

1920 - 2025



105

YEARS

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# Spalding High School weekly bulletin

## 9th October 2025

### This week, from Mrs Anderson, Headmistress

Tomorrow is another big day on the High School calendar with it being both Hello Yellow non-uniform day and also the first of our Fringe Fridays.

October 10th is the United Nation's World Mental Health Day, an annual event to raise awareness about mental health issues and advocate against social stigma. Hello Yellow Day pays particular attention to mental health and well-being amongst young people, which is of course why we like to support the event. In 2023, NHS England conducted one of the most comprehensive surveys into the mental health and well-being of young people in England and Wales. Its findings shine an important spotlight onto the key issues for people under 25, most notably that 1 in 5 children and young people aged 8 to 25 have a probable mental health condition. Children with a probable mental health condition are more likely to have disrupted sleep, have a lower attendance rate and struggle with self-esteem and confidence. Many struggle to access support services and counselling and have to wait months for referrals to be actioned. The money that the High School raises on Hello Yellow Day is donated to Young Minds, a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need. Let's make tomorrow a good way of raising funds for this valuable charity.

Tomorrow is also Fringe Friday, and as it is October there is a most definite "spooky" feel to the whole thing! Events will take place at lunchtime in the Drama Studio with lots of activities, fun and games. Enjoy!

Well done to our "Celebrating the Individual" students this week - inspiring achievements from all of you.

Thank you to those who have provided feedback on the new Sway version of the newsletter; it seems to have been favourably received and we are glad that you like it.



**1 - Centenary Christmas Card Competition:**

*The official SHS Christmas Card will be a special Centenary Edition! Are you the designer of our 105 Christmas Card 2025?*

*Designs can be portrait or landscape and must be all your own work. Deadline: **Friday 9th October**. Hand your artwork in to Reception making sure your name and form are written on the reverse.*

**M K Anderson, Headmistress**

**Student of the Week** commencing 29th September 2025



Staff name	Student Name	Form	Reason
Mr Ganger	Melika Onions	7J	Mathematics
Mrs Hickman	Amber Parker	7J	German
Miss Parker	Isla Wilson	7S	Physical Education
Mrs Schwarz	Ritu Pudassaini	8C	Textiles
Mrs Knowles	Eliza Fathers	8J	German
Mrs C Lord	Sydney McKenna	8N	Community
Miss Ashley	Safa Nadeem	8S	Community
Miss Rossouw	Emily Presto	8S	Religious Education
Mrs F Barats	Audrey Taylor	9J	French
Mr Wright	Layla Drury	9N	Biology
Miss Bailey	Ava Willis	9P	German
Miss Chalcraft	Evie Wright	9P	Mathematics
Mrs Chandler	Evie Waterhouse	9P	Library
Mrs Jones	Eunice Kei	9P	Latin
Miss McArthur	Angela Pun	9S	Religious Studies
Mr Garbett	Amber Batten	9S	Music
Mrs Spinks	Rugile Girdauskaite	9S	Mathematics
Ms Busby	Rugile Girdauskaite	9S	Textiles
Mrs Aurikko	Daisy Cockerill	10J	Community
Mrs Martin	Lily Tomlinson	10J	Mathematics
Mr Murphy	Poppy Crunkhorn	10N	Chemistry
Mrs Rogers	Poppy Wall	10N	Geography
Mrs Aurikko	Abidat Isiak	10P	Biology
Miss Jeffery	Roxanne Fox	11C	English Language
Mrs T Waldron	Izzie O'Brien	11C	Biology
Mr Blackburn	Sienna da Silva	11J	German
Mrs Busfield	Laura Elzbergyte	11J	Physics
Mrs Neal	Oana Dascalu-Gavril	11J	Art
Mrs Fisk	Samantha Matthew	11N	Drama
Mrs Nowak	Daisy Higgins	11N	Mathematics
Mrs Martindale	Mae Richardson	11S	Biology
Miss Jones	Evie Phillips	12EO	Physical Education
Mr Love	Grace Bushell	12EO	Law
Mr Hemsall	Inca Bernasconi-Brown	12SC	History
Mrs Tanner	Rhiannon Street-Ledger	12SC	Art
Mrs Jones	Charlotte Knights	13JL	Community
Miss Pettefar	Lucy Marks	13KM	English Language
Miss Dunbar	Alice Marston	13NG	Sociology

2 - Please find here 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.

