

Headteacher's Bulletin: *Friday 11th April 2025*

Dear Parents/Carers,

Spring has well and truly sprung and our students have spent the last couple of weeks enjoying this wonderful weather, out on the field at breaks and lunches with some lessons also being conducted outside!



This term has seen students presenting on work completed in Year 12 for their Extended Project Qualifications, Key Stage 5 Sports students supporting in lessons and coaching our younger year groups, charity fundraisers boosting both local and national charities, joint Trust Student Council meetings and events, Trust INSET Day collaboration and some amazing name boards produced by our Design Technology students in Year 10 for local Primary children (their clients)! It has been an absolute joy to see our staff supporting your children and young people in aiming high and for me, that's what makes my job so special.

As we come to the Easter break, with a short half term to follow, I would like to thank you for ensuring your child adheres to school rules around conduct and uniform; it is only with your support that we can hold the highest expectations of our students.

We are continuing to swiftly address uniform breaches and student failure to adhere to the Three Rs in school. Please can I ask that you ensure all Year 11s and Y13s especially, continue abiding by these rules as we approach and go into exam season? They are the role models for other students therefore I expect them to set the standard for the year groups who follow. Thank you.

Expansion

We are now almost three years on from being approached by Trafford Council to expand our school. Unfortunately, work has still not started and the cost of the project has almost doubled during this time. Our Trust and Governors want to ensure this work goes ahead in order to support the Council in providing more school places for children in the south of the borough however the matter has not been in our hands but those of the Council and its

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procurement team. We now await more information around further revised plans, costings, start dates and timelines. Please be reassured that there will be no increase in pupil numbers until this work is completed.

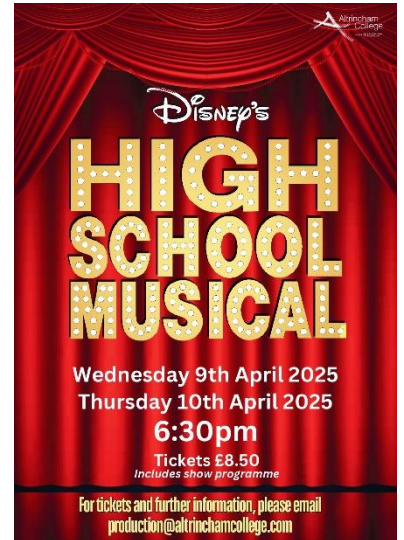
High School Musical

We were treated to a fabulous display of talent this week as our performing arts department captivated a sell-out audience with singing, dance, acting and music in a culmination of months of hard work and planning.

Well done to everyone involved. The students really did us proud and it was wonderful to see their talent, hard-work, skill and dedication. Alongside the students, staff have also worked tirelessly to put this show together, so thank you also to Mrs Mrozinski, Mr Madden, Mr Wilson, Miss Matthews, the technical team and those supporting behind the scenes.

Student **Lucy**, Year 8, said, *“Being in High School Musical has been amazing. I’ve made friends from all over the school, and it’s just really fun to be part of.”*

Cameron, Year 10, explained how taking part in the school production has developed his confidence, *“through countless rehearsals and support from my peers, I gradually built confidence in my voice. The experience transformed me, and I feel more confident than ever – ready to take to the stage with my acting and singing skills.”*



“Our vision is to nurture well-rounded citizens of the future who are knowledgeable, happy and resilient so that they make a valuable contribution to the world in which they live and are empowered to make informed and positive life choices.” 2

Staff Wellbeing Inset Day:

On Friday 14th February, the Achieve and Learn Trust brought all staff together to enjoy a Wellbeing Day at Reddish Vale High School. The theme was around taking responsibility for your own wellbeing, fitting your own oxygen mask first before helping others.

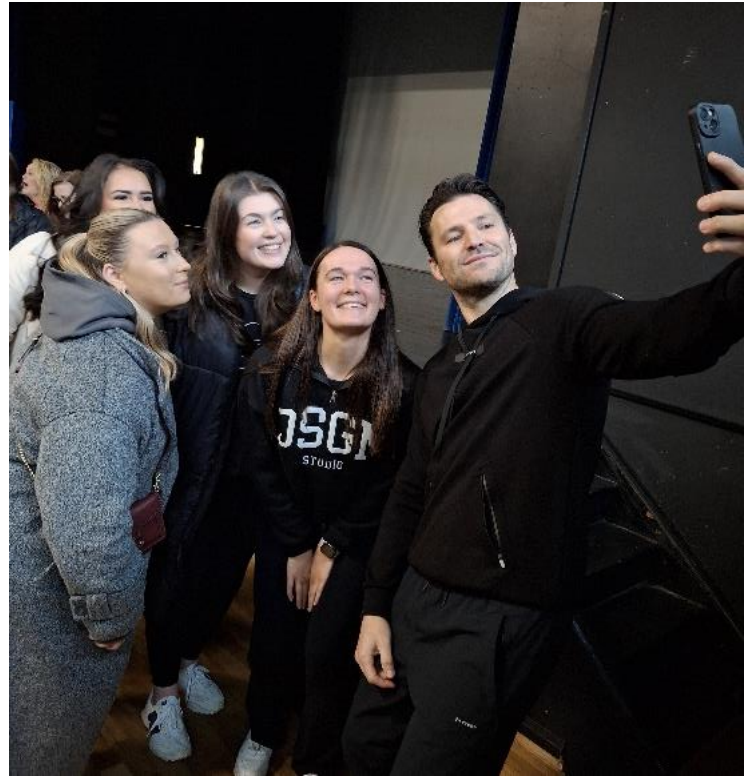
Staff could take part in three sessions throughout the day to learn more about improving their health and wellbeing. Workshops varied from better sleeping habits to Samatha meditation!

