

WEST CRAVEN HIGH SCHOOL NEWSLETTER



Principal's Welcome

Friday 9th January

Dear Parents / Carers

Happy New Year! It has been great to welcome the students back into school this week as we begin the Spring Term. Spring is often a symbol of growth and optimism, and 2026 is an opportunity for a fresh start and renewed focus for all our students. The theme of the week has been Equality. We have focused on everyone's right to feel safe, right to learn and right to dignity. Our standards and expectations are linked to protecting these rights, from keeping left and walking calmly to lesson on the corridors, to wearing the uniform as part of our community. I am particularly keen to stress that as well as being part of our identity, uniform is key to protecting the dignity of young people. Our uniform is relatively cheap and easy to obtain; a black skirt or trousers, a black blazer and white shirt. All of these items are widely available at reasonable prices. Our blazer badge can be bought from the office. Our ties are the only branded element of our day-to-day uniform. We insist on sensible school shoes. This ensures that by being 'uniform', young people do not need to conform to fashion or pressure from their peers. Fashion is expensive to keep up with; having the right branded sweater, having the right trainers, wearing a designer label, etc. Having a uniform removes this pressure and expense. So, our uniform is part of our identity, but it also keeps children safe and protects the dignity of all our community by maintaining equality

With this in mind, we may have been in touch with some of you this week about remedying an issue with uniform or equipment. We know that Christmas is a busy holiday, so we have asked for these items to be remedied by Monday 19th January. If there are any issues or problems, please let us know. We very much value your support in working with us to uphold high standards and we will do all we can to support you, as we all strive to ensure that the young people at West Craven High School represent the school with pride and achieve to their full potential.

I led an assembly on Monday morning for Year 11 students talking to them about this being 'Their Year', as the class of 2026. I reinforced the message that it is never too late to start when it comes to revision and focus in school. Learning is not about elapsed time, but about the engagement and commitment to the process. A lot can be gained in a short amount of time. We have looked at all the mock exam results and teacher predictions, and your child's teachers will feedback the specific strengths and areas for development. The key is looking for marginal gains; small improvements that can make a big difference. Students should look at their exam result and pinpoint exactly how many marks they were away from the grade they need. Then look at where they lost those marks; is it some content they don't know? A method they need to learn? or a type of question they need to practice answering in the right exam technique? By improving these gaps, students can add multiple marks. It doesn't take many marks to move a grade boundary or even two! Extra revision sessions currently run on Monday for Science, Tuesday for Maths, and Thursday for English. It is our intention that all Year 11 attend the extra sessions and we will be planning a full timetable of Period 6 sessions across all subjects.

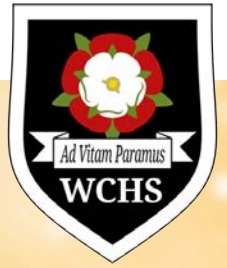
Thank you for your continued support and I wish you all the very best for 2026



Mr Bates, Principal



STARS OF THE WEEK



7

Freya
Leo
Eva
Daisy



8

Cora
Louie
Harry
Alfie

9

Shakira
Alec
Laaibah
Ella

10

Holly
Amalie
Anna
Elise

11

Skye
Rokas
Yvette
Izobel
Maisie
Mackenzie
Shamaela

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



LEADING PARENT PARTNERSHIP AWARD

We are excited to share that West Craven High School is working hard towards achieving the Leading Parent Partnership Award (LPPA) once again! This nationally recognised award focuses on strengthening the school's work with parents and families, ensuring that together we provide the best support for our children.

We first achieved this award in 2022, and now we are being re-assessed this academic year. The re-assessment will be carried out by an external advisor and will look at how well we meet the following ten objectives:

- Demonstrating a strong commitment to the LPPA.
- Making and implementing effective plans to achieve and maintain the award.
- Ensuring the school is welcoming and friendly for parents.
- Promoting lifelong learning opportunities for all parent groups.
- Holding and promoting enrichment events for parents and children together.
- Providing good induction for all new parents.
- Offering clear, user-friendly guidance to help parents support their child's learning.
- Implementing parent-friendly policies to strengthen home-school links and improve attendance, punctuality, behaviour, and progress.
- Supporting parents during key transitions when children leave the school.
- Evaluating our performance against the LPPA standards.

