STANDISH COMMUNITY HIGH SCHOOL BULLETIN FOR STUDENTS, PARENTS AND CARERS

THE STANDARD

9th October 2026

contactus@standishchs.wigan.sch.uk

HEAD PREFECTS

OPEN EVENING

LIBRARY NEWS

Message from Mrs Barker, Headteacher

Welcome to the third edition of The Standish Standard this academic year!

It was a real pleasure to welcome so many Year 5 and Year 6 pupils, along with their parents and carers, to our Open Evening. The turnout was overwhelming, and the fantastic feedback we received from visitors was wonderful to hear. Thank you to everyone who came along and helped make the evening such a success. You can read more about it from page 3.

I was also delighted to catch up with our Head Prefects, who are settling brilliantly into their new roles. They have already made a fantastic start and continue to be wonderful ambassadors for our school community. Turn to page 8 to find out a little more about them and their aspirations for the year ahead.

Our students have enjoyed a huge range of educational visits this half term, with the Spain trip proving to be a particular highlight. The students had an incredible experience and represented the school superbly throughout the visit. Find out more about their adventures on page 10.

Back in school, our AD&T department has launched the new *Frame It Friday* initiative, which is already generating lots of excitement. Students are buzzing with enthusiasm and producing some fantastic work as they look to showcase their creativity and talents. Be sure to take a look on page 12.

There is always plenty happening in the Learning Resource Centre, and this edition is no exception. Our fantastic librarian, Ms Bennett, continues to inspire a love of reading and learning through a range of exciting activities and events. Read all about it on page 16.

Finally, I would like to wish the very best of luck to Aksharan in Year 7, who is taking on a 5K challenge to raise money for SANDS. We are incredibly proud of his efforts and look forward to sharing news of his success in the next edition.

I hope you enjoy reading this edition of the Standish Standard and celebrating the many achievements, opportunities and experiences that make our school such a special place. I wish you all a safe and restful weekend!

Mrs Barker
Headteacher

A Phenomenal Open Evening at Standish Community High School!

What an absolutely phenomenal Open Evening!

We were delighted to welcome an incredible number of families through our doors, with visitors joining us from our local primary schools and from further afield to experience everything that makes Standish Community High School such a special place.

Every department looked fantastic, showcasing our excellent facilities, inspiring learning environments, and the wide range of opportunities available to our students. However, the true stars of the evening were our young people:

- **Over 300 Year 7 – Year 10 Student Ambassadors** represented the school with immense pride
- **120 Year 11 Guides** led enthusiastic tours throughout the evening
- Our **Head Prefects** delivered speeches with confidence, passion and professionalism
- Our **talented musicians** created a wonderful atmosphere and warm welcome for all visitors

We have been overwhelmed by the many positive comments received, with families praising our students' knowledge, enthusiasm, pride in their school, and impeccable manners. They truly showcased the very best of Standish and demonstrated why our school community is so special.

A huge thank you to everyone who visited us.

BUG HOTEL
Eco-Schools

the brain

NATIONAL
POETRY
DAY

THE STANDISH WAY
Reading for ...
Pleasure
Knowledge
Power
Empathy
Interest
SHARE
CHOICE
BOOK TALK

16:48

MUSIC

LANGTECH
BANK

MOSAIC

Graphics
Key Stage 3

Welcome to our Head Prefects

It is always exciting to see our students step into leadership roles, and this year we are delighted to introduce our Head Girl Isabelle, Head Boy Jayden and Deputy Head Girl Ellie. All three are passionate about making a positive difference to life at Standish Community High School and are looking forward to representing and supporting their fellow students throughout the year. We caught up with them this week to get to know them better!

Why did you want to become a Head Prefect?

For Isabelle, the opportunity to help others and contribute to improving the school community was a major motivation. Jayden saw the role as a fantastic opportunity to develop valuable leadership skills and experiences for the future, whilst Ellie is keen to help make our school an even better place for everyone.

What are you most looking forward to in your new role?

Each member of the team has exciting plans for the months ahead. Isabelle is particularly looking forward to helping organise this year's Prom, while Jayden is eager to be a strong voice for students and work closely with the Student Council and Wellbeing Ambassadors. Ellie is excited about planning the end-of-year celebrations and supporting the work of the Sports Council.

Which subjects do you enjoy the most?

The Senior Prefects all have different academic interests. Isabelle enjoys Maths and Further Maths because she is interested in engineering and loves the challenge of solving complex problems. Jayden's favourite subject is Physics, as he enjoys understanding how scientific concepts link to real-life situations. Alongside Physics, he also enjoys Maths and hopes to pursue a career as an accountant. Ellie's favourite subject is PE because she enjoys working as part of a team, staying active and spending time with her friends.

