

## Chaplaincy News

Have you eaten all of your Easter eggs? Only the most disciplined of people manage to eke them out throughout the whole of Easter. That's because Easter lasts, not just for the time we're off school, but for fifty days, which takes us to Pentecost – 19<sup>th</sup> May this year.

In school, we spent our first week back hearing some of the accounts of Jesus' resurrection and the appearances he made to his disciples. We explored ideas of hope and the times that we see new life in our world – there are a couple of photos included of signs of new life around our beautiful campus.

One of the Gospels tell us that Jesus said to Thomas, who doubted at first, 'You believe because you have seen me. Bless are those who have not seen and yet believe'. We, unlike Thomas, are the people who did not witness the resurrection of Jesus, yet belief in it makes us blessed – it helps us to have hope through the dark times and that enables us to be beacons of hope for others.

We all love an Easter egg, but they are eaten far too quickly. The Christian message of Easter is much more long lasting – there is always hope, even when it feels as though there isn't any hope and that's because of God's love for us.



# Healthy School News for parents & carers

April 2024



## Youth Connect Five Parenting Training

The course gives parents and carers the knowledge, skills and understanding to help their children develop strong emotional wellbeing through resilience-building techniques. The course runs for five weeks and covers the following topics;

- Wk 1. Understand young people's mental health
- Wk 2. Think about what makes us thrive
- Wk 3. Develop family resilience
- Wk 4. Understand why we feel the way we do
- Wk 5. Develop skills to support your children.

There is a short video [here](#) which gives you an insight to what is involved.

The course will be offered at the following times and venues:

- Friday 19th April 9:30-11.30 Leigh Central
- Tuesday 23rd April 1pm -3pm Atherton Start Well
- Wednesday 24th April 5:30-19:30 Wigan Central Family Hub the Meadows

To book on please email [parentingsupport@wigan.gov.uk](mailto:parentingsupport@wigan.gov.uk)

## Solihull Understanding Your Child

Free nine-week course which will help parents to:

- Understand child's behaviour and how they communicate.
- Recognise how your child is feeling.
- Reduce the difficulties you face in everyday life.
- Improve how you communicate with your child.
- Understand the importance of play.
- Develop good routines and boundaries.
- Improve relationships between you and child for a happier and calmer home.

The course will be offered at the following times and Venues:

- A Team Hub Leigh 25<sup>th</sup> April 10:00am-12:00pm
- Wigan Central Family Hub the Meadows 2<sup>nd</sup> May 12:30 -14:30

Parents can book a place by emailing [parentingsupport@wigan.gov.uk](mailto:parentingsupport@wigan.gov.uk)

## MANCHESTER 1824

The University of Manchester

Participants Needed for research exploring people's views and beliefs on young people and vaping in Greater Manchester. The research is being completed as part of a masters dissertation at The University of Manchester. Participants need to be;

- Aged 18 years or older
- Play a significant role in the lives of young people (teacher/parent/other key roles)
- Have access to a device with a stable internet connection

Interviews will last approx. 30 minutes.

If you are interested in taking part or would like further details, please contact:

[lauren.moore-5@postgrad.manchester.ac.uk](mailto:lauren.moore-5@postgrad.manchester.ac.uk)



Transport for Greater Manchester is exploring the possibility of allowing non-folding bikes on Metrolink, as well as considering adapted bikes, scooters, and a wider range of mobility scooters.

The next crucial step is a guided pilot to assess the real-world impact of non-folding and adapted bikes on trams in various scenarios. Your participation in this research will contribute valuable insights as part of this research process, informing a final recommendation to the Bee Network Committee in the summer of 2024.

[Register your interest in volunteering for the bikes on trams pilot.](#)

[Research](#) shows that 16-24 year olds are the loneliest age group but also the least likely to take action to help themselves, the Every Mind Matters Loneliness campaign targets young people with the aim to normalise loneliness as a part of life and to reduce the stigma that often prevents people from accessing support. Please find a range of resources which are now available to download from the [Campaign Resource Centre](#)

## Measles

We have been asked to share the information below with you on behalf of Wigan Council.

Dear Parent/Carer



You may be aware that cases of measles, an infection once eliminated in the UK, are on the rise with London and the Midlands having already seen a high number of cases. Numbers are now also increasing in the North West.

