So, lots to look forward to and lots to feel great about. Enjoy Easter and enjoy some quality time together as families. I am already looking forward to welcoming you back in a couple of weeks

Warm regards

**Nigel Bielby**  
Executive Headteacher



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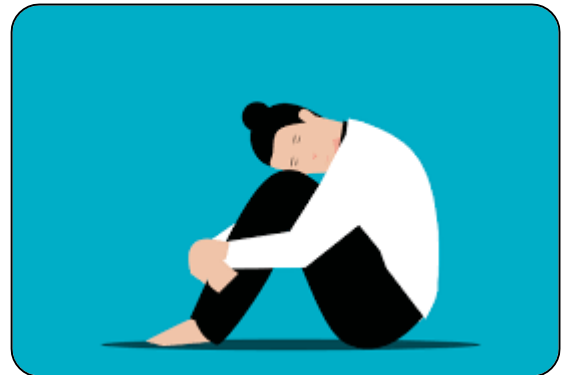
### Young People's Mental Health and Self harm

We wanted to take this opportunity, as we are coming to the end of the school term to signpost parents to support and to information that can be found online and by specialist charities to help you at home have the much needed conversations with your child.

Self Harm is a behaviour and not an illness. Young people who self harm do so to cope with emotional distress or to communicate this distress to others. Self harm can include minor injuries and mark making as well as more severe attempts to harm themselves including restricting eating, cutting or overdose.

Self harm can occur at any age but is more common in young people and adolescents. In school we are seeing a noticeable increase in students using self harm to communicate their needs and using self harm to cope with their declining mental health and emotional wellbeing.

Please remember self harm is unique to the individual and is not necessarily about control. Every person who self harms will experience different emotions and will have different triggers. It is important to talk to your child to understand how they are feeling and to understand their emotions and their use of self harm.



Whatever the method, self harm is often an act sought to experience a sense of relief and an escape from the difficulties, trauma, stress or the anxiety the young person faces. The behaviour can develop into an addictive cycle which can then be difficult to unlearn as it is proven to be a coping mechanism and to bring them release. Self harm is not attention seeking, many young people hide their self harm, it may however be a cry for help or a visible sign of an internal distress.

Minimisations Strategies, taken from the Mental Health England, Youth MH First Aid manual

- Delay urges for 10 minutes, monitor feelings and what helps.
- Kick or punch something soft like a pillow
- Put rubber bands on the wrist and snap them
- Pinch skin instead of cutting
- Try physical exertion/exercise such as walking or even tidying
- Slam doors, scream, sing loudly to music
- Draw on the body with red markers or paint
- Squeeze or hold ice to the skin for a short time
- Carry and hold safe things to squeeze such as a tennis ball or a stone
- Use creativity to distract and increase good feelings

Listed below are some links to some charities and apps to help you as parents and carers open up a conversation around self harm with your young person and to help you understand more around a subject that will be affecting our students lives either directly or through their peers and sadly hearing accounts of others struggles.

Please [click here](#) for more useful apps and online resources.



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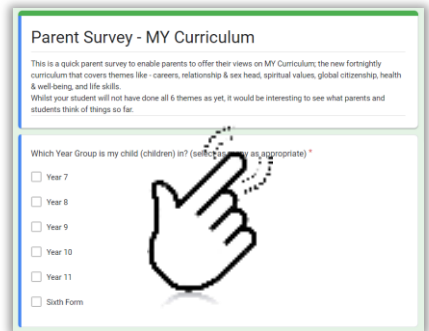
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## My Curriculum

This term we have included a Parent Survey for MY Curriculum focusing on the experiences of your child and the Parent Homeworks set in the previous newsletters.

Please take a minute to complete the survey. **Click on the image** to launch the survey.



My Curriculum has just finished its fourth rotation and lots of different learning has taken place. Y7 have done their first unit in Relationship & Sex Education, based around the topics of Friendships and Consent. Y8 have been examining body image and the risks associated with vaping. Y9 worked on their teamwork skills in building pasta towers. Y10 have just returned from their work experience and Y11 approached revision from a spiritual perspective; reflecting on the qualities of discipline and focus.

