Issue No 6
27th November 2026



17th - 30th November
Year 11 GCSE Mock Exams
Mon 30th November
Year 10 Interim Reports out to Parents
1st - 4th December
Art Mock Exams
Tues 1st December
Year 7 Sharing Assembly
Wed 2nd December
Year 10 Progress Evening 3.15pm-6.15pm
Thurs 3rd December
Morrisons Bag Packing
Fri 4th December
RE - Manchester Moot Trial Trip (Year 9)
Carol Singing
Wed 9th December
Year 8 Progress Evening 3.15pm-6.15pm
Thurs 10th December
Manchester European Christmas markets
Friday 11th December
KS3 Panto trip to Grand Theatre
Year 7, 8 & 9 Interim Reports to Parents

Millfield MESSENGER

Belvedere Road, Thornton Cleveleys, FY5 5DG Telephone 01253 865929



Dear Parents and Carers

As our Year 11 students complete their mock examinations, I would like to congratulate them on the maturity and commitment they have shown throughout. Their behaviour, attendance and effort during the examinations have been exceptional, and they have approached this important stage of their education with determination and resilience. The calm and purposeful atmosphere around school has been a credit to them, and I know that the experience gained through the mock examinations will help them feel even more confident and prepared for the months ahead. Full feedback will be given in the next progress evening on 20th January.

It was also a pleasure to welcome back our Class of 2026 as they returned to collect their examination certificates. It was wonderful to spend time chatting with them and hearing about the exciting opportunities they have gone on to pursue since leaving Millfield. Whether continuing their studies, or embarking on apprenticeships, they spoke with great enthusiasm about their next steps. We are incredibly proud of all they have achieved and wish them every success for their bright futures.

I am delighted to share two well-deserved staff promotions. Congratulations to Mr Woodhouse, who has been appointed as our new Head of Sharks House, and to Miss Clarke, who has been promoted to Second in Mathematics. Both colleagues are highly valued members of staff who make a significant contribution to school life, and I know they will thrive in their new roles. We wish them every success as they begin these exciting next chapters in their careers.

Our school choir recently performed at the Concert for Nepal and Remembrance Service at St John's, and I could not be prouder of the way they represented Millfield. Following the event, we received wonderful feedback praising not only the quality of their performance but also the appearance, behaviour and courtesy of our students throughout the evening. One attendee commented that the students were a credit to their families and the school, and that the esteem of Millfield had been greatly enhanced within the local community. Such feedback is always particularly pleasing because it reflects the values we work hard to develop in our students every day. My thanks go to Mr Mitchell, Miss Cambridge, Mr McMinn and, of course, the choir for their dedication and commitment in preparing for the event.

Finally, what a fantastic evening Millfield's Got Talent proved to be. The standard of performances was exceptional, with students showcasing a wide range of talents and demonstrating tremendous confidence on stage. Events such as these remind us of the incredible creativity and talent that exists within our school community. Well done to every performer who took part and helped make the evening such a memorable occasion for students, staff and families alike.

You can keep up to date with everything happening at Millfield by following us on X @millfieldhighsc

Thank you, as always, for your continued support.

N. Regan

Mrs N. Regan
Headteacher

Christmas Hamper Appeal 2026



This year, we are running a Christmas appeal to support our Millfield community during the festive season and we need your help!

We are collecting toiletries, clothing, dry food, tins and chocolate boxes.

Please can all donations be given to any Head of House by Friday 4th December,

Every item makes a difference!

EQUALITY

Noun:
the state of being equal, especially in status, rights, or opportunities

International Men's Day: Celebrating Positive Role Models



Each year, International Men's Day, held on 19 November, celebrates the positive contribution that men and boys make to their families, communities and society. The day encourages people to recognise positive role models, promote wellbeing and reflect on the qualities that help individuals make a positive difference in the lives of others.

The global theme for International Men's Day 2026 is 'The Future Is Everyone.' Organizers describe this theme as a call for compassion, collaboration and inclusion. It highlights the idea that men and women achieve the best outcomes when they work together and that supporting men and boys benefits everyone. The theme encourages people to recognise the contributions of males while continuing to promote equality, positive relationships and mutual respect.

To mark the occasion, students took part in assemblies exploring the importance of positive male role models. They were encouraged to think about the men who inspire them, whether these are fathers, grandfathers, brothers, teachers, coaches, community leaders or historical figures. Students reflected on the qualities that make someone a positive influence, including honesty, resilience, kindness, responsibility and determination.



During the assemblies, students also explored how role models can help people overcome challenges, make good decisions and develop strong values. Importantly, they considered that role models do not have to be famous. Often, the individuals who have the greatest impact are those who provide support, guidance and encouragement in everyday life.

The theme 'The Future Is Everyone' reminds us that building a positive future is a shared responsibility. By recognising positive male role models and promoting respect, inclusion and understanding, International Men's Day encourages us all to play our part in creating strong, supportive communities where everyone can thrive.

As students reflected on the people they admire, they were challenged to consider an important question: What qualities can you develop today that will help you become a positive role model for others in the future?

International Men's Day's theme "The Future is Everyone." was the focus of assemblies delivered all week by Mrs Crook about how we should promote positive male role models and highlight and raise awareness of men's mental health and well-being. Nominations were made all week with regard to who is a positive male role model and why. Staff were thrilled to receive their certificates and to be recognised by colleagues and students alike for their support and positivity across the school. Thank you!

Spotlight on SEND

LANCASHIRE FAMILY HUBS & YOUTH ZONES SEND SUPPORT

Supporting children and young people with SEND and their families

1. INFORMATION, ADVICE & GUIDANCE

- Information about local SEND support and services
- Help to understand the Local Offer
- Advice about education, health and care pathways
- Early Help information
- Guidance on benefits, financial support and community resources

2. EARLY HELP FOR FAMILIES

- Early Help Assessments
- Family support plans
- One-to-one support
- Group support
- Help with routines, behaviour and family relationships
- Support during important life changes and transitions

FAMILY HUBS & YOUTH ZONES SEND SUPPORT

Here for you, every step of the way

3. PARENTING SUPPORT

- Parenting support programmes
- Workshops and information sessions
- Peer support from other parents and carers
- Advice on behaviour, communication and emotional wellbeing
- Building confidence and resilience

4. EMOTIONAL HEALTH & WELLBEING

- Emotional wellbeing support for parents and carers
- Mental health information and guidance
- Activities that support children's social and emotional development
- Help to access specialist services when needed

5. INCLUSIVE ACTIVITIES, GROUPS, FAMILY HUBS & YOUTH ZONES

- Stay and Play sessions
- SEND-specific groups
- Sensory spaces
- Family activities and events
- SEND Roadshows and Information Shops
- Holiday activities

6. WORKING TOGETHER

We work alongside:

- Health Services
- Schools & Colleges
- Early Years Providers
- SENDIASS
- Specialist SEND Services (e.g. therapists, Portage, specialist teachers, Children with Disabilities Teams)
- Community Organisations
- Lancashire Parent Carer Forum
- Adult Services & Transition Teams





OUR PROMISE TO FAMILIES

- Inclusive and welcoming support
- Help at every stage of your child's journey
- Support tailored to your family's needs
- Working together so you don't have to tell your story again and again
- Helping children and young people with SEND reach their potential
- Listening to families and improving our services

You are not alone. **Family Hubs and Youth Zones** are here to listen, support and help your family **build on its strengths.**

For more information or to access support, speak to a member of your local Family Hub team.

