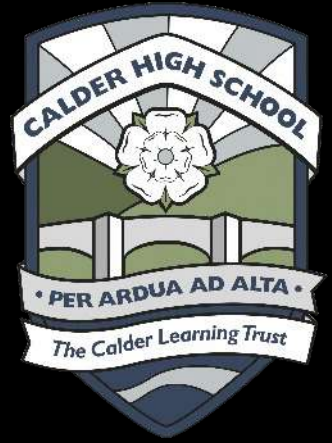




Calder Highlights



Winter Edition 2019



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Dear all,

A warm welcome to our Christmas newsletter. This has been a very busy end of a very good term! Our new Year 7s have really established themselves and made a brilliant transition to their secondary schooling. Thankfully our new English block and Diner extension were ready for the start of term and what a difference they have made to the quality of what we offer. The challenge now is to bring the rest of the school up to that same standard and I hope that the New Year will bring with it some much needed funding opportunities from central government to do just that!

With the physical changes to the buildings, and formal status as a 4-16 through school, we are now consulting on our Admissions Policy. These changes are aimed at supporting the improvements we've made in our primary phase (<https://www.halifaxcourier.co.uk/education/find-out-how-your-child-s-school-performed-in-latest-league-tables-1-10155231>) and honouring the commitments we made in the original consultation to become a through school. We are also

making some slight changes to the secondary admissions to ensure that, despite our growth, we can keep the family ethos that underpins life at Calder from Reception to Year 11. The details of the consultation can be found at <https://www.calderlearningtrust.com/admissions/> and closes on January 31st 2020.

For many, the end of term brings different opportunities to showcase their talents and we've seen our very own 'High School Musical', Key Stage 3 Calder Edge graduation, Presentation Evening and our Christmas nativity by Calder Primary. It is these milestones that punctuate the school calendar and remind us of the joy that school can bring (though for Year 11, they have just finished their GCSE mock exams in time for the Christmas holidays).

Without the care, courage and commitment of staff across the Trust, these extra opportunities simply wouldn't happen and I would like to mention one member of staff in particular. When I joined the school in 2013, Miss Laura Hutt was Head of Expressive Arts ensuring that the school's commitment to the arts was reflected across the school. Laura was promoted to the role of Assistant Headteacher and has been relentless in helping to raise standards and secure the improvements that have secured our position as one of the highest performing secondary schools in Calderdale and in the top quartile of schools nationally. Sadly, Laura is leaving Calder to take up a new role in an academy in Leeds. I am very proud to have worked alongside Laura and to have played a role in her progression to Vice Principal. I will miss her professionalism, honesty and integrity but mostly her friendship and support and I will ensure that the work that Laura put in to make the Arts such a foundation of life at Calder, continues to flourish.

I would like to take this opportunity to thank you, as ever, for your continued support and wish you all a very Happy Christmas and a peaceful New Year.

Tony Guise, Headteacher



The Calder Learning Trust
Everybody, Every day



Christmas is a time to celebrate with family and friends, however it is also a time which can be very difficult for some people. Therefore, I would like to draw your attention to the fantastic work of the volunteers at the Mytholmroyd Community Centre on Christmas Day. I feel this is truly what Christmas is about. In addition, can I remind you that the Calder Cares page of the Trust's website has many links for support in all areas should you need it.

I would also like to thank all the staff, students and parents who have supported the Trust in all its changes over the past few years. There are more changes to come to improve communication such as a new website for 'The Calder Learning Trust' launching on the 14th January 2020.

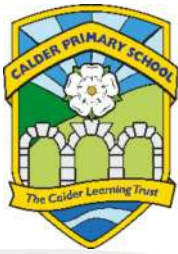
With the inclement weather upon us, it is also an opportunity to ensure your child is familiar with our procedures in case we need to close the school. A detailed letter, with an updated policy, will be available in January 2020 outlining an improved procedure for emergency situations when severe weather or other event occurs. Please can I ask that your child knows where to go should we have to close school early, whether it be a friend's or relative's house, especially if the transport is limited at the time of closure. We will be running revised drills around school closure, evacuation and invacuation with the support of the Police Crisis Team next term to ensure our procedures are effective.

