



Edition 21

Spring 2

March 2024

A big welcome to our Spring 2 (February / March) newsletter.

You would be right in thinking that this edition of the newsletter has come around rather quickly....

....and that is because we have just completed another particularly short (but bustling) 5 week term.

In this edition we cover: National Eating Disorders Week; our annual Parents & Carers Open Day; some of the PSHE trips and visits our pupils have benefited from. You can also catch up with some of the exciting learning that took place in subject areas. And finally, why not get the family together and start your Easter break with our very own Broadstones Easter quiz?

National Eating Disorders Week

The month of February was National Eating Disorder Week.

Staff and pupils across different subjects covered topics designed to help pupils understand some of the facts relating to eating disorders.

We looked at healthy and unhealthy foods; found out that some foods have been scientifically proven to be as addictive as cocaine; learned how social media influences body image and how this has fuelled a rise in body dysmorphia cases; and found out that social pressures and peer pressure can influence some teenagers' food choices leading to very real health issues.

Our Year 11 PSHE curriculum covers some of this subject intermittently throughout the year, but it was a great opportunity to offer other year groups the facts relating to this increasing public health issue.

Did you know:

Between 1.25 and 3.4 million people in the UK are affected by an eating disorder and around 25% are male.

Most eating disorders develop during adolescence, although cases of children as young as 6 and as old as 70 have been reported.

The most common ages are between 16 and 40, with the average onset for anorexia nervosa being 16, and 18 to 19 for bulimia.

The rest of sufferers fall into the BED or OSFED categories, standing

for binge eating and generalised eating disorders, respectively.

As we can see, this is a significant problem, but at least we can know the signs and symptoms to look out for.

Parents & Carers Open Day

We held our annual Parents & Carers Open Day on Thursday 21st March.

Parents and carers were invited into school with their child to visit each of the sites and speak to their teachers individually.

A great opportunity to discuss progress, look at some of the work completed and to ask questions.

Feedback from parents and carers was excellent; all feeling that their child is making progress and benefiting from our nurturing approach.

PSHE

Fire Station Trip

Claire and Alex's PSHE group very much enjoyed a visit to Whitehill Fire Station in Stockport.

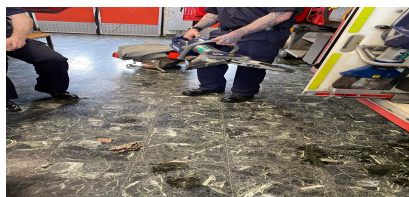
Elisa, Brooke and Skye learned about (and were quite shocked at) just how heavy fire equipment is. Also, about the vast amount of equipment that is carried on fire engines, including the Jaws of Life, which can cut through anything!

Claire said: "We were also given an interesting talk about fire safety in the home. We all came back with a tool that allows us to test a fire alarm - which should be tested every month without fail!"

This was a fantastic opportunity, enjoyed by everyone who went and it is hoped that the trip will be rolled out to other pupils in due course.



Some of the main apparatus used in fire engines



A Whitehill fireman demonstrating the Jaws of Life to our pupils

The Growth Company Visit

Year 11 visited The Growth Company in Stockport to find out which post-16 courses are on offer from September.

It was a useful visit, refocusing our Year 11 on possible career paths. They were particularly interested learning about the Summer Programme that the company offer to those eligible:

The programme is available to 16 to 18 year olds, looking to gain new skills over the summer as well as having a few great days out.

It is also designed to improve: young people's employability skills, their digital skills, their confidence, and importantly, allowing them to socialise, work in groups and to make new friends.

Those attending and participating in all the sessions can even benefit from a £40 per week bursary!

Practical sessions include: arts and crafts; construction; well-being support; mental health support; day trips; photography; and outdoor activities such as water sports and orienteering.

We are encouraging and helping our Year 11s to sign up for this exciting opportunity.

English with Davina

This term's £10 Amazon voucher that was up for grabs was for the winner of a film or book review competition.

Pupils were asked to review a film or book of their choice. It was great to see pupils entering this particular competition that had not entered previously.