Careers Fair & Careers Convention @Millfield!



Trip to British Aerospace – Year 10

The recent visit to BAE Systems provided an excellent opportunity for our Year 10 students to gain a valuable insight into the world of work and the wide range of careers available within the aerospace and defence industry.

During the visit, students met current apprentices working in a variety of roles, including engineering, manufacturing, project management, digital technology, design, and business support. Hearing first-hand experiences from apprentices helped students understand the different pathways available after school and the skills employers value most.



A highlight of the day was the opportunity to enter one of the aircraft hangars, where students saw a jet aircraft up close and learned about the complex design, engineering and manufacturing processes involved in its construction.

Students also explored BAE Systems' core values and participated in activities focused on interview techniques, helping them develop the confidence and employability skills needed for future education and career opportunities.

The visit forms part of Millfield's ongoing Careers Programme, which aims to broaden aspirations, raise awareness of career pathways and prepare students for the world of work through meaningful encounters with employers and industry professionals.

Millfield's Bikeability Training

Students at Millfield recently took part in Bikeability Training, helping them to develop the skills and confidence needed to cycle safely on today's roads.

Throughout the programme, students learned essential cycling techniques, including road positioning, hazard awareness, signalling, observation skills and how to navigate junctions safely. The training encouraged students to become more confident and independent cyclists while promoting the importance of road safety and responsible decision-making.

Bikeability also highlighted the benefits of active travel, helping students to understand how cycling can contribute to both physical wellbeing and environmental sustainability. Students demonstrated excellent engagement throughout the sessions and showed great determination as they applied their new skills in real-life situations.

This opportunity forms part of Millfield's wider Personal Development programme, providing students with practical life skills that will support them beyond the classroom and help them stay safe when travelling independently.



Student Committee

On 18th November, Mrs Warburton and Miss Weir along with the House Leaders went for a litter pick walk around Thornton helping to keep our community clean. These students are part of our student committee, and this is part of the Student Development Plan in action. Mrs Crook sent the photos to the Hawthorn Park Trust members, who were thrilled to see our young people supporting the park and its local area.









The next item on the agenda is to support the community in the Thornton Christmas Light switch on and the Christmas markets and to do bag packing at Morrisons for charity.

What a conscientious team!

Graduation

Graduation is extremely competitive this year. The completion of graduation tasks is extremely positive with one student having completed eighteen tasks and already on a merit! This is incredible!

Rhinos is the winning house so far with so many students taking part in extracurricular clubs to earn points. These clubs include MFL clubs, P.E. at lunch time and after school, the Combined Cadet Force (CCF), Science clubs and Digital Leaders to name a few.

The next Graduation assembly will be on 2nd December. Who will the winners be for the end of Autumn Term?

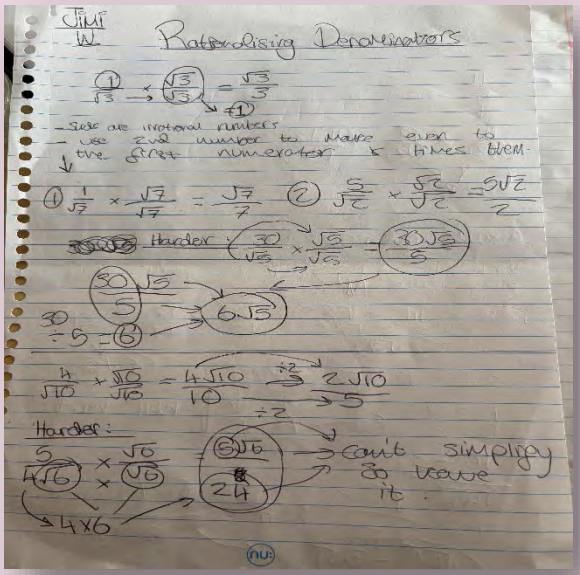
CONGRATULATIONS!

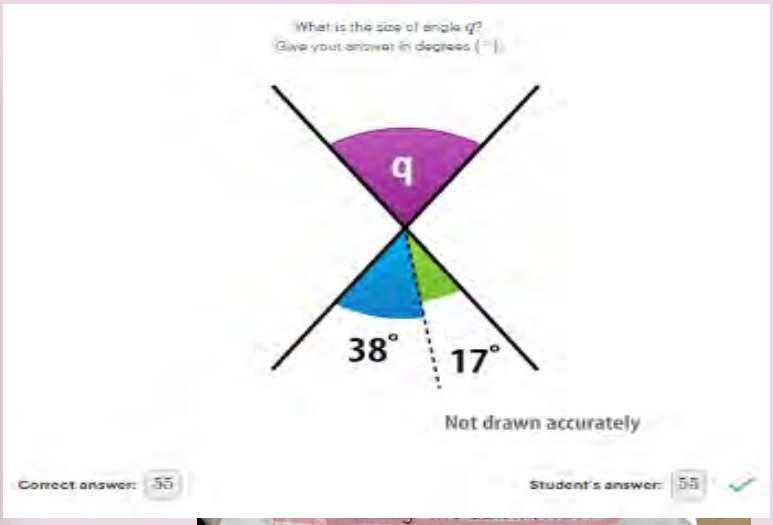
learning@home

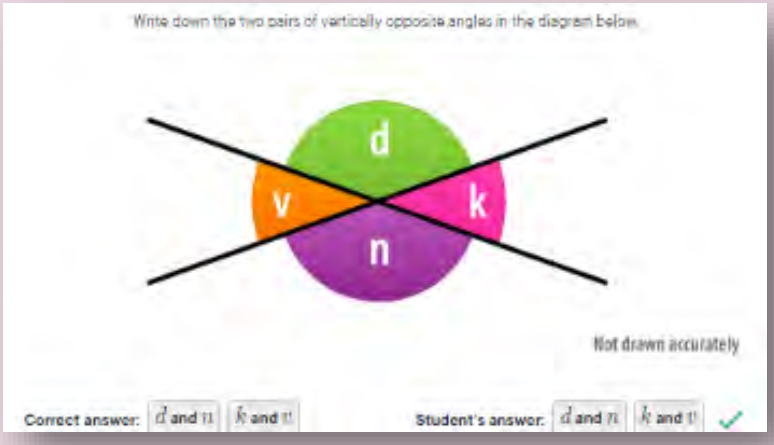
Our Maths department has been busy setting engaging and challenging home learning tasks to help students deepen their understanding of key concepts. This term, students are tackling a variety of essential topics designed to strengthen their foundational skills and problem-solving abilities.

