



Newsletter

Issue Number 387

Friday 19th April 2024

Good Bramcote College Ofsted Inspection

Firstly, welcome back to the summer term – I trust that you had a good Easter break and that your children are returning to school relaxed and ready for another busy term. I would like to wish the best of luck to all of our pupils who have tests and exams this term. I know how hard they have worked and will continue to work over the next few weeks, and we are looking forward to another year of excellent outcomes across the Trust.

At the end of February, Bramcote College was inspected by Ofsted. It was the fourth of our Trust schools to be inspected over the last year, and the first inspection of the school since 2017. I am delighted to report that the school was judged by inspectors to be Good in all areas, maintaining our position of all schools in the Trust being judged as Good. The report has been made available to all parents and will be on the Ofsted website next week.

Behind the headline measures, the messages within the report are particularly pleasing. Inspectors recognised the high aspirations for all pupils at the College, and the way that the school lives up to its motto of 'Work hard, Be well, Do well'. The curriculum is described as broad, ambitious and well-planned, and it helps pupils to achieve well.

Inspectors reported that pupils are happy and appreciate the opportunities that the school gives them. The excellent pastoral support of the school is recognised. The team found that pupils trust staff to keep them safe and know who they can turn to if they need help or guidance. Pupils are described as 'well prepared for their next stages in education and beyond. They benefit from excellent and personalised advice about their future choices.'

Pupils' behaviour is singled out for particular praise. Classrooms are described as calm and orderly, and pupils as polite and respectful. The quality of provision in the sixth-form is also praised and the report says that sixth-form students are 'very well supported to achieve their ambitions.'

Inspectors recognise that the school has received valuable support from the multi-academy trust and that the governing body and trustees know the school well and provide effective challenge to leaders. It celebrates the fact that staff are proud to work in the school.

As you would expect, it identifies the next areas that we should focus on as the school goes from strength to strength. These include ensuring that as many pupils as possible access the extra-curricular opportunities on offer, and building consistency so that the quality of every lesson meets the highest standards. The school is not complacent, and continues to work on improvements, as do all of our schools.

I would like to offer my sincere congratulations to Mrs Gale and all of the team for achieving this excellent outcome – our schools are not defined by Ofsted, and all the work we do is aimed at improving the life chances of pupils, not aiming for an Ofsted grade. However, it is very gratifying when the progress that the school is recognised, especially when it is so well-deserved.



Dr. Paul Heery
Chief Executive Officer



The White Hills Park Trust
Better Together

Men's Sheds

A message from Councillor Richard MacRae

It has been highlighted there is no Men's Sheds group in Stapleford.

To allow us to find out if there is a need and want for a group in the Stapleford that could be accessible to all in Broxtowe, the Stapleford Community Engagement Group have put together a poll to ask the question, if you could please share this far and wide with your contacts.

Men In Sheds is a ground-breaking woodworking project. Men in Sheds encourage people to come together to make, repair and repurpose, supporting projects in their local communities. Improving wellbeing, reducing loneliness and combatting social isolation.

The link is below -

<https://forms.office.com/>

Councillor Richard MacRae



Careers within the White Hills Park Trust

Are you looking for a workplace that values collaboration, teamwork, and a supportive environment? Then look no further. In the White Hills Park Trust, we pride ourselves on the fact one of the best things about working here is the people. Whether it's our supportive central team, our passionate and dedicated school families, or our amazing diverse pupils, we provide a friendly workplace that promotes collaboration and teamwork, united in our mission to provide the very best for our young people.

We currently have open vacancies in various roles across our schools. Please see our online application portal at whptrust.org/vacancies for more information on the benefits of working with us, to read more about the roles below and begin an application, or to sign up for job alerts.

Reprographics Technician

at Alderman White School, Bramcote
Closing Date: Monday 22nd April 2024.

SEN Class Teacher

at Foxwood Academy, Bramcote
Closing Date: Monday 22nd April 2024.

KS2 Classroom Teacher

at John Clifford School, Beeston
Closing Date: Monday 29th April 2024.

EY Classroom Teacher

at John Clifford School, Beeston
Closing Date: Monday 29th April 2024.

