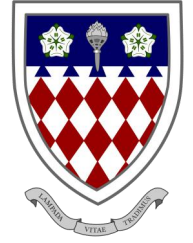


Spalding High School

Weekly Bulletin

6th October 2022



DON'T FORGET!

Friday 7th October HelloYellow Non-uniform Day

This last week has given us several great causes for celebration. Our Student Sports Leaders and the PE Department hosted the first Celebration of Sporting Achievement for over two years and it was great to see over 350 students, parents and relatives in the School Hall recognising both individual and team achievements from the academic year 2021/22. So many colours, trophies and awards were given out and films, photographs and sports reports enjoyed. A particular highlight was Lola's dance performance—very well done Lola it was a brilliant routine, gracefully performed in front of such a large live audience. Thank you to the Sports Leaders and PE Department for organising the evening and we all look forward to reading their full report. Judging by the early success of both the Y8 and Y10 school netball teams, cross country runners and swimmer, Beatrice Finch, it looks like this year will be as successful as last. Well done to you all!

Thank you again, for supporting the School's Macmillan coffee morning, £550.00 was the final total raised and donated to this important charity. Tomorrow we mark World Mental Health Day through our #HelloYellow non-uniform day, and again thank you for supporting this important charity event.

Year 4, 5 and 6 OPEN DAY – TUESDAY, 18TH OCTOBER 2022

The day will be divided into two sessions commencing at 9.00am and 1.45pm; both sessions will be identical; please feel free to attend the one that is most convenient to you. There will be a short presentation from members of Year 7, the sixth form and the Headmistress. You will also be given a tour of the School by Year 7 pupils and have the opportunity to see life at the High School on a typical day and hopefully experience the special 'feel' that makes the High School so unique. Refreshments will be provided and senior staff and sixth form students will be available to answer any questions.

We look forward to welcoming you.

STUDENT OF THE WEEK

Building on the success of our Achievement Assemblies, we are pleased to announce the second week of a new initiative at Spalding High School called 'Student of the Week'. Each week, staff will be invited to nominate their student of the week. Nominations can be made by both teaching and support staff and can be subject related or community focused.

Latest nominations:

Form	Name	Staff	Reason
7C	Leli Chen Jenkins	Miss Magnus	Physical Education
7J	Aliyah Mohamed	Mrs Martindale	Science
7P	Arjanya Das	Mrs Lord	Mathematics
8J	Sophie Gilbert	Mrs Waldron	Religious Education
8S	Karina Zokaite	Mrs Clay	Community
9J	Daria Spataru	Miss Pettefar	English
10C	Ruby Smith	Miss White	Chemistry
10J	Briony Sweeting	Mrs Nowak	Mathematics
10J	Millie Youngs	Miss Jeffery	English Literature
10J	Grace Nicolaou	Mrs Bennett	Geography
10N	Isobel Kitchen	Miss Bailey	German
10P	Ava Marshall	Mrs Aurikko	Chemistry
10S	Callie Madden	Mr Hemsall	History
10S	Nicole Glanowska	Mr Wright	Community
10S	Lexi Withers	Mr Blackbourn	Business
10S	Cydney Wells	Mr Blackbourn	Business
11C	Abigail Armstrong	Mr Groom	Community
11J	Jasmine Woodroffe	Mr Martindale	Technology
11J	Vanesa Elzbergyte	Mrs Neal	Art
11N	Emma Biggadike	Mrs Hoodless	Geography
11N	Gabriella Best	Miss McArthur	Religious Education
11P	Alice Nicholson	Mrs Rogers	Geography
11P	Kayla Rix	Mrs Waldron	Biology
11S	Olivia Brown	Mr Garbett	Music
11S	Caitlin Keyzers	Mrs Love	English
6AB	Sophia Love	Mrs Busfield	Biology
6EK	Charlotte Pool	Mrs Haunch	Community
6IW	Jemima Gurney	Mrs Jones	Classical Civilisation
6JM	Katelyn Parrin	Mr McAlinden	Business
6KM	Lauren Denning	Miss Goulding	Business Studies
6KM	Jasmine Heron	Mr Love	Law
6NG	Lucy Luxton	Mrs Cave	Religious Studies

SIXTH FORM NEWS

Life in the Sixth Form is always busy but the first term has been exceptionally so. Year 13 have picked up where they left off last year but with renewed vigour as they settle in to their final year in school. UCAS applications are well underway for those wishing to progress to university and everyone is juggling thinking about their next steps with the extra challenge that Y13 brings.



Year 12 have settled incredibly well to their studies, it is as if they have always been here! They are enjoying the academic rigour of A Levels and the flexibility to manage their own time and work independently during non-contact time.

As well as their academic study, students have also taken part in many enrichment activities; attending virtual lectures from Channel Talent, charity work in support of MacMillan and acting as excellent ambassadors for the School for the 11+ exams and various curriculum evenings! Our Sixth Form are brilliant!