Measles can be a very unpleasant illness that can cause serious complications, especially for children, pregnant women and people with weak immune systems. Measles spreads very easily among those who are unvaccinated or who have only had one dose of the Measles, Mumps and Rubella vaccine. Getting vaccinated is free and easy, providing long lasting protection with just 2 doses.

### What is Measles?

The earliest signs of a measles infection include high fever, runny nose, cough, and rash. In some cases, it can lead to complications such as ear infections and pneumonia and in very rare occasions it can lead to a long-term disability or fatality. Further information can be found on the NHS website.

Spending 15 minutes or more in direct contact with someone infected with measles is enough to catch the infection. 9 out of 10 unvaccinated children can catch measles if someone in their class has it.

### How do you prevent Measles?

The best protection against measles is to have had the MMR vaccine. Two doses are enough to give lifelong protection from becoming seriously unwell with Mumps, Measles and Rubella. The vaccine is given at one year old and again at around three years and four months of age, however anyone of any age can have the vaccine at any time.

### How can you get the vaccination in Wigan?

There are a number of places in Wigan where you can get the vaccine, including your GP. The table below will help you identify the most appropriate place for you or your child:

Age	Vaccine Provider	How to Access
12 months of age or older(including adults)	GP	Contact your local GP
Pre School	Intrahealth (First Dose)	To book a slot, please call 03333 583 397 & select 'Wigan MMR' (option 1) or by email <a href="mailto:WiganImms@intrahealth.co.uk">WiganImms@intrahealth.co.uk</a>
Primary School	Intrahealth	
Secondary School	School Aged Immunisation Service	Please contact the Immunisation team on <a href="mailto:WWL-tr.wiganschoolagedimmunisationteam@nhs.net">WWL-tr.wiganschoolagedimmunisationteam@nhs.net</a> .

If you are unsure if you or your child are up to date, check your child's red book or GP records and make an appointment to catch up on any missed doses.

### What if you become unwell?

If you or your child become unwell, and you suspect it could be measles:

- Stay at home and contact your GP/NHS 111 for advice.
- **It is important to inform the GP/walk-in centre before attending so that you can be seen in a separate area to prevent spread to other patients.**
- Do not go to school, nursery, or work for the four days after the rash first appeared.
- Try to avoid close contact with babies, people who are pregnant and people with weakened immune systems.

## Congratulations!!!

### St Mary's Sixth Form Students Succeed in the Allied Financial Services Challenge

The annual Fund Management Challenge between St Mary's Sixth Form College and St John Rigby Sixth Form College has recently been completed. The competition delivered by Allied Financial Services commenced in September and out of the nine teams entered across the two colleges, **St Mary's finished 2023- 2024 securing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places!** The teams, made up of Year 12 A level Business Studies and Economics students have fully engaged with the challenge and their commitment and enthusiasm have helped to achieve this unprecedented success in the competition. From September through to April students have worked with two professionals from the financial services sector. The initiative is a great opportunity to work in teams, navigate the world of investment and hopefully secure some valuable work experience with Allied Financial Services at the end of Year 12. A huge well done to the teams involved, they have proved themselves to be worthy winners and investors. They have thrown down the challenge to St John Rigby and students coming into St Mary's Sixth Form next year.



“ I can do all things through Christ who strengthens me to be a safe, happy, proud, loving person who flourishes in life. ”



### Visit to China Town

St Mary's Mandarin students had the pleasure of a trip to China Town, Manchester, on Wednesday. 30 students immersed themselves in Chinese culture, including traditional costume dressing and becoming a Chinese dragon! The trip was capped off with a traditional authentic meal which all students and staff enjoyed! We are looking forward to the next trip!



### Student Swimathon

Hi, my name is Anika and I am doing a swimathon to raise money for Cancer Research and Marie Curie. Me and my sister have been doing this for the past 8 years in memory of my nana who sadly passed away from cancer in 2017. To raise money, we will be doing a bake sale in school on Friday 3rd May so any cake donations will be appreciated and can be given to form tutors. People will also be coming around during form time to collect any spare donations. If you would like to donate online here is the link to our Just Giving page: <https://www.justgiving.com/fundraising/deeyasharma2024>  
Thank you so much for your continued support over the past 4 years. The St Mary's family have contributed so much and hopefully in the future we can overcome the illness that has hurt so many of us. Anika Year 9



## Leigh Neighbours Project

We have been asked to share some information on behalf of a local organisation, Leigh Neighbours Project who are a small lottery funded charity based in the centre of Leigh (the area bounded by Atherleigh Way, Kirkhall Lane, Leigh Road and Twist Lane). They have been delivering a range of community focussed interventions, activities and events since 2010.

