



APRIL 2023

WORLD DOWN SYNDROME DAY



Welcome to the second edition of our 22/23 newsletter. It's been a great term at JSCHS where our students have continued to embrace all the opportunities that are made available to them.

Just a reminder that the consultation for the proposal to become an academy and join the PELE Academy Trust is still open and will close at 3pm on Friday 21st April. Please do take the opportunity to respond if you have time as the more views we have the easier it will be for the governing body to make the decision about whether or not to proceed. Details can be found on the website.

I hope that you enjoy reading about all that we've been up to over the past 11 weeks!

Jonathan Heath

On Tuesday the 21st of March, students at John Spence High School raised awareness of the condition Down Syndrome on international Down Syndrome Day by running a fabulous bake sale.

It was a busy break-time with many students looking to try cornflake cakes, home baked cookies and fairy cakes.

Reports were heard that a certain Head of Year 7 was gutted to not get a cookie with his cuppa - they'd all sold out so fast!!

The grand sum of £147.26 was raised. Well done Frankie, Latifah, Rowan, Sophie, Eva and Niamh (Year 8).



YEAR GROUP UPDATES

Year 7

The Year 7 cohort have enjoyed a very productive second term at John Spence which has included lots of opportunities for them; sporting fixtures, day trips and of course the fantastic trip to the theatre. It is amazing to see so many of the year group settling in so well and buying into the many varied extra opportunities at school and I would love to see more of them getting involved. I have been especially impressed with the acts of kindness and consideration that occur on a daily basis and those students are certainly making a lovely impression within school.

I will continue to promote our rewards system and hope that the children understand the importance of going 'above and beyond' in their lessons and being rewarded with the cards. In addition, I have also really enjoyed writing so many 'Well Done' postcards which the students have been presented with in our weekly assemblies. Please can I ask parents and carers to keep promoting this at home too, and congratulate the children if they do achieve a nomination from their subject teachers. I do hope that everyone enjoys the Easter holidays as we move into our final term of Year 7

Mr Burnip
Head of Year 7

Year 8

The return to school every year after the Christmas holidays is always full of anticipation. The hope has been that the holidays have gone well and that students and their families will have had a reflective and restful break.

The new Spring term brought with it a change in terms of staff after Mrs Anderson left our team to take up a new position over at Gosforth High School. She formed a strong relationship with 8JPa as their 'deputy' form tutor every Friday morning and we hope her first term in her new school has been successful. We have been joined by Mrs Cross and we welcome her into the Year 8 team. Continuing with the positive theme, we have been making an effort to recognise those students who regularly go 'above and beyond' expectations each week. Staff have been asked to nominate students who have exceeded expectations in one way or another and those students have been given a 'Commendation Postcard'. It is a simple thing to do but, from a personal point of view, it has been a privilege to go around the form classes to distribute the postcards.

More widely, our Family Liaison Officer (FLO) has started a number of initiatives which have been aimed at supporting a number of groups across the school. Year 8 have been a prominent part of this and each of the activities has been well represented by members of the year group. Some activities were not bound to term time and so 4 students in the year spent a lovely day last half term over at Shiremoor Adventure Park. There have been further successes outside of the classroom too. It has been a pleasure to get involved with the 'Cookery Club' after school each Wednesday evening. Students from all year groups across the school have been making and baking a number of food items including curry, pizza and fairy cakes. The focus in the room each night has been superb and the items they have made have all looked (and tasted) fantastic!

As this term draws to a close, the year group has finished on a high. Our netballers have just become North Tyneside Champions having beaten their long-time opponents from Marden High School and, perhaps most pleasing of all, Rowan and her friends have just organised and run another hugely successful bake sale to raise funds for National Downs Syndrome day.

Mr Crowe
Head of Year 8

YEAR GROUP UPDATES

Year 9

Year 9 have had a productive half term. Thank you to the families who attended the options day, feedback from staff, parents and students was incredibly positive. I hope that you will agree that it was a helpful and informative opportunity to discuss your child's progress and future GCSE choices. Year 9 have now completed this process, so thank you for your support. Every Tuesday Year 9 have been enjoying some very engaging and informative sessions run by the Newcastle United Foundation. The organisation have been impressed with their groups enthusiasm and engagement.

