



Co-op Academy
Failsworth

Christmas 2023
Newsletter

We wish you a wonderful Christmas

Dear Parents and Carers

As we approach the end of the Autumn term and we head into the Christmas break I want to take this opportunity to thank you for all your support over this first successful term of the year. If you look at the newsletter you will see a fantastic celebration of events within the Academy.

I also just want to remind you that from January I will be returning back to Failsworth on a full time basis. This is following a temporary arrangement from February, where I have been leading both Co-op Academy Failsworth and Co-op Academy Manchester. Additionally, I want to take this opportunity to thank Miss Shaw for her work as Head of School over this period.

Finally, I would like to wish you a very enjoyable Christmas break and I hope it brings a really good New Year for all of our Academy community.

Merry Christmas

Phill Quirk



Phill Quirk
Headteacher



End of term arrangements



Last day of term is:

Friday 22nd December 2023

School will close at normal time.

We re-open for all students on:

Monday 8th January 2024



With Thanks...

We would like to dedicate our December 2023 front cover to our Year 9 students

Explore the artistic endeavours of our Year 9 students in their latest showcase, where the focus was on observational drawing. Over the course of several lessons, these students delved into the world of sweet foods, drawing inspiration from real-life objects. With a variety of art materials at their disposal, they experimented and applied colour, revealing the sweet results of their efforts. Join us in appreciating the simplicity and charm of their artwork, a testament to their growing skills and creativity.

Miss Lake & Miss Jennings - (Art Teachers)

Academy Holidays and Term Times

2023/2024/2025

Last day of term	Friday 22 December 2023
Christmas holiday	Monday 25th December 2023 to 5 January 2024
School returns	Monday 8 January 2024
Staff Training	Friday 26 January 2024
Last day of term	Wednesday 14 February 2024
Spring Half Term holiday	Thursday 15 February to Friday 23 February 2024
School returns	Monday 26 February 2024
Staff Training	Monday 11 March 2024
Last day of term	Thursday 28 March 2024
Easter holiday	Friday 29 March to Friday 12 April 2024
School returns	Monday 15 April 2024
May Day	Monday 6 May 2024
Last day of term	Friday 24 May 2024
Summer Half Term holiday	Monday 27 May to Friday 31 May 2024
School returns	Monday 3 June 2024
Summer closes	Last day is Tuesday 23 July 2024
Staff Training	Monday 2 September 2024
School Returns	Tuesday 3 September 2024
Last day of term	Wednesday 23 October 2024
Staff Training	Thursday 24 October & Friday 25 October 2024
Autumn Half Term Holiday	Monday 28 October to Friday 1 November 2024
School returns	Monday 4 November 2024
Staff Training	Friday 6 December 2024
Last day of term	Friday 20 December 2024
Christmas holiday	Monday 23 December 2024 to Friday 3 January 2025
School returns	Monday 6 January 2025
Staff Training	Friday 31 January 2025
Last day of term	Thursday 13 February 2025
Spring Half Term holiday	Friday 14 February to Friday 21 February 2025
School returns	Monday 24 February 2025
Last day of Term	Friday 4 April 2025
Easter holiday	Monday 7 April to Monday 21 April 2025
School returns	Tuesday 22 April 2025
May Day	Monday 5 May 2025
Last day of Term	Friday 23 May 2025
Summer Half Term holiday	Monday 26 May to Friday 30 May 2025
School returns	Monday 2 June 2025
Summer closes	Friday 18 July 2025

The Academy is closed for students on Staff Training days



Student

Careers Corner

Events

Year 11

This term has been another busy one in Careers Corner. It is full steam ahead for our Year 11 students making important decisions about the next step on their journey after they have left Co-op Academy Failsworth.

Since September they have been working on college applications in Citizenship. They have also taken part in a really successful Mock Interview event. The feedback from the visitors from different industries who carried out the interviews was overwhelmingly positive. The students were well prepared and conducted themselves in a professional manner. This can be a nervy event for our Year 11 students but they always feel so much more confident and empowered when they have completed it.

Year 8

A group of Year 8 students are taking part in the REACH programme again this year. This is where they visited Buro Happold, an engineering company based in Castlefield. They learn different pathways into engineering and also how there are many more women going into engineering, it is no longer a career option just for men.

