



# NEWSLETTER

## Headteacher Message

This week has been another very busy week here at DTRB. On Wednesday our Yr10 and Yr11 Citizenship pupils visited the Houses of Parliament, well done to all of you for getting to school for 5am in order to get to London! The trip was enjoyed by all and forms a key part of the GCSE Citizenship course. Yesterday our Yr11 Geographers also undertook their fieldwork trip to Salford Quays and Blackpool.

Today in school we have finally managed to put on our Sports Day event which was postponed from July during the week where temperatures hit 40 degrees. It has been fantastic to see the number of pupils walking around school wearing their medals.

We are having a huge drive on attendance in school at the moment and your child will receive a letter this week via MCAS informing them of their attendance to date this half term. Please call school if you would like support in helping your child to attend school regularly as every day counts.



Lucy Cropper  
Head of School



James Hounslow  
Executive Headteacher

<p><b>Choose health</b></p> <p>Have other stress you child who makes them grumpy, hyper, disinterested...</p> <p>Do they need snacks throughout the day? Do they need lots of sleep? Can they need to get out and about and do exercise? Do they need their shoes?</p> <p>Trust that you know your child and give them the basics that they need to cope with difficult days.</p>	<p><b>Work together</b></p> <p>Share ideas about how to:</p> <ul style="list-style-type: none"> <li>create action plans</li> <li>have a problem-solving approach</li> <li>enjoy achievements</li> <li>be forward-looking</li> <li>show them that we can all get things wrong</li> </ul>	<p><b>Move on up</b></p> <p>Encourage independence</p> <ul style="list-style-type: none"> <li>help them to move positively from child identity towards their identity</li> <li>increase their responsibilities</li> <li>be positive whenever they act maturely</li> </ul> <p>Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.</p>	
<p><b>Be calm</b></p> <p>Try to stay calm when your child is feeling distressed. Your child may show:</p> <ul style="list-style-type: none"> <li>highs and lows</li> <li>meltdowns</li> <li>anger</li> <li>blame</li> <li>self-harm</li> </ul>	<p><b>Communicate</b></p> <p>The small things you do make all the difference:</p> <p>Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting</p>	<p><b>Get learning</b></p> <p>Be involved, find out more and talk about:</p> <ul style="list-style-type: none"> <li>social media</li> <li>internet benefits and dangers</li> <li>new music</li> <li>language and slang</li> <li>current affairs</li> <li>what it's like to be young in the current world</li> </ul>	
<p><b>Be wise</b></p> <p>As they discover new things, try to:</p> <ul style="list-style-type: none"> <li>be interested</li> <li>be non-judgmental</li> <li>ask</li> <li>show boundaries</li> <li>see it from all sides</li> <li>listen to their point of view</li> <li>choose your words carefully</li> <li>act on warning bells</li> </ul>	<p><b>Be the anchor</b></p> <p>In times of change you are:</p> <ul style="list-style-type: none"> <li>constant</li> <li>family</li> <li>familiar</li> <li>routine</li> <li>in-jokers</li> <li>irritating</li> <li>comforting</li> <li>home</li> </ul>	<p><b>Have fun</b></p> <p>Provide lots of light relief:</p> <ul style="list-style-type: none"> <li>be silly</li> <li>be embarrassing</li> <li>play games</li> <li>laugh together</li> <li>do stuff together</li> <li>make jokes</li> <li>make things</li> <li>be outside</li> </ul>	<p><b>Look after yourself</b></p> <p>Support yourself - to best support your child:</p> <ul style="list-style-type: none"> <li>lean on friends</li> <li>offload on others</li> <li>find free time</li> <li>use the G</li> <li>rest, exercise</li> <li>sleep well, eat well, eat well</li> <li>remember</li> <li>tomorrow is a new day</li> </ul>

## EMPLOYEE OF THE WEEK:

Miss L Klieskova  
for supporting the Attendance Team and her colleagues.



# PHYSICAL EDUCATION

Pupil leadership is central to all aspects of Physical Education, and our KS4 pupils have demonstrated the power of PE in helping to develop confidence, inter-personal skills and resilience. The Y11's have been assessed in their leadership ability for the R053 Sports Studies unit this week. Our fabulous cohort took the ownership and full responsibility of teaching a PE lesson to our younger pupils from start to finish. This can be a very daunting task to say the least, however they approached this in a mature and confident manner. We are extremely proud of their achievements to date, and look forward to seeing our Y10's achieve the same success after the half term break. Well done to you all!





