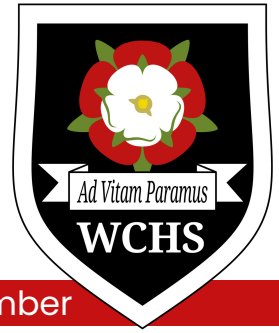


WEST CRAVEN HIGH SCHOOL NEWSLETTER



Principal's Welcome

Friday 19th December

Dear Parents / Carers

It's beginning to look a lot like Christmas! It has been a week of celebrating this week, with our rewards assemblies and silent discos for all year groups.

In our rewards assemblies this week we celebrated those students nominated for their effort, attainment and positive contribution to the school. I love these assemblies because it is a chance for us to come together as a community to celebrate each other's success. I want every child to be successful during their time at West Craven and I want to take every opportunity to reward different strengths, talents and achievements. Equality is a key part of our ASPIRE values. This is about a culture where we don't just accept differences, we celebrate them. Everyone has different strengths and talents and will excel at different things at different times. We celebrate these successes and talents as a community. Our school is full of amazing young people, and we hope to celebrate them even more in 2026!

The silent discos have become a big favourite with our students, although they are certainly less silent than the title suggests. A lovely moment watching the Year 7s signing to their favourite songs, arms joined, headphones on, with their eyes closed! Clearly, they enjoyed it! We also had our students attend Burnley Football Club where our teams pitched their ideas on how to improve young peoples' mental wellbeing. The students were a credit to the school and their families and the staff at the event commented on how well these students presented and represented the school. Well done to all involved!

Thank you for all of your donations to the Barnoldswick Foodbank. The shopping trolley is once again full to overflowing and will be delivered in time for the start of the Christmas holidays. I am very proud of our students for doing this work and it is a lovely gesture at this time of year to think of those that may be less fortunate than ourselves. It is a lovely time of year, but it can also be a difficult time of year for many people. We are a school at the heart of our community and while it may only be a small gesture, it is important to contribute and support those in our community that need a little help at this time of year.

While you may think the action is at the Worlds Darts final at Alexandra Palace, the real action has been taking place right here in the West Craven PE department. There has been a fiercely competitive darts tournament taking place in school over the past few weeks, culminating in the final taking place on the last day of school. The standard has been high and it is excellent to see the take-up of another extra-curricular club in school. It has been well attended and the students have really enjoyed it. As I said above, we want students to discover and grow their talents in a variety of different ways. I will let Mr Cameron announce the winner!

I can't believe how quickly this term has gone and how much we have achieved already. It has been a busy 14 school weeks since we came back to school in September. I wish all of our students, their families, and everyone in our community, a peaceful Christmas holiday. I hope our students take the time to rest, recharge and spend time with friends and family.

Thank you for your continued support and I look forward to seeing you on the 5th January 2026, ready for another exciting term to begin at West Craven High School.



Mr Bates, Principal



STARS OF THE WEEK



7

Flynn
Hattie
Myra
Anya



8

Emily
Sam
Mollie
Liam

9

Charlie
Mohammed
Max
Noah

10

Alice
Phoebe
Millie
Harrison
Cameron

11

Evie
Daisy
Aiden
Grace
Zakaria
Kenzie
Kai
Umar

Congratulations to this week's top students from each form group.



END OF TERM AWARDS

End of Term Awards Celebration

This week, we were delighted to celebrate our students' achievements during our end of term assemblies. A range of awards were presented to recognise the hard work, commitment and positive attitudes shown by students throughout the term.

Students received Aspire Awards, which celebrate those who consistently demonstrate our school values, as well as Attendance Awards, recognising excellent attendance and punctuality. These awards are an important way for us to acknowledge the effort students put into their learning and school life every day.

Please enjoy this selection of photos featuring some of the students who proudly received their awards. We are incredibly proud of all our award winners and would like to thank families for their continued support this term.

