

WEST CRAVEN HIGH SCHOOL NEWSLETTER



Principal's Welcome

Friday 23rd October

Dear Parents / Carers

The theme of the week has been all about rewards. We want to celebrate our students and encourage them to be proud of their talents and to recognise and celebrate in their own success and that of others. Students across all Year groups received ASPIRE certificates this week for demonstrating our school values day-in, day-out. These students have received the most positive points from their teachers since September. 5 students received the Principal's Award, which only goes to a single student in each year group, so a massive well done to these students, as these certificates are very special. We also hosted our live rewards draw for the first time on Friday afternoon. This was following student voice about how they wanted rewards to be re-shaped for them in 2026-27. We have handed out prizes to over 60 students on Friday afternoon. Every student was represented in the draw, with more chance of winning the more positives a student receives.

Our Year 11 students are preparing for their mock exams, which are the first week back; the first exams are on Monday 9th November. Students will complete full papers in most of their subjects based on what they have learned so far since Year 10. We have given students revision guides and topic lists and prepared them with practice questions and revision techniques. The two week holiday is a perfect opportunity to revise those Year 10 knowledge gaps. The Year 11 students need some time to relax and see friends and family, and recharge so they are ready to come back in November to tackle the half term ahead. However, it is also a really important year for the GCSE students this year, so they should spend some of this time using the revision techniques they have been taught.

At West Craven High School, we are proud to be supporting Anti-Bullying Week 2025, which runs from Monday 16th to Friday 20th November. This national campaign is a great opportunity to remind everyone of the importance of kindness, respect, and standing up for one another. To launch the week, we're inviting all students and staff to take part in Odd Socks Day on Monday 20th November. This fun and simple activity encourages everyone to celebrate what makes us all unique — just by wearing a pair of odd socks! Throughout the week, students will take part in activities and discussions that explore the importance of positive relationships, inclusion, and mutual respect. West Craven is a place where everyone feels safe, supported, and valued.

A massive thank you to families supporting us to improve attendance. If students are not in school, they are not benefiting from all we have to offer in school. When students' attendance falls below 90% they start to see their attainment drop a full grade, on average, from what they should achieve! I am pleased to say that as a school, we have ended the half term with whole school attendance 90.37%. We need to keep that going all year and get attendance as high as possible!

It has been a busy half term and the children have experienced and achieved a great deal over the past 8 weeks. It has been a privilege to award the students with our ASPIRE certificates and Principal's awards this week in recognition of their efforts. I hope this half term gives all of our students and their families an opportunity to rest and spend quality time together. I look forward to welcoming them all back on 9th November.

Mr Bates, Principal



STARS OF THE WEEK



7

**7ABA - Jessica
7EEV - Nadia
7SHO - Cody
7DWI - Ollie
PYL - Freddie**

8

**8JPE - Emily
8MFO - Elissa
8YGR - Jessica
8OCA - Louise
PYL - Ethan**

9

**9 EAJ - Scarlott - Rose
KSN - Thomas
RSW - Grace
NHU - Rita
Lucy - Henry**

10

**WDA - Elliot
HWH - Oliver
SAH - Lucas
AYO - Connor
PYL - Ryan**

11

**ECU - Joshua
MTV - Millie
DRA - Edward
API - Joshua
PYL - Adyan**

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



PASTORAL UPDATE YEAR 8

Dear Parents and Carers,

I hope this message finds you well.

It is hard to believe we have finally reached the end of what has been a very long half term. I would like to congratulate all of our Year 8 students on the excellent way they have settled into their second year at school.

Students have approached the challenges and opportunities of Year 8 with maturity, enthusiasm, and a positive attitude. It has been wonderful to see their confidence continue to grow both in lessons and around school.

A particular highlight this half term was our Open Evening. Many Year 8 students volunteered to help and represented the school exceptionally well. They were welcoming, polite, and enthusiastic, making a very positive impression on prospective parents, pupils, and staff. Their willingness to support the event and share their experiences of school life was greatly appreciated, and they should be very proud of the way they conducted themselves. As we head into the break, I would like to thank all Year 8 students for their hard work and commitment throughout the half term. I hope everyone has a well-earned rest and returns refreshed and ready for another successful half term ahead.

Have a wonderful break, Year 8!

