

# 19th January 2024

What a chilly yet beautiful week it has been! Please can I remind you to always ensure that students have suitable school shoes (not trainers) and warm coats during the cold weather.

As always, if you have any concerns or if you wish to speak with a member of staff please get in touch with us via the website, by emailing reception at <a href="mailto:admin@todhigh.co.uk">admin@todhigh.co.uk</a> or by calling school Monday-Friday between the hours of 8-4pm.

Yours sincerely,

Gill Shirt

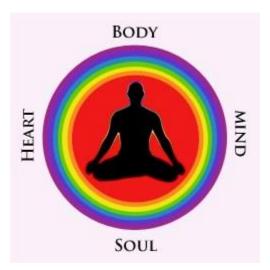
Headteacher

### Up and Coming Dates



Monday 15th January through to Friday 26th January - Year 11 Mock Exams.

## Student Health (Physical and mental health, and wellbeing)



This is a new feature of the school newsletter, promoting information that is important to the health of our students and our school community. Each week we will share with you advice, research, news articles and signpost you to community events and services.

#### Research shows gamers are at risk of hearing loss and tinnitus

This week we would like to share with you featured on the BBC website this week about gamers being at risk of damaging their hearing resulting in either hearing loss or tinnitus. The problems arise from the amount of time that gamers are spending with headphones on, and that the volume can rise significantly for games that involve shooting. The link to the full article is at the bottom of this post. They suggest three key pieces of advice to stay safe:

- 1. Turn the volume down 50% is a good benchmark. Some games let you adjust sound levels for special effects and music.
- 2. Take regular breaks at least 5 minutes every hour to give your ears a rest.
- 3. If you're gaming in a noisy environment, use noise-cancelling headphones and don't exceed safe volume limits.

https://www.bbc.co.uk/news/technology-68004968

### Our canteen is first class, 5 stars!

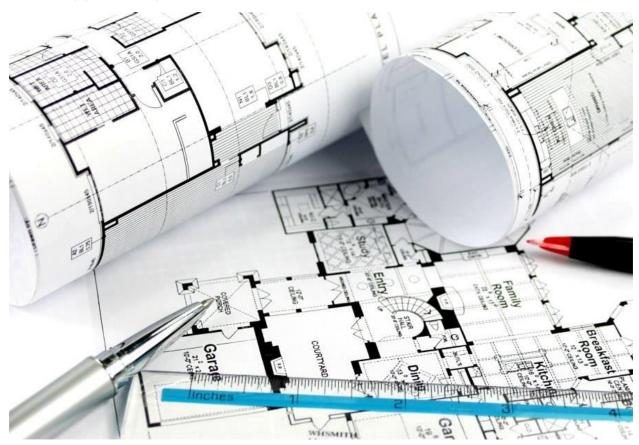


Many congratulations to our outstanding canteen staff for gaining 5 stars this week in their hygiene inspection, gaining outstanding in two areas! A real team effort to produce such a great result in such a short time.... Well deserved Mrs Dearden, our Catering Manager!

Why not try using our 5 star canteen? They produce great dishes which are healthy, nutritious, and flavoursome, using quality ingredients from local suppliers wherever possible.

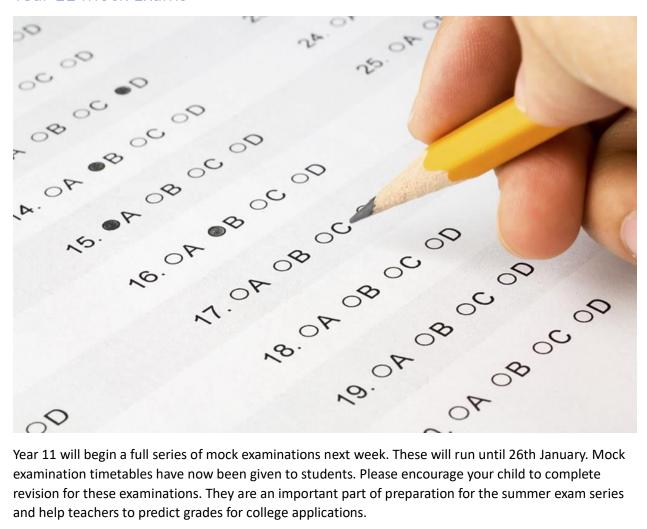


## Great opportunity for students!



There's a great opportunity for our students to get involved with an architect's firm who will be working with the Tod Town Deal to refurbish Todmorden's band stand! This will involve a visit to their office in Manchester and site visits. Please come and see Miss Shirt if interested!. Thank you to those who have already volunteered, I have your names and we will meet soon!

#### Year 11 Mock Exams



Year 11 will begin a full series of mock examinations next week. These will run until 26th January. Mock examination timetables have now been given to students. Please encourage your child to complete revision for these examinations. They are an important part of preparation for the summer exam series and help teachers to predict grades for college applications.

Students all have access to GCSE Pod, Carousel, SPARX and the revision area of the school website which can be found here https://www.todhigh.co.uk/learning-and-teaching/revision-by-subject/ as well as work set by their teachers to help guide them through the revision process.

Can I also please take a moment to place emphasis on the importance of following the examination rules during these mock exams. Students need to ensure they have the correct equipment and no electronic or mobile devices on them during the exam. These should be switched off and in bags. Again, this is in preparation for the full exam series and important in building good habits. We wish all students the best of luck in these examinations.

Parking at the beginning and end of the day.



At the beginning and end of the day we have 950 students coming onto and leaving our site. We need to keep them safe at these times. There are always staff out keeping them safe from moving cars, operating the crossing so they cross Burnley Road safely and getting them to the pavement on Ewood Lane safely. In addition to this we want to work with our neighbours around school to minimise the impact on them. We have recently had more cars parking on Ewood Lane to drop off and pick up students and we know the residents of this narrow road find the traffic at these times frustrating.

We would like to remind all parents and carers that the safety of our students is paramount and ask all of you who drive to your children to school park respectfully and in line with the parking restrictions around school. We strongly advise you to avoid driving up Ewood Lane as it is narrow and easily congested. If frustration with others occurs please show respect for each other, our staff and the legal restrictions and road markings in the area.

#### Our extra-curricular timetable for 2024 is here!

Vionday	Tuesday	Wednesday	Thursday	Friday
Latin Club Invite only Ms Pollock	Design & Technology Club All Year groups welcome Mrs Hartley Room 25 & 26	English Speaking Board Invitation only Mrs Kewin Room 90	<b>KS3 Cricket Club</b> Mr Duerden Gym	
All clubs finish by 4pm unless stated otherwise	<b>KS3 Basketball</b> Mr Duerden Gym	<b>M4M Fantasy Orchestra</b> Mrs Leicester School Hall	<b>Magic Club</b> Mr Charles Room 13	
	<b>Math Club</b> Mr Smith Invite only	<b>Y11 EPR Drop In</b> Mr Womack Room 47	Other opportunities: Home Learning Club in the Library Every night after school until 4.00pm *Y9/10/11 – Duke of Edinburgh Award. See Miss Mullarkey for details	
	KS4 Art/Photography Club Mr Freeman Room 45	Year 7 & 8 Code Club Mr McDermott Room 21		
	KS3 Art Club Miss Webster Room 46	<b>KS3 Science Club</b> Miss Smith Room 41		
	<b>Drama Club (All Years)</b> Miss Daubney Drama Studio	Girls' Netball Club All Years Miss Creighton		
	Coursework catch up Mrs Lambert	Year 7&8 Girls Football Mrs Lambert		