If you could spend a day in any role within school, what would it be?

When asked which role they would choose to experience for a day, Isabelle selected the Senior Leadership Team because she admires how visible they are around school and how much time they spend talking to students. Jayden would love a day with the catering team, mainly because he enjoys food and would like to sample everything on offer, particularly pineapple! Ellie didn't hesitate in choosing Mrs Barker's role, saying she would love the chance to be "the boss for the day."

What makes Standish Community High School special?

All three students highlighted the strong sense of community that makes Standish such a special place. Isabelle values the friendly atmosphere and the feeling of belonging. Jayden appreciates how supportive and approachable the teachers are, always wanting the very best for their students. Ellie believes the friendships, opportunities available and the school's commitment to celebrating individuality make Standish unique.

What do you enjoy outside of school?

Outside school, Isabelle's passion is dancing. She also enjoys helping younger children, something she has supported through her Duke of Edinburgh volunteering. Alongside performing in shows and spending time with friends, she works as a yoga studio receptionist, where she enjoys meeting and chatting with people.

Jayden goes to the gym every night and also volunteers at a local garage as a mechanic. This experience allows him to develop valuable practical skills while doing something he loves.

Ellie has an impressive sporting résumé. She plays football and futsal, representing Bolton Wanderers Under 16s and is part of the Pathway2Success programme for Wigan Ladies. She is also involved with the England Under 17 futsal setup and enjoys refereeing as well as playing.

What are your favourite books, films or TV series?

When it comes to entertainment, Isabelle is a huge fan of *The Hunger Games* and *Harry Potter*, admitting she has read the books and watched the films countless times. She also enjoys watching *Grey's Anatomy*. Jayden's favourite series is *Breaking Bad*. Meanwhile, Ellie enjoys watching *The Traitors* because she finds people's behaviour and interactions fascinating, and she is also a fan of the comedy series *Young Sheldon*.

We are incredibly proud of Isabelle, Jayden and Ellie and know they will be fantastic role models for our students. We look forward to seeing the positive impact they will have on our school community throughout the year.

Madrid Visit

Our Key Stage 4 students recently enjoyed an unforgettable visit to Madrid, immersing themselves in the rich culture, history and traditions of Spain's vibrant capital city. During their three-night stay, students experienced some of Madrid's most iconic sights and attractions. One of the highlights was an evening visit to the beautiful Temple of Debod, where they enjoyed watching the spectacular sunset over the city skyline. For those seeking excitement and adventure, a day at Warner Bros Theme Park provided plenty of thrills and memorable moments, while a visit to the historic city of Toledo gave students the opportunity to explore its ancient streets, impressive architecture and fascinating heritage.

The trip offered a fantastic balance of education and cultural enrichment. Students took part in a guided walking tour of Madrid, learning about the city's history, landmarks and way of life. They also visited Madrid's famous bullring, gaining an insight into an important aspect of Spanish culture and tradition.