Parent's Holiday Homework	
Year 7	<p><b>Questions to discuss:</b></p> <p>How do you start "difficult conversations" about friendships and situations that make you feel uncomfortable?</p>
Year 8	<p><b>Questions to discuss:</b></p> <p>A body confidence coach talks about her personal struggles with body image:  <a href="#">From an eating disorder to body confidence- BBC London</a></p> <p>Dr Ranj talks about issues with body image and boys:  <a href="#">Boys' Body Image ft Dr Ranj   Voice Box   Childline</a></p> <p>How can you create a positive "body image and conscience" for yourself that strengthens you and makes you appreciate your best qualities?</p>
Year 9	<p><b>Questions to discuss:</b></p> <p>What have you learnt about teamwork in the past few weeks and what sort of team worker are you? What can you do to improve your ability as a teamworker?</p>
Year 10	<p><b>Questions to discuss:</b></p> <p>What are the main similarities and/ or differences between the world of work and school? What can you do in school to make sure you are ready for the big wide world?</p>
Year 11	<p><b>Questions to discuss:</b></p> <p>Easter is traditionally a time when Y11 students intensify their revision running up to their GCSEs. What sort of things do you have to put in place to help you focus and be disciplined in your approach to revision? Remember, there is always time to get started and make a difference. Every little bit you do now will make a difference later.</p>



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## My Curriculum ....Continued

In the next half term, tutors will take over the teaching in their tutor groups from March to April, year groups will be studying these themes.

	New Themes in April
Year 7	Global Community: Becoming a global citizen
Year 8	Relationship & Sex Education: Body Image & Families
Year 9	Health & Wellbeing: Positive language and decision-making
Year 10	Life Skills: Financial Awareness - wages, costs and taxes
Year 11	Future Pathways: Beyond School & College



The Holmes Chapel Parish Youth Council has been rebooted after the covid-break and new members have brought in new ideas to the table. Working on behalf of all young people across the HC district, we have had record attendance for our most recent events and representation from nearly every year group and from the primary schools too!

At the moment, the Youth Council are focusing on 3 major things:

1. Improving street lighting in darker alleyways around the village.
2. Improving our environment (focus on litter).
3. Activities for young people in the village.

The last of those is where we need YOUR HELP! In this newsletter is a link for an "Activities Survey". **Click the survey image** to the right to launch the survey. What we want to do is find out what sorts of activities you want to see made available for young people in HC district. In the survey, there are some ideas that the Youth Council are already exploring from free access public sports facilities to arts exhibitions but if you have any other ideas that you want us to pose to the HC Parish Council then please use the survey to let us know your thoughts.

### Activity Survey for the HC Youth Council (STUDENT version)

The following survey questions are about potential activities that are being proposed by the Holmes Chapel Youth Council and the HCCS student council. They are ideas you really like and would participate in or even offer more suggestions of your own to propose to the school and local Parish Council.

This survey is asking young people of all year groups in the surrounding districts to give us their opinion about some of the ideas that the HC Youth Council are exploring alongside the Parish Council. It is your chance to have a say in what happens in the Schools and the Village. Your answers will be anonymous but will go towards research for the Youth Parish Council to help make our lives better.

Don't forget to click SUBMIT at the end!

This form is automatically collecting email addresses for Holmes Chapel Comprehensive School users. [Change settings](#)



If you want to find out more about the HC Youth Council and the work that they have done before, [click here](#)



Photo: Subcommittee of the Youth Council working on Activities and Street lighting.



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## 'Careers Corner'

*Work Experience 2023*

Last week our Year 10s took part in the annual school experience programme and over 95% of the year group took part which far exceeds the national figures.

Work experience is an enormously valuable part of education. It allows students to spend time in a workplace and experience working life in a real-world setting. It looks great on their CV, allows them to hone their skills, and gives them a chance to try out a line of work to see if it's right for them.

The range of placements and locations was amazing and the feedback from employers overwhelmingly positive. Well done to all Year 10s for completing a successful week and special thanks to parents/carers for securing suitable placements.

### Selection of locations:

*Chelford, Northwich, Crewe, Macclesfield, Congleton, Manchester, Warrington, Salford, Middlesbrough, Staffordshire University*

### Selection of placements:



**Vets  
Legal work  
Shop work  
Architects  
Farm work  
Chiropractic**



**Garden landscape  
Hair and beauty  
Catering  
Education  
Libraries  
Leisure  
Mechanics**



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## Exciting News

HCCS has acquired a new Defibrillator, which has been placed in the 6th Form Atrium area. Chris Matchet, our talented DT technician has made a fabulous storage case, and Darren, our creative IT technician has produced bright and identifiable stickers for the case.

This is the 3rd defibrillator that school has, and is to support evening/weekend events in the Theatre, 6th form and our training rooms. This defib, alongside the other 2 defibrillators in reception and the leisure centre, are here to keep everyone safe.



## Gifted and Talented Singing Day, 20th March

Well done and thank you to the wonderful students who attended the Gifted and Talented Singing Day and Concert. The event was hosted by Love Music Trust with professional musicians Impromptu Opera, and was an enjoyable and educational day. It's not every day that you listen to professional opera singers at 10am in the morning!!