# PHYSICAL EDUCATION

## Primary Events



We are so proud of our fantastic Sport leaders for their commitment to our extra curricular provision with our neighbouring primary schools. This week, our ambassadors have organised and led participants from 8 local primary schools during a netball festival. It has great to see the Y11 pupils pass the baton to our Y10's who have definitely stepped up to the challenge this term. The pupils demonstrated excellent organisation, confidence and team to deliver high quality sessions to pupils across the borough. Watching their development has been so great to see. We can't wait to see your future events unfold!



We are delighted to announce our award of **GOLD** in the School Games Mark award. This has been awarded to the PE Department to recognise our commitment to school sport. Well done to all the pupils who engage with our after-school provision - you've made this possible! We received the award this week from Wigan's School Games Organiser Cathy Robinson



# PHYSICAL EDUCATION



Foundation

I can demonstrate a **smash shot** sometimes getting it over the net with varying trajectories.

Developing/  
Secure

I can use a **smash shot** to gain an advantage in a game with varying success.

## KS3 Physical Education lessons

### KS3 Curriculum Intent: HT1 and HT2

#### Outwitting Opponents

Pupils are learning how to employ tactics and strategies for a variety of activities. This term, the focus has been on rugby, netball and badminton. Next term, pupils will study different sports within the curriculum to develop their skills and knowledge further. Our extra curricular activity provision reflects the sports on offer each term. Please keep an eye of next term's additions to after school clubs!

## Y7 theme: Introducing and Developing

In Y7, pupils are introduced to the core skills and techniques required for success in PE and Sport. We focus on improving physical literacy, which underpins the PE curriculum.

## Y8 theme: Developing and Applying

In Y8, pupils build on the success from Y7 start to combine techniques in full-sided competitive situations. We start to use a variety of tactics and strategies. We also follow rules and laws of the game, applying knowledge and understanding.

## Y9 theme: Advanced Skills

In Y9, pupils refine their techniques, tactics and strategies in order to outwit opponents and impact the game/activity. More complex skills are learned and rehearsed to help pupils become more competent, confident and expert as they move towards the end of the key stage.

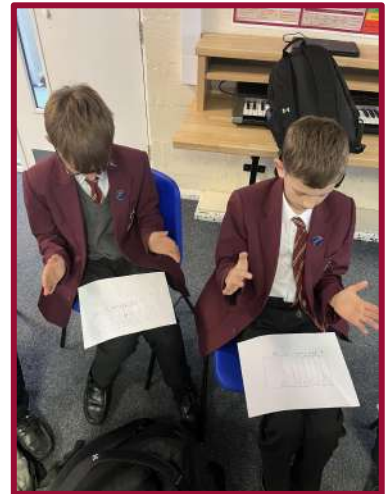
# Department of the week: Performance Faculty

## WELCOME BACK!

Wow, what a fabulous start to the new academic year from all our pupils. There are so many opportunities that are available to the whole school across Performing Arts. It's so nice to see everyone enjoying their lessons and mixing with other year groups in extra curricular activities. Trips, fixtures and concerts are already being organised and we can't wait to welcome parents through the door again to witness the talented pupils at DTRB.

### Year 7 Music

Pupils are being introduced to Rhythm grids and rhythm notation. Pupils are learning about the different ways of writing rhythms, and using their knowledge of rhythm grids to input drum beats onto a music software called Bandlab. Here are some very focused Y7 pupils, writing and performing their rhythms, ready to input them into music software.



### Year 8 Music

Have started their Reggae topic, learning the characteristics of the style. Bob Marley has become a big topic of conversation and pupils performances of 'Three Little Birds' are going to be outstanding.



### Year 9 Music

Pupils are getting 'The Blues' in year 9. Exploring the story behind the blues and the important characteristics of the genre. It's really nice to see the mature approach to this unit of work and pupils are definitely being challenged on the diverse listening repertoire and instrumental skills.

*It's never too late to be part of something amazing.*



Follow us on twitter

[@DTRB\\_PARTs](https://twitter.com/DTRB_PARTs)



# Department of the week: Performance Faculty

Year 7 Drama students are embracing their weekly drama lessons learning the essential building blocks of drama through performance.



Year 8 pupils have been challenged to consider the dangers of online publishing and social media and make use of symbolic drama techniques in performance. The drama that has been created so far have been very thought provoking.



In Year 9, students have been exploring the Hillsborough disaster and they have created whole class performances using poetry as a stimulus to celebrate National Poetry Day. Pupils have approached the subject with sensitivity and maturity. Well done Year 9.



# Department of the week: Performance Faculty

All of our KS4 pupils have started this year with such focus and commitment to their learning, it is an excellent start. Y10 pupils have slotted in to the department perfectly stepping up to the new and different challenges presented to them, showing their dedication to the department. Y10 Music pupils have started their instrumental lessons with Wigan Music Service, this will help develop their instrumental skill to make excellent progress.



