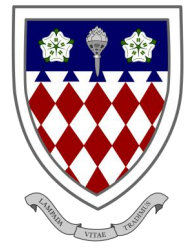


Spalding High School

Weekly Bulletin

25th April 2024



Despite the chilly and damp weather, summer has arrived at the High School and we know this not just because of the summer uniform being worn but also because Year 11 and Year 13 are very nearly at the end of their lessons and about to embark on their GCSE and A Levels – but more about that over the next two weeks!

As you can see from the sports table below, the PE department are also introducing the summer sports clubs which is great to see. Our students participate in so many clubs, sports and activities and this supports students enormously in developing skills and confidence in a number of areas. As you will see from reports in this week's bulletin, some of our students have been identified as potential Lionesses of the future! Well done to Antonia, Freya, Ruby and Ruby; what an amazing experience! Congratulations also to Year 8 and Year 9 on their challenge this year; an incredible achievement to raise so much money for worthy causes and local charities. Well done to all!

M K Anderson, Headmistress

PE DEPARTMENT CLUBS TERMS 5-6 (23-24)

Starting the week commencing 22nd April 2024

Clubs on Monday, Tuesday & Wednesday start at 1pm prompt. Thursday & Friday lunch-time clubs will start at 1.20pm prompt. All students must take part in full PE kit if they wish to attend a club. Lower school (Y7-9) to use changing room 1 & upper school (Y10/Y11) to use changing room 2

Monday 1pm	Y7 ROUNDERS	Y8 ROUNDERS	ALL YEARS RECREATIONAL TENNIS	
Tuesday 1pm	Y9 ROUNDERS	Y10 ROUNDERS	ALL YEARS RECREATIONAL TENNIS	ALL YEARS FITNESS SUITE
Wednesday 1pm	Y7 & Y8 CRICKET	ALL YEARS ATHLETICS PRACTICE	ALL YEARS RECREATIONAL TENNIS	
Thursday 1.20pm	Y9 & Y10 CRICKET	ALL YEARS ATHLETICS PRACTICE	ALL YEARS RECREATIONAL TENNIS	
Friday 1.20pm	PE DETENTION		ALL YEARS RECREATIONAL TENNIS	GCSE PE DROP IN THEORY INTERVENTION

Mr Farrell, Head of PE

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
7C	Rebecca Verrells	Mrs Clay	Community
7J	Saara Ravji	Mrs Cave	Religious Education
8J	Emily Webster	Miss Ashley	Further Mathematics
9C	Izzie O'Brien	Mrs Neal	Art
9P	Eleanor Seer	Mr Blackburn	German
10C	Erin Nelson	Mrs Martindale	Biology
10J	Ruby Loveridge	Miss Bailey	German
10S	Lexie King	Mr Ganger	Mathematics
10S	Sophie Edwards	Mr Hemsall	History
11J	Isabella Kirk	Mrs Tanner	Art
11J	Vanessa Singh	Mrs J Lord	English Literature
6AF	Christina Paul	Miss White	Chemistry
6LM	Miranda O'Connor	Mrs Jones	Latin

Week 14 - Challenge #14 - Answer

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

Answer	Working:
X = 6.5	$5x + 2y = 27$
Y = -2.75	so $10x + 4y = 54$
	so $4y = 54 - 10x$
	$6x + 4y = 28$
	So $4y = 28 - 6x$
	Now make the two equations equal to each other:
	$54 - 10x = 28 - 6x$
	$26 = 4x$ so $x = 6.5$
	Now substitute the value of x into the original equations:
	$(5 * 6.5) + 2y = 27$ and so $y = -2.75$

Week 15 - Challenge #15

In Spain, Sam pays 27 euros for 18 litres of petrol.
In Wales, Leo pays £40.80 for 8 gallons of the same type of petrol.

1 euro = £0.85
4.5 litres = 1 gallon

Sam thinks that petrol is cheaper in Spain than in Wales.

Is Sam correct?
You must show how you get your answer.

Good Luck!

Celebrating The Individual



On Saturday 20th April, we travelled to Sheffield Hallam University for England football's Future Lionesses Talent ID event. All four of us had been invited after being identified as players who have shown potential to progress further on the Women's England Talent Pathway.

After an early registration, three of us joined the other field players who had also been invited from around the Midlands/Northern England, whilst Freya joined five other girls as goalkeeper. It was very well organised, with new drills to follow and a fantastic experience to play alongside other girls who were of a very high standard.

After the two hour event, we rushed back to Pinchbeck in order to play with our Grassroots Team – Pinchbeck United U15 Girls, for a 14:30 kick off. It was an exhilarating match as our opposition, Cambridge United U15 Girls, are top of the league. We were very pleased with a draw and will play them again in a couple of weeks.