Mrs Harper



MOCK EXAM TIMETABLE

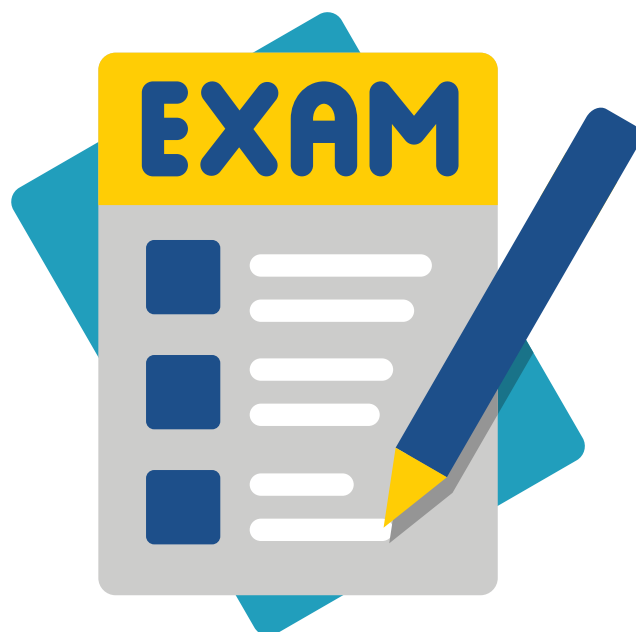
Week A – 9 to 13 November 2026

	A Mon 09.11.26	A Tue 10.11.26	A Wed 11.11.26	A Thu 12.11.26	A Fri 13.11.26
Reg					
P1	English Language Paper 1 1hr 55m	English Literature Paper 1 1hr 55m	Maths Paper 1 (Non-Calculator) 1hr 30m	Biology 1hr 15m 1hr 45m	Chemistry 1hr 15m 1hr 45m
P2					
P3					
P4	Business Paper 1 1hr 30m	History Paper 1 1hr 20m Geography Paper 1 1hr 30m	Spanish Reading 45m / 60m French Reading 45m / 60m	History Paper 2 55m	Maths Paper 2 (Calculator) 1hr 30m
P5					

Week B – 16 to 20 November 2026

	B Mon 16.11.26	B Tue 17.11.26	B Wed 18.11.26	B Thu 19.11.26	B Fri 20.11.26
Reg					
P1	Physics 1hr 15m 1hr 45m	Health & Fitness 1hr 30m	3D Design	Photography 3D Design	Art 3D Design
P2					
P3					
P4	Hospitality & Catering 1hr 20m	Spanish Writing 1hr 10m / 1hr 15m French Writing 1hr 10m / 1hr 15m	3D Design	Photography 3D Design	Art 3D Design
P5					

Subject	Exam Board
Maths	Pearson Edexcel
English Language	Pearson Edexcel
English Literature	AQA
Biology	AQA
Chemistry	AQA
Physics	AQA
Science combined	AQA
History	Pearson Edexcel
Geography	AQA
Spanish	Pearson Edexcel
French	AQA
Health and Fitness	NCFE
Business	AQA
Art	AQA
Photography	AQA
DT(3D design)	AQA
Hospitality and Catering	WJEC





"Leaders work energetically and tenaciously to mitigate things that get in the way of pupils' success."

We're pleased Ofsted agree with our success.
Read our report here



Join Us!

**CURRENTLY IN
YEAR 6
APPLY NOW FOR
SEPTEMBER 2027
PLACES!**

#ASPIRE

CURRICULUM UPDATE ENGLISH

It's been a busy half term in English! We have celebrated success in assemblies with students awarded certificates for becoming published poets and for those that have achieved a reading age 17. Students have been out with Mrs Macdonald to take part in the Lancashire Book of the Year awards; students in Yr7 and Yr8 have chosen their Bookbuzz book, and all years have been showing wonderful commitment to the topics this half term!

In Year 7, they have been studying Global Myths and legends. Students have studied myths from Theseus and the Minotaur to stories such as Dashrath and Shraavan Kumar to understand different cultures and appreciate the stories that have shaped cultures. For their assessment, they created a story about a chimera – a monster made of many different beasts!



In Year 8, we have been exploring Shifa and Themba's dystopian world in the novel, *Where the River Runs Gold*. We have been working hard on improving our reading fluency and students have been using choral and echo reading to develop this important life skill! In Year 9, students have been studying gothic literature and the features of horror. They have been following a dark novella called *Jon For Short* and used the features of horror to write their own terrifying openings to a horror story



In KS4, students have been hard at work annotating and studying *An Inspector Calls* in Year 10 and *The Strange Case of Doctor Jekyll and Mr Hyde* in Year 11.

A reminder for Year 11 parents that we are studying AQA English Literature and Edexcel 2.0. Your child should have received revision guides for Literature and Language – if they haven't, please ask them to speak to their teachers ASAP. Revision materials will be available on classcharts for the mock exams straight after half term. The students will be taking Paper 1 for both examinations.



POWER TO PERFORM EVENT

On 15 October, we were delighted to welcome so many Year 11 students and parents to our Power to Perform Evening. The event was very well attended and provided an important opportunity for families to find out more about the year ahead.

The evening focused on preparing our students for their GCSE examinations and helping both students and parents understand what to expect from Year 11, the support available, and how we can work together to help every pupil achieve their very best.