BURO HAPPOLD
ENGINEERING

These are exciting times as we bring a new system into school called Unifrog. This system provides many different career resources we can use in school. It also helps students keep track of their career education, information, advice and guidance while they are at Co-op Academy Failsworth.



Thank you for your continued support and I wish you all a very Merry Christmas and a great New Year.



What's been going on this term...



The Hub - Events



It has been a very busy and exciting year for the Hub with the opening of Hub 2.

Our students have had the privilege of using our new kitchen enabling us to do food tech. This has been a huge success and our students have thoroughly enjoyed participating in these lessons. In November, we had a visit from Mr Quirk who cooked pizzas with us, this was a brilliant day and the students really enjoyed it. We have recently been making a selection of sweet and savoury festive treats.

Merry Christmas from all the staff and students at The Hub.



Enterprise & Marketing

Year 10 - Inspiring Youth Enterprise event



A group of Year 10 Enterprise and Marketing students took part in an inspiring youth enterprise event in partnership with Oldham College.

They were assigned to work with 'Summit up', to work as a team, further researching the business to understand their product/service, their target market and then create a digital media campaign for that business. They had to present their campaign to other schools and businesses which took a lot of courage and confidence.

Their behaviour and conduct throughout the session was impeccable, they are a true credit to Co-op Academy Failsworth.





Science Events



A group of Year 10 students attended an event at the Oldham Sixth Form College for a talk by Professor Tim O'Brien who is also Associate Director of Jodrell Bank (The big telescope in Cheshire).

Year 10s had a talk on space and the history of the universe. Our students had lots of great questions to ask and really enjoyed the talk and are looking forward to more talks from scientists in the future.



Miss Jones - (Head of Science)

Dance



On Thursday 7th December some of our dancers competed in the Oldhams Gotta Dance competition.

Our Year 10 trio came second as well as our Year 7 solo; our Year 9 team also came fourth overall.

Pupils worked extremely hard in the build up to this, giving up lunch times to rehearse.



Well done dancers!



Miss Harris - (P.E/ Dance teacher)

Christmas Concert 2023

The Expressive Arts team hosted a music concert for Christmas raising £1250 for the Community Fridge and Uniform Exchange charities.

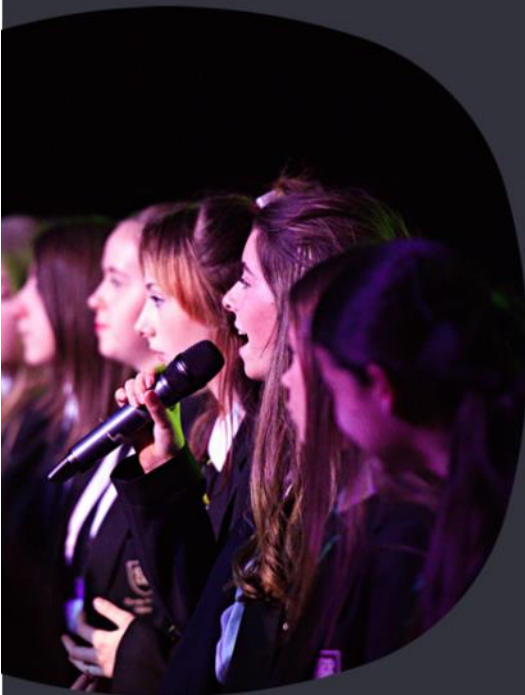
To a packed theatre, musical items including the school wind band, guitar ensemble, rock band, choir and samba band. Solo items came from Chloe Nedderman, Ashton Clarke-Jones and Aria Pourmousa on the piano. Vocal solos from Evie Smith and Stephen Dowdican. All ensembles and

soloists were in fine form and the evening proved once again how talented our musicians really are.

An impressive raffle including five huge bundle prizes was hosted at the interval and audience members were treated to free refreshments. A special mention must go to Miss McGrath

who leaves us for a term to enjoy her maternity leave!

The evening was a huge success and we look forward to the next performance in the summer term.



OAP Christmas Concert 2023

On Thursday 7th December 2023, we invited over 40 people from 5 local care homes to visit us for our annual Christmas Concert.



We had the theatre set up with table cloths, balloons and little chocolates for when our guests arrived.

With a prompt 2:30pm start, our windband opened the show with a rendition of Best Day of my Life, 'Let it go' from 'Frozen' and The Best of Queen.

Our rock band caught our attention with Highway to Hell by AC/DC.