There was also a surprise keynote speaker, TV personality Mark Wright, who spoke about his fitness journey and how this has improved his own wellbeing.

The day was a fantastic opportunity for departments to come together from both schools for networking, to support their day jobs at their respective schools.

We received so many positive comments from staff about the day:

- "A really lovely day. I felt great at the end!"
- "A fantastic day! Really well-needed and loved meeting other staff."
- "The sleep workshop was really good, very informative."
- "It was great to get together as a Trust and have tips to take home in order to improve wellbeing."



Comic Relief 2025!

To celebrate 40 years of Red Nose Day staff surprised students by dressing up in 80s attire!



Well done to all the students who wore something red in support of Comic Relief.



Please also take time to read the separate guide, '**Trafford Families Spring guide**' which contains links to activities, services and information on what is available in Trafford.

This includes places your families can go if they feel they may need some extra help and support, especially during the school holidays.

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Please see below information from **TfGM** about travelling safely on the Bee Network over the Easter holidays:

Travelling safely and responsibly during the Easter holidays

The Greater Manchester TravelSafe Partnership are encouraging young people across the region to travel safely and responsibly when out and about during the Easter Holidays.

A new campaign, which includes CCTV footage of real-life crime and anti-social behaviour (ASB) incidents, will be showcased across interchanges and social media channels throughout the school holidays.

By raising awareness of consequences of ASB, the campaign aims to both reduce ASB incidents and increase young people's perceptions of safety on the network.

When travelling on the Bee Network we expect young people to:

- Respect and treat others as they would like to be treated
- Act safely and responsibly
- Not tamper with or damage any property
- Not act in an anti-social way or commit any crime

If young people don't follow these behaviours, they might:

- Get a fine
- Lose their igo pass
- Receive a Civil Injunction

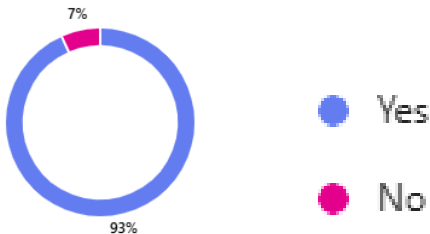
For incidents on the bus and tram networks, you can report incidents quickly and discreetly to a live GMP call handler, from your smartphone, using the [LiveChat](#) service or by calling 101 – or 999 in an emergency.

For more information about how the TravelSafe Partnership are keeping young people safe, please visit: <https://tfgm.com/safe-and-secure-travel>.

Safeguarding update:

We would like to thank all the parents and carers who took time to answer the safeguarding questionnaire which was sent out earlier this half term. Some of the findings are summarised below:

Firstly, parents were asked whether their children felt safe in school:



For the minority of parents who did not feel their child was safe in school, we encourage you to contact your child's Head of Year to discuss the issue. We cannot act if we do not know there is a problem, and it is our priority as a school and as a Trust to ensure that all children feel safe and happy here. Some of the quotes received from parents/carers include:

"It is clear to see the staff care about the welfare of the students & do everything they can to keep them safe both physically and emotionally"

"The pastoral and safeguarding is really good and they deal with things quickly"

"It's a very good school - I have no complaints"

We are very pleased to see that 97% of parents that responded had read the fortnightly safeguarding bulletins sent out to parents, staff and governors.

Parents and carers were asked which topics they would like more information about:



As a result of this survey, we have started to plan next year's safeguarding focus for each term. We have included mental health and appropriate behaviour in relationships as these were mentioned a number of times by parents and carers.

Next half term will focus on online safety with a focus on a different social media app each week and the final term of the year will look at derogatory language and poor behaviour towards each other and how we, as adults can tackle it with younger people.

Thank you again for your support in helping us to keep your children safe and well informed in school. – Ms Diffley

SAFEGUARDING BULLETIN

SUMMER 1 5.1

Introduction

In this issue...

Introduction

What is TikTok?

What are the concerns?

What should I look out for

What parents can do

Family pairing

The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.

This half term we will be responding to parent requests for more information on online safety and how to manage the risks of some of the most commonly used apps by young people.

This week we will be looking at the popular app TikTok—risks and what parents can do ensure their child is safe online.