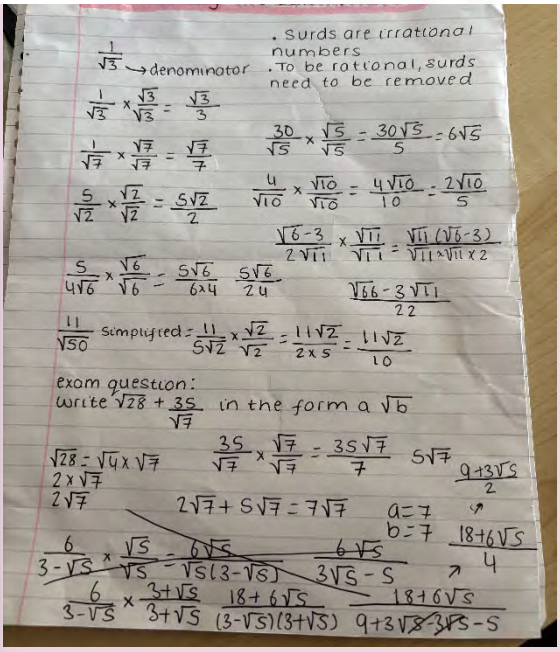
Tasks include exploring **Ratio and Proportion** through practical scenarios like adjusting recipes and calculating quantities, mastering **Fractions, Decimals, and Percentages** through conversions and real-world applications, calculating the **Area of Triangles** (including more complex shapes), and applying the famous **Pythagoras Theorem** to solve problems involving right-angled triangles.

These tasks are crucial for reinforcing classroom learning, developing independent study habits, and preparing students for future mathematical challenges!







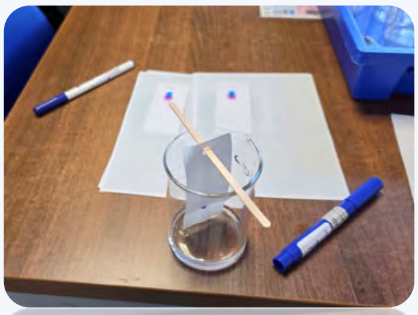


STEAM @ Millfield

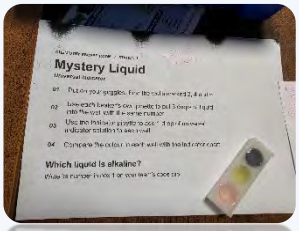
WITH A FLASH AND A BANG

A Whopping Whoosh of Chemistry at Millfield!

Things have been bubbling away at Millfield this term! From separating liquids at Science Club to cracking codes and making batteries from fruit during Chemistry Week, our students have had plenty of chances to get hands-on with science. And yes, there really was a point when I let them set my hands on fire!

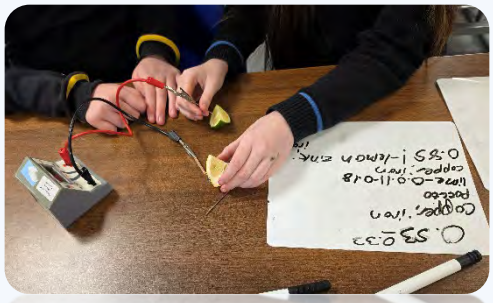


At **Science Club**, we explored distillation and discovered how differences in boiling points can help us separate liquids. Students watched as a liquid in the mixture boiled, then saw the vapour cool and turn back into a liquid that could be collected separately. It was a great way to see evaporation and condensation working together. You could say we *condensed* quite a lot of science into one session!



For **Chemistry Week**, we turned the lab into a **Chemistry Escape Room**. Teams had to carry out a series of experiments, use their results to solve clues and piece together the winning code. Every experiment brought them a step closer to a science prize. It was lovely to see students comparing observations, talking through their ideas and checking their results together. The race to crack the code certainly got a *reaction*!

Next, we gave fruit a new job. In our **fruit battery** session, students used pieces of fruit and two different metals to make simple cells. They explored how a chemical reaction can produce a potential difference and how connecting cells together can increase the voltage. There was plenty of *currant* enthusiasm, even if the fruit did end up looking a little worse for wear.



We finished the week with our **Flash, Bang! chemistry demonstrations**. The screaming jelly baby lived up to its name and the whoosh bottle certainly made itself heard, but my personal favourite was the methane bubbles. As part of the controlled demonstration, students helped ignite the bubbles I was holding, sending a brief flash of flame above my hands. I'd say that was the moment Chemistry Week really *caught fire*!



Thank you to all the students who came along and threw themselves into the activities, and to the staff who helped make the week happen. From the first clue to the final whoosh, you made Chemistry Week a real blast!

Mrs McRoberts
Head of STEAM

Science Technology Engineering Art Mathematics

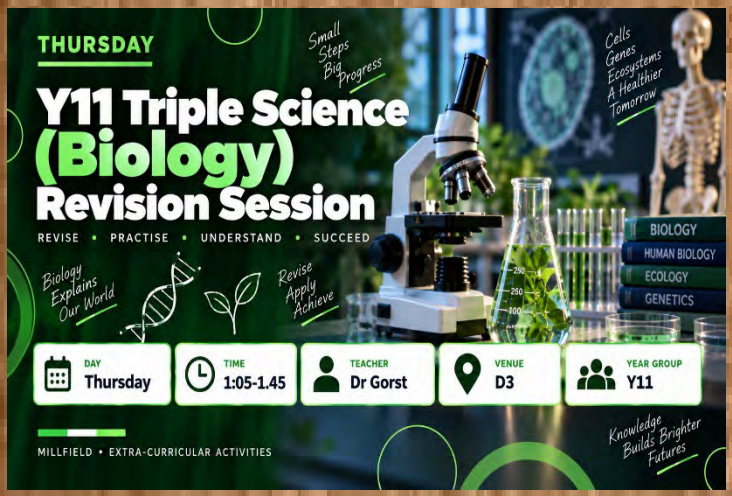
STEAM learning refers to an educational approach that integrates Science, Technology, Engineering, Arts, and Mathematics. This interdisciplinary approach aims to foster creativity and critical thinking by allowing students to explore and solve problems across these fields. STEAM education encourages collaboration, innovation, and the development of essential skills such as problem-solving, communication, and design thinking, preparing students for the challenges of the modern world.