Finally, I would like to wish you all a very happy and restful Christmas and all the best for 2020.

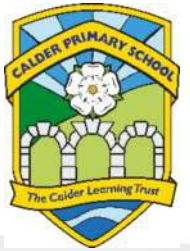
Mr Taylor, Deputy Headteacher



The Calder Learning Trust
Everybody, Every day



Calder Primary Winter News



Class 2 have been studying the Romans in History and designed and made Roman shields as part of their Technology lessons. They then re-enacted some ancient Roman battle moves, including the Testudo Formation to protect themselves!



In November students wore their Pudsey wear and crazy hair to fundraise for Children in Need. The school council also held a cake sale. In total we raised £125.45 for a great cause.



We also sold poppies and poppy bracelets for The Royal British Legion and pupils took part in a 2 minute silence on Remembrance Day. In addition, Class 1 made some poppy wreaths when they were learning more about this important event.

Earlier in the term, pupils planted daffodil bulbs with our new neighbours to help build links and enhance the environment around our school. We're all very much looking forward to seeing them growing in the Spring.

More recently, the Key Stage 2 choir sang at the Mytholmroyd Lights Switch-On and children sang and signed at the annual Mytholmroyd Station Partnership 'Singing on the Stations' event, entertaining commuters on the evening trains!

Pupils and staff took part in 'Odd Socks Day' and a range of assemblies and sessions as part of anti-bullying week. 'Odd Socks Day' is a national day to remind us that everyone is unique and everyone is equally valued and important.



Finally, well done to all our Cross Country runners who have competed in the HX7 league this term, sometimes in very cold and muddy conditions! A special congratulations to Beth Clough and Evelyn Clough who have qualified for the Calderdale School Games competition in Halifax in January. Beth came in second place in the qualifying race, earning a silver medal too.

Mrs K Lambert, Head of Calder Primary



As we approach the end of another year, I would like to take this opportunity to thank all parents and carers for the support you have shown and given since September. From washing uniforms and packing lunch boxes to managing the traffic on Burnley Road and supporting homework, the job is never done. From the students who were new to the school in September to the Year 11 students who are about to embark on their most important year so far, I think it is fair to say that 'Everybody' has contributed positively at some point 'Every day'.

Nearly 500,000 positive ClassCharts points have been awarded since September, this is an amazing figure truly reflective of and testament to the outstanding group of students we have here at Calder. Many school events and activities are shared in this newsletter, but I would like to congratulate all the students who are committed and apply themselves to their studies and enrichment opportunities every day. It takes real dedication. Well done.

I would also like to thank all the teaching and pastoral staff who work tirelessly to support our students, challenge them to achieve their best and offer an ear to listen to students when needed. Please rest assured that we will strive to ensure we continue to do this next year and beyond.

Heading into a new year, can I ask that you are aware of school procedures with regard to attendance and absence? Thank you for your support of the much improved standard of uniform this year. Should you need to purchase any new or replacement items, please refer to our website for our dress code and information about where to purchase school uniform.

Finally, if you have any questions or concerns with regard to your child, whether big or small, please feel free to contact a member of the pastoral team so we can help.

I wish you all a Merry Christmas and look forward to seeing everyone fit and healthy in the New Year.

Mr S. Lee, Assistant Headteacher, Behaviour & Attendance



Year Eight Calder Edge Champions celebrating their recent success at the recent graduation ceremony alongside Mr Hussain, Mrs Healey and the leaders from Vision for Education.

Transition times for Super Sevens

Back in October, all Year 7 students went on a visit to Ogden Water where they participated in several team building activities such as orienteering and den building. The trip was a fantastic opportunity for the students to get to know each other, allowing them to speak to others that they may not have had chance to so early in the year. Despite the challenging weather, everyone involved had a fabulous time and the staff commented on how well the students represented the school. This was particularly impressive as the current Year 7 group is the largest that have ever been on a whole year group visit! Well done, everyone!