The tremendous guitar ensemble played I believe in Father Christmas, White Christmas and Happy Christmas Everybody.

Finally, our magnificent choir stole the show with Shackles, Hallelujah, Christmas (Baby please come home) and Last Christmas. Our whole band joined in for our final song Merry Christmas Everyone.

During the concert, our guests were served with tea, coffee, cake and biscuits. There were even cheese and onion bites and mini sausage rolls!

As everyone left, each guest was given a small wooden decoration to hang on their Christmas Tree and a little bag of sweets.

Thank you to Jack Ryan, Helene Sterlini and Nick Sheppard for organising the event and we hope everyone had such a lovely time. Merry Christmas and Happy New Year!





Attendance Matters

We would like to remind parents that, if possible, medical appointments should be made outside of school hours as this will impact on your child's attendance percentage. If your child does have an appointment during school time, it is expected that they will attend school around the appointment and not take a day or afternoon off.

If your child is poorly and not fit to attend school, please ring the school pupil absence line and leave a clear message on the answerphone before 8.00am. This is a 24 hour service.

**YEAR 7, 8 & 9 students should arrive by 8:10am each day to ensure they are at their registration room in time to get their morning mark for 8:15am.

**YEAR 10 & 11 students are to arrive by 8:30am each day. This is to ensure all students are at their registration room in time to get their morning mark for 8.35am when the second bell rings.

On behalf of the attendance team, I would like to wish students, parents and carers a wonderful Christmas break and look forward to welcoming the students back on Monday 8th January 2024.



School Uniform Exchange



Need school uniform?

Old uniform too small and want to reduce waste?

Why not try the school uniform exchange?

What we need?

Co-op Academy Failsworth Blazers
Co-op Academy Failsworth Jumpers
Co-op Academy Failsworth PE Kit
Co-op Academy Failsworth Ties
School Skirts
School Trousers
New Socks
New Tights
School Bags



All donations are washed and cleaned by our team at the Academy.

What is it?

The uniform exchange is where parents can take donated uniform and reuse that instead of buying it new. This reduces waste as well as supporting our less fortunate families by giving our students an equal opportunity to their peers to have access to our uniform.

Failsworth

Community

Fridge

About:

The community fridge is a facility for families to access non-perishable food, sanitary and hygiene products free of charge. All of these products are donations from the Academy, staff, students and the local community and businesses.

'A simple solution to wasting less through the sharing of good quality food.'

Where and when?

Failsworth Sports Campus,
Brierley Avenue, Failsworth,
Manchester, M35 9HA

Opening Hours:
Monday - Friday
2pm - 5pm
(during term time)



Any questions, contact us on 0161 688 3909 or email communityfridge@coopfailsworth.co.uk

So far this year,

YOUR

donations


have helped

336

families

Thank You!





Since the start
of the year
we have provided

25,700

breakfasts

Well done
to our breakfast
club team!

Tameside Community Pantry:

For those struggling with the cost of living, our food pantry is available to access once a week during **Community Connections Sessions:**

Every Wednesday 10am-12pm


There is no criteria to receive the food and you can attend every week if needed. You can take:

- * Up to 4 items for 1 adult in the household
- * An additional 2 items for any additional adults or teenagers in the Household
- * And an additional item per child between the ages of 6months – 12year old



We can also provide a foodbank voucher if needed and signpost to other food pantries within Tameside

*Please bring a bag if needed

 mind Tameside, Oldham and Glossop

Winter Warmer Packs:

To help with the upcoming winter months, we are offering **one winter warmer pack per person** consisting of up to **five** items.

These packs can include:

- * **Hot water Bottles**
- * **Hats**
- * **Scarves**
- * **Gloves**
- * **Socks**
- * **Dehumidifiers**
- * **Cup-a-Soups**
- * **Hand and Foot warmers**



This is a single pack to support someone to stay warm through the winter months

**You can collect these at our
Community Connections Sessions
any Wednesday 10am-12pm
from Nov – February**

If you are unable to make the session and would like to access a pack please contact:

wellbeinghub@togmind.org and we will see if we can support you.

*All items are subject to availability

 **mind** Tameside, Oldham and Glossop

Take5 @ TOG Mind



Take5 continues to offer the following services—each require an initial assessment to determine appropriateness and need.

