

# WEST CRAVEN HIGH SCHOOL NEWSLETTER



## Principal's Welcome

Friday 12<sup>th</sup> June

Dear Parents / Carers

The Year 11s go into their final week of exams next week, having sat their Chemistry exam this morning. The students have approached all of their exams maturely and confidently and I am very proud of how they have conducted themselves throughout this exam period. The leavers' assembly is on Thursday morning at 10:30am. Students are encouraged to bring a spare school shirt for shirt signing. Then they can enjoy a lovely long summer until we see them on results day in August, where all of their hard work will be rewarded.

How's that?! Our students had a fantastic experience at Headingley Cricket ground this week, where they got to tour the ground and experience some cricket coaching. The students took on a fast and spin bowling machine designed to test players' reactions to this kind of delivery. The students were a credit to the school and themselves and the staff at Headingley were impressed with their enthusiasm and participation. Well done to all involved.

Our talented singers and musicians took part in the Pendle Music Festival this week and they were absolutely fantastic. I have seen this group grow in confidence over the past few years and I am very proud of these students, who took to the stage and represented our school so well. I am looking forward to more performances at the end of the year as well as our school production this year.

We have been speaking to the students about the importance of punctuality; moving to lessons with pace and purpose. Our teachers will take the register within the first 5 minutes of the lesson. After this time the students are recorded as late. If a student is more than 10 minutes late to a lesson or is found out of lesson during lesson time, they will be issued with a 40 minute Truancy Detention the next day. Every minute of the lesson counts, and we want students in lessons, learning. We know that some parents don't feel that truancy or 'walking around' the school in lesson time is a serious issue, but I need to stress that we can't have students doing this because they are unsupervised, unsafe, and often disrupt other lessons around the school. Ultimately, we are in charge of safeguarding children and we have to know that they are in lessons, learning.

Is there a member of staff at West Craven that goes the extra mile? One that inspires your child? A role model? It is National Thank a Teacher Day next week on Wednesday 17th June. If your child has someone in school that makes a difference for them, they can let them know how grateful they are by sending a free message or e-card via the [website](#). It takes a lot of different job roles to make a great school. We rely on dedicated and caring staff to make a difference to the lives of the young people in our school. I think it's safe to say that none of the staff do the job for the recognition, but it doesn't mean that they wouldn't love a message from a child and/or parent.

Finally, to all the creative writers in our community. We are a Reading Academy and we have an opportunity for young people to enter the Young Writers competition. It is a short story - 100 words or less, with a theme of 'Wanted'. More details in the ebulletin.



Mr Bates, Principal



# STARS OF THE WEEK



**7**

Louis 7AOP  
Lyla 7 MFO  
Harrison 7OCA  
Dylan 7 YGR  
Thomas PYL

**8**

Cora 8 EAJ  
Lucy 8KSN  
Mohammed 8NHU  
Scarlett 8 RSW  
Henry PYL

**9**

Max 9 HWH  
Sophie 9 AYO  
Lucas 9 LWI  
Izzy 9 WDA  
Charlie PYL

**10**

Daisy 10ABA  
Kian 10 KMC  
Wajeaha 10 DWI  
Harrison 10 JPE  
Zaion 10 ASC  
Millie PYL

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



## Year 7 Scratch 2 Project Success

Year 7 students have been working hard in their *Scratch 2* unit as part of the Teach Computing curriculum, developing their programming skills through a creative and engaging project. As part of this unit, pupils were challenged to design and build their own **translation game**.

In their games, students used key programming concepts such as:

- **Variables** to keep track of scores
- **Lists** to store sets of words for translation
- **Selection (if/else statements)** to check whether the player's answers were correct

This project has helped pupils understand how real programs are structured while also encouraging creativity and problem-solving. Students demonstrated excellent resilience when debugging their code and showed great pride in their finished games.

It has been fantastic to see their confidence grow, with many students going above and beyond by adding extra features such as multiple rounds, sound effects, and more challenging vocabulary.

Well done to all of Year 7 for their brilliant effort and enthusiasm in this unit!



# BECOME A PILOT

Registration is now open for BECOME A PILOT, a live online aviation career preparation programme designed specifically for GCSE and A-Level students interested in future careers as professional pilots.

The programme has been developed to help students understand modern aviation careers while reinforcing key concepts from GCSE and A-Level Maths and Physics through practical aviation applications.