Mrs McLaughlin and Miss Savage, Head of Year 7 and Assistant Head of Year



Fundraising fun for Children in Need



In November, all students at Calder High School supported Children in Need with what is now the traditional, annual non uniform day. In addition, students in Year 7 created their own Pudsey Bear outlines out of spare change that they had collected. In total we raised over £1150 for a really good charity supporting disadvantaged children both nationally and internationally.



The Calder Learning Trust
Everybody, Every day

Proud of our boys - Year 8 Sporting Achievements



Ben Julian

Ben Julian is a Men's Artistic gymnast at Diamonds in Halifax; he trains 12 hours a week in the gym plus 3 hours at home. Men's Artistic gymnastics involves competing on 6 pieces of apparatus – Pommel Horse, Rings, Vault, Floor, High Bar and Parallel Bars. Ben competes in the British Gymnastics National Club Development Grades and has represented Yorkshire at the National Finals. He has been doing gymnastics for 10 years, but only started Men's Artistic 5 years ago. Most of his time is on equipment like pommel and rings, but he also does conditioning and handstand walking. Ben is aiming to go to the British Championships next year. He likes the challenge of gymnastics and wants to follow it in his career.



Danoush Jowkar

Danoush has achieved many sporting successes in the world of wrestling, but some of his greatest highlights include becoming British Champion for the 3rd consecutive year, gaining a gold medal in the German Open in October and 9th place in the Tallinn Open where there were 2400 young wrestlers from all over the world. Here are some pictures of Danoush competing in the British Championship and German Open.



Year 9 and 10 Duke of Edinburgh Award News

This year all Year 9 students have had the opportunity to begin working on their Bronze Duke of Edinburgh Award. Paul Bateman, the Northern Officer in charge of the D of E Trust, helped to launch the program in assembly last year.

On the first Learning for Life Day in October, each form group was logged onto the DofE website with the idea that students would have one designated day in a computer room, once a fortnight, to help them post what they had been doing for each of the three sections – skills, volunteering and physical.

Overall since October, students have been posting what they have been doing on a regular basis. The next challenge will be working out a way of delivering the necessary expedition skills to the whole year group. With the help of Year 9 tutors I am sure that we can help the students to prepare for summer expeditions.

The current Year 10 cohort of 14 students meets on Monday evenings to look at expedition preparation such as navigation, equipment needs, First Aid and camp craft. These students will be trained up ready to go out on expedition in May. Other Year 10 students who wish to join this group must get up to date with their sections. I am available any day except Wednesday, in IB1 to help if necessary.

Good luck to everyone and remember to keep posting what you are doing each week for the three sections. **Mr Webb, D of E Leader**



GCSE History Department Berlin Trip



29 History GCSE students and 3 members of staff departed for Berlin on Thursday 24th October for four days of soaking up German History and culture. After departing in the early hours, we arrived in Berlin at lunchtime a little tired but ready for a half-day walking tour which gave us a feel for the city as well as showing us some of the major sights from the city's past. The students particularly enjoyed the eccentric nature of our guide and his unique ways of stopping traffic!

Friday morning was another early start ready for a visit to the Olympic stadium, built by the Nazi party for the 1936 Olympics, followed by a trip up the Reichstag dome and a guided tour of the Topography of Terror, the site of the SS headquarters in Berlin. We even managed to fit in time to sample the Currywurst and mastered the use of Berlin's public transport network! After a quick stop at the hotel for our evening meal we headed out again for an evening of ten-pin bowling.



On Saturday morning we were met by a coach to take us to Sachsenhausen concentration camp in Oranienburg. We spent our time with a guide who showed us the site and told us the stories of people who had been imprisoned here during the Nazi regime. On Saturday afternoon headed to a shopping mall back in Berlin to do some gift shopping and to grab a late lunch. Then, it was time to go back and pack. In the evening students participated in a quiz and some team building games to end our trip as Sunday morning we were heading for the airport.

