

HAVE A GREAT EASTER FROM NLC!

THE NEW ME!

NETHERHALL LEARNING CAMPUS HIGH SCHOOL

Easter Newsletter 2021



Hello and Welcome to Our Easter Newsletter!

We hope you are all starting to see the light at the end of this pandemic tunnel! Although we have only been back at school a few weeks, there's plenty to celebrate! Pupils have been reflecting on what skills they have developed over the last year while going through 3 lockdowns. Hopefully they'll continue to flourish these skills and talents beyond the pandemic and into 'The New Me'.

Staying Active!

We all know physical activity or exercise can not only improve your health, but it can improve your memory and brain function too. It's a great way of managing your weight and lowering blood pressure to improve heart health. Other benefits include improving your quality of sleep and reducing feelings of anxiety and depression.

Mrs. Smith set up a competition to encourage exercise, seeing who could rack up the most steps in a day! They all received a £10 Sports Voucher for their great efforts! A special well done to Will Hall in Year 11 and Ella Halstead in Y10 who racked up a whopping 24,958 and 26,198 steps, respectively!

OVER 200,000 STEPS!



Comic Relief 2021

Since 1985, Comic Relief has raised over £800 million to tackle poverty and social injustice across the UK, Africa and some of the world's poorest countries.

Over the years, our cash in Africa has educated people about HIV and AIDS and taught women to read. It has helped street children from Bangladesh to Brazil and supported communities affected by terrible conflict and natural disasters.

Across the UK it has helped disabled people challenge discrimination, provided escape routes for women living with domestic violence and has done much more.

Every little helps and on 19th March at NLC we held a non-uniform day to help support such a good cause. We have raised £125.90 So far. Among some of the best dressed was Arthur Godward in 10MD who seems to be a hero / villain version of Inspector gadget!!!



YEAR 7

A Beautiful Character Performance

During the lockdown, Chloe Leslie (7NH) has continued with her dance lessons online throughout the pandemic and has really improved her confidence and skills.

Chloe's performance of 'A Beautiful Character' not only impressed us all at NLC, but has recently gained her a 2nd place Silver medal in an online dancing competition. Chloe has shown such dedication and commitment with Ballet, Tap, Musical theatre, contemporary, commercial and modern dancing, to name a few! We're sure to see you on 'Strictly Come Dancing' some day! Well done Chloe!



YEAR 10

Easter Baking Challenge

Miss Green hosted a whimsical Easter Baking Challenge with her Year 10 Food technology classes. The competition was designed to test their baking skills and creative decorating. We had so much fun seeing all of your fantastic creations! Well done for the four winners - Ross Thornton, Annabel Crossley, Kya Mason and Isobel Haigh.

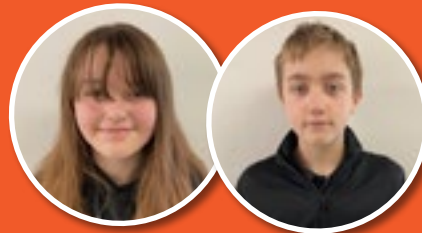


YEAR 8

Poetic Inspiration!

During lockdown, one of the topics Y8 covered with Mr. Kilduff in their mental health and wellbeing lesson was emotions and how it's ok for boys and men to cry and express themselves as well as girls and women.

Hayley Black and Toby Armitage both wrote poems about their view on the topic:



HAYLEY BLACK

Unless you've been on my path
You don't know what I'm going through
Some days, it takes all I've got
Just to wake up and make do.

Life did not prepare me for the
Loss that I've incurred
Instead of standing in judgment
It would help to be reassured.

Yes, I'd like to get back
And return to how it used to be
But for now, that is a luxury
A complete impossibility.

So, please be gentle with me
As I struggle to find my way
With faith and God to get me through
I pray for better days.

TOBIAS ARMITAGE

Men can cry and show emotions
And their tears may fill many oceans
But sometimes men can't stay "strong"
And people might think that something's wrong

There is nothing wrong with men being slightly melancholic
And men shedding a tear is not diabolic
They may just need to be cheered up
But don't need to go and get a checkup

It is perfectly normal for men to be sad
Showing emotions is definitely not bad
Men can be anxious or depressed
Or they could possibly be distressed

Men have the same rights to cry as women
But then they are looked at as if they are a vision
It is fine for everyone to cry
But people still judge them if they are a guy.