## Sports News



### 3 - Y10 Netball v BA

*On Wednesday 1st October the Year 10 netball team kicked their South Lincolnshire School Sports Association league campaign off with a win against Bourne Academy.*

*The team didn't appear to be rusty having not played since March and were very clinical with their shooting with Lily scoring 5 and Anna scoring 7 to finish the game 12-5.*

*Well done to Ruby for an excellent defensive performance, playing in a new position and doing exceptionally well to be awarded the opposition's Player of the Match. A special mention also to Poppy who has made significant progress since Year 9 and was very effective in her role as goalkeeper making great interceptions and starting our attacks.*



#### **4 - U14 Football Success**

*On Monday 6th October the Year 8/9 football team played against the King's School, Peterborough in Round 2 of the ESFA National Cup. With both teams missing a few players we agreed to play 9-aside instead of 11 a-side.*

*We went one nil down in the first half of the game through a very clinical strike from the opposition's striker. We made lots of chances and were unlucky not to have scored more, but a great strike from Darcy led to us going into half-time 1-1. The other team were strong and physical and our defence dealt with this particularly well.*

*Going into the second half it was important we maintained our strong defence but also pushed players forward to create more promising attacks. Some excellent kicks from our goalkeeper Megan led to lots of chances being created but again we struggled to convert these chances into goals. Until another Darcy strike saw us go into the lead with a 2-1 scoreline.*

*Player of the Match was awarded to Lottie who was instrumental in defence, putting in vital tackles to prevent the opposition's attacks as well as some excellent long throws to create chances for us.*

*Well done to the U14 team, we will now travel to Soham Village College for the Round 3 fixture.*

## Raffle Contributions

On Tuesday 21st October we will be holding a raffle at the Evening of Celebration and Achievement for Sport, Music and Drama to raise money for the PE department.

We would like to raise some additional funds to enable us to ensure all of our teaching equipment is up to date.

We would appreciate your support in the donation of any prizes. Prizes could include but are not limited to vouchers for local businesses, chocolate/ sweet treats and bath/beauty goods.

[Please drop any donations to the PE Office by 17<sup>th</sup> October, thank you in advance for your support.](#)

## English News

**The Willoughby Memorial Trust  
LIBRARY AND ART GALLERY**  
Moreley's Lane, Corby Glen, Grantham, Lincolnshire NG33 4NL  
Registered Charity No. 527647 [www.willoughbygallery.com](http://www.willoughbygallery.com)

**LINCOLNSHIRE SCHOOLS  
POETRY  
COMPETITION 2025**

A poem on the subject of - "Play" (National Poetry Day theme for 2025)

Open to pupils of Lincolnshire Schools in the following groups as at 1st September 2025

Key Stage	1st Prize	2nd Prize	3rd Prize
1 (5-7 years)	£15	£10	£10
2 (8-10 years)	£20	£15	£10
3 (11-14 years)	£25	£20	£15
4 (15-16 years)	£25	£20	£15

A 4th prize may be awarded at the Judge's discretion.  
Entries will be judged by **Ross Ayres**, Stamford Poet Laureate.  
Winning poems will be on display in the Library at the Willoughby Memorial Gallery from 12th until 28th November 2025 (Tues. – Sun. 12 noon to 5 pm.) and published on [www.willoughbygallery.com](http://www.willoughbygallery.com)  
Prize-winners will be invited to read their poems in the Library at a prize-giving evening on 28th November.

**Conditions of Entry**

- Poems to be on the subject of "Play", the theme for National Poetry Day (2nd October).
- Poems must be in English and no more than 40 lines long.
- Poems should preferably be typed or must be written clearly in ink or ball-point pen on one side only of A4 paper.
- Each poem should have clearly written at the bottom of the page the poet's name, Key Stage number, age of poet, date of birth and school—any entries not clearly marked may not be judged.
- Each competitor may enter one poem only.
- No alterations may be made to poems once submitted.
- Poems must be the original work of the entrant.
- No prize will be awarded in any class where entries are not of sufficient merit.
- Poems will not be returned unless requested and a stamped addressed envelope enclosed.
- The Judge's decision is final and no correspondence will be entered into regarding the decision.