And after careful anticipation, consideration and deliberation, it was decided that this term's winner is..... Rocky!

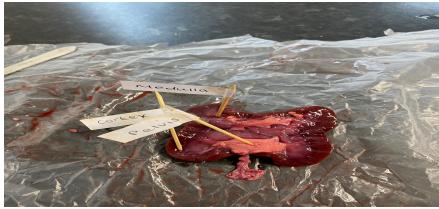
Rocky had reviewed the film Puss in Boots, summarising with: "I am giving this movie a 5 star rating because....[it deals with] mature themes, but is also a comedic, enjoyable animation for everyone!"

To add an extra layer of gratification, Rocky was advised of his winning whilst casually being asked to proofread this newsletter!

Science with Claire

"This term some pupils have been dissecting a kidney as part of their work to understand that kidneys are involved in controlling the body's level of water. A process known as homeostasis.

Henry was surprised to see that a kidney actually resembles a kidney bean.



Henry's kidney dissection

Meanwhile, Bobby has investigated what actually causes rusting.

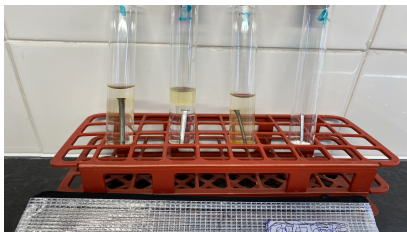
He set up four test tubes:

- 1) With water and oxygen.
- 2) With just water and no oxygen.
- 3) With salty water.
- 4) With no water, just oxygen.

In each test tube he placed an iron nail.

The nail in the salty water rusted after 4 days and the nail in the water and oxygen rusted after a week. There was no rusting in the other tubes.

This proves that water and oxygen are needed to make iron rust but with salty water, rusting happens more quickly." Thanks Claire, there is no arguing with science!



Bobby's rusting experiment

The Salon Academy Crafty Ladies Group Pamper Day

Claudia: "The Crafty Ladies from Re-Dish charity joined staff and pupils at The Salon Academy on Friday 22nd March for a pampering session! This special event was designed to give a little something back to the community, to people who tirelessly give their time and effort helping others.

Our talented team of staff and pupils pampered the ten ladies with beautiful blow dries and polished nails. Claudia said: "We have come together to celebrate beauty and community."

Crafty Ladies is a community group based at the Re-Dish Charity Shop on Gorton Road who meet weekly on Wednesday mornings.

If you have a little time to spare, they would love you to join them for some relaxing and fun creative activities.



Some of the ladies that benefited from the pamper session

Music Trip

Ryan, our talented music tutor organised a trip to The Manchester College for our more musically inclined pupils.

Ryan said: "We were greeted by Alex's old college buddy, Steve. Pupils were then shown around the rehearsal rooms and shown the extensive range of top quality instruments.

Following that they were shown the production areas, the DJ and art classrooms that housed top-of-the-range Macs, exhibitions rooms and DJ decks.

Finally, they were shown the studios where Steve ran some songs through the mixing desks, allowing pupils to problem solve the type of issues a sound engineer might face.

It was a great day and all our pupils really enjoyed it. The atmosphere was friendly, relaxed and fun, giving plenty of context to the way the music industry works."



Images from the music trip

Wilderness Tribe With Louise



"At the start of this half term Broadstones began a new venture into the Wilderness...

Every Friday what we once knew as the community centre now becomes a place of bushcraft skills and sharing, for cooking together and exploring around a roaring fire.

Child-led sessions run by the 'Wilderness Tribe' allow for all kinds of expression: creative, emotional, physical and social, in a space which feels safe and open.

Involving knifework, fire building, archery, woodcarving, and exploring in the outdoors - making use of Reddish Vale Country Park to get stuck into nature.

The course is 6 weeks long and focuses on Outreach and school pupils who love practical work, being outside and are looking for new ways to share their emotions.

The next course is beginning after Easter with a brand new tribe and we can't wait to get stuck in."

Construction with Michael

"In March, some of the construction students attended a site visit at St. Annes Bridge, Denton.