What is TikTok

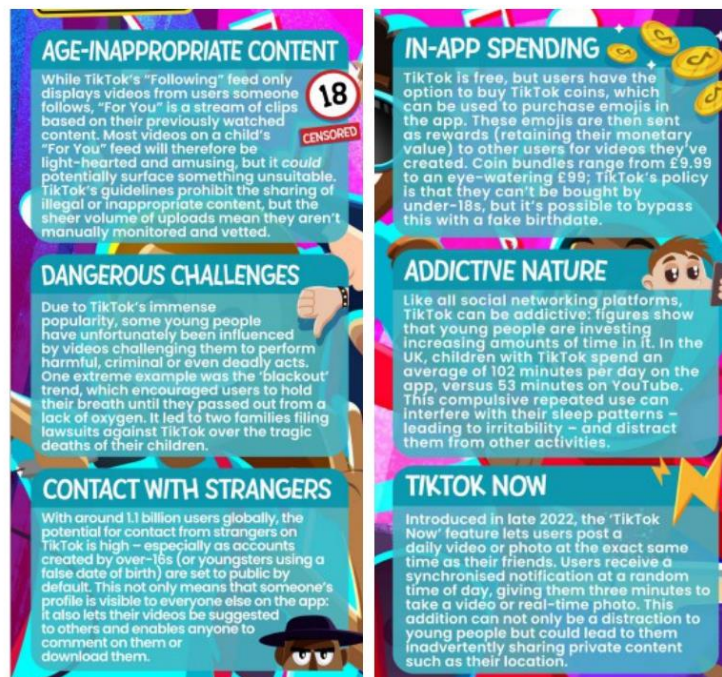
TikTok is a video-sharing app where short clips are often set to music and shared with the TikTok community. Users can upload and share short videos of themselves lip-syncing to songs or acting out comedy sketches, and add special effects. They can gain followers ('fans') and browse other people's videos.

The age recommendation is 13 and above. However, you don't have to prove your age when creating an account, so younger children can still use it easily. It's most popular with under-16s. TikTok is free to download on Android and iOS devices (Apple phones and tablets). It carries ads and offers in-app purchases. It has about 150 million active users worldwide and is available in over 30 languages.



What are the concerns?

On the surface, nothing. TikTok has a reputation for being unusually free of trolling and danger. But you may have seen news reports or heard concerns about some users harassing children for nude images and videos.



AGE-INAPPROPRIATE CONTENT
While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

DANGEROUS CHALLENGES
Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS
With around 1.1 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING
TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s; but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE
Like all social networking platforms, TikTok can be addictive; figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW
Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

What should I look out for?

"Our vision is to nurture a valuable contribution

- ◆ User profiles which talk about 'trading' or swapping pictures/videos
- ◆ Use of emojis that are commonly considered to be sexually suggestive (such as the aubergine)
- ◆ Hashtags, such as #tradefortrade, which clearly suggest the user is looking to trade illicit content
- ◆ The lyrical content of some songs – parents have raised concerns that it's not always age-appropriate

*: so that they make
ive life choices." 7*

What Can Parents Do?



[Choosing between a private or public account | TikTok Help Center](#)

To set your TikTok account as private or public:

1. In the TikTok app, tap **Profile** at the bottom.
2. Tap the **Menu** button at the top, then select **Settings and privacy**.
3. Tap **Privacy**.
4. Turn **Private account** on or off.

[Blocking someone | TikTok Help Center](#)

1. In the TikTok app, go to the person's profile.
2. Tap the **Share** button at the top.
3. Tap **Block** to confirm.



[Restricted Mode | TikTok Help Center](#)



1. In the TikTok app, tap **Profile** at the bottom.
2. Tap the **Menu** button at the top, then select **Settings and privacy**.
3. Tap **Content preferences**.
4. Tap **Restricted Mode**.
5. Follow the steps in the app to set or enter a passcode, then turn Restricted Mode on or off. If this is your first time turning on Restricted Mode, you'll need to tap **Turn on** before you can set a passcode

[Family Pairing | TikTok Help Center](#)

Family Pairing on TikTok allows parents, guardians, and teens to customize their safety settings based on individual needs. A parent or guardian can link their TikTok account to their teen's account and set controls including;

Daily screen time Decide how long your teen can spend on TikTok each day.

Screen time dashboard Get a summary of your teen's time spent on TikTok. Learn more about [screen time on TikTok](#).

Schedule time away Set recurring times to limit your teen's access to TikTok:

Mute push notifications Decide when to mute your teen's push notifications. Learn more about how to [mute push notifications on TikTok](#).

Managed topics Review your teen's [content preferences](#) for their feeds.

Filter keywords Select keywords and their variations or hashtags to exclude from your teen's supported feeds on TikTok and manage the visibility of your keyword list.

Restricted Mode Restrict your teen's exposure to content that may not be appropriate or comfortable for them.

Linked account activity Get notifications about your teen's activity, such as if your accounts get unlinked, by turning on **Customized updates and more** push notifications.

Search Decide whether your teen can search for videos, hashtags, LIVE videos, and more on TikTok.

Discoverability Decide whether your teen's account is [private or public](#). With a private account, your teen can approve who can follow them and view their content.

Interactions View all blocked accounts, following and follower lists on your teen's TikTok profile.

Suggest account to others Decide whether your teen's account can be recommended to others. Learn more about [suggested accounts on TikTok](#).

Direct messages Restrict who can send messages to your teen or turn off direct messaging completely.

Liked videos Decide who can view your teen's liked videos.

Comments Decide who can comment on your teen's videos.

How to set up Family Pairing To link parent and teen accounts:

1. In the TikTok app, tap **Profile** at the bottom.
2. Tap the **Menu** button at the top, then select **Settings and privacy**.
3. Tap **Family Pairing**.
4. Tap **Continue**.
5. Tap **Parent** or **Teen**, then tap **Next**.
6. Follow the steps to link the accounts.



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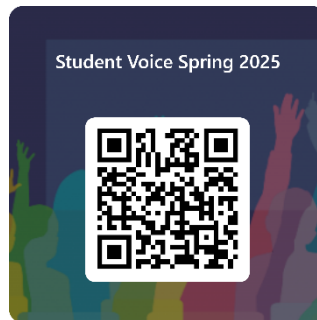
so that they make life choices." 8

Student Voice:

We would be grateful if you could take the time to complete the Spring Term student voice survey. The survey can be found by scanning this QR code or clicking this link.