Well done to everyone involved – a fantastic way to end the term! 🌟



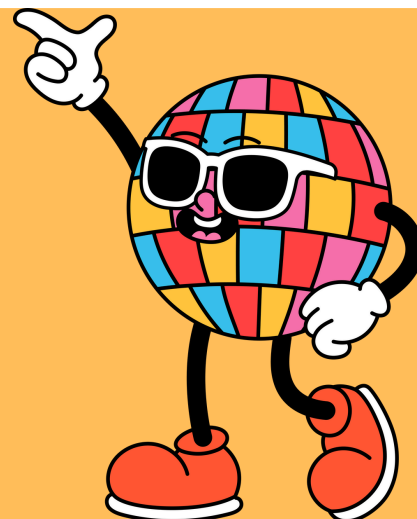
REWARDS AND AWARDS



Silent Disco Celebration

As a reward for their hard work this term, students enjoyed a festive silent disco! Each year group took part on Thursday, spending a full hour dancing along to Christmas songs and having lots of fun with their friends. It was wonderful to see so many smiling faces and such great enthusiasm.

Well done everyone – we hope you enjoyed the disco!



CURRICULUM UPDATE HISTORY

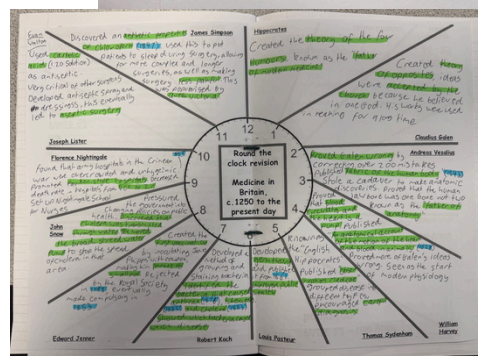
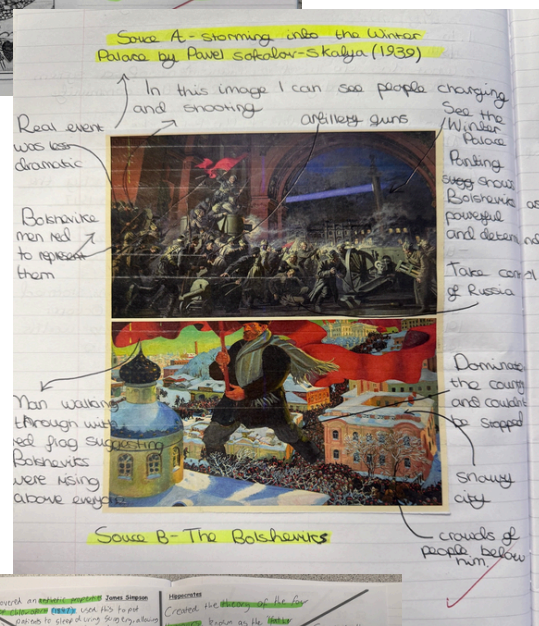
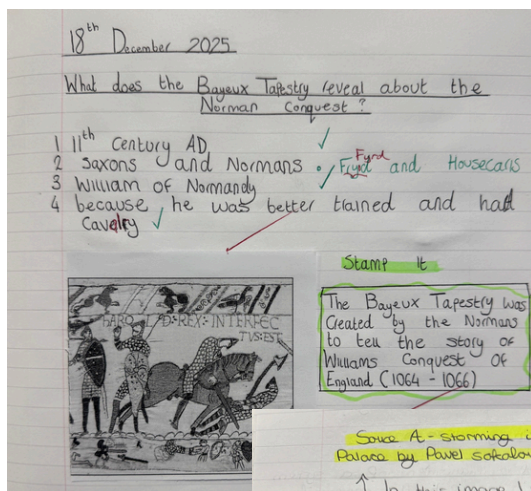
In year 7 we are studying the Norman invasion of 1066. We have been analysing key battles such as the Battle of Stamford Bridge and the Battle of Hastings. Furthermore, we are gaining an understanding of the challenges William the Conqueror faced when he came to power.

In year 8 we have been looking at exploration and the Transatlantic Slave Trade. We have recently been focusing on the abolition movement and evaluating which group of people had the biggest impact on the abolition of slavery in Britain.

Year 9 students are exploring events that followed the Russian Revolutions. Students are encountering key concepts such as communism and capitalism. We have been following the rise of the Bolsheviks and the power struggle that led to Joseph Stalin becoming the leader of the USSR.

