



TRUST TALK

A student-led collection of news, articles, book reviews and celebrations

Led by a small group of PHGS sixth formers who have collected writing from across the Collaborative Learning Trust.

WORKING TOGETHER FOR MENTAL HEALTH

On Tuesday 17th March, the student councils from each school in the Collaborative Learning Trust came together to share ideas and learn about online safety.

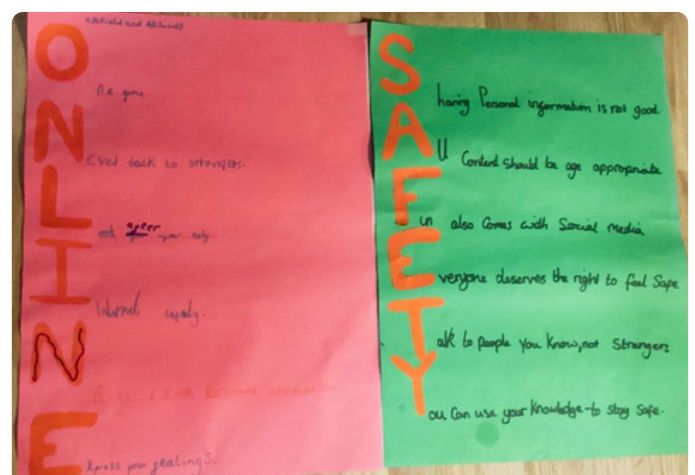
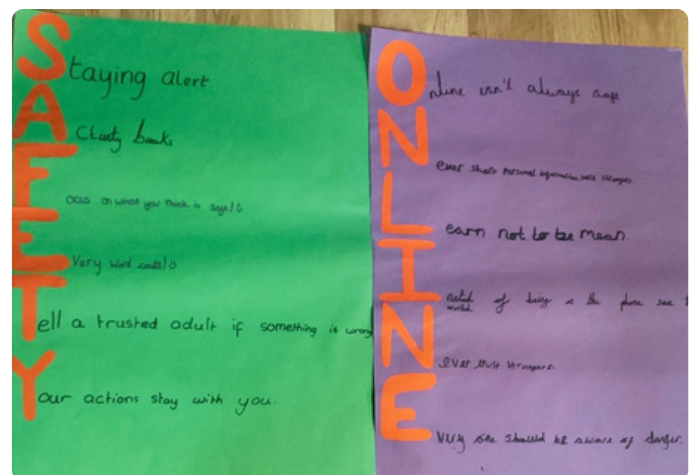
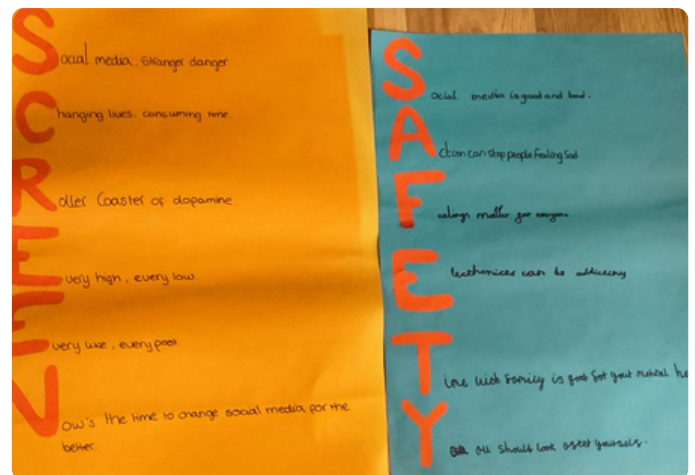
The 10 councils met at Prince Henry's Grammar School where they completed tasks both within their school groups and with students from other schools. The morning started with the students getting to know new people by completing an icebreaker where they all answered random questions and afterwards told the rest of the group a little bit about what each of their schools are like.

After a break for lunch and a tour of Prince Henry's, the students watched a presentation from Place2Be about online safety and mental health, where they learned about the dangers that they may face online and discussed alternative activities that they enjoy doing to protect their mental health.