YEAR 11

Quality Time & Real Life Skills

The past year has been extremely difficult for everyone. Lots of our year 11 pupils tried to reflect on the positives and said they were happy they could spend more time with their family. While many took advantage of the hour daily exercise, others gained skills in baking and cooking! (Victoria sponge cake, carrot cake, banana bread, cookies, rocky road, pizza)

One pupil explained they applied for 16 colleges, thinking about getting ready for work as a nurse, while another helped build a shelf! Who knew Y11 had all these hidden talents!!



YEAR 9

I Became a Composer!

During lockdown, I have developed my skills as a composer! I used a website called Soundtrap where you can make your own drum patters, play in different piano chords make your own melodies. You can also share it with friends and your teacher so they can listen to it too and give you advice and feedback!



MENTAL HEALTH AWARENESS

If you or anyone you know is suffering with low mood, anxiety, depression, suicidal or need support to help you stay mentally well, please refer to the many support services below.

Support to help you stay mentally well

WORKING TOGETHER BETTER

Are you looking for mental health & wellbeing support in Kirklees? We are the commissioned, community adult mental health service providers from the voluntary sector, working together to provide a better mental health service in Kirklees.

Carers Count

Carers Count support unpaid carers in Kirklees who care for a friend or family member due to mental/physical illness or substance addiction.

Call 0300 012 0231
Email info@carerscount.org.uk
www.carerscount.org.uk

CREATE SPACE

SZR offers a wide range of activities to assist positive mental health and improved wellbeing. Our small group workshops focus on art and craft, nature based activities and self-care programmes. Working from our base in Huddersfield 'Create Space' and in outreach venues in communities across Kirklees.

Call 01484 539 531
www.szr.org.uk contact@szr.org.uk

womenCentre

WomenCentre offers a variety of emotional and practical support around wellbeing specifically for women. This includes group work, counselling and a variety of therapies as well as providing a safe place to be part of a learning community.

www.womencentre.org.uk
wmb@womencentre.org.uk
Huddersfield 01484 450866
Dewsbury 07590 445846

ASK4Advocacy

Supporting people (aged 18+) to understand their rights and to speak up for them.

Call 01924 460211
www.touchstonesupport.org.uk

RICHMOND FELLOWSHIP

Our employment service supports people with mental health problems to find meaningful paid employment, volunteering opportunities, education or training, encouraging the development of a sense of independence, purpose and fulfilment.

Call 01484 434666
kirkleesERichmondfellowship.org.uk
www.richmondfellowship.org.uk/yorkshire

HOOT creative arts

Creative activities for adults who are experiencing problems with their mental health or wanting to maintain their wellbeing. Artforms include creative writing, visual arts, singing, music making and digital music. Activities are free and no previous experience is needed.

Call 01484 516224
info@hootmusic.co.uk

COMMUNITY LINKS

Community Links have seven services in Kirklees for adults experiencing mental health issues including dementia, addiction and other complex needs. We offer group work/one to one and have community services supporting people in their own homes. Please visit our website to find out more about the services & support we can offer you.

www.commlinks.co.uk

youth

LGBT Youth Service delivered by The Brunswick Centre. Providing confidential support for LGBT young people aged 11 – 24 living, studying or working in Kirklees.

• Group work • 121s
Call 07780 302843
info@thebrunswickcentre.org.uk

Thriving Kirklees

A single point of contact in Kirklees, for anyone concerned about a child's emotional health and wellbeing.

Call 0300 304 5555
www.thrivingkirklees.org.uk
Young people's line 0752 061 8866
Parents and Carers line 0752 061 8867
Kooth offers online counselling for young people. Visit www.kooth.com

Kirklees Council

Housing Solutions
Helping people to find, keep and maintain affordable homes.
Call 01484 221350
housing.solutions@kirklees.gov.uk

Gateway to Care
Gateway to Care provides a single point of access for adult social care enquiries.
Call 01484 414933

Experiencing grief and loss?