Year 10 have made an excellent start to their first GCSE topic, Medicine through Time. Since September we have explored key medical developments and ideas about cause, treatment and prevention of disease in the Medieval, Renaissance and Industrial periods. We are currently exploring medical developments, like the discovery of penicillin and the start of the welfare state in Britain that took place prior to the Second World War.

Year 11 are working hard on their final GCSE topic, Norman England. We have been looking at the problems William of Normandy faced after the Battle of Hastings and the tactics he used to deal with these problems, such as the Harrying of the North and building motte-and-bailey castles.



Mr David Davidson
Head of Humanities
and MFL



BURNLEY FOOTBALL CLUB CHALLENGE

Premier League Inspires: Supporting Young People's Mental Wellbeing

Our students have recently been taking part in the Premier League Inspires Challenge, an exciting initiative that encourages young people to explore and support mental wellbeing.

As part of the challenge, students are learning about what mental wellbeing means, why it is important, and how factors such as friendships, family life, school pressures, social media and self-esteem can impact how young people think and feel. They are also discussing how confidence, positive relationships and healthy habits can help them manage everyday challenges.

Students are working in teams to develop a social action project aimed at supporting young people's mental wellbeing. Their projects focus on:

- Raising awareness of mental health and wellbeing
- Breaking down stigma and encouraging open conversations
- Promoting healthy habits and positive self-image
- Helping young people understand where and how to access support

The challenge encourages students to think creatively about how football, teamwork and their school community can play a positive role in supporting mental wellbeing. Projects may include awareness campaigns, presentations, fundraising, practical actions or educational activities.

This has been a valuable opportunity for students to share their ideas, listen to others and understand how they can make a positive difference to their own wellbeing and the wellbeing of those around them.

We are proud of the thoughtful discussions and enthusiasm shown by our students and look forward to sharing more about their projects soon.



PASTORAL UPDATES YEAR 10

Year 10: A Term of Achievement and Dedication

This term, our Year 10 students have truly impressed us with their excellent work ethic. Their focus, determination, and commitment to learning have been outstanding, and we are incredibly proud of the maturity and enthusiasm they have brought to their studies.

A special mention goes to our Year 10 Ambassadors, who played a vital role during the Year 11 Parents' Evening. Their support, initiative, and professionalism were exceptional, and they represented both the year group and the school with great pride.

As we look ahead, a reminder to those who have not yet submitted their work experience forms: please ensure you arrange a placement and hand in your completed forms immediately after the Christmas break.

Well done to all of Year 10 for a brilliant term!

Wishing you a restful and enjoyable Christmas break.

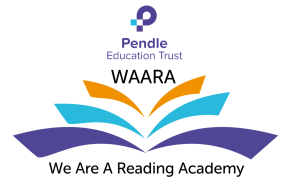


Mrs Janjua
Year 10 Pastoral
Lead



WE ARE A READING ACADEMY

The librarian loves author talks and I went to one recently at Colne library. Wayne Silver has self-published his book, and it was interesting hearing about his journey to becoming an author. My mum, who attended the talk with me, bought me a signed copy of the book as an early Christmas gift. I am looking forward to reading it.



The explanation of the Dewey Decimal System has now reached Number 500. This is a large section as it encompasses natural science and mathematics. It includes books on space, dinosaurs, physics and volcanoes.



2026 will be The National Year of Reading. This year will focus on reading as a life enhancing practice that every young person has a right to enjoy. Our school has some exciting activities planned to mark this special year. Watch this space; details will be released in the spring term.

Although the school library is now closed for the Christmas holidays, audio and e books are available from your local public library every single day of the year at no charge. Joining the library is completely free. There are libraries in Barnoldswick, Earby, Colne and Nelson.



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Word of The Week

Hibernate is a verb. Hibernating animals become inactive during the winter months to conserve energy and help them survive the cold. Animals will make a cosy nest in a cave or a burrow and slow their heart rate and breathing and they can go for weeks without eating. Bears and hedgehogs, along with other animals, hibernate. The word hibernate comes from the Latin word hiberare which means to winter. It was first used in English in the 14th century.