Students are tutored in the GCSE & A Level maths & physics topics that overlap aviation including:

- Principles of Flight
- Meteorology & Weather Systems
- Aircraft Performance
- Navigation & Flight Planning
- Human Factors & Decision Making
- Airline Recruitment Processes
- Aptitude Testing & Interview Preparation

With the introduction of fully funded pilot training pathways such as the British Airways Speedbird Academy and Jet2FlightPath, aviation has become more accessible than ever before. However, these schemes attract many thousands of applicants each year for a limited number of places, making early preparation increasingly valuable.

Alongside technical aviation knowledge, students develop communication, teamwork, problem-solving and professional skills that are increasingly assessed during airline recruitment and selection processes.

The programme consists of 13 live online sessions delivered around current studies and begins on Tuesday 8th September at 6pm.

A School Partner Pack is attached containing further information for students, parents and careers teams.

If you feel the opportunity may be relevant to your students, I would be extremely grateful if you could:

- Share the attached information with interested students and parents
- Include the opportunity in careers newsletters or sixth form bulletins
- Circulate to science, maths or STEM departments
- Share via school parent communication channels where appropriate

Students and parents register directly with us, so there is no administration or obligation on behalf of the school.

Further information and sign ups can be found at:  
[www.theaviationguy.co.uk](http://www.theaviationguy.co.uk)



# PENDLE SCHOOLS' FESTIVAL

## Pendle Schools' Festival 2026

West Craven students took to the stage this week as part of the Pendle Schools' Festival 2026, held at the beautifully renovated Colne Municipal Hall. This year's theme, "Proud to be Pendle – Proud to be Unique," celebrated the diversity, talent and individuality of young people from across the borough.

Our students performed with confidence, enthusiasm and professionalism, showcasing the creativity and dedication they have developed through countless rehearsals. Their performances formed part of a spectacular programme featuring music, drama and dance from schools across Pendle.

The festival also included an impressive Art Exhibition, displaying outstanding artwork created by pupils from across the borough. The exhibition highlighted the incredible artistic talents of young people in Pendle and will continue to tour local libraries following Festival Week, allowing even more members of the community to enjoy the work on display.

The evening concluded with all participating pupils joining together on stage for a moving rendition of "True Colours", a fitting celebration of what makes each young person unique.

We are incredibly proud of our West Craven students for representing the school so brilliantly. Their talent, commitment and courage shone throughout the event, and they were a true credit to our school community. Well done to everyone involved, and thank you to the staff and families whose support helped make this year's festival such a memorable success.



# SPORTS UPDATE

## Cricket Trip to Headingley

Students had a fantastic opportunity to take part in a specialist cricket coaching day at Yorkshire County Cricket Club's indoor centre at Headingley. We were kindly invited by Yorkshire CCC, giving our students the chance to train in a professional environment and learn from expert coaches.

After a quick warm-up, students began with batting practice using a range of bowling machines, each designed to challenge and develop different aspects of their technique. They then tested their skills against the 'Merlyn machine', which simulates spin bowling, as well as fast-paced deliveries to improve reaction time. A tennis ball machine added another layer of challenge, helping students practise their pull and hook shots.

Following lunch, students took part in an exciting bowling competition. Working in four teams, they rotated through a range of skill-based challenges and were scored on their performance. These included bowling to both left- and right-handed batters, delivering Yorkers, and maintaining a consistent line and length.

The trip was a great success, with students fully engaging in the sessions and making the most of the high-quality coaching on offer. We are very grateful to Yorkshire CCC for hosting us once again and hope this will continue as an annual opportunity for our students.



Mr Cameron  
Teacher of PE

# ECO FASHION



## 🌿 Eco Fashion Success for Year 7!

Our Year 7 Art Club students showcased their incredible creativity by designing and creating eye-catching eco-friendly fashion for the Reuse and Recycling Day held at Frank Street in Barnoldswick on Saturday.

Using recycled and repurposed materials, the students produced a fantastic range of imaginative outfits, demonstrating both their artistic flair and their commitment to sustainability.

Mrs Whittle was extremely impressed with the group's enthusiasm and innovative ideas, praising their willingness to think creatively while promoting such an important environmental message.