The survey will be open until the 30th of April.

<https://forms.office.com/e/W9NkSHHp14>

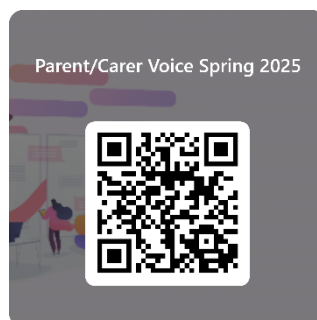


Parent/Carer Voice:

We would be grateful if you could take the time to complete the Spring Term parent/carers voice survey. The survey can be found by scanning this QR code or clicking this link.

The survey will be open until the 30th of April.

<https://forms.office.com/e/Znc2enj41T>

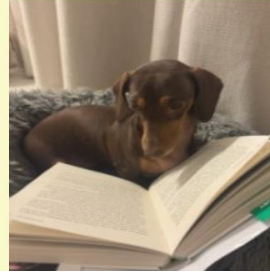


Inclusive:

LRC News

We held a week-long celebration of reading and all things literature as part of **World Book Day** here at Altrincham College. The LRC was a hive of activity, with students taking part in lots of fun events, competitions and a very busy book swap. Students and staff took pictures of their pets reading, and prizes were given for our favourites!

Who owns these clever pets?



Engrossed in this book. Perhaps it's about his famous auntie!

Staff came into school dressed as their favourite book characters. The award for best dressed went to the Admin team for their amazing costumes as 'Cruella De Vil and her dalmatians!' **Form 9.6** won the 'Masked Reader' competition, and the clever pets competition was awarded to Faith S.



Mrs Turner is very proud of her book club, who were runners up in the **Trafford Interschool Book Awards**. Students were rewarded with Waterstones vouchers for both the LRC and themselves. Well done Team 'Dogs of the Deadlands!'



 **ACTV**

The ACTV team has been very busy this half term reporting on school events such as the careers fair and department, drama productions, World Book Day and the Duke of Edinburgh award.

The team has also taken the time to hone their production techniques including shot type, framing, camera angles and editing.

New members are always welcome (**Tuesdays after school**) and remember to follow us **@actvteam** on [Instagram](https://www.instagram.com/actvteam)!



Darts Club

 **Congratulations to Lyndan M!** 

Lyndan M has been crowned the winner of the inaugural Key Stage 4 Darts Competition! Lyndan secured the title with an impressive 2–0 victory in the final against Kaleb NL.

On winning, Lyndan said: *"This is what dreams are made of!"*

In defeat, Kaleb was gracious, saying: *"I needed to play my best darts to beat him and unfortunately this didn't happen today."*

Well done to both finalists and to everyone who took part in a fantastic competition!



 **Key Stage 3 Darts Competition Begins!** 

The excitement continues as the Key Stage 3 Darts Competition kicks off this week with an amazing 73 entries! Look out for an update on this in the next bulletin.

Please note that no darts are to be brought into school. – Mr Hill

EAL News

It's exam season again and here at AC we celebrate the wealth of languages and cultures that make us so special.

This year, as well as French and Spanish, our children are taking GCSEs in Arabic, Mandarin and Cantonese Chinese, Polish, Portuguese, Persian and Russian!



We also have A level students taking Arabic, Spanish, Mandarin Chinese and German.

Good luck to you all in your forthcoming exams – Mrs Casey

SEND Department

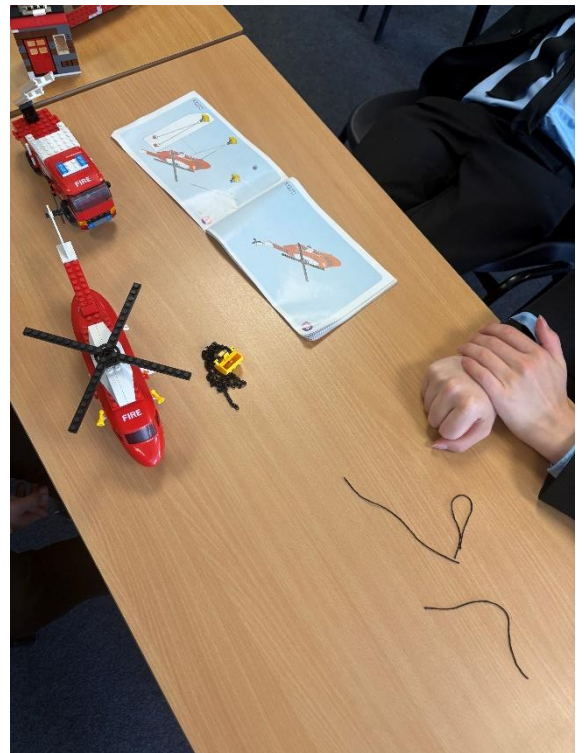
This term the therapy art group have been making Oreo snack bites, working on their team work and communication skills, and celebrating individual differences with Miss Holt. Fantastic work from **Joe K, Jamie H, Pheonix T, Accier T-M, Jake W and Ashe A!**

Our Nurture group have been taking on PE challenges including wall games, mountain climber challenge and balloon balances with Miss Savage. This has helped develop motor skills and resilience. Well done **Micheal R, Dan H and Callum W!**

