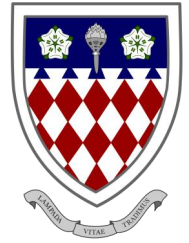


Spalding High School

Weekly Bulletin

31st October 2024



In the weekly bulletin before half term, I encouraged everyone to take a proper break and give themselves time to enjoy a hobby, relax and spend some time on themselves. I hope that everyone was able to do this. Taking my own advice prompted me to spend an hour or so reading about the importance of hobbies and I discovered a whole host of research projects detailing the benefits to our physical and psychological health.

The good thing about the descriptor "hobby" is that it is vague enough to be all encompassing and therefore applicable to a multitude of activities. This is important in my view because hobbies can be so personal. In my house, I love gardening and can spend hours happily pottering about but my husband finds it a chore. You get the idea! With the rise of social media and connectivity, we can follow and join up with those who share our passions from all over the world, or perhaps more locally, which leads to clubs and social activities taking place in the real world. You have to be careful stepping off my driveway on a Sunday morning given the number of cycle groups and casual meet ups out and about but the good thing is you can hear them coming as everyone is chatting away about all and sundry. A tonic to lift the spirits if ever there was one.

So, does this mean that now we are back at school those hobbies and "me time" activities need to go? No. I don't think they should. In my holiday reading, I found an important piece of research detailing what happens to mental health and wellbeing as the number of hours in a working week increased above 45 hours. You will not be surprised that with each 10 hour incremental increase, "me time" decreased, and stress, tiredness and negative feelings increased.

High School students are in school for about 35 hours per week. Most have nine hour days when travelling to and from school is included and then between an hour or two homework each evening with more as students move into KS4 and KS5. We are already up to about 55 hours per week which coincidentally is also what the latest DfE research suggests is the average working week for a teacher in the UK. I am sure my colleagues at the High would say given the amazing amount (and quality) of work our brilliant students submit for marking that the DfE average is not typical for them. And I would agree!

But, as we all know, this is about balance and that is not always easy to achieve but as we head into this longest and most gruelling term of the academic year, I implore you - no matter how busy your working week, make some "me time" for yourself and your hobbies - whatever they may be!

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
7J	Macie Bowater	Miss Jones	Physical Education
8N	Fatimah Shamime	Mrs Chandler	Library
8P	Kaidi Page	Mrs Neal	Art
9C	Narvada Maulloo	Mrs J Lord	English
9C	Mia Mills	Mrs Knowles	German
9C	Leli Jenkins	Miss Magnus	Physical Education
9J	Lily Rechciglova	Miss Ashley	Mathematics
9N	Maddison Cripps	Mrs Bennett	Geography
9N	Emily Warrick	Mrs Spinks	Mathematics
9P	Leila Petraite	Mrs Dowson	English
9S	Minahil Ali	Miss Hammond	Drama
9S	Sarah Jones	Mrs C Lord	Mathematics
10C	Elsie Ellis	Mr Martindale	Technology
10C	Sophie Corney	Mr Ganger	Community
10J	Holly Bignell	Mrs Bushell	German
10P	Darcey Greenwood	Mrs Rogers	Geography
10P	Veronika Prots	Mr Blackbourn	Business
11C	Ruby Hook	Mrs Hoodless	Geography
11J	Angel de Melo	Miss McArthur	Religious Studies
11N	Ellie Garth	Mrs Hoodless	Community
11N	Lola Mai Tanner	Mrs Nowak	Mathematics
11N	Holly Gleave	Miss Jeffery	English Literature
11N	Emily Matthews	Mr Fovargue	Computer Science
11P	Poppy Carr	Mrs Cave	Religious Studies
11P	Aminah Shamime	Mrs H Waldron	Religious Studies
11P	Erin Williams	Mrs Busfield	Community
11S	Sophie Smith	Mr Ganger	Further Mathematics
11S	Mika Clancey	Mrs Martindale	Biology
6AF	Alice Marston	Miss Rossouw	Criminology
6JL	Eve Inman	Mrs Schwarz	Textiles
6KM	Zainab Ravji	Miss Dunbar	Sociology
6LM	Raechel Simon	Mrs Busfield	Biology
6NG	Oliwia Podlipna	Mr McAlinden	Business
6NG	Briony Sweeting	Miss White	Chemistry

Sports News

U13 Football

On Tuesday 15th October, the U13 football team travelled to Neale-Wade Academy to play their Round two ESFA National Cup fixture. An outstanding performance in goal by Megan and some excellent passing and teamwork led to a 6-1 win. Goals were scored by Anika, Ruby, Darcy, Lacie and Cimmy. Well done to Ruby who was awarded Player of The Match for a dominant performance in central midfield, creating lots of chances for us to shoot. The team will play The Giles Academy in the next round.