Music and Drama Enrichment

The amount of pupils that have attended extra curricular opportunities throughout the faculty is fabulous. We are so please that pupils are grasping all opportunities to get fully involved with school life.





# WORLD MENTAL HEALTH DAY 10TH OCTOBER

## You and your child

- **Make sure they know you love them and are proud of them.** Even when things are busy or stressful, and it feels like you are in survival mode, a word or a hug can reassure them a huge amount. Praise them for what they do well, and encourage them to try new things.
- **Be honest about your feelings - you don't have to be perfect.** We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened. They will learn from you that it's okay to make mistakes and that it doesn't make you a bad person.
- **Be clear about what is and isn't acceptable - and tell them why.** Children need to know what is okay and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting the boundaries.
- **Own your own role - you are the parent, so don't be afraid to take tough decisions.** If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe.

Imagine ~ Inquire ~ Inspire

## Self-care Check-in

SOME HELPFUL IDEAS YOU CAN UTILIZE TO MAKE SURE YOU ARE TAKING CARE OF YOURSELF AND FEELING YOUR BEST

- REACH OUT TO A FRIEND
- GO ON A SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- READ A BOOK
- WRITE A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO UPBEAT MUSIC
- GO FOR A WALK OR EXERCISE
- WATCH A COMEDY TO LAUGH & SMILE
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESH
- CUDDLE A PET
- TRY A NEW HOBBY



## SIMPLE TIPS FOR IMPROVING YOUR MOOD



**TIP 01**  
Learn how to manage unhelpful thoughts

**TIP 02**  
Stay active

**TIP 03**  
Talk to someone

WHEN THINGS AREN'T SO GOOD OUT THERE...  
MAKE INSIDE FEEL BETTER.

Visit **Every Mind Matters** for more tips and advice



## Top tips to support children and young people



### Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.  
[How to start a conversation with your child](#)



### Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.  
[Help with difficult behaviour and emotions](#)



### Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



### Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



### Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.



### Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important - try to get them back into routines that fit with school or college.

[Sleep tips for children](#)

[The Anna Freud Centre support guide](#)



# WORLD MENTAL HEALTH DAY 10TH OCTOBER

This Monday was World Mental Health Day. The theme this year has been set by the World Federation for Mental Health is 'Make mental health and wellbeing for all a global priority'. Here at Dean Trust Rose Bridge, we take our pupils wellbeing extremely seriously and embraced this opportunity to highlight the importance of knowing the difference between bullying and banter. Some of our pupil parliament worked extremely hard and delivered a assembly.

To all year groups this week. We have even launched the initiative of anti bullying ambassadors to help promote a safe environment for all and tackle bullying. This is a fantastic opportunity for our pupils and we can not wait for the impact it will have.



# MATHS CHALLENGE

Can you solve this riddle?

$$\bigcirc + \bigcirc = 10$$
$$\bigcirc \times \square + \square = 12$$
$$\bigcirc \times \square - \triangle \times \bigcirc = \bigcirc$$
$$\triangle = ?$$

What is the next number in the series?  
7,645 5,764 4,576

I add five to nine and get two. The answer is correct, but how?

## OUTWARD BOUND TRIP Y7



Our Year 7 pupils went on a Outward Bound trip last weekend. It was a fantastic trip with pupils taking part in gorge walking, climbing and a number of other fantastic activities to build their confidence and resilience through challenges. Thank you to all the staff who took the pupils on this amazing weekend.





# LITERACY CHALLENGE

## Word of the week: adaptable (adjective)

= the ability to adjust to new conditions

1. Provide three synonyms for the word **adaptable**.
2. Look at the root word '**adapt**'. What suffixes and prefixes can you add to this root word?
3. Use the word **adaptable** in three sentences.

CMQ: For task three, can you use three different sentence types for your responses?

EXTENSION: Describe a time when you had to be adaptable in a new situation. What did you adapt to? How did you achieve this? Why was important that you adapted?



## BOOK OF THE WEEK: When the Sky Falls

This week's book comes highly recommended, as it was the Times' Children's Book of the Year. It is 'When the Sky Falls' by Phil Earle.

As the Second World War escalates and bombs start to fall, Joseph is charged with protecting Adonis the gorilla in this nerve-shreddingly tense thriller based on a true story.

Inspired by a true story. It's 1940, and Joseph has been packed off to stay with Mrs F, a gruff woman with no great fondness for children. To Joseph's amazement, she owns the rundown city zoo where Joseph meets Adonis, a huge silverback gorilla. Adonis is ferociously strong and dangerous, but Joseph finds he has an affinity with the lonely beast. But when the bombs begin to fall, it is up to Joseph to guard Adonis's cage should it be damaged by a blast. Will Joseph be ready to pull the trigger if it comes to it?