Well done to all involved for representing the school so brilliantly! 🌍🌟



Mrs Whittle  
Head of Creative Arts and  
CVOC





SKIPTON OPEN EVENING (FAO YEAR 10/11/12/13 STUDENTS)

Monday 15 June 2026

5:30 pm – 7:00 pm

REGISTER HERE: <https://www.craven-college.ac.uk/event/open-evening-skipton-8/>

AVIATION ACADEMY OPEN EVENING (FAO YEAR 11/12/13 STUDENTS)

Wednesday 17 June 2026

5:30 pm – 7:30 pm

REGISTER HERE: <https://www.craven-college.ac.uk/event/open-evening-aviation-academy-15/>

HORSE MANAGEMENT (EQUINE) PARENT & APPLICANT EVENING (FAO EQUINE APPLICANTS FOR SEPTEMBER 2026 ENTRY)

Wednesday 24 June 2026

5:30 pm – 7:00 pm

REGISTER HERE: <https://www.craven-college.ac.uk/event/horse-management-equine-parent-applicant-evening/>

FUTURE STUDENT MORNING (FAO APPLICANTS FOR SEPTEMBER 2026 ENTRY)

Friday 26 June 2026

9:30 am – 12:00 noon

REGISTER HERE: <https://www.craven-college.ac.uk/event/future-student-morning/>

YEAR 10 TASTER MORNING (FAO YEAR 10 STUDENTS)

Tuesday 30 June 2026

9:30 am – 11:30 am

REGISTER HERE: <https://www.craven-college.ac.uk/event/year-10-taster-morning/>






# ROLLS ROYCE CAREERS

## Infinite potential starts here.

### Subjects to explore

If you're interested in engineering, these subjects can help you develop valuable technical & problem-solving skills.

- MATHEMATICS 
- DESIGN & TECHNOLOGY 
- PHYSICS 
- COMPUTING 
- CHEMISTRY 

Where could engineering take you?

### What can you do now?

Gaining knowledge, skills and new experiences can help you better understand where engineering can take you.

ATTEND INSIGHT EVENTS AND WEBINARS



SPEAK TO TEACHERS OR INDUSTRY PROFESSIONALS



TRY CLUBS, PROJECTS OR HANDS-ON CHALLENGES



### Meet an Apprentice: Ellie Ryan



Tell us about yourself and what programme you're on?

I'm a 2nd year Level 3 Machinist apprentice at Rolls-Royce, gaining hands-on experience in machining and manufacturing alongside my training.

Did you always see yourself working in engineering or manufacturing?

I enjoyed engineering from a young age. I wanted to be an architect, but I later realised I preferred the practical, hands-on side of engineering.

What advice would you give to your younger self about applying?

I'd tell myself to be confident in my interest in engineering and not to doubt my potential.



## Your future at Rolls-Royce.



### Our business areas

CIVIL AEROSPACE



DEFENCE



SUBMARINES



POWER SOLUTIONS



### Roles to explore

#### UK Level 3 Apprenticeships

Post GCSE (or equivalent)  
Roles including:

- Engineering Technician
- Aerospace Fitter
- Machinist
- Pipe Welder

#### UK Higher & Degree Apprenticeships

Post A-level (or equivalent).

- Engineering roles in Aerospace and Submarines

### Discover: On Demand

Our virtual work experience and skills platform helps you explore what it's like to work at Rolls-Royce through interactive learning and insights into the skills, knowledge, and opportunities in engineering and business. It is designed to build key capabilities and help you prepare for the next step in your career journey.



Access the platform: [Discover: On Demand | Rolls-Royce](#)



www.westcraven.co.uk



westcravenhighschool



westcraven.barnoldswick

# THE ADDAMS FAMILY EXPERIENCE



## The Addams Family Experience – Summer Show 2026

We are delighted to invite families and members of our local community to our much-anticipated summer production of The Addams Family Experience! Our talented students have been working incredibly hard alongside Stage Door Youth Theatre to bring this exciting and entertaining musical to life, and we cannot wait to share it with you.

The performance will take place on **Tuesday 14th July 2026 from 6:00pm – 7:00pm** at West Craven High School.

This is a free event, and everyone is warmly welcome to attend. To help us manage numbers, we kindly ask that tickets are booked in advance via our Eventbrite page.

[Click here to book tickets](#)

We look forward to seeing you there and celebrating the fantastic achievements of our students in what promises to be a brilliant evening of entertainment.