We had a fantastic time and the students were a credit to our school with a number of members of the public, including two airline staff, on separate occasions commenting on how polite and well-behaved our students were.

On behalf of myself, Mr Robinson and Mr Zallmann I would like to say well done to this fantastic group of young people and thank you for a fantastic weekend!

Miss Brierley, Head of History



The Great Historical Bake Off

The Great Calder Bake Off was a house competition where students were competing for house points for the Calder Cup. Students were given a brief to research and bake a cake from a choice of three historical periods; Ancient Greece, Industrial Britain or the fall of the Berlin Wall. On Thursday 28th November, students from Years 7 to 10 brought in their entries. We had over 30 cakes in the competition, and all of them were fantastic in their own right! The cakes were judged by many different members of staff. Cakes were judged on historical accuracy, aesthetics and taste. The historical accuracy category was won by Niamh Brennan (7GSN) in Shibden, the aesthetics category was won by Minnie Duggal and Eve Dobson (7ERN) in Wainhouse and taste was won by Mia Maharero (7JPE) in Shibden. I want to thank all students who were involved for their fantastic research and baking; you all helped make the event a great success!

Mr Robinson, History Teacher



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Team Geography; going places and getting active!

This term has been a busy yet fun term for the Geography Department. Year 11 students ventured to Leeds as part of their GCSE fieldwork investigating the challenges and opportunities that our cities present. Through their fieldwork, students develop important data analysis skills as well as developing their understanding of how to carry out a geographical investigation.

As part of their Natural Hazards topic, Year 8 also completed an investigation based on the causes and impacts of geysers as modelled out by the classic experiment using Coca-Cola and Mentos! Year 9 have been learning about the issue of climate change and associated hazards. They had the chance to look at tropical storms and how their frequency and distribution may increase due to climate change as well as how to reduce carbon footprints including a bug based diet as an alternative to meat (thank you to Rafi for volunteering to try a grasshopper!).

Miss Pickles, Head of Geography



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Sports Scene

Year 7 boys football - After a shaky start the lads have turned their season around. We are currently sitting third in the league having lost 3, drawn 1 and won 4 games. After Christmas the boys will host Ryburn at home in the cup.

Year 8 boys football - The boys have had a difficult season so far, coming up against some strong opposition in Calderdale. Their commitment has been great and the results started to improve towards the end of the term. Hopefully we can continue this improved form into the Calderdale Cup against Todmorden after Christmas.

Year 9 boys football - Indifferent at the start of the year, we now sit top of the league by 2 points and hopefully the team in second do not catch us! We look forward to a home fixture against Lightcliffe in the Calderdale cup after Christmas.

Year 7 boys rugby - The rugby season hasn't really got started yet as a result of the demands of football,. As a result, we have only played in one tournament in which we won one, drew one and lost two games. We look forward to a busier period with the lads after Christmas

Year 9 boys rugby - Similar to the year 7 rugby team, we have only played in one tournament in which we won 1 one, drew one and lost one. Attendance has been excellent and we look forward to more fixtures after Christmas.

Mr Hudson, Teacher of Boys PE



Calder High PE @chs_pe · 10 Oct

Huge well done to the U14 hockey team. Still undefeated this season! 3-0 win against Rastrick and 0-0 draw against Hipperholme Grammar.
#WellDone #WeAreCalder #Proud #HugeProgress



This term has seen a great start to **Girls PE** with over 80 girls attending Netball practice and 25 attending hockey on a regular basis; it is fantastic to see students not only attending club but representing the school perfectly.

Special mentions to the **U14 hockey** team for a perfect, undefeated start to the season and a near perfect season for the **Year 8 netball teams**.

For all updates on anything PE follow us on Twitter @chs_pe or/and facebook – calder high pe.

Cool running! Calderdale Cross Country Championships

Twenty keen athletes from Calder High took part in the Calderdale Cross Country Championships at Savile Park on November 20th. There were four races in which students participated - the Year 7 Girls race, Year 7 Boys, Year 8 and 9 Girls combined and Year 8 and 9 Boys combined.

