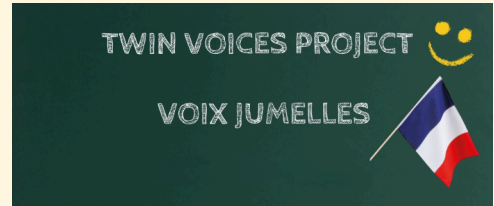




Spring Term 2026! - Spring Half Term 1 News

New Year and new relationships started. In MFL Year 8 partnered with a French Guiana school. Here are snippets from the online presentation they received. Their partner school is called Collège Antoine Sylvere Félix. Within this great presentation it also included videos of students introducing themselves and giving us a tour of their school.



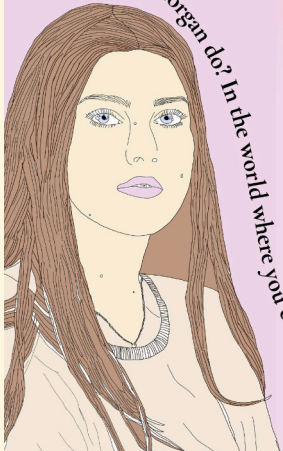
**Frantic Assembly -Y10 and 11**

Jonnie from Frantic Assembly worked with Year 10 and 11 Performing Arts students on their use of Physical Theatre. The students were highly engaged and were excellent ambassadors for the school, producing fantastic work.



🌈🌈 We are super proud to announce the list of students who have been nominated for the Morgan Emma Davies Memorial Award during the last half term. All students on the list have been invited to attend a rewards breakfast with Mr Coe on Tuesday 20th January 2026. Congratulations to all nominees - even the smallest acts of kindness can make someone's day!! 🌈🌈


*What would Morgan do? In the world where you can be anything, be kind.*



### The Morgan Davies Memorial Award

*Autumn Term Nominees 2025*

Aaradhya D - 7H	Izzy H - 8B	Jess H - 9V
Archie M - 7H	Jason D - 8B	Gabriel R D C - 10P
Cole B - 7H	Jessica McA - 8W	Georgia L - 10H
Ellis S - 7H	Kitty B - 8H	John-Lee D - 10C
Georgia M - 7H	Noah B - 8T	Kaitlyn M - 10W
Harper D - 7M	Olivia H - 8S	Lily R - 10B
Layton D - 7M	Phoebe M - 8T	Penny M-A - 10P
Lucy G - 7H	Zac B - 8T	Dylan H x2 - 11B
Oscar N - 7H	Alfie D - 9V	Emily S - 11W
Willow S - 7M	Bobby C - 9T	Leon A - 11B
Zayne E - 7W	Harrison D - 9V	Liam N - 11T
Bea D - 8V	Jacob W - 9W	



## 5 TIPS FOR MANAGING SCREEN TIME

My Youth Ambassadors and Youth SEND panel share what they found helpful to manage their screen time:

- 1 Discuss screen time and think about creating a healthy balance**
  - Understand how the screen time function works on phones and how to navigate it.
  - Have an honest conversation about why managing screen time matters.
- 2 Set boundaries such as not having your phone on you whilst you're sleeping**
  - Staff online tends to go wrong late at night... it's really easy to just sit up scrolling, watching things.
  - There's loads of stuff that shows that going on your phone before you sleep does not help you sleep. So I just think that's really important.
  - When I have my phone under my pillow, I don't sleep as well.
- 3 Take part in setting rules and come to an understanding about why these rules are in place**
  - It needs to be a collaborative approach where the adult and child decide together.
  - I think it's important to have a honest conversation and to set boundaries together.
- 4 Set times where you spend time offline together**
  - If adults can demonstrate using their phones less - my mum barely goes on her phone - and that made me use my phone less as well.
- 5 Think about how you can use your screen time for learning skills or creative activities.**
  - If they have a limit - maybe an hour - doing something productive. Like a word game or something not just scrolling etc.