Thank you for representing HCCS with such enthusiasm at this event, it was a pleasure to spend the day with you. - Mrs Blackburn



## Singfest Concert, 23rd March

It's been a busy week for some of the singers in the Music Department. On Thursday, Young Voices performed at the Singfest Dancers and Dreamers concert at Congleton Town Hall, alongside students from Brereton and St Mary's Middlewich primary schools. They sang two big medleys as well as various short songs to a large audience. Well done for remembering so many songs, and special well done to those of you with solo sections - great singing.

Mrs Blackburn



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## The yoto Carnegies

### Recommended Reads

The shortlist for the Yoto Carnegie Medal for Writing 2023:

- **The Light in Everything** by Katya Balen
- **When Shadows Fall** by Sita Brahmachari
- **Medusa** by Jessie Burton, illustrated by Olivia Lomenech Gill
- **The Eternal Return of Clara Hart** by Louise Finch
- **Needle** by Patrice Lawrence
- **I Must Betray You** by Ruta Sepetys
- **The Blue Book of Nebo** by Manon Steffan Ros



LRC NEWS

### Attendance Matters

Excellent attendance is vital for our students. Making it happen is not always easy! Here are some strategies. We hope these help you, as parents to work with us and your sons and daughters. Please [click to download](#).

#### ATTENDANCE matters

What does our pathway to perfect attendance look like?

- 100% Excellent**
- 95% Good**
- 90% Starting to Slip**
- 85% Needs to Improve**
- 80% Significant Concern**

#### Getting Your Child to School On Time Everyday REALLY MATTERS. Did You Know.....

If your child's attendance during the school year...	Your child would have lost approximately...	Or they would have missed approximately...
Was 95%	9 days from school	45 lessons
Was 90%	13 days from school	65 lessons
Was 85%	23 days from school	140 lessons
Was 80%	35 days from school	180 lessons
Was 75%	48 days from school	240 lessons

If in a school year your child is late every day by...	Your child would have lost approximately...	Or they would have missed approximately...
5 Minutes	3.5 days from school	20 lessons
10 minutes	7 days from school	41 lessons
15 minutes	10 days from school	55 lessons
20 minutes	14.5 days from school	82 lessons
30 minutes	22 days from school	123 lessons

We learn together - We belong to this community - We are proud of ourselves and each other - We have consistently high expectations

#### ATTENDANCE matters

Make Everyday Count!

Remember, attendance is vital for our students. Making it happen is not always easy! Here are some strategies. We hope these help you, as parents to work with us and your sons and daughters.

- **Check handover becomes a habit:** Public parking can be harder to manage. Car-pooling!
- **Check your child's attendance on a 30-CP list:** Make sure you know how to do this from your phone.
- **Make every morning a routine:** Get up, get dressed, get ready to go to school.
- **No devices or TV before leaving home:** No phone, no TV, no social media.
- **Check your child's attendance on a 30-CP list:** Make sure you know how to do this from your phone.
- **No late arrival, school is normally closed:** Arrive on time, even if it means leaving home early.
- **Check your child's attendance on a 30-CP list:** Make sure you know how to do this from your phone.
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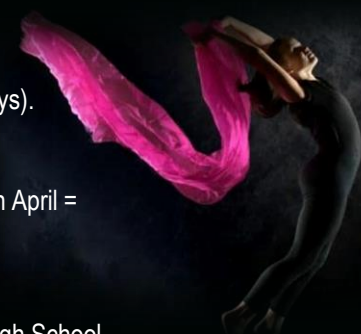
We learn together - We belong to this community - We are proud of ourselves and each other - We have consistently high expectations

### Dates for the Calendar

**Btec Dance Easter Choreography sessions:**  
Monday 3rd & Tuesday 4th April 9am-3pm in the theatre (Easter Holidays).

**Btec Dance moderation days 9am-3.15pm:**  
Tuesday 25th April (gym) & Thursday 27th April (theatre) Thursday 27th April =  
Btec Dance showcase 5pm - 6.30pm in the theatre.

**International Day of Dance showcase:**  
Friday 28th April - Year 9&10 dancers - 9am - 3.15pm at Fallibroome High School.



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### High Ability Learners Assembly

This week Upper School students, identified as High ability learners (HAL), were invited to the Sixth form study area for an assembly. We were able to celebrate their previous academic successes and focus on the potential they all have, being highly able students. We spoke about types of motivation, with most of the students identified as intrinsically motivated to succeed. We looked at some of the achievements of our HAL HC6F alumni and the exciting and successful careers they now have.