Following the Place2Be workshop, the schools mixed together to write their own acrostic poems (pictured) about what they had learned and how they would take the information back to their schools.



Photo by Millie at PHGS





KEY IDEAS TO PROTECT YOUR MENTAL HEALTH ONLINE

Key ideas from the Place2Be workshop to protect mental health whilst using social media.

- **Take breaks** - Break away regularly through movement or connection with others in your household, set time limits, stick to them, recognise when a break is needed
- **Be kind** - Stop and think "Would I say this in person?" You cannot see the hurt or pain to others through a screen
- **Don't compare** - Social media can leave us feeling like others are living a perfect life. This is not reality. Comparing yourself can lead to low self esteem
- **Get outdoors** - Reach out to friends or ask family if you can meet in person, be outside, explore and challenge yourself to leave Tech behind for 15/30/60 minutes
- **Talk to someone** - Family, friends, pets, anyone you can trust. Tell them how you're feeling. If something has happened on gaming or social platforms, seek help, reach out
- **Relax** - Go to your favourite quiet place. Read your favourite book. Try listening to calming music. Lie on the floor and imagine a place where you like to go
- **Sleep soundly** - Your brain needs time to adjust to a calmer state. Try the 1 hour rule. No games or screens 1 hour before bed. It really does help. You can do it!
- **Get creative** - Draw, make music, or sculpt something. Being creative helps your happy hormones to increase. Get creative in your own way. What works for you?
- **Get active** - Run/walk somewhere safe or with a parent/friend, do exercise or dance it off in your room. Kick a ball. Being active lifts your mood
- **Remember the positives** - Social media, gaming and screens can have benefits, they connect you with others, you can access help, you can learn lots. Keep a balance

Benefits

Screens, social media platforms and some types of gaming can help your mental health through connecting, learning and being able to access support. For many, it builds friendships, widens your knowledge and gives you a view of the wider world.

Harms

When it affects your thoughts or feelings negatively, or causes you to act in ways that you wouldn't normally. If you feel anxious, worried or targeted by others, you must reach out to safe adults for support. It is not OK for people to say unkind things just because they are behind a screen.



TOP TIPS FOR STARTING SECONDARY SCHOOL

THESE TOP TIPS ARE FROM PHGS PUPILS BUT WILL BE HELPFUL TO ALL YEAR 6 PUPILS WHICHEVER SECONDARY SCHOOL YOU ARE GOING TO.

Is it hard?

Some lessons can be hard sometimes depending on which subjects you're best at, but the teachers are really nice and can help with anything.

Is it scary?

It can be scary at the start when you first start, but it's a lot less scary after you meet your teachers and friends.

How do rewards and punishments work?

They get put on an app so you can see them. They all get added up and at the end of the year if you don't have too many negatives, there is a rewards trip.

Where can you go for support?

You can go to any of your teachers, especially your form tutor and they're all really nice. But there is also the wellbeing team and your year manager who can all help

How many breaks do you get?

One for 20 minutes in the morning and 45 minutes at lunch.

How long does it take to get used to it?

It might take a few weeks to get used to the new routines and setting but teachers are very good at helping you settle in.

How many students are at PHGS?

About 1,600 with about 250 in each year group.

What is homework like?

You get homework from all of your lessons usually on the same day each time and can be finishing lesson work or new things. Some of it is hard but your teachers will explain more if you ask them.

What does the timetable look like?

You have form every morning and then 5 lessons a day with break after your second lesson and lunch after either your third or fourth.

Any general advice for going to secondary school?

Try new things even if you're scared to do it and don't be scared to get things wrong. Enjoy everything as much as you can – it goes by really fast!



THE SHARED SHELF

CLT CELEBRATES READING

This year we are celebrating the National Year of Reading with a variety of activities across all our schools. During our CLT music festival we even created and performed our own two songs about our love of reading. In all of our schools we regularly share book recommendations and this has led to an online book club for upper KS2 and a small group of lower KS3 students. Here students from PHGS share how our book club works.

"Our CLT Book Club has now been running for 2 years and we have read a wide range of different books. From deadly unicorns and friendly polar bears to shady AI holograms and daring World War 2 escapes!

