

Weekly Newsletter

8th February 2019

BCHS
with Crosshill



This week is Children’s Mental Health Week, so I thought this would be a good time to mention one of my favourite good mental health reinforcing activities.

Tabletop gaming has experienced a huge resurgence, especially European-style games and role-playing games like Dungeons and Dragons. There are many YouTube channels and podcasts devoted to them.

Board games are designed to be played with a group, and regularly spending time with people helps to stave off loneliness, and build positive relationships; all things associated with maintaining good mental health.

Many games are aimed at families, and are an opportunity for families to engage with each other in person, and form better bonds.

Games support cognitive skills such as pattern recognition, logic, math skills and abstract thinking. They have been proven to help with children’s social development; and the social skills taught via board games can lead to happier and less isolated young people.

Plus they’re perfect for the current cold, dark, evenings, so what are you waiting for?

The Week Ahead

Monday

Year 11 Pre Public Exams all week
Year 10 English Literature Pre Public Exam

Tuesday

Beaver and Struthers Year 8 mentoring
Community Forum - 9:00am

Wednesday

PSHE - 9:00am to 11:00am

Thursday

Sun Project Forensics Day at UCLAN - Year 7
Year 10 English Literature Pre Public Exam

Friday

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Restaurant Dream Team

Seven students from Blackburn Central High School have submitted their entry for the CBBC Restaurant Dream Team competition.

Maître d’hôtel Fred Sirieix and Chef Allegra McEvedy will be the hosts of the CBBC TV show Restaurant Dream Team, where students will compete in running their own restaurant.

Three of the group members will be working front of house – **“coming up with a restaurant theme, welcoming and serving guests, as well as dealing with customer complaints”** the others will be in the kitchen **“creating their own menu and cooking to a high standard, under pressure, whilst remaining calm.”**

Over the course of the show, teams will be pitted head to head in a restaurant that’s been split down the middle with only one progressing to the next round.

Our team consists of:

- Saif 9C – restaurant manager
- Nicole 9E – restaurant staff
- Lyla 8A – restaurant staff
- Nabil 9C- head chef
- Haddy 8D – kitchen staff
- Waseem 9A – kitchen staff
- Goudy 8D – reserve

Good luck to the BCHS Dream Team.

Time to Talk Day 2019

Mental health problems affect one in four of us, yet people are still afraid to talk about it. Time to Talk Day encouraged everyone to talk about mental health.

This week our Anti-Bullying Ambassadors, Qasim, Nicole, Arslan, Lela and Pippa, organised events that encouraged students to talk to each other. Such as sitting with someone you've never spoken to before. They also put together chatterboxes, containing conversation starters, and gave away cakes.

There are lots of things you can do to support others even if you're not talking; such as taking part in activities together, sending a text to let them know you're thinking of them, or offers to help with day-to-day tasks.



Pollution Workshop at UCLAN

A group of our Year 7 students took part in a pollution workshop at the University of Central Lancashire (UCLAN).

The day was packed with lots of exciting and stimulating activities. The students acted as environmentalists, and carried out various tests to determine the cause of pollution in a nearby lake.

The possible sources of contamination included a farm, a factory, a power station and a peat bog. The students used the tests to eliminate factors, and eventually determined the cause of contamination as being the peat bog.

During the second part of the day, they examined the many microorganisms found in water samples from the different sites, and identified each organism.

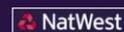


With your support IMO have been successful to deliver a Budgeting Course funded by Natwest Skills & Opportunities Fund

For date, times, venue and signup contact:

fatima.lajpuria@inter-madrassah.org | 07547 461 496 | 01254 781310

www.inter-madrassah.org | @InterMadrassah



Pounds and Pence Course

Join IMO for their exciting and informative Pounds & Pence course. The course will be delivered half a day per week, over 8 weeks.

The topics covered include:

- Household bills explained
- Managing my money
- Banking jargon
- Bank accounts
- How to save money and reduce wastage

If there is something in particular you need advice on then can explore this in the class.

Venue: Business Development Centre, Eanam Wharf, Blackburn, BB1 5BL

If you would like to take part, then register your interest by filling in the form [here](#) or contact fatima.lajpuria@inter-madrassah.org or **07547461 496**.

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