Overall students ran well but needed to finish in the top 12 to secure a place in the Calderdale Team for the next phase of the competition which would be the West Yorkshire Championships in Leeds in February 2020.

In the Year 7 Girls race, Fearn Hanson had a great run finishing 8th. In the Year 7 Boys race, Wynn Standish narrowly missed qualification finishing 17th while Thomas McKee had a marvellous run to finish 4th and Ollie Pickens also qualified in 12th place.

In the combined Year 8 and 9 Girls race, Savanna McLaughlin finished 12th and Nona Love in year 8 finished just ahead in 11th position both qualifying for the West Yorkshire Championships.

Probably the best race of the afternoon was the Year 8 and 9 Boys combined race. In this event four of our runners qualified; Jacob Ferguson was 12th, Tom Owen was 5th, George McFie was 3rd and Charlie Pickens, after a really hard fought battle with a student from Crossley Heath, won the race. In this race Calder High School were also Calderdale Champions with a lower combined score than any other school.

A massive well done to all the students who took part and good luck in the next race in February.

Mr Webb, PE Teacher



We are the Champions!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

On Sunday 6th October, Calder High had a number of students represent the school in the English Schools' Fell running Championships, hosted by Giggleswick School. The course is known to be extremely challenging and conditions on the day were poor. Students performed exceptionally well, resulting in the Year 8 team becoming English Schools Champions 2019. Well done to all those who competed.



Music Matters

Hi, my name is Mrs Fisher and I am teaching Music and Drama here at Calder High. I am really excited to be joining the Expressive Arts team and have already had the absolute pleasure of working alongside the staff and students who put on the fantastic performance of High School Musical. I started my teaching career 13 years ago at a school called Allerton High in Leeds and more recently I have worked at Beckfoot School in Bingley. I play the clarinet, saxophone and piano. I have a keen passion for travelling and touring on my motorbike.

My name is Mr Hidle and I am extremely excited to be teaching music at Calder High School! I have been playing music since I was 9 years old and play the drums, guitar, keyboard and sing. I am in a few bands that regularly play all around the country and sometimes beyond! I studied Music, Music Technology and History at A level and then went on to do a degree in Music at Leeds Beckett University. I love to travel to see new places and try new foods! I am also mad about cars!

Both Mrs Fisher and I are going to be starting some new music clubs very soon, so we need as much support from Calder students as possible! Please keep a look out in assemblies or ask us in lessons.

And finally....there is good news for the future of music at Calder High School AND within the broader community, with almost 100 young musicians receiving instrumental tuition this year from our dedicated Peri music teachers Brian Acton (Guitar, Bass, Ukulele) Sarah Watson (Piano and Voice) Martin Davis (Drums) and new brass and saxophone teachers Tony Robinson and Atholl Ransome. The calibre of tuition is high indeed, with years of real experience in the upper echelons of the music industry across all our peri staff (both Tony and Atholl tour with 'Martha and the Vandellas'!) Calder students are treated to a wealth of skill and knowledge which will put our young musicians in good stead for developing their own musical voices, be it rocking the house down, barding a gentle melody or delivering a sweeping classical opus.

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Everybody, Every day

Splendid times with Splendid Theatre

Earlier in the term, we were joined once again by the amazing Splendid Theatre company, who this year are touring their 3 cast adaptation of Dr Faustus. Splendid Productions is an education company who create challenging, vibrant theatre for young people. Since they began in 2003 they have gained an excellent reputation for both their inventiveness and teaching. We welcomed them back with open arms this year for the 3rd time, having previously watched their productions of Metamorphosis and Macbeth, and we were not disappointed with their creative adaptation of Christopher Marlow's Dr Faustus.

Year 10 & 11 students (and two lucky Year 9 forms) watched the show which was followed by taking part in a creative workshop with the actors. We were blown away by the cast's characterisation and multi-role skills and their use of Brechtian theatre techniques. Year 10 and 11 students have already begun to take inspiration from Splendid's work as they create their Component 1 & 2 pieces for assessment. Thanks Splendid theatre company.... we can't wait to see what you perform next year.