STEAM CLUBS

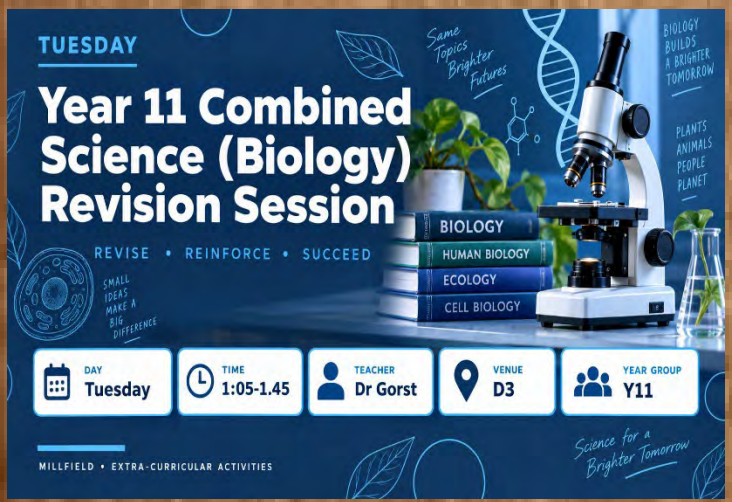

FRIDAY
Catalyst Club (Week B only)
IDEAS • EXPERIMENT • INNOVATE • MAKE A DIFFERENCE
Big Ideas Brighter Futures
Ideas Create Change
SCIENCE IDEAS PEOPLE A BRIGHTER TOMORROW
INNOVATION PROBLEM SOLVING REAL-WORLD SCIENCE LEADERSHIP CHANGE
DISCOVERY
INNOVATION
A BRIGHTER TOMORROW
Experiment Explore Solve Create
Curiosity Today Solutions Tomorrow
DAY Friday
TIME 1.10-1.45
TEACHER Mr Hutchinson
VENUE B7
YEAR GROUP Year 11
MILLFIELD • EXTRA-CURRICULAR ACTIVITIES
Real Science Real Impact


TUESDAY
IT Club
CODE • CREATE • EXPLORE • TOGETHER
REAL SKILLS REAL OPPORTUNITIES
BUILD SKILLS
SHARE IDEAS
SOLVE TOGETHER
BRIGHTER FUTURES
Ideas + Code + People = Brighter Tomorrows
TECHNOLOGY
CREATIVITY
OPPORTUNITY
A BRIGHTER TOMORROW
GOOD CODE BRIGHTER PEOPLE
Plan Code Create Improve Repeat
DAY Tuesday
TIME Lunch
TEACHER Mr Tyson
VENUE A28
YEAR GROUP All Years
MILLFIELD • EXTRA-CURRICULAR ACTIVITIES
Technology Builds Brighter Tomorrows


THURSDAY
Revision and Supervised Study
FOCUS • PLAN • PRACTISE • PROGRESS
Small Steps Big Progress
DISCIPLINE CREATES FREEDOM
A Quieter Space A Brighter You
REVISION SUPPORT GOOD HABITS CONFIDENCE SUCCESS
GCSE
Revision
Practice
Achieve
Prepare Practise Improve Succeed
LEARN PLAN DO GROW
Same Support Brighter Results
Plan for Success:
Review notes
Practice questions
Ask for help
Make progress
You Can Do This
GOOD IDEAS BRIGHTER TOMORROWS
Better Students Brighter Futures
DAY Thursday
TIME 1.20-1.45
TEACHER Miss Gower
VENUE A14
YEAR GROUP Year 11
MILLFIELD • EXTRA-CURRICULAR ACTIVITIES
Revision Today Brighter Tomorrows


THURSDAY
Y11 Triple Science (Biology) Revision Session
REVISE • PRACTISE • UNDERSTAND • SUCCEED
Small Steps Big Progress
Cells Genes Ecosystems A Healthier Tomorrow
BIOLOGY
HUMAN BIOLOGY
ECOLOGY
GENETICS
Biology Explains Our World
Revise Apply Achieve
DAY Thursday
TIME 1:05-1.45
TEACHER Dr Gorst
VENUE D3
YEAR GROUP Y11
MILLFIELD • EXTRA-CURRICULAR ACTIVITIES
Knowledge Builds Brighter Futures


MONDAY
Music Tech Club
CREATE • PRODUCE • EXPLORE • SHARE
Music Lives Here
BEATS IDEAS SOUNDS PEOPLE PROGRESS
TIME Lunch
TEACHER Mr Mitchell
VENUE A19
YEAR GROUP All years
MILLFIELD • EXTRA-CURRICULAR ACTIVITIES
GOOD MUSIC BRIGHTER PEOPLE


TUESDAY
Year 11 Combined Science (Biology) Revision Session
REVISE • REINFORCE • SUCCEED
Same Topics Brighter Futures
BIOLOGY BUILDS A BRIGHTER TOMORROW
PLANTS ANIMALS PEOPLE PLANET
BIOLOGY
HUMAN BIOLOGY
ECOLOGY
CELL BIOLOGY
SMALL IDEAS MAKE A BIG DIFFERENCE
DAY Tuesday
TIME 1:05-1.45
TEACHER Dr Gorst
VENUE D3
YEAR GROUP Y11
MILLFIELD • EXTRA-CURRICULAR ACTIVITIES
Science for a Brighter Tomorrow


WEDNESDAY
Science Club
EXPLORE • EXPERIMENT • DISCOVER
Curiosity Today Brighter Tomorrows
IDEAS EXPERIMENTS PEOPLE A BRIGHTER TOMORROW
Science Changes Lives!
Ask Explore Experiment Discover
Small Experiments Big Ideas
DAY Wednesday
TIME 3-3.45
TEACHER Mrs McRoberts & Mrs Alden
VENUE B6
YEAR GROUP All
MILLFIELD • EXTRA-CURRICULAR ACTIVITIES
Real Science Real Possibilities

MILLFIELD / TEACHING & LEARNING

ORACY

Giving every student a voice

Learning to talk. Learning through talk. Skills for life.

Being able to communicate effectively is one of the most important skills we can develop in our young people. Alongside literacy and numeracy, **oracy – the ability to speak and listen effectively –** plays a vital role in education.

+6

MONTHS

Average additional progress from oral language approaches, mainly measured in reading.

94%

OF EMPLOYERS

Value life skills, including communication, at least as highly as academic qualifications.

79%

OF TEACHERS

Secondary state school teachers who believe stronger speaking and listening skills improve employability.

Learning through talk

Through purposeful classroom discussions, effective questioning and opportunities to explain and justify ideas, students can develop a deeper understanding of what they are learning.