Sixth Form Forthcoming Events:

Wednesday 19th October. Year 12 Curriculum Evening.

Presentation from 6.30pm with time available before to make an appointment with your child's tutor. Please see the letter emailed for more detail and click [here](#) to respond to the invitation to attend.

Friday 21st October. Year 12 progress cards to parents.

Wednesday 16th November. Year 13 full reports to parents

Thursday 24th November. Year 13 Parents' Evening

MUSIC NEWS

In the Music Department, rehearsals are now well underway for our Winter Concert in December. the String Group, Wind & Brass Group, Orchestra, Choir and Chamber Choir are rehearsing every week, with rehearsals taking place every lunchtime. The main School Choir is proving very popular so far this year and last week we had 94 attending the regular Wednesday lunchtime rehearsal, currently singing songs by Shawn Mendez, Coldplay and from the musical Hamilton! With students from all years, plus staff, the choir is growing in numbers every week! There is still plenty of time to come and join us on Wednesday lunchtimes and everyone is more than welcome!

<https://www.operanorth.co.uk/news/10-reasons-singing-is-good-for-you/>

PE NEWS

Cross Country

What a fantastic start to the Cross Country season! It was wonderful to see so many students trialling to be part of the cross country team. If you didn't make selection for the first Cross Country race, there will be more opportunities in the near future, so keep practising and enjoying running.



On 21st September and 3rd October sixteen students represented the School at the Fenland Cross Country League at Snowdon Fields, Crowland and Hampton College Peterborough. All students demonstrated great resilience and skill at the highly competitive races. Well done to all students who competed.



Netball

On Wednesday 28th September the Year 10 netball team had a match at home against Deeping. The team played really well together considering it was the first match of the academic year. The team demonstrated great teamwork and resilience which was shown by all players and this helped us win the match. The final score was 36-6, hopefully we can keep playing well as a team and win future matches.

Beth Stewart 10S



On Wednesday 28th September, the Year 8 netball team played against Deeping and we won 25-0. Well done to all the players for all your hard work and keep it up!

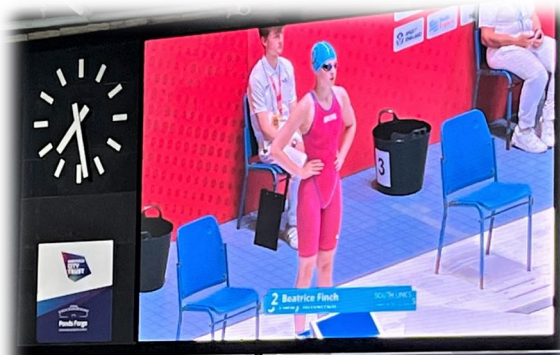
Isabella Wilkinson 8S



PE NEWS

Swimming

Beatrice Finch represented South Lincs competitive swimming club for the first time at this year's Swim England Summer Nationals. Beatrice produced a very confident swim qualifying for the final in the 400 Individual Medley, beating her qualification time by three seconds. Entering the final in sixth position, she went on to swim an exceptional race, with a nail biting, neck and neck race to the final touch; she narrowly missed the gold medal by 0.12 seconds. All is not lost as Beatrice's efforts produced yet another personal best time of 5.11 .80, taking a further seven seconds off the personal best time achieved in the heat and the bronze medal.



Ponds Forge International Sports Centre

BAG 2 SCHOOL
FREE FUNDRAISING FOR SCHOOLS
In partnership with your school or organisation

Spalding High School



We would like to thank parents, carers, staff and students for their support on Thursday 22nd September. A lot of bags were brought in and collected, so thank you again!

Once more a huge thank you!



Celebrating Her Majesty Queen Elizabeth II - History essay competition

The History Department wish to commemorate Queen Elizabeth's reign and service by offering students the chance to compete in our 'Who is the greatest 'New Elizabethan'? Essay competition.

This is open to **ALL** students, with prizes for 1st and 2nd place in KS4 and 5, and 1st, 2nd and 3rd place in KS3.

Students wishing to enter must submit their entry to Mr Groom or their history teacher by the end of the day on Monday 31st October.

Essay guidelines are as follows:

- Word limit - 400 words for KS3, 600 words for KS4/5.
- Entrants must select an important 'New Elizabethan' - someone who has achieved something great during Elizabeth II's reign (1952-2022). They must explain **WHY** their achievements make them the greatest New Elizabethan.

We would recommend that entries compare their chosen New Elizabethan to other potential choices, whilst making their criteria clear for their judgement for greatness. Entries will be judged on both written communication and the quality of argument.

NEWS FROM 7S

Last Friday, our peer mentors came to our form, and we completed a challenge with marshmallows and dried spaghetti. We had to build the tallest and most complicated tower we could! It was great fun. Thanks to our peer mentors we learnt how to work together.

From the winning team, Antonia, Ava, Emily and Milly



History Department—Term 1 2022-23

"History does not belong to us. We belong to it."