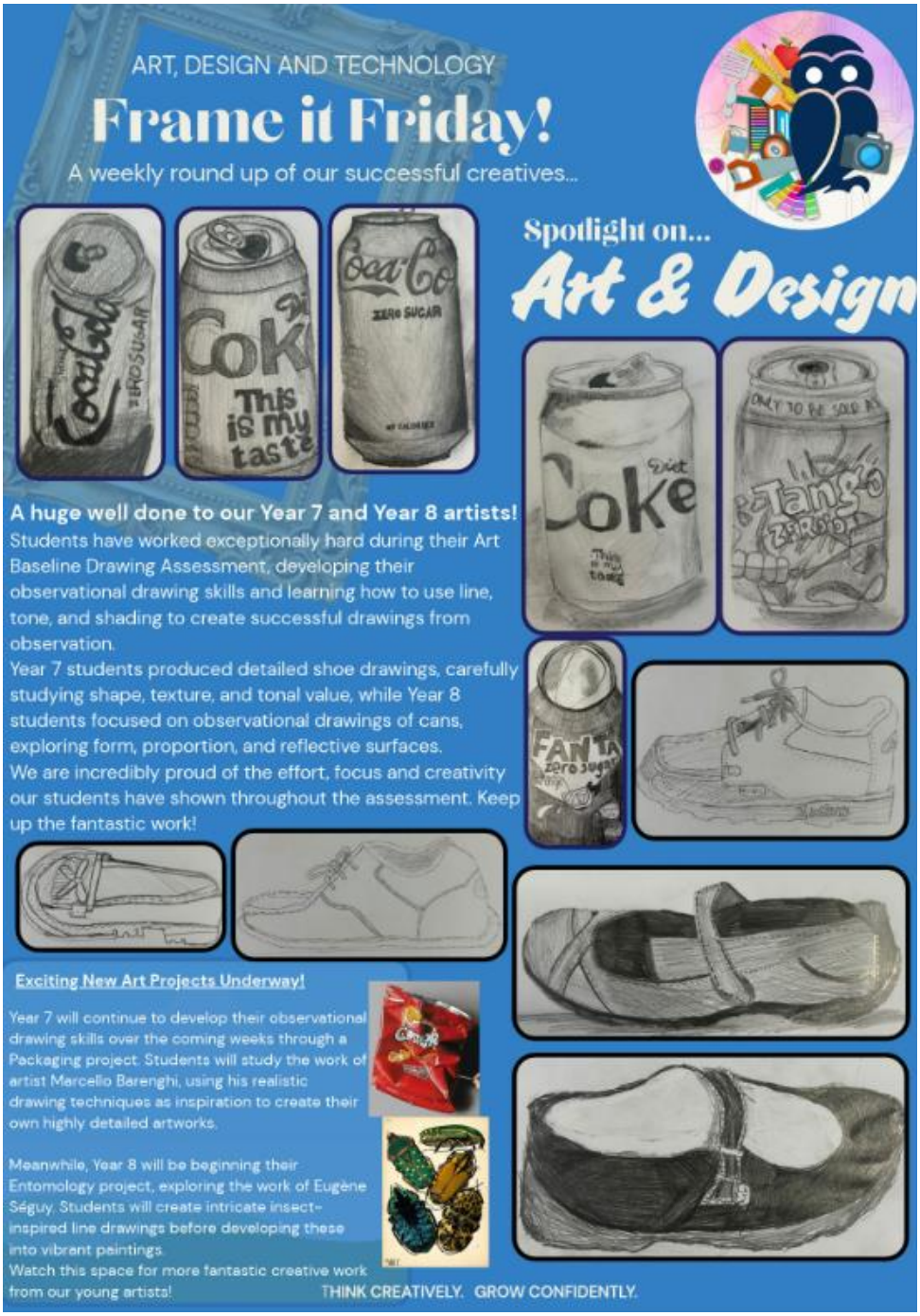
A particular highlight for many students was the hands-on cookery experience. Working together, they learned how to prepare and cook a range of traditional Spanish dishes, including paella, tortilla de patatas and the delicious tarta de Santiago. These sessions provided a fun and engaging way to experience Spanish culture first-hand.

Throughout the visit, students embraced every opportunity to practise their Spanish language skills, sample authentic local cuisine and broaden their understanding of life in Spain. They represented the school exceptionally well at all times, demonstrating maturity, enthusiasm and respect, and were a credit to themselves, their families and our school community.

We are incredibly proud of all the students who took part and would like to thank the staff who helped make the trip such a success. It was a fantastic few days filled with learning, laughter and lasting memories that will stay with our students for years to come. What a brilliant adventure in Madrid!

News from ADT

Frame It Friday is our exciting new feature from the Art, Design and Technology Department, celebrating the creativity, skill and imagination of our students. Each Friday, we will showcase a selection of outstanding work from across the department, highlighting the talent, effort and innovation demonstrated in lessons and projects. From striking artworks to impressive design solutions, *Frame It Friday* is an opportunity to recognise and share the fantastic achievements of our young artists, designers and makers. We hope you enjoy celebrating their success with us!



ART, DESIGN AND TECHNOLOGY

Frame it Friday!

A weekly round up of our successful creatives...

Spotlight on...

GRAPHICS

Handmade drawing

YEAR 9

Our Year 9 Graphics students have begun their GCSE Foundation Year by exploring influential design movements throughout history. As part of their studies, students created hand-drawn artwork inspired by Pop Artist Roy Lichtenstein before enhancing and colouring their designs digitally using Photoshop. This project has helped students develop an understanding of how graphic designers combine traditional artistic skills with modern digital techniques to create engaging visual outcomes.

Photoshop design

YEAR 10

Our Year 10 students are currently working on a Mock Examination unit, where they have selected either 'Nature' or 'Places and Spaces' as their theme. Students have begun their projects by experimenting with a range of design techniques, including duotone effects, kaleidoscopes and pixel glitch.

YEAR 11

Our Year 11 students are currently completing their main coursework unit, titled 'Portraits'. Students have selected their own personalised creative direction and are using a range of traditional and digital techniques to develop and produce high-quality outcomes. This independent approach allows students to explore their individual interests while demonstrating the skills they have developed throughout the course.