# MANCHESTER UNITED FOUNDATION



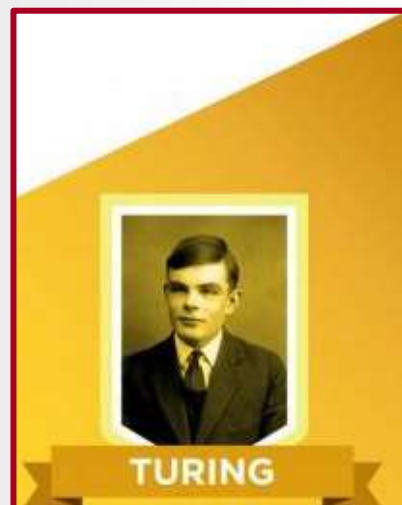
On Thursday 13th October we had the pleasure take 40 pupils to watch Manchester United v Omonia Nicosia in the Europa League.

The pupils really enjoyed the evening and after 93 minutes of action, they finally got a goal to celebrate. Thank you to all the staff who gave up their time to take our pupils to this fantastic event.



## HOUSE POINTS

Turing	745
Churchill	645
Sanderson	640
Franklin	555
Nightingale	470







## YEAR 7

Lacey O'N

Lacey has had an excellent start to Year 7. She had the highest positive points in year 7 last week. Keep up the good work and lead from the front.

## YEAR 8

Lucy H & Brennan H

For their excellent work in in English. Brennan for his PEZZAR paragraph and lucy for her shakespearean costume design. Keep up the amazing work Year 8, well done.

## YEAR 9

Rico U

Rico is a hard working pupil who is always trying his best in lessons. He always tries his best to overcome challenging subjects. Well done Rico it is a pleasure to have you in our year group! I notice you!

## YEAR 10

Chloe S

Showing such maturity, confidence and great attitude. 100% attendance and fantastic behaviour points. She is a model student. Well done Chloe

## YEAR 11

Issac H - Issac has made a great start to his role as deputy head boy. Well done Issac and keep up the great work around school.



# KICKS DANCE

FREE!



Street Dance | Wednesday 6pm-7pm @ Wigan Athletic Football Academy,  
Stadium Way, Wigan, WN5 0YN, open to both girls and boys between the ages of 10-16

Street Dance (closed session, invite only) | Wednesday 7pm-8pm @ Wigan Athletic Football Academy  
Stadium Way, Wigan, WN5 0YN

For further information contact Rachel Wood on  
01942 318090, or email [r.wood@wiganathletic.com](mailto:r.wood@wiganathletic.com)

[wiganathletic.com/community](http://wiganathletic.com/community)

 @LaticsCommunity



## WIGAN RUFC RUGBY CAMP **FREE TO ATTEND** OPEN TO YEAR 7 8 AND 9 BOYS

### 26TH OCTOBER 10AM - 3PM

Rugby Union is a fun inclusive sport based on core values of teamwork, respect, enjoyment, discipline and sportsmanship.

### BOOK YOUR SPACE NOW!

(LIMITED AVAILABILITY)

Send us an email:  
[tryitrugby@hotmail.com](mailto:tryitrugby@hotmail.com)

Or

Phone us:  
07913 206205



WIGAN R.U.F.C.

Wigan RUFC,  
Wingates lane,  
Haigh Hall, WN1 2SJ



# GIRLS FOOTBALL

## MONDAY

Girls Football - 6-7pm, Standish High School, Year 1-2, £4

Girls Football - 7-8pm, Standish High School, Year 3/4/5 and 6, £4

Girls Development Centre - 7-8pm, Standish High School, 11-16 Years old, £4

## TUESDAY

Weetabix Wildcats - Tuesday 5pm-6pm, Leigh Sports Village, Year 1 and 2, £3 (FREE DURING OCTOBER)

Weetabix Wildcats - Tuesday 5pm-6pm, Leigh Sports Village, Year 3/4/5 and 6, £3 (FREE DURING OCTOBER)

## WEDNESDAY

Weetabix Wildcats - 5pm-6pm, Fives Wigan, Year 1 and 2, £3

Weetabix Wildcats - 6pm-7pm, Fives Wigan, Year 3/4/5 and 6, £3

## THURSDAY

Weetabix Wildcats - 5pm-6pm, Ashton Leisure Centre, Year 1 and 2, £3

Weetabix Wildcats - 6pm-7pm, Ashton Leisure Centre Year 3/4/5 and 6, £3

## FREE ONLINE BOOKING

To book a place visit [officialsoccerschools.co.uk/wiganathletic](http://officialsoccerschools.co.uk/wiganathletic), or for details contact Ben Chapman on 01942 318090, or email [b.chapman@wiganathletic.com](mailto:b.chapman@wiganathletic.com)