KS1 Classroom Teacher

at John Clifford School, Beeston
Closing Date: Monday 29th April 2024.

Cleaner

at Bramcote College, Bramcote
Closing Date: Monday 29th March 2024.



Neurodiversity Celebration Week



- When it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.
- Depending on how our brains are wired we think, move, process information and communicate in different ways. Many people in our community use neurodiversity as an umbrella term used to describe alternative thinking styles such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism and ADHD. But regardless of labels, neurodiversity is about recognising those who think differently.
- Approximately 15-20% of population has a neurological difference. Instead of labelling people with deficits or disorders, when we use the term neurodiversity, we take a balanced view of an individual's unique strengths and challenges.

Monday 18th to Friday 22nd March has been Neurodiversity Celebration Week.



The Haven organised a week's worth of activities at Alderman White School including lunchtime tombola's key stages 3 and 4 and culminating in wearing 'different socks' to celebrate differences on the Friday.

Thank you to Mrs Bunyan, Carys and Betty- Haven Ambassador for supporting the sales as well as a special thank you to Mr Jameson for organising the weeks assemblies!

At the time of going to press we have currently raised just over £600-thank you to all the students, families and staff that have supported or contributed to this event.

Mrs Neal
Haven Manager



Hallé Orchestra

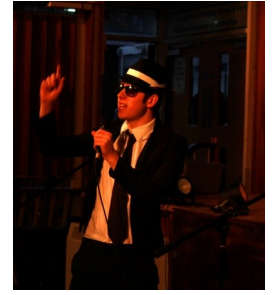
On Friday 13th March 25 members of the Concert Band went to watch the prestigious Hallé Orchestra at the Royal Concert Hall. The concert featured soundtracks from iconic action movies, from James Bond and Top Gun to Independence Day and Indiana Jones. It was such an amazing showcase of some wonderful composers and impressive musicians. As ever, the students were exemplary (we received a number of compliments from the staff) and a big thanks to the teachers who came along to support.



Mr Wedgeworth

'Ginny Come Lately' What a show!

We are so proud of the cast who gave three great performances of Geoff Liptrout's musical play which depicts a very British encounter with life in an American High School. Superb acting and vocal performances backed by live music from our brilliant student band conducted by Mr Wedgeworth together with great dance-routines choreographed by Ellie Knight ensured an unforgettable evening's entertainment. Congratulations to everyone who took part in the production and many thanks to our Year 11 photographers Emily and Naomi for capturing some of the highlights and Zac for the amazing set-design.



Mr Stephan



Spring Concert

On Wednesday evening, many students in our school bands and choir took part in the Spring Concert inspired by Hip Hop music. It included performances from our Concert Band, Orchestra, Year 8/9 Ensemble, Choir and vocal soloists. Firstly, our Concert Band performed Hey Ya, FourFiveSeconds, Empire State of Mind and many other amazing songs. To finish the night all students played All of the Lights which was spectacular. We welcomed a huge audience who seemed to enjoy every second of the night. It was a lovely night and we hope even more people will come to our Summer Concert!

By **Emma Tarrant, 10WED** (Choir member)



CCities Project

This week the Concert Band took part in an exciting international music project. The CCities Project is bringing together five areas in Europe, including Broxtowe, in a variety of cultural initiatives. For the music strand, our musicians recorded a traditional English folk tune, 'English County Garden' to be blended from musicians from across the area and shared internationally. It was a great chance to be part of such a big project, and also a fantastic opportunity to experience the practicalities of a recording session. Playing to a click-track was a new experience for most of us, and a key skill for many professional musicians.



Mr Wedgeworth



Sports News

NFL Flag Tournament

On Tuesday, 10 year 8s were selected to travel to the university of Nottingham sports complex. With the help of team captain Josh, there were 3 girls and 7 boys picked to go to Alderman White's first ever NFL Flag tournament. After a great first training session on Monday after school with the help of the experienced year 11 Benny to coach the team, we felt ready with a few plays and ideas going into the day.