Pupils had to complete a site induction and briefing session. They were then shown around the site, discussing various health and safety regulations, employment opportunities, and different engineering practices.

The project runs until 2026, so the plan is to revisit the site and see the different stages of the projects.



The Maddocks



The Maddocks

Our very own Ed Gibbins, IOS Deputy Manager, when not working flat out with Broadstones OutReach pupils - is also a member of an up and coming band - The Maddocks.

The Stockport band have been gaining popularity since their emergence a few years ago. Their new single: 'How's Albert?', precedes a new EP out: 'What's on The Menu?'

The interesting song titles, according to the band: "come from phrases we've said or overheard whilst out and about...the names have nothing to do with the lyrics, we spend an awful lot of time together chatting absolute rubbish."

That said, the band have gone from strength to strength, headlining gigs and wowing audiences across the north on their summer tour.

The band have recently celebrated their EP release with a headline show at Manchester's Deaf Institute with support from Saytr Play and Stan Buckrowd.

The Maddocks' (George Edwards, Siobhan Lally, Alex Tollerfield and Ed Gibbins) music can be found on all major streaming services.

The band has been described as having 'a clear post-punk flavour to their sound with a sprinkling of funk, evident in unreleased material.' Why not check them out and decide for yourself?

Easter Quiz

1. Which three animals are traditionally associated with Easter?
2. On which day is a tradition to make pancakes?
3. What kind of bread is associated with Easter?
4. Which roast is associated with Easter?
5. Easter always falls on which day?
6. Easter Sunday is preceded by a 40 day period known as.....?
7. What is the name of the 2011 animated movie all about a young rabbit who does not want to become the Easter Bunny?
8. What type of fancy hat is worn at Easter?
9. Can you unscramble the following word to reveal the name of a gift that we share at Easter time: TSAERE GSEG?
10. Rabbits with long floppy ears can't hear as well as those with ears upright. True or False?
11. What is the fun game that kids usually play at Easter called?
12. Where would you find the world's largest Easter Egg?
13. What do Australians use to symbolise Easter instead of a rabbit?
14. The Thursday immediately before Easter Sunday is known as.....?
15. What flower is associated with Easter?

Answers:

1. Which three animals are traditionally associated with Easter? Rabbits, chicks, lambs 2. On which day is a tradition to make pancakes? Shrove Tuesday 3. What kind of bread is associated with Easter? Hot cross buns 4. Which roast is associated with Easter? Lamb 5. Easter always falls on which day? Sunday 6. Easter Sunday is preceded by a 40 day period known as.....? Lent 7. What is the name of the 2011 animated movie all about a young rabbit who does not want to become the Easter Bunny? Hop 8. What type of fancy hat is worn at Easter? Bonnet 9. Can you unscramble the following word to reveal the name of a gift that we share at Easter time: TSAERE GSEG? Easter eggs 10. Rabbits with long floppy ears can't hear as well as those with ears upright. True or False? False 11. What is the fun game that kids usually play at Easter called? Easter egg hunt 12. Where would you find the world's largest Easter Egg? Canada 13. What do Australians use to symbolise Easter instead of a rabbit? Bilby 14. The Thursday immediately before Easter Sunday is known as.....? Maundy 15. What flower is associated with Easter? Lily



And finally...

What's on the Horizon?

Thanks to Jackie, our Pastoral Leader, who is now Broadstones registered Sexual Health Advisor, our pupils now have direct, on the premises, access to advice and resources. This includes concerns around sexual health; the promotion of the CCARD for all pupils to access condoms (male and female), pregnancy testing kits, cervical cancer information, etc.

Pupils can also access LOCALA in Stockport which is a service that offers a vast range of contraceptives, emergency contraceptives; STD, HIV testing; pregnancy testing; and much more.

Useful Contact Numbers:

KOOTH: (on-line mental Health support for 11-18 Year olds);
MOSAIC: (Drugs & Alcohol Services): 0161-218-1100;
MASSH: (Multi Agency Safeguarding Hub): 0161-217-6028

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