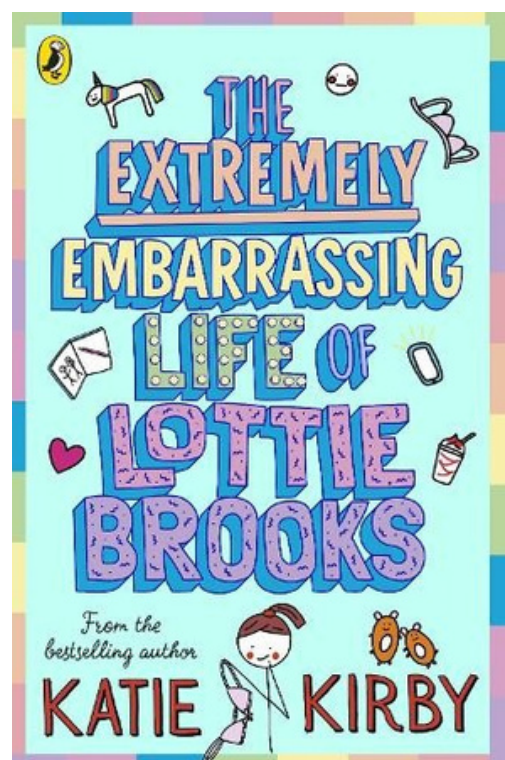
Each term Year 7 and 8 pupils at Prince Henry's help to choose a new book and write discussion questions for everyone to think about. We then meet online with Year 6 pupils from across the Trust to share our thoughts and plot theories."

by Tavi and Holly
St Oswald's C of E Primary

BOOK REVIEW

I love this book which is about a girl who writes her every day life in a diary. I would recommend it to readers over the age of 9 because it's about high school and there is quite a lot of gossip and drama so it's probably not for younger readers. - Holly

I think this is a great book which I read after it was recommended by a friend. It's about a girl who writes down everything she does in her life and children who enjoy diary style books will love it. I think it is for readers aged 9+ because the character does get a boyfriend and there is a bit of drama at high school. - Tavi





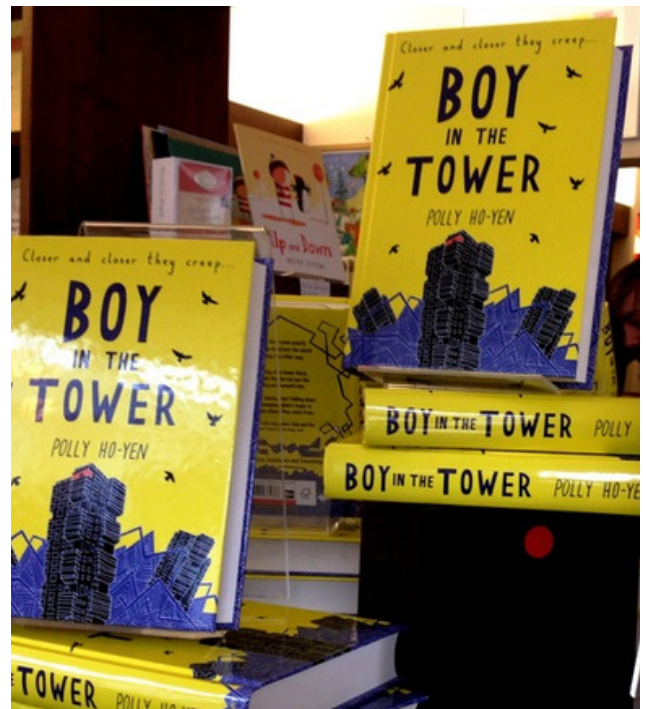
by Eliyo

Year 6, St Mary's C of E Primary Academy

BOOK REVIEW

This story is told from the perspective of a young boy who lives on the seventeenth floor of a very tall tower block. His name is Ade.

His life changes quite significantly when a botanical plant invades. The plant feeds on buildings and Ade is no longer safe. While others evacuate, Ade is trapped as his mum, who suffers from severe depression, refuses to leave the flat. As the plants get closer and the city evacuates, Ade must find a way to survive this terrifying situation, protect his mother and his pet cat Pigeon.