As well as playing for Pinchbeck United, we also train on a Monday night at Peterborough United Girls' Development Centre. Playing together for Spalding High School as well, it was very special for us all to progress onto the Lionesses Event and travel up to Sheffield.

If you'd like to read more about our journey with Pinchbeck United, you can follow us on Instagram at https://www.instagram.com/pinchbeckunited_u15_girls/ where you will also see more Year 9 and 10 SHS students who are part of the team. We train every Wednesday and play matches on Saturdays for the Cambridgeshire A League.

Thank you to our coaches, parents and SHS' PE department for their training, encouragement and providing us with the opportunities to play so many matches, helping us to improve our skills, keep fit, develop our resilience, cope under pressure and work even better as a team.

Antonina Such, Freya Willerton, Ruby Forsyth and Ruby Quinn



**SEE THE
POTENTIAL**

#DiscoverMyTalent



Charity Challenge Y8 and 9 – ‘Little and often’

The Charity Challenge came to an end at Easter and my goodness they all did an incredible job! The challenge was to raise money for charity and also look after a money plant, which hopefully they can nurture until they come to end of Year 11!

There were four prizes – Most money raised in both Year 8 and 9, best named plant and healthiest plant. 8J won the Year 8 fundraising with a staggering £819.78!! 9S won the Year 9 fundraising with £293.36. 8S won best named plant with ‘Neil Plantstrong’, 9J won healthiest plant.

In total the students raised £2,460.47

The charities that will benefit from the money are – ‘Don’t Lose Hope’, Lincolnshire Air Ambulance, Cancer Research, Red Cross for Ukraine, RSPCA and one form wanted to sponsor two guide dog puppies!

It has been fantastic to see all the enthusiasm and genuine thought and care that has gone into the fundraising. Well done to everyone that took an active role and your actions will really make a difference.

I hope you enjoy reading the report below about the charity adventures, they should feel very proud of themselves.

Mrs Neal, Head of Y9 and Mrs Spinks, Head of Y8

Celebrating success in 8J

In November, Mrs Neal and Mrs Spinks launched the first Challenge 8/ Challenge 9 of the year.

Each year form groups are challenged to take part in activities that encourage and promote:

- ◆ Teamwork
- ◆ Healthy competition
- ◆ Communication skills
- ◆ Sense of belonging
- ◆ Fun
- ◆ Quick thinking
- ◆ Problem solving
- ◆ Resilience
- ◆ Resourcefulness

The theme of this Challenge 8/Challenge 9 was 'little and often'.

As part of the challenge all forms had to:

- ◆ Look after and nurture a seedling money plant (we also had to name our plant and decorate its pot)
- ◆ Raise as much money as we could for 'Don't Lose Hope' and a charity of our choice (Cancer Research UK).

The aim behind the challenge was to help us understand that small steps, little and often, can make a really big difference to how well we do (and how things grow!). A theme 8J certainly embraced!

Our money plant: Introducing Jeremiah Johnson

Apparently, the best approach for nurturing and watering a money plant is little and often! But care must be taken not to under or over water it (this proved a little challenging for the less green fingered of us). 8J certainly demonstrated the ability to nurture in bucketful's. Emily and Thamrutaa designed a beautiful 'Johnson' inspired plant pot, many of the form took part in required watering of our plant and we even took the opportunity to read to our plant! Our efforts were rewarded significant growth!



Most recently 'Jeremiah Johnson' has gone on Easter vacation to one our form members' home. Educated, travelled and nurtured – we have certainly been embracing the High School ethos!

Fundraising:

We started the fundraising with an empty jar, but it did not take long for it to start filling up.

Colouring Competition:

Our first form charity event was a pumpkin decorating competition and we were excited to see all of the spooky entries! 8J are certainly an artistic form. All of the entries were fantastic and this set us on our fundraising path for the year.



Sport Quiz:

Ella organised a fantastic sports quiz as part of her role as Sports Captain and to help with the Challenge 8 fundraising.

Ella managed to raise the profile of all sports and tested our sporting knowledge. The quiz proved to me that my knowledge of sport was as bad as I had feared, however there were some excellent scores from other groups that entered!

Christmas Fayre:

The form put together a wonderful stall to help raise money towards our Challenge 8 fund. As charity rep Natasha led the way by organising 'Guess the name of the penguin'. We also had other activities such as 'Guess the number of sweets in the jar', a Christmas raffle and Christmas colouring competition. There were also some fantastic cakes made by Lola and Aliyah. The cookies and brownies they both made were delicious!