We started the day playing a friendly game against an all girls year 9 team from Arnold Hill. They had similar lack of experience to ourselves but coached by a seasoned American Football coach. The game was of a really good quality considering the lack of experience and training both teams had. Both teams were able to put together plays and look the real deal.

Captain and Quarterback Josh had spent some time putting plays together on paper to tell the offence team and show them what we need to do. The 10 had even managed to nicely split themselves into a starting 5 for both offence and defence. Arnold scored first after starting with the offence, earning them the first 6 points of the game, however, in going for the 1 point extra, Ben nicely intercepted to give ourselves the 1 point. Arnold winning 6-1.

As we switched to our first attempt with the ball and the 5 on the offence team came on the pitch, we scored our first touchdown with running back Ruby picking the ball up and proving too quick for anyone to get near her. We opted for the extra 2 points but didn't make it. We managed to defend the next offence well with team defence doing their job, then next attack Luigi caught the ball well to score our second touchdown. A good pass saw Arnold score another to make the scores 13-12 to Alderman White. We managed to defend the pressure really well from Arnold, not to mention 4 fantastic tags in a row from Aoife to keep us in the lead at half time.



A really impressive first half for our first ever competitive game saw us look to build in the second half. Beeson scored with a great run and then a great pass to Nathan for an extra two started the half well. Straight after on the defence, Boyce intercepted and ran the length of the pitch to score another. Arnold scored another good touchdown but we kept the pressure with Beeson scoring another running through, alongside a great touchdown pass to Nathan for the final touchdown of the game, in which he scored the extra two himself as well. The game finished 41-18 to AW and a great start to our NFL flag adventures.

We then had a short break before taking part in some coaches led tag activities. The aim of these drills was to work on our tagging abilities whilst maintaining the speed for people to practice both our offence to avoid being tagged and defence to dive for the tag. See the pictures for some great diving efforts! Shortly after this, we took part in a 40 yard dash, just like in the NFL combine, set up by a university student doing their PHD studies with the proper equipment to record our times very precisely.



Everyone had a few goes with some slower than others, but all in the team managed to get under 6.5 seconds, with most under 6 seconds. However, the fastest of the day were awarded to Ruby with an impressive 5.68 seconds and Nathan with a 5.519 seconds. We got to witness another student at the uni perform a 4.9! Just before lunch, we managed to play another short game in

which we were looking even stronger and won 12-0 with touchdowns coming from Ruby and Beeson.

We had a break for lunch and then had time to work on our own plays and practice new ones against ourselves. We worked on offence v defence to give ourselves a real go. Everyone worked really hard and enjoyed the day at the fantastic facilities at the uni. Thankfully the weather remained sunny all day too!

The new AW NFL Flag team have now qualified and earned themselves a spot in the next stage of the competition on the road to Los Angeles to represent England in the Flag Football world. We will be travelling to Leicester in June to play at the regional tournament to try and win our way to the next stage again.

Exciting times!

Mr Sutton



Football News

Year 7 vs Year 8 (Internal Friendly)

A sell-out crowd was in attendance for a spectacle of football. Both teams managed to wrangle together 14 players each and both began the game with 11 on the pitch. The pre-match build up was hotly debated in a game that would surely be hotly contested. Formations, passing, pressing and marking all staples in any football game. Not this one. The utter chaos we witnessed left both managers scratching their heads at full time, but what cannot be understated was the respect and perseverance shown by both teams to see out the match. The year 8 team ran rampant winning the contest 18-0. The year 7 coach had one last gambit at the end sending on all their subs and even Mr Sutton to try and lump it up the pitch. This only added to the chaos further as his clearance was charged down and nearly led to a calamitous assist for another goal. The goals were shared around by the entire squad of Y8, including some excellent finishes.



Mr Sutton

Rugby News

Y7 Girls Touch Rugby Tournament

After the original planned tournament was cancelled in February due to the rain, Pickle and the team managed to sort another date to host a festival of skill practice drills and games. The girls were thrilled to get the chance to play again.

We managed to have a good afternoon of practice in PE, working on our passing, catching and shape. We then set off in fantastic spirits on the bus, with some great sing songs, including highlights of both Taylor Swift and Miley Cyrus.