# PASTORAL UPDATE YEAR 9

Year 9 students have started to see the need to be punctual to school and their lessons, although this is still an ongoing work in progress. Uniform is looking fantastic - I am really pleased how year 9 students respond and present themselves - they really are showing that they are able to wear their uniforms with pride. This is also down to your continued support with ensuring our expectations are maintained, and I thank you for your consistency.

Since I started in April I am able to see the improved attitudes of most year 9 students with regards to their commitment to making academic progress - the evidence of this should be seen soon as our students complete their annual assessments in all subject areas, as their results are communicated.

As we continue in our last term of the academic year and fast approach the Summer holidays, there are lots still to look forward to for year 9 with a Challenge day for some year 9 students at Nelson and Colne College and the end of year trip to Blackpool. Together, we need to ensure that all students are equipped for learning with basic equipment, arrive on time in full school uniform and are follow instructions given by all staff to ensure we end the school year smooth, before entering the key stage 4 studies in September. If we end right, we start right!

If you have any concerns, please do not hesitate to contact the main school office, or you can email me directly on [hsmith@westcraven.co.uk](mailto:hsmith@westcraven.co.uk).

**Mrs H Smith**  
**Pasoral Year Lead**



# NEW STUDENT DAY AT NELSON AND COLNE COLLEGE

We're delighted to invite your Year 11 pupils who have applied for either NCC or ARC to our upcoming New Student Day – an exciting opportunity exclusively for applicants to experience college life first-hand.

Event details:

- **Nelson & Colne College (NCC): Thursday 25 June, 9:30am – 2:30pm**
- **Accrington & Rossendale College (ARC): Friday 26 June, 9:30am – 2:30pm**

This is a key milestone for applicants and a fantastic chance to help them feel confident and prepared for September.

**On the day, pupils can look forward to:**

- Free breakfast snacks and lunch
- A variety of engaging activities
- Meeting our friendly staff and exploring classrooms and facilities
- Getting to know future classmates

**Further information:**

NCC - <https://ncc.eastlancslearning.ac.uk/event/new-student-day/>

ARC - <https://arc.eastlancslearning.ac.uk/event/new-student-day/>

**YOU'RE INVITED!**

**NEW  
STUDENT  
DAY**

**AT NELSON & COLNE COLLEGE**

**THURSDAY 25<sup>th</sup> JUNE**

**#1**

**COLLEGE IN THE  
COUNTRY!!**  
MARCH 2026



[www.westcraven.co.uk](http://www.westcraven.co.uk)



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



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

# YEAR 11 PROM UPDATE

## Year 11 Prom Update

We are pleased to confirm that our pre-order has now been submitted to Crow Wood Hotel, including all students' meal choices and dietary requirements.

We will also have a professional photographer attending the evening to capture our Year 11 students as they arrive dressed to impress and enjoy their special celebration.

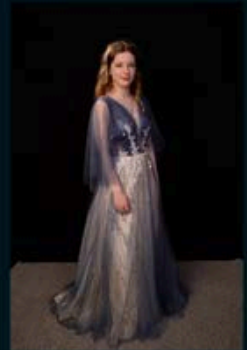
Photographs can be pre-ordered at a cost of £7.50 for one photograph or £15 for three photographs. If you would like to place an order, please include the school name and your child's name when making payment. Further information on how to order can be found below.

Thank you for your support, and we look forward to celebrating with our Year 11 students.

## PROM PHOTO PRE-ORDER

(ON THE NIGHT PRICE £10 EACH)

PLEASE SEND £7.50 FOR ONE PHOTO OR £15 FOR THREE TO THE ACCOUNT BELOW. PLEASE STATE THE SCHOOL AND YOUR CHILD'S NAME WHEN PAYING SO I CAN ENSURE THEY GET THEIR PHOTOS ON THE NIGHT. THANK YOU  
A/C KERRY HARGREAVES 01-01-35 23744456



KERRY HARGREAVES  
PHOTOGRAPHY



[www.westcraven.co.uk](http://www.westcraven.co.uk)