And finally – the 8J Readathon:

One of the big focuses in recent years in school has been literacy and the importance of reading. Emily initially floated the idea that she would like to do a sponsored read to help raise money for the Challenge 8. Emily was quick to inspire others and she was very quickly joined by Elixir, Bethany, Sapreet, Aliyah, Connie, Holly, Lily R, Lily T, Megan and Thamrutaa.

Each of them set themselves a challenge to read between 500 and 2000 pages during the February half term. As a little perspective, an average reader would take 55.6 hours to read 2000 pages, 27.8 hours to read 1000 pages and 14 hours to read 500 pages.

All eleven of them completed their challenge and amassed a huge number of reading hours! Not only did they show considerable resilience and perseverance – but they improved their literacy, explored non-fictional worlds, travelled to different eras, gained understanding of different cultures and overall now all have enough knowledge to form their own book clubs!

They also managed to raise a staggering amount of sponsorship and bought 8J's overall total for the Challenge 8 to £819.78. It was this that led 8J to be crowned the winners of the fundraising element of the challenge.



I am extremely proud of all the effort that 8J put into this challenge – they are truly all amazing! Well done 8J.

Miss Goulding, Form Tutor



Careers Update

Unifrog Student Ambassador Fair – 8th May 4.30-6.30pm

For students in Years 10-12 who are interested in hearing about different aspects of university life from current undergraduate students at a range of 30 different universities, there is an online event on 8th May. Please see the poster at the end of the newsletter for further details and the registration link.

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.

Lincolnshire Police Cadets – Applications now open

If students aged 13-16 are interested in joining the Police Cadets, please see the flyer at the end of this newsletter as applications are now open.

Careers Clinic for opportunities at Queen Elizabeth Hospital, King's Lynn and in the NHS – 27th April

Please see the flyer at the end of this newsletter for information about this upcoming event for students and their parents/carers.

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

unifrog

MEET THE STUDENTS

What is university life really like?
What do university students wish they knew while they were at school?
Chat to students from...



University of Aberdeen | Aston University | University of Bedfordshire | Birkbeck, University of London
University of Central Lancashire | City, University of London | University of Cumbria | De Montfort University
University of Derby | University of East Anglia
University of Exeter | Falmouth University | University of Hertfordshire | University of Lincoln | Liverpool
Institute of Performing Arts | London Metropolitan University | Loughborough University | Northumbria
University | University of Portsmouth | Royal Agricultural University | Royal Holloway, University of London | SOAS, University of London | Solent University
SP Jain London School of Management | St Mary's University Twickenham | University of Stirling
University Academy 82 | University of Wolverhampton
Wrexham University

8 MAY

16:30 - 18:30



Scan here
to sign
up!

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



ARE YOU AGED 13-16 AND INTERESTED IN BECOMING A POLICE CADET?

Join Lincolnshire Police Cadets to:

- Learn about policing
- Gain practical skills and experience
- Meet new people and be part of a team
- Take part in policing events and activities
- Support your local community



RECRUITMENT IS OPEN: APRIL 15 - MAY 27 2024 - START IN SEPTEMBER

LINCOLNSHIRE POLICE POLICE CADETS

www.twitter.com/LPVolunteers

For more information and to download an application form visit:
www.lincs.police.uk/police-forces/lincolnshire-police/areas/careers/join-us/volunteers/cadets/



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London Road
Nottingham NG2 4LA

T +44 344 2254524
www.gov.uk/ukhsa

Dear parent or guardian,

This letter contains important health information

I am writing to inform you that the UK Health Security Agency (UKHSA East Midlands Health Protection team) has identified an increase in confirmed or suspected cases of whooping cough (pertussis) in school age children across the East Midlands region. Individual cases have been provided with advice, but we would like to take this opportunity to raise awareness regarding vaccination and symptoms of whooping cough to be aware of.

Symptoms

Whooping cough is caused by infection with pertussis bacteria. For most school-age patients, symptoms will resolve over a number of weeks, while for some, coughing can persist for a few months.

The symptoms of pertussis include:

- a cough lasting several weeks following initial cold-like symptoms
- prolonged bouts of coughing ('paroxysms')
- post-coughing retching or vomiting
- a 'whoop' sound on breathing in
- rib pain

Find more information about pertussis on the NHS website:

<https://www.nhs.uk/conditions/whooping-cough/>

Untreated pertussis is no longer infectious after 21 days but with appropriate antibiotic treatment this reduces to 48 hours.

Advice for parents or guardians

If your child has any of the symptoms described above, we advise you seek medical advice from a GP and take along this letter.

Your GP may then arrange testing for whooping cough.