What is the LPPA?

The LPPA is a nationally recognised award for schools that work closely with families. It helps us improve communication and create more opportunities for parents to be involved in school life.

What difference will it make?

Achieving the award will make our partnership with families even stronger. It will help us improve communication and offer more activities for parents and children to enjoy together.

How can you help?

Read all information we send out.

Attend events we organise, if you can.

Complete any questionnaires honestly.

Our LPPA working party is already meeting regularly to gather evidence and plan activities. A big thank you to all parents and carers who have supported us so far!

We'll keep you updated on our progress. If you have any questions, please don't hesitate to contact us.

Thank you for your continued support!



PENDLE EDUCATION TRUST CAREERS DAY

Pendle Education Trust Careers Day

On Thursday 12 March, students from West Craven will be attending the Pendle Education Trust Careers Day, hosted at Colne Primet Academy.

This exciting event gives students the opportunity to meet a wide range of employers from the local community, representing a variety of sectors. It is an excellent way for young people to hear first-hand about what local companies have to offer and to explore the many different career pathways available to them.

During the day, students will be able to speak directly with employers to gain a better understanding of:

- **What different jobs involve**
- **The range of roles available within different industries**
- **The skills and qualities needed to be successful in today's economy**

In addition, students will meet representatives from a selection of universities, as well as Nelson and Colne College, who will be attending with subject specialists. These teams will be running interactive activities and talking to students about their future options and next steps.

This Careers Day is a valuable opportunity to inspire our students, broaden their horizons and support them in making informed decisions about their future education and career pathways.

Pendle Education Trust
Inspire
THE NEXT GENERATION
JOIN US FOR OUR
CAREERS DAY 2026

We are currently looking for employers to come and talk to our children at our next careers day on **Thursday 12th March 2026**

The event will engage over one thousand children from all our 5 schools aged 7 to 16 years old

We are keen for our students to meet local employers from all sectors

Careers days are an excellent way for children to hear what local companies have to offer. Children can meet different employers, gain an understanding of what their jobs entail or the different roles available, and the skills that are needed to be successful in today's economy.

Colne Primet Academy
Dent Street
Colne, BB8 8JF

ncc. **ellg.**

For more information or to request an exhibitor booking form please email JEvetts@pendleeducationtrust.co.uk



If you know of any local businesses interested in exhibiting for free at this event, please get in touch at jvetts@pendleeducationtrust.co.uk.



CURRICULUM UPDATE COMPUTING

Year 7 Scratch Programming Essentials



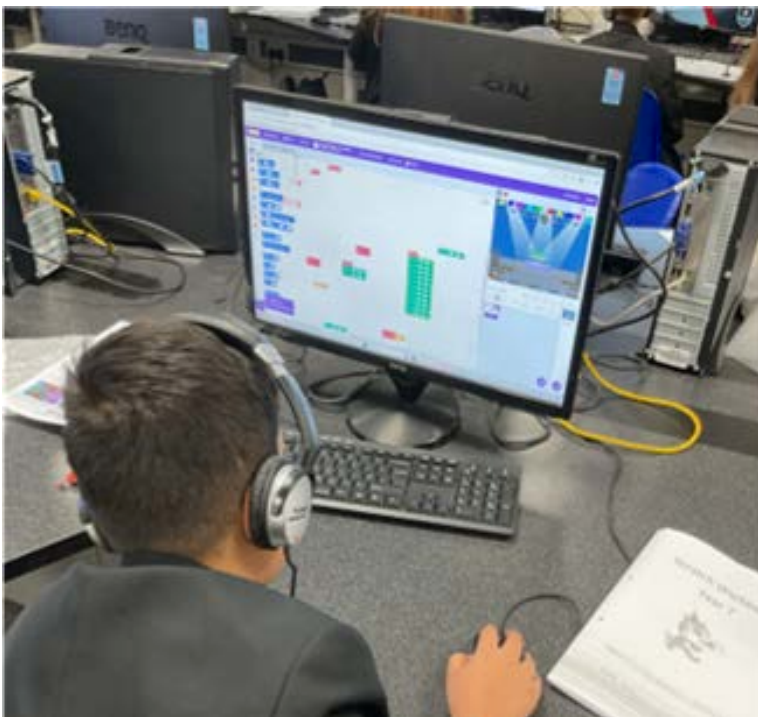
Computing Curriculum Update – KS3 Programming

