



William Brookes School
and Sixth Form

NEWSLETTER



WBS NEEDS YOUR HELP

WBS students have designed and will be making a Christmas tree to include in this year's Much Wenlock Christmas Tree Festival. This event is held in Holy Trinity Church on Friday 1st December - the day before the Christmas Fayre which will take place this year on Saturday 2nd December. To minimise any damage caused to the environment, our tree will be made from materials that the school would otherwise have been discarded or set aside for recycling.

Mr Jones is looking out for any unwanted Christmas decorations that could be used to decorate the school corridors. If you have any decorations you are planning to dispose of, he would be very grateful for any donations.





William Brookes School
NEWSLETTER
& Sixth Form
NEWSLETTER



**WILLIAM BROOKES
SCHOOL**

Awards achieved

Well done to all the participants who have been working hard to complete their DofE Awards. If you have put evidence on eDofE it will be reviewed by Miss McCombie before your Award can be sent for verification. Once verified we will then print and distribute certificates. If you haven't heard anything about your Award please check your emails, as if we find any issues you will be emailed telling you how to rectify the problem.

Registration

All new Bronze and Silver participants have now been processed. All new participants need to ensure that they have activated their eDofE accounts and have inputted their programme plans. DofE sends Welcome packs out via post to participants home addresses once the account is activated.

Completing DofE Awards

The expedition section is only one quarter of a DofE Award. In order to complete their Award, participants must also complete volunteering, physical activity and learning a skill. Each section must have a report written by an assessor at the end of timescale, which must then be uploaded to the participants eDofE account. If participants are having any problems with completing their Award, please contact Miss McCombie.

If a participant is struggling to find suitable activities for their programme, many ideas can be found at www.dofe.org/dofewithadifference/activities

Please remember that program plans need to be entered into eDofE for approval before starting the activity. Once the required time has passed, assessors need to write an assessor report which needs to be uploaded as evidence to eDofE. This can be done at www.dofe.org/assessor

eDofE App

Participants can access their eDofE account via the DofE App. Participants can now set their activities, record evidence and submit programmes for approval at any time, no matter where they are. The DofE App is currently available for participants to download on Android and iOS. You can download the App by going to the Google Play Store or Apple App Store and searching 'The Duke of Edinburgh's Award'.

Open expeditions

If your child is unable to attend the school organised expeditions, then they can join an open expedition run by an Approved Activity Provider (AAP). School uses Chase Training Solutions as their AAP, and the dates of their open expeditions can be found on their website here

<https://chasetrainingsolutions.co.uk/dofe-expeditions/>

Other opportunities can be found by searching <https://www.dofe.org/opportunity-finder/>

Much Wenlock Christmas Market

**Saturday 2nd December
10am - 5pm**



**WBS school will be running the
famous Chocolate tombola stall
again!**

**We need chocolate
donations!**



**Please bring donations to your
tutor who will award a Coubertin
house point or drop off at
reception.**

College /6 th form	Open days Always Check Prior to attending. Most now require you to book online prior to event.
 William Brookes 6th Form 01952 728900 www.williambrookes.com	15 November 2023 6-8pm
Post 16 Options Road Show 	Impartial information event for all year 11s for local 6th forms, Colleges and apprenticeships. Virtual Roadshow 21 September 2023 – 30 June 2024 See Shrewsbury College website for more details. Post 16 Options Roadshow Shrewsbury Football Ground 2 October 2023 4pm – 7.30pm Post 16 Options Roadshow: Telford (Holiday Inn) 7 October 2023 9.30am-12.30pm Book your place at www.futurestudy.co.uk
Shrewsbury Colleges Group 01743 342342 www.scg.ac.uk 	Open Evenings Virtual Open evening, online 10 October 2023 from 4.30pm A level and Vocational Art Courses 19 October 2023 from 4.30pm Welsh and English Bridge Campus Vocational and Technical Courses 26 October 2023 from 4.30pm London Road Campus Further Open Evenings in Spring Year 11 Subject Tasters A levels and Arts Tasters (English and Welsh Bridge) Saturday 18 November 2023 from 9.30am Vocational and Technical Tasters (London Road Campus) Saturday 25 November 2023 from 9.30am

Telford College
 01952 642200
 01952 642237 (Student Services team)
www.telfordcollege.ac.uk



Open Events

Book online

11 October	2023	5pm-7.30pm
15 November	2023	5pm-7.30pm
31 January	2024	5pm- 7.30pm
20 March	2024	5pm- 7.30pm
19 June	2024	5pm- 7.30pm

VIP personalised tours can be booked online at a time to suit you.