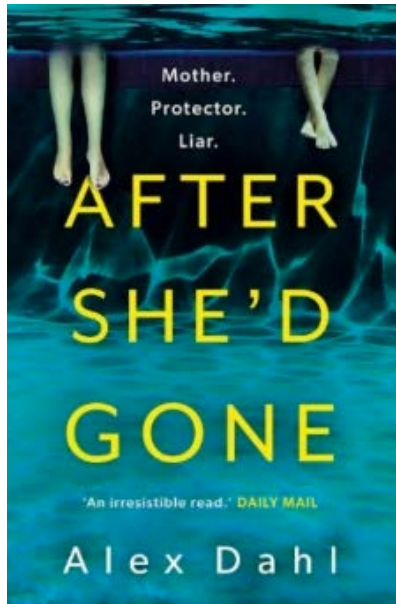


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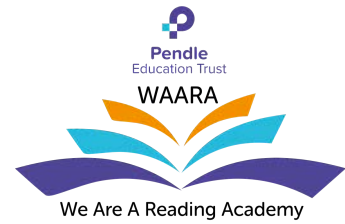
[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

# WE ARE A READING ACADEMY



## The librarian loves

After She'd Gone by Alex Dahl. It's a psychological thriller which was recommended to me by a friend. I have only read a few chapters so far and I am completely hooked.



Anne Frank was born on June 12th 1929. She was a Jewish girl whose diary of her family's two years in hiding during the German occupation of the Netherlands became a classic of war literature. This diary is available to be borrowed from the school library.



## Word of the Week

**Pulchritude** is a noun that means physical beauty and it is descended from the Latin adjective pulcher, which means beautiful.

According to research by BookTrust, children who read are more likely to develop empathy and creativity. Stories can offer children a realistic and authentic 'mirror' of their own lives and experiences, as well as a 'window' to view the experiences of others.



# WE ARE A READING ACADEMY

When children are emotionally involved in what they are reading, they feel connected to, and see their lives as part of, the wider human experience. Plus, children who read texts that offer opportunities to empathise with the characters show increased levels of empathy, especially towards stigmatised groups. Empathy Day was marked on the 11th June and it is a nationwide campaign to inspire children to put empathy into action. There is a display of books in the library to help children explore different perspectives from their own.



2026 is the National Year of Reading and its theme is to encourage everyone to read books on topics they love. The World Cup starts this week. If your young person enjoys football, there is a wide range of football themed books available to borrow from the library.

Although the weather is not particularly sunny, outdoor theatre season will soon be starting. East Riddlesden Halls hosts Romeo and Juliet on the 1st July and Gawthorpe Hall hosts Twelfth Night on the 25th July. Fingers crossed for good weather on these evening.





# EXTRA CURRICULAR – SUMMER TERM 2

We are pleased to share details of our Summer Term 2 extracurricular programme, which offers a wide range of lunchtime and after-school clubs designed to enrich students' learning and support their personal development.


This half-term, students can take part in a variety of activities including Homework Support Club, Stage Door Drama Group, Cricket, Rounders, Imogen's Dance School, Band Club, and many more. These opportunities give students the chance to develop new skills, explore their interests, and build confidence outside the classroom.



All students who attend extracurricular activities will receive positive points on ClassCharts, recognising their commitment and participation. In addition, students who regularly attend clubs throughout the term will be awarded a certificate at the end of the term to celebrate their involvement.

We encourage all students to get involved and make the most of the fantastic opportunities available.

West Craven High School

## Lunchtime Clubs



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

# AFTER SCHOOL CLUBS – SUMMER TERM 2

West Craven High School (Summer term 2)

## After School Clubs



MON	TUE	WED	THU	FRI
<p><b>Cricket</b> (Year 7 &amp; 8)</p> 	<p><b>Rounders</b> Year 9 &amp; 10</p> 		<p><b>Cricket</b> (Year 9 &amp; 10)</p> 	<p><b>Art</b> Room M10</p> 
<p><b>French Club</b> Room G3 Year 10s</p> 			<p><b>Science Club</b> Room G4</p> 	
<p><b>Library</b> Homework club</p>	<p><b>Library</b> Homework club</p>	<p><b>Library</b> Homework club</p>	<p><b>Library</b> Homework club</p>	
<p><b>Rounders</b> Yr 7 &amp; 8</p> 	<p><b>Band club</b> Main Hall</p> 		<p><b>SEN Homework Club</b> Room G6</p>	
	<p><b>Stage Door Drama Club</b> 3:30pm - 4:45pm Room T1/2</p> 		<p><b>Imogen's dance School</b> 3:30pm-4:30pm Gym</p> 	



# OUT OF SCHOOL ACHIEVEMENT

## Out of School Achievement

Bella once again proudly wore the red and white vest representing Lancashire at the Northern Inter-Counties on Bank Holiday Monday in Shilton, County Durham. Competing in sweltering 30°C heat, she delivered a fantastic performance, finishing just a few seconds outside her personal best.