The key message to these wonderful students was to work hard to achieve academic success, but to ensure that they are aware of their own mental health, that working hard does not mean perfection. They are to take time to practise self care, whether that is exercising, practising mindfulness or doing something that brings them joy. Sign-posting students to places of support should they be struggling.



But ultimately they must remember their best is good enough, and that is all we can ask of them.

### Year 9 Art

A selection of work from the army of street art Kaws 'Companions' from the super talented 9Y5 Art group's observational drawing assessment. Even the GCSE artists were jealous of these!



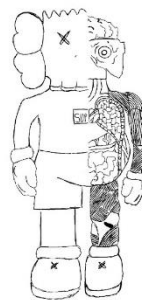
Luca



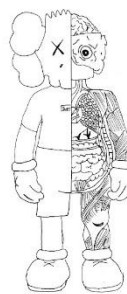
Alfie



Millie



Tom



Lyla



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### Year 13 Health and Wellbeing Personal Development Session

The Year 13 enjoyed taking part in a Health and Wellbeing session as part of their Personal Development Curriculum this week. 'This was a great way to help us to relieve the stress of exam pressures, it was great fun'.



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# WILD SHORE

DELAMERE ~ CHESHIRE

The PE Team are organising a day out at Wildshore in June later this year. This is a reward for students who are part of our leadership academy or represent school teams and demonstrate excellent behaviours throughout the year.

Place are limited per year group so please book early onto the trip to avoid disappointment !! Invitations are currently being sent out on a first come first serve basis. We hope to see you there !!

**Please see Mr Thomas for further details**



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AQUA PARK



WAKEBOARD



AQUA CHIMP



PADDLE



SWIM





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## Design & Technology – Student Work

Check out some of the work that our students have been doing.



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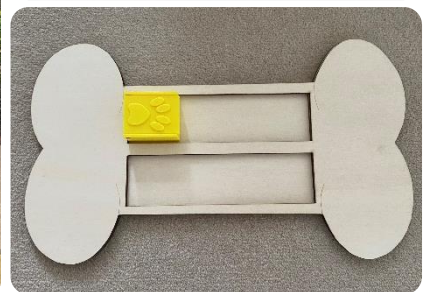
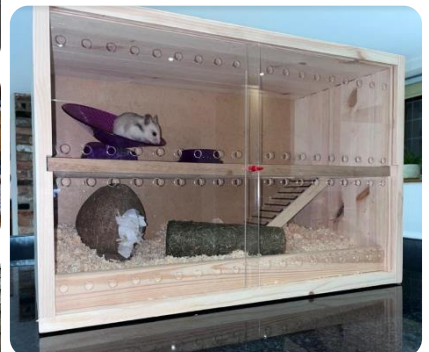
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## Manchester Schools Climbing Competition

Our very own Alice in Year 8 attended a school Climbing competition last week. We are very proud of her as she came out top of her category completing all climbing tasks. She was among 12 students in her age group to score top marks, completing all the climbing problems first time.

Well done Alice!! Such a Fantastic achievement.  
Mrs Mee



## English Schools Cross Country 2023

On Saturday the 18th of March year 13's Jake, Isobel and year 10 Sofia were selected to represent Cheshire at English Schools Cross Country Championships. The three athletes travelled down to Nottingham, the atmosphere on the day was fantastic with reasonably dry weather for cross country. All three athletes competed in very fast races at National level and made their county and school proud. Well done to all the students.



## The Christie Challenge

Our Maths trainee Jake is taking on a HUGE challenge and he'd be super grateful for your support. Jake is taking on the Christie Challenge - completing 6 fundraising events and physical challenges, to try and raise as much money as possible for The Christie charity; he's set himself the target of raising £6000!

The Christie charity provides enhanced services over and above what the NHS funds for more than 44,000 cancer patients treated at The Christie every year. Your support can help fund life-changing and potentially life-saving projects that will benefit cancer patients both now and in the future. It is a cause that is very close to Jake's heart personally. He is doing this in memory of loved ones and in support of those currently fighting their own battles with cancer, particularly after a recent cancer diagnosis in his family.

In 3 and a half weeks time on Sunday 16th April, he is going to be stomping the pavements of Manchester - running in the adidas Manchester Marathon. This is something that he has been in training for, for well over a year! Literal blood sweat and (almost) tears have gone into this. He's been slowly turning into Forest Gump, with early morning 5am runs and putting the long miles in on weekends. Jake has never ran a marathon before so is really excited for the challenge and has got his sights set on the Peak District 100 Ultra Marathon later on in the year.