Entries should be submitted **separately** as attached 'Word' documents or jpegs (if scanned from hand written originals) to [poetrycompetition@willoughbygallery.com](mailto:poetrycompetition@willoughbygallery.com) or entries may be posted to:  
**W.M.T. Lincolnshire Schools Poetry Competition**  
c/o Graham Underhill  
Old School Yard  
8 Bourne Road  
Swinstead  
Grantham, Lincs., NG33 4PQ

Enquiries, please telephone 01476 550972  
**Closing date for receipt of entries Monday 13<sup>th</sup> October 2025**

### 5 - Poetry Competition

*The English Department would like to make students aware of the Lincolnshire Schools' competition to write a poem. Please remember to let Mrs Lord know if you enter, and of course if you win!*

## Library News

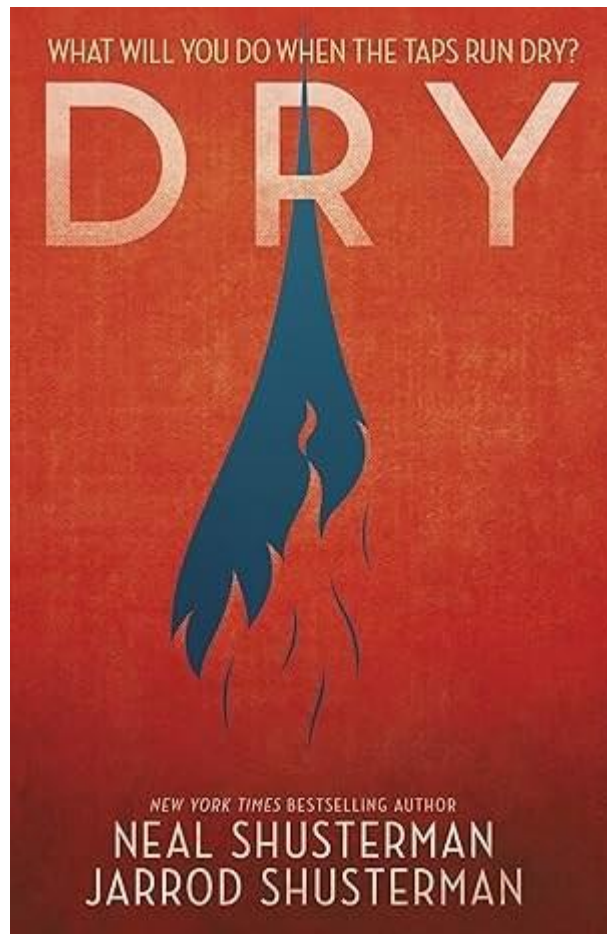


## Booked for Summer reading challenge

Mrs Lees and I organised the 'Booked for Summer' reading challenge and were delighted to receive almost 100 entries! Some students read new books and others found this a good excuse to rediscover old favourites. The most popular category was books with a female lead, which accounted for 41 of the entries. Students enjoyed books such as *Circe* (Madeline Miller), *The Cruel Prince* (Holly Black), *This Book Kills* (Ravena Guron) and *Dream Count* (Chimamanda Ngozi Adichie) and many, many more!

We randomly selected a winner from the entries to win a bookish prize. Congratulations to Sakina in 9J! We also drew some runners up. Well done, Safa 8S, Elizabeth 8J, Ada 9J, Lilia 10N, and Emilia 11S.