What are we studying this term?

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
						
How do we know about Anglo-Saxon England?	The birth of the USA; the 18th Century working class	Partition; Decolonisation across the former British Empire	What was it like to live in Nazi Germany?	Life in Elizabethan England	The USA's post WW1 industrial 'boom'; British politics 1918-79.	The changing nature of Tudor government; the reign of Henry VII.

Black History Month 2022: October 2022

"Black people have had their history written out – sometimes deliberately, sometimes systematically – of Britain's story because it's the history of slavery and empire and that doesn't fit in with the comforting island story narrative" - David Olusoga

Rather than celebrate Black History Month in a superficial, annual (but impermanent) way, the SHS history department have worked incredibly hard over the last year to diversify our curriculum and to better represent the history of Britain's multicultural past.

We have:

Re-planned our KS3 curriculum with new enquiries that focus on a more diverse history, especially with reference to Black history:

The medieval kingdom of Mali

The colonised experience of British Empire

The experience of migrants to Britain after WW2

Created a bank of homework resources that allow pupils to explore underrepresented or 'forgotten' histories e.g. the Bristol Bus Boycott.

How can I support learning at home?

Quizzing your child: ask for their knowledge organisers and the recent areas they have studied – use these to quiz them.

Ask your child about the reasons for key events they have studied: check which events they have covered recently e.g. Why did the American colonists defeat Britain? – ask them to explain to you why it happened.

Friday 7th October - #HelloYellow

In celebration of World Mental Health Day, we have invited all staff and pupils to help us raise money for the charity Young Minds by taking part in #HelloYellow today, whereby people wear something yellow to raise awareness for mental health issues. Years 7-11 have had an assembly this week from the

Prefect Team detailing how they can support themselves and/or a friend with their emotional wellbeing, as well as who to talk to in school if that want some extra support.



We would encourage all pupils, parents and carers to look at the wealth of information and support for mental health available on the Young Minds website for young people: <http://youngminds.org.uk>

Some of the many resources that may be useful are:

- How to create a self soothe box: [how-to-make-a-self-soothe-box-secondary-school.pdf \(youngminds.org.uk\)](#)
- How to express yourself using the mood battery: [Mood Battery | Mental Health Resources For Young People | YoungMinds](#)
- How to support a friend: [Supporting a Friend With Their Mental Health | YoungMinds](#)
- How to talk to your child about mental health: [How to Talk to Your Child about Mental Health | YoungMinds](#)
- Parents helpline and webchat: [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)
- Urgent help for young people: [Get Urgent Help | Support If You're Struggling | YoungMinds](#)

Finally, if you are at all worried about your child's mental health and/or emotional wellbeing, please do not hesitate to contact us.

Mrs Hickman, SENDCo.

Careers Update

Presentation by a former High School Student

On Friday 30th September, former High School student Laura Benson delivered a presentation to 37 students across Years 10-13 about her career in the film industry. It was fascinating to see pictures of sets Laura has painted in well-known films such as 'Cruella' and 'Paddington 2'. We are very grateful to Laura for giving up her time to come in to inspire our students and answer their questions. Laura has written an article which is attached to this week's newsletter.

Year 11 PSHCE – 29th September

Last week in PSHCE, year 11 students had the opportunity to talk to Year 13 subject prefects about their A Level studies and to look at examples of the kind of work students do. There was a very positive atmosphere in the sixth form common room and we hope this has inspired Year 11 students to continue researching their options for after GCSEs. The students also heard from three Year 12 students – Misha Rajesh, Tia White and Niamh Williams about their perceptions of sixth form so far. Thank you to Misha, Tia and Niamh for their input.

Our Sixth Form Information Evening is on 17th November and we hope to see Year 11 students and parents/carers on the evening so that students have a further chance to experience what life is like in our vibrant and successful sixth form.

Year 8 PSHCE in September

Students in Year 8 were introduced to the Buzz Quiz in their PSHCE lessons in September. This activity introduces students to the idea of identifying their 'personality type' and how this may link to future career aspirations. This was followed up with a session about transferable skills which students have gained through extra-curricular activities both in and outside of school. The feedback from tutors about these sessions was extremely positive and we hope that students continue their interests both in school and in their own time to build on their experiences to compliment future progression route planning and applications.

<https://icould.com/buzz-quiz/>

Year 10 PSHCE – 29th September

In their PSHCE session last week, tutors reminded students about the forthcoming work experience week from 27th – 31st March. Students need to be open-minded when considering a placement; they will not always be able to find a placement directly linked to a future career aspiration. We will support students in finding a placement but a large part of work experience is about the organisation and proactivity shown by students to source their own placement by using their verbal and written communication skills.

A letter has been sent to all parents/carers explaining the process. Please return the consent and voluntary contribution slip attached to the bottom of the letter by Monday 31st October 2022.

Support

As always, we can be contacted by email if parents 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)