Miss Magnus, PE Department

U14 Netball

On Wednesday 16th October, the U14 netball team played in the South Lincolnshire Sports Association District Netball Tournament, playing seven-minute matches against eight other local schools.

The team started off with a 1-0 win against Cowley Academy followed by a 4-0 win against Boston High School, with Emily being awarded Player of The Match by both oppositions for some excellent centre court play with vital interceptions and accurate passing.

We then won 6-1 against Bourne Academy with Lily being awarded Player of The Match for excellent shooting and movement in the goal third. The next game was an unfortunate 5-1 loss against a tall and tactical UAH side with some excellent marking and defending by Aliyah minimizing their chances to score.

The defeat was followed by three consecutive wins against Spalding Academy (1-0), The Deeping School (2-0) and The Giles Academy (3-2), with Lily and Emily awarded Players of The Matches. The tournament finished with a difficult game against a talented Bourne Grammar team with an unfortunate 6-3 score line.

The team finished third overall out of the nine competing teams which is fantastic and evidence of their progress from last year. Well done to all of you but especially to Aliyah, Lily and Emily for their deserved recognition by our opponents for their outstanding effort and skill. I am so proud of the improvement this team has made since last year and looking forward to the rest of their league fixtures.

Miss Magnus, PE Department



6th Form Netball

On Wednesday 16th October, the U19 netball team played in the South Lincolnshire Sports Association Netball Tournament, which qualifies the winning team to play at the County Finals. Having never played or trained together, our team were thrown a little bit in at the deep end against some very strong and experienced teams from Boston High School, Bourne Grammar School and Bourne Academy.

Despite their lack of preparation, the team performed brilliantly, representing the School fantastically well with their efforts, enthusiasm and sportsmanship. Well done to all of you for taking part.

Miss Magnus, PE Department



Y11 Netball Tournament

Congratulations to the Y11 netball team on placing 3rd in their last ever tournament for the School! They narrowly lost their first game to Boston High School 3-2, but then went on to win 4-0 vs. Spalding Academy, 6-1 vs. The Giles Academy, 5-1 vs. Cowley Academy and 6-2 vs. Bourne Academy. Their final game was against Bourne Grammar which they lost 4-0. Unfortunately, captain Lucy and shooter Alexa were both unavailable to play, but the team still performed extremely well, and it allowed most of them to have a go at being captain for a game. One huge positive that I am glad to report is that I did not have to call Florence up for footwork once!

I am so proud of how the students have always represented the School with excellent sportsmanship and respect during the tournaments over the last five years. They are a credit to themselves and the School. They still have fixtures to play, and I am sure they will enjoy every moment of them.



Miss Jones, PE Department

South Lincolnshire Schools' Sports Association Cross Country Championships

On Friday 18th October, students represented SHS at the South Lincolnshire Schools' Sports Association Cross Country Championships held at Princess Royal Sports Arena, Boston.

It was a fantastic day of results for our students with Iris winning the Y7 race and Evie winning the Senior Girls race. Congratulations also to Izzy and Grace for their top 10 finishes in the Y10 race, with Izzy finishing in 2nd place.

Following this event, students from each of the age groups are selected to represent South Lincolnshire at the Lincolnshire Schools' Cross Country Championships which are held at Burghley House, Stamford in January. We look forward to finding out which of our students have been chosen after the selection meeting on 25th November.

Miss Magnus, PE Department



7J Charleston

During their first term, 7J were tasked with choreographing and performing a short routine in the style of the Charleston, using a range of basic choreographic principles to develop movement. Students learnt some of the most common Charleston moves, along with watching some past performances from students and an example from Strictly Come Dancing. They took inspiration from these and all students successfully performed their routines to the rest of the form, accompanied by the song 'Fat Sam's Grand Slam'. For some, the idea of doing this is daunting, however, all of them had the confidence to do so and for that, they should be proud of themselves. Well done, 7J!



8J Bollywood

Similar to 7J, 8J were tasked with choreographing and performing a short routine in the style of Bollywood. They are required to consider more complex formations and musicality throughout their piece, and had to be in time with the song 'Jai Ho!'. Again, all students successfully performed their routines to the rest of the form and it was evident how much some enjoyed it! A special mention must be made to the groups who considered their outfits and props for the occasion - I thoroughly enjoyed watching you all. Well done, 8J!