**THE CHRISTIE CHALLENGE**  
SIX EVENTS - ONE YEAR

**Jake McGuire**  
Sponsor Me This Year As I Take On Six Different Events Over 2023 In Aid Of The Christie Charity!

School Fundraiser 3rd February	Manchester Marathon 16th April
Yorkshire 3 Peaks Challenge 27th May	School Fundraiser June Date TBC
Peak District 100km Ultra Marathon 8th July	Bingo Night 12th August

Donate And Stay Up To Date With My Progress By Following This Link  
↓↓↓↓↓↓  
<https://justgiving.com/fundraising/jake-mcguire1>

Scan For Donation Page

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Please support me with my journey by following my Just Giving page, (link below) by sharing my updates, giving me encouragement and donating in any way that you can, every bit really helps!

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## HCCS Netball Tournament Report

On Tuesday 21st March HCCS Netball Teams in Years 9 and 10 played in the final tournament of the season. I want to say a huge thank you to year 10 who came back to complete for school whilst on their work experience. Fantastic dedication from the girls, such great ambassadors.

Both teams played exceptionally well, competing against all the teams in our division. The girls came up against strong opponents facing Brine Leas, Sandbach, Alsager and Congleton. I am very proud of both the teams today, they were a credit to themselves and Holmes Chapel.



Our Year 10s came out on top as the champions of the league and tournament. Well done Girls. But a huge congratulations to both teams, as all the girls worked tirelessly as a team. A big thank you to both teams, it is a pleasure to work with you all, well done. - Mrs Mee

## Year 7 Football Match Report

Congratulations to the year 7 football team. They beat a solid Congleton side on penalties to progress in the South Cheshire cup. Harry scored with a great rebound finish after a brilliant freekick from Noah. HCCS defended really well, but struggled to break a disciplined Congleton defence down.

It came down to the last 3 penalties, HCCS 2 penalties down at this stage. We scored our last one and Congleton missed their last 2, this took the shootout to sudden death which we managed to get over the line and progress to the next round. A victory for teamwork and resilience. Congratulations boys.



## Year 8 Football Match Report

Congratulations to our year 9 FB team who best STM school 4-2 in the south Cheshire cup. Henry pulling the strings in the middle ! Great performance gents.



## Year 9 Football Match Report

Congratulations to our year 9 FB squad who played against a talented Congleton School Team. 1-0 down at half time rallied the boys to produce a brilliant second half performance. We had much possession and territory, however, a resilient Congleton defense shut up shop and denied us any real goal scoring opportunities. The final score was 2-0 to Congleton, but the character and team spirit shown by our boys was first class. Well done!



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## Year 10 Football Match Report

Well done to all the boys involved in the year 10 football team who played Congleton on Monday evening. We found ourselves 1-0 down early, due to a fast start from the visitors. We clawed ourselves back into the game just before half time with a goal from Jenson. Both teams found it difficult to break each other down with few very chances in the second half. Final whistle blew, HCCS 1 V 1 Congleton - Over to Penalties.

FT HCCS 3 - 5 Congleton. It just wasn't to be.



Please click on the various documents to see information about upcoming workshops provided by Visyon

**FAMILIES AND COMMUNITIES TEAM** VISYON

**PARENT WORKSHOPS**

Supporting your child and their learning with the latest online Academic Skills

Workshop Details: This workshop is available to all Year 10 students. The workshop is a 30-minute session. The workshop is available to all Year 10 students. The workshop is available to all Year 10 students.

Workshop Date: Monday 27th April 2022, 6:00pm - 7:30pm

**FAMILIES AND COMMUNITIES TEAM** VISYON

**PARENT WORKSHOPS**

Parent Workshop: Supporting children with additional needs

Workshop Details: This workshop is available to all Year 10 students. The workshop is a 30-minute session. The workshop is available to all Year 10 students.

Workshop Date: Monday 27th April 2022, 6:00pm - 7:30pm

**FAMILIES AND COMMUNITIES TEAM** VISYON

**PARENT WORKSHOPS**

Suicide and Self-Harm Awareness (90 minutes)

Workshop Details: This workshop is available to all Year 10 students. The workshop is a 90-minute session. The workshop is available to all Year 10 students.

Workshop Date: Monday 27th April 2022, 10:00am - 11:30am

**FAMILIES AND COMMUNITIES TEAM** VISYON

**PARENT WORKSHOPS**

Helping children manage anxiety and nerves

Workshop Details: This workshop is available to all Year 10 students. The workshop is a 30-minute session. The workshop is available to all Year 10 students.

Workshop Date: Monday 27th April 2022, 6:00pm - 7:30pm



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Thank you, from all of us at HCCS & HC6F