We're excited to share what your child will be learning in Computing this term! This unit marks the beginning of their programming journey at Key Stage 3. The goal is to help students build confidence and develop a solid understanding of the key building blocks of programming.

In this first unit, learners will explore essential concepts such as:

- Sequencing – understanding the order of instructions in a program
- Variables – storing and using data
- Selection – making decisions within a program
- Count-controlled iteration – repeating actions a set number of times

These skills form the foundation for the next unit, Programming II, and will prepare students to move on to text-based programming using software like Python. By the end of these units, they'll have the tools to create their own programs and solve problems using code!



Mr Hussain
Head of Computing



CELEBRATING OUR ALUMNI STUDENTS



JAKE

STUDIED L3 CREATIVE MEDIA AT NELSON AND COLNE COLLEGE AND ACHIEVED TRIPLE DISTINCTION STAR. PROGRESSED TO STUDY PERFORMING ARTS AT THE UNIVERSITY OF HUDDERSFIELD.



Celebrating Alumni Success

We're incredibly proud of former student Jake, who progressed on to Nelson and Colne College to study Level 3 Creative Media, achieving an outstanding Triple Distinction Star **★★★★**.


Jake has now taken the next exciting step in his journey and is studying Performing Arts at the University of Huddersfield. A fantastic achievement and a real testament to his hard work and creativity.

Well done, Jake we can't wait to see what you achieve next!



JACOB

STUDIED L3 ART & DESIGN AT NELSON AND COLNE COLLEGE AND ACHIEVED TRIPLE DISTINCTION STAR. PROGRESSED TO A DEGREE IN PHOTOGRAPHY AT BIRMINGHAM CITY UNIVERSITY.



Celebrating Alumni Success

We're incredibly proud of former student Jacob, who studied Level 3 Art and Design at Nelson and Colne College, achieving an outstanding Triple Distinction Star **★★★★**.

Jacob has now progressed on to study Photography at Birmingham City University, taking the next exciting step in his creative journey.

Well done, Jacob – we're very proud of you!



ROBERT WINDLE FOUNDATION

£200 Awarded to Support Students at West Craven!

We are thrilled to announce that West Craven has successfully received a £200 grant from the Robert Windle Foundation! This funding will be used to purchase scientific calculators for students, ensuring they have the tools they need to succeed in their maths and science exams.

Currently, many students do not have personal calculators and rely on a limited number of shared devices, which creates challenges during exam periods. With this grant, the school will be able to purchase approximately 20 calculators, providing equal access to essential resources for all students regardless of their financial background.

This initiative will help improve academic performance and reduce barriers to success, giving every student the opportunity to thrive.

We look forward to sharing photos and stories of the new equipment in action on our website and Facebook page. Thank you to everyone who supports the Robert Windle Foundation your generosity makes a real difference!

Robert Windle Foundation The Old Grammar School

Charity Number: 529471

Do you know we are a Charity & Coffee Shop?

100% of proceeds go direct to the charity which supports education/young people and the upkeep of The Old Grammar School
WE ARE ALL VOLUNTEERS !