Shrewsbury Town College & University



<https://www.stfccollegeanduniversity.co.uk>

01743 289177 EXT 8
 Recruitment@foundationstfc.co.uk

Shrewsbury Town Football Club (Media Suite), Oteley Road, Shrewsbury, SY2 6ST

Practical Taster session and Open Events

~~9 October 2023 from 7.15pm~~
~~6 November 2023 from 7.15pm~~
 27 November 2023 from 7.15pm
 11 December 2023 from 7.15pm

Further Education
 Level 2 & 3 Courses in Sport, Physical Activity and Business

Higher Education
 Degree in Sports Development, Coaching and Business

South Staffordshire College (Rodbaston Campus)
 01785 712209
www.southstaffs.ac.uk



Land based courses

Saturday Open Events

Saturday 25 November 2023
 Saturday 20 January 2024
 Saturday 9 March 2024
 Saturday 18 May 2024
 Saturday 22 June 2024

All open events are from 10am to 1pm on all sites – please book your attendance on the website!

Hands on taster days during February 2024 half term – see details on website nearer the time.

Herefordshire, Ludlow and North Shropshire College - WALFORD COLLEGE



www.nsc.ac.uk

Walford Campus (Near Baschurch, Shrewsbury)
0800 032 1986

Land based Courses

Access Sport (Formerly Coaching Connexions) (Telford ADC)



01952 640064
Contact:
sam.simmonds@accesssport.ac.uk
Mobile: 07879770950

<https://accesssport.ac.uk/>

Saturday Open Events

- ~~Saturday 14 October - 10.00am - 12.30pm~~
- Saturday 3 February - 10am - 12.30pm
- Saturday 15 June - 10am - 12.30pm

Taster Days

These have to be booked by your current place of education.

1 December 2023

For enquiries please contact :

info@nsc.ac.uk

For aspiring young people with a desire to work in the sport and active leisure industry. BTEC L2 and L3 courses in Sport based at AFC Telford United Football Ground.

Apply here for place and/or open day invite (same form)

<https://accesssport.ac.uk/applying-for-a-course/>

- ~~25 October 2023 5-7pm interview evening~~
- ~~30 October 2023 1-3pm practical event (Half term)~~
- 7 February 2024 5-7pm interview evening
- 12 February 2024 1-3pm practical event (Half Term)
- 20 March 2024 5-7pm interview evening
- 25 March 2024 1-3pm practical event (Half Term)
- 22 May 2024 5-7pm interview evening
- 27 May 2024 1-3pm practical event (Half Term)

The interview Evenings will be at the Telford ADC football club and the practical events at the 4G pitch in Madeley, by the ski slope.



Armed Forces Careers Offices

01743 232678 (Shrewsbury Army Careers Office, RAF and Navy initial contact point)

01902 423892 (Wolverhampton Army Careers Office only)

Both open 9am - 5.30pm Monday to Friday and open in school holidays - make an appointment first.

<p>Wolverhampton College 01902 836000 www.wolvcoll.ac.uk</p> 	<p>Open days</p> <p>11 October 2023 4-7pm 13 January 2024 10-2pm 24 April 2024 4-7pm 15 June 2024 10-2pm</p> <p>For taster sessions please book/organise through Danielle Jones. JonesD@wolvcoll.ac.uk</p>
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<p><u>Incomm Engineering Apprenticeships (formerly MCMT)</u></p>  <p>Jayne Guest Recruitment Manager M: +44(0)7391015415 E: jayneq@in-comm.co.uk W: in-comm.co.uk</p>	<p>Engineering Apprenticeship Training Centre</p> <p>Open day dates.</p> <p>1 November 2023 10-2 14 February 2024 10-2</p>
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 <p><u>Telford Apprenticeship Show</u></p> 	<p>What University? & What Career? Live</p> <p>Birmingham NEC</p> <p>Saturday 2 March 11-3pm</p> <p>https://www.whatcareerlive.co.uk/events/birmingham/directions/</p> <p><u>The Telford Apprenticeship show should be in March 2024 – awaiting dates.</u></p>
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Training Providers (Apprenticeship support and study programmes to improve confidence, self esteem, employability skills, Maths and English retakes)

Further apprenticeship support is also available at Enable (once left School) 01743 276900 and all the local Colleges. Others Below.

<https://www.gov.uk/apply-apprenticeship> - The National Apprenticeship Website.