I want to take this opportunity to praise the students who have been recognised at any point this term as 'Student of the Week'. It is often the highlight of my week calling them up to collect their award card in assembly and it is important to acknowledge the many students who work hard every day and demonstrate consideration, skill and resilience. Also a big well done to the students who took part in the dance festival a few weeks ago. The commitment to their training and their performance itself were wonderful. Thank you for your continued support. I hope you have a lovely Easter holiday

Mrs Wyllie
Head of Year 9

Year 10

Spring term 2023 has been a busy one for Year 10 who have now fully settled into the swing of things with their GCSE courses and are now starting to think about their futures beyond John Spence as students have had the opportunity to take part in a variety of wonderful careers based activities and events. I would like to take this opportunity to say thank you to Mrs Winder and Miss Benson for organising these. So far students have participated in the future me mentoring project and the girls network. The primary aims of these were to link students up with various mentors in a range of industries and have them seriously start to consider higher education for their next steps.

In addition to this, I have also had the pleasure of accompanying a group of boys to the Marine School at South Tyneside College (picture on the next page) where we were able to experience sailing a ship in the colleges onsite simulator, and learn about the machinery used in ship building and maintenance. Students also had the opportunity to practice their welding skills using a range of different welding methods. I think we can all agree that the boys had a great afternoon. I would personally like to thank those students who attended for making the day an enjoyable experience. Well done lads!

Moving in to the next term sees yet another exciting opportunity for Year 10, which is their work experience, which commences at the beginning of May. I personally think that this is a great chance for students to get out and experience life in the working world. I am really looking forward to hearing all about this when students return to school, as knowing the year group as I do, I expect there will be a funny story or two! I must also give thanks to those of you who have helped your child find a placement, it is very much appreciated.

As I write this update, Year 10 are sitting the second round of their snapshot GCSE exams. On the whole feedback regarding behaviour and preparedness for these has been positive and I hope that the results reflect this when they come out next term. Myself and the senior leadership team look forward to welcoming you into school in May to review these and to discuss your child's progress prior to their full Year 10 mock exams which are due to be held June.

Before we all know it, the Summer Term will be over and Year 10 will start to prepare for Year 11. As we move towards this, I ask for your continued support with all aspects of school life, in particular with continued revision and at home learning and attendance as it is these things, in addition to in class work, that will enable students to be as successful as they can be.

YEAR GROUP UPDATES

Year 10

I hope you all have an enjoyable Easter and I look forward to seeing you all next term.

Mrs Brown
Head of Year 10



Year 11

As Year 11 move into their final half term at John Spence it is crazy to think that their 5 years at the school are almost complete! It has been great to be part of their journey and I will do my best to support students as much as possible in the most crucial part of their time here. I continue to be inundated with positive comments from staff about individuals within the year group who are clearly making sure they leave John Spence having tried their upmost.

They continue to prepare for their final GCSE examinations and are finalising coursework to submit their best pieces of work. Intervention classes and extra revision sessions are in full swing and the year group are spending before school, lunch times and after school in class rooms to prepare the best they can for the upcoming exams. Please can I ask that this is supported from home as well, to ensure students are consolidating learning at home.

Year 11 Review Day on the 23rd of March was really well attended and it has been outlined to students the expectations around revision in the coming weeks and months as they prepare for their exams. I would reiterate again that it is extremely important that students start now so the preparation process is not one that becomes overwhelming. Especially when students have the chance to be in control of their studies now.

The students are extremely grateful to the staff for all their efforts in helping and supporting them to ensure they have all the tools necessary to be successful. The majority of students have secured college, sixth form or apprenticeship positions post-16 for life after school and many have attended interviews and some have had tours of their intended destinations. We continue to guide and support students who have not quite made their minds up and encourage all parents and carers to discuss their child's route when they leave John Spence.

Please feel free to contact the school if you require any support with any applications or any general concerns in the lead up to the summer exams.

Mr Betts
Head of Year 11

NUFC FOUNDATIONS



Here at John Spence, we have been fortunate enough over the last 6 weeks to have been in receipt of some top football coaching from Darren who works for the NUFC Foundation. Over 20 students have been regularly attending the coaching sessions after school on a Wednesday to hone their skills, sharpen their shooting and perfect their passing.

The sessions have been really enjoyable for the students and they have really benefitted from the support and guidance given. None more so than Logan who was rewarded, not only for his effort in the sessions but his all-round work and application in school too with 2 tickets to the Newcastle vs West ham home game.