Mr Bates began the evening by talking about the importance of GCSE qualifications and the doors they can open for our young people as they consider their next steps and future aspirations.

Students and parents then divided into smaller groups for focused sessions on effective revision techniques and strategies. These sessions provided practical guidance on how students can organise their revision, use their time effectively and prepare confidently for their GCSE examinations

All students received new revision guides for all subjects and they also received a revision timetable and exam revision techniques

AQA English Literature

How best to revise:

- Quotation revision. Make lists of key quotations for key themes and characters.
- Make context revisions sheets and note how and why it influenced the message of the texts. For example, Macbeth showing moments in the texts. For example, Macbeth showing support for King James I's rule as he was Shakespeare's patron. This is seen in Macbeth's downfall due to his challenging of the divine right of kings – something King James I wrote a book about.
- Dual coding recall tasks.
- Make a statement about a text linked to authorial intent (what was the writer's message to the reader) and use 'because, but, so' to interrogate the original statement.
- Retrievals for texts/poems. Make a theme retrievals for texts/poems. Make a something down that you can

Exam Structure:

Literature Paper 1 – Macbeth and The Strange Case of Dr Jekyll and Mr Hyde (64 marks, 40% of exam)

Literature Paper 2 – An Inspector Calls, Power and Conflict Poetry and Unseen Poetry (96 marks, 60% of exam)

The exams vary – in most you are provided with an extract or a poem to focus on before talking about the whole text; however, for An Inspector Calls, you are not given an extract.

SCIENCE

How best to revise

Familiarise yourself with the content and topics for Paper 1 and 2

Keep it short but regular – we recommend you follow up lessons daily with a video or blended learning tasks set by your teacher

Flashcards. We totally recommend you use flashcards to summarise key learning points that can be revisited frequently

Ask questions and lots of them, get involved become a scientist in every lesson!

Familiarise yourself with past paper questions, after all practise makes perfect!

Be smart plan your revision out set achievable goals, giving yourself enough time to rest and enjoy the things you love!

Course Overview

Combined Science
6 Papers
1 hour 15 mins each
Biology / Chemistry / Physics

Additional Information

Science is the biggest subject in schools with a vast array of topics and content to master. That's also its beauty! Your studies in science can lead you onto a career you never imagined.

SCIENCE

Key Revision Resources

Websites:
GCSE Pod: <https://www.gcsepod.com/>
Seneca: <https://senecalearning.com/en-GB/>
BBC Bitesize: <https://www.bbc.co.uk/bitesize>

Youtube:
Cognito
Fuse School
Free Science Lessons

Revision Guide
CGP Revision Guides

Closer to the time you will be given printed help sheets

#ASPIRE



SPORTS UPDATE

🏐 Netball Victory! 🎉

Well done to our netball team, who secured a fantastic 4–2 win against Primet Academy on 19 October! 🙌

A brilliant team effort — congratulations to everyone involved!



A huge well done to our Year 7 netball team, who secured a fantastic 5–3 victory against Primet Academy on Monday 19th October! 🙌

We're so proud of the team's effort, teamwork and determination. Keep up the great work, girls! 💙



WRITING COMPETITION

We are excited to let you know that our UK-wide student writing competition is now open.

Our theme is careers, created to encourage young people to think more about their futures, explore different job possibilities and express themselves creatively through healthy, fun competition, whilst also giving them opportunities through the prizes and experiences we have on offer, to make professional connections and gain valuable experiences.

Please follow our website link: **www.thelancashiremagazine.co.uk** for further details on the competition, the star judges, deadlines and how to enter.

If you need any help or further information, please let us know and we will be really happy to help.

Thank you and best of luck to your school.

Best wishes,
Jodie

Lancashire
& North West magazine

DESIGN DEPARTMENT

☎ 07471 422807 (*office hours only*)

✉ info@lancashiremagazine.co.uk

📍 Bloomfield Road, Seaside Way, Blackpool, Lancashire FY1 6NZ



www.lancmag.com



www.westcraven.co.uk

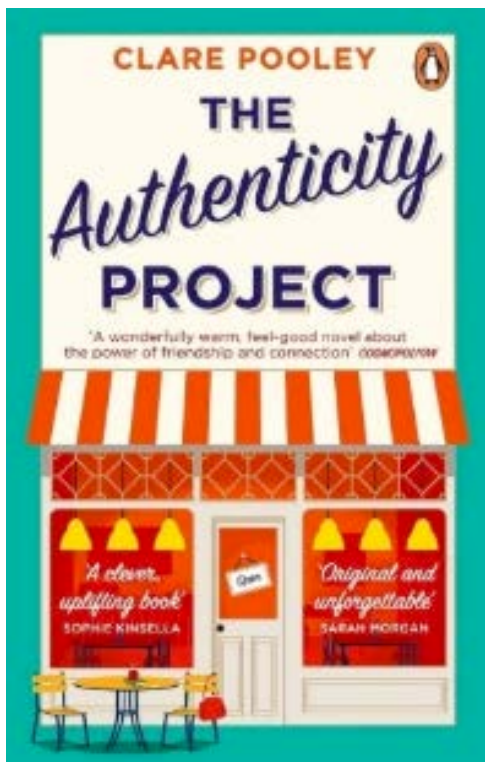


[westcravenhighschool](https://www.facebook.com/westcravenhighschool)