Zones of regulation groups have been working fantastically on developing their regulation strategies with Miss Savage. For example, mindful yoga, sensory tent, and an array of motor stimulating activities. Well done to **Danny C, Harry T, and Elijah K!**

Lego therapy groups have been creating Lego master pieces whilst improving their social communication skills and confidence building with Mrs Wood. Well done to **Jacob B, Dimitar K and Max M!**

Year 11 have been working hard on their revision techniques with Mrs Dyson. Keep up the hard work. **Callum D, Ioan E-D, Darryl C and Jake Y!**



Ambition:

Sixth Form News – Mr Mahmood

Sixth form applications

We enjoyed meeting our external Year 11 applicants earlier this term, across three afternoons of interview sessions. The sixth form has received a record number of applications for 2025 entry, and we're really looking forward to welcoming all applicants, internal and external, to our 'new student day' on **Monday 23rd June**.

University of Oxford Visit



Earlier this week, year 12 students enjoyed meeting Dr Leal, an academic in philosophy and theology from Brasenose College at the University of Oxford.

Dr Leal delivered a workshop on UCAS personal statements, giving them much food for thought when considering their post-18 choices and university applications.

Student **Muhammad** said, *“the talk from Dr Leal put into perspective the changing UCAS application system. He gave us some really helpful tips, the one that stuck with me was ‘show don’t tell’ meaning that it is much more effective if we can give an example of our experiences and what we learnt from them rather than just describing them.”*



Year 12 University and Apprenticeship Search Fair Trip

Year 12s visited the University and Apprenticeships Fair at Old Trafford in March where they met a wide range of higher education and apprenticeship providers. Year 12 student **Crystal** said, *“the event was very insightful! There is a lot more to university than I initially thought!”*



Psychology Trip to the University of Manchester

Our A Level Psychology students enjoyed a fantastic trip to the University of Manchester recently for an insight day into 'what psychologists do.' It was a great opportunity for students to sample a university-style lecture, to learn about the everyday research involved in the work of psychologists and to conduct a practical research investigation for their current Biological Psychology A Level topic. – Mrs Ledward.

EPQ Marketplace event

Tuesday 8th April was EPQ day in the sixth form! The **Extended Project Qualification (EPQ)** is an independent research qualification on a student's chosen topic. Many students in the sixth form choose this enrichment option alongside their other subjects, as it provides them with many academic skills required for university. The qualification is worth half an A Level and can lead to reduced offers from universities. Not only did our EPQ students have to deliver their presentations to a panel of staff, but they also hosted a stall in the sixth form atrium, where staff and students could ask them questions about their intriguing chosen topics of research.



Well done to everyone involved! A special congratulations goes to **Leo (Y13)** and **Lewis (Y12)** who won awards for the best stall and best presentation.



Key Stage 3 & 4 University of Oxford Visit:

As well as working with our sixth form students, Dr Leal from the University of Oxford also spoke to groups of students from Years 7-10.

When talking about their future, his advice was, 'to prepare yourself, think about how you can positively consume your time. Find out what you like and what you're good at, and always read beyond what you're told to!'

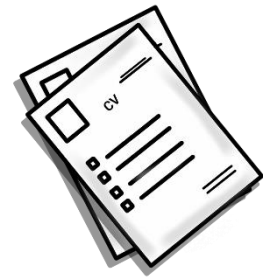


He went on to lead some interesting debates: with years 7 and 8 they discussed, 'Should humans seek to establish a colony on Mars?' and with years 9 and 10, 'How free should 'free speech' be?' Thank you Dr Leal for giving up your time for our students, and well done to all those involved!

Aspiration

Work Experience

A reminder that **Year 10** students will take part in a **three-day** work experience placement from **Monday 30th June – Wednesday 2nd July.**

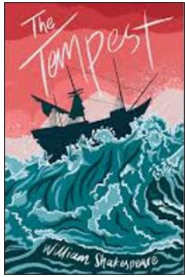


Bank of New York Mentoring Programme

Congratulations to the group of 16 students in Years 8 & 9 who have completed a 6-week mentoring programme with Graham from the Bank of New York! The main aim was for students to discover the skills and attitudes needed to successfully transition from education into the world of work. Through interactive activities and discussions, Graham shared his stories to help equip students with the essential skills needed for work.



Year 7 English Students amaze their teacher!



Shakespeare: 'The Tempest'

Our year 7 English students have been busy studying 'The Tempest' this term and our more able students recognised that despite the play being written in 1600's, during the Jacobean era, some of the themes are still the focus of conflict around the world today.

Students were able to make links between the power that the protagonist has over the island and the recent power struggle evident in the Russian invasion of the Ukraine.



This created some thought-provoking discussions around the power literature can have on informing us and encouraging reflection on what is happening around the world.

The Brilliant Club!

At AC we are always looking at ways to stretch our more able students and so we are delighted to have partnered with the Brilliant Club, an award-winning charity which aims to widen access for outstanding pupils in non-selective state schools to the most selective universities around the country.



14 students in Year 10 started the programme earlier this term where they were paired with a PhD student from the University of Manchester. They are taking part in university-style tutorials on 'future vaccines', offering a unique learning experience beyond the standard curriculum. The programme will culminate in a university graduation event in July!