On arrival, the girls were very excited to be reunited with Pickle after the 6 weeks of coaching he and his team were able to deliver at our school. We started with some tag tackle drills and passing drills to get everyone warmed up and in the zone. Sadly, some of the other schools couldn't make this one, so it was NUAST alongside ourselves. We then split into two teams of 5, making a 4 team tournament.

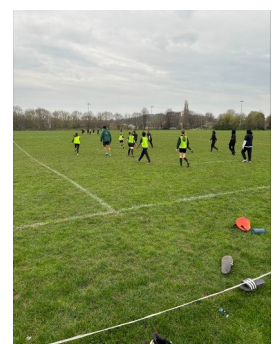


The girls got really stuck in and were showcasing everything they had learned in all of their previous training sessions. Team X was captained by Beth and they managed to win all three of their games. Including a close battle between our very own Team Y! Try scorers on Team X were Isla, Olivia and Beth. Team Y were captained by Frankie, who was very clear with her teams defensive 'Line on me!' with their team winning both games against NUAST and losing closely to Team X. Try scorers for Team Y were Lucy, Wid and Frankie herself with a great dive into the try line.

The girls all had a great time and performed excellently. Their effort was at 110% throughout the entire day and they did the whole thing with a smile on their face working as a team.

Huge thanks to Pickle and Seb for coaching and putting on the day for the girls, alongside the supportive parents and carers on the sidelines. Lots more to look forward to with this year 7 girls team as they look to play more contact games as they move into Y8.

Mr Sutton



Y7 Boys Rugby Nottinghamshire Finals

The finals are here... a stressed and rushed exit to school and we were on our way, arriving a touch late but the referee was nice and welcomed us in as we warmed up.

Our first match was to be against Minster in the semi finals, with a depleted team we were able to borrow a player from Minster to enable us to play.

We were under way, it took a few phases to get into the swing of things but tackles were being made, rucks fought for and ball stolen. It wasn't long before Harry E made his way over the line taking us 5 points up. Minster had some fantastic players and they were quick to equalise, 5 - 5. Just before half time Calan made a fantastic run after a won ball at a ruck, skipping and sidestepping through to score. We went into half time 10 - 5. Our team talk was all positive, great communication, great movement and great ball skills but you could tell Minster were coming out to try to take the win. They scored early on in the second half taking it back to a draw 10 - 10. It felt that the game may stay here as both teams were making great movements only to be stifled by a brilliant play or tackle. It was late in the second half when Dexter found the ball with space to start the juggernaut despite some good attempts at tackles he made it over the line to pull us ahead, 15 - 10. The referee then called last play and you tell the desperation from Minster to claw back the points, we were able to secure the ball at another ruck turnover and then Harry E sent it into the grandstand (if it existed) to end the game. The players left the pitch shaking hands and thanking the referee with thoughts turning to the next match. The final.

With our depleted team, substitutes were not an option, everyone played every second and had to be giving their all, the scores were in, we were against West Bridgford in the final, the favourites to win. Heads dropped a little knowing the huge task ahead but some inspiring words from Leon, Dexter and coach we were ready.

Whistle blows and here we go again, Bridgford were strong with great passes and good game awareness. They were skipping through our tackles or offloading from others always heading forward. They had a strong first half getting 6 tries past us to go 0 - 30. We came into half time with heads dropped, how could we do anything here. Some more inspiring words and realising how far we had come with missing players and how well we had done, we cleaned the sheet and went out for the second half with one goal, win this half. We didn't start the best way, letting them get a try within the first few plays as a speedy player zipped through, we needed an answer. 0 - 5. It was clear who would have the best go at this, the juggernaut was ready, from a set piece Dexter received the ball and blasted through those in his way to score for AW. 5 - 5. It was clear Bridgford were not expecting the heart and grit we were now showing, they began to lose possession more and more turnovers. James B who had played both games beautifully got his reward, a pick up from near half way and he powered his way all the way to the line to bring us to 10 - 5. The final whistle blew, score 10 - 35 against AW but we had met our goal, we won that second half, tired, battered we showed our worth. With thanks to the other team and the referee it seemed over too soon with comments of "can we not just play another?" bouncing around we headed back to the bus and home as champions in our own right.