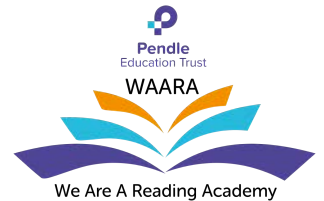
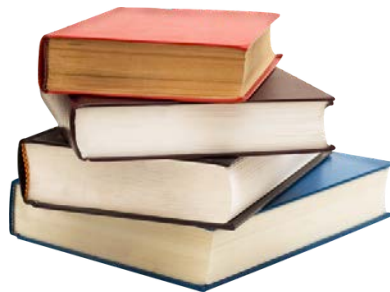


[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

WE ARE A READING ACADEMY



The librarian loves *The Authenticity Project* by Clare Pooley. It features six people all connected by one green notebook left in a café. It is a warm and comforting read.



Congratulations to our pupils who received certificates in assembly this week for reaching a reading age of 17 or above in the recent NGRT. This is a fantastic achievement.

We would also like to say a huge well done to the six pupils who successfully completed their reading logs this half-term.

We look forward to celebrating even more reading successes when we return next half-term.



Philip Pullman Returns to His Fantasy World – The New York Times
Sir Philip Pullman was born in Norwich on the 19th of October 1946.

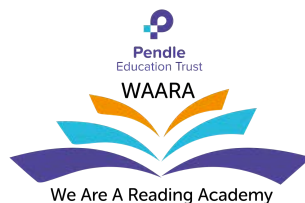
Winner of many prestigious awards, including the Carnegie of Carnegies and the Whitbread Award, Pullman's trilogy *His Dark Materials* has been acclaimed as a modern classic. It has sold 17.5 million copies worldwide and been translated into 40 languages. In 2005 he was awarded the Astrid Lindgren Memorial Award. He was knighted in the 2019 New Year Honours for services to literature. He lives in Oxford.

His books are available in the school library.



WE ARE A READING ACADEMY

On Tuesday, Mrs. MacDonald took a small group of pupils to the first Lancashire Book of the Year workshop. As you can see from the photographs, the pupils were delighted to receive their books. These pupils, along with their classmates, will be reviewing these books over the next few months. A second workshop will be held in March to discuss the shortlisted titles



Word of the Week

Crepuscular is an adjective, and in a literary sense it means relating to or resembling twilight. In zoological terms, it means appearing or being active during twilight.



Pre Elite STRENGTH & CONDITIONING



Sixth Form Centre

Do any of your students compete in a sport at a regional, national or international level?

Our **free** after-school coaching programme is designed to provide aspiring young athletes with specialised training to enhance their skills and prepare them for elite-level competition.

We believe that such sessions can complement the excellent sports programs already in place at your school, providing additional opportunities for students to develop their athletic potential.

If you have any students that you think would benefit from the pre-elite programme please email ahunter@burnley.ac.uk.



 **ELITE ATHLETE
PROGRAMME**

01282 733180 | ahunter@burnley.ac.uk



EXTRA CURRICULAR – AUTUMN TERM 1

We are pleased to share details of our Autumn Term 1 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	
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 Mrs Swinscoe & Mr Gilmour	Computing All Years Room G11			
					



EXTRA CURRICULAR – AUTUMN TERM 1

West Craven High School (Autumn Term 1)

After School Clubs



MON	TUE	WED	THU	FRI
Design Technology Room G7 				Art Room M10 
Year 10&11 Football Mr Wilson 3G Pitch 	YR 7 Football 3G Pitch Mr Foulds 		Year 8&9 Football Mr Cameron 3G Pitch 	
French Club Room G3 KS3 &4 	Amy's Dance Club Gym 		STEM Club Room G9 	
Library Homework club	Library Homework club	Library Homework club	Library Homework club	
Badminton Sports Hall Mr Wilson 	Band club Main Hall Mrs Swinscoe & Mr Gilmour 		SEN Homework Club Room G6 	
Year 7,8 & 9 Netball 3G Pitch A Bateman 			Crochet for beginners Room G6 	





