



2nd February 2024

This has certainly been a very busy term. Please do take a few minutes to read our newsletter as there are a lot of lovely things going on in our school!

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 admin@todhigh.co.uk or by calling school Monday-Friday between the hours of 8-4pm.

Yours sincerely,

Gill Shirt

Headteacher

Up and Coming Dates



We close for half term on Friday 9th February. We are back in school Monday 19th February.

Year 10 Progress Evening - Thursday 8th February - 4:30 - 7pm. This is an online event. Details have been sent on ClassCharts.

Year 8 Progress Evening - Thursday 22nd February - 4:30 - 7pm. This will be an online event. Details to follow on ClassCharts.

Some internal changes

Mr Keane will be changing position from Director of Science to Associate Assistant Headteacher.

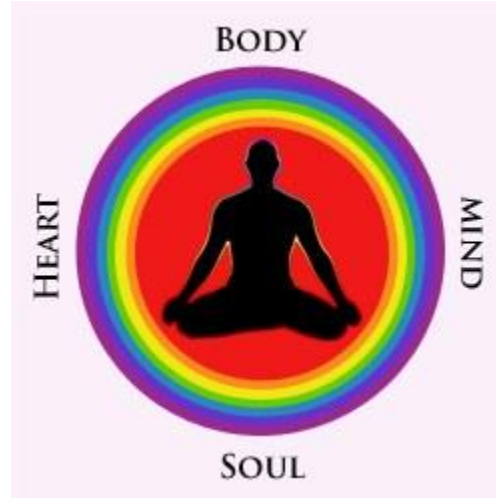
Mrs Collins will be our new Director of Science.

Miss Hirst will be our new ARCH restoration manager.

Mrs Coates is moving from safeguarding to student reception and attendance.

Mr George is moving from ARCH restoration manager to working in safeguarding and pastoral.

Student Health (Physical and mental health, and wellbeing)



You Matter (Mental Health at Todmorden High School)

In last week's assembly, Mr Starr talked to our students about our value of care and self-care. He talked about what we can do to protect and nourish our mental health and wellbeing. We would like to share some of the tips with you this week.

- **Connecting with nature** – spending time outside in our local environment. Noticing the changes in weather and the changes in the season. Taking time to notice the sights and smells. This will also help boost creativity, improve concentration, and improve memory.
- **Diet and nutrition** – diet plays a huge role in affecting our mental health.
- **Mobile phones and screens** – the evidence showing the link between the use of screens and social media and negative mental health is compelling. We urge you to take your child's mobile phone from them at night time and to encourage healthy habits throughout the day.
- **Meditation and mindfulness** – taking time each day to reflect, with no other distractions, is proven to support positive mental health. There are lots of free resources available online to support with this.

If you want to know more about how we support mental health and wellbeing at Todmorden High School, please see our website <https://www.todhigh.co.uk/arch/mental-health/>.

Learning Manager's



Just to remind you all of our 5 Learning Managers and their contact details, should you ever need to email them.

Year 7 - Mrs. Kontogiannopoulou

Email: demik@todhigh.co.uk

Year 8 - Mrs. Thompson

Email: p.thompson@todhigh.co.uk

Year 9 - Mrs. Townend

Email: a.townend@todhigh.co.uk

Year 10 - Miss. James

Email: j.james@todhigh.co.uk

Year 11 - Mrs. Stansfield

Email: e.stansfield@todhigh.co.uk

Cross Country Results are in!



Congratulations to Iona Bell who won the Year 7 Girl's cross country competition overall, and is crowned Calderdale Champion! A superb effort also by Daisy Iberson and Phoebe Dawtrey completed the team. Also special mention to Bo Dalton who came 3rd overall - another fantastic achievement.

Year 7 boys' team Charlie Sutcliffe, Colby Wilkinson, Josh Sutcliffe, Noah Ross and Oliver Dowling were brilliant! Charlie came 7th overall and Colby 9th out of 80 runners. A smashing achievement!

Year 8 / 9 girls' team included Dessie Holland, Hannah Ogden, Emily Ogden, Georgia Watt, Caitlin Price, Phoebe Williams, Poppy Iberson, Bree Madgin were all brilliant!

Year 8/9 boys' team included Ben Wigley, Tomoya Newiss, Findley Cochrane, Max Cross and Ollie Dowson. A special mention to Ben who finished 4th overall from 80 runners!

Year 10 girls' was won by Rosie Dowson! Rosie was crowned Calderdale Champion!

Year 10/11 boys' team Alexis Campbell, Harrison Davies, Max Daly and Nathan Barker finished off the event with an outstanding effort too!

Iona Bell, Bo Dalton and Rosie Dowson will now progress to the West Yorkshire event. Good luck all!

Celebration of Chinese New Year



In our 5 star school canteen, we will be celebrating Chinese New Year on Thursday 8th February with a special menu:

Veggie spring rolls, prawn crackers, chicken in black bean sauce with noodles, vegetable fried rice with sweet and sour sauce, and a Chinese dragon design biscuits with a Fortune cookie.

Sounds delicious !

