



Headteacher Update – 14th September 2026

Parents, Carers, Students, and Friends of Baines School,

We have started the new school year with gusto as students have been fully immersed in their learning, with enrichment offers already starting and Year 10 and 11 boosters underway.

Mobile phone pouches were distributed last week and will be fully in use from today. Students close the pouch during form time, and open them at the school gates at the end of the day. This was trialed on Thursday and Friday and seemed to be successful. As of today, any student who does not have a phone pouch should not have a phone in school. Students who use their phones for diabetes do have adaptations to this.

Attendance this past week has been very positive with average attendance each day being above 95%.

Car Parking

We ask that all parents and carers be mindful of where they park at the end of the day. There are still some issues with parents parking along the zig zags, and across neighbours' driveways. The buses are finding it harder to come down Highcross Road and it is very difficult for students to cross safely at times.

Taylor Year 10

We are very proud of Taylor who was captain of the Great Britain under 16s squad in France at the Paintballing World Championships.

The team played and won against Lithuania and had very close games with France and Norway.

The highlight though was Taylor leading the team to beat Germany 4 - 0 on the main pro field in a front of a packed grandstand – what a well deserved and incredible opportunity!

Nil Sine Labore!



Open Evening September 2026

Our Open Evening this year will be on Tuesday 22nd September. We are absolutely thrilled with the number of families who have already participated in a tour.

The next tours are:

Wednesday 23rd September 2026;

Wednesday 30th September 2026;

Wednesday 7th October 2026;

Wednesday 14th October 2026;

Wednesday 21st October 2026;

Tours will be 2pm until 2:45.

If you would like to come on a tour as a prospective parent, please contact info@baines.lancs.sch.uk

Subject Boosters

As part of our commitment in ensuring all students have every opportunity to excel academically, we are extending our offer of booster sessions.

All Year 11 students have a bespoke programme of form time intervention based on their English, mathematics or science needs. In Year 10 we have an English Literature form and a mathematics form. In these forms, they still receive the expected Personal Development programme however also benefit from time with a subject specialist helping them to overcome any barriers and close gaps.

Mrs Spencer will be sending personalised letters home to all parents and carers of Year 11 students introducing them to Project Power Up, ahead of their preliminary examinations in October. There is an information evening on Wednesday 30th September for Year 10 [5pm] and Year 11 [6pm] so please put that date in your diary.

We have a team of staff who are being trained in Lexonic Leap to support students at key stage 3 with any gaps in reading, phonics or comprehension.

We also have a team of staff who support key stage 3 students in mathematics during form time. Students who have been identified as needing either support with basics, or our more able students to empower them to secure the top grades (7, 8 and 9), when they come to do their GCSEs at key stage 4. Students involved in these mathematics interventions will have already received a letter via Synergy.

This proactive approach will help close gaps much earlier on and support our students in their successes.

Word
of the
Week

resilience

(noun) the ability to recover quickly from difficulties or setbacks; being able to adapt and keep going

From the Latin 'resilire', meaning 'to spring back' or 'to rebound'
e.g. 'salient' (to 'jump out' or 'be obvious')

"Despite finding the maths assessment challenging, he showed **resilience** by asking for help, revising and trying again."



Safeguarding and Wellbeing

Just a reminder that if you or your son / daughter has any safeguarding concerns, please contact a member of the safeguarding team:

Mr Moseley (DSL)

Mrs Doherty (Headteacher)

Mrs Streetly (Assistant Headteacher Wellbeing and Mental Health)

Mrs Fell (School Counsellor)

If you have any safeguarding concerns, please contact the school's safeguarding lead on

ams@baines.lancs.sch.uk

If you are worried about the mental health of your child or need some food from our food hub (tins, pasta, cereal etc), sending home, please contact the wellbeing team on wellbeing@baines.lancs.sch.uk. We will be extremely discrete.

Relaxation

Information for parents and carers



Did you know?