<p>SBC Training</p> <p>01743 454810 (Shrewsbury)</p>  <p>info@sbc-training.co.uk Amanda.carpenter@sbc-training.co.uk</p> <p>Apprenticeships, in Construction, Engineering, accountancy, Digital Marketing, ICT and Business at Level 2 and 3 and Careers Support.</p> <p>www.sbc-training.co.uk/vacancies</p>	<p>Apprenticeship Support</p> <p>Contact SBC for further information and support. Workshop dates throughout the year – dates to be <u>announced</u>.</p>
<p>Juniper Training</p>  <p>01952 <u>299016</u> (Telford)</p> <p>Enquiries@junipertraining.co.uk kayley.pinches@junipertraining.co.uk Adam.Richardson@junipertraining.co.uk</p> <p>16-18 study Programme and vocational pathways, traineeships and apprenticeship support.</p>	<p>Open Day</p> <p>Wednesday 1 November 2023 3.30pm- 6pm Wednesday 17 January 2024 3.30pm – 6pm Tuesday 13 February 2024 3.30-6pm Wednesday 27 March 2024 3.30-6pm Wednesday 29 May <u>2024</u> 3.30-6pm</p> <p>Contact Juniper for further information and support and individual visits can be arranged.</p>
<p>Nova Training</p> <p>01952 243380 07951744289</p>  <p>www.novatraininq.co.uk SharonHumpheries@novatraininq.co.uk</p>	<p>Visits can easily be arranged by phoning Sharon <u>Humpheries</u> 07951744289</p> <p>Study programme, Apprenticeship support, Construction Motor Vehicle workshops</p>

<p>Landau</p>  <p>01952 245 015 (Wellington, Telford)</p> <p>https://www.landau.co.uk/ gail.smallman@landau.co.uk hayley.foley@landau.co.uk</p> <p>Study programmes/work tasters</p>	<p>Contact Landau for further information and support</p>
<p>County Training</p>  <p>0345 6789023 j.hackett@hlnc.ac.uk apprenticeships@hlnc.ac.uk enquiries@countytraining.ac.uk</p> <p>Website https://hlnc.ac.uk/apprenticeships/county-training/</p>	<p>Contact County Training for further information and support (September starts only)</p> <p>Delivering apprenticeships and work-based training across Shropshire and Telford & Wrekin (September start only)</p>
<p>JTL Electrical Apprenticeships</p>  <p>Joseph Lo 07760554035 0808 5990856</p> <p>https://jtltraining.com/about-us/location-centres/telford/</p>	<p>Electrical Apprenticeships</p> <p>At JTL Telford most courses run from September until July, on some occasions, there is the opportunity to join a group during the year.</p>

CAREERS INFORMATION UPDATES



Events coming up

William Brookes 6th Form Open Evening

15 November 2023 6.00p.m - 8.00p.m.

Shrewsbury Colleges Group

Year 11 Subject Tasters A levels and Arts Tasters (English and Welsh Bridge)

Saturday 18 November 2023 from 9.30am Vocational and Technical Tasters (London Road Campus)

Vocational and Technical Tasters (London Road Campus) Saturday 25 November 2023 from 9.30am

Telford College

Website: www.telfordcollege.ac.uk

Bookable online open event

15 November 2023 5pm-7.30pm

Shrewsbury Town College & University

Shrewsbury Town football Club

Practical & Taster Sessions

6 November 2023 from 7.15pm

27 November 2023 from 7.15pm

South Staffordshire College (Rodbaston Campus)

Saturday open events. Please book attendance on the website

Saturday 25 November 2023 10.00am - 1.00p.m

Apprenticeships & Training Providers

Information on various other routes that are available to all students

Incomm Engineering Apprenticeship

Engineering Apprenticeship Training Centre Open day dates. 1 November 2023 10-2

Jayne Guest | Recruitment Manager

M: +44(0)7391015415

E: jayneq@in-comm.co.uk

Website: in-comm.co.uk

Juniper Training

01952 299016 (Telford)

Enquiries@junipertraining.co.uk

Apprenticeship Support Contact SBC for further information

SBC Training 01743 454810 (Shrewsbury) info@sbc-training.co.uk Amanda.carpenter@sbc-training.co.uk

Nova Training

01952 243380

07951744289

Website: www.novatraining.co.uk

SharonHumpheries@novatraining.co.uk

Landau

for further information and support on Study programmes/work tasters

Contact Landau for further information and support on

Practical Taster session and Open Events

01952 245 015 (Wellington, Telford)