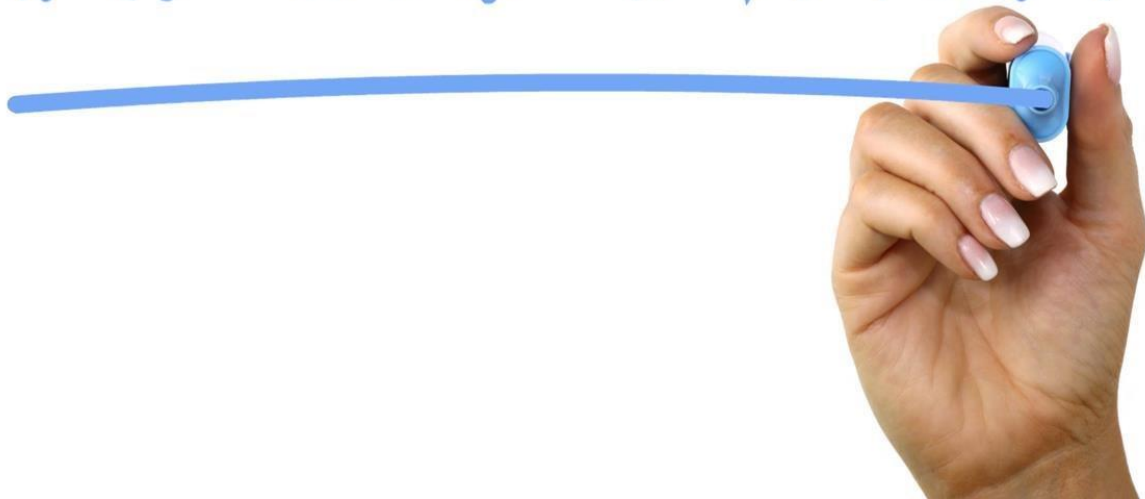
National Events

The [BBC Young Reporter Competition 2024](#) is now open for entries!

It's the annual opportunity for **11-18 year-olds** to report on stories that matter to them and they think the BBC should be telling. Winning reports will broadcast across BBC programmes and platforms.

Important information re Measles

INFORMATION



Important information about measles from Calderdale Council

There has been a large increase in the number of people confirmed as having measles nationally in the last few months and **there has been an increase in measles cases in West Yorkshire in the last few weeks**. Measles is the most contagious of all of the diseases that are transmitted by coughing and sneezing or breathing air with infected particles.

Many of us don't think about measles and don't know anyone who's had it. We are working with partners including health services, nurseries, schools and colleges, to be ready to prevent measles spreading further when we have cases. Writing to you now is part of these preparations.

Two doses of the MMR vaccine gives life time protection against getting measles and passing it on. The good news is that uptake of the vaccine is high in Calderdale with over 80% of children having had 2 doses. However, when uptake is lower than 95% there is a risk that measles will spread. We've seen this happening in other areas of the county at the end of last year. Now we are seeing it spreading in West Yorkshire.

It's never too late to get the MMR vaccine. We are encouraging parents/carers to check that their child has had 2 doses, and if they haven't, to contact their GP practice to make an appointment for the jab. If you are unsure whether your child has had 2 doses, you can contact your GP to check.

The symptoms of measles start with a high temperature, a runny or blocked nose, sneezing, a cough, and red sore watery eyes. You may notice white spots in the child's mouth. A few days after the cold-like symptoms, a rash appears. It usually starts on the face and behind the ears before spreading to the rest of the body. Measles can be nasty and rarely it can lead to more serious complications.

If measles is suspected, we advise that parents/carers contact their GP by telephone and ask for an urgent appointment, explaining that it might be measles. This is so they can arrange for you to visit the practice in a way that reduces the risk of passing measles to others. It's very unlikely to be measles if your child has had 2 doses of the MMR vaccine.

It's also important to think about the vaccination status of staff in nurseries, schools and colleges. Anyone who is not fully vaccinated, who has been exposed to a child with confirmed measles will be asked to stay away from work and isolate for 21 days. This is because measles has a long incubation period and it can be 2 or 3 weeks between coming into contact with the virus and getting the symptoms. People with confirmed measles are infectious 4 days before the onset of rash to 4 days afterwards.

Find out more about measles here: <https://www.nhs.uk/conditions/measles/>

Find out more about measles vaccination here: [MMR Vaccination](#)

Our extra-curricular timetable is below!

Todmorden High School extra-curricular timetable				
Monday	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 Invite only Mrs Kewin Room 90	K33 Cricket Club Mr Dunsden Gym	
	K33 Basketball Mr Dunsden Gym	MMB Fantasy Orchestra Mrs Leicester School Hall	Magic Club Mr Charles Room 13	
	Math Club Mr Smith Invite only	Y11 EPB Drop In Mr Wainman Room 47		
	K54 Art/Photography Club Mr Freeman Room 45	Year 7 & 8 Code Club Mr McDermott Room 23		
	K32 Art Club Miss Webster Room 46	K52 Science Club Miss Smith Room 41		
	Drama Club (All Years) Miss Daubroy Drama Studio	Girls' Netball Club All Years Mrs Crighton		
	Coursework catch up Mrs Lambert	Year 7&8 Girls Football Mrs Lambert		

All clubs finish by 4pm unless stated otherwise

January 2024

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