[wiganathletic.com/community](http://wiganathletic.com/community)



@LaticsCommunity





ASPULL RFC  
IN ASSOCIATION WITH TRY IT RUGBY ACADEMY & SARAH MAC FITNESS



## BOOK NOW!

TRYITRUGBY@HOTMAIL.COM  
OR  
07913206205

**JUST £30PP**

## GIRLS 11-16 YRS ONLY RUGBY RETREAT

8.30AM TO 16.30 PM      ONLY 20 PLACE  
AVAILABLE

**Tues. 25th  
October**

## A Rugby camp like no other!

1. Rugby related skills and games
2. An Introduction to speed training
3. An Introduction to Strength & Conditioning
4. An Introduction to recovery & rehab
5. Well-being Activities
6. FREE Health breakfast & lunch
7. FREE Healthy / well-being goody bag
8. FREE Training t-shirt

**Venue:** ASPULL RFC, Woodshaw Park, Aspull, Wigan, WN2 1PJ



# HT1 EXTRA CURRICULAR ACTIVITIES



Before School	Breakfast Club iClass				
<b>Lunch</b>	Chess Club Claudia Kowalski  Music MS1, Mr Lowe  Football Astro, Mr Volante & Dan  Lunch Club iCLASS  Maths Support Club MA1  Computer access CS2  Gardening Club Mr Campbell	Games Club Library, Miss Worrall  Singing Group MS1, Mrs Ashton  Football Astro, Mr Volante & Dan  Science KS4 Homework support SC6, Miss Green  Lunch Club iCLASS  Geography 'Interactive Geography Club' GE1  Maths Homework Support Club Miss Banks MA4	Poetry Club (KS3) EN4, Regina Ruggiero  Performing Arts/Music KS4) Mrs Ashton, Mr Lowe  Football Astro, Mr Volante & Dan  Literacy Council EN6, Mr Morton  Lunch Club iCLASS  Maths Council Mrs Lane MA6	Fake News Flash EN1, Miss Jones  Games Club Library, Miss Worrall  Music Y9 MS1, Mr Lowe  Guest Artist PAS, All Years  Football Astro, Mr Volante & Dan  Lunch Club iCLASS  Ethics Club (y9 and 10) SS2, Mrs Johnston  Science revision 11x3 Sc6, Miss Green	Drama Club Y7&8 PAS, Mrs Ashton  Football Astro, Mr Volante & Dan  Lunch Club iCLASS
	<b>After School</b> 3pm – 4pm		Music (Y10) MS1, Mr Lowe  Boys Rugby (KS3) PE, Mr Shepherd  Badminton All Years Miss Reilly  KS3 Science Club Sc2  Darts with Dearnis Mr Dearnley, MA5  Maths Support Club MA1  Art Club (KS3) DE1  Stem Club Mrs Lane MA6	Performing Arts Y9 PAT, Mrs Ashton  Music (Y11) MS1, Mr Lowe  Netball 7 and 8 PE, Miss Warren  Gym club Miss Reilly	Performing Arts KS4 PAT, Mrs Ashton  Mathletes Mr Dearnley, MA5  Girls Football Mr Volante  Netball 9, 10, 11 Miss Warren  Boys Football Yr 7 and 8 Mr Volante  KS3 Computing Club Mr Finnegan, CS2  Creative History Mr Johnson HI1