Research shows that young people face many different kinds of stress, worry, anxiety and can feel overwhelmed for various reasons. Relaxation has been defined as a 'state of being free from tension and anxiety'. We often forget to switch off as adults but it is important that we do that in order to help children learn important skills.

Many studies highlight the benefits of relaxation and here are a few:

- Slows the heart and breathing rate
- Improves concentration and mood
- Reduces anger and frustration
- Reduces the activity of stress hormones
- Improves digestion
- Increases blood flow to the muscles
- Relaxes the muscles
- Improves sleep quality

An important part of teenage life should be relaxation. It is an essential part of maintaining health and wellbeing and being able to calmly deal with stress and pressure which, as we know, can be quite intense during the school years and especially being an adolescent.



What can you do?

One of the simplest relaxation techniques is to practice breathing. Teach your child to take deep slow breaths when they are feeling anxious. Just a few deep breaths can provide an instant calming effect that can help reduce stress. Look out for mindfulness apps or video resources on YouTube that offer example breathing exercises, such as Headspace or Calm.

Learning to relax is something that you can do together as a family. Try having a go at Yoga or a relaxing activity together. Yoga will improve flexibility, posture and give you and your child a sense of inner calm. Encourage your child to go to a local class or

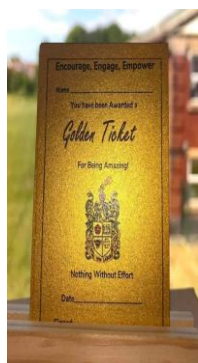
follow a simple Yoga session on YouTube. Other things could be having quiet time to read, going for a walk, listening to music or watching a feel-good film.

Another technique for your child to try is 'imagery', having a vision about a happy place so their brains can take a break. Ask them to write down a description of their happy place which includes how it looks, feels, smells and sounds. When they are stressed out, ask them to close their eyes and to think about it. Just like new skills, relaxation techniques require practice so keep prompting them to find out what works for them.

Stars of the Week:



Golden Ticket Winners



7: Finn
8: Lolaa
9: Evie
10: Kayden
11: Lauren
Well done to all our students who have been awarded Golden Tickets.

Students with the most positive points this week:
Year 7 → Missy
Year 8 → Toby
Year 9 → Jack
Year 10 → Elliott
Year 11 → Megan

Form winners for the most positive points include:
Year 7 → 7STE
Year 8 → 8LOF
Year 9 → 9MAX
Year 10 → 10LOF

Dates for your diary:

Date	Event
Monday 14 th Sept 2026	Year 7 CAT Tests all week Assemblies: Enrichment & Student Leadership launch (+ MacMillan Coffee Morning)
Tuesday 15 th Sept 2026	Year 7 CAT Tests all week
Wednesday 16 th Sept 2026	Year 7 CAT Tests all week New Parents Information Session - Systems at Baines (Synergy/Sparx) 5 5.30pm
Thursday 17 th Sept 2026	Year 7 CAT Tests all week
Friday 18 th Sept 2026	Year 7 CAT Tests all week Myerscough College Year 11 Assembly
Monday 21 st Sept 2026	Musical Auditions 3pm school hall Year 7 CAT Tests all week and Yr7 Effort Report – Issued to families Assemblies: European Day of Languages
Tuesday 22 nd Sept 2026	Year 7 CAT Tests all week

Mrs C J Doherty

Headteacher Update

14th September 2026

'Encourage, Engage, Empower'

	Prospective Year 7 Open Evening 4.00pm-7.30pm (early finish 1pm) School Photographs Years 7 & 10 individuals
Wednesday 23 rd Sept 2026	Year 7 CAT Tests all week
Thursday 24 th Sept 2026	Year 7 CAT Tests all week
Friday 25 th Sept 2026	Year 7 CAT Tests all week Blackpool Sixth Form Year 11 Assembly MacMillian Coffee Morning 9.30 - 11am

Best wishes,

Clare Doherty
Headteacher