College Open Events 26/27

Summary

College Name	What do they offer?	When?
Nelson and Colne College	Vocational A-Levels T-Level Apprenticeship	<i>Saturday 26th September 2026 – 10.00am-2.00pm</i> <i>Thursday 8th October 2026 – 5.30pm-7.30pm</i> <i>Tuesday 10th November 2026 – 5.30pm-7.30pm</i> <i>Tuesday 19th January 2027 – 5.30pm-7.30pm</i> <i>Thursday 10th June 2027 - 5.30pm-7.30pm</i>
Accrington and Rossendale College	Vocational A-Levels T-Level Apprenticeship	<i>Thursday 1st October 2026 – 5.30pm-7.30pm</i> <i>Tuesday 17th November 2026 – 5.30pm-7.30pm</i> <i>Thursday 14th January 2027 – 5.30pm-7.30pm</i>
Burnley College	Vocational A-Levels T-Level Apprenticeship	<i>Thursday 24th September 2026 – 5.30pm-8.00pm</i> <i>Wednesday 21st October 2026 – 5.30pm-8.00pm</i> <i>Thursday 17th November 2026 – 5.30pm-8.00pm</i> <i>Tuesday 9th February 2027 – 5.30pm-8.00pm</i> <i>Wednesday 24th March 2027 – 5.30pm-8.00pm</i>
Craven College	Vocational T-Level Apprenticeship	<i>Monday 5th October 2026 – 5.30pm-7.30pm</i> <i>Wednesday 18th November 2026 - 5.30pm-7.30pm</i> <u><i>Aviation Academy Dates</i></u> <i>Wednesday 7th October 2026 – 6.00pm-7.30pm</i> <i>Thursday 8th October 2026 – 6.00pm-7.30pm</i> <i>Wednesday 14th October 2026 – 6.00pm-7.30pm</i> <i>Wednesday 18th November 2026 - 5.30pm-7.30pm</i> <i>Wednesday 25th November 2026 – 6.00pm-7.30pm</i> <i>Thursday 26th November 2026 – 6.00pm-7.30pm</i>
Myerscough College	Vocational T-Levels Apprenticeship	<i>Saturday 3rd October 2026 – 10.00am-1.00pm</i> <i>Saturday 21st November 2026 – 10.00am-1.00pm</i> <i>Saturday 6th February 2027 – 10.00am-1.00pm</i> <i>Saturday 17th April 2027 – 10.00am-1.00pm</i>
Training 2000	Apprenticeship	<i>Wednesday 27th January 2027 – 4.30pm-7.30pm</i> <i>Thursday 28th January 2027 – 4.30pm-7.30pm</i>