Miss Jones, PE Department

House Benchball

During the last week of term, all year groups took part in the house bench ball competition. This is a much loved event that students enjoy taking part in! Congratulations to the following forms for winning their tournament:

Year 7 - 7C

Year 8 - 8J & 8N

Year 9 - 9P

Year 10 - 10P

Year 11 - 11N





Thank you to the form tutors who took the time to come and support their tutees, and well done to the 6th form students for taking part in their competition during games where Pankhurst won!

Miss Jones, PE Department

Sports Leaders

On Monday 14th October the Y12 Sports Leaders took part in the egg drop challenge which involved them working in teams to construct a safety cage around an egg so that it could be dropped from the top of the stairs without the egg breaking. Pictured are the groups showing their successful designs which did not break when dropped and Eden holding her groups which was the only one that smashed.



This task tested leader's communication, creativity and teamwork which they then evaluated in groups using the Team Bus evaluation tool. In their teams they decided where they would place themselves and/or their peers. Were they the driver – led the activity, the fuel – keep energy levels up by encouraging and motivating, the lights – the vision behind the idea or the back seat passenger – and just along for the ride?

Miss Magnus, PE Department

Maths News

National Senior Maths Challenge

Our talented Mathematicians have recently been presented with certificates following their participation in a National Senior Maths Challenge.

Each year, The UK Mathematics Trust, a registered charity whose aim is to advance the education of children and young people in mathematics, runs a Junior, Intermediate and Senior maths challenge for students across the United Kingdom. The challenge is entered by many students each year and is the UK's biggest national maths competition. The top 40% are awarded Gold, Silver, or Bronze certificates in the ratio of 1:2:3.

This year our students achieved three Gold, nine Silver, and twenty Bronze certificates, which make over 71% of participants. Well done!

Congratulations in particular go to:

- * **Ellie Griffin , 6SC, Silver, best in Y13**
- * **Lucy Searson, 6 GD , Gold, best in Y12 and qualified for Senior Kangaroo**
- * **Briony Sweeting 6NG and Claude Ham 6LM, both Gold and qualified for Senior Kangaroo**
- * **Sophie Smith, 11S, Silver, best in year**

Good luck to those who sit round two on Wednesday 20th November 2024.



Library News

Summer Reading Competition—Winners

This year, the Library Committee hosted our first ever Summer Reading Challenge, and we are thrilled with the participation!

We had three exciting categories:

- * Design Your Own Book Cover
- * Capture the Moment
- * Reading Raffle

Over the past few weeks, we have received many fantastic entries, and we are delighted to announce the winners:

Reading Raffle Winners:

Maddi Cripps 9N

Isla Warrall 8C

Roisin Williams 6AF

Design Your Own Book Cover Winner:

Ada Waldron

8J

Capture the Moment Winners:

Mia Francis 8C

Saara Ravji 8J

Edith Pike 8S



Thank you to everyone who participated!

The Library Committee

6th Form News

Celebrating The Individual in the 6th Form - Sophie Gleave

This week I have been working on perfecting my Keyboard two part for Act II's production of Charlie and the Chocolate Factory. The show runs from Wednesday 30th October to Saturday 2nd November at the South Holland Centre in Spalding.

It has been a valuable experience as I have had the opportunity to work with more experienced musicians than myself. Though I have played piano since I was around four years old and have played in theatres numerous times in the past, this is my first time playing a keyboard part as usually I play guitar or bass (or occasionally both). Both the junior and senior casts have worked hard and it is a pleasure to accompany them and help to bring the Roald Dahl tale to life.



Staff News

World Skydiving Championships

I was really excited and grateful to be able to compete at the World Skydiving Championships at the end of last term. The competition took place at the beautiful Crystal Coast Skydiving in North Carolina, USA, from 2nd to 12th October.

There were several different competition events, from wingsuiting to speed, and I was part of the British 8-way Formation Skydiving team. In 8-way, teams train by practising set moves from a 'dive pool' of 38 moves, but do not know until the night before the competition which moves will come up and in which order. The 'draw' is done at the opening ceremony (which was held in a fort, before the competition was declared open by firing a cannon!). Teams then jump the ten rounds, with the first 50 seconds of freefall per jump being the scoring period. The team with the most points in total after ten jumps is the winner.

- My team had hoped to come 4th, behind the professional teams of USA, Qatar and Germany. We had a tight battle with Brazil, and spent the whole competition swapping between 4th and 5th place with them. The aeroplane carries two 8-way teams at a time, and we were often on with Brazil, so this only increased the competitive spirit and camaraderie between the two teams. In the end they beat us into 5th place by 0.1 points... so close!