Your GP can also prescribe antibiotics without waiting for test results. Antibiotics are not required if there has been more than 21 days of coughing. Whooping cough is no longer infectious from 48 hours of starting appropriate antibiotics, but your child should stay isolated at home until they have had 48 hours of antibiotic treatment.

Whooping cough is spread through respiratory droplets: coughing into tissues and washing hands with soap and water can reduce spread.

If your child missed any of their infant or pre-school vaccines, we recommend that you arrange catch-up vaccination through your GP practice as soon as possible. If your child is up to date with their pertussis vaccination, we do not advise any further boosters.

It is still possible for fully vaccinated children to develop whooping cough (although the illness is generally milder) so if your child develops symptoms they should be taken to the GP for advice.

[At-risk groups](#)

Whooping cough is of most concern in unimmunised infants when it can be life threatening. Vaccinations to prevent whooping cough are routinely given to infants, pre-school children, and pregnant women.

We recommend all pregnant women get their routine vaccination against pertussis ideally between weeks 20 and 32 of pregnancy (but can be given from 16 weeks and up until labour if needed) in order to protect their baby.

Those in risk groups or with regular contact with persons in a risk group should consider avoiding events where they may come into contact with those unwell with pertussis.

Yours sincerely

David Pearce
Regional Deputy Director
East Midlands Health Protection team
UK Health Security Agency



L.E.A.D.
Teaching School Hub
Lincolnshire



Department
for Education



TRAIN TO TEACH IN LINCOLNSHIRE

If you are considering undertaking primary or secondary teacher training in Lincolnshire, this event provides you with the opportunity to find out more about the profession.

We will be joined by a DfE Advisor who will explain the routes into teaching and bursary/scholarship information, and you will have the opportunity to have your questions answered.

Tuesday
14th May
4pm - 5pm

ONLINE

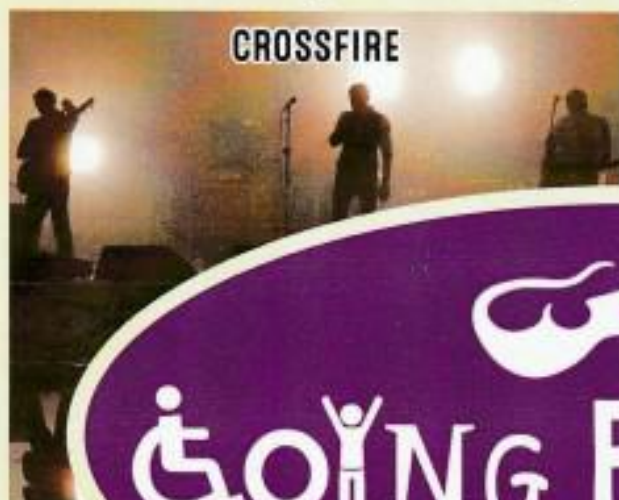


Click here to book
or scan QR

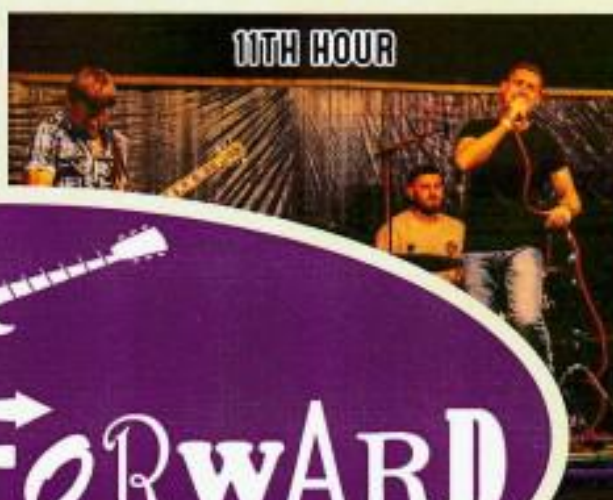


COME & JOIN US FOR SOUTH LINCOLNSHIRE'S 6TH DISABILITIES MUSIC FESTIVAL! SATURDAY 27TH JULY 2024

SOUTH VIEW COMMUNITY PRIMARY SCHOOL
POSTLAND ROAD, CROWLAND, PE6 0JA • GATES OPEN 11AM - 7PM



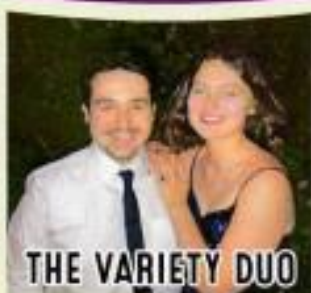
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OR SEE OUR FACEBOOK PAGE - 'GOING FORWARD MUSIC FESTIVAL 2024'

FOR MORE DETAILS

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