



Horsforth School

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Our Ref: PCB/TRH/JFI

19th April 2024

Dear Parent/Carer,

It's been a real pleasure seeing how enthusiastically students have returned to school and there is a lovely positive buzz in corridors and some great industry and purpose to learning in classrooms. We have some updates regarding school first aid and would like to flag up a community event to support men's mental health.

As usual, the link to the Podcast version is here: [19.4.24.m4a](#)

First Aid Policy

We update our first aid policy annually. Please click on the link to familiarise yourself with the most up to date version which can be found on our website: <https://www.horsforthschool.org/wp-content/uploads/2024/04/First-Aid-Policy-1.pdf>

Community Event to support Men's Mental Health

A member of the community, Jill Walshaw is organising a community fundraising event in her late son's memory to raise funds for men's mental health including young men. Her son, Matty, was a former student at Horsforth School.

The event will be held on Saturday May 11th 2024 from 2:30-10:00 pm in the grounds of St Margaret's Church on Church Lane. Tickets can be purchased on the day (£6 adults, £3 for children) proceeds will go to Leeds Mind and St Margaret's Church funds.

Leeds Mind and 'Andy's Man Club', who do an amazing job in helping Men with their Mental health are supporting the event plus Mark Tobin from Tobin's Boxing Gym will be there to talk to Men about Mental health and how talking and taking up sport can help.

Emmerdale star Sam Hooton will be providing his pop up bar with canopy and seating. The Emmerdale Band (cast members) will be doing a musical set and Cole Lawton (formerly from 'The Voice') will also be performing.

Our Students in the West Yorkshire Youth Violence Commission Team

Congratulations to Head Students Abi (Year 11), Laraib and Darren (both Year 12) on being successful in their applications to join the West Yorkshire Youth Commission on Violence and Exploitation 2024. The

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programme was open to applicants from 14–25-year-olds across West Yorkshire and they were selected as part of a team of 25 students! We are really proud to have them as representatives from Horsforth School.



Packed Lunches and Food Brought into School

Just a reminder that we are governed as a school by the 2015 school food standards. We abide by these guidelines with school food, but we must also advise about packed lunches and food brought into school, which ideally must be in line with these standards as much as possible.

We ask parents/carers to try to provide a balanced lunch, using the following guidelines:

- Starchy foods are a good source of energy and should make up a third of the lunchbox.
- Sandwiches should be made from wholegrain, brown, seeded or rye bread, not white bread.
- Use of a variety of wholegrain starchy foods such as brown rice, pasta or couscous is better than bread every day,
- Fillings for sandwiches or cold salads should be mainly protein based – including meat, fish, eggs, beans, hummus or lentils.
- One dairy item each day is a good idea– yoghurt or milk, but cheese should be limited to twice a week.
- Vegetables or salad and a portion of fruit each day is recommended.

We ask parents/carers to provide healthy snacks and drinks such as:

- Fruit, raw vegetables with dips, yogurts, seeds, nuts. Baked snacks rather than fried.
- Water, lower fat milk, fresh fruit or vegetable juice (max 150mls), fruit cordials with no added sugar, rice, soya or oat drinks.

We ask parents/carers not to send the following into school: high fat crisps, confectionery, chocolate, fizzy drinks or energy drinks.

School Dinner Menu

Please click on the link below to view the food on offer for the coming week.

[Menus 2 - Google Docs](#)

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1. *Please note menus may be subject to change due to product availability.*
2. *Please note some of the products we serve may contain peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimise the risk of cross-contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat allergies.*
3. *Please note we will make every reasonable effort to ensure that the information provided is accurate; however, due to the very nature of food production there can be variations in each meal. As a school we are not able to provide 100% accurate information on the food we serve.*

Come and Work at our School

[Take a look at our Vacancies webpage](#) to view the current roles we are recruiting. At the moment we are looking for someone to join us as a Teacher of Science or a Teacher of Maths. You can always call the school for a chat about any of the jobs on offer on 0113 2265454. Please share with anyone you think might like to join our team.

Fixtures

Year 7 Football

Our Year 7 Football Team are through to the Semi Finals of the Leeds League Cup after beating Ruth Gorse 1-0. It was a very tight game, against a very physical team but the team showed great determination and resilience to grind out the win. Fantastic Team Effort.

Special mentions to Hugo, Joe and Lucas who really fought for every ball and really pushed us over the finish line. They will play Farnley in the Semi Finals.

Football Success

Isaac and Jamie in Year 7 had a fabulous time representing Pro Elite Academy at the Mare Nostrum Football Tournament in Spain. Two losses on day one against older opponents but they stayed resilient and battled hard and got two incredible wins on day two! Jamie scored two of our four goals and Isaac kept a clean sheet in the net. An incredible experience for them on and off the pitch.

Sixth Form at Horsforth News

Easter Holiday Trips

During the Easter holidays some of our Year 12 French A Level students visited Paris to see the sights and put their speaking skills to the test. Then some of our Year 12s hit the snowy slopes in Italy. Photos to follow next week!

Yours faithfully,

Dr P Bell
Headteacher

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