Website: <https://www.landau.co.uk/>

County Training

0345 6789023

j.hackett@hlnsc.ac.uk

apprenticeships@hlnsc.ac.uk

enquiries@countytraining.ac.uk

Website: <https://hlnsc.ac.uk/apprenticeships/county-training/>

JTL Electrical Apprenticeships

Joseph Lo 07760554035

0808 5990856

Website: <https://jtltraining.com/about-us/location-centres/telford/>

William Brookes
School & Sixth Form

WILLIAM BROOKES SIXTH FORM

O P E N E V E N I N G
1 5 T H
N O V E M B E R
6 P M - 8 P M

Let us be your "Pathway to success"

Follow us: @wbs_sixthform

For more information email:
wbs-sixthform@wbs.318education.co.uk

Reach new heights



Designed specially for 16 and 17 year olds, this NCS local community experience will engage, unite and empower you. You'll build your confidence to help achieve your dreams, no matter where you're from.



At SYST we provide 5 different opportunities to get involved

16 hours for each activity - 48 hours total - at no cost!



1 **Employability including post 16 and 18 career guidance** (Includes Work, Life and Soft Skills)

Interview techniques - CV writing - exploring pathways into work - higher education - self employment - access to Start profile which gives real time info on local labour market - jobs, routes to careers - CV - Soft skills assessments (listening, speaking, problem solving, decision making creativity, staying positive, teamwork).



2 **Entrepreneurial and Business start up Skills**

Business ideas exploration - workshops on various topics - **financials**, marketing, **business plan**, getting customers, **registering a business/client base**.



3 **Mental Health guidance and support**

NHS Mental Health drop in sessions, 1-2-1 or group. Psychologist workshops helping uncover unique strengths, talents and passions, cultivating self awareness, emotional agility and resilience.



4 **Volunteering & Work Experience**

Work experience opportunities, office, maintenance, **gardening**, decoration etc. **Volunteering opportunities** such as dog grooming, **retail**, cleaning, **gardening**, sports activities, **charity shops**.



5 **Engagement & Social Inclusion activity**

Street dance, climbing rope activities, **parkour** and more!

Terri Evans
Youth Engagement Officer
terri@systbusiness.co.uk



William Brookes School PE Department After School Clubs (15:20-16:30) *unless stated



Starting Mon 11th Sept 2023 until Fri 15th Dec 2023

For more live information please subscribe & download the squad in touch app <https://app.squadintouch.com/#register>

	Outdoor Space MUGA, Grass, Astro turf		Sports Hall	Swimming Pool
Monday				Performance Swimming Club (Lane Swimming)
STAFF				Miss Bagnall
Tuesday	Y7-11 Netball	Y9-11 Football	Y7-11 Basketball	Improvers Swimming Club
STAFF	Mrs Jardine	Mr Boak	Mr Wilson	Miss Bagnall & Ms Coleing
Wednesday	Y7&8 Boys Rugby		Badminton *Y7&8 3.20 - 4.10pm *Y9-11 4.10 – 5pm	
STAFF	Miss Johnson		Mr Bourton & Mrs Hennessy	
Thursday	Y7-11 Girls Football	Y9-11 Rugby	Running Club/Biathlon training	
STAFF	Mr Boak	Miss Johnson	Mr Ridge & Mr Thursz	
Friday	Y7&8 Football	Y7-11 Hockey	Wenlock Lightning Netball Club *Y7-9 5.00 – 6pm *Y10-13 6.00 – 7pm	
STAFF	Mr Boak/Mr Parkes	Mr Wilson	Mrs Jardine	



Dance Clubs



Day of the Week	Year Group	Where	Time
Monday	Year 9-11 Dance Club	Studio 2	3:20-4:20
Wednesday	Year 7-8 Dance Club	Studio 3	3:20-4:20
Wednesday	Elite Dance: Y7-13 (Audition Only)	Studio 2	3:20-4:20
Thursday	Year 11 GCSE Dance Rehearsal/Revision	Studio 2	3:20-4:20

Please come and join us at one of the WBS Dance Clubs this year.

Lots of exciting show opportunities coming up!