## SCHOOL PARKING



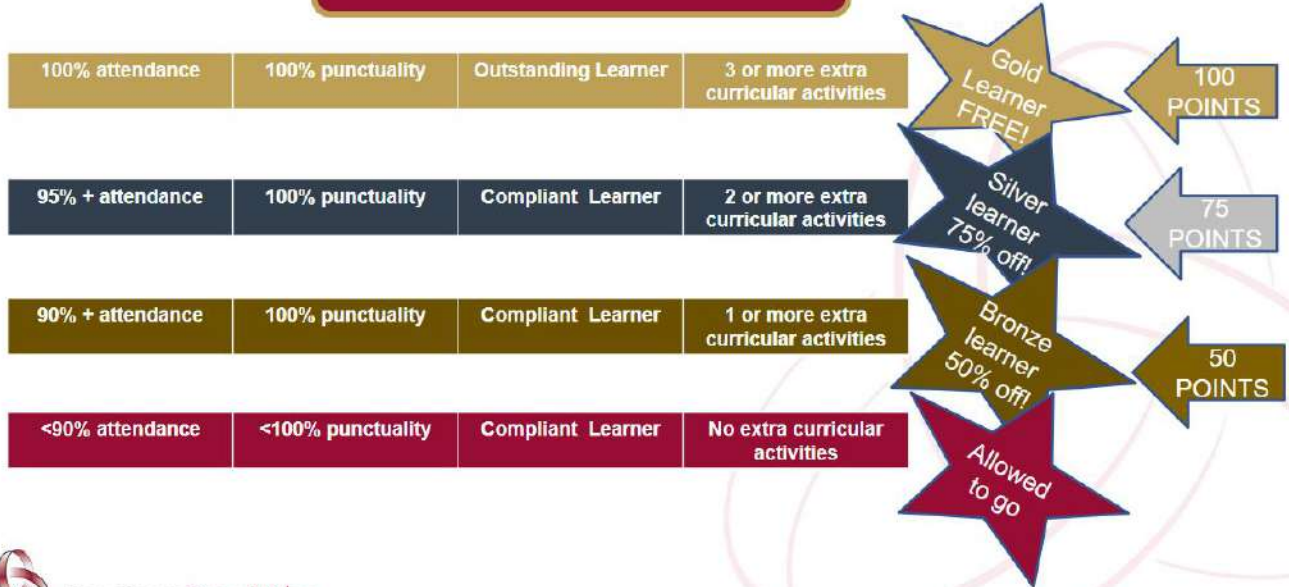
It has been lovely to see so many parents and carers at the beginning and end of the school day transporting our pupils to and from school. We do appreciate parking is limited, but can we politely ask that we support our lovely neighbours who live on Georges Lane by not parking on there. It is a private road that is looked after by the residents. Your support on this matter would greatly appreciated. You have been amazing at keeping the front of school clear and safe for our pupils. Thank you for helping to keep our students safe.







## How does it work?























Please can parents be aware that medical appointments should, wherever physically possible, not take place during school hours. They should be arranged for before or after school. The attendance office should be notified via phone when this is not possible.

It is also essential that parents of absent pupils should call school to notify us of reasons **before 9am**. After this time, communications regarding absence will primarily go home **via email**. Parents who have downloaded the MCAS app, will also get a notification there. If you think you need to update your details to accommodate this, please get in touch.

As always, excellent attendance at school is the only sure-fire way to guarantee excellent success for our pupils. Don't forget about our Going for Gold reward scheme which concludes in the summer with a fantastic reward trip for pupils!

# STANDARDS AND EXPECTATIONS



Be Ready		Be Respectful		Be Safe	
<p><b>Key items to bring to school each day</b></p> <p><u>Essentials</u></p> <p>School bag</p> <p>100% folder</p> <p>Planner</p> <p>Water Bottle</p> <p>Reading book</p> <p>Pencil case including the following:</p> <p>2 black pens</p> <p>Pencil</p> <p>Ruler</p> <p>Rubber</p> <p>Green pen</p> <p>Red Pen</p> <p>Scientific calculator</p> <p>Highlighter pens</p> <p><u>A dictionary is desirable but not essential</u></p>               	<p><u>Attendance and punctuality</u></p> <p>Pupils should have 100% attendance.</p> <p>Holidays taken during term time will not be authorized and may incur a Fixed Penalty Notice / Fine.</p> <p>Pupils absent from school for 10% of the time are defined as:</p> <p>'Persistent absentees'.</p>  <p>Good attendance supports pupil progress.</p> <p>Pupils need to be in school before 8.30am ready for Form Time.</p> <p>Pupils must be on time for all lessons.</p> <p>School PE kit must be worn to every PE lesson.</p>	<p><u>Uniform</u></p> <p>Footwear should be plain black shoes, business style with leather upper, no boots or large laces. Black knee socks (no bows) or tights.</p> <p>Accessories are not permitted.</p> <p>Be aware that some retailers call their training shoes, shoes.</p> <p>Kit looks like a trainer or pump it is, and these are not permitted. Pupils must be smart at all times.</p> <p>Hoodies are not permitted.</p> <p>Outdoor coats should be removed inside the building. Blazers and school ties are to be worn at all times. Only badges awarded by the school may be worn upon the lapel of the blazer. Shirts must be tucked in.</p> <p>Trousers with the school logo, must be tailored (no jeans, skinny leg, leggings or chinos etc). Finetees &amp; skirts with the school logo, must be knee length.</p> 	<p><u>Travel</u></p> <p>Pupils should travel to and from school in full school uniform. When representing the school pupils should behave in respectful and courteous way.</p> <p><u>Accessories, haircut and facial hair</u></p> <p>All hairstyles should be smart in appearance.</p> <p>No extreme haircuts (full head, bare blade shaves, trim lines etc).</p> <p>Skin tides are acceptable if there is a minimum of a number 2 on top</p> <p>Only natural colours/tones are acceptable. Accessories should be small in size and in the school colours.</p>  <p>Hair longer than shoulder length must be kept tied up at all times.</p> <p>Boys must be 'clean shaven'.</p>	<p><u>Jewellery and makeup</u></p> <p>For health and safety reasons pupils are not permitted to wear any jewellery other than a watch.</p> <p>No earrings or piercings are allowed.</p> <p>Makeup, false tan, permanent or semi permanent make up, nail varnish or accessories are not allowed (false nails and false eye lashes).</p> <p><u>Healthy schools</u></p> <p>Only water can be consumed in school or in the classroom (750ml or less). Water can be purchased at break and lunch time.</p> <p>No family size/sharing bags of sweets, chocolate or crisp etc are allowed.</p> <p><u>Environment</u></p> <p>Keep our school tidy, do not drop litter or chew gum.</p> 	<p><u>Mobile phones and electronic devices</u></p> <p>No mobile phones or electronic devices should be brought into school (this includes smart watches).</p>  <p>Pupils who need a mobile phone for their journey to and from school should follow school procedures and hand it in to the Pastoral Team before entering the building.</p> <p><u>Banned items</u></p> <p>Banned items are any items which may cause damage to other pupils and/or the school environment e.g. aerosols, cigarettes, marker pens, chewing gum, E-cigarettes, lighters, weapons etc.</p> <p>Dean Trust Rose Bridge has the right to ban any item during the academic year that breaches health and safety.</p>

