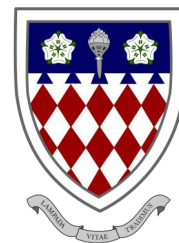


Spalding High School

Weekly Bulletin

21st March 2024



What an amazing Junior Production the Drama and Music Departments have created in The Snow Queen! It was a thrill to watch the opening night performance last night and I am very proud of all the students (and staff) in the wonderful show they have created. There were many talented actors on stage and several were given the opportunity to take the lead roles of Gerda and Kai so well done to Freya, Isobel, Abi and Alaina; you were all brilliant! Great performances too from Olivia as the Snow Queen, Sophie as Sir Jeffrey, Sophie Mc as Freyja and, of course, Miles as the Crow; who knew a crow's favourite food was lasagne?! I could quite simply list the whole cast as there were so many performances but the bulletin is not that long and it would duplicate the MASSIVE spread we have saved for the production in next week's High Quarterly! Thank you also to the wonderful staff and volunteers who have mounted the production; it really is brilliant! Tickets are still available and so please do come and join in the fun.

Well done this week to our netball teams, all of whom have achieved an impressive level of success this term. This is especially the case for the Y9 team who have won their league and are looking to retain their title next week. Best of luck! The Y8 team have also done incredibly well, finishing second in their league and yet another impressive performance. I share Miss Parker's view that it seems so hard to believe that the Y11 team are reaching the end of their time as a team representing the school so well for so long. Congratulations and well done ladies – you have been a credit to the School and hopefully will create a sixth form team next year (who knows, you might even beat the staff team!) Our footballers are also doing very well having progressed to the semi-finals so good luck to them too.

As mentioned above, we are frantically putting the finishing touches to the Spring Edition of the HQ and that will be sent home next week and so we will not be issuing a bulletin next Thursday. The HQ Team have worked really hard and we all hope that you will take time to read Edition 5 and enjoy a restful Easter break.

M K Anderson, Headmistress

Student of The Week

Please find below the latest 'Student of the Week' nominations. Nominations can be made by both teaching and support staff and can be subject related or community focused.

Form	Student	Staff	Reason
7P	Ke Wen Wang	Mrs Knowles	German
7P	Abi Wielezew	Mr Garbett	Music
8N	Florence Numa	Mrs Aurikko	Community
8P	Holly Roberts	Mrs Aurikko	Science
8S	Scarlett Norman	Miss Pettefar	English
8S	Antonia Nowak	Miss Ashley	Further Mathematics
9C	Lean Barker	Mrs Anderson	Geography
9C	Kashmira Stimpson	Miss White	Physics
9N	Amelia Whyles	Miss Bailey	German
9P	Ava Judkins	Mrs J Lord	English Language
10N	Sigourney Bolton	Mrs H Waldron	Religious Studies
10P	Annabelle Giles	Mrs Clay	French
11C	Morgan Theyer	Mrs Barats	French
11P	Samia Rahman	Mr McAlinden	Business
11S	Ruby Wilding	Mrs Bushell	German
11S	Evie Ireland	Mr Blackburn	Business
6FM	Ethan Lyford	Mrs Neal	Art
6FM	Estelle Johnson	Mr Love	Law
6IW	Sophie Carter	Mrs Martindale	Biology

Pastoral News

[Top Tips for Parents - Encouraging Open Conversations At Home](#)

Please see the poster attached at the end of this Bulletin.

Mrs Davies, Pastoral Department

PHSCE News

[Community Alcohol Partnership](#)

Please see the poster attached at the end of this Bulletin.

Mr Hemsall, Head of PHSCE

Week 12 - Challenge #12 - Answer

Here is the answer to the Challenge the Parent question from last week's Bulletin

Answer	Working:
$\frac{39}{88}$	<p>5/8 of rectangle A is shaded meaning 3/8 of A is not shaded.</p> <p>9/11 of C is shaded meaning 2/11 of C is not shaded.</p> <p>88 is divisible by both 11 and 8 so make the total area of B 88/88</p> <p>Now subtract the non-shaded areas of A and C from the total area of B = $88/88 - 33/88 - 16/88 = 39/88$</p> <p>Therefore, 39/88 is the shaded area of rectangle B.</p>

Week 13 - Challenge #13

Here is a list of ingredients for making 10 scones.