As part of the links with NUFC, which is now in its 3rd year, school also received a full stadium tour for identified students. On the 17th February we took the minibuses and were treated to a behind the scenes tour to see the inner workings of the club first hand.

We began by having a sneak peek at some of the executive boxes owned by Jonjo Shelvey and Callum Wilson, which cost upwards of £70,000 per season, with many of the luxuries and extravagances such as fine dining and leather padded embroidered seats decorating the rooms.

We were then treated to a view from level 7 and also a look inside the home and away changing rooms where some of the greatest footballers of our time have prepared for battle on the hallowed turf. We saw where Eddie Howe puts his tactics together and also where some local heroes of today such as Bruno Guimaraes, Joelinton and John Spence's very own Sean Longstaff go through their pre-match rituals...and where Dan Burn dances!

Finally, we were taken pitch side to see how it felt to be standing in front of 52,000 fans as a coach and then into the media room to see how it felt to be grilled by the press.

All in all, it's been a really enjoyable experience for everyone involved and we look forward to hopefully receiving another 6 week course in the summer term.



FUTURES MONTH @ JOHN SPENCE

January was Futures month here at John Spence, with students from each year group taking part in Career related activities throughout the month. Futures Month allows students to explore career possibilities, take part in employer encounters and learn about life after school. Whether that is through an apprenticeship or University degree course, there is something for everyone.

Year 7: As part of their fit for life lessons, year 7 students have been exploring the skills and attributes they possess that will support them in later life. Students completed the **icould** buzz quiz to find out their personality type and analysed the skills required for a successful employee. Did you know that Energy is one of the key growth sectors for jobs in the North East? To give our year 7 students an idea of the large variety of roles within the sector, they participated in an Energy Carousel day in which seven local businesses involved in the sector spoke to the children about their role in the company and what the company does. This great day will be followed up with a trip to **EDF Energy** in Hartlepool in April.

Year 8: The Year 8 program explored the world of work, types of jobs and job locations. Students explored gender stereotypes, and the opportunities in the North East (Local labour market information). As part of our work to ensure every student has at least one employer encounter every year, the year 8 students participated in our 'Careers Zone', an hour long workshop in which students rotated around different employers to complete activities. Employers included the NHS, the police and Learning Curve, a hair and beauty training centre in Wallsend.

Year 9: Year 9 focused on options and pathways after John Spence, which coincided well with their GCSE option choices. They experienced lessons from each subject outlining the career options they could pursue in relation to that subject, as well as reflecting on their skill set and which lessons they enjoyed. The Year 9 drop down event was a speed dating activity in which students rotated around 15 different employers every 5 minutes and discussed where the person worked, and what they did. A selection of students were also invited to participate in a workshop from Cambridge University around University life and aiming high.

Year 10: Year 10 completed work around preparing them for their next steps. This included practice CV's and application forms. They discussed the importance of grammar, spelling and presentation, and created personalised CV's. As part of their preparation, the year group visited a Careers Fair at Burnside College, as well as having the opportunity to sign up to an Apprenticeships induction workshop. Over 30 employers, colleges and sixth forms attended and students had time to visit stalls and talk to staff.

Year 11: The Year 11 program was targeted at next steps and whether their current performance would give them the opportunities they wanted. Students have had assembly presentations from a large variety of local colleges and sixth forms and have recently had the opportunity to attend an Apprenticeships fair. A selection of students were also invited to participate in a workshop from Cambridge University around University life and aiming high. In the coming weeks students will be invited to attend some more targeted trips including a visit to Kirkley Hall and NYA.

Upcoming events:

We have a huge variety of activities throughout the year here at John Spence and here are a few that are coming next term: **Dell Powering Transformation, Durham University** - a workshop for year 8 students at the University exploring careers in digital and engineering. **Greenskills roadshow** - A presentation and showcase of the Energy Central Hub in Blyth. **Trip to Sunderland Software City**

Christina Didsbury is part of North Tyneside's Connexions team, and is more than happy to answer any careers related questions. If you, or your child would like to get in touch, please email her at christina.didsbury@johnspence.org.uk.



THIS IS CREATIVE ENTERPRISE



The fashion industry has a huge impact on our world today. Although being one of the world's biggest industries, it is also an art form. It contributes to cultural wellbeing as well as our economic lives. Fashion is iconic, capable of capturing the mood and uniting whole generations. It allows freedom of expression and encourages experimentation.