Bike maintenance club,
Open for those who want to learn how to fix and maintain their bikes.
In DT, on Wednesday 1515-1600
Any questions, ask Mr Thursz 😊





The Unlikely Pilgrimage of Harold Fry (12a)	Mon 6 Nov
Exhibition on Screen: Klimt & The Kiss (12a)	Thu 9 Nov*
Mr Jones (15)	Mon 13 Nov
National Theatre Live: Skylight	7pm Thu 16 Nov*
The Fabelmans (12a)	Mon 20 Nov
The Little Mermaid (2023) (PG)	Mon 27 Nov
The Nettle Dress (12a)	Thu 30 Nov*
Mrs Harris Goes to Paris (PG)	Mon 4 Dec
A Christmas Carol (1984) (U)	Mon 11 Dec

Bar opens 6.30pm

Movie begins 7.30pm

Tickets £5 (Concessions £4)

*** Tickets £10 (concessions £8)**

in advance from

www.ticketsource.co.uk/edgeartscentre

or pay on the door

William Brookes School, Farley Road, Much Wenlock
01952 728911

Three Acres And A Cow



Friday 24 November 2023 7pm

The Edge Arts Centre Farley Road, Much Wenlock, Shropshire, TF13 6NB

Three Acres And A Cow is a history of land rights and protest in folk song and story. The show connects the Norman Conquest and Peasants' Revolt with current issues like the housing crisis, reparations, climate breakdown and food sovereignty via the Enclosures, English Civil War and Industrial Revolution, drawing a compelling narrative through the radical people's history of England in folk song, stories and poems.

Part TED talk, part history lecture, part folk club sing-a-long, part storytelling session... Come and share in these tales as they have been shared for generations.

Tickets <https://www.tickettailor.com/events/threeacresacow/1000798>

"I think about this show all the time. It has totally changed the way I think about colonialism, direct action and English nationalism. Thinking about it today, 4 years after seeing the show, it's clear it was a life changing event for me." Monique

"The history lesson I've always wanted. Thank you for a very entertaining/life changing evening. I'll be looking at the land and listening to folk songs in a very different way" Emily

Doors 6.30pm with the show starting promptly at 7pm. We will finish around 9.45pm with one interval.

Post 16 Options Roadshow

If you're unsure of your next step after leaving school next summer, don't worry: these events are perfect for you. And if you've already got a good idea of your future, these are fantastic opportunities to meet with the colleges and organisations that you are looking to join.

As well as presentations spotlighting the different routes open to you - A Levels, BTECs, T Levels and apprenticeships - we will have all the main providers of post-16 education in the region.

Whether you are looking to go to university or employment, come and speak to the experts including... Hereford Sixth Form | NHS | Haberdashier's Adams | Telford College | Shropshire Youth Support Trust | Madeley Academy Sixth Form | William Brookes School | Royal Navy

Virtual Expo, online

~~21 September 2023, 6.30pm~~

Shrewsbury Town Football Club

~~2 October 2023, from 4.00pm~~

Telford Holiday Inn

~~7 October 2023, from 9.30am~~



Open Evenings

Open Evenings at SCG give you the opportunity to visit our campuses, see our facilities, and talk to teachers and current students about what our courses involve and what student life is like. College support staff will be on hand to talk to you about careers, transport and finance. You will be able to visit other areas including our learning resources centres, social spaces and cafés.

Virtual Open Evening, online

~~10 October 2023, from 4.30pm~~

A Level and Vocational Art Courses, English Bridge & Welsh Bridge campuses

~~19 October 2023, from 4.30pm~~

Vocational and Technical Courses, London Road Campus

~~26 October 2023, from 4.30pm~~

A Level and Vocational Art Courses, English Bridge & Welsh Bridge campuses

~~7 November 2023, from 4.30pm~~

Further Open Evenings in spring.

Year 11 Subject Tasters

It can be hard to choose three or four different A Levels or to decide on one vocational subject, which is why we run Subject Tasters where you can try out our courses to see if you want to apply for them. These on-site events also provide you with an idea of what college life is like.

English Bridge & Welsh Bridge campuses

Saturday 18 November 2023, from 9.30am

London Road Campus

Saturday 25 November 2023, from 9.30am



SHREWSBURY
COLLEGES GROUP

Find out more information or
book your place at
www.scg.ac.uk/events





Walford
College



Taster Days & Events

Taster Days:


Taster Days will need to be booked via your current place of education.