THINK CREATIVELY. GROW CONFIDENTLY.

ART, DESIGN AND TECHNOLOGY

Frame it Friday!

A weekly round up of our successful creatives...

Spotlight on Textiles!

Y9 MICROSCOPIC WORLDS

Year 9 have made an excellent start to their year of skills-building in Textiles! Students have begun with a Microscopic Worlds project, using real-life cells and microscopic imagery as a source of inspiration for their designs.

Y10 RHS BRIDGEWATER GARDENS TRIP

Our Year 10 Textiles students enjoyed an inspiring visit to RHS Garden Bridgewater as they begin their Component 1 coursework. Students gathered valuable primary research, taking some fantastic photographs and discovering a wide range of exciting visual starting points. T

Y11 JULIA WRIGHT ARTIST WORKSHOP

Our Year 11 Textiles students had the fantastic opportunity to work with artist Julia Wright in a specially designed workshop to support their Component 1 coursework. Julia shared insights into her creative career and industry experience, while encouraging students to explore new ideas, experiment and consider exciting ways to develop their portfolios.

THINK CREATIVELY. GROW CONFIDENTLY.

Art, Design & Technology

ADT Workshop

- Wednesday 14th October
- 3:05-4:05pm - T9
- Art-Autumnal printmaking

Y7 and Y8

See your art/tech teacher to sign up!
Limited places!

Macmillan Coffee Morning Success!

A huge thank you to our wonderful staff who baked, donated and supported our Macmillan Coffee Morning last week.

We are delighted to share that together we raised over £160 for this fantastic cause, helping to support people living with cancer and their families.

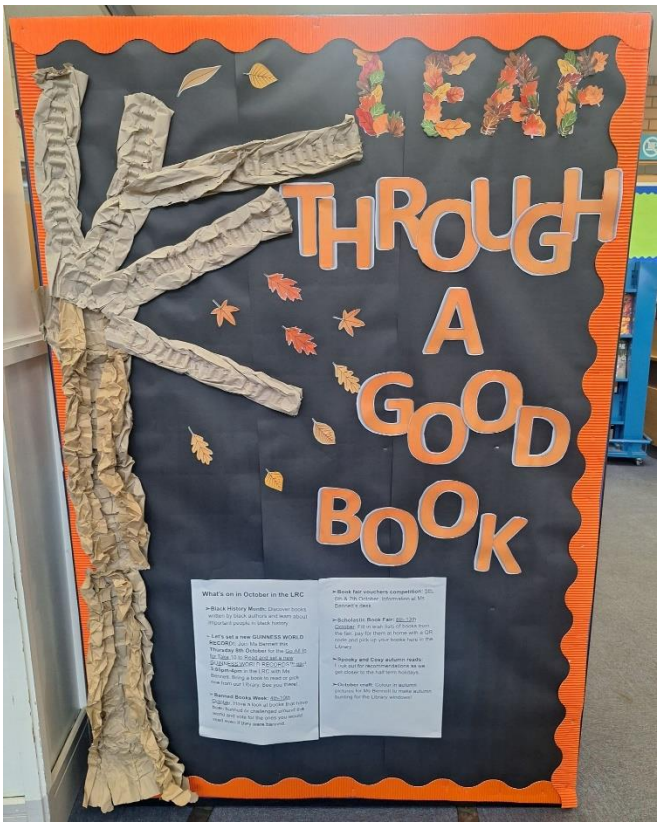
The event was filled with delicious homemade cakes, generosity and community spirit. Thank you to everyone who contributed and helped make the morning such a success.

Every slice sold made a difference!