Ingredients for 10 scones

75 g	butter
350 g	self-raising flour
40 g	sugar
150 ml	milk
2	eggs

Mia wants to make 25 scones.
Work out how much sugar she needs.

Good Luck!

Celebrating the Individual in Y9 - Paige Goddard



On the 17th of March, I went to the Emirates Stadium for a tour, my mum bought it for us as a family for Christmas. We had struggled to pick a date to go as you cannot go on a match day and it also had to be a weekend so my brother and I did not miss school.

This was my second visit to the Arsenal home ground after being lucky enough to get tickets to Arsenal vs Bournemouth last season. That day was amazing as Arsenal came from 2-0 behind to win 3-2 after Reiss Nelson scored in added time. My Dad is a huge Arsenal fan has and has been for many years. He is always telling me about Thierry Henry, Arsene Wenger and the "Invincibles". He will often tell me stories about when he went to Highbury, Arsenal's old stadium and the times he travelled to watch Arsenal in Europe.

For the stadium tour, we got the train to Finsbury Park and then walked to the stadium which took about 15 minutes. The stadium is huge, with art work and slogans from previous players and managers. Access to the stadium tour is through club shop and starts in the underground carpark where the players park. It takes you to the Director's Box, restaurant, changing rooms, tunnel and to the pitch

where you can sit in the manger's seat. It was really interesting to see the difference between the home and away changing rooms. The home changing were spacious with physio table and cold water plunge pools next to the showers. The away changing rooms were small and beige.

My two favourite parts of the tour were the changing rooms where all the players shirts were hung up and I got to have my picture taken with in front of Beth Mead's shirt with while wearing my Beth Mead shirt. My other favourite part was the press conference room where I got to sit behind the big desk and pretend to answer questions from the Press like I was the Arsenal manager.

After the tour we went back into the club shop and my brother and I bought ourselves shirts to remember the day, and then finally, we did a full lap of the outside of the stadium to see all the statues.

I would definitely recommend the tour to anyone even if you aren't an Arsenal fan, the size and scale of the stadium is so big and the history of the club is fascinating.

Paige Goddard, 9C



Sports News

Y8 Netball

On Tuesday 5th March, the Y8 Netball team played in the South Lincolnshire Schools' Sports Association Netball Tournament. The team played seven minute games against eight other schools. They started the tournament very well with a 3-0 win against Giles Academy with a fantastic individual performance by Anna scoring all three goals. We then lost two close matches against Boston High (5-4) and Bourne Academy (1-0), before securing two convincing 4-0 wins against UAH and Spalding Academy, with Lily scoring all 4 goals in the UAH game. Another close game against The Deeping School led to a 1-0 loss, a close 2-2 draw against Giles Academy and finishing with a very strong performance and 3-1 win against Bourne Grammar.

Emily and Lily were both selected several times as the opposition's Player of the Match and should both be particularly proud of their performances and progress over the last year.



Miss Magnus, PE Department

Y9 Netball

On Thursday 7th March, the Y9 Netball Team played against Bourne Grammar. We played extremely well particularly in defence, turning over many balls and stopping the opposition scoring. We also had some fast attacking play and excellent shooting. We won the match securing a score of 20-3. Our final match of the season was played against UAH on Tuesday 12th March, which resulted in a draw 13:1.

Kari-Ella and Freya and Millie

Well done Year 9 this season, you have achieved a lot and really grown as a team. The Y9 team have won their league by 13-point goal difference and will play Boston High School next week to retain their South Lincolnshire Netball title.



Miss Parker, PE Department

Y7 and Y8 Netball

On Monday 18th March the Y7 and Y8 netball teams completed their season with their final game against Bourne Grammar. Bourne Grammar were eventual league winners of the South Lincolnshire Schools' Sports Association leagues for both year groups and have very strong teams.

Y7 lost 19-1 but were resilient in their defending and hopefully learnt a lot from the experience of playing such strong opponents.

Unfortunately, Y8 lost 24-10 but played some very good netball against a particularly challenging opposition. Well done to Gracie for receiving the opposition's Player of the Match for a very energetic performance as Centre making great interceptions and creating goal scoring opportunities.

This means the Y8 team finish second in what has been a very competitive season and should be incredibly proud of themselves for not only the results but the way they have played and supported one another throughout. The progress and contributions individuals have made has been pivotal to the overall success of the team so well done to all of you!