Oracy at Millfield

Staff at Millfield have recently taken part in professional development (CPL) with SpeakUp, exploring practical strategies to encourage oracy within lessons. These approaches help students articulate their thinking, engage in purposeful discussions and grow in confidence.

A skill for life

Across the curriculum, we encourage students to use challenging vocabulary, listen carefully and express their opinions. Oracy is not about being the loudest person in the room; it is about contributing meaningfully.

Beyond the classroom

Whether applying for college, attending a job interview, developing friendships or contributing to the community, effective communication will benefit students throughout their lives.

Try this at home

Everyday conversations can make a difference. Try asking:

- What was the most interesting thing you learnt today?
- Why do you think that?
- Can you explain how you worked that out?
- What might someone else think?

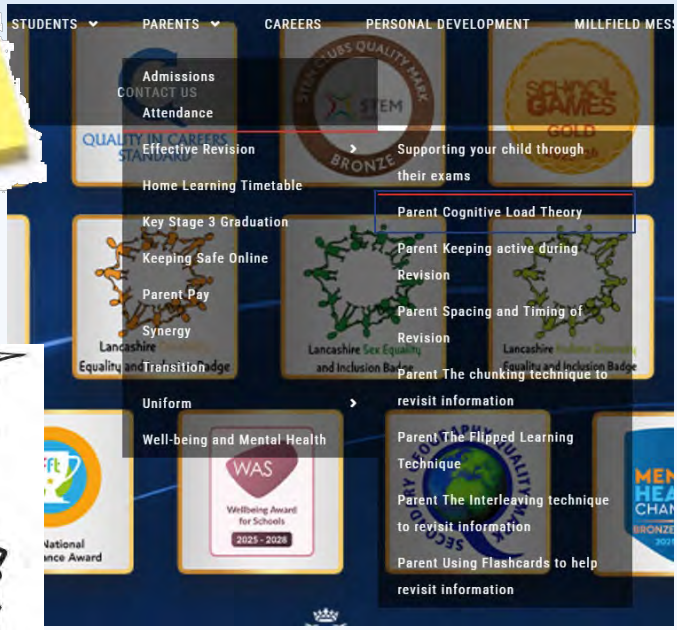
Mr P Mitchell

Lead Practitioner of Teaching and Learning

Giving every young person a voice, the confidence to use it and the skills to listen to others – creating bright futures.

REVISION TECHNIQUES

There are many revision and home learning techniques to be found on the school website, such as 'Supporting your child through their exams', 'The chunking technique to revisit information' and 'The flipped learning technique'.



What can you do?

Be willing to talk to your child about their homework or study tasks and help them to access different materials they may need to look at.

Help your child identify the important information within a source, article or video and encourage them to write down questions about the areas of their learning that they do not fully understand, make notes on the topic or create a mind map.

Support your child to be proactive by thinking ahead and asking the teacher which topics are coming up next so they can actively start to understand them. Help your child take responsibility for their learning, prioritise their work, set themselves targets and get into a good routine with out of school learning.



Reading through notes

- It is the method of revision which most students will try first and which most students hate, and therefore it puts them off revision.
- Very few people read books twice - we know what will happen. Many students find reading notes that they have read before really boring - even History notes!
- Reading is a valid revision tool but should be used occasionally, rather than always.
- Do something whilst reading: highlighting key words in books, putting words on flash cards or post-it notes, drawing notes. The physical process of holding a pen, pencil or highlighter will help keep you focussed on the notes and encourage you to transform the information - helping you to understand it.

Reading needs to be an active process.
Do something whilst reading: highlight, underline, doodle



Flipped learning is the pre-lesson preparation, reflection and questioning that pupils undertake to help inform a teacher's planning (Mazur, 1997). Prior to a lesson, a teacher could direct students towards specific resources (often online media) that they need to digest and respond to.

Flipped learning will help stretch students' learning and understanding of topics, allow them time in the lesson to ask questions and make lessons more purposeful.

Research suggests that there have been some promising results from flipped learning where students have reported higher levels of satisfaction, greater engagement and consistent achievement.

SCHOOL SYNERGY

Doing the right thing...Making a difference!

In order to support your child with their home learning, please regularly log into Synergy to monitor the tasks that have been set and remind your child to complete them. The home learning timetable can be viewed on our school website; this explains how much home learning your child should be set each week and the types of tasks they could be set.

If you require any further information about our home learning or how to register for Synergy, please contact the school.

Remember!

HOME LEARNING SUPPORT SESSIONS

These sessions are designed to provide extra assistance with homework, revision, and coursework completion, helping students to stay on track and succeed.

After-school sessions are held on

Monday & Tuesday from 2:50 PM to 4:00 PM in Room A28

Additionally, students can access support during lunchtime at the following locations:

Key Stage 3 students: Room A28

Key Stage 4 revision: Room A14

Coursework progression: Room G9

We encourage all students to take advantage of these opportunities to receive support and guidance to succeed.

Eco Club





Eco Club News

November has arrived, bringing shorter days, colder temperatures and plenty of autumn leaves! It is an important time of year for looking after our school grounds, preparing our garden for winter and thinking about how we can support local wildlife.

Getting the Eco Garden Winter-Ready

Over recent weeks, attention has turned to getting our Eco Garden ready for the colder months. Clearing fallen leaves from paths and garden areas, along with collecting dead branches and fallen twigs, helps keep the space tidy, accessible and safe.

However, not everything needs to be cleared away! Piles of leaves, logs and branches can provide valuable shelter for hedgehogs, insects, frogs and other small creatures looking for somewhere to spend the winter.

Wildlife Watch: Helping Nature Through Winter

As temperatures fall, many of our garden visitors need a little extra help.

- **Hedgehogs:** Are preparing for hibernation. Log piles and undisturbed corners can provide important shelter.
- **Birds:** Need extra energy during the colder months. Providing suitable food and fresh water can make a real difference.
- **Insects:** Many overwinter in dead wood, fallen leaves and hollow plant stems.
- **Frogs and newts:** Look for sheltered places beneath logs, stones and vegetation.



Remember, before moving piles of leaves, branches or logs, always check carefully for wildlife that might be sheltering underneath.

Important Environmental Dates This Month

There are several important environmental events taking place during November:

21st–29th November – National Tree Week

The UK's largest annual celebration of trees! This is the start of the winter tree-planting season and a reminder of how important trees are for absorbing carbon dioxide, providing habitats and supporting biodiversity.



This holiday season, consider making the switch to a living Christmas tree with roots! Not only do these trees reduce waste and minimize your carbon footprint, but they also provide numerous benefits for indoor air quality. By choosing a living tree, you'll be improving the atmosphere in your home while creating a unique and sustainable holiday tradition.