A massive thank you to Dexter as skipper, who kept his cool and dealt with issues in a mature manner beyond his years. Man of the Match has not been mentioned much in the report, but his constant communication, inspiring comments and game sense led the way for many of the AW plays, so well done Leon!

2nd in Nottinghamshire is an incredible achievement for these year 7 boys who have just come on leaps and bounds since the start of year 7.

Mr Jameson



Y8 Rugby Nottinghamshire Finals

The year 8 boys had rightfully earned their place in the Nottinghamshire Finals after a fantastic rugby season going almost undefeated. We took our strongest squad of 15 for the final matches of the season in our 13 a side format. Our first game in the semi final was against the top of the table winners from the north group, Brunts. They came with a squad of 20 pupils alongside a huge following of many parents. It almost felt like an away game! We started really strong and knew it would have to be an incredible performance to content with this team.

Captain Boyce started strong and lead the line well. The messages were clear to the boys, we had to tackle hard, be strong and not let us be dominated in the breakdown. All the boys were tackling so well, hardly anyone was getting through. It took several fast and powerful runners before they broke the line, but even then, we were able to recover well. The ability in this team was already good, but everyone stepped it up even further for the biggest match of the season.

Sadly, the efforts from everyone wasn't quite enough, after a great run and offload saw Brunts make the breakthrough and score the first try even after what could have been argued as a forward pass in the build up. Despite this try, we continued to play incredibly, looking threatening, not wasting possession and keeping control when we had the ball. This took us into half time where we knew we had to keep battling, continue to play as we were, and make the breakthrough. Mission one was to score that first try.



We came back out really strong, looking even better, getting close but falling short on a few occasions. We rotated some players and all the subs were just as important and made a huge positive impact on the game. Including one special tackle from Charlie who came on straight into the action performing a great try saving tackle. We managed to keep possession of the ball better and this pressure was building, Boyce made a great run but we were awarded a penalty for the high tackle after he was brought down illegally. The boys gave the ball to Max who remained super strong and drove forward with such aggression that it took multiple players to bring him down, the ball ended up with Boyce who then

drove brilliantly towards the try line to get the ball down for our first try and to level the game at 1-1.

Both teams continued to battle in what could be described as the game of the season, with great respect for each other in such a high standard contest. Both teams had chances to score again, with Isaac and Ben both having chances down the wings but great tackles kept them short. With the score tied at full time, the only option was for extra time. The boys had done incredibly well to take this formidable team past the full time whistle. The boys were tired, but they knew we only needed to score one to be within a chance of making it to the final. They were prepared to give everything in the final 5 minutes.

The game continued to be tight, but with the rain beginning to fall and the pitch getting muddier, a few mistakes gave Brunts possession, allowing them to build more pressure. This eventually led to a well worked try from Brunts, hugely celebrated by both coaches, players and the many parents around. This highlighted just how far we have come, that the extra time try was celebrated so heavily. They knew they must be doing well to score against us!

With only a minute left to play, the boys were almost exhausted, we continued to give it our all, but Brunts were in full defensive mode and were throwing in incredible tackles to prevent us from getting the equaliser. Moments later, the game then ended in defeat, with the boys so tired but proud of one of the best performances of the season. The other staff and coaches around the club were all impressed with the effort from the boys and so they should be.

This meant we ended up playing Rushcliffe in the 3rd place play off game. Both teams were lacking energy after such high level semi finals. We started sloppy and the tiredness showed as Rushcliffe scored early. The boys realised this isn't the way to finish and turned it back on. Darius got the ball out wide and did really well to keep himself from going into touch and get the ball down to score the try. We continued to play well and Beeson ran through the final few players as we built up pressure to the end of the pitch to score our second. In the last play of the game, the tired bodies were on show again as a great run from Rushcliffe saw them equalise with a nice try. The game then ended a draw and both teams respectfully accepted a joint 3rd place finish.