Jane Austen was born on the 16th December 1775. This year marks the 250th anniversary of her birth. Printed below is a wonderful description of Christmas from Chapter 14 of her novel Persuasion:

"Immediately surrounding Mrs. Musgrove were the little Harvilles, whom she was sedulously guarding from the tyranny of the two children from the Cottage, expressly arrived to amuse them. On one side was a table occupied by some chattering girls, cutting up silk and gold paper; and on the other were tressels and trays, bending under the weight of brawn and cold pies, where riotous boys were holding high revel; the whole completed by a roaring Christmas fire, which seemed determined to be heard, in spite of all the noise of the others. Charles and Mary also came in, of course, during their visit, and Mr. Musgrove made a point of paying his respects to Lady Russell, and sat down close to her for ten minutes, talking with a very raised voice, but from the clamour of the children on his knees, generally in vain. It was a fine family piece."

BOOK REVIEW	
Book Title: <i>Shadowfall Academy</i> Author: <i>Phil Hickes</i>	Genre: <i>Thriller</i> Reviewed by: <i>[initials]</i>
This book made me: Laugh Learn new things Feel scared <u>Feel excited</u> Feel sad Feel happy	This book is about: <i>A young girl called Lillian. When Lillian Jones starts at a creepy, cold and bewilderingly large Shadowfall Academy, she's nervous about making friends. And when her roommates tell her the school is haunted, she thinks they're just trying to scare the new girl. But then bizarre things start start happening. Lillian and her friends</i>
My favourite character was: <i>Lillian!</i>	
You should read this book if you... <i>like mystery and scary stories.</i>	
I give this book <i>4.5</i> stars:	

CHRISTMAS READING BINGO

Read a
Christmas
themed poem

Read a
book
published in
2019

Read a
book to
someone
else

Read a
book with a
snow scene

Read a
non-fiction
book

Read a
book you
borrowed

Read a
book with the
word 'family'
in the title

Read a
book set in a
different
country

Read a
book with
time travel

Read a
book for 20
minutes

Read a
book with a
gingerbread
house

Listen to a
Christmas
themed audio
book

Read a
book where
the characters
swap gifts

Read a
book whilst on
a plane or a
train

Listen to
someone else
read

Read a
book while
drinking a hot
drink



Once you've completed a reading bingo challenge, colour the bauble in. You should aim to complete a line of four, either vertically, horizontally or diagonally.



Nelson Library Festive Events

Date	Time	Event	Age	Booking Req?
School Holiday WEEK 1 – w/c 22nd December 2025				
Every Day	All Day	Festive Scavenger Hunt	6+	No
Mon 22 nd	11am – 2pm	Lego Club	Family	No
Mon 22 nd	2:30pm – 4pm	Lego Animation Workshop	8+	Yes
Tues 23 rd	2:30pm – 4pm	Festive Activities	Family	No
Sat 27 th	11am – 3pm	Lego Club	Family	No
School Holiday WEEK 2 – w/c 29th December 2025				
Every Day	All Day	Festive Scavenger Hunt	6+	No
Mon 29 th	11am – 2pm	Lego Club	Family	No
Mon 29 th	2:30pm – 3:30pm	Tingo Bingo	Family	No
Tues 30 th	11am – 2pm	Lego Club	Family	No
Tues 30 th	2:30pm – 3:30pm	Winter Wonderland Storytime and Crafts	Family	No
Weds 31 st	2pm – 3pm	New Years Eve Storytime	Family	No
Sat 3 rd Jan	11am – 3pm	Lego Club	Family	No

All activities are free of charge. If you have any questions, or would like to book a slot where necessary, please visit the appropriate library and ask at the enquiries desk, call 0300 123 6703 or book online at www.lancashire.gov.uk/libraries

Christmas and New Year Closures

Nelson library will be closed on the following days:

- Wednesday 24 December
- Thursday 25 December
- Friday 26 December
- Thursday 1 January
- Friday 2 January

This library will close at 5.00pm Wednesday 31 December

All libraries return to their usual opening hours from Saturday 3 January.

lancashire.gov.uk



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[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

OUT OF SCHOOL ACHIEVEMENT



🥋 Out-of-School Achievement 🥋

A huge congratulations to Isabelle in Year 7, who has successfully passed her Taekwondo grading and achieved her Red Belt!