Creative Media Department student work

I'd like to take this opportunity, on behalf of the Creative Media Department, to acknowledge some of the fabulous, industry-standard designs that the Year 10s GCSE Media students have been planning and developing this term. The coursework element of the course equates to 30% of the overall GCSE grade and students have really embraced the opportunity to push their creative boundaries in devising a magazine concept aimed at a style-conscious audience.

Although we are only partway through this coursework, I'm delighted to be to showcase some work in progress – Mrs Brennan



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Belief:

Basketball

TRAFFORD YEAR 9 BASKETBALL CHAMPIONS 2025!



Huge congratulations to the Year 9 basketball team who have worked extremely hard this term and have won the Trafford Schools Basketball League! They beat North Cestrian 49-23, followed by another good win against BTH (44-29), with **Skye F** awarded man of the match for the first two games. We continued this winning run beating St Ambrose 36-14 and AGSB 40-37 to make the play-off final.

The team went on to beat Ashton-on-Mersey in the semi-final (47-44) with an exceptional performance by team captain **Renars J** to make their way on the Trafford Basketball Final! They were getting beat by 7 points with just 5 minutes to go, but they kept a cool head under pressure to win the match 47-43!

The final match saw us facing a very competitive Sale Grammar team, but our students followed the game plan to detail with an organised help defense, explosive rebounding and equally as effective fast break, balanced offence and post play, coming out **46-41** winners, to become the **TRAFFORD YEAR 9 BASKETBALL CHAMPIONS 2025!**

I am really proud to have coached these boys from year 7 and have watched them grow into resilient, talented and respectful young men! Well done to the team who deserved to celebrate an unbeaten season! - Mr Stephenson

Netball

Year 8

The Year 8 netball squad attended an end of season tournament earlier this term at AGGS where they played Loreto (lost 5-3), Sale Grammar (won 4-1), Urmston Grammar (won 6-1) and finally beat Stretford Grammar (9-2). This meant they finished 2nd overall!



At the end of March, the same squad enjoyed a trip to watch Manchester Thunder in their league game against Nottingham Forrester. The team had a great evening, made even more special as Manchester Thunder secured a great win!



During the last week of term, the year 7 and 8 netball squads visited Atlantic Bowl for their end of season celebrations where they bowled and dined!

Well done to Carrie on her impressive win. The team have had a great season and are looking forward to their netball weekend in Shropshire where they will play teams from all over the country at a residential netball camp. – Miss Holden

Football

Year 9 Boys Football Team:

Altrincham College vs Cardinal Langley (GMCSFA Plate Round of 16)

AC 2 - 1 Cardinal Langley

Goals - Gabriel & Skye

POTM - Will C & Renars

**Altrincham College vs Sale
Grammar (GMCSFA 1/4 Final)**
AC 1 - 2 Sale Grammar
Goal - Jamie
POTM - Gabriel

In their three years at AC, the year 9 team hadn't progressed as far as the ¼ final stages in a Greater Manchester competition. For the first time in many years, they were also wearing a fully AC branded football shirt, so the lads were excited to show what they could do in their new strip.



The opening goal of the game was a bizarre one, but AC didn't care as it put them in the lead! As the keeper rushed out, he hadn't factored in the hardness of the ground as the ball propelled over his head and he was unable to get back in time before it nestled into the back of the net. AC 1-0. This woke SG up immediately and they spent the majority of the half applying more and more pressure to our back line. The final opportunity of the half was a well struck shot from outside the box which whistled past the post, to make it 1-1.

The first big chance of the second half fell to Gabriel but the pitch played its part again as a bobble caused his finish to sky over the bar. With 10 minutes to go Sale lifted a ball across to the back post and it was bundled in past Alex. 2-1 Sale Grammar. With AC bombing forward with a minute to go we left ourselves exposed at the back and a soft penalty was given against Jamie. But Alex continued his great game and made the save just as the ref then blew the full-time whistle. – Mr White

Year 7 Boys Football Team

The year 7 football team played their last game of the season in Division 1 of the Trafford Schools league earlier this term. They thought resiliently but lost 3-0 to a strong Ashton on Mersey team. A good competitive game throughout with sadly 2 give away goals conceded,



“Our vision is to nurture well-rounded citizens of the future who are knowledgeable, happy and resilient so that they make a valuable contribution to the world in which they live and are empowered to make informed and positive life choices.” 19

MoM performance for **Fraser B**. Alfie went in net and played a blinder as both of our keepers were absent. **Oliver B** also had an outstanding debut match! All proud to wear the AC royal and loyal blue colours of their new kit! - Mr Stephenson

Athletics

Key Stage 3 indoor athletics event

I was delighted to accompany a group of our students, along with Miss Holden, to Manor Academy in Sale. We selected a team of ten students to represent our school, competing against seven other local high schools, including Wellington, AoM and BTH. I would like to highlight how amazing our students were and each of them were a credit to AC. The event was a multi skills event, with the aim of encouraging students to take part and achieve their personal best. – Mrs Boocker

Duke of Edinburgh Award's Scheme

The Year 11 Duke of Edinburgh students completed their final physical challenge today, mountain biking from to Lymm Dam and back. They showed responsibility and resilience to ride safely on roads, carriageways and off road to complete the 5.5 hour bike ride. They demonstrated respect and excellent manners when passing and speaking to other pedestrians using the route. They were a credit to AC. Well done to you all!! – Mr Stephenson



Congratulations

A huge well done to **Eva A** (year 8) who recently competed in a national athletics competition, finishing 2nd, and making her the 2nd fastest in Wales over 60m for her age group! What an achievement, well done Eva!