TICE Fashion is about exploring the vast and varied world of this incredibly exciting industry. Our year 9 students are currently investigating areas such as trend prediction, design, fashion production skills such as sewing, pattern cutting and looking a little into embellishment and craftsmanship. They are looking at consumer trends, looking at fashion marketing, fashion film, journalism, styling, photography, fashion technology as well as materials and fashion processes.

The year 9 students have chosen these two briefs and are currently working on a project that is perfect for applications for work experience, college and university admissions and of course a highlight on any CV.

They spent day 1 at school following trends and creating a prototype. Day 2 was at Northumbria University getting involved with students and lecturers and even doing a photoshoot! If you are in year 8 and this sounds like something you would like to do next year, come and see Miss Armstrong and let me know!

Pyschoanalyse what?: A legacy lives on through London-based designer Bella Freud – as the daughter of artist Lucien Freud and the great granddaughter of psychoanalyst Sigmund Freud, creative intellect is in the DNA of her eponymous fashion label. Bella Freud launched her eponymous label in 1990 and was named 'most innovative designer' at the London fashion awards a year later. Her designs are instantly recognisable, and her signature 'word' jumpers have gained a following worldwide. Within this project, you will be working as a fashion communicator to promote a new 'word' jumper. You will design and create a Zine that showcases your inspiration for a new word jumper.

Full Spectrum: Embracing life with full colour, full styling, full creativity and full fun - that is what this project is all about. This project is like a collective exhale following a unique period of global constraint. It's an almost-anything-goes, anti conformist fashion direction that champions diverse and divergent perspectives and radical self - acceptance.

Full Spectrum embraces digital influences and joyful craft to create crocheted signs that are expressive and celebratory, featuring vibrant colours, textures and patterns. With this project, you will be exploring the rise of craft core which is an expressive DIY aesthetic that combines activism and self-expression.



NORTH SHIELDS PUBLIC ART PROJECT

OUR NORTH SHIELDS; PAST, PRESENT, FUTURE

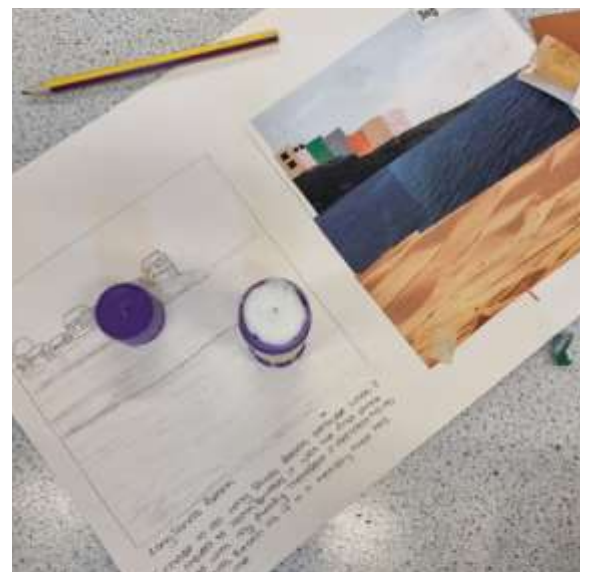


As part of the town's ongoing regeneration, Helix Arts are bringing public artworks co-designed with local people to two key sites in North Shields and our Year 10 GCSE Art and Design students have been involved.

Working with collage artist Laura Brenchley they created magazine collages representing their key memories and experiences of living in the area. From personal stories, to local landmarks, wildlife and historical facts, the work was interesting, varied and colourful – truly representative of our community. The collages will be combined with all of the work produced from local schools and community groups and curated by Laura in to a Community Sketchbook for North Shields. This will ultimately act as a starting point for Canadian visual artist and muralist Aaron Li Hill who will be designing the final public artworks.

The sites are in front of North Shields Magistrates Court and on the land next to the traffic lights at the Borough Road / Prudhoe Street junction. So keep your eyes peeled in the coming months!

If you'd like to be involved at home, you still have time to complete your own artwork and email a digital copy to info@helixarts.com please put Public Artworks in the email subject line. You could also include a couple of lines about why you chose the design and what it means to you.