This is a fantastic achievement and a real testament to Isabelle's dedication, discipline and hard work outside of school. We are incredibly proud to celebrate her success.

Well done, Isabelle — keep aiming high! 🙌🌟

If you would like to share your child's out of school achievements, please contact jevetts@pendleeducationtrust.co.uk



DATES FOR YOUR DIARY



School re-opens - 5th January 2026

Year 9 Parents Evening - 29th January

Poetry Live - YR10 Manchester Bridgewater Hall 4th February

Year 10 Barclay's Life Skills (session3) 5th February

Year 11 revision launch - 5th February

NSPCC Number Day - 6th February

National Apprenticeship Week - 9th February

Safer Internet Day - 10th February

End of term - school closes - 13th February

School re-opens - 23rd February

MERRY
Christmas

A festive graphic featuring the words 'MERRY Christmas' in a red, cursive font. Below the text is a red garland with various Christmas ornaments, including a tree, a snowflake, and a bell. A large red bow is also part of the decoration.

www.westcraven.co.uk



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[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

East Lancashire Young People's Mental Health

**Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?**

**Advice sessions are available on-line via
'Attend Anywhere'**

Delivered by CYPMH East

tinyurl.com/ELCAS-LSCFT



Enter the word "CYPMH East" as the first name and "drop in" as the second name followed by your date of birth.
You will then enter our virtual waiting area where we will collect you.

Wednesday 7th January 2026

1pm – 3pm

Wednesday 14th January 2026

3pm – 5pm

Wednesday 21st January 2026

5pm – 7pm

Wednesday 28th January 2026

1pm – 3pm

Online Safety Newsletter

January 2026

Instagram Teen Accounts - update

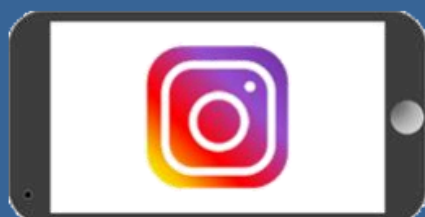
You must be over 13 years of age to set up an account. Instagram is used to post photos and videos as well as send direct messages, make voice/video calls, and send disappearing messages.

Teen accounts are automatically set up for users aged 13 – 17. Instagram have announced that teens will now see content similar to content that they would see in a PG-13 movie.

Instagram have also updated their policies around content to include “hiding or not recommending posts with strong language, certain risky stunts, and additional content that could encourage potentially harmful behaviors”

Finally, for parents who would like to apply more stringent settings, Instagram are also introducing a new, stricter setting called ‘Limited Content.’ This setting will mean your child is not able to see, leave, or receive comments under posts as well.

You can read about the updates here: <https://about.instagram.com/blog/announcements/instagram-teen-content-safety-pg-13>



Playing games online

Does your child play games online? We have outlined some risks that you should consider:



Chatting to strangers / risk of inappropriate language

Some games will allow communication via text chat, direct messages or chatting. Some games do offer the ability to switch communication off and/or the option to restrict bad language, so make sure settings appropriate to your child are applied. If your child is playing online with strangers, then you need to be aware that there is a risk of grooming. Some games do allow you to restrict communication to ‘friends only,’ however you would need to monitor that their online friends are real life friends. It can be difficult to moderate online chat so ensure your child knows how to block and report other players.

Cyberbullying

It can be very easy online for children to behave in a way that they would not if they were face to face. Talk to your child about how they speak to others online and encourage them to talk to people online with respect. Other forms of cyberbullying whilst playing games could be excluding others, criticising the ability of other players and ganging up on others.

In app purchases

Many games include the option to purchase additional items/ subscriptions so ensure you do not have payment cards saved or set up restrictions/ a password to approve purchases.

What can I do?