Miss O'Sullivan

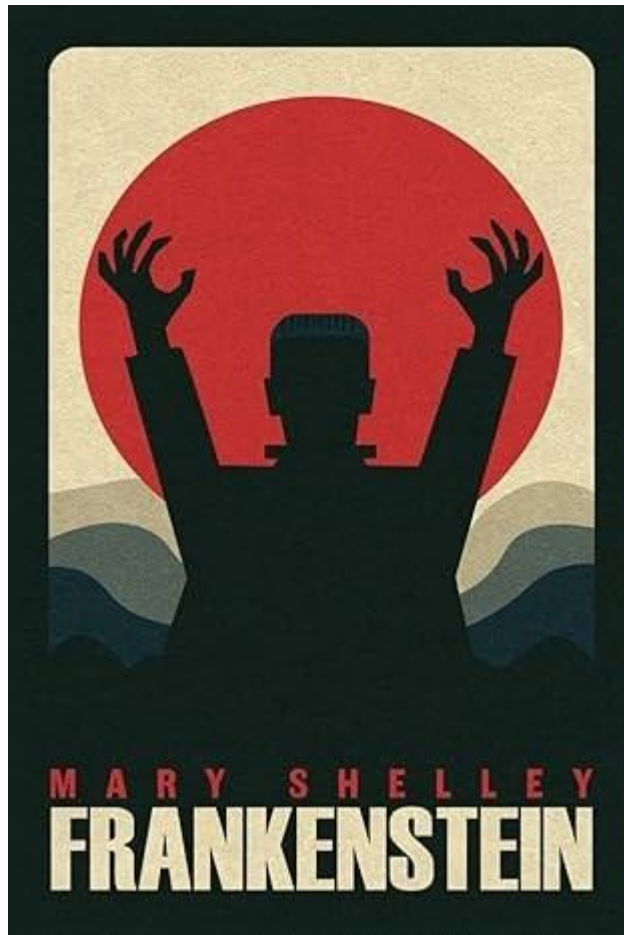


6 - Over the summer, I read *Dry* by Neal Shusterman (author of the *Scythe* and *Unwind* series).

*The story follows teen Alyssa and her family in California. The drought, known as the Tap-Out, has been ongoing, leading to rules limiting watering gardens, filling pools and taking long showers. Until one day, the taps run dry. Alyssa's previously quiet neighbourhood in the suburbs changes overnight when its inhabitants are forced into survival mode.*

*Parts of this novel felt very real and I could not put it down. If you are a fan of dystopian novels or speculative fiction, you might enjoy this too.*

Miss O'Sullivan



7 - Frankenstein by Mary Shelley

*Mary Shelley's 'Frankenstein' tells the story of a young scientist, Victor Frankenstein, who discovers a new way to create life, ergo giving life to a creature of his own creation, Frankenstein's monster. This becomes a disaster for both Victor and his creation, the consequences leading to misery and death for the both of them. I really enjoyed this book because of how it subverts expectations of what it would be, based on popular depictions of Frankenstein, or his monster. The story is tragic, with the gothic theme of isolation being prevalent throughout. This is a difficult read, but I would absolutely recommend.*

*Eve, 10J*

## Art news



8 - The Art Department ran a photography competition after the Year 9 Ypres trip in Summer.

Here are the winning entries.



9 - 3rd place: Maddi Cripps



10 - 2nd place: Lily Spridgen



11 - 1st place: Darcey Laithwaite

**FANG-TASTIC  
FRINGE FRIDAY**  
FRI 10th OCTOBER  
SPOOK-TACULAR workshops, crafts and  
glow-stick photobooth!!

**DRAMA  
STUDIO**

**1:10pm – 1:45pm**

The poster has a dark blue background. It features several gold, five-pointed stars of varying sizes scattered across the middle section. At the bottom, there are several glowing jack-o'-lanterns with carved faces, some of which are lit from within, casting a warm orange glow. The text is in various colors: orange for the top title, yellow for the date, white for the event details, and light blue for the studio name.



12 - Year 7/8 Art club will take place during lunch 1:10-1:45 pm on Wednesday Week 1. There will be themed weeks, and it will be accessible for all abilities. These sessions will be a first come first served basis with a maximum of 20 students per session!

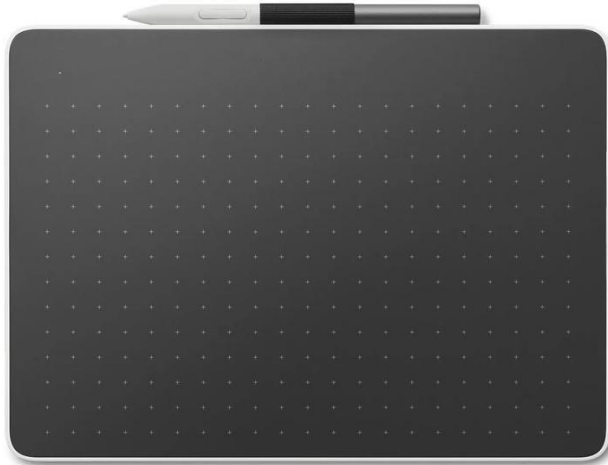


13 - Art Masterclasses will begin on Wednesday Week 2 for Year 9/10/11 students by invitation only. Invitations will be circulated via form trays, and you can speak to your class teacher for more information.

These Art clubs will be led by our Senior Prefect and Year 13 Art student Matthew Harper who has exceptional skills and is keen to share all of the knowledge he has acquired through his own practice and time spent with the Royal Academy