



the Federation Bulletin

Welcome to the Federation Bulletin, your regular newsletter containing a selection of the exciting activities we have been undertaking across the Manchester Federation of EBSD schools.



GETTING PHYSICAL AT CASTLEFIELD...

Castlefield Campus recognises the huge benefits to physical health and mental wellbeing through regular exercise. These benefits include tackling obesity which reduces the risk of heart disease and diabetes. Also physical activity can improve muscle and bone development.

If our young people can gain an understanding of a healthy balanced lifestyle this can in turn lead them to a higher quality of life as they grow into adulthood.

Regular activity throughout the day promotes higher

levels of concentration and therefore it is likely that our pupils will then achieve higher academic outcomes.



Most of our young people struggle with social and communication skills, participating in sports activities can improve language skills, patience and a more positive awareness and understanding of their peers.

Many of our young people have an ADHD diagnosis, consequently their sleep patterns can be uneven. It is proven that physical activity can contribute to a better night's sleep, leading to a more positive attitude the following day. *Continued on page 2...*

Continued from page 1.

With this in mind, we are very proud of the vast range of sporting activities on offer to our pupils through PE lessons, Enrichment, break-activities, Duke of Edinburgh and after school clubs, such as:

Athletics, swimming, gym, yoga, football, basketball, tennis, badminton, table-tennis, trampolining, BMXing, hiking, boxing, self-defence, orienteering and climbing!



WHEELCHAIR TAG RUGBY AT BUGLAWTON HALL SCHOOL

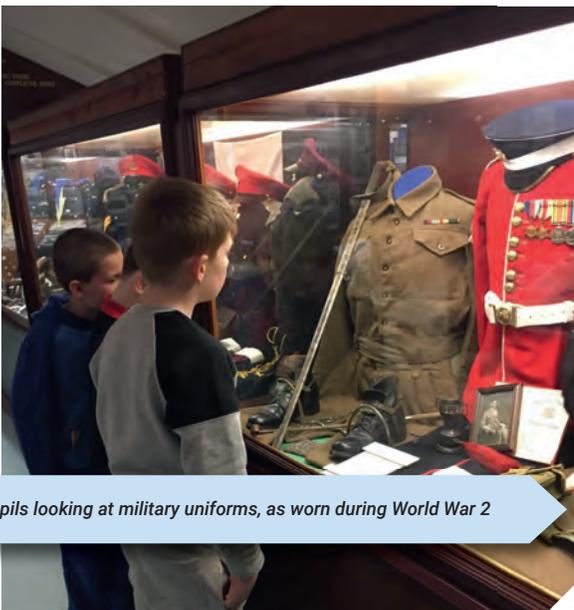
This half-term young people at Buglawton Hall have been experiencing what it's like to play sport with a physical disability.

Sale Sharks coach, Hannah, spends Friday mornings putting the teams through an exhausting warm-up and familiarisation routine.

**“HAVING A DISABILITY
NEEDN'T
STOP YOU FROM DOING
ANYTHING...”**

“It's all about participation and inclusivity,” says Hannah, “Having that ‘can-do’ attitude makes all of us realise how much we normally take for granted. Having the boys participate in wheelchairs makes them understand sport from another point of view. Having a disability needn't stop you from doing anything.”

It has had a positive impact on our young people; Year 11 Liam commented “Wheelchair rugby has made me wonder what it's like having a disability and how much your life must change. It's been a good idea taking part because it's made me think a lot about what it's like for people with a disability.”



Pupils looking at military uniforms, as worn during World War 2

KS2'S WONDERFUL WORLD WAR TWO EXPERIENCE



During last term, in History, KS2 pupils learnt all about the Second World War and what it was like to live through such a poignant time in history.

“ IT WAS AMAZING TO
WITNESS HOW WW2 AFFECTED
PEOPLE'S LIVES ”

Pupils learned about the harsh realities of what it was like to be an evacuee and how rationing had an effect on what was available and how much you could have to eat during the war.

At the end of term, KS2 went on a trip to Eden Camp in Yorkshire, which was used as a prisoner of war camp. Pupils were able to witness some of the sights, smells and sounds of different aspects of life on the home front.

They witnessed what life was like for a prisoner of war at Eden Camp as well as getting familiar with the Anderson shelters used by many inner city families during bombing raids across British cities.

Pupils also had a fantastic time learning about the Home Guard and the role they played during the war. They also had a chance to see and interact with some memorabilia from the Second World War including helmets used by the home guard.

Everyone commented on how much they enjoyed the experience and how “amazing” it was to see how the Second World War affected the lives of so many people.



Sentry boxes like this were a common sight across British cities

STUDENTS ARE COOKING UP A STORM AT WYTHENSHAW CAMPUS



At Wythenshawe Campus students are being introduced to different cooking methods by making a selection of sweet and savoury dishes. Students get the opportunity to cook a variety of dishes that allows them to select and choose their own recipe. Some students are recreating the old family favourite, passed down through the generations, or even creating their own signature dish.



At Wythenshawe Campus, part of the BTEC course is to learn and understand about a variety of recipes that cater for all people, some with special dietary

needs such as gluten and sugar free, or vegetarian and vegan. Students at Wythenshawe Campus are also learning about different cultures, allowing them to experiment with spices from all around the world. So far students have made Caribbean, Indian or Asian food, allowing students to understand the different cooking methods used within different cultures.

Students also study BTEC in home cooking skills which is supported by Jamie Oliver. The great thing about this qualification is it is all about cooking and enjoying cooking. The main emphasis is about students learning new skills and passing these skills on to family and friends so that we all share the love of cooking and understand the ingredients that we use.

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SOUTHERN CROSS SPRING UPDATE:



Year 8 are in the know!

A group of Year 8 pupils attended the 'In the Know' Science, Technology, Engineering and Maths Event at Connell Sixth Form College on Wednesday 8th February. This event was to inform pupils about future jobs and careers available in the STEM industry. The pupils were able to trial and watch showcases of vocational and professional skills.



Children's mental health week



For Children's mental health week – 6th February all groups participated in daily PSHEC lessons looking at Kindness to others. This work included looking at what kindness is, kind communication, random acts of kindness and spreading the kindness around school.

LGBT Month

All classes completed focussed work, following up our general work, to rule out prejudice in relation to being lesbian, bisexual, gay or transgender and to promote equality and diversity.

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