- **Assessment appointments**—every Thursday (booked appointments only)
- **Early Intervention Service**—Low level 1:1 guided self-help. One session a week for 5 weeks, 20-30 minute appointments.
- **Counselling**—1:1 talking therapy, consisting of 8-10 sessions lasting 50 minutes.
- **Anger/Anxiety Group Course**—Solution-focussed and peer support. Once a week for 4 weeks, 1hr group session. Split into junior/senior groups for age-appropriate material/peer support.
- **Digital Friendship Skills**—Information-based session aiming to improve the quality of online relationships, manage friendships and learn about digital wellbeing. Peer support and solution-focussed support. Once a week for 4 weeks, 1hr group session.

Take5 offers these online sessions for CYP without needing for an initial assessment:

- **Arts for wellbeing**—Weekly session aimed at promoting arts and creativity for wellbeing, relaxation and self-expression. Schedule updated via social media @youth_in_mind_
- **Mindfulness**—Session designed to provide a space for building skills at self-regulation, grounding and mindfulness. Offered once a month.

To arrange a drop in appointment or register interest in attending an online session.

Email: take5@togmind.org

Phone: 0161 330 9223

For updates and daily wellbeing strategies:

Instagram @youth_in_mind_

Facebook: "Youth In Mind"



Families in Mind

What is Families in Mind?

— our service for low level family support for families who are experiencing some challenges/difficulties they would like to work through together.

Who is the service for? - this might be the right service for your family if you would like to:

- Explore and share difficult emotions in a safe place
- Learn productive ways to communicate
- Explore the great strengths of your family
- Identify the different roles of your family members
- Identify issues that can contribute to conflicts
- Find solutions together as a family

What does it involve? - our practitioners will work with your family through a range of interactive activities that help you to understand your difficulties and achieve goals as a family.

How do we access? - you will have a family assessment where we will find out a bit more about your family situation to see if this service is right for you. If not, we will provide information on other local services that may be able to support you.

To book an assessment:

Call: 0161 330 9223

Email: familiesinmind@togmind.org



 @YiMind

 0161 330 9223

 office@togmind.org

 www.togmind.org

216-218 Katherine Street

Ashton-under-Lyne

Lancashire

OL6 7AS

Youth
in mind

 **mind**
Tameside,
Oldham
and Glossop

Tameside, Oldham and Glossop Mind. Registered Charity (No. 1123549)

Registered Company Limited by Guarantee (No. 6340472)



Take 5 Drop in



Attending a Take5 drop in is the first step in accessing the support we offer.

A drop in is a short appointment (45 mins) where we explore how you're currently feeling and the situations you're going through. You will be asked questions like...

How are you feeling right now?

How long have you been feeling like this?

What do you normally do to cope?

After this, we'll be able to help you pick which of our support options might be best suited to you and what you need right now.

Drop ins are open to all young people aged 8-18 in Oldham

(living at an Oldham postcode, registered with an Oldham GP or attending an Oldham school)

When: Every Thursday 3PM-7:15PM

Where: 19-25 Union St, Oldham OL1 1HA

Contact us on **0161 330 9223** or email us on **take5@togmind.org**

Keep up to date with everything we're doing via our social media



"Youth In Mind"



@youth_in_mind_

Tameside, Oldham & Glossop Mind
19-25 Union Street
Oldham
OL1 1HA

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Positive Affirmations

Over the years, we tend to get into unhelpful thinking habits, and think negatively about ourselves and situations. Using positive statements can help us develop a new attitude to ourselves and our situations.



Choose a statement from those below, or make one that means more to you, and repeat, repeat, repeat throughout the day, every day, of every week, of every month. You might want to make or print out a card with your affirmation, and carry it with you. For the positive affirmations to work, you must use it whenever you notice you have that negative thought – immediately turn it around by using your affirmation.

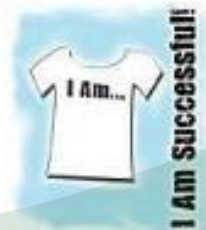
Use a statement that starts with "I" and use the present tense. See the examples below – choose one, adapt one, or make up your own. Make it something broadly realistic, even if you don't believe it right now.