AN EVACUEE'S FICTIONAL LETTER HOME

BY SEB, Y6, THE WHARTONS PRIMARY SCHOOL



Dear Mum,

I am writing this by candlelight, tucked up in bed with Cliff and Pixie asleep; everything is fine, and the sea is mesmeric. Ephraim runs one of the lighthouses and at first strange and odd, but underneath he is kind, caring and loving. We are safe, well in comparison to London. Please don't worry Mum, there is no need. Living in the lighthouse is a privilege even in this queer, latter-day universe.

As for Cliff, he is better than ever: he is eating properly and sleeping all night. As for Pixie, she seems to be the shadow of Cliff, and he even laughs now. We live in the lighthouse and it is very different to what I had expected; it has so many levels it takes ages to climb them. There are no corners either so it is a rather peculiar place. However, me and Cliff are getting used to it. It is rather cosy, even on a stormy night when the wind howls and the sea punches the rocks.

Speaking of which, last night, I miraculously spotted a stranded boat as a vicious, menacing storm struck. Whilst they were thrown about like toys, like a cat toying with its prey. I found myself sucked into the chaos. Me and a girl called Ester had to haul in the huge boats, avoiding quicksand, knife-sharp rocks and waves sucking us back out to sea. My stomach was churning more than the sea, but I did not run away – I was brave like you said I could be...

As much as I felt frightened, terrified and scared, I was also brave, proud and relieved. Proud that I did something that mattered. I am safe, really. I miss you loads every day. However, I am doing what you asked; looking after Cliff, making the best of things for you, Cliff and me. Write back when possible. All my love, Olive.



**LATEST
NEWS**

newspaper article extracts from pupils at All Saints in Bradford...



EID IN BRADFORD

INAAYA, ALL SAINT'S C OF E PRIMARY SCHOOL

Eid-ul-Fitr (sometimes called festival of breaking the fast) is when the new crescent moon is founded which was on 20.3.26 this year! Families wake up bright and early dressing up in the most elegant glamorous clothes you will ever see! Then they go with family to pray the traditional Eid salat at local mosques, parks and community centres.

More than 5000 came to the city's largest Eid prayer at peel park. People were exited and proud to come together in such a peaceful and relaxing place. "It's nice to have a celebration after a whole month of fasting, like a job well done!" said one child. "I helped set everything up, I'm so excited to see everyone!" said a young boy.

CELEBRATING EID-UL-FITR

ILAF, ALL SAINT'S C OF E PRIMARY SCHOOL

Glorious decorations, Surats (verses from the Holy Quran) were recited and the aroma of the food filled the air as thousands of Muslims across Bradford celebrated Eid-ul-Fitr (20th March 2026). Eid-ul-Fitr is a festival were Muslims celebrate the end of the holy month of Ramadan.

The lights flickered as the sun set and you could hear the delighted laughter of the people who were celebrating. Can't you tell they were having lots of fun? Family members or friends give Eid presents or Eidee (money) which you can spend on anything you want. If you were kind, well-behaved and you read the Quran everyday, you should stay like that on other days. "The children deserve to have fun after thirty days of fasting." said one woman.



THE FESTIVAL OF BREAKING THE FAST

HUSSAIN. ALL SAINT'S C OF E PRIMARY SCHOOL

After the Eid prayers, families returned home or went to go to their relatives to exchange gifts, eat food and the best one Eide (money)! Today's Eid dish was Sheer Kurma, a sweet dessert served in many Muslim homes.

Teachers across all of Bradford praised their students for showing perseverance during Ramadan." I am proud of my students for showing resilience during Ramadan especially while fasting." Said one teacher.

In the afternoon, many people would donate to charities to help the poor people. Muslims before the Eid prayer would give zakat-ul-Fitr to charities. This makes sure everyone can celebrate Eid.



Young People's Mental Health is a priority in all our schools. Jo Williamson is the Pastoral and Family Support Leader at St Mary's. Jo is very much a part of our Collaborative Learning Trust Family. Not only does she work tirelessly to support pupils and families at St Mary's she was also a previous student at Prince Henry's Grammar School!

