

NEWSLETTER

Happy Anniversary to the Schools' Mental Wellbeing Project!



16 January 2020 marked the first anniversary of the start of the Schools' Mental Wellbeing Project run by Burnley Football Club in the Community. The project has provided 7 partner schools with a Psychological Wellbeing Practitioner (PWP) to support young people as they develop positive mental wellbeing and is supported by the Premier League, the Professional Footballers' Association, Burnley Borough Council and East Lancashire Clinical Commissioning Group.

We are very lucky to have been joined by Miss Hayley Quinn (pictured below), our PWP. She is a qualified mental health therapist after completing both her degree in Counselling & Psychotherapy (University of Bolton) and a Postgraduate

Certificate in Primary Care Mental Health (UCLan). She said, "Before I started at Shuttleworth College, I was working as a Mental Health Therapist with adults and I realised that at least half of the people I saw had struggled with mental health issues because of things that had happened during childhood. This made me want to help young people while they're going through difficulties rather than later in their lives. I can also teach resilience. I get to help students when they need it the most."

Miss Quinn offers a range of support to our students, including one-to-one intervention and group sessions. She also is responsible for supporting our group of Student Mental Health Ambassadors. These students were selected to raise awareness of mental health and health educate their peers on the importance of mental wellbeing.

In the last year, across the seven schools involved in the Project:

- 542 students have received support
- 4274 hours of support have been provided
- 3130 sessions have been delivered

This support means that, of the students who have been supported by the Project:

- 86% have reported feeling less anxious
- 81% have improved self-esteem
- There has been a reduction in students experiencing thoughts of self-harm and suicide.

We are very proud to be involved in this Project: positive mental wellbeing will help to support our young people for years to come.



Sports Updates!

Congratulations to all our runners who competed for Burnley at the **Lancashire Schools Cross Country Championships** earlier this month: Hannah Eccles, Olivia Palmer, Bethany Wheatcroft and Stanley Stephenson.

A special mention to Stanley (*Image credit: Mr D Stephenson*) who won the Year 7 race, in a very strong field of 72 competitors, and who has become the first Shuttleworth College student to become Lancashire Champion!

We are also very proud of our **Year 8 boys Football** team who have continued their unbeaten season so far following an 8-4 victory at Unity College. Special congratulations go to Reeze Lockett for scoring a perfect hat-trick: left foot, right foot, header!

The team have won other local matches against Burnley High School and Sir John Thursby Community College.

In addition, they are heading to Darwen Vale High School on 29 January to play in a last-16 match for the Lancashire Cup. Good Luck boys!



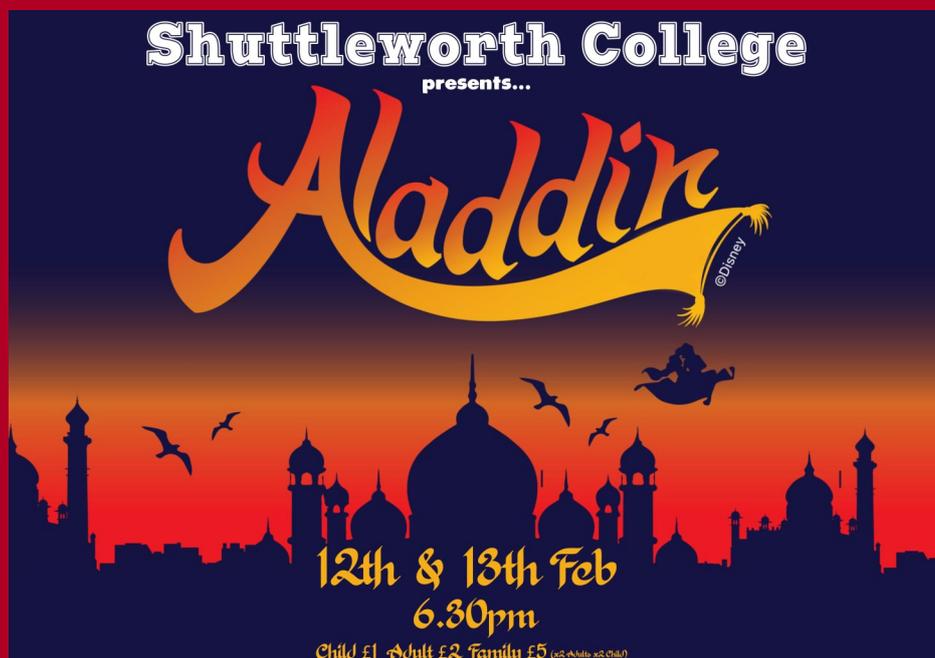
Aladdin

Our school production for 2020 is Aladdin!

Join us as our students perform the famous tale on:

Wednesday 12 February & Thursday 13 February

6.30pm



Tickets are now on sale from the Music Office for what is sure to be an excellent set of performances from our talented students.

Adult £2

-

Child £1

-

Family £5

(2 x adults, 2 x children)

Staff Quiz fundraises for the Student Council Food Bank Appeal



This year's Student Council representatives are focusing their energies on supporting a local food bank throughout 2020. They have promoted donations through assemblies and form times, with council reps collecting donations every Friday. So far, over 430 items have been collected and sent to Spacious Place, Burnley's Food Bank.

To boost the food bank's resources Student Council organised a staff quiz with a £5 entry fee, both writing and delivering the quiz themselves! Almost £170 was raised. Well done to Mia Cromack and Millie Cain, pictured left, for taking the lead on the quiz.

Mr Greenhalgh and the Student Council are working with Spacious Place to collect items that are currently most needed by the food bank. These include, but are not limited to:

- Breakfast cereals
- Pasta & Rice
- Tinned food
- Tea & Coffee
- Toiletries
- Cleaning Products

Donated items can be dropped off at the Collection Point in the Library, where our Food Bank tracker is now situated.



Important Dates!

Thursday 6 February, 5.30-6.30pm: Year 8 Aspirations Evening
Wednesday 12-Thursday 13 February, 6.30pm: Aladdin
Monday 17—Friday 21 February: Half Term
Monday 2—Friday 13 March: Year 11 Mock GCSE exams
Thursday 12 March, 4.30-7pm: Year 9 Parents' Evening
Thursday 2 April, 4.30-7pm: Year 11 Parents' Evening
Monday 6 April—Friday 17 April: Easter Holidays
Thursday 23 April, 4.30-7pm: Year 7 Parents' Evening
Friday 8 May: Bank Holiday
Monday 11 May— Wednesday 24 June: Year 11 GCSE Exams
Monday 25 May—Friday 29 May: Half Term
Friday 17 July, 3pm: Summer Holidays begin

Contribute to the newsletter

Good news to share about your child? Promoting a community event? Get in touch with our marketing and communications team, by contacting Mrs Ackroyd via fackroyd@shuttleworth.lancs.sch.uk

Shuttleworth College

Burnley Road, Padiham, Lancashire,
BB12 8ST

Telephone: 01282 682300
www.shuttleworthcollege.org