Congratulations also to **Erin M** who plays dodgeball for at local community club, Altrincham Dodgers. The team took 35 young people to Calagry, Canada, to compete in the inaugural World Dodgeball Tournament. They competed against other national teams, such as USA, Canada, Mexico, Italy and Hong Kong. Erin's team, the U12s, took home a silver medal, which is an incredible achievement. Well done Erin!



Community:

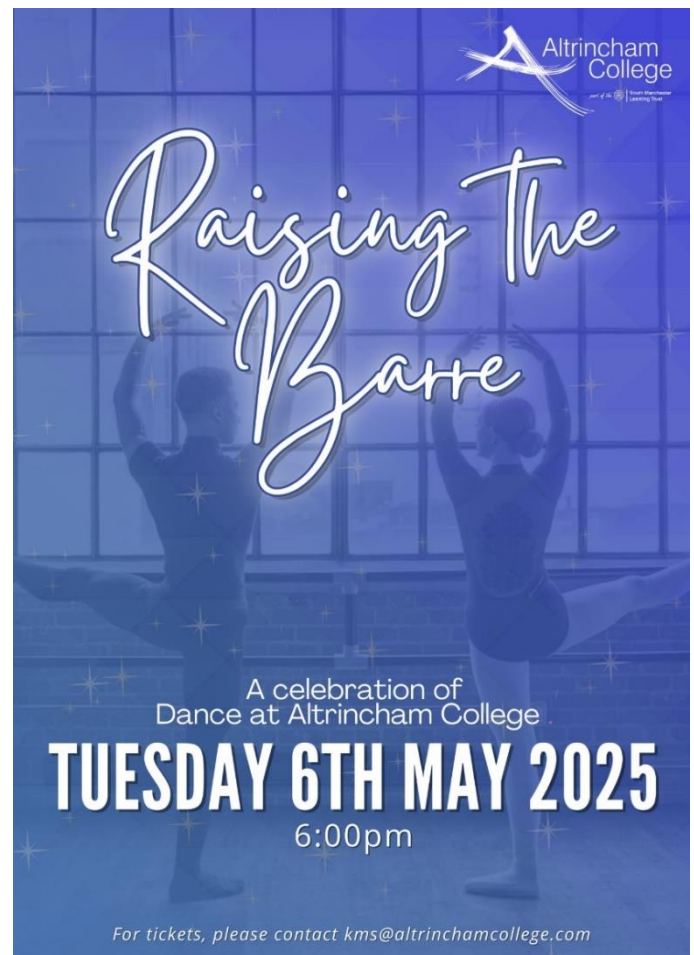
Performing Arts

Dance

Our Key Stage 3 Dance Company are gearing up for their first in-house performance in this year's dance showcase in their new uniforms!

You can catch their performance, along with our GCSE dancers, at 6pm on Tuesday 6th May 2025.

For more information or tickets, please contact Miss Matthews: kms@altrinchamcollege.com

Altrincham College

Raising The Barre

A celebration of
Dance at Altrincham College

TUESDAY 6TH MAY 2025
6:00pm

For tickets, please contact kms@altrinchamcollege.com

National Theatre project.

A huge congratulations to the drama students from years 8-11 who performed in the National Theatre Connections Festival at The Lowry on Wednesday 26th March. This is the first time that Altrincham College had ever taken part in the festival. The project is designed to enable students to experience what it is like to be a professional theater maker.

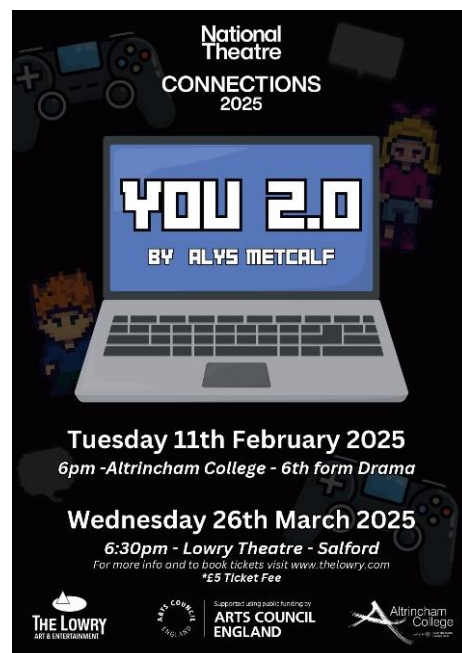


The play they performed, 'You 2.0', is about using an online platform to help young people explore what it is like growing up today and how to help them understand their feelings and emotions.

On Tuesday 11th February, we performed the play at Altrincham College to friends and family. This performance was critiqued by National Theatre director Nathan Crossan – Smith who provided constructive feedback about what improvements were required before the performance at the Lowry. This gave us just three weeks of rehearsals to implement the feedback and make the improvements!



At the Lowry, the students performed to a packed audience and received a standing ovation! Mrs Mrozinski was so proud to work with a group of 'such dedicated, enthusiastic students.' Well done all!



LAMDA

Does your child/ward love drama? Did you know that you can take qualifications in acting, public speaking, musical theatre, devising and Shakespeare?

Lessons are now available for the next cohort of LAMDA students. This is for the summer term, with the exam to take place in early July.