We offer help and support. www.nhs.uk

Basement Project

An award winning, independent, community based organisation. We offer those in addition to alcohol or drugs a new way of life, free from the need or desire to use any mood altering substance; we call this RECOVERY.

Halifax 01422 383063
Huddersfield 01484 512363
Dewsbury 01924 454167
www.thebasementproject.org.uk

The Base

A free, confidential drug and alcohol service for young people up to the age of 21. The Base also provides information, advice and guidance for professionals, families and carers who are concerned about a young person's substance use.

Tel 01484 541 589
www.changeorlive.org/young-people/the-base-kirklees

Don't be afraid to ask for help!

Brunswick

Provide Counselling and psychological support for:

- People living with or affected by HIV
- Men needing support with their sexual orientation
- Gay and Bisexual men
- Female partners in relationships with men who are attracted to or having sex with men

Call 01484 469 691

Kirklees Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities on a wide range of issues including benefits, debt, employment, housing, relationships, immigration and much more.

Call 0808 278 7896
www.kcal.org.uk

#Talkingsaveslives
SUICIDE PREVENTION

Kirklees Safeguarding Adults Board
Kirklees Safeguarding Children Partnership

Time to change kirklees
NHS
Kirklees Council



Are you experiencing low mood, stress or anxiety?

Problems like mild depression, anxiety, stress, panicning, nervousness, isolation and loss of sleep can make it difficult for us to cope with life's daily demands. You do not need to try and cope on your own. If you live in Kirklees and are over the age of 17.5, the Improving Access to Psychological Therapies (IAPT) can help.

Self referral - www.kirkleesiapt.co.uk 01484 343700

C and K Recovery and Wellbeing College offers courses to help learners be well and stay well. Open to all - simply enrol or for more info visit: www.calderdalekirkleescr.nhs.uk 01924 481060

Mental health support is available in a safe and confidential space, out of hours frontline services. Providing one to one support, in a relaxed social space.

Continuing to provide a mix of online and face-to-face support during COVID-19.

HUDDESFIELD: 07741 900395
Huddersfield Café is open Friday, Saturday, Sunday & Monday (6pm until midnight)
The Basement Project, 3A Union Bank Yard, Huddersfield HD1 2BP
DEWSBURY: 07867 029755
Dewsbury Café is open Tuesday, Wednesday & Thursday (6pm until midnight)
The Basement Project, Union House, Union Street, Dewsbury WF13 1AS

One man every two hours, that's twelve men every day, die by suicide - the single biggest killer of men under 45. Let's show men all across the world that it's okay to talk.

Regular meetings in various locations around Kirklees - see website.

#ITSONATOTALK
www.andysmanclub.co.uk
info@andysmanclub.co.uk

West Yorkshire and Harrogate Suicide Bereavement Service

Support for anyone who has been bereaved or impacted by suicide of someone they care about in Kirklees. Information on how to access help and the range of support available can be found on our website: www.wyhsbs.org.uk
Queries and questions can be directed to info@wyhsbs.org.uk or 0113 3055 800

THE EX-MEN

A peer to peer support group for men who are managing a long term mental health condition. Venues in Dewsbury and Huddersfield offer support, information and social opportunities.

Stuart Hawkes 07391 868752
theexmen@outlook.com

We offer a free advice service by drop-in at our friendly community cafe or by telephone.

We also provide a variety of activities for people to attend at the Mission. For more information Call 01484 421461

Kirklees Befriending Service

A service to provide befriending in Kirklees for adults with mild to moderate mental health conditions.

01924 468344 kbs@st-annes.org.uk

CHART KIRKLEES

Providing services for individuals, families and communities affected by substance misuse.

Huddersfield 01484 353333 Dewsbury 01924 438383
www.chartkirklees.co.uk

Supporting survivors of sexual violence and domestic abuse. First point of contact for all our services is the helpline.

Counselling Centre 0300 303 4787
www.kcrasac.co.uk
helpline@kcrasac.co.uk

We provide support, advice, information and safe accommodation to anyone who is a victim of domestic abuse, honour based violence, forced marriage or female genital mutilation.