We wish Bella the very best of luck this weekend as she competes in the 1500m steeplechase at the Lancashire Schools event in Preston – an incredible achievement and a true reflection of her dedication and hard work.



If you would like to share your child's out of school achievements, please contact [\*\*jevetts@pendleeducationtrust.co.uk\*\*](mailto:jevetts@pendleeducationtrust.co.uk)





# CHILDRENS DENTAL CARE

*Register your children under the NHS and they'll have access to FREE dental care, up to the age of 18!*

- Fluoride Application ✓
- Oral Health Advice ✓
- Oral Health Activities ✓
- Half Term Kids Clubs ✓
- Goodies ✓

CONTACT US:

01282 817053



BOOK NOW

**NHS**



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

# DATES FOR YOUR DIARY



- 18th June - Year 10 Barclays Life Skills Session 4
- 22<sup>nd</sup> June - Year 10 One to One Careers Sessions
- 22nd June - NCC PSHE Visit Year 7
- 25<sup>th</sup> June - Year 11 Prom - Crow Wood
- 2<sup>nd</sup> July - Year 6 - Transition Day / Evening
- 3<sup>rd</sup> July - Year 10 taster session at NCC
- 7<sup>th</sup> July - Summer concert and GCSE Art exhibition
- 14<sup>th</sup> July - Adams Family Experience 6-7pm
- 22nd July - End of term - student dismissed at 1pm



# 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](mailto: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

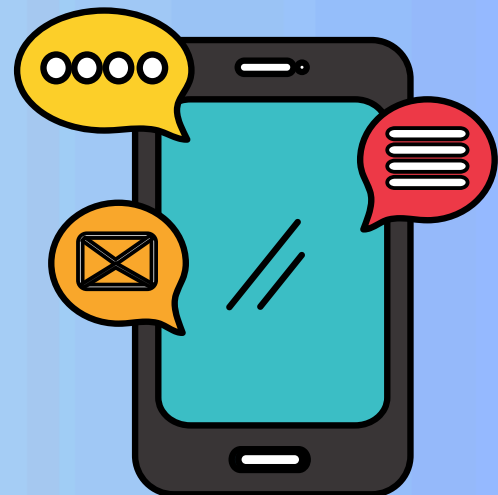
A very warm welcome to all our new Year 7 families! We are thrilled to have you join the West Craven High School community. To stay updated on school news, student achievements, important events, and reminders, we encourage all parents and carers to follow our official Facebook and Instagram pages.



**West Craven High School**



**WestCraven.Barnoldswick**



# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

## THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

## ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

## SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

## TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

## REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

## A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

## PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

## THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

## TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

## ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

## Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



**NOS** National Online Safety®

#WakeUpWednesday



## Wild Explorers: Into The Wild

A 2-day experience for young people aged 10 - 16. Into The Wild provides an opportunity for young people to unplug from technology and benefit from all that nature has to offer.

Into The Wild is a 2-day experience that will give young people (10-16 years) increased responsibility and challenge.

You will have the opportunity to set up your own shelter, make your own campfire and cook the food on the fire along with other activities on the day.

The 2 days will be centred around building confidence, leadership, teamwork and resilience.



### Price

£95 per child for 2 days inc food  
Childcare vouchers accepted

### Age

10 - 16 years

Must be in year 6 or above

### Upcoming Dates

21<sup>st</sup> & 22<sup>nd</sup> July

3<sup>rd</sup> & 4<sup>th</sup> August

1<sup>st</sup> & 2<sup>nd</sup> September

*Please note: this is a 2 day experience.*

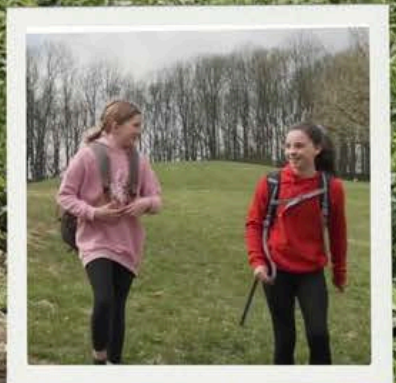


### Time

9.30am - 3.30pm

### Location

Broughton Hall Estate



[hello@wildexplorers.org.uk](mailto:hello@wildexplorers.org.uk)



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