26th November – World Sustainable Transport Day

A reminder that walking, cycling, car sharing and using public transport can help reduce air pollution and greenhouse gas emissions.

27th November – Buy Nothing Day

Taking place around Black Friday, this event encourages people to think carefully before buying new things. Repairing, reusing and buying second-hand products can help reduce waste and protect natural resources.

What's Happening Locally?

There are plenty of opportunities to enjoy and support nature around Lancashire this month.

- **Brockholes Nature Reserve:** Look out for winter wildlife, seasonal guided walks and the spectacular starling murmurations that often take place during the colder months.
- **Fleetwood Beach:** A community beach clean is taking place on 28th November, helping remove plastic and litter from the coastline.
- **National Tree Week:** Look out for local tree-planting activities and opportunities to get involved in improving green spaces.

Fleetwood Beach Care with The Bay Fleetwood beach clean | Marine Conservation Society



Help keep Fleetwood's stunning shoreline beautiful! Join us for a rewarding beach clean where every piece of litter removed makes a big impact.

Enjoy the fresh sea breeze, connect with your community, and play your part in protecting local wildlife and our coastline.

No need to book, just turn up!

Date and time of event: Saturday 28 November 2026, 10:30am- 12 noon

Distance: Less than one mile

Difficulty: Easy



Our November Eco Challenge

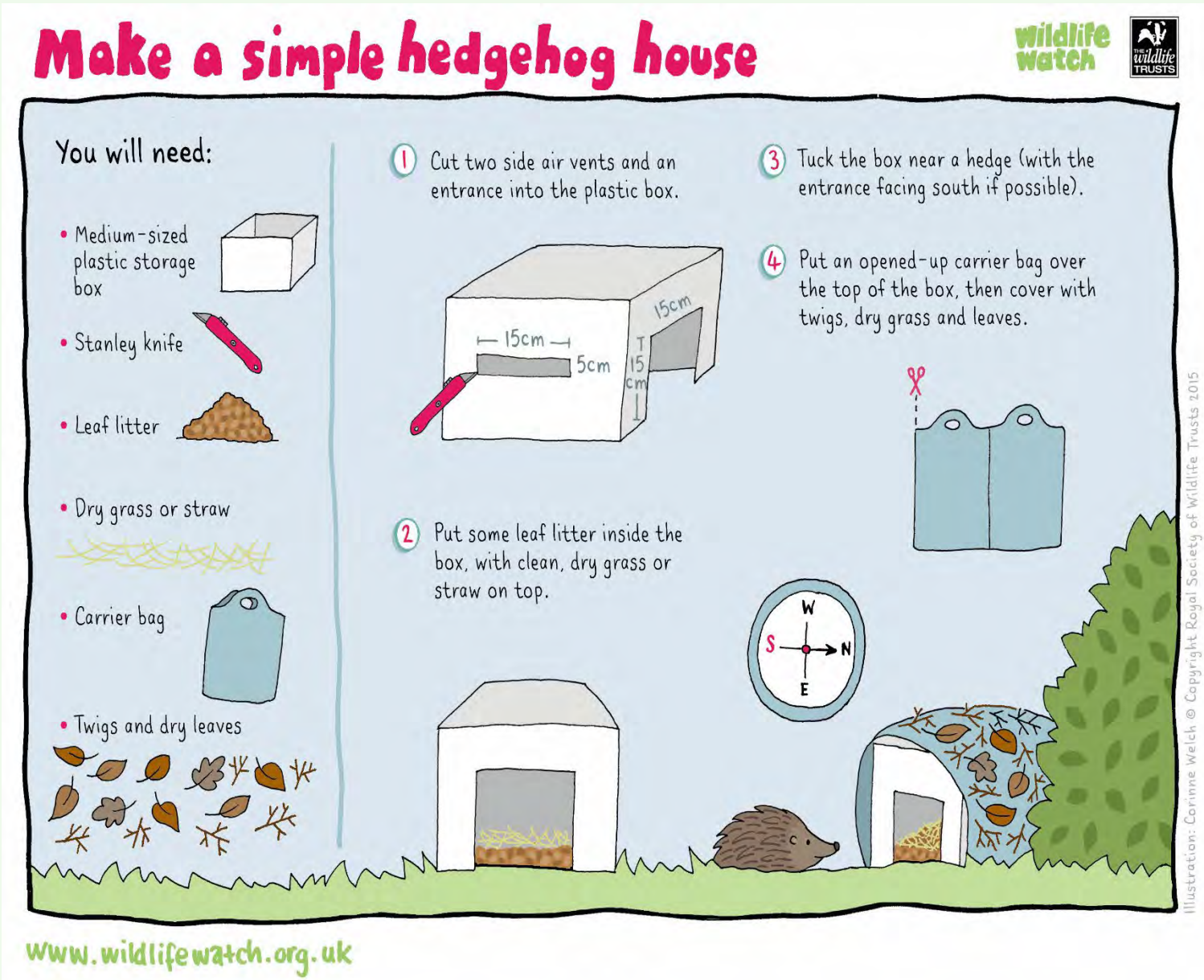
This month, we challenge everyone to do just one thing to help the environment:

1. Leave a small area of your garden undisturbed for wildlife.
2. Collect fallen leaves to make natural leaf mould.
3. Put out suitable food and fresh water for garden birds.
4. Avoid buying something new if you can repair, reuse or borrow it instead.

Every small action makes a difference!

As we head towards winter, let's remember that our school grounds are more than just outdoor spaces. They are habitats for wildlife, places to learn and opportunities to make a positive difference to the environment.





RECOMMENDED READS

"The Truth Cookie"

Week A's Library Book of the Week is "Jinx, The Truth Cookie" by Fiona Dunbar.

In a sparkling debut reminiscent of The Sisterhood of the Traveling Pants, comes Fiona Dunbar's story of Lulu Baker, an ordinary twelve-year-old who discovers a magical secret.



Lulu Baker's dad is getting ready to marry his new girlfriend, world-famous model Varaminta le Bone. Everyone thinks Varaminta is fabulous. Everyone, that is, except Lulu. She knows that her stepmother-to-be, not to mention her awful son Torquil, is cruel, deceitful, and just using her father. But how can she make her dad see Varaminta and Torquil for who they really are?

As ex-supermodel Varaminta le Bone and her loathsome son, Torquil, begin to take over Lulu's home, she is not pleased. While firming up wedding plans, the duo resort to blackmail and try to isolate the girl from her father, and she realizes that something has to be done. Her deliverance comes in the form of a mysterious cookbook discovered in strange Mister O's bookshop. It contains a recipe for cookies that cause the consumer to speak only the truth. Now it's a race against time as Lulu must find the rare ingredients for the sweets and discover a way to get her enemies to eat them before that final walk down the aisle.