Every day is different for Jo, from supporting SEND pupils in class, to working with different agencies to help ensure families get all the support they need to help them and their children flourish. Today Jo was helping a little girl sort out a friendship issue. She said "Miss Williamson helps me sort things out when I have a problem."

Jo is passionate about supporting pupils' with their mental health.

We asked her if she had any tips and she has shared the following:

"...the best tip I can share with children and adults alike, is to go outside and spend time in nature. It's something I am very passionate about and did my research project about for my MA. Hug a tree! Or as lots of children say 'touch grass!'"

Four favourite books:

- **A Huge Bag of Worries** by Virginia Ironside is a great book to support pupils with worries.
- **The Colour Monster** by Anna Llenas is good for helping young children learn about emotions.
- **The Proudest Blue** by Ibtihaj Muhammad and S.K. Ali addresses diversity, bullying and resilience.
- **The Invisible String** by Patrice Karst can be used when supporting children who have experienced loss or separation.

Also visit Childline's Calm Zone pages on their website for breathing exercises which are really helpful for all.



SPOTLIGHT ON... MISS JO WILLIAMSON - ST MARY'S CE PRIMARY ACADEMY





IF ART COULD SPEAK: ART AS A CATALYST FOR ORACY

Leeds Art Gallery & CLT Collaborative Project 2025 - 2026

This year the CLT has continued its partnership with Leeds Art Gallery, offering exclusive opportunities for staff and pupils across CLT schools. This year's focus was on enhancing oracy through engagement with visual art. Many CLT schools took part in paired school visits to the art gallery allowing pupils to meet fellow pupils from across the trust. Pupils took part in workshops run by the gallery which explored either a piece of video art entitled 'Below the Deep South' by Noemie Goudal or a sculpture called M62 by Mike Nelson.

Pupils collaborated together and it was fascinating to see and hear their responses to the art work. For many pupils this was their first experience of an art gallery. The visits prompted pupils to be inspired by the art work and provided them with an opportunity to build confidence in meeting and connecting with other young people.

CLIMATE CHANGE

by Prince Henry's Grammar School Eco-Mittee

Climate Change is a huge problem, that will and already is, affecting us all. Many countries are feeling the effects of droughts and other extreme weather events.

But what is Climate Change?

Any dictionary will tell you that Climate Change is the shift in the world's average temperature and weather conditions. But what this really means is that humans are burning fossil fuels and they are warming up the planet as the gases released are trapped in the atmosphere.



So, how can we mitigate the effects of Climate Change?

Ideas include:

1. Switch to renewable energy, such as solar or wind,
2. Charge phones and other electronic devices during the day, as is it a waste of electricity,
3. Recycle your waste,
4. Walk or cycle instead of driving,
5. Use public transport instead of driving.

If we all take these simple steps, we can help to save our planet.

A good app to use to help find straightforward ways to become more sustainable, is **My Footprint**.



BUSY DAYS AT ASHFIELD

A SPECIAL VISITOR

In May, a number of Year 5 and 6 pupils met local Member of Parliament, Katie White.

The event was held in the school library and was organised by the deputy head, Mrs Davison, who ensured everything went to plan. It began with a tour of the whole school and then, group by group, the participants met the special visitor. The pupils who participated were either a member of the Environment Team, the Student Council or a Mental Health Ambassador.

At Ashfield Primary, we believe it is incredibly important for children and young people to understand the government and how it works. The children discussed different issues personal to their own lives and spoke about their wishes for the future generations. They discussed the following subjects: how to combat climate change, how to maintain a balanced mental health and the topic of whether social media should be banned for children under sixteen.

Altogether, the visit was a huge success and we all agreed that our main objective was achieved: to work alongside local government members and ensure that the voices of young people are heard and valued within our community.

By Samah and Phoebe



“[We want] to ensure that the voices of young people are heard and valued within our community.”



A DAY OF SPORT

Individuals at Ashfield Primary School took part in an organised event, Sports Day, which was led by the Year 6 sports leaders. The event was held on Thursday 21st May on the school football pitch.

