

26/05/2021

Dear Parent/Carer,

As we come to the end of the half term, the year teams have been reflecting on how our young people have coped and adapted to school life since the return to face to face teaching in March.

For some young people the transition back has been easy and they have slipped back into school life smoothly, for others the journey back has offered some challenges and obstacles to overcome. We however do not underestimate the impact the last 16 months has had on all our school community and we are proud of the resilience, determination and effort that all our students have shown.

Hopefully moving forward into the final half term of this academic year some more elements of school life can return to normal. We are looking forward to the Year 8 play in a week, an increase in extracurricular opportunities, DofE walks and being able to celebrate leavers' days with our fantastic Year 11 and 13 students. We are planning for the final lessons to return to specialist areas, which will mean our Year 7 students will be introduced to areas of the school they have not visited yet!

Below are a range of Welfare updates and projects we are working on as a school which we wanted to share with you.

Thank you for your on-going support and have a lovely half term holiday (The Geography teacher in me says we might even have some sunshine!)

Yours faithfully,

Catherine Holyland

Deputy Head Teacher

Welfare Update May 2021

Poynton High School Charter

At Poynton High School we place great importance on acceptance and inclusivity; we want all members of our school community to feel supported and valued, and to be confident that discrimination in any form will not be tolerated by our community. We are working to develop a charter that outlines our school's stance on issues such as stereotyping, sexism, homophobia, racism and bullying, as well as agreeing the correct and appropriate language we will use to discuss these issues.

In the next half term, we will be working with students in Year 7-12 who have volunteered to be involved in finalising the charter, which we will then share with all members of the Poynton High School Community.

Mental Health Awareness Week

To promote Mental Health Awareness week, we have launched our PHS Wellbeing Wall outside the restaurant. Thank you to the PTA who are supporting the development of further Wellbeing Walls around school.

Student Voice

As part of mental health awareness week, Mrs Kennedy ran student voice groups in each Year group with a focus on wellbeing in school. The student's feedback was excellent and they made some very constructive suggestions on how we can all work together to promote positive wellbeing.

Some of the agreed actions school are going to implement over the next few months are:

- A dedicated weekly form time focussed on wellbeing
- Promotion of the studentsupport@phs.cheshire.sch.uk e-mail and support information on the Year group Google Classroom pages
- Have Welfare drop ins after school in person and via Google Classroom
- A whole school project on 'Stand up and Speak out'

Student Development Day July 2021

This year due to Covid restrictions we have delivered much of the PSHCE curriculum via form tutors. However, in July we will be having a full Student Development Day where we will be having a number of external visitors and agencies coming to work with our young people on a range of topics.

The focus for the days are:

Year 7 Eco day including speaker from the national trust Lyme park coming in, a speaker from Cheshire east council on waste, plus the police talking about environmental crime.

Year 8 Community day including sessions on voting and elections, visitors from Age UK about the elderly and Young carers.

Year 9 Sex and Relationships Education including – sex and the law, consent, and contraception.

Year 10 Careers focus including the Macclesfield Pledge who are providing a careers carousel of 'Day in the Life' videos via the Learn Live Platform, with employers available during the session.

Year 12 MyBnk activities led by speakers on finance education plus UCAS preparation.

The Importance of PE

Every student is entitled to a rich, broad, and balanced curriculum, where physical education is a critical element.

Students can experience many benefits, physically, mentally and emotionally, as a direct result of their participation in PE lessons, and a higher level of participation can lead to greater rewards.

In addition, students will develop social, emotional and intellectual skills such as improved:

- Leadership skills
- Communication
- Tolerance
- Independence
- Loyalty
- Fairness and respect
- Acceptance of responsibility

Why children and young people need regular Physical Education, School Sport & Physical Activity

- FACT 1: ACHIEVEMENT**
Pupils improve in all subjects
- FACT 2: PERSONAL DEVELOPMENT**
Pupils are more confident & positive
- FACT 3: SOCIAL SKILLS**
Pupils have more developed social skills
- FACT 4: HEALTH & EMOTIONAL WELL-BEING**
Pupils have a better outlook on life
- FACT 5: LEADERSHIP**
Pupils will be able to make informed decisions

Statistics

- An 11% boost in SATS results has been linked to programmes that directly improve pupils' social and emotional well-being
- Pupils engaging in self-development opportunities including sport and physical activity achieve 10-20% higher GCSEs

(Source: Association for PE)

PE Extra-Curricular Clubs at PHS

Our PE clubs have been running this half term for Year 7 and 8. They have provided students with structured learning that has happened outside the curriculum time.

The PE clubs have been superbly attended by Year 7 and 8 students. We have offered tennis, rounders and cricket as the activities for these clubs. It has been fantastic to have these backs up and running in school and great to see so many students making the most of these opportunities.

PE clubs will continue for the rest of this year and we hope that our numbers continue to increase and more students are taking part.

MiMove app

This academic year, we introduced the use of the 'MiMove' app for all students in Year 7 through to Year 11. We want all our students to develop a Physical Activity habit and we want to SUPPORT YOU and to use the data to be able to do a better job. The goal of PE is to ensure that all young people have what is needed to be able to be physically active. The best evidence for this is to see your levels of physical activity.