***'You cannot climb the ladder of success dressed in the costume of failure'***

At Dean Trust Rose Bridge, we believe that the standards of personal appearance are reflected in the attitudes of our pupils. By dressing to a high standard, it has been shown that our standards of work, and subsequent outcomes, improve over time. Please support the school by ensuring that your child adheres to the school's high standards of uniform and appearance. Each day staff will check that pupils are dressed in accordance with the above expectations.

Banned items should not be brought into school. Banned items will be confiscated by staff. Please refer to our Standards and Expectations poster for clarity on banned items.

Mobile phones: Any pupil found with their mobile phone during the school day will have this item confiscated. Confiscated phones will not be returned to a pupil under any circumstances. It is the parent/carers responsibility to collect the device from school at a mutually agreed time.

If pupils need to bring a mobile phone to school to ensure their safety when travelling, they must be handed in at the start of the day, before entering the building.

Sanctions will be applied to any pupil who fails to meet the school's standards and expectations.

With your support, we will continue to improve the standards at Dean Trust Rose Bridge School. Together, we will continue to make progress, giving all our pupils the best life opportunities by developing hard-working and dedicated young adults with high standards and aspirations.



# Standards & Expectations

## Lines of Communication

Just a reminder to all parents, that your **child's Form Tutor** should always be the first port of call if there are any questions or concerns. Furthermore, due to staff absence, if you have contacted a member of staff and have not heard back, please contact

[office@deantrustrosebridge.co.uk](mailto:office@deantrustrosebridge.co.uk)

and we can ensure any messages are directed to the right person.

## Up to date contact details

Please can we ask that you ensure we have your most recent contact details on file so that if I have to communicate any changes to the normal operation of the school you receive the relevant messages.



## Working together

Our strength develops when we work together as a community, ensuring that the children and young people who attend Dean Trust Rose Bridge receive the best possible experience even during these uncertain times. We feel blessed that we have such a supportive parents, wonderful pupils, and an incredible staff who always go above and beyond for your children.



## DTRB Standards & Uniform Expectations

### Hair and Appearance

### Uniform Standards

### Shoes and Footwear

Be Ready, Be Respectful, Be Safe

- Style**
- \* No Patterns or Tramlines
  - \* No Bareblade hair cuts
  - \* No Hair Accessories
  - \* No Loose long hair
  - \* No Hair Dye or Tip Dying
  - \* No Braids
- Cosmetics**
- \* No Nail Varnish or False Nails
  - \* No Jewellery
  - \* No Tattoos
  - \* No False Lashes
  - \* No Make up or Fake Tan

- \* No Skirt or Pinafore above the knee
  - \* Not Black Skirts
  - \* No Fashion Trousers/Pants
  - \* No Leggings
  - \* No Jeans
  - \* No rolling up of skirts
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- \* No Boots
  - \* No Pumps
  - \* No 'Bling'
  - \* No Heels
  - \* No Coloured shoes
  - \* No Patterns
  - \* No Sandals
  - \* No Trainers
  - \* No Sports Logos
  - \* No 'Shoe-Trainers'

Any pupils found not following these simple expectations will be sanctioned.  
Repeat offenders will be on Uniform Report.