DATES FOR YOUR DIARY

Monday 9th November – School re-opens

Wednesday 11th November Year 11 Electronics Masterclass Burnley College

Thursday 26 November Star Awards Night at Colne Muni

Thursday 26th November – Flu Vaccinations

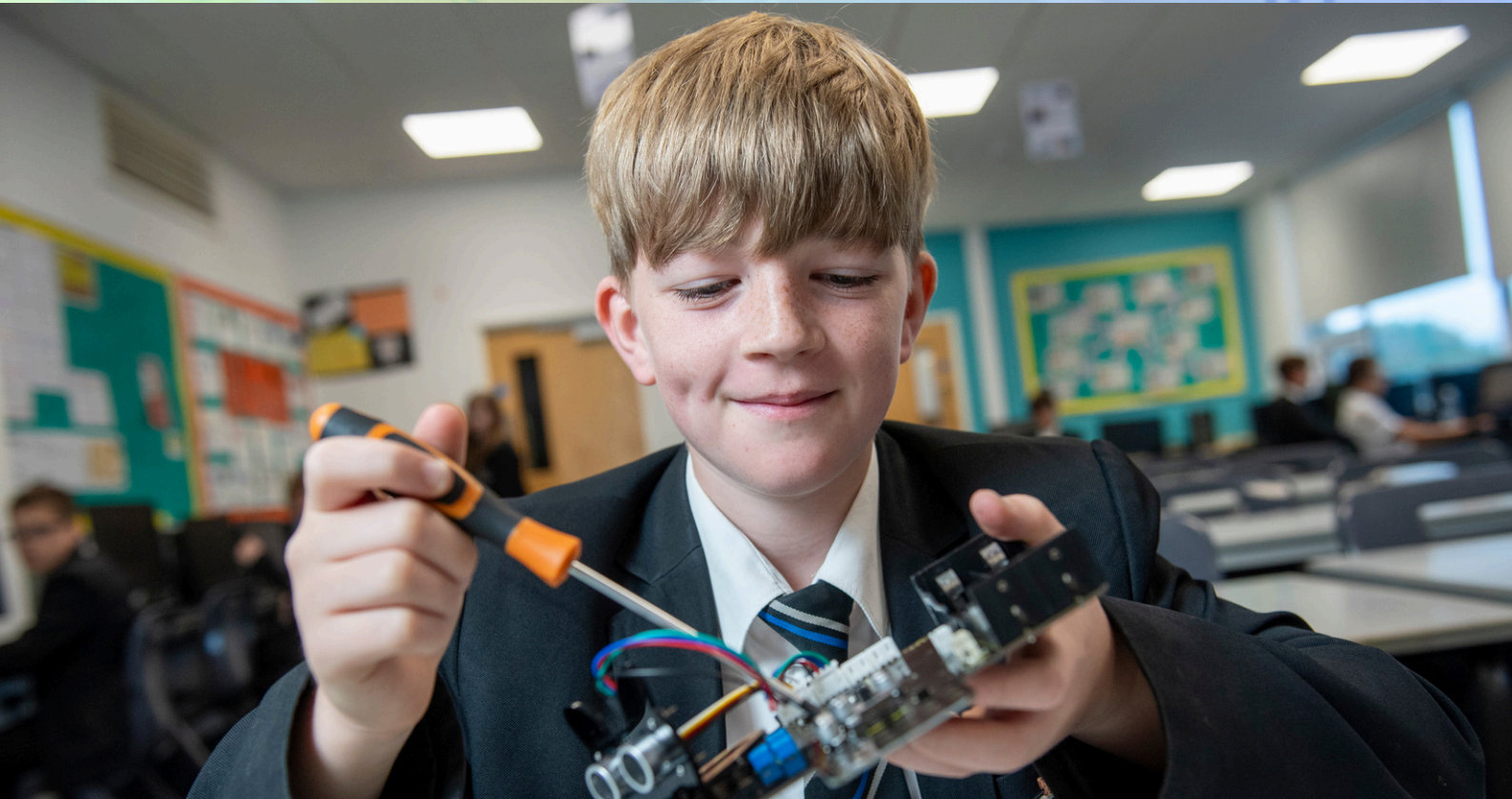
Tuesday 1st December – Year 11 Mock Interviews

Thursday 10th December – Christmas Jumper Day

Thursday 10 December – Year 11 parents evening

Wednesday 16 December – Christmas Concert

Tuesday 22 December – end of term – students 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**.

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



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



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



Wild Explorers: Into The Wild

A 2-day experience for young people in years 6-11. 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 in years 6 - 11 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

School Years 6 - 11

Upcoming Dates

28th & 29th October 2026

Please note: this is a 2 day experience.



Time

9.30am - 3.30pm

Location

Broughton Hall Estate



hello@wildexplorers.org.uk



www.wildexplorers.org.uk

Saturday 31st October

**JUMBLE
SALE**

10am - 1pm

The Old Grammar School, School Lane, Earby BB18 6QF

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 October 2026

1pm – 3pm

Wednesday 14th October 2026

3pm – 5pm

Wednesday 21st October 2026

5pm – 7pm

Wednesday 28th October 2026

1pm – 3pm

Community Grocery

St John with St Phillips Community Grocery
St Phillips Church, Leeds Road, Nelson, BB9 9XB

Come along on a Tuesday morning from 9.30am for a brew and chat. The grocery will open at 10am - 2pm, where for £7 you can shop from the pantry for all your household needs. Enjoy some Free home-made soup on the day before you leave us!

Emergency Food Support

West Craven Food Bank

Food parcels available for delivery on request - serving those who live in Barnoldswick, Earby, Salterforth and Kelbrook. Telephone: 07415 186651. Line open on Wednesdays 1pm - 5pm and Thursday 8am - 5pm.

Website: wcravenfoodbank.org Email: wcravenfood@gmail.com

Food parcel deliveries take place on Thursday morning.

Salvation Army Church, Stanley Street, Nelson, BB9 7EL

Salvation Army operate a basic emergency food bank on Tuesdays and Friday from 2pm - 3pm. Luncheon club every Thursday from 12.30pm - 1.30pm. Tel: 01282 693670

Christ Church, Carr Road, Nelson, BB9 7EN

Christ Church offers a community food pantry from 1pm until 3pm on Wednesdays. Come along for access to a warm and welcome space, have a brew and meet your household needs for £4 per shop.

www.burnleyandpendlemethodistcircuit.com/christ-church

Email: aandjparker@gmail.com

Brierfield Methodist Church, Colne Road, Brierfield, BB9 5NS

Food bank is open from 10.30am-11.45am every Thursday.

Food bank is sustained by food donations and monetary donations through the Church.

Warm and welcome space and extended family support

Pendle Family Hubs

Warm and welcome spaces continue to be open across all of our centres. You can help yourself to a drink, toast, soup and/or porridge.

