

This week

It has been a week of theatre trips for the students (and staff) at Beckfoot Thornton! On Tuesday was the 10 Year Beckfoot Trust Anniversary Concert. Every school was represented in these amazing performances at St George's Hall – obviously I am biased – but the Yorkshire Medley performance by our KS3 Band was my favourite part of the evening (and the loudest!) along with over 200 students singing Hey Jude for the finale. It was a fantastic celebration of our trust and a really great experience for those students on stage. This week we also took Y10 to the Alhambra to see the Life of Pi. This is a book that the students have been reading during Book Club so this was a great opportunity for them to see the performance live. It was particularly lovely for those students who have not been to the theatre before to experience this performance, along with the letter from a member of the public who was praising the high standards of behaviour of those students who attended. A huge thank you to all the staff who supported and planned these two events.

This week has also been the final week in our Y11 mock examination series. Our students have worked incredibly hard during this period. We have two sets of mocks which then help us plan our curriculum to ensure that every child is fully supported, and also allow students to build up the stamina for when they complete their examinations in the summer. Staff are working hard marking the papers now and the students will receive their results in a few weeks time. There will also be our Y11 parents evening on Thursday 7th December when we expect all of our students to attend with a representative of their family. This evening is key in not only discussing what students need to do well to prepare for their exams, but also an opportunity to celebrate what they have done well. We look forward to seeing you all there.

Please support us in reminding students that mobile phones must not be used in school and should be switched off and out of sight. This includes messages from families during the school day. This rule is to allow students to focus on their learning during the school day and not be distracted. If a student is found using a phone during the day, the school behaviour system will be followed. If you do need to pass an urgent message on to your child during the day, please email office@beckfootthornton.org so that it can be passed on.

Family Reminders

We have a number of students in school who have a nut allergy, please be mindful of this if your child is bringing in food from home to eat at school.

We continue to have issues on social media that are affecting students in school and that ultimately affect students' focus and learning. This has included issues that have occurred over the holiday that students have then come into school and reported but have not made families aware at the weekend. We would advise all families to check your child's social media accounts including checking the groups that your children are following and report any criminal activity to the 101 number.

Please be aware of the following age restrictions on popular social media apps:

- Facebook – 13+
- Instagram – 13+
- Snapchat – 13+

- Tiktok – 13+
- Whatsapp – 16+

Coming up this cycle

Thursday 23rd November and Friday 24th November – school closed to students

Thursday 7th December – Y11 Parents Evening

Thank you for your ongoing support

Mrs Trusselle

Every week we will share details of organisations that are there to help –

Self-help for mental health and wellbeing

Looking after your mental well-being isn't something you should only do when you are feeling stressed or anxious. It is something you should think about all the time. Mental health is important at every stage of life. The NHS has some top tips to improve your mental wellbeing.

[Top tips to improve your mental wellbeing - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/east-yorkshire/mental-health-top-tips/)

Further support with mental health and wellbeing

Healthy Minds (a range of wellbeing resources and self-help materials)- [Content Directory | Healthy Minds](#)

My Living Well (A host of resource to support your health and wellbeing)- [Living Well | Make the Healthy Choice | Bradford District \(mylivingwell.co.uk\)](#)

My Wellbeing College (Free NHS service to help people manage everyday problems) - [MyWellbeing IAPT Service Bradford – Talking through life's ups & downs | Airedale, Wharfedale, Craven \(bmywellbeingiapt.nhs.uk\)](#)

Mind in Bradford Helpline (Helpline providing confidential mental health support and information to people who live in Bradford, Airedale and Craven. It is open 7 days a week, 12 midday to 12 midnight) – 08001 884 884 or live chat via the website: [Telephone helpline & live chat \(Guide-Line\) | Mind in Bradford](#)

The Cellar Trust (Peer support, group crisis support, pathways to employment and many other support options – 01274 586474 or [Home - The Cellar Trust](#)

Sharing Voices (delivers a range of services for individuals from black or ethnic minority communities dealing with mental distress) - 01274 731166 or [Sharing Voices - a community mental health organisation.](#)

QWELL (Online and text support for people aged 18 and over to share thoughts and feelings and get support from qualified professionals) - [Home - Qwell](#)

Support for parents

Parents Online (Confidential messaging service where parents/carers can receive emotional support from a trained volunteer. Available 6pm to 9pm Monday to Friday via the chat icon) - [Parents Online – Parents Online](#)

Young Minds for Parents (Provides advice and support if you are worried about a child or young person) 0808 802 5544 from 9.30am to 4pm, Monday to Friday or online chat via [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)