This was my third time competing on the world stage, but my first World Championships. This team went to last year's World Cup in Norway, where we also came 5th (that time just overtaking our closest rivals, an American team, on Round 10). I was also on Team GB at the 2007 World Cup in Russia, back when I was a full-time skydiver. It was all that training back then that made it possible to get back to this level again alongside teaching, although my latest team did also do a lot more training across the past two years. We did eight training camps in a wind tunnel in Lille, France (travelling very early on a Saturday morning then back on a Sunday evening, doing my marking in the Channel Tunnel then being back in School on the Monday morning). We also did lots of training jumps in the UK, mainly at Skydive Langar near Nottingham and Skydive Hibaldstow in North Lincolnshire. There have also been countless gym sessions and mental prep.

I celebrated my 3,600th jump during the competition and came away with some real lifelong memories. The feeling after Round 1 was a particular highlight, as it marked the transition from pre-comp nerves to jubilation and relief that it had gone well (and we beat the Brazilians on that one too!). Round 10 was also a special feeling, as I flew my parachute slowly along the coast and really took in the beautiful view, knowing that the competition was over and that I could simply enjoy the moment now.

I am so incredibly grateful to be part of such an amazing School community that supported this dream and helped to make it happen. I am forever indebted to the work colleagues who taught my classes while I was away. I also feel very lucky to teach such resilient students, who had worked so hard in my absence that I was able to quickly carry on as if I had never been away. Thank you all!

Miss Ashley, Maths Department







Bag2School



@bag2schooluk

www.bag2school.com



follow us on Facebook

Our next **Bag2School** collection has been arranged for

Bags can be brought into school before the Wednesday if it helps but all bags must in on

.....
Wednesday 6th November 2024
at9.. am / ~~pm~~

Any questions - please ask your school collection organiser Mrs.Barats./Ellie.Griffin.Y13

www.bag2school.com

We accept the following 'good quality' items for RE-USE:

- Men's, Ladies and Children's clothing
- Paired shoes (tied together or elastic band around)
- Handbags
- Hats
- Bags
- Scarves and ties
- Jewellery
- Lingerie
- Socks
- Belts
- Soft toys
- Household linen
- Curtains
- Towels

We **DO NOT** accept:

- Duvets and blankets
- Pillows and cushions
- Carpets, rugs and mats (incl. bath, shower and toilet mats)
- Soiled, painted, ripped or wet clothing
- School uniforms with and without logo
- Corporate clothing and work wear
- Textile off cuts, yarns or threaded material

Careers Update

Visit to the District Council Office

On Thursday 17th October, Mrs Ray and I visited the District Council Offices in Spalding with 14 students from Years 9-13. The students who took part were School Council representatives and students who expressed an interest in attending. The students had the opportunity to talk to various council employees about their job roles and afterwards they were given tasks to plan and feed back to the councillors and their peers. All the students who took part thoroughly embraced the opportunity to learn about how the council functions. This opportunity was devised by the council as part of Local Democracy Week. All students were engaged, asked questions and contributed well to the tasks they were given. Claude Ham, Isobel Gosling-Gedney and Hollie Lunt, all in Y12, eloquently presented the suggestions from their teams to the whole group of attendees. Well done to all students who attended. Special thanks to the staff at the local council for their support, in particular Samantha Bradley for organising everything.



Y10 Work Experience – 31st March – 4th April 2025

A reminder to the parents/carers of Year 10 students that the deadline for handing in work experience confirmation forms is 15th November. Students must see Mrs O'Brien or me if they are experiencing any difficulties in finding a placement.

Degree Apprenticeships or Undergraduate Degree?

Please see below the opportunity to find out more about degree apprenticeships and undergraduate degrees with a webinar hosted by Sheffield Hallam University:

Online Live Student and Parents' Event:

Event: *Degree Apprenticeship Vs Undergraduate Study – What is right for me?*

When: *Thursday 7th November, 18:00 -19:00*

Where: *Online via MS Teams*

In this webinar, we will discuss important considerations when deciding whether to apply for a degree apprenticeship or complete an undergraduate degree.

Key highlights include:

- How It Works: Discover the blend of work and study*
- Entry Requirements & Application Process: Learn what qualifications you may need and how to apply*
- Comparing the advantages and disadvantages of degree apprenticeships and traditional undergraduate study.*

Students, parents and guardians can register to attend here

Many thanks,

Schools & Colleges Liaison and Outreach Team at Sheffield Hallam University

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