SPORT

#LETGIRLSPLAY



A record 285,000 girls from schools across England took part in the FA and Barclays' Let Girls Play Biggest Ever Football Session. On the day the Prime Minister announced that every girl in England is set to be given equal access to football and school sport as part of an all-sports pledge, meeting one of the FA's key strategic objectives, the event was a massive success. Last year, 90,000 girls took part in the inaugural Biggest Ever Football Session, and after an incredible year for women's football, with England winning UEFA Women's EURO 2022, the momentous occasion and efforts of the team have now delivered a true long-lasting societal change. From Northumberland to Cornwall, sessions took place all over the country to signify the importance of unlocking equal opportunities for girls to play football in their schools and communities.



Here at John Spence we had over 50 girls playing across two Key Stages. All girls could sign up via Google Classroom to allow them to a two-hour special session delivered by Mr Pilkington and Mr Betts. The session included fun warm ups, motivational skill drills and adapted games. We had a special visit from Head of Girls Football at Northumberland FA and Newcastle Women's Assistant Manager, Lloyd Miller.

Four girls particular stood out for their efforts and commitment to the session: Year 7 Millie M, Year 8 Yasmin B, Year 9 Lottie C, Year 10 Alice F.

Girls Football continues to grow at John Spence with sessions on Wednesdays after school and Thursday morning. We have some exciting opportunities via Tynemet and also hosting an FA Teachers course in May.

Ruby, our North Tyneside Barclays Game Changer will also now be joined by Holly to boost the workforce and inspire more girls to get involved. Both girls received refresher training just before Easter.

For more information on anything Girls Football related please contact Mr Betts in school.



SPORT

FIFA 2023 CHAMPIONSHIPS

Last year we joined the first ever PlayStation Schools National FIFA Championships. If you remember Jack G went all the way to the final and came Runner Up in the National Final held at West Brom.

This year we applied again and were successful in a bid resulting in another PlayStation 5 being delivered to John Spence in January, along with the current FIFA 2023 game. We had over 70 applications from students, ranging from Year 7 all the way through to Year 11, however, only 30 lucky individuals could make it through to the first round draw.

Once the draw had been made The Hub played host to all Round 1 and 2 fixtures which were played before, during and after school. After an enthralling series of games (24 in total), the scene was set for the finals afternoon.

On Tuesday 21st of March 2023 the Dance Studio was converted into a gaming studio. The quarter-finals were scheduled for Period 4 with the winners successfully advancing into the afternoons Press Conference, Semi Finals and Final.



An interesting Semi Final line up looked like this:

Dylan P (Yr8) v Owen R (Yr10)

Jack G (Yr11) v Adam B (Yr10)

Dylan and Owen's game was a close affair with the game tied at 2-2 at the end of extra time. A calm and cool Owen managed to win on the penalty shootout taking him through to the final.

The second semi-final was a little different though. It was a repeat of last year's final, and after some tough gruelling matches, Jack wasn't so confident going into this game.

The game was mostly in Adam's favour for much of it but Jack never let him get away too much. With some chances for both sides going astray, this too would go the full distance with the scores tied at 3-3.

It was the penalty shootout, which would provide the most drama. Lots of misses, inaccurate striking, and great saves would result in Adam having a penalty for the win. However, he just couldn't convert it. The penalty went wide and in sudden death, Jack managed to convert to take the semi-final in an epic encounter.

Unfortunately, the final was less dramatic with Jack's quality showing throughout resulting in a thumping 4-0 over Owen.



Jack will return to the Hawthorns, the home of West Brom to once again battle it out Nationally so see if he can become the PlayStation Schools National FIFA Champion 2023!

BIZARRE

John Spence and uS active present....



A *BAZAAR* promoting **PHYSICAL**, **SOCIAL** & **MENTAL** health well being opportunities within our local area

Wednesday 10th May 2023

5.00pm – 7.00pm

John Spence Community High School
Main Hall

Stalls

Fun

Discounts

Drink

Prizes

**John Spence**
COMMUNITY HIGH SCHOOL

Talks

Food

Freebies

Experts

Games

In conjunction with



Mental Health
Foundation

awareness week



For more information or to host a stall, please contact
adam.pilkington@johnspence.org.uk



TRIPS

UNEXPECTED TWIST—YEAR 7 THEATRE ROYALE



On Wednesday 1st March, 17 year 7 students went to the Theatre Royal in Newcastle to watch a modernised version of Charles Dickens' 'Oliver Twist.'