- ✓ Shoulder length hair tied up at all times
- ✓ Natural Hair Colours Only
- ✓ Plain Black Hair Band, Bobble or Clip
- ✓ Wrist Watch allowed

- ✓ Tailored Only Trousers
- ✓ Pinafore or Grey Box Pleat Skirt
- ✓ Plain Black Socks (Knee High for skirts)
- ✓ Plain Black Tights

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- ✓ Plain Black and Polishable Shoes only
  - ✓ Bright Trainers are allowed for PE only.

# Safer Internet Tips...

## Top Tips for Parents and Carers

Have a look at the tips and links below with some suggestions on how to get you started and help you to stay safe and positive online. You and your family can #PlayYourPart in creating a better internet by...

### Having conversations without judgement.

Whether by playing games, watching videos, or doing things your child enjoys, spending time together online is a great way to start conversations about the online world and how they're finding being a part of it.

It is important to ask questions and take an interest in what your child enjoys online. An essential part of having this open dialogue is to not judge, even if their behaviour or life online isn't what you wanted or expected. This ensures that your child feels they can come to you if ever they make a mistake or experience a problem online.



### Knowing where you can learn more about their favourite apps and games.

Websites like Common Sense Media or The Family Gaming Database can be invaluable sources of information. When your child starts talking about a new game or app, why not do some research into the reporting and blocking options available? Then you can help your child if they come to you with an issue.



### Getting support if things go wrong.

There are lots of organisations who are there to support you and your family if something has gone wrong. The [Report Harmful Content website](#) can help you with issues such as cyberbullying, impersonation and threats. You can report worrying behaviour towards children to [CEOP](#). Find out more on [Children's Get Help page](#).

### Reassuring your child that whatever happens online, you are there to support them.

Let your child know that the best way to address any problem they have online, is to tell a trusted adult immediately. For example, this might include someone sending them a friend request; an online message; telling them to visit a specific website, or app; or asking them for their personal information. Reassure them that if anything happens online that they are unsure about, or makes them feel worried or upset, they can come to you for help.

### More advice and guidance

<https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/>





# Useful Contacts and Resources

## **Revision Skills- Revision Hacks.**

<https://gmhigher.ac.uk/resources/revision-skills-revision-hacks/>

## **Pomodoro Technique:**

<https://gmhigher.ac.uk/resources/revision-skills-pomodoro/>

## **Worksheet:**

## **Traffic Light Technique:**

<https://gmhigher.ac.uk/resources/revision-skills-traffic-light-technique/>

## **Revision Timetable:**

<https://gmhigher.ac.uk/resources/revision-skills-revision-timetable-handout/>

## **Choices- HE What and Why?**

<https://gmhigher.ac.uk/resources/choices-he-what-and-why/>

## **Choices- Post-16 options**

<https://gmhigher.ac.uk/resources/choices-post-16-options/>

## **Student Life – HE options**

<https://gmhigher.ac.uk/resources/student-life-he-options/>

## **Student Life – Support at university**

<https://gmhigher.ac.uk/resources/student-life-support-at-uni/>

## **Worksheet:**

<https://gmhigher.ac.uk/resources/choices-post-16-options-true-or-false/>

## **Student Life – Path Finder**

<https://gmhigher.ac.uk/resources/student-life-path-finder/>

## **TOPIC: INTERVIEW SKILLS**

### **Interview Skills – How to get through your interview**

<https://gmhigher.ac.uk/resources/interview-skills-your-interview/>

### **Interview Skills – First Impressions**

<https://gmhigher.ac.uk/resources/interview-skills-first-impressions/>

### **WORKSHEETS:**

### **Interview Skills – Who got the job?**

<https://gmhigher.ac.uk/resources/interview-skills-who-got-the-job/>

### **Interview Skills – What makes you stand out?**

<https://gmhigher.ac.uk/resources/interview-skills-stand-out/>

## **TOPIC: BUDGETING SKILLS**

### **Budgeting Skills – Prudent Student Game**

<https://gmhigher.ac.uk/resources/budgeting-skills-prudent-student/>

### **Budgeting Skills – Mythbusting**

<https://gmhigher.ac.uk/resources/budgeting-skills-mythbusting/>

### **Budgeting Skills – What students spend their money on**

<https://gmhigher.ac.uk/resources/budgeting-skills-spending/>

### **WORKSHEETS:**

### **Budgeting Skills – Budgeting activity Instagram**

<https://gmhigher.ac.uk/resources/budgeting-skills-instagram/>