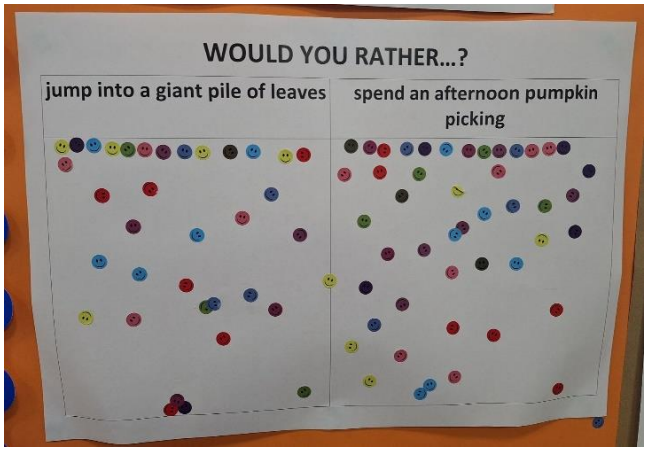
Library Lowdown

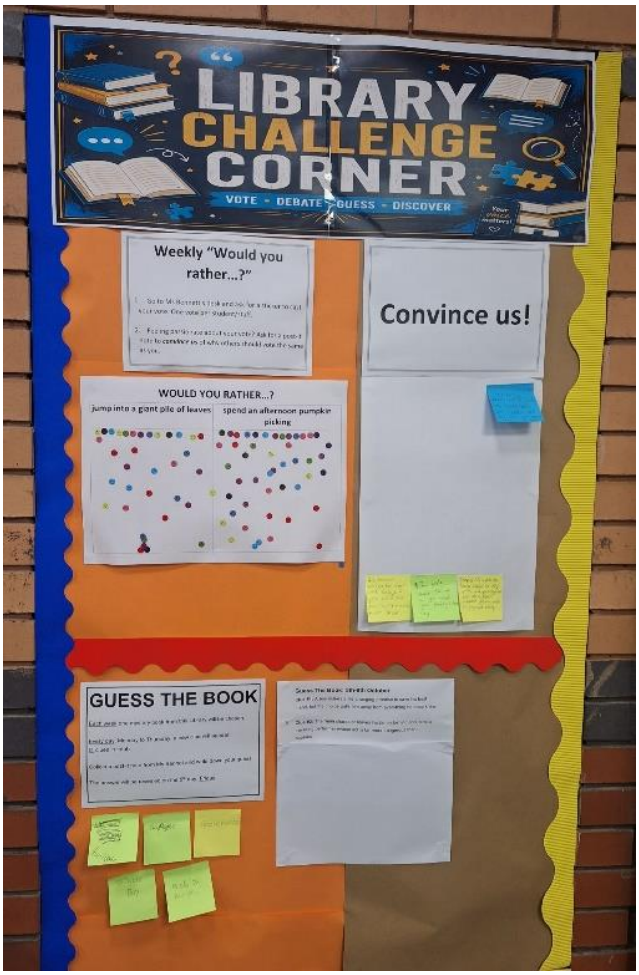
Fresh reads and library updates from our new Librarian Ms Bennett.

October in the LRC



Autumn is almost upon us as the days grow shorter and the trees start to lose their leaves. The October half term holiday is just around the corner, and we have a jam-packed schedule this October in the run up to it with different themes and activities to encourage our students to “Leaf Through A Good Book”. As always, our Challenge Corner has been receiving many visits from our students as they vote in the Would You Rather…? questions and the Guess the Book challenges.





On top of this, this month, we have already started our displays with our first one for Banned Books Week (4th - 10th October). A selection of titles from the library shelves has been put out, all books that have either been banned or challenged in different countries around the world. This has piqued the students' curiosity and they have been voting on the books that they would still read, even if they were banned in our school.

The fun does not stop there as we prepare to welcome a Scholastic Book Fair to our school from the 8th to the 13th of October. In anticipation of it, we have been running a competition in the library for five lucky students to win a £5 gift voucher each to spend at the book fair. Students have been searching for the Standish High owl posters around the LRC to uncover the hidden phrase. All correct entries will be entered into a prize draw with the five winners announced on Thursday 8th October.

Upcoming events this month

It is Black History Month and as well as having a selection of fiction and non-fiction books celebrating black authors and black history, students will also be able to learn more about famous black people, past and present, in our interactive display board. Students can move the pieces around the board to match the names with their achievements. Want to know even more about these famous figures? This is a perfect chance to hone your research skills to learn all about them.

Finally, in the week before the October half term holiday, our Student Librarians will be putting together book recommendations to read while off school and throughout autumn - some cosy reads for those darker autumn nights and some spooky reads to get into the Halloween spirit. Look out for their display in the final week of this half term.

And, don't forget, do as the ghosts do and read boooooooo-ks!

News from the Futures Team

Winstanley College

EXCELLENCE SUPPORT INSPIRATION

OPEN EVENTS

- Saturday 03 October 2026 (9:30am - 12:30pm)
- Wednesday 21 October 2026 (5:00pm – 8:00pm)
- Thursday 12 November 2026 (5:00pm – 8:00pm)
- Wednesday 13 January 2027 (5:00pm – 8:00pm)

Booking link:

See our website for more details - www.winstanley.ac.uk

Any queries please email admissions@winstanley.ac.uk or call 01695 628610

Wigan & Leigh College

SHEVINGTON F.C.
EST. 1924
SHEVINGTON FC
UNDER 13'S
PLAYERS WANTED!
CURRENT YEAR 8
We are looking for medium ability with existing experience to join our Under 13's squad playing in the Sunday Wigan League.
TRAINING FRIDAYS
6.30 - 7.30PM
ST JOHN RIGBY
GET IN TOUCH-
ANDREW -
07725172024
ONE CLUB. ONE TEAM. ONE GOAL.