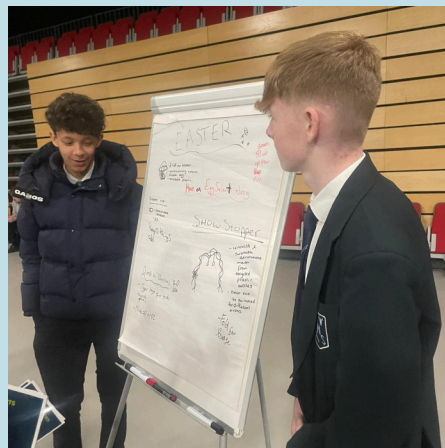
2x Silver medals for Penny M in Year 10 this weekend in Liverpool. Karate Kumite fighting 15-18 Silver 🏆 Karate Kata 15-18 Silver 🏆 Well done Penny 🙌🙌🙌



### MATHEMATICIAN OF THE TERM

Y7 - JACOB H  
Y8 - SCARLETT B  
Y9 - BEN C  
Y10 - REBECCA P  
Y11 - STEPHANIE D

Year 9 students continued their career education at Asda HQ in Leeds engaging in the young futures programme. The students learnt all about merchandising and had to come up with their own Easter campaign and products to pitch to other schools also in attendance. Well done!





### Youth Speaks

On Tuesday 27th January two teams from Year 8 attended the Bolton District Heat of Youth Speaks at Sharples High School. Youth Speaks gives young people the opportunity to speak about something which matters to them. Whatever they choose it's their say. The team of three consist of the Chair, the Speaker and the Proposer of the Vote of Thanks.

Team 1 was made up of Maeve M (chairperson), Alice R (speaker) and Scarlett H (proposer VOT). They spoke on the topic of "Is social media a help or hindrance to society today?"

Team 2 was made up of Olivia H (chairperson), Naima J (speaker) and Charlotte S (proposer VOT). They spoke on the topic of "What is global warming and how does it affect animal habitats".

Reserves, Bea D and Hailey T also attended and supported both teams.

The students worked together to prepare their speech which must last for 10 minutes in total, with penalties being awards for being under or over this time. They were supported by their English teacher, Mrs Dunne in preparing their speech, rehearsing it and working on their presentation skills. Teachers from other competing school commented on the girls' performances and how mature they are.

We are pleased to say that team 1 were the winners of the intermediate competition and team 2 were runners up.

Team 1 is now through to the district final at Rochdale town hall on Sunday 8th February.

Big well done to both teams, lots of preparation went into this and it really showed.



### Myerscough Visits

Big thank you to Myerscough college for their hospitality during the spring term. They invited 2 sets of Year 9 students to visit their college. Our Year 9 students had a great time and learnt about lots of different areas their studies could progress into, from engineering, animal care, motor-sport industry to name just a few. Students said the trip was: Interesting, Mesmerising, Great opportunity, Mind Opening, Cool, Motivational , Fantastic.





### Cross Country Success

We're thrilled to share the fantastic results from a cross country race that 3 students attended! All three boys ran brilliantly, Zaki I in Year 9 finished an impressive 14th, Tamer I in Year 8 placed 52nd, and Kareem I in Year 11 achieved an outstanding 10th place, qualifying as a reserve for the ESAA Cross Country Championships at Liverpool.

Well done boys in your determination and effort.



### Wrestling Success

Freya O'C from Year 9 was competing at weekend in Kettering at the English Wrestling Championship.

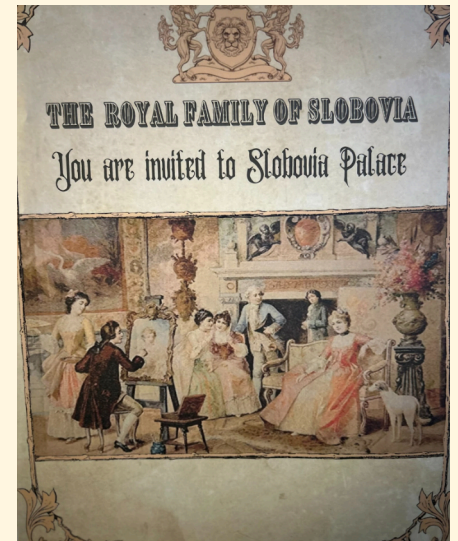
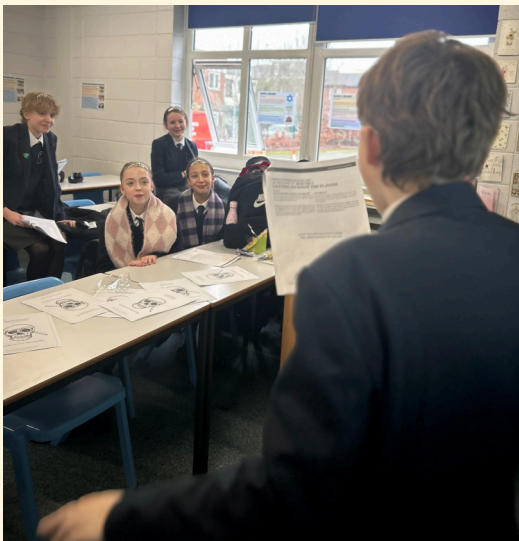
This was the first competition at under 15 for Freya, despite being the youngest, lightest and smallest in her category she walked away with victory and is the new English champion of 2026! 🏆