To rub salt into the wounds, the team that played Brunts in the final, ended up getting beat heavily, highlighting perhaps that we could have won in the final if we'd have made it! A few 'what ifs'. The boys should be incredibly proud of a fantastic rugby season, only getting better and better as the year went on. This leads us nicely looking towards next year when the boys go to year 9 and will play full 15 a side games, including getting to play on our home pitch with the home support.

The semi final game will go down as one of the best games I have seen in school rugby with these year 8s. Top performances from every single player in that team. Not to forget most of the players don't even play for a rugby club outside of school!

Many thanks to the AW parents who came to support in what felt like all 4 seasons of weather!

Mr Sutton



Girls Y8/9 Rugby Match - Team Green V Team Black

After a very competitive game, played in very high spirits, the girls finished off their season impressively in a high scoring 6 a side game.

Huge thanks to Y10 captain Lyla, who refereed the game to a very high standard and persevered through the talkative and competitive girls.

Team black ended up winning 38-23. Try scorers as follows -

Green

Sophie
Millie
Phoebe
Maizey M

Black

Aoife
Jess x4

Mr Sutton



Match Report – Alderman White vs Beckett

17-12

Alderman white girls went into this match knowing it wasn't going to be a walk in the park, after previously being beaten by Bekett earlier this year, but this did not deter us from giving it our all.

The game started with Becketts kick off, which was quickly received by Alderman White and passed straight out to the wing. We worked it through the phases gaining ground but unfortunately lost the ball a few times due to Becketts speed to the breakdown. With a piece of individual skill Emily Bowerman found a gap in Beckett's defense and took the opportunity to score the first try of the match.



In the next play Beckett made some giant tackles leaving Alderman White puffed out on the ground but this only made us jump up faster and return the favour by keeping them away from the try line, especially Alannah Hills who single handedly took down one of their biggest players, but after many attempts Beckett scored, leaving it at 5-7 to Beckett.

Once back in Alderman White's hands we played it through the phases inching closer and closer towards the try line till Lotty Mellor managed to run round their defence and score another try, putting Alderman White in the lead again. It was pleasing to see the whole team work together, winning our scrums and passing the ball through the hands. And congratulations to Katie who played extraordinarily well considering it was her first match.

After swapping ends at half time Alderman White got straight back in, making strong tackles and delivering powerful carries through Beckett's defense and using our wingers Lilly and Jess C to cut round their defence. Our work paid off as Emily Bowerman once again ran through their players and scored a try right under the posts which was then easily converted by Lotty Mellor leaving the score as 17-7 to Alderman White. With 10 minutes left in the game one of Alderman White's forwards was taken off due to an injury, leaving the team a player down, however this did not stop us from giving it our best and managing to gain possession of the ball on our own tryline and exit kicking it as far as we could. Despite the team's best efforts in trying to hold up the ball a try was awarded to Beckett. With both teams fatigued and multiple players injured the whistle blew for the end of the match, and it was victory for Alderman White!

Written by **Lotty Mellor** (Y10 Pupil)

Y11 Rugby vs West Bridgford

On Wednesday afternoon, the long awaited game against West Bridgford finally arrived for the Y11 boys team. Leo came to support and coach from the sides with his injury, whilst Archie retained his captain duties. It was safe to say the pitch had seen better days, but we were just happy to get playing in the light drizzle.

Bridgford started strong, it was clear to see the time they had spent together and after taking a great catch, they moved the ball really well out wide and found themselves in the space to score the first try. Converted well. The AW boys began to get stuck in more, with some great tackles, but still without holding any real possession, WBS scored again with a pass to the overload on the right and left an easy try for the winger. No conversion.



The boys managed to finally maintain some possession and make some gains on the pitch. However, a couple of sloppy mistakes saw WBS capitalise further with a great try from a rapid player who was clear through for their third. We were under pressure again and a blocked kick from the back saw a lucky bounce land kindly for WBS as they jumped on the loose ball for their 4th.

Despite playing better, mistakes again got the better of us and a few more unlucky moments saw WBS score another two tries before the half time whistle blew. We were 34-0 down going into half time and the spirits were low. However, a good talk from Sam and Leo on the side gave the team a bit of motivation to keep battling. We now had the downhill too on the pitch. Despite this, an early knock on saw WBS perform a great move from the scrum and pass around outside

and inside to run through with great momentum leaving us no chance.