THE BUILDING IS TOTALLY ACCESSIBLE WITH A SPACIOUS BATHROOM, AND A LIFT TO THE SHOP UPSTAIRS

OPENING TIMES

Tuesday 1.30pm - 4pm

Wednesday 7pm - 9pm

Thursday 11am - 2pm

Friday 1pm - 4pm

'We give out grants to local schools and non profit groups'

Email : robertwindlefoundation@outlook.com

website : www.robertwindlefoundation.org

Telephone : 07815581746

School Lane, Earby. BB18 6QF

The Old Grammar School

**Thursday lunch time
soup 'n' roll £2.50**



**shop open from 11am
till 2pm**

DONATIONS

Do you have items you can donate to us? Household items or unwanted gifts.

We take most things, all we ask is that they are in a good resellable condition.

We have no space to hold big furniture items but you can send photos for us to advertise, and get the buyer to collect direct from you.

We dont take rags or used underwear !

We need help with :

- Cake baking
- Photographing and listing items on our Facebook Page
- Help with gardening and basic DIY jobs
- Sorting through donations and helping to keep the shop floor/ shelves tidy
- Collecting donations
- A few hours helping in the shop or cafe

The Old Grammar School

Crafty Owls

Wednesday's 7pm - 9pm



learn to knit, share a craft or just come for a natter and a brew! £2

School Lane, Earby. BB18 6QF



PASTORAL UPDATES YEAR 11

I would like to wish all our Year 11 students and their families a very Happy New Year as we begin an important term together. As the term progresses, students will be entering a crucial phase of exam preparation, with teaching increasingly focused on building exam skills, consolidating knowledge, and addressing gaps identified through recent mock examinations. Students will receive detailed mock exam debriefs in lessons, helping them to refine exam technique, improve time management, and target revision more effectively.

Alongside academic preparation, student well-being remains a key priority. Pastoral support, stress-management guidance, and access to wellbeing services will continue to be available to help students manage pressure and maintain a healthy balance during this demanding period. Parents can support this by encouraging positive routines at home, including regular sleep, breaks, and open conversations.

This term will also include an important focus on post-16 options. Students will continue to receive guidance and support with college applications and other pathways to ensure they feel informed, supported, and confident about their next steps.

We're committed to helping our students explore exciting career pathways. Whenever we receive notifications about apprenticeships, we share them with the year group. This week, I'm delighted to highlight a fantastic opportunity with Rolls Royce, an excellent choice for students to take their first steps into a world-class engineering environment.



Rolls-Royce Barnoldswick



Advanced apprenticeships available now

Discover your future on an Advanced Apprenticeship

At Rolls-Royce, we're proud to be a business that has helped shape the modern world, and we're committed to being a force for progress; powering, protecting and connecting people everywhere.

Our Engineering Advanced Apprenticeship gives you the real-world experience and expert training you need to help build some of the most advanced engines in the world. From day one, you'll get outstanding career support, debt-free qualifications and the chance to work in a friendly, supportive environment where you can be yourself. You'll start by gaining a strong foundation in practical skills with one of our approved training providers, then spend three years broadening your knowledge through attachments across our Civil Aerospace business. This is hands-on work, with state-of-the-art products, equipment and machinery, where you'll train with engineering experts, work on live projects and earn as you learn.

Thank you for your continued support as we work together to help every student approach the final months ahead with confidence and resilience.

Mrs Gartland
Head of Year 11



HAPPIER JANUARY

Happier January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

HEALTHY & HAPPIER

Joe Wicks

ACTION FOR HAPPINESS



Healthy & Happier - with Joe Wicks Tickets, Wed 14 Jan 2026 at 19:00 | Eventbrite



www.westcraven.co.uk



westcravenhighschool



westcraven.barnoldswick

SUPPORT ACCESSING FREE SCHOOL MEALS

If your child does not already have Free School Meals, you may be eligible if you get any of the following:

- Universal Credit with a household income of less than £7,400 a year (after tax and not including any benefits you get)
- Income-Based Jobseekers' Allowance
- Income-Related Employment and Support Allowance
- Child Tax Credit, not entitled to Working Tax Credit and household income less than £16,190
- Support under part VI of the Immigration and Asylum Act 1999
- Guarantee element of State Pension Credit
- Income Support
- Working Tax Credit 'run on' – the payment you receive for a further four weeks after you finish work

You can apply online, or there is information about how to apply by phone and post on the Lancashire County Council website: <https://www.lancashire.gov.uk/children-education-families/schools/free-school-meals/>

Applications need to go directly to Lancashire County Council and not to the school. If you would like support or need assistance with completing Free School Meal forms, or also travel pass application forms, you can contact the ELLIE Centre at Barden Campus. The phone number for parents/carers is **01282 682275** and the **ELLIE Centre is open to parents/carers Monday – Friday 09:00 a.m. – 1:00 p.m. during term-time.**

Drop in and see us:

Monday to Friday 9am – 1pm

**ELLIE at The Faith Centre, The Burnley Exchange, Barden Lane, Burnley,
Lancashire. BB10 1JD**



Lancashire
County
Council 

East Lancashire
Learning and Information Exchange



www.westcraven.co.uk



[westcravenhighschool](https://www.facebook.com/westcravenhighschool)



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

NCC AFTER SCHOOL ACADEMIES

Nelson and Colne College are delighted to invite our Year 10 and Year 11 students from school to join their upcoming free after-school academies this January and they have just added even more sessions!

These academies are a fantastic way for students to:
Explore subjects they're passionate about
Enjoy interactive activities
Learn about careers, courses and apprenticeships
Experience college life and meet tutors and other pupils

Upcoming Academies:

Future Engineers Academy

Next Date: 13 Jan – NCC only

Future Construction Professional Academy

Next Date: 21 Jan – ARC only

Future Digital/IT/Cyber Analyst Academy

Next Date: 21 Jan – NCC & ARC



Future Construction Professionals Academy #1. Jan 2026 Accrington & Rossendale College

Future Engineers Academy #2. 13 Jan- 24 Feb 2026. Nelson & Colne College

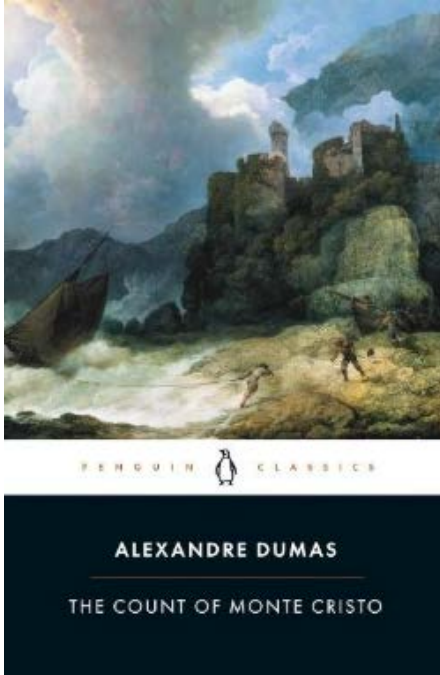
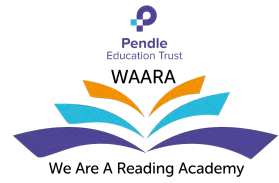


Future Hairdresser Professional Academy #1.

Future Digital Analyst Academy

The librarian loves

The Count of Monte Cristo by Alexandre Dumas. I have unfortunately been unwell for a few weeks, so I decided that over Christmas would be an ideal time to read an epic book that would completely engross me. It is a tale of revenge and despite the length of the book, the feeling of intensity is never lost. It was the perfect book to occupy myself with.



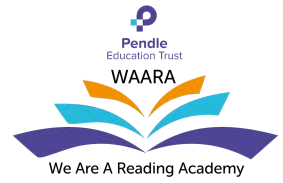
The library has some new non-fiction in stock. We hope the pupils enjoy these new additions to the library.