- **Set up parental controls** - as well as setting up appropriate parental controls through the game’s settings, ensure you have set them up on the console/device your child is playing on.
- **Check age ratings** - before buying the game, check that your child is old enough to play it. All games will either have a PEGI rating or be rated by the App Store/Google Play.
- **Chat to your child regularly** about the risks above so that they are aware of what can happen online and remind them to always talk to you or a trusted adult if they have any concerns

Further information

CEOP provides further guidance and support regarding this topic: <https://www.ceopeducation.co.uk/parents/articles/gaming/>

Snapchat

Snapchat is a popular social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that are only seen for a set time, and users can also upload snaps to stories, which disappear after 24 hours.

Key Concerns

There are potential risks such as:

- the risk of your child viewing content that is not appropriate for their age.
- location sharing (via Snap Map).
- cyberbullying.
- contact from strangers.
- excessive screen time – children may have a fear of missing out (FOMO) as well as pressure to maintain “streaks”.
- “disappearing” messages can lead to more risky behaviour and a “false sense of security.” These messages could be screenshot or another device used to take a photo, so they’re not actually deleted as the sender believes. The image could then be shared.
- in app purchases.



Parental Controls / Safety settings

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to:

- see who your child is friends with.
- see who your child has sent messages (not the contents of conversations though), photos or videos to in the last week.
- view a list of group members for groups that your child has been active in.
- restrict content to limit access.
- report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>

If your child is using Snapchat, then make sure the appropriate privacy settings are set up, including who can see their location and who can contact them. Also ensure your child knows how to block and report other users if necessary:

<https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-do-I-change-my-privacy-settings-on-Snapchat>

More information

For more detailed advice and information:

- <https://parentzone.org.uk/article/snapchat>
- <https://parents.snapchat.com/safeguards-for-teens>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.01.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership

Sharing Explicit Images

Bark have published an article about teens sharing explicit images without fully comprehending the risks. The article discusses why teens share images, what you need to know and how you can chat to your child about it. Find out more here:

<https://www.bark.us/blog/teens-sharing-explicit-images/>

Cyber security

Cyber security is the process of protecting your information and data whilst online against scams and cyber-attacks. Cyber-attacks are the process of maliciously targeting individuals or organisations to disable networks or steal data for example.

The National Cyber Security Centre (NCSC) have an area on their website with guidance to help protect you and your family. The guidance includes how to manage your digital footprint online, information about anti-virus software as well as top tips for staying online such as:

- Using a strong password
- Setting up 2step verification

You can find the resources here:

<https://www.ncsc.gov.uk/section/advice-guidance/you-your-family>

The NCSC also provide advice on what you should do if you are the target of a scam or cyber-attack. Find out more here:

<https://www.ncsc.gov.uk/section/respond-recover/you>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version:
<https://www.knowsleyclcs.org.uk/january-2026-secondary/>

OUR COMMUNITY

Community Advertisements

In this section of our newsletter, we share posters for local events, activities, and charities.

If you would like us to advertise a community event or club, please email **jvetts@pendleeducationtrust.co.uk**.

Please note that West Craven High School is not affiliated with these organisations and cannot endorse the events, promotions, or clubs. We will only feature events that we consider appropriate for our school community.

**We are
Community**

Stay connected, follow us on Facebook and Instagram

A very warm welcome to all our new Year 7 families!
We are thrilled to have you join the West Craven High School community. To stay updated on school news, student achievements, important events, and reminders, we encourage all parents and carers to follow our official Facebook and Instagram pages.



West Craven High School



WestCraven.Barnoldswick



www.westcraven.co.uk



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[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

10 Top Tips for Parents and Educators

GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

1 CELEBRATE DIFFERENCES

Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.

2 MODEL RESPECT

Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.

3 SPOT THE SIGNS

Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.

4 VALIDATE FEELINGS

When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.

5 TEACH ALLYSHIP

Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.

6 PROMOTE REPORTING

Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.

7 ENCOURAGE KINDNESS

Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who feels left out. These small actions set a strong example that kindness matters, and that it can be a powerful response to bullying.

8 USE YOUR VOICE

Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.

9 BUILD COMMUNITY AND BELONGING

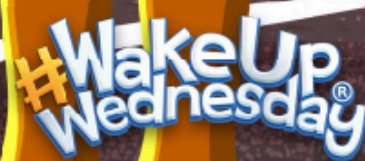
Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.

10 SUSTAIN THE CONVERSATION

Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert

Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.



The National College