Fiona Dunbar is a British author. She was born in 1961 in Hemel Hempstead and as well as being a writer, she is also an illustrator and a graphic artist. She has written and sometimes illustrated books such as the Silk Sisters trilogies and Toon-Head. Her books, The Lulu Baker trilogies, have also been adapted to become a children's TV series called Jinx.

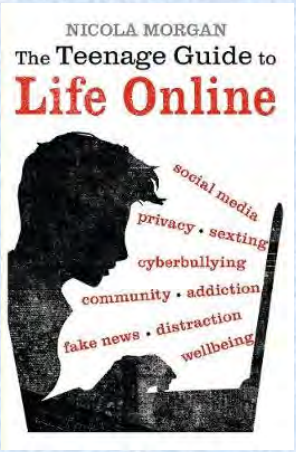
This book is suitable for ages 9-12 years.

"A Teenage Guide to Life Online"

Week B's Library Book of the Week is "A Teenage Guide to Life Online" by Nicola Morgan.

The authoritative guide to the online world by the award-winning author of Blame My Brain, The Teenage Guide to Stress and The Teenage Guide to Friends.

From the award-winning author of Blame My Brain, The Teenage Guide to Stress and The Teenage Guide to Friends comes The Teenage Guide to Life Online, a balanced look at what happens to us all – young and old – when we spend time on the internet.



Nicola Morgan explores the pros and cons of life in the Digital Age, from the information explosion to the growth of social media.

Opening with a brief history of the web she then explores hot topics like fake news and online privacy, and draws on fascinating, cutting-edge research into how the internet and screen use affect our ability to concentrate, our mood and sleep patterns.

This is a book for families to share: a way for teenagers, their parents and carers to inform themselves about the many advantages and risks of life online.

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LIFE ONLINE PARENT PACK -
Sensible advice for parents from Nicola Morgan.

Many adults struggle to know how best to help their young people (and themselves!) be healthy, safe and successful while still engaging with friends and the wider world on social media and via their screens. We are bombarded with negative headlines and scare stories about this, some of which are contradictory and some of which are based on nothing more than supposition or tiny studies not reflecting the real world. It can be hard to know what we should really worry about, and how much, and how to protect against any genuine risks. I have put together this free advice for you, based on best evidence and on my existing wide knowledge of the subject.

This book is suitable for ages 11 - 14 years.

We Celebrate Success!

We were delighted to receive this feedback:

"The appearance, behaviour, courtesy and good manners of your pupils were at the centre of so many conversations. The esteem of Millfield has been duly enhanced among so many in the local community."

We are so proud of our students.



Millfield School

Here are our star students, who have been nominated by their teachers for their outstanding effort and work in lessons.

STAR Students



Sporting Success for Poppy!



What an incredible experience for Poppy Heyes in Year 9, competing at the Valencia International Tournament in Spain, a huge international event featuring 10 competition rings and over 1,000 athletes!

Poppy took part in both the Junior -51kg Sparring and Poomsae (Patterns) sections, representing England and Northern Taekwondo with pride!

In sparring, Poppy had a fantastic match, showing great determination, fighting spirit and skill throughout. Unfortunately, she narrowly lost in the 3rd round by just 2 points in a closely contested battle!

Although the result didn't go her way, Poppy should be incredibly proud of her performance, effort and attitude against international opposition.

Competing at such a large international event is a fantastic achievement in itself, and the experience gained will be invaluable for the future!

Taekwondo is a Korean martial art and Olympic combat sport known for its dynamic kicking techniques, originating in Korea in the 1940s–1950s and governed internationally by bodies such as World Taekwondo and the ITF.

Overview

Taekwondo combines *tae* ("foot"), *kwon* ("fist"), and *do* ("way"), emphasizing powerful kicks, punches, blocks, and disciplined mental training. It is practiced worldwide and has been an official Olympic sport since 2000.

Key Characteristics

- Primary techniques: High, fast, and spinning kicks; hand strikes; defensive blocks.
- Training elements:
  - *Poomsae* (forms) – choreographed patterns demonstrating technique.
  - *Kyorugi* (sparring) – full-contact Olympic-style competition.
  - *Gyeokpa* (breaking) – board breaking to demonstrate power.
- Uniform: Practitioners wear a *dobok*, typically white with a belt indicating rank.

History

Taekwondo developed from earlier Korean martial traditions such as *Subak* and *Taekkyon*, later influenced by karate and Chinese martial arts. Modern Taekwondo was formalized in the mid-20th century by Korean martial artists and the original nine *kwans*.

We Celebrate Success!



SHARKS
Exceptional Achievement

Be Exceptional

Joey Garrett (year 7) recently played in the Defenders cup at Manchester Rugby Club. Joey and his team, Fylde Rugby, won the cup and have won tickets to prem cup final at Twickenham in June.
Fylde also scored 60/60 for rugby's core values: Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.



Our MFL department were excited to find out who the winners were from this half term's Golden Ticket Draw.
They were Oscar P. in Year 7, Gracie C. in Year 9, Sav L. in Year 9, James B. in Year 9 and Leo R. in Year 11.

They have won some prizes consisting of an MFL sticker, a pen, key ring and bag.

Well done everyone!

HOT CHOCOLATE WITH THE HEAD

Evie Abram	10 B BHE
Harry Carter	10 B BHE
Oscar Richardson	10 C CGO
Jamie Talbot	10 H JCF
Emmie Anderson	10 D RBL
Kitty Woffenden	10 H JCF
Isaac Baugh	10 B BHE

The above students have been nominated by Mrs Bell for their excellent work in RE.



RHINOS
Exceptional Achievement

Be Exceptional

We are delighted to recognise Mya for an exceptional achievement outside of school. Mya has recently passed her Grade 2 Ballet examination with a fantastic High Merit! This is a wonderful achievement and reflects her hard work, dedication and commitment to developing her skills in dance. Mya should be incredibly proud of her success, and we are delighted to celebrate her achievement.
Well done, Mya!



We Celebrate Success!

House Leaderboard

BEARS	HAWKS	RHINOS	SHARKS
3220 House Points	3515 House Points	4099 House Points	3707 House Points

Another fantastic week for house points. Rhinos are still in the lead but it's so close, it's anyone's to win!



Sharks have a new House Leader!

In case you missed the news, Mr Woodhouse is now Head of Rhinos. We look forward to his fresh input and ideas!