The explanation of the Dewey Decimal System has now reached Number 600. This section of the library is where you will find books on cookery, health, medicine and pets

Word of the week: Resolution

Resolution is a noun. If you make a resolution, you decide to try very hard to do something. Maybe your New Year Resolution will be to read more books.



The library has a display of winter themed books. Included in the display is a book of poems for every winter day. The following poem is contained within that book:

Stopping by Woods on a Snowy Evening by Robert Frost

***Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.***

***My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.***

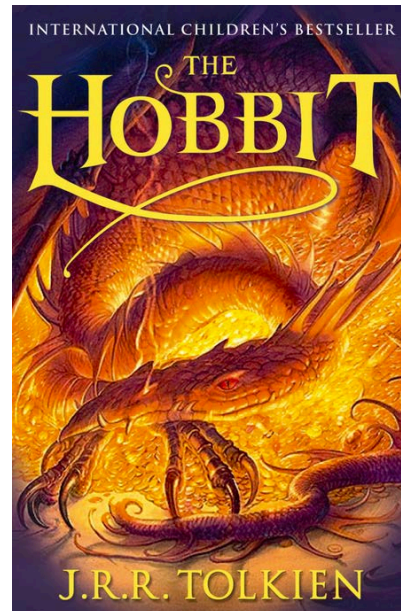
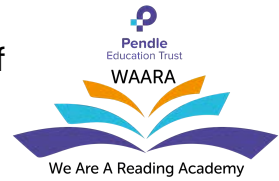
***He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.***

***The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep***



WE ARE A READING ACADEMY

J.R.R. Tolkien | Biography, Books, Movies, Middle-earth ...J.R.R. Tolkien was born on the 3rd January 1892 in South Africa. He was the author of The Hobbit and The Lord of the Rings fantasy series. These books are available from the school library. During the Second World War he stayed at Stonyhurst College in Lancashire and the beautiful scenery that surrounded him inspired his writing. If you want to know more about this area, you can follow the Tolkien Trail walk Tolkien Trail - Hobbit Hill



The library is the ideal place to revise. It has a wide range of GCSE revision guides and computers for accessing GCSE Pod. The librarian can supply you with flash cards if you need them. The library is open at break and lunch and after school for pupils who would like to revise.



West Craven Darts Competition – A Fantastic First!

Over the last few weeks of term, 27 students took part in the inaugural West Craven Darts Competition, and what a tournament it has been! The level of scoring and finishing throughout was exceptional, showcasing the dedication and passion many of our students have for the game, even beyond school.

Finals Day, held on the last day of term, delivered plenty of drama. In a nail-biting semi-final, Robert edged past Thomas in a 3–2 thriller, while Freddie displayed his ruthless streak by defeating Jak 3–1. Freddie carried that momentum into the final, where he produced a dominant performance to beat Robert 3–0 and claim the trophy.

A huge well done to all competitors for making this first-ever tournament such a success. It's been brilliant to see the enthusiasm and sportsmanship on display, here's to many more competitions in the future!



APPRENTICESHIPS AT ROLLS ROYCE

Rolls-Royce Barnoldswick



Advanced apprenticeships available now

Discover your future on an Advanced Apprenticeship

At Rolls-Royce, we're proud to be a business that has helped shape the modern world, and we're committed to being a force for progress, powering, protecting and connecting people everywhere.

Our Engineering Advanced Apprenticeship gives you the real-world experience and expert training you need to help build some of the most advanced engines in the world. From day one, you'll get outstanding career support, debt-free qualifications and the chance to work in a friendly, supportive environment where you can be yourself. You'll start by gaining a strong foundation in practical skills with one of our approved training providers, then spend three years broadening your knowledge through attachments across our Civil Aerospace business. This is hands-on work with state-of-the-art products, equipment and machinery, where you'll train with engineering experts, work on live projects and earn as you learn.