	GP	W	D	L	GF	GA	GD	PTS
Bourne Grammar	6	6	0	0	107	37	70	18
Spalding High	6	4	0	2	49	48	1	12
UAHolbeach	6	3	1	2	61	30	31	10
Bourne Academy	6	3	0	3	62	37	25	9
Spalding Academy	5	2	1	2	35	52	-17	7
UALong Sutton	4	0	0	4	2	56	-54	0
Deeping	5	0	0	5	19	75	-56	0



Miss Magnus, PE Department

Y11 Netball

It is hard to believe that Y11 have played their final netball match after five amazing seasons. It has been a pleasure to watch the students in the team grow into wonderful young ladies and great sportswomen. The team has seen a number of players come and go throughout the years. Thank you to all students that have shown a passion and dedication to the sport and have enjoyed playing and representing the School. The final match was played against Bourne Grammar, who throughout the years have been our team's toughest competition. The team lost 19-15 with only a four-goal difference, the closest game to date. Well done Year 11!!!



Miss Parker, PE Department

U14 Football

On Tuesday 19th March, the U14 football team travelled to Bablake School near Coventry to play the Sisters in to Sport National Cup Final 16 match. A miscommunication in organising the fixture, with a difference of opinion of what a football Astro may look like, led to the team finding out on the journey to Coventry that they would only be allowed to play in trainers. This meant borrowing a pair of lost property trainers from the opposition and Miss Magnus having to coach wearing a students pair of Crocs, as both Ruby's had left their trainers at school!

Despite the pitch (& footwear) conditions, the team played well and were able to secure their place in the Quarter Finals after an excellent goal from distance by midfielder Darcey, an own goal, and goals from Annabel and Ruby Q to convincingly secure our spot in the next round with a 4-0 win. Our Semi Final game is fortunately drawn to be at home as we face Compton House School from near Oldham!



Miss Magnus, PE Department

U16 Football

On Wednesday 20th March, the U16 football team played in the Lincolnshire County Cup Quarter-finals against Spalding Academy. With some injuries, appointments and other commitments, it was looking unlikely that we would be able to field a team but four students stepped up and made their football debuts, having never played football other than in PE lessons; Layla, Shylini, Evie and Simbi.

Despite creating some early chances, we conceded in the first half and went into half time 1-0 down. A team talk emphasizing the importance of working hard and pulling together as a team clearly worked as the team equalized with a goal from Ava. A fantastic strike from outside the 18-yard box by Ivy put us 2-1 in the lead with about 10 minutes left to play. Some unfortunate rebounds from tackles led to Spalding Academy equalizing to make the score line 2-2 with about 5 minutes left. We created lots of opportunities to score but none hit the back of the net until debutant Simbi Gomba poked home the winner in the last minute of the game! You honestly could not write it, having joked about wanting to be in the School team for the last two years to then scoring the winner to secure our place in the Semi Finals of the county cup! What a brilliant memory for Evie and Simbi to add to their time at SHS, it is one the PE department will never forget!



Miss Magnus, PE Department

Careers Update

Year 10 Work Experience – 25th-28th March

We hope that our Y10 students enjoy their work experience placements next week and learn new skills and gain confidence. Students must bring their work experience logbooks back to school after the Easter holidays as there will be some follow-up activities for them to complete.

Year 12 UCAS Evening – 25th April 6pm

As typically around 80% of our sixth form students apply to university, we will be holding an information event on 25th April and sent out a letter to parents/carers about this on 5th March. Could parents/carers please confirm whether they will attend or not before the Easter holidays using the online form: <https://forms.office.com/e/tG27KjC9qS>

Year 12 Work Experience – 1st-5th July

Many students in Y12 have already organised a placement for their work experience week. The deadline for handing in placement confirmation forms is 19th April. If students need any help, they should come to see us in the careers office before the Easter holidays, please.

Year 13 – Student Finance

Students who intend to go to university in the autumn can now apply for student finance. Please note that students do not need to have chosen their firm choice university to be able to do this as the final university destination can be changed.

Apply online for student finance - GOV.UK (www.gov.uk)

Lincolnshire Talent Academy – Aspiring Theatre Careers Event

For students interested in finding out about working in a hospital theatre in roles such as nursing, operating department support workers, anaesthetists, recovery practitioners and theatre managers, there are two upcoming evening events in May. This is for students aged 15-19 who are living or educated in Lincolnshire. Please see the flyer at the end of this newsletter. Please note that the closing date for registration is 3rd May.