The day started with children in each class being split into small groups. The teams scored points for participating in the activities, being creative and completing them. Some of the activities included javelin, sack races and football dribbling. After all the children had attempted the different activities (this included a rest station), optional races were set up for children to race to the finish line. Stickers for 1st, 2nd and 3rd place were awarded to pupils depending on their finishing position.

Overall, the event was a huge success as it developed children's sporting skills and they enjoyed being physically active.

By Toby



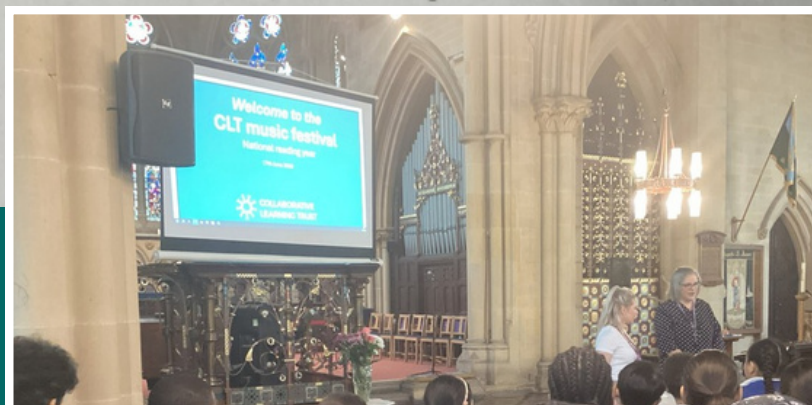
CLT MUSIC FESTIVAL

THEIA, YEAR 6 TRINITY ALL SAINTS C OF E PRIMARY

National Reading year brings
choirs to celebrate from
across the community

On Wednesday the 17th June 2026,
the collaborative learning trust organised
a National reading year concert in All
Saints church. 11 songs were ~~est~~ sung
by 9 schools from the trust. Each
choir sung ~~to~~ of their own songs.
All choirs sung a modified version
of 'shot gun', and 'somewhere only
we know'. One singer ~~quote~~ quoted that it
was fantastic. The ~~at~~ schools shared a
break together after practicing songs.

All of the songs we passed on ~~books~~ reading
(matilda the musical, greatest showman,
charlie and the chocolate factory and
~~with~~ wicked). The schools were
encouraged to make friends at the
event. Children commented on how
much they enjoyed the event. The
stage also sang a song, the people
who attended have are looking
forward to next year.





POETRY & INFORMATIVE WRITING

YEAR 6 PUPILS,
MICKLEFIELD C OF E
PRIMARY ACADEMY



Answers and Questions

Where? Who? Why? When? How? What? Whose?

There are many so many questions in the world,

Yet nobody knows the answer to all,

We all have asked question before for an answer,

But do you know it answered truthfully?

Everyone can question but not everyone can answer,

There's always an answer but sometimes no question asked,

Answers and Questions are like an alibi and it's proof,

The alibi is useless without proof,

Even with both, it still might be untrue,

So, after the alibi and proof is said and shown,

The real question is,

Was it true, or false?

By Mia
Year 6

Littering

Littering is a very important issue because when you throw things like plastic bags or paper balls on the floor then it gets caught by the wind. When this happens they float towards the ocean and the animals living in the sea choke their or can get stuck around their heads. Then that means that we eat plastic.



Plants

plants are one of the most important things that we need to survive with. Plants provide oxygen for as so we can breathe. They life-savers breathe in oxygen and breathe out carbon dioxide during the day. They breathe with a stomata the stomata is found on the underside of a leaf.



Fish Diversity and Evolution

Fish are the most diverse group of vertebrates, with over 33,000 known species inhabiting oceans, rivers, lakes and ponds world wide. Fossil records indicate that fish have existed for 500 million years, predating dinosaurs.