Ready to apply?

Machinist/Inspector

As a Machinist/Inspector, you'll carry out precision work, making components from specialist materials using hand and CNC machine tools, as well as measuring and checking they're exactly right for our requirements. You'll also carry out inspection and quality control activities by checking components for both dimensional and geometrical accuracy. At the end of your apprenticeship, you'll have the skills and knowledge to undertake a Machining or an Inspection role.

In your first year, you'll gain a strong foundation in the practical skills you need with one of our approved training providers across the UK. Over the following three years, you'll broaden and deepen your knowledge through a range of attachments within our Civil Aerospace business, all the while working towards completing your apprenticeship standard and gaining relevant engineering qualifications.

[Find out more and apply](#)



Application support

Top tip!

What do I need to do?

Our online application helps us get to know you. **The real you.** You'll write answers to a short series of questions. This will help us understand your interests and what motivates you to join Rolls-Royce.

What can I use to help me?

We encourage you to research Rolls-Royce using Google and our website. Tools like ChatGPT can also help you structure answers, spark ideas, and shape a first draft. But remember that AI should only be your starting point. **Your application needs your personality, interests, and experiences, because only you can tell your story.**

What does the application involve?

The first part of our online application asks straight-forward questions about your name, education, and where you live. After this, we'll ask two or more in-depth screening questions.

Further support

You'll find the exact questions we ask, and some tips to help you answer them in our [Ready application guide](#).

What role? - watch now!

Watch our Advanced Apprenticeship video to understand what roles we offer!



GOOD LUCK!

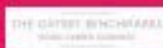
We look forward to receiving your application.



Detail for all roles:

Starting Salary: £11,500 per year (Your salary progresses. Your rate will depend on the role that you are into.)
Location: Barnoldswick
Duration: 4 years
Requirements: Five or working towards GCSEs in English and maths. A-C. Additional info in help pages.

CLOSING DATE: 11th March 2026 11:59pm



Rolls Royce Barnoldswick Advanced Level Apprenticeships Open

[School Application Links and Top Tips Support Guide](#)

Rolls-Royce are open for applications.

They have opportunities for ambitious students to apply now for their innovative Advanced Level Apprenticeship Programme.

[Rolls Royce apply now L3](#)



www.westcraven.co.uk



[westcravenhighschool](#)














[westcraven.barnoldswick](#)

AFTER SCHOOL CLUBS – SPRING TERM 1

West Craven High School (Spring Term 1) After School Clubs



MON	TUE	WED	THU	FRI
	Netball (All Years) 		Football (All Years) 	Art Room M10 
French Club Room G3 Year 10s 			Science Club Room M2 	
Library Homework club	Library Homework club	Library Homework club	Library Homework club	
	Band club Main Hall 		SEN Homework Club Room M8 	
History Year 7,8,9 Room M7 	Stage Door Drama Club 3:30pm - 4:45pm Room T1/2 		Imogen's dance School 3:30pm-4:30pm Gym 	

Spring Term 1 Extracurricular Programme

We are pleased to share details of our Spring Term 1 extracurricular programme, which offers a wide range of lunchtime and after-school clubs designed to enrich students' learning and personal development. Opportunities available this half term include Homework Support Club, Stage Door Drama Group, Imogen's Dance School, Band Club and Science Club, alongside many other activities.





We encourage all students to review the full programme and take advantage of the clubs and support available.

LUNCHTIME CLUBS – SPRING TERM 1

West Craven High School

Lunchtime Clubs



MON	TUE	WED	THU	FRI
Library Years 10 & 11	 Library Years 7,8, & 9	Library Years 7,8, & 9	Library Years 7,8, & 9	Library Years 10 & 11
	Choir Lunch time Room G8	Computing All Years Room G11	Karaoke Club Room T7 	
	Youth Enterprise / Fundraising Room G11 	Creative Writing Room T8 Year 7 only 		



OUT OF SCHOOL ACHIEVEMENT

Out of School Achievement Spotlight

During the holidays, Bella competed in her first indoor race of the season at Manchester's Sportcity Arena. She achieved an incredible new personal best of 1:45.67 over 600m, knocking a staggering 5 seconds off her previous time from last year!