BURSCOUGH FC
ACADEMY
PLAY | LEARN | DEVELOP | BELONG
OPEN EVENING
& TRIALS
MONDAY 12TH OCTOBER
STARTS 6PM
access sport
nationwide accident hire

MOSAIC
LEARNING TRUST
Raising Aspirations,
Empowering Futures

Standish Community High School

WE ARE RECRUITING

Assistant Headteacher -
Teaching & Learning, Pedagogy & Professional Development

Standish Community High School is seeking an exceptional Assistant Headteacher to lead Teaching & Learning, Pedagogy, Literacy, Oracy and Professional Development. This is a unique opportunity for an evidence-informed leader to influence classroom practice, develop staff expertise and drive whole-school improvement as part of a committed and ambitious Senior Leadership Team.

Further details regarding the post are included in the 'Candidate Pack' attached.

We encourage applicants to apply through Teacher Vacancies and MyNewTerm or by filling in the school's application form found on the School Website. Completed application forms can be forwarded by email to: recruitment@standishchs.wigan.sch.uk

The closing date for applications is **Monday 19th October 2026 at 9.00.am** Interviews are scheduled to take place on the 21st and 22nd October 2026 (Candidates may be required on both days)

MOSAIC
LEARNING TRUST
Raising Aspirations,
Empowering Futures

Standish Community High School

WE ARE RECRUITING

Teacher of History (Maternity Cover)

Standish Community High School is advertising for a temporary Teacher of History to commence employment on the 1st January 2027.

We are looking to appoint an innovative and enthusiastic Teacher of History with exceptional subject knowledge to join our Humanities department at Standish Community High School. The successful candidate will teach KS3 and KS4 History. Applications are sought from people with energy, commitment and a determination to succeed. This post is open to both experienced teachers and those new to the profession.

Further details regarding the post can be found on the School Website

We encourage applicants to apply through Teacher Vacancies and MyNewTerm or by filling in the school's application form found on the School Website. Completed application forms can be forwarded by email to: recruitment@standishchs.wigan.sch.uk

The closing date for applications is **Monday 12th October 2026 at 9.00.am.**
Interviews are scheduled to take place week commencing Monday 19th October 2026

Superdrug
Nurse Clinic

HELP TO PROTECT YOUR

CHILD FROM COMMON INFECTIONS

SAFE, EFFECTIVE & NURSE LED CARE

Stay protected. Stay confident.

Children's vaccines available at **Superdrug Nurse Clinic.**

- CHICKENPOX
- MENINGITIS B
- SHINGLES
- WHOOPING COUGH
- PNEUMONIA
- MMR

Quick & convenient appointments

For children & eligible families

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Qualified Nurses | SAFE Safe & Effective | 18+ For children & eligible families | Health & Happiness

Appointments subject to availability.
For full eligibility and vaccine information, visit superdrug.com/nurse-clinic

SNC2024

YOUTH CONNECT 5

A FREE, FIVE-WEEK COURSE FOR PARENTS AND CARERS

Youth Connect 5 gives you the knowledge, skills and understanding to help your children develop strong emotional wellbeing.

You'll learn about resilience techniques that will strengthen your child's ability to deal with adversity, threats or even significant sources of stress - skills that will remain with them into adulthood.

As parents, we can't always control life's situations, but being able to handle these challenges comes from having strong skills of resilience - we like to think of it as being able to bounce back when life gets tough.

Start Date – Tuesday 10/11/26

Start Time – 9.30am to 11.30am

Venue – Family Hub at Leigh, Walmesley Road, Leigh, WN7 1XL

YOUTH CONNECT 5
Supporting the emotional wellbeing of young people

Developed from the original Connect 5 programme led by Stockport Council and further adapted and delivered by Merseyside Youth Association, Youth Connect 5 is commissioned by Champs Public Health Collaborative and funded through Health Education England.

Time and date to be confirmed.

This will be an online programme for 3 weeks

For more information and to book a place please contact the Earlyhelpdevelopmentteam@wigan.gov.uk

Free School Meals & Pupil Premium Eligibility

Check if you're eligible for extra support

Free School Meals (FSM) and Pupil Premium funding provide valuable support for children and help schools offer enhanced opportunities for all pupils. Many families are eligible but have not yet applied.