Year 7 have been studying the text this year, and so it proved an invaluable and exciting opportunity for them to see it brought to life and enhance their knowledge of the story.



As the Theatre writes, "Unexpected Twist is the re-telling of the Charles Dickens classic, Oliver Twist, by one the best-loved figures in the children's book world, Michael Rosen. Combining two stories in one; Rosen's story and the Dickens classic that inspired it. Two stories that twist together, unexpectedly!"

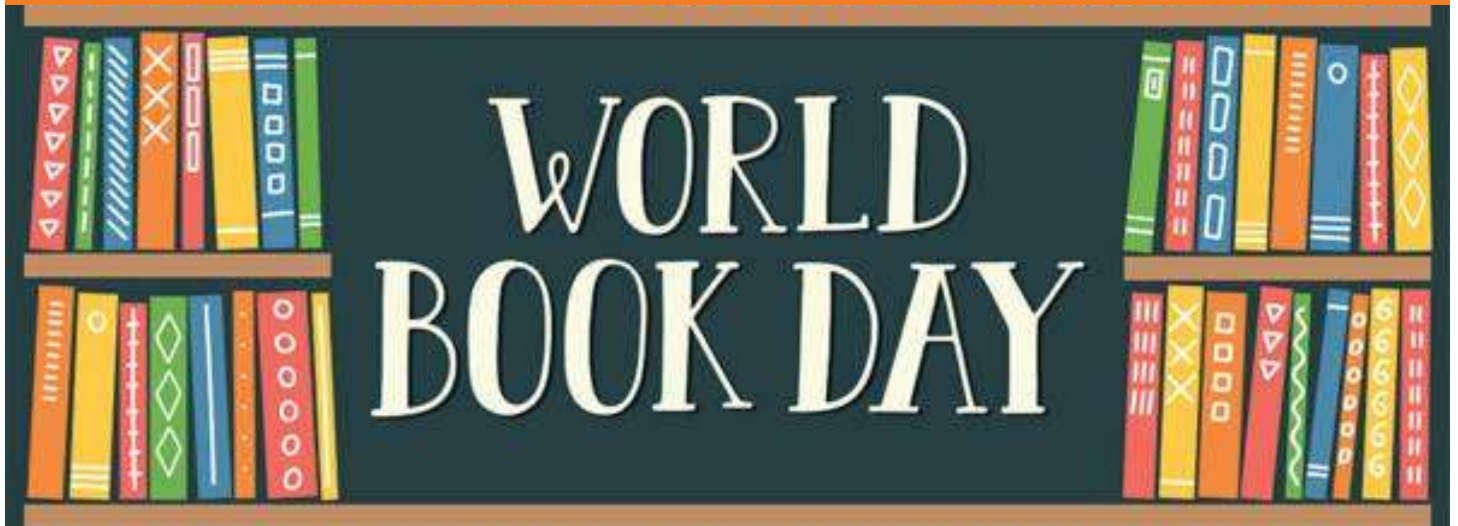


Shona and her class are studying the book, Oliver Twist. She's the new girl in school and is finding it hard to stay out of trouble – much like Oliver himself! When she's given a new phone by a stranger, she begins to suspect there's something unusual about the new boys she's met, and the rest ensues!"

The Theatre was full of schools from the North East who all enjoyed the special school-only screening, and John Spence had the privilege of having front row seats to witness the story.

The students represented John Spence incredibly, with impeccable manners, behaviour and consideration for everyone around them, making for a wonderful morning of educational entertainment!

WORLD BOOK DAY



On Thursday 3rd March, John Spence celebrated World Book Day, an event which is commemorated around the UK and Ireland to celebrate the importance, joy and opportunity books give us.

As a school, we marked the day by running 3 activities. These were as follows:

- **'Guess Who?'** - Here, the staff at John Spence shared some of their favourite books by posing with them in a photo. The catch was, you couldn't see their faces, so students had to guess as many people correctly as possible based on just the book cover!
- **'Title Quest'** – John Spence staff were given a small card with a book cover on it. The challenge was to spot as many of these as possible during World Book Day and write down the name of the book and the author.
- **'Writes of Passage'** - Everybody in the school was invited to write a short paragraph on a postcard about a book that means something to them. These were then displayed in the library/in classrooms to share our love of books!

It was great to see students and staff get involved and make the most of the day!