For more information, including how to book, please visit the LAMDA page of our school website: www.altrinchamcollege.com/curriculum/drama/lamda

We teach —
LAMDA
— Exams & Qualifications

Year 7 Halle Orchestra Trip

Students in Year 7 had the fantastic opportunity to hear Manchester's world-famous Hallé Orchestra perform their annual concert for schools at the Bridgewater Hall. During the concert, students learnt about key elements of music and the symphony orchestra, with a large screen showing live-stream footage to enable the whole audience to see the instruments more easily. – Mr Madden



Art News

Key Stage 3 Lloyd Art Exhibition

On Tuesday 4th March the art and music department collaborated for the Key Stage 3 Lloyd Art Exhibition followed by the Key Stage 4 Live Lounge event.

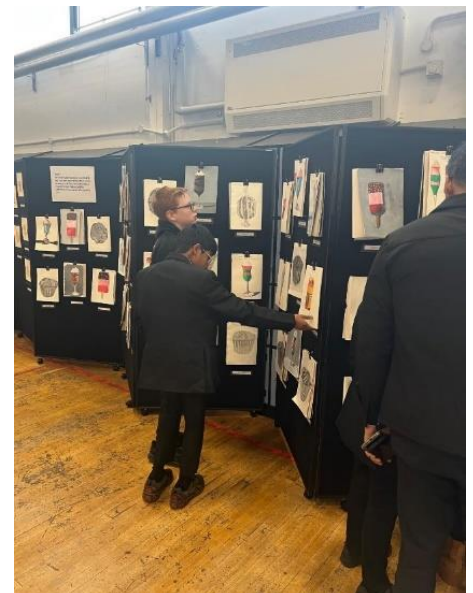
Artwork from students from years 7-9 were selected and showcased in a fantastic exhibition followed by musical performances.

The exhibition is sponsored and judged by Margaret Lloyd, ex head teacher at Altrincham College who we are extremely grateful to for her support of the arts at our school.



The standard of work this year was phenomenal and made the judging very difficult.

Congratulations to everyone involved! - Mrs Wagstaff



Wellbeing support during the holidays

- **Beat** - A website dedicated to eating disorders and how to cope over Christmas <https://www.beateatingdisorders.org.uk/>
- **BRAVE Online** - Online CBT for young people living with anxiety <https://www.brave-online.com/>
- **Campaign Against Living Miserably (CALM)** - 0800 58 58 58 thecalmzone.net Provides listening services, information and support for anyone who needs to talk, including a web chat.
- **CAMHS Resources** - Lots of resources and links from the Camhs <https://www.camhs-resources.co.uk/websites>
- **Cruse Bereavement Care** - 0808 808 1677 cruse.org.uk Information and support after a bereavement.
- **KOOTH** - Helpful articles, personal experiences and tips from young people and our Kooth team. Start or join a conversation with our friendly Kooth community. Lots of topics to choose from! Chat to our helpful team about anything that's on your mind. Message us or have a live chat. Write in your own daily journal to track your feelings or emotions and reflect on how you're doing. <https://www.kooth.com/>
- **LGBT Foundation** - 0345 3 30 30 30 lgbt.foundation Advice, support and information for people identifying as LGBTQ+.
- **National Domestic Abuse Helpline** - 0808 2000 247 nationaldahelpline.org.uk Free 24-hour helpline for women who have experienced domestic abuse and violence, with all female advisors. Also offers a live chat and can help to find refuge accommodation. Run by the domestic violence charity Refuge.

- **Samaritans** - 116 123
(freephone) jo@samaritans.org samaritans.org Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm-11pm every day).
- **Shout** - 85258 (text SHOUT) giveusashout.org Confidential 24/7 text service offering support if you're in crisis and need immediate help.
- **Switchboard** - 0300 330 0630 switchboard.lgbt Listening services, information and support for lesbian, gay, bisexual and transgender communities.
- **Trafford First Response** - 0161 912 5125— support from social services in Trafford
- **Teen Sleep Hub** - Resources and advice to help you get a good night's sleep <https://teensleephub.org.uk/>
- **Whisper** - Altrincham College's anonymous reporting system—the mailbox will be monitored periodically over the break.
- **YoungMinds** - YoungMinds offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25. Free parents' helpline - 0808 802 5544 from 9.30am to 4pm, Monday to Friday. Young people can access support and resources on a variety of mental health concerns at www.youngminds.co.uk

And finally...



I hope you have a FUN-PACKED Easter break with friends and family! There is much to look forward to in the summer term and, Y11/Y13 students....REVISE!!!

I look forward to seeing your child back in school on **Monday 28th April.**

Thank you for your continued support of our school.

Ms K Earle
Headteacher and CEO of the Achieve and Learn Trust



Dates for your diary:

Monday 28th April:

Thursday 1st May

Tuesday 6th May

Wednesday 21st May

Friday 23rd May

Monday 2nd June

Tuesday 10th June

Monday 23rd June:

w/c Monday 30th June:

Monday 7th July:

Thursday 10th July:

10th – 11th July:

Tuesday 15th July:

Wednesday 16th July:

Friday 18th July:

Start of term

Year 7 parent/carer meeting evening

Dance showcase (6-7pm)

DofE Practice and Qualifying Expeditions

End of term

Start of term

Key stage 3 Live Lounge event

Sixth Form Taster Day (Year 11)

Year 10 work experience

Staff Inset Day (school closed to students)

Summer prizegiving evening

Year 10 & 12 mock interview days

Sports Day

Summer Concert

End of term (Students will finish at 12.30pm)