24hr helpline 0800 0527222

Platform 1 Mental Health and Wellbeing Services

FreePhone Crisis Line 0800 066 28 28
St Georges Square, (next to The Head of Steam), Huddersfield HD1 1JF
01484 421143
www.platform-1.co.uk

24 hour Mental Health Helpline

NHS
0800 183 0558

Feeling Suicidal?

NHS
South West Yorkshire Partnership
NHS Foundation Trust
Calderdale and Kirklees Single Point of Access for Adult Referrals (18+) Info Secondary Care Mental Health Services.
Call 01924 316830

PAPYRUS
PREVENTION OF YOUNG SUICIDE

If you are a young person under 35 having thoughts of suicide or are concerned for a young person who might be, you can contact PAPYRUS HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141
Text: 07860 039 967
Email: pat@papyrus-uk.org
Opening hours:
9am – midnight every day
Web: www.papyrus-uk.org

EASTER ACTIVITIES

Two weeks holiday is usually what every pupil looks forward to! But maybe not after the year we have all had, cooped up inside for most of it! Below are the details of some holiday activities available for our students, all free of charge!

Easter Egg Trails

Sunday
28 March - 9am

Saturday
10 April - 2pm

Crow Nest Park Dewsbury
Greenhead Park Huddersfield
Millennium Green Emley
Sands Recreation Ground Holmfirth
Wilton Park Batley

Register at the main gates.
Once you have registered, follow the clues to find the eggs hidden around the park. Take note of the letter on each egg, this will make a word that you will enter into the QR code on the final egg.

Good luck
From The Play Team
playwork@kirklees.gov.uk

Kirklees COUNCIL

Department for Education

KYA'S SCHOOL'S OUT!

KAL KLUB

AGES 9-16+

FREE ONLINE WORKOUTS!

KAL AND HUDDERSFIELD HANTS COMMUNITY TRUST ARE WORKING TOGETHER TO KEEP YOU HEALTHY AT HOME WITH THESE ONLINE WORKOUTS!

DOWNLOAD THE APP!

JOIN US FOR YOGA, ZUMBA, CHEERLEADING, DANCE, KAL KLUB FITNESS TRAINING AND MANY MORE!

Scan me

Kirklees Youth Alliance
KAL
Supported by Kirklees Council

EMPOWER In Partnership with **KNH**
Kirklees

EMPOWER EASTER HOLIDAY SESSIONS
For Young people aged 8+

MONDAYS + WED'S 9AM - 10AM
Join the Empower team on Zoom, for a fun and empowering HIIT workout.

TUES, THURS - FRI 9AM - 10AM
Join professional Dancer Paris and professional Dance Teacher Sophie for a series of fun and creative dance sessions. Week 1 and 2

MON, WED + FRIDAY 10AM - 11AM
Join Tashan for a series of arty art sessions in week 1 of the holidays. To join, in message us directly and we will arrange for a art package to be delivered before the holidays. (30 packs available) Week 1 only

To secure your space in any of these sessions message us on Facebook, Instagram or email: Tashan.gabriel@empowermew.co.uk

PROJECT COMMUNITIES CIC
IN PARTNERSHIP WITH KIRKLEES COUNCIL, KIRKLEES NEIGHBOURHOOD HOUSING AND THE DEPARTMENT FOR EDUCATION'S HOLIDAY ACTIVITIES AND FOOD PROGRAMME

FREE EASTER MULTI-SPORT HOLIDAY ACTIVITIES

WEEK 1: ONLINE DANCE AND FITNESS SESSIONS
MONDAY 29TH MARCH TO THURSDAY 1ST APRIL
VIA MICROSOFT TEAMS

WEEK 2: OUTDOOR, FACE-TO-FACE CAMPS
TUESDAY 6TH APRIL TO FRIDAY 9TH APRIL
AT VARIOUS VENUES

SESSIONS ARE FREE TO ATTEND & OPEN TO 7 - 12 YEAR OLDS

PLEASE SEE NEXT PAGE FOR BOOKING INFORMATION
FULL LIST OF VENUES AVAILABLE ON OUR FACEBOOK PAGE @PROJECTCOMMUNITIESCIC

Department for Education