Mrs Hutt, Assistant Headteacher and Drama teacher



The Calder Learning Trust

Everybody, Every day

Five star reviews for Calder High School Musical

November 2019 saw the students of Calder High School perform, *High School Musical Jr.* which transported the audience to the fictional school of East Side High!

At the heart of the story is the romance between the popular, basketball playing, heart throb Troy (played by Charlotte Priestley); and the sweet new girl in town, Gabriella (played by Rowan Eady). They meet one New Year's Eve where they sing a romantic Karaoke song and think that they will never see each other again – until they bump into one another at school the following year.

An impressive cast of 50 students from Year 7 – 11 all came together to produce a fantastic, unforgettable performance which had the audience in stitches, not to forget the wonderful performances of Ryan (played by Tom Owen) and Sharpay (played by Lucia Ferry) whose love for all things dramatic, mixed with their very competitive personalities, saw them plot to prevent Troy and Gabriella from auditioning for the school show. Luckily, with the help of some very good friends, Troy and Gabriella were able to audition for the show, whilst also succeeding in the academic and sporting competitions!

A massive thank you to all students involved in the show from leading cast, chorus, dancers, singers to the amazing technician team. None of this production would have been able to happen without any of the cast, so thank you for all the hard work and commitment you have brought to the show over the last 10 weeks. Finally, thank you to all the teachers involved and expressive arts team providing set design, photography, costumes, props. We are all very proud of the work ethic and resilience of the students here at Calder High School. Well done! **Mr Harper, Head of Creative Arts**





Using words students associated with bridges, our young artists developed lettering from their experimental backgrounds around the theme of this year's festival.



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At this year's festival, Calder students had the amazing opportunity to exhibit work that they completed both independently and collaboratively at the workshops run by local artist Tina Foran.

Many congratulations to all those who took part, especially Phoebe Parry and Tilda Halliday-Jones who were winners in the Key Stage 3 and Key Stage 4 respectively.



Mytholmroyd
ARTS



Some of the great experimental pieces produced in the workshop.



Mytholmroyd
ARTS

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EXPERIENCING A CREATIVE CRAFT FAIR

In the morning we visited the Christmas Makers Craft Fair at the Hepworth Gallery in Wakefield.

Students got to see how modern self employed designer makers can market their work. They had a chance to chat to the designers and stallholders, see the range of products and explore the price point of the goods sold.

CALDER CREATIVE CAREER CHALLENGE



DISCOVERING A WORLD OF ART OUT THERE

Students then explored the range of work in the Hepworth Gallery, including the permanent exhibition and the visiting exhibitions.

Students had the opportunity to find work that they liked, to record information, sketch on location and make notes to help them develop as the course progresses.



CALDER CREATIVE CAREER CHALLENGE

Fine Art and Art Textiles Students got to experience the visiting exhibitions by Christina Quarles "In Likeness" and the early works of Alan Davie and David Hockney. The students were a real credit to the school and their families.



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Life Saving Skills for Calder Students

Restart A Heart Day in October was a great success with Year 8 and Calder Primary students working with volunteers from the emergency services learning how to do CPR. We were pleased to welcome not only numerous volunteers to help us but also the Lord Lieutenant of Yorkshire.

CPR is becoming a statutory requirement in all secondary schools from September 2020 but we've been teaching it for a number of years - so much so that we've worn out the inners of our mannequins!! CPR is now an integral part of our PSHE curriculum with all year groups completing sessions throughout the year.

Mrs Healey, Head of PSHE



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Calder Decides!

On Thursday 12th December, all students at school took part in their own mock General Election during tutor time. In the weeks running up to election day, political matters were debated as part of SMSC Mondays to inform students of topical issues. Thanks must go to the Year 7 Art club who dutifully painted 25 black ballot boxes for the 5 polling stations dotted around school. The election was a great success, however as you can see the results did differ somewhat from the national poll!