Luke Clarkson, Jason Gratton, Meadow Walker, Eliza Taylor, Aoife Brooks, Xander Broddle

Extra Curricular Activities



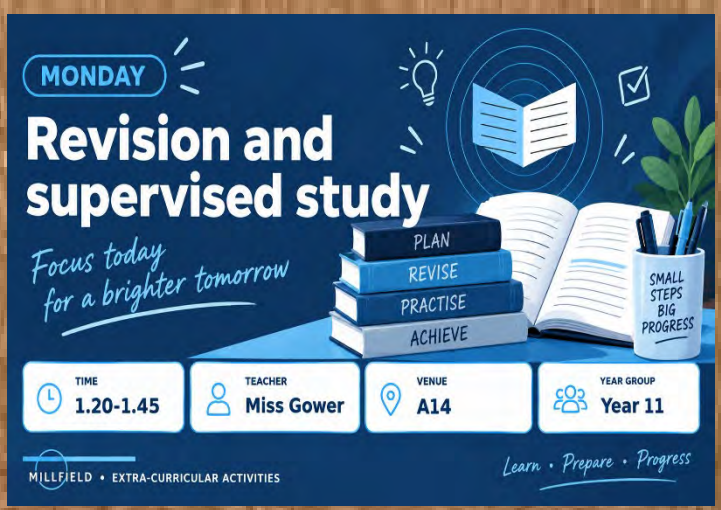












SUPPORT YOUR LOCAL COMMUNITY THIS CHRISTMAS!



The festivities start with the Christmas Lights Switch-On at Four Lane Ends from 12pm Sunday 29th November.



This is followed by Thornton Cleveleys Gala Christmas Concert at Thornton Little Theatre later the same day, starting at 6.30pm.



On Monday 30th November it's Thornton centre's turn to host a Christmas Lights switch-on plus a carol service performed by our local schools!





Thornton Cleveleys Gala's

Christmas Concert

Featuring

Thornton-Cleveleys Brass Band

Stanah Primary School

Sacred Heart Primary School

Red Marsh School

Sunday 29th November 2026
Thornton Little Theatre
Fleetwood Road North
Thornton
Doors Open: 6pm
Concert starts: 6:30pm

Ticket Price
Adult (16+) £8 (+admin fee when booked online)
Child (3-16) £3 (+admin fee when booked online)
Under 3's Free

For more information:
www.thorntoncleveleysgalaofficial.co.uk or see our Facebook Page: Thornton Cleveleys Gala

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

What Parents & Educators Need to Know about GRAND THEFT AUTO VI

Grand Theft Auto 6 (also stylised as GTA VI) has been one of the most highly anticipated games of this generation, following GTA V, one of the best-selling video games of all time. Set in the fictional state of Leonida, including Vice City, it follows criminal partners Jason and Lucia as they become embroiled in a wider conspiracy. Although GTA VI is intended for adult audiences, its enormous popularity means that younger people may still encounter gameplay footage online or express an interest in playing it.

AGE RESTRICTION PEGI 18

WHAT ARE THE RISKS?

EXTREMELY VIOLENT CONTENT

GTA VI is rated PEGI 18 for a reason. Players may encounter weapons like guns, knives and explosives, with violence portrayed in highly realistic ways. As in previous GTA games, players may also encounter violence involving vehicles and other characters. The game is categorically not for younger audiences, with blood, gore, and intense violence clearly identified in its official content

SENSITIVE SOCIETAL TOPICS

Like other games in the Grand Theft Auto franchise, GTA VI uses satire to explore aspects of society and contemporary culture. Its exaggerated characters and situations are fictional and may be intended to challenge or mock particular attitudes rather than endorse them. Younger viewers, however, may struggle to recognise this context and could misunderstand jokes, stereotypes, or social commentary without guidance from a trusted adult.

TALKING TO STRANGERS ONLINE

GTA Online, the multiplayer experience associated with GTA V, allows players to communicate with others online. GTA VI has been announced as a single-player experience at launch, so the same in-game chat risks should not yet be assumed. Children may still discuss the game through other online platforms potentially encountering strangers, inappropriate language and adult themes.

DRUG AND ALCOHOL USE

Throughout GTA VI's storyline, drugs and alcohol form part of the game's criminal world. The official content rating identifies the use of both, while Rockstar's character descriptions reference drug runners and dealers. Earlier titles also showed substance use affecting how characters see and move around the world. Younger viewers may struggle to understand these portrayals in the context of a fictional crime story, particularly without guidance from a trusted adult.

NUDITY AND SEX

Relationships and sexual themes feature in GTA VI, while previous GTA titles have allowed players to visit strip clubs and solicit sex workers. It should also be recognised that GTA VI's graphics aim to be realistic, meaning depictions of nudity and sexual content may be explicit. Official ratings confirm nudity and strong sexual content, although details of specific scenes should not be assumed from earlier games.

OPTIONAL IN-GAME PURCHASES

As with its predecessor, GTA VI includes optional in-game purchases that use real-world money. While these purchases are not necessary to play the game, the appeal of additional content may encourage some players to spend more. Younger players may not fully appreciate the cost or how quickly small payments add up.

Advice for Parents & Educators

PARENTAL CONTROLS

Parental controls can block age-restricted games, but they won't remove GTA VI's adult themes from elsewhere online. On PS5, go to Settings > Family and Parental Controls > Family Management, select the child and choose your restrictions. On Xbox Series X|S, use Settings > Account > Family settings, or the Xbox Family Settings app, to manage age restrictions and screen time.

LIMIT ACCESS TO BANK DETAILS

Limiting access to banking details helps prevent accidental or unauthorised purchases. Avoid storing payment details on a child's account and require approval before spending. On PS5, parents and carers can set a monthly spending limit through Family Management. On Xbox Series X|S, the Ask to Buy feature can request adult approval for purchases, helping children and young people understand their real-world cost.

COMMUNICATION RESTRICTIONS

On PS5 and Xbox Series X|S, parental controls can restrict voice chat, messages, friend requests, and communication with other players. Parents and carers can limit interactions to approved friends or prevent communication altogether, depending on the available settings. These restrictions are especially helpful for reducing children's exposure to strangers, inappropriate language and adult themes through console chats or other multiplayer games.

MAKE THIS A CONVERSATION

Even if a child is not playing GTA VI, they may still watch gameplay clips, livestreams or trailers shared by friends and content creators. It's important to talk openly with children about why GTA VI has an adult age rating and discuss its violence, crime, strong language, sexual themes, satirical lens, and other mature content. Ask what interests them about the game and what they already know. Talk about the difference between fictional behaviour and real-world consequences.

Meet Our Expert

Mark Foster has worked in the gaming industry for 12+ years as a journalist, editor and social media expert. He's travelled the world playing video games and working with publishers and developers to fine tune their audience messaging. When he's not gaming, he can be found watching horror and sci-fi movies, TV series, listening to music or deciding which world marathon to plod around.



#WakeUpWednesday®

The National College®

See full reference list on our website

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