Well done Freya, great achievement!



### Extra Curricular fun

Great fun had by some Year 8s at our extra curricular club held every Monday lunchtime in B9. Year 8s came together to solve this seasons murder mystery with a royal "whodunit?". Set in the scandal filled Monarchy of Slobovia, students are investigating to uncover the culprit to Lord High Chancellors demise 👑🕵️ Well done Year 8!



### Kindness Week

The Kindness Army have been busy bees making little gifts to give out during kindness week!! Remember, the smallest act of kindness can make someone's day!! Have a wonderful half term from all in 7Bee and The Kindness Army.



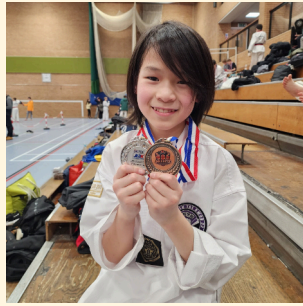


### Taekwondo Championships

Roy F in Year 7 recently participated in the Jin Moo Kwan Taekwondo Championships.

Roy competed in two events: Kyorugi (sparring) and Poomsae (patterns). Roy achieved a Silver Medal in Kyorugi and a Bronze Medal in Poomsae! Well done Roy 🥈🥉

It to a lot of effort, discipline and commitment in training and competition to achieve these results, keep up the good work. 🙌🙌🙌



### Karate Medals!

Penny M-A in year 10 had a busy weekend competing at Leigh Sports Village at the English Karate 2026 Open.

Competing in the individual events and in teams and pairs, Penny gained 3 Gold medals, 2 Silver medals and 2 bronze medals. Keep up the good work Penelope! 🥇🥇🥇🥈🥈🥉🥉 Well done.



### English Diorama competition.

Well done to all our students who took part in our English Diorama competition.

We had some great entries, our winners were:

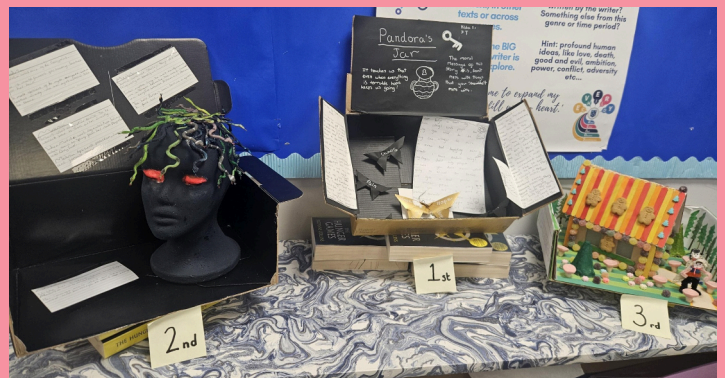
#### Year 7

- 1st Place - Hilda S
- 2nd place - Lucy G
- 3rd place - Samuel S

#### Year 9

- 1st Place Livia M
- 2nd Place Emilie B
- 3rd place - Lois W.

1st place prize was a £15 amazon voucher, 2nd place £10, 3rd place £5. Well done everyone.



**Year 11 Quiz night!**

Year 11 Quiz was a great success, great attendance, revising in a fun way!

And the winners are.....

Georgia L, Natalia M, Emily S and Mia P! Well done girls, only getting 4 questions wrong!!



**WOW Work**

We have had so much Wow work shared this half term it has been great to see, this is all shared on our social media channels but also on our web page here: <https://www.westhoughton-high.org/learning-in-action/>