- ❖ I am strong
- ❖ I have strength
- ❖ I am determined and successful
- ❖ I am a good and worthwhile person
- ❖ I am a unique and special person
- ❖ I have inner strength and resources
- ❖ I am confident and competent
- ❖ I hold my head up high
- ❖ I look good because I am good
- ❖ People like me – I am a likeable person and I like myself
- ❖ I care about others, I am needed and worthwhile
- ❖ I am a loving person
- ❖ I have a lot to be proud of
- ❖ I have all that I need
- ❖ I am in control of my life
- ❖ I can achieve anything I want to achieve
- ❖ I make wise decisions based on what I know
- ❖ I'm moving towards my goals
- ❖ I accept myself as a unique and worthwhile person
- ❖ My life has meaning and purpose
- ❖ I am in control of my choices



- ❖ I am strong and healthy
- ❖ I am calm and confident
- ❖ I have many options and can make wise decisions
- ❖ Everything is getting better every day
- ❖ I am calm and relaxed
- ❖ I am healthy and have all that I need
- ❖ Today is the first day of the rest of my life and I will take notice of the many positive things this day has to offer
- ❖ I live a healthy and positive lifestyle
- ❖ I know I can master anything if I practice it continually
- ❖ I have my wise mind – I can seek inner guidance whenever I need to
- ❖ My life purpose can be whatever I choose it to be
- ❖ All is well, right here, right now



Available support in the Community...

For Children, young people and families over the Summer holidays.



Kooth.com (online support) www.kooth.com



Families in Mind - 0161 3309223 Oldham email: familiesinmind@togmind.org



MIND - Early Intervention/workshops/Counselling
0161 330 9223 Oldham/Tameside/Glossop MIND



M-thrive Mthrive@mft.nhs.uk - Emotional health/Wellbeing
01612035333 - they do drop in sessions Monday - Wednesday 14.30 - 17.30 and Tuesday - Friday 12noon. Covers North Manchester

SAMARITANS

Samaritans. www.samaritans.org This website is aimed at providing 1:1 support via phone, email or messaging - Phone 116 123



SHOUT is a FREE confidential 24/7 text messaging service for anyone who is struggling to cope. Speak to a trained volunteer about how you are feeling. Text 'SHOUT' to 85258 to start the conversation.



TAKE5@togmind.org – Arts and mindfulness online support. You will need to attend a Take 5 drop in session before you can access this art therapy.



42nd street - Offers individual therapeutic support - www.42ndStreet.org.uk. Email: TheTeam@42ndsStreet.org.uk.
0161228 7321. 42nd street accept referrals for all children and young people who live, attend schools, or who are registered to a GP in Tameside, Trafford, Glossop, Salford and all of Manchester.



Bereavement Services



For Children, young people and families over the festive season.



Child Bereavement UK

Callie Harrop 07827332824 callie.harrop@childbereavementuk.org

Sarah Smith 07587076047 sarah.smith@childbereavementuk.org



Cruse Bereavement Care

Call [0808 808 1677](tel:08088081677) Monday and Friday, 9.30am to 5pm; Tuesday, Wednesday and Thursday 9.30am to 8pm; Saturday and Sunday 10am to 2pm



Grief Encounter

Call [0808 802 0111](tel:08088020111) Monday to Friday, 9am to 9pm, or email contact@griefencounter.org.uk



Hope Again

Call [0808 808 1677](tel:08088081677) Monday to Friday, 9.30am to 5pm, or email hopeagain@cruse.org.uk



Winston's Wish

Call [0808 802 0021](tel:08088020021) Monday to Friday, 8am to 8pm, or email ask@winstonswish.org





NHS

Great Ormond Street
Hospital for Children
NHS Foundation Trust



Getting a good night's sleep



Sleep is very important. It lets your body and mind rest after a busy day.



Everyone has trouble sleeping sometimes. There are things you can do to help you sleep better.



Think about what you eat and drink in the afternoons and evenings. Cola drinks have something in them to keep you awake.



Try not to eat too much before bedtime. Have a least an hour after dinner to let your food go down.



Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.



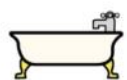
Try not to have where you sleep too hot or too cold.



Put a nightlight on if you like to have some light or dark curtains if you don't.



Try to go to bed at the same time each day. This should be the same at weekends as well as on school nights.



Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



Don't watch the television or use your phone or tablet before bed. The light they give off can wake up your brain.



Remember to go to the toilet before you go to bed.



Co-op Academy
Failsworth

Get in touch

www.failsworth.coopacademies.co.uk

0161 688 3900 | info@coopfailsworth.co.uk