Just when all spirits were looking to be gone against a very strong team, the boys got into another gear and really started to fight for the ball in the breakdown. Seb, Archie and Elian were fantastic in the ruck, countering and supporting endlessly. We began to work our way down the pitch winning numerous penalties and inching our way through. After some great defensive work from WBS holding strong, James managed to pick the ball up out left and saw his opportunity to sprint to the try line and score our first and well deserved try of the evening. Aidan was incredibly close on a tough conversion.

We continued to pressure and looked like we could get another, but just near the try line we gave the ball away and WBS decided the time was now as they kicked the ball out to end the game 39-5. The result was fair as we were beaten by a strong and organised team, but on another day the score could have been different. Conceding a few early on got into the heads of some and it was always going to be tough to come back. There may still be a chance to make the finals depending on other results in the league, we will have to wait and see.

If that was the last game, then the Y11 Rugby team should be really proud of the performances over the past 3 years of their school careers in the NLD league. They have won numerous games, almost everything at home, with some incredible memories from everyone involved. Not to mention a huge win over WBS last year at home at AW. This team were the team that really catapulted rugby into the spotlight for AW and continue to be the inspiration for all years below who now really are striving to match their older peers.

Hopefully there can be one final memory to add.

Mr Sutton



MHST **MENTAL HEALTH SUPPORT TEAM** Parent/Carer Newsletter **Spring EDITION 2024**

There is a difference between being listened to and being heard *Oliver Anderson*

As we enter spring we see an abundance of regrowth and change and with this in mind we wanted to invite you to think about how you can help your young people to grow and develop. We will focus on how to enable and encourage your young person to share their voice and show them that their voice does matter.

Children's Mental Health Week 2024

This year's theme was 'Making your voice heard' and the MHST attended the NottAlone Live Event within Newark. The event involved exploring how to improve mental health awareness, and support within school to be a part of positive change.

During the event some Involvement and Participation Champions, (who are young people that are passionate about breaking down barriers and making real change) ran workshops to assist young people.

The MHST also facilitated activities within schools around 'what matters to them' and how they want to use their voice to make positive changes within certain issues in the wider world. The activities and discussions also looked at how small ideas and changes can then lead to big changes with help and support. The take away message was that one idea can change everything.

Snapshot of Children's Mental Health



Parent Corner

Spotlight on Self-expression

Self-expression encourages and supports children's imagination and thinking process development. It allows them to produce new understandings and experience the world from different perspectives. Self-expression enables your young person to communicate their original ideas and develop their confidence.

How can you promote self expression? Here are some top tips to help you:

- Utilise the arts
- Support style choices
- Provide opportunities for your young person to make choices/decisions
- Encourage exploration
- Talk about feelings



You can also gain further information and top tips here >>>

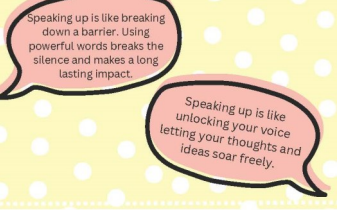


MHST **MENTAL HEALTH SUPPORT TEAM** Parent/Carer Newsletter **Spring EDITION 2024**

Activity Ideas to try at home...

- | Younger children activities | Older young people activities |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> ▶ Get creative and artsy. Maybe braid a friendship bracelet or paint something. Ensure there are a rules to conform to so they can convey their ideas. ▶ Celebrate Style. While you may need to enforce a basic dress code, allow as much leeway as you can. ▶ Choose a song and learn the words and sing/perform it together | <ul style="list-style-type: none"> ▶ Go Digital. Encourage/help your young person to make a video documentary about their current passions & stage a screening for them to share their ideas. ▶ Encourage your child to crank up the tunes and dance! Or try a dance-based game for your video-game system. ▶ Go Outdoors. Plant a garden, hike to the top of a mountain or the roof of your apartment building, and sketch the skyline. |

Youth Voice & Feedback...



Calendar dates Spring 2024:

- 9th-15th May Mental Health Awareness Week
- Tuesday 21st May World Day for Cultural Diversity
- Stress Awareness Month

If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...



Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down. This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: CAMHS - Mental Health Support Teams

Find Notts' Healthcare Mental Health Services online...



Useful Contact Details

Childline: 0800 1111
Samaritans: 116 123
If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support.
CAMHS Crisis Team: 0800 1963779
24 Hour All Ages Crisis Number: 0300 196 3779
Always dial 999 or visit A&E in emergencies

TOUCH RUGBY IS A PERFECT SPORT FOR ALL GIRLS!
JOIN OUR FREE OPEN DAY ON THURS 18TH APRIL @ 6PM AND THEN EVERY THURS UNTIL 23RD MAY.

FRIENDS, FITNESS & FUN!



FIND OUT MORE:-

<https://www.nottinghamcasuals.org>
"NottinghamCasualsMinisRFC" on Facebook
Find us at Canalside, Beeston Rylands, NG9 1NG



CONTACT BRYN 07971009354
OR BRYN_NCRFC@GOLDENIT.CO.UK



BEESTON TALES
WHERE MYTH, LEGEND AND FOLK TALE COME TO LIFE
Every 3rd Wednesday of the month

- April 17: The King and The Corpse with TUUP & Sheema**
A king carries the corpse of a hanged man across a cemetery at night – but the corpse is not dead, it is possessed by a storytelling vampire, whose enigmatic puzzles threaten to burst the King's head into a thousand pieces...
- May 15: When the Water Turns Blue with Karin Lundengård**
'When The Water Turns Blue' is about the warnings we send into the future. Storyteller and scientist Karin Lundengård explores how humanity has preserved information throughout the ages - family legends kept in journals, warnings carved into stones, oral storytelling that has restored tales lost on burnt papyrus, and ancient myths that have saved people from tsunamis. Can we build a story - a warning - that can last 10,000 years?
- 19 June: Yamanba (or, She'll be Coming Round the Mountain) with Laura Sampson**
A tree floats down a river from the mountain and becomes a sacred statue; compassion personified. At the river's source squats an old, old lady whose fury can eat you alive, or keep you as safe as if you yourself were the mountain. People call her a demon - but once she was a goddess ... maybe. Who is she really? And in a time when youth, beauty and granted wishes are all that matters, who even cares?

There is a hypnotic feel to the tales: you're back round that prehistoric campfire again, rapt.
Matt Turpin, LeftLion.

• Church Hall, 25 Foster Avenue, Beeston, NG91AE. Doors 19:00 for a 19:30 start. Homemade cakes, drinks, BYOB
• £8 on the door or £6.50 in advance www.tickettailor.com/events/beestontales/
• Livestream tickets also available. Find us on Facebook





ATTENBOROUGH CC
WOMEN AND GIRLS CRICKET
OPEN DAY

Support Attenborough Cricket Clubs' Women and Girls section 'The Starlings' as we celebrate the opening of our new female changing room and encourage more girls to play cricket

- ✓ 11am Official Opening
- ✓ 11-2pm Softball Festival
- ✓ 3-4pm FREE Come and Try Girls Cricket session

Please register using the form on the QR code before attending

MONDAY
6th May
Attenborough Cricket Club,
The Strand,
NG9 6AU

 @accstarlings  accstarlings@outlook.com  Scan to support our Crowdfunding



ATTENBOROUGH C.C. ACC STARLINGS

OPEN DAY

Attenborough Cricket Club
'Come and Try Cricket for Girls'
Monday 6th May 2024
The Strand,
Attenborough, NG9 6AU
3-4pm



Register here

Come and join us as part of our open day celebrations and official opening of our female changing room. We'll be offering fun, free cricket activities for the whole community and a special taster session 3-4pm for girls. We'd love as many people as possible to join us, so why not bring a friend!

Please register to take part through the form on the QR code

Why not join us earlier and make a day of it by supporting our Women's Cricket Softball Festival 11-2pm
Bar open and food served from 12pm
We have some great plans in place at Attenborough CC this year - to find our more scan the QR code

 @accstarlings  accstarlings@outlook.com  Scan to support our Crowdfunding