They are looking to expand the number of trustees that the charity has and would like to hear from people with a local connection who might be interested in joining them. Further information about the organisation and how to contact them is below:

### What do Leigh Neighbours Do?

Leigh Neighbours Project is a community development charity based in the centre of Leigh. It has operated under the 'Big Local' banner with lottery funding since 2010. It has supported the local community through a wide range of development programmes and activities. These are many but have included: facilitating a number of residents gaining formal qualifications, support for an annual Summer School at one of our local primaries, holiday clubs, covid support, environmental improvements, the purchase and refurbishment of two residential properties, community cohesion initiatives, small grant aid to local residents, groups and organisations, programmes of public art...

We're moving from a delivery model that relies on lottery funding to one that is self-funded through our own income streams and through grants. We're looking to expand our board of trustees (which currently includes a councillor, a local headteacher, a local business owner and others) with people who have a desire to play their part in supporting a community based charity to continue making a real difference to the lives of local people.

### Where do we deliver?

Our funding rules say that we can only deliver to the area bounded by Atherleigh Way, Kirkhall Lane, Leigh Road and Twist Lane. There are around 2000 properties there, four schools, four churches and a number of retail outlets and council buildings.

### The role of a trustee

There are six main duties:

1. Ensure your charity is carrying out its purposes for the public benefit
2. Comply with your charity's governing document and the law
3. Act in your charity's best interests
4. Ensure your charity is accountable
5. Manage your charity's resources responsibly
6. Act with reasonable care and skill

Leigh Neighbours also has a Code of Conduct based on the Nolan Principles of Public Life.

### Trustee commitments

Most of our meetings are held virtually via Zoom. Meetings usually last around 90 minutes. These are currently held each month as we navigate our way to a self-sustaining delivery model. Meeting frequency will probably become quarterly once things settle down. Prepping for meetings by reading the agenda and papers probably takes another 30 minutes. If trustees decided that they want to support the operational delivery of events and activities (by helping with a Dr. Bike event for example) that would entail a couple of hours every three or four months.

### I'm interested, what next?

Have a look at our website: [www.lnpb.org.uk](http://www.lnpb.org.uk) or have a look at our Facebook page: @leighneighboursbiglocal

### Key Stage 3 News

Two of our Key Stage 3 students, Julia (Year 7) and Phoebe (Year 8) both took part in January in the North West Biathlon for a Run and Swim competition. Following on from this success they both qualified to compete in the GB British School Biathlon (national level) which took place at the University of Bath on 24<sup>th</sup> March. They both completed the competition in excellent positions in the whole country. Phoebe finished in 6<sup>th</sup> place against 65 other participants in the Year 8 Girls category and Julia ended in 25<sup>th</sup> place also competing against 65 participants in the Year 7 Girls category. Well done to both students on an amazing achievement!



Our Year 8 students have had a wonderful parents' evening this week with lots of happy students and families as they celebrate their children's achievements.

### Key Stage 4 News

Year 11 students have had the first of their exam letters, their timetables and their seat numbers. They are working really hard in lessons and in interventions and we would remind them of the importance of taking mental health breaks and planning something nice and relaxing for themselves in between working hard.

A reminder that the National Contingency Day for exams is the 26<sup>th</sup> June and students should be available until the end of that day. NEA deadlines are fast approaching and teachers are reporting high levels of engagement with these.

Year 10 are busy preparing for Work Experience; please get any outstanding paperwork in ASAP.

They will have their first set of mocks in June and we are starting our sessions on "How to" learn and revise in the coming weeks

### Sixth Form News

It is now the final term for our Year 13 students and they are busy completing coursework and revising for the final examinations. Subject teachers will be supporting the students and it is important that they continue to attend and work with us. As always, if anyone needs support please encourage them to speak to their teachers and the pastoral team. We are looking forward to celebrating the end of their time with us in college at the Leaver's Service on Friday 24<sup>th</sup> May and the Year 13 Ball on Thursday 27<sup>th</sup> June.