See www.lancashire.gov.uk/children-education-families/family-hubs or email pendlefamilyhub@lancashire.gov.uk for more information

For information about support available visit www.pendle.gov.uk/communitysupporthub

Pendle Borough Council - 12836-7/26

Pendle School Holiday Food Support



Funded by
UK Government

Lancashire
County Council

Pendle
Borough Council

We know that the summer holidays can put extra pressure on family budgets, with higher food costs and children at home for longer periods. Many families have previously relied on free school meal holiday vouchers, but from April 2026 national changes mean these vouchers can no longer be provided. This change affects families across England, including Pendle.

To help families through the summer holidays, Pendle Borough Council has produced this booklet highlighting the support available locally. Inside, you will find information about **Resilience Centres, community organisations, food pantries, community cafés, low-cost food providers, supermarkets and food-saving apps**, all of which can help families access free or affordable food and other practical support.

Many of these services can also provide advice on **maximising income, accessing benefits, managing household costs, and improving financial wellbeing**. We encourage families to seek support early and make use of the wide range of help available across Pendle.

If You Need Emergency Financial Support

The **Pendle Crisis Payment Scheme** is available to residents in a low income household, experiencing financial shock due to a sudden crisis or emergency. Applications can be made directly through Citizens Advice East Lancashire using the public application form:

www.cael.org.uk/pendle-crisis-fund

If you are struggling financially, please reach out for support. Help is available, and we hope this guide helps you find the services that are right for you and your family. For further help and support, visit www.pendle.gov.uk/communitysupporthub

Mobile App

Too good to go app

Mobile app to connect anyone to supermarkets and restaurants that have unsold or surplus food. Customers can purchase a 'goody bag' for a set price and are allocated a time to collect. You are unable to choose what is in the bag, however, our food vendor will usually state, breakfast items, or baked goods etc.

Users must register to use the service. A mobile phone with an Internet connection running Android or iOS is needed. www.toogoodtogo.com/en-gb

Supermarket Café

ASDA Colne Café

Children eat for £1 - no need for an adult to buy a meal. Available to all - see instore for opening times.

Morrisons Café, Nelson

Children under 16 eat for free when adults purchase a meal for over £5. Available to all - see in-store for opening times.

Community Café Emergency Food Support

Open Door Centre, 1 Great George Street, Colne, BB8 0SY

Children eat for free all year round. Adults who are struggling can also eat for free. Centre also provides emergency food support such as food parcels tailored to your needs, and can provide toiletries and other household essentials. Attend the centre, call 01282 860342 or www.opendoorcentre.org.uk. Monday - Friday 10am - 5pm

Curry on the Street, 58 Railway Street, Nelson, BB9 9EH

Children eat for free all year round. Adults who are struggling can also eat for free. Centre also provides emergency food support such as food parcels tailored to your needs, and can provide toiletries and other household essentials. Attend the centre or visit www.curryonthestreet.co.uk. Monday - Friday 10am - 3pm

Loaves and Fishes Café, 11 Church Street, Barnoldswick, BB18 5UR

Low cost hot food and emergency food parcels. Attend the café during opening hours Monday - Friday 10am - 3pm or visit www.cots-ministries.co.uk/loaves-fishes

Community Grocery

Pendle Food For All- The Zone, Nelson, BB9 8EL

For £7 you can shop from the pantry for all of your household essentials. Drop-In on Thursday morning from 10.30am - 12.30pm & 1pm - 2pm (doors open from 9am for free warm drinks). Pendle Family Hub (The Zone), Leeds Road, Nelson, BB9 8EL.

St Bartholmews Community Grocery, Church Street, Colne, BB8 0LQ

For £7 you can shop from the pantry for all of your household essentials. Open every Tuesday from 9.30am - 11.30am. Call: 07526 297991 or visit www.achurchnearyou.com

**I THOUGHT
IT WOULD BE FUNNY
TO THROW
FIREWORKS**



Lancashire Fire
and Rescue Service



Lancashire Fire and
Rescue Service



@LancashireFRS

www.lancsfirerescue.org.uk

making Lancashire safer



> SCHOOLS & COMMUNITY GROUPS

Are you a teacher, youth worker or do you run a local community group?

If so you can help Lancashire Fire and Rescue Service reduce the risk of injury to our children and young people by raising awareness around the serious dangers associated with fireworks and bonfires.

For further information on promoting bonfire and firework safety please contact your local community fire station. Details can be found on our website www.lancsfirerescue.org.uk/yourlocalstation.

You can also find useful information on the Government website: www.gov.uk/government/publications/promoting-firework-safety-schools-pack-key-stage-2

> JOIN LANCASHIRE'S FIGHT AGAINST FIRE

Accidents tend to happen at private, smaller bonfire gatherings. Be safe this year and attend an organised display.

Bonfires and fireworks produce large volumes of carbon emissions and other harmful gases. Please protect the environment and attend an organised display where possible.