The app is to log any physical activity that the student does. Physical activity refers to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. Students can log any of the physical activity that they complete from a PE lesson, to a dog walk, to skateboarding.

Students really engaged with the use of the MiMove app and during the lockdowns, we have had over 300 students logging physical activity and it has been great to see that students have been motivated to continue with physical activity whilst in lockdown.

We really support students use of this app to log exercise now they are back in school and PE lesson, in addition to their activity they complete outside of school.

Please continue to encourage your child to log their physical activity on the MiMove app.

In School Contacts

Issue	Who to contact	How
Any safeguarding concern	Miss Catherine Holyland is the Safeguarding Lead or Mrs Sue Warburton/Mr Bennett are the Deputy Safeguarding Leads	Via reception 01625 871811 safeguarding@phs.cheshire.sch.uk
Welfare concerns e.g. Friendship issues, cyber bullying	The first point of contact would be the Welfare Lead for your child's year group.	Year 7 Miss Gyves KGY@phs.cheshire.sch.uk Year 8&9 Mrs A Reily- areily@phs.cheshire.sch.uk Year 10&11Mrs Handby- ahandby@phs.cheshire.sch.uk or via studentsupport@phs.cheshire.sch.uk
Concerns about your child's progress in a particular subject	Class teacher initially, but please contact the Director of Learning for the subject team if this does not resolve the issue.	E-mail info@phs.cheshire.sch.uk and in the title please write the name of the teacher concerned.
Concerns about your child's general progress	Director of Learning for your child's year group	Year 7 Mr E Latch ERL@phs.cheshire.sch.uk Year 8&9 Miss E Keaveney EKE@phs.cheshire.sch.uk Year 10&11 Mrs Dempsey RDE@phs.cheshire.sch.uk
Learning Support	Mr Jackson - SENCO	NSJ@phs.cheshire.sch.uk

Ordinarily, you can expect a response dependant on the enquiry within a working week of 48 hours.

Additional Support

Kooth - <https://www.kooth.com/>

A fully commissioned service from Cheshire East County Council, Kooth.com is a free, safe, confidential and non-stigmatised way for young people to receive counselling, advice and support on-line. This very popular service is used by large numbers of young people and delivers over 20,000 counselling sessions each year. Staffed by fully trained and qualified counsellors and available until 10pm each night, 365 days per year, it provides a much needed out of hours service for advice and support.

Just Drop in - <https://www.justdropin.co.uk/>

They provide free and friendly services for children and young people from Macclesfield and surrounding areas.

They do all that we can to provide support to those who need a bit of help in finding their feet or who are struggling with their emotional health and wellbeing.

Educare Online - <https://www.educare.co.uk/edusafe-pc>

This is a resource for parents which covers a wide variety of topics such as mental wellbeing, healthy lifestyles, understanding anxiety and dealing with bereavement and loss. For each topic there is advice to support you child and also other recourse/agencies that can help.



Free School Meals

You can claim free school meals for each child who attends school in Cheshire East if you receive one of these benefits:

- Income Support
- Universal Credit
- Income based Jobseeker's Allowance
- Income related Employment Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit - as long as you have a yearly household income of less than £16,190 (as assessed by HM Revenue and Customs) and do not get Working Tax Credit
- Working Tax Credit run-on (paid for 4 weeks after you stop qualifying for Working Tax Credit)

You can apply by telephoning 0300 123 5012 or online at http://www.cheshireeast.gov.uk/schools/free_school_meals.aspx

If your child receives free school meals the money is put into their account automatically and they can spend it in the usual way. During lockdown families receive vouchers which they can spend in their local supermarket.

Through accessing free school meals your young person would in turn be eligible for support with resources in school (such as revision guides etc, where we would normally ask for parental contributions) through our Pupil Premium fund.

Covid update and Lateral Flow Tests.

This week we have given students another 6 lateral flow tests. Please can students continue to carry out a test on a Wednesday and Sunday between 3pm and 7pm including over the half term. As per the guidance please report all results via the NHS link however if your child's test is positive please can you also e-mail covidsupport@pfs.cheshire.sch.uk as soon as possible and member of staff will contact you. This includes tests over the half term.

Below is an update the DFE have asked us to share with you.

COVID-19 testing over May half-term

As lockdown eases, taking a rapid COVID-19 test twice a week, even if you do not have symptoms, will help us stay ahead of the spread of the virus, particularly as new strains appear. Around 1 in 3 people with COVID-19 have no symptoms and are spreading the virus without knowing. This includes those who have had their vaccine.

We want to thank you for your continued support in testing. Over 40 million tests with staff and students have now been conducted as part of the education testing programme.

Please continue to encourage your staff and secondary school or college students to test twice-weekly over half-term and test before returning to school or college after the holiday.

The result of a rapid test could be positive, negative or even void. But whatever it is, it should be reported straight away, every time. Recording all test results helps scientists stay ahead of the virus by spotting new outbreaks quickly and advising how to respond.

Reporting results is easy. Go to [report a COVID-19 lateral flow test result](#) or call 119 free from a mobile or landline. Lines are open every day, 7am to 11pm. Support is offered in 200 languages as well as British Sign Language and Live Video Assistance.