Mr Washington, Assistant Headteacher



Labour Party – 603

Conservative Party - 115

Green Party – 59

Brexit Party – 39

Liberal Democrats - 21




The Calder Learning Trust

Everybody, Every day

PTA News

The PTA is an important part of Calder High School as every penny raised goes to support the school in terms of providing equipment for departments or improving faculties and the school environment. Over the past year, the PT has raised over £5000 and from January 2020, this can now be matched funded as a result of our charitable status. Our next meeting is on Tuesday 7th January in the Dusty Miller, Mytholmroyd at 6.30pm. Everyone is welcome and it would be great to see some new faces. Details of our next event, our annual fashion show can be seen below.



the
fashion
show &
sale company

UPTO
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OFF

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EX Oasis | River Island | Miss Selfridge | CC | Evans
Next | Wallis | Topshop | M&S | Debenhams | New Look

SIZES AVAILABLE
8-20

- ✓ Personal Shopping
- ✓ Fabulous Ladies Night
- ✓ Fantastic Experience

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Visit our New Exciting
online Store

SHOW TO BE HELD AT

Calder High School
Friday 31st Jan 2020 7pm
£5 ticket - Parent Pay
or PTA Comm 07917793192

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@Fashion_ShowNW

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Fashion Show & Sale Company

email: alynch057@aol.com

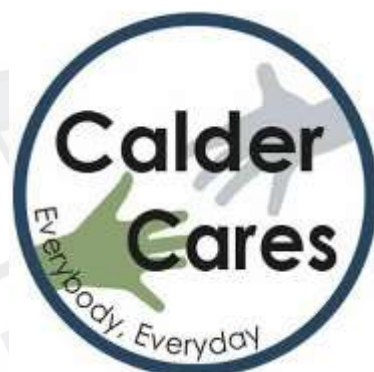
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Safeguarding & Well-being at School and Beyond

The Better Living Service

www.calderdale.gov.uk/v2/residents/health-and-social-care/bls

The Better Living Service is a friendly group of knowledgeable and experienced nutrition and physical activity trainers who can provide families with advice on how to become fitter and healthier together. more information, please contact the team on 01422 230230 or via email blt@calderdale.gov.uk



Open Minds

www.openmindscalderdale.org.uk

If you are a young person, parent, or carer in Calderdale this site will help you with questions about emotional health and wellbeing, showing you where you can find support.

Unique Ways

Unique Ways is a parent-carer led organisation supporting families with disabled children or additional needs aged 0-25. A formal diagnosis is not required. This is a free service.

01422 343090

www.uniqueways.org.uk

hi@uniqueways.org.uk

Identity LGBTQ+ Youth Group

Identity is a weekly LGBTQ+ youth group in Halifax for young people aged 12-18 and is part of the Barnardo's Positive Identities Project in Calderdale.

Kate 078676444696, Rob 07922574185

www.barnardos.org.uk/lgbtq

IdentityLGBTGroup@barnardos.org.uk

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CALM DOWN WITH TAKE 5 BREATHING



1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

© childhood101.com

Coming Soon . .



**A new food bank serving Hebden Bridge,
Mytholmroyd and surrounding areas**

Any non-perishable food items
would be very welcome

For more information, if you wish to volunteer or can offer
help in any way please contact Eileen Kelly at the
Upper Valley Community Hub in Hebden Bridge

Tel: 01422 419624

E-mail: eileen@welcomeindependentliving.co.uk

Thank you for your support!

The Calder Learning Trust

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Community Christmas Get Together



Get ready for the second Community Christmas Get Together at Mytholmroyd Community Centre on 25 December 2019 from 1.00 until 6.00pm.

We have FREE places for Christmas lunch, followed by an afternoon of great entertainment and a free raffle!

If you live in the Hebden Bridge to Luddendenfoot postcode area please get in touch to register.

To register, donate or volunteer contact
Kate or Liz on **07707 449223**
or email reach4ward4@gmail.com

The venue and event fully accessible and inclusive. Vegetarian, vegan and gluten free options available.

Please note that this is a dry event.

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