Bella will be back in action next week at the same venue, taking on both the 600m and 200m events. We wish her the best of luck as she continues to shine



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



DATES FOR YOUR DIARY



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

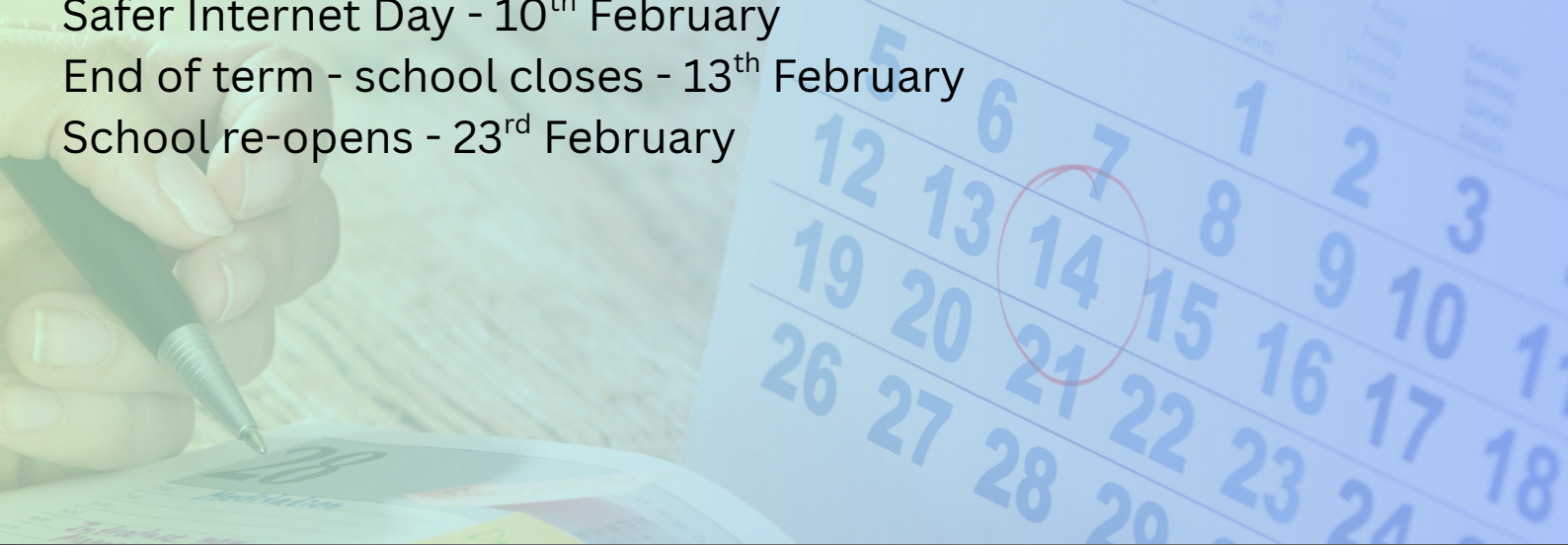
NSPCC Number Day - 6th February

National Apprenticeship Week - 9th February

Safer Internet Day - 10th February

End of term - school closes - 13th February

School re-opens - 23rd February



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

Family Group Work

Supporting families of Young People experiencing substance misuse.

An 8 week programme looking at: –

- Patterns of Drug Use
- Understand the Cycle of Change
- Motivational communications
- Explore Relationship Styles
- The Drama Triangle and more

For more information or to make a referral, please contact: –

spoc.yalancs@wearewithyou.org.uk

Our online sessions start: –

21st January 2026

13:00 – 14:30

withyou
in Lancashire
for Young People



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



What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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