Medic Mentor Virtual Allied Healthcare Work Experience

Please see below information from Medic Mentor about upcoming virtual allied healthcare work experience opportunities:

We are thrilled to extend an invitation to your students in Years 10-13 for our upcoming session on Sunday 7th April, 8:30am - 5pm, focusing on Communication & Fractures.

Register here: <https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

The NHS Virtual Allied Healthcare Work Experience offers a unique opportunity for aspiring healthcare professionals. It's a rare occasion for students to hear from our exceptional guest speaker, Melanie Dalby, a pharmacist specialising in haematology and clinical academic research lead for pharmacy at King's College Hospital.

Melanie will provide invaluable guidance to help these future professionals embark on their dream healthcare careers. Following Melanie's talk, students will gain an intimate look at the healthcare industry in the LIVE virtual work experience, delving into diverse roles within allied healthcare and taking a closer look at patient care by following the journeys of two patients from incident through to treatment.

The NHS Allied Healthcare Work Experience is the largest programme for aspiring healthcare professionals, having successfully invited over 12,000 students to participate in its programme last academic year - many of whom have gone on to study:

*Nursing
Midwifery
Paramedicine
Physiotherapy
Occupational Therapy
Dietetics
Radiography
Prosthetics and Orthotics
Speech and Language Therapy
Pharmacy*

Registration Link: <https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>

Once registered, students will receive access to their virtual work experience portals. Every complete session comes with a Work Experience Certificate.

Registration will start at 8:30am, with guest speaker Melanie Dalby from 9-10am, then the live work experience session starts at 10am, with an end at 5pm. Plenty of breaks are scheduled throughout.

Students can register at any time throughout the 6-month programme using the link below. We recommend booking early to gain as much out of this programme as possible.

Places are £10 a session to cover administrative and technological costs, or £50 for the full 6 months:

<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

I look forward to meeting your students at the next work experience day on Sunday 7th April.

*Kindest Regards,
Dr Siva, Chief Mentor*

*Enquiry Form: <https://airtable.com/apph4QZ0ZOVdK9N3Y/shrM6UPT8Z2uxx7OL>
Allied Healthcare Mentor Helpline: 01530 417299 (Open 10am - 5pm Monday - Friday)*

Support:

As always, we can be contacted by email if parents/carers or students in any year group have any queries:

Dawn.bushell@spaldinghigh.lincs.sch.uk
Lucy.obrien@spaldinghigh.lincs.sch.uk

Mrs Bushell, Careers Leader

Aspiring Theatre Careers



Have you ever thought about a career in the field of Theatres? Want to find out more?

Open to individuals aged 15 to 19 years. This event provides an opportunity to explore the various roles and specialisms within Theatres with interactive workshops and informative talks led by industry experts.



Monday 20th May - Lincoln County Hospital



Thursday 23rd May - Pilgrim Hospital, Boston



6.00 pm - 8:30 pm

APPLY NOW

Free Registration :
lincstalentacademy.org.uk/events

Registration closes on 3rd May

TALENT ACADEMY

Inspiring Futures : Informing Careers

SCAN ME



10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

@wake_up_weds

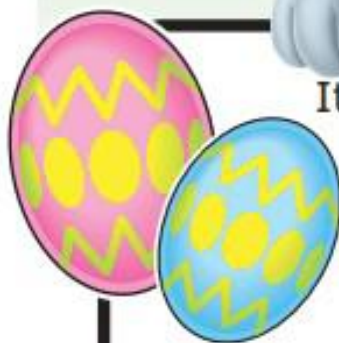
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Buying alcohol over **Easter** for under 18s?



It is illegal to buy alcohol
on behalf of someone
who is under 18.

If you're caught
you could get a **£90**
on-the-spot fine or end up in court with a
criminal record and an **unlimited fine**

Partners

Local council, Police, Trading Standards, alcohol retailers, schools
and the community

For more Information

If you have any information relating to the supply of alcohol to
young people or street drinking, please contact the police on 101
For more information on the harms underage drinking can lead to
go to www.drinkaware.co.uk

Community Alcohol Partnerships
CIC number: 07478097



Community Alcohol Partnerships

www.communityalcoholpartnerships.co.uk
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Poster designed by Olivia Mumby-Croft, 9J