> CONTACT US

For more information on practical fire safety advice both around the bonfire period and in the home you can visit our website.



Lancashire Fire and Rescue Service



@LancashireFRS



www.lancsfirerescue.org.uk

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Bonfire Safety



Fact.

Lancashire's fire crews **are up to four times busier** than usual around Bonfire night, wasting time and resources attending unsafe bonfires.

> WARNING! FIRE AND ALCOHOL DON'T MIX!

Do not go near bonfires or fireworks whilst under the influence of alcohol, especially if you are responsible for tending to a fire or lighting fireworks.

Some individuals may be tempted to ignore local by-laws, however it is an offence to drink alcohol in public places.

> BONFIRES AND THE LAW

There are no UK statutes that specifically prohibit domestic bonfires on private land however there are laws that protect people from being affected by the smoke caused by bonfires.

Fly-tipping during the Bonfire period is a major cause of nuisance fires and is also a criminal offence. If you see fly-tipping or know where there is a build up of refuse or combustible material it may be a tempting target for firesetters, so report it to your local council.

If you have any information about any deliberate fire setting in your area you can report it anonymously to **Crimestoppers** on **0800 555 111**

Be mindful that fires can get out of control quickly and could cause injury so ensure the fire is monitored and not left unattended.

> BONFIRE SAFETY ADVICE

We would always advise the public look to attend organised bonfire and firework displays. However, if you do decide to have a bonfire at home there are a few considerations to bear in mind.

- Build your bonfire well away from trees, hedges, fences, power lines, buildings and vehicles. Don't build your pile too large, add materials as the fire burns down.
- You must ensure that smoke does not cause a nuisance to neighbours or affect visibility on roads.
- Be careful to ensure that flying embers don't endanger any neighbouring properties.
- Never use flammable liquid to ignite bonfires. Use firelighters instead.
- To reduce the emission of harmful smoke, fires should only comprise of untreated wood and paper based materials.
- Never throw fireworks or pressurised containers onto bonfires as there is a danger of them exploding.
- Bonfires must always be supervised, even if the fire is smouldering and dying down. You must ensure it is properly extinguished.
- Check the bonfire before lighting it to ensure there are no animals or children hiding in the pile.

Any bonfire that fails to satisfy safety conditions or where people are behaving irresponsibly may be removed or extinguished.

> ORGANISING A DISPLAY

For more information visit ROSPA: www.saferfireworks.com for practical guidance and advice.

> FIREWORKS

Watching fireworks can be great fun for children. However, figures show that, more often than not, it's children rather than adults who are injured over the bonfire period.

Keep your family safe by talking to them about firework safety and encourage them to always follow the firework code.



> FIREWORKS LEGISLATION

It is an offence:

- To set off fireworks between 11pm and 7am (or after midnight on bonfire night).
- To modify, tamper with or misuse fireworks.
- To throw or set off fireworks in any highway, street, thoroughfare or public place.
- To sell fireworks to anyone under 18.
- For anyone under 18 to possess fireworks in a public place.
- For anyone other than a fireworks professional to possess display category fireworks.
- To cause unnecessary suffering to any domestic or captive animals.

Bright SparX

2026 Virtual Education Package

Our Bright Sparx bonfire and firework education session is for High School and College (KS3, KS4 & KS5) aged students in Lancashire, Blackburn with Darwen and Blackpool, including those in Alternative Education Provision and Home Educated Learners.

It seeks to raise awareness of how to keep safe during the bonfire period and what the consequences of misusing fireworks could be, including the law around fireworks.

Click on the times below to register for the session.
Each individual teacher/lead adult will need to register separately.

Sessions are **FREE**, last 15 minutes and start promptly at the time indicated. You can access MS Teams without the app by going through the desktop browser when prompted.

Please direct any queries you have to: preventionsupport@lancsfirerescue.org.uk

Session Delivery Times

Mon 12 Oct 09:00	Tues 13 Oct 08:55	Wed 14 Oct 08:50	Wed 14 Oct 13:45	Thurs 15 Oct 08:45	Fri 16 Oct 08:40
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Dial in 10 minutes before session start time. Sessions will start at the time stated.



Polo shirt from girlfriend £60

Sweatband, model's own £10

Headphones from Mum & Dad £90

Life-long scars from messing
around with Roman Candle £7.99

**FIREWORKS
BE SAFE
NOT SORRY**
ALWAYS FOLLOW THE CODE



IT'S AGAINST THE LAW TO
POSSESS FIREWORKS IN
PUBLIC IF YOU'RE UNDER 18

Find out more at www.direct.gov.uk/fireworks



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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.



Source: https://www.ofcom.org.uk/data/assets/pdf_file/0024/234609/childrens-media-use-and-attitudes-report-2022.pdf

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