What are the benefits?

If your child qualifies, they may receive:

- Free school meals
- Support with trips and activities
- Additional help in school to support learning

You help the school secure additional funding to improve opportunities for all pupils.

Who can apply?

You may be eligible if you receive benefits such as Universal Credit or other qualifying support. It's always worth checking.

How to apply

Applying is quick and confidential. You will need:

- Parent/carer details
- Child's name and date of birth
- National Insurance number

Next steps

- Please complete the eligibility check using this link Apply for free school meals | Instructions – Wigan Council

If you need any help or have questions, please contact the school office and we'd be happy to support you.

Parent/carer Updates

Please can we ask that your child does not bring into school:

Nuts of any type – Lupin – Kiwi – Shellfish

This is due to a number of staff and students having very serious allergy issues. Also please do not allow your child to bring any nuts into school as a snack or part of a packed lunch. Thank you for your support with this.

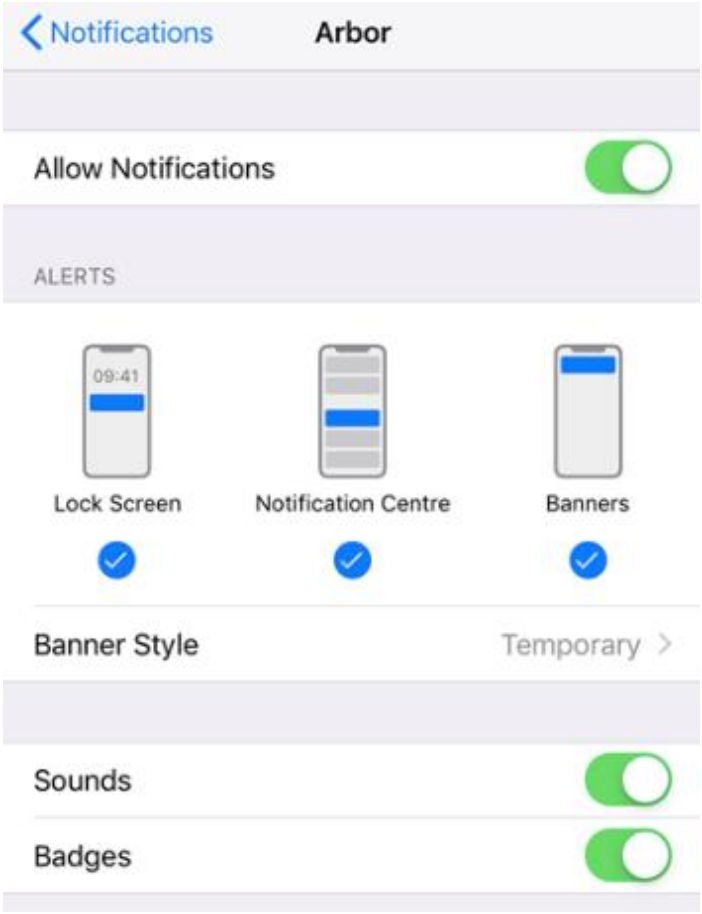
Arbor Updates

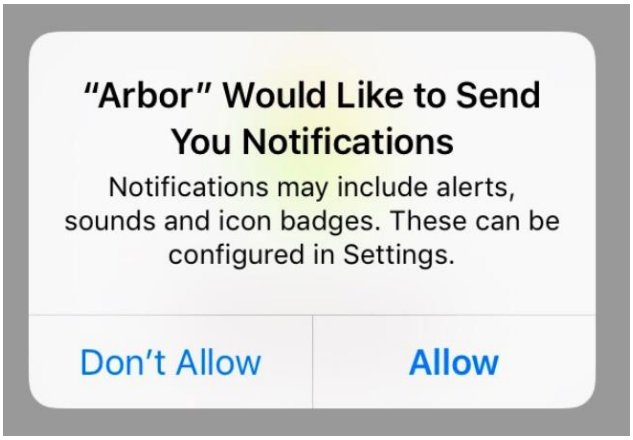
Polite reminder to parent/carers to ensure that you enable Arbor notifications. If you have the application installed on your phone, all crucial school notices will appear directly through the Arbor app.

If you do stop receiving messages, you can complete the following steps to enable them again:

1. Close the Parent App (make sure that it's not running at the background - see this video on how to do this).
2. Go to your settings and switch OFF push notifications for the Parent App.
3. Restart your phone.
4. Go to the settings and switch ON push notification for the Parent App.
5. Restart your phone again.
6. You should then be able to receive push notifications again.