The overall winners were as follows, and took away some book vouchers and treats to reward their efforts!

For more information about World Book Day, check out this website: <https://www.worldbookday.com/about-us/>



CLUBS



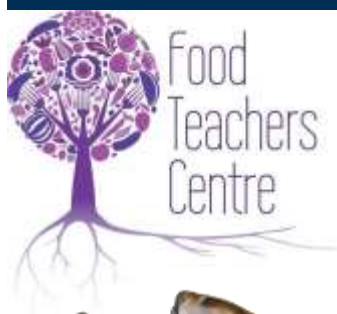
The John Spence cookery club continued this year, with the year's first batch of students beginning their cookery club journey in February.

10 students from years 7–10 embarked on 6 weeks of preparing, cooking and, most importantly, tasting an array of dishes from starters of soup, to main courses of curry and pizza. They have showed incredible resilience and independence over the weeks, and have gone from strength to strength honing their skills in chopping, frying, baking and making dough to name but a few!

Desserts week was a sweet way to finish, and students now look forward to receiving their cookery club journey diaries to hopefully continue on in their cooking endeavours in the future. Staff have enjoyed the experience too, with many being lucky enough to sample some of the dishes. It has been a great experience for all, with lifelong skills and knowledge of nutritious food learned along the way.



FISH HEROES



Our Year 10 and Year 11 Food and Catering students had a fishy masterclass last week. They learnt new filleting fish skills and updated their knowledge on sustainability and how important it is to know where our fish comes from. They had the opportunity to look at hake, gurnard, megrim, cuttlefish, squid, oysters and muscles. The dishes they made looked and tasted amazing!

Big thanks to Simon at The Food Teachers Centre and his Fishmongers for making this possible!

The teachers didn't miss out either. As 1 of 10 schools in the UK hosting a Fish Heroes teacher training event, we are proud to be supporting better food teaching in schools.



WELLBEING AND MENTAL HEALTH

Secondary School Parents

Looking for ways to support your child's mental health and emotional wellbeing?

Scan here!



Connect
Mental Health Support Team

<https://tinyurl.com/secondaryparentpadlet>

According to NHS Digital, one in six children aged between six and 16 in England are likely to have a mental health problem. Whether it's brought on by studies, peer pressure, problems at home or something else entirely, teachers and educational setting staff are ideally placed to spot early warning signs of vulnerabilities and poor mental health. All professionals working with young people have an essential role to play in helping to address mental health issues. To this end, John Spence has recently added a number of new support systems to our existing mental health offer:

Govox is a wellbeing and mental health platform. Once a month, students are sent a Govox email to their school account. Students are invited to check in on a digital device and answer a series of short, friendly questions. This takes less than two minutes and is simple to engage with.

Check-in results on the Govox wellbeing dashboard instantly highlight those who may benefit from some support, enabling us to have the conversations that matter. After each check in, the participant will receive their own personal wellbeing report which offers proven wellbeing techniques tailored to their specific answers. If a student asks for someone to check-in with them or passes

a comment that we feel should be addressed we then contact them directly and invite them to access our drop-in.

The **Drop-In** is available to all students and can be accessed before or after school in the Hub. The Drop-In is manned by some familiar faces from the school staff and is a perfect opportunity for students to pop in and talk to someone about any issues or concerns, big or small. The student doesn't need to have anything prepared to say but can just pop into the Hub between 8-8.30am or 3-3.30pm any day that suits and just say 'hello'. The Drop-In staff will take it from there.

If we feel any mental health issue requires more professional support from a specialist, we have a number of referral pathways available to us. One of these is with Connect Mental Health.

The **Connect Mental Health** support team is a new addition to the support available for children, young people, their families and school. The team can provide evidence-based interventions for low to moderate mental health and emotional wellbeing issues. The practitioners are trained in a range of CBT-based interventions and are all experienced in a wide range of interventions. The team is also looking to work alongside John Spence in developing a support offer for parents/carers and staff, group sessions for students and further developing a culture that supports wellbeing and builds resilience.

We are in early conversation with two students from the **Northern Guild** who are currently completing their practice in psychotherapeutic counselling and we are hoping to offer counselling support to parents and carers in the near future. We will send more information on this in due time.

Please direct any questions about any of the above to our Designated Mental Health Lead, Louise Bray, louise.bray@johnspence.org.uk