 1st December 2023

Introduction Day:

 6th June 2024

Open Days:

 ~~14th October 2023~~
10:00am - 12:30pm

 3rd February 2024
10:00am - 12:30pm

 15th June 2024
10:00am - 12:30pm



For More Information:

E: info@nsc.ac.uk
T: 0800 440 2281
hlpsc.ac.uk

Walford College, Baschurch
Shrewsbury, Shropshire
SY4 2HL

 [walfordcollege](https://www.facebook.com/walfordcollege)
 [walfordcollege](https://www.instagram.com/walfordcollege)



VISIT OUR OPEN EVENTS

▶▶▶ YOUR CAREER STARTS HERE

With lots of full-time courses, part-time courses, apprenticeships and university courses on offer at South Staffordshire College, there are options for everyone. Come and meet the tutors and have a look around your local college in Cannock, Tamworth, Torc, Lichfield or Rodbaston in Penkridge.

- | | |
|------------------------------------|-------------------|
| ▶ SATURDAY 15 OCTOBER 2022 | 10AM – 1PM |
| ▶ SATURDAY 26 NOVEMBER 2022 | 10AM – 1PM |
| ▶ SATURDAY 14 JANUARY 2023 | 10AM – 1PM |
| ▶ SATURDAY 11 MARCH 2023 | 10AM – 1PM |
| ▶ SATURDAY 20 MAY 2023 | 10AM – 1PM |
| ▶ SATURDAY 24 JUNE 2023 | 10AM – 1PM |

To find out more and book your place, scan the QR code or visit: southstaffs.ac.uk/open-days



0300 456 2424

enquiries@southstaffs.ac.uk

southstaffs.ac.uk





TELFORD
COLLEGE

Ofsted
Good
Provider



Your career starts here... Join us for an open event

5pm - 7.30pm

11th October 2023

15th November 2023

31st January 2024

20th March 2024

19th June 2024

or book a 1:1 tour



New bus routes starting September 2023

- Ironbridge - Bridgnorth - Broseley - Ironbridge - Madeley - Stirchley - Dawley - Horsehay - Lawley
- Shifnal - Priorslee - Wrockwardine Wood - Trench
- Newport - Muxton - Donnington - Hadley

info@telfordcollege.ac.uk
01952 642200



Hear from Chat with

A chance for families of children with disabilities or special additional needs to meet services from education, health and social care. Plus Shropshire Parent and Carer Council.

The theme for Autumn is Special Educational Needs and Disabilities (SEND) support, Education and Health Care Plans (EHCPs) and annual reviews.

Hosted by Shropshire Early Help

Mon 13 Nov, 9.30am-12.30pm
The Centre, Oswestry, SY11 1LW

Mon 20 Nov, 9.30am-12.30pm
Sunflower House, Shrewsbury, SY1 4E

Fri 1 Dec, 9.30am-12.30pm
Raven House, Market Drayton, TF9 3AH

Thu 14 Dec, 9.30am-12.30pm
Helena Lane Community Centre,
Ludlow, SY8 2NP

A photograph of a woman and a young child sitting at a table, looking at a map together. The woman is on the left, wearing a white patterned sweater, and the child is on the right, wearing a dark blue sweater and jeans. They are both looking at a map spread out on the table. The background is a wooden wall.

the national
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle
with your child's
bedtime?

Will your child
not sleep in
their own bed?

WE CAN HELP

 **03303 530 541**

Monday, Tuesday & Thursday 7pm - 9pm

Monday & Wednesday 9am - 11am



Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm

Monday & Wednesday 9am - 11am

POWERED BY



IN PARTNERSHIP WITH

Furniture
Village



Want to know more about sleep?

ASK US THE
QUESTIONS YOU
WANT ANSWERS TO

 **03303 530 541**
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

We are delighted to inform you that our school is currently working with Crossroads Together to raise awareness and support young carers within Shropshire. Crossroads Together are the commissioned service in Shropshire to support young carers.

Who are Young Carers?

A young carer is a young person aged between 6-18 who care for a family member such as mum, dad, brother, sister or grandparents who suffer with a physical disability, poor ill health, learning disability, mental health, or substance and alcohol misuse.

What do young carers do?

- Practical tasks, such as cleaning, cooking, shopping, general upkeep of the housework
- Personal care, such as helping with toileting, washing, showering/bathing, and getting dressed
- Sibling Care
- Emotional Support

What are the impacts?

- Lower grades than their peers if young carers miss time in school
- Poor confidence and self esteem
- Emotional impacts, worry and stress
- Stigma of being a young carer may result in bullying
- Isolation



Who to talk to?

Anita is the dedicated Young Carers Support Worker in our school, come and chat with her if you are a young carer or think you may be a young carer. She will be in the lunch hall at 1.15pm on 2nd Oct

Contact your local Young Carers team:

Phone: 07801576326

Email: shropyc@crossroadstogether.org.uk

www.crossroadstogether.org.uk