If after all the steps above have been completed and push notifications are still not appearing, uninstall the Parent App from the device and install it again. When installing the second time, make sure that you agree to receive push notifications from the app.


Notifications
Arbor
Allow Notifications
ALERTS
09:41
Lock Screen
Notification Centre
Banners
Banner Style
Temporary
Sounds
Badges


"Arbor" Would Like to Send You Notifications
Notifications may include alerts, sounds and icon badges. These can be configured in Settings.
Don't Allow
Allow

Arbor

Internet Matters Guidance for Parents/Carers

The internet matters website is a great resource for parents/carers who want step-by-step guidance about how to monitor their child's usage. It helps set up family sharing and set restrictions and downtime. For more details, see the website below. A handy guide has been sent to all parents/carers.

https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apples-family-sharing/

Please be respectful of our neighbours and community

Unfortunately, we have had a number of concerns raised by our neighbours and members of our school community regarding the movement of cars close to the school site during school drop off and pick up. Can we please ask that you park respectfully when waiting for your child and you do not block pavements and driveways? Due to the congestion at certain times, please be mindful of your speed. We do not wish for any of our school community to be involved in a traffic accident. Many thanks for your support and consideration.

STANDISH_CHS

If you want more regular updates about what's going on at Standish, why not follow our new Instagram account? Our handle is @standish__chs and the link is: https://www.instagram.com/standish__chs/ If you're more of a QR Code type of person, we've got one of those too!

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co- regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything *too* personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it *does* happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.

#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024

Standish Community High School

Uniform Plea

Can you please donate any school uniform that your child has grown out of as we are particularly short of blue jumpers, white shirts, skirts, trousers and PE kit. We need spare uniform to help our young people start the day well and to sort any issues quickly that occur during the day. We do not need any Year 11 jumpers at this moment in time. Please ask your child to bring any donated uniform to student reception. Items can also be left at our main reception.

Many thanks!

Optimistic October

Actions to help you focus on what really matters.

Immediate and Urgent Support

NHS 111 Option 2

- Available 24/7 for urgent mental health support.
- Residents can call NHS 111 and select Option 2 to access specialist mental health advice and support.

Urgent Mental Health Support by Text

Available for people experiencing emotional distress or a mental health crisis who would prefer to access support via text:

Samaritans

- Available 24 hours a day, 365 days a year.
- Call 116 123 free from any phone.
- Website: www.samaritans.org

CALM

- Suicide prevention helpline is for anyone over 18 affected by suicide or suicidal thoughts, open from 5pm - midnight every day.
- Live Chata and WhatsApp available
- Call 0800 58 58 58
- Website: CALM helpline | Suicide prevention helpline | CALM

Local Support and Resources

THRIVE in Wigan Our updated THRIVE in Wigan platform brings together a wide range of local mental wellbeing, suicide prevention, community and support offers available across the borough. https://padlet.com/Thrive_in_Wigan/thrive-in-wigan-lo9t03aeq54o8ivg

The platform includes support for:

- Children and young people
- Adults and families
- Suicide prevention
- Mental wellbeing
- Community groups and activities
- Crisis and urgent support
- Training and resources for professionals

Help and Support

Crisis Mental Health Support: Wigan 0-25yrs

Our crisis lines are free phone numbers and are available in Wigan and are for patients and the public of all ages (children, young people and adults) to call when they are experiencing a mental health crisis or are worried about someone else who may be in crisis. We recognise that professionals including GPs, police, paramedics and others may have someone they're supporting in their professional capacity that may be in crisis and needs urgent mental health support.

For young people 18-25yrs please contact Mental Health Crisis line: 0800 051 3253 open 24/7 (all age after 5pm)
Mental Health Urgent Response Team | Greater Manchester Mental Health NHS FT (gmmh.nhs.uk)
For children and young people (up to the age of 18), please contact:
Wigan CAMHS Team on 01942 775400 open 9-5pm please call 0800 051 3253 after 5pm.

Support for Children & Young People

Young Minds

Charity that offers information about mental health and emotional wellbeing. YoungMinds | Mental Health Charity For Children And Young People | YoungMinds

ADHD Foundation – children support online https://www.adhdfoundation.org.uk/childrens/

Beat (national eating disorder charity) www.b-eat.co.uk Contact: 0345 634 1414

Support for Parents / Carers
Papyrus supporting your child with self-harm and suicidal thoughts
PAPYRUS Launch New Guide For Parents | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)

Young Minds Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines) https://youngminds.org.uk/**ADHD Foundation support for parents** - https://www.adhdfoundation.org.uk/parents/**Family Meditation training and workshops** – www.talkfirst.org

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