The Environment

Did you know that some people think the earth has two moons! but one of them is actually an asteroid called 2023 Sp 17

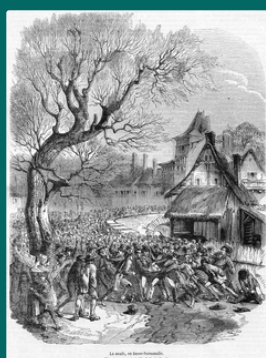
By Aston
Year 6



Football: who invented it?

by Ralph, Year 6 Bramhope Primary

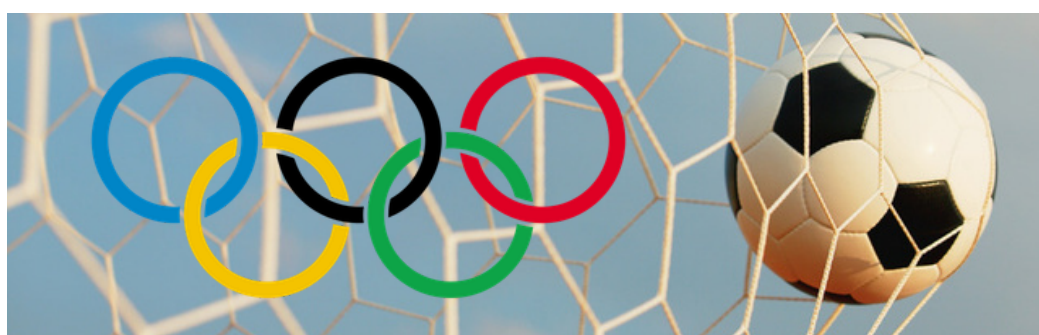
There have been lots of nations who claim to have invented football and rugby including Han China (206 BC - AD 220), Ancient Greece (c.900 BC – 146 BC), the Roman empire (753 BC – AD 476) and Medieval England (AD 1200 – AD 1600). We don't know if it is any of those for certain, but these have been mentioned in early written records. Read on to hear football's and rugby's story.



We start the journey in modern day China in 300BC. People are playing Kujū, a game between two teams where the aim of the game is to hit the ball through a window style hole up in the air. Next, we go to Greece where around the same time people are playing Episkyros, a game where you need to get the ball across to the other team's line using hands and feet. It was played 14 against 14 which is not so far from our 11 against 11. Next, we head to their neighbours: the Romans. The game was quite similar with the exception you had to bring it to your own line.

At around 1200 AD in England and Northern France a game called Soule or mob football became popular. This game was very violent, due to the fact that it was played over entire villages with over 40 people per team. The aim of the game was to drop the ball in front of the opposite village's church using hands and feet. The rules of the game varied village to village.

In 1834, 7 universities across England established their own set of rules for playing football, but every university had different rules causing complications. In 1857 another achievement was made: the first team not connected to a university was established – Sheffield United. In 1863 and 1871 football split into rugby and football. Soon football became a lot like today when in 1904 FIFA was established and football joined the Olympics in 1908.





Get Baking!

At Mickelfield C of E Primary Academy pupils have been having a wonderful time at Baking Club. Each term the pupils take home a recipe book of all the recipes they have been using. Recently they made some delicious cheese scones and they have shared the recipe with us.

Why not have a go at baking these over the summer?

Recipe for:

Cheese Scone

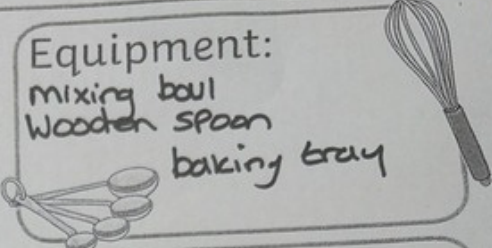
Ingredients:

- 225g SR Flour
- Pinch of Salt
- 55g butter
- 25g cheese
- 150ml milk



Equipment:

- Mixing bowl
- Wooden spoon
- Baking tray



Description:

Instructions:

Pre heat oven 200C

cover baking tray with paper

Mix together the flour and salt and rub in the butter. Stir in the cheese.

Stir in the milk until you get a soft sticky dough. You may not need all the milk.

On a floured table roll out lightly

Use a 5cm cutter to cut out scones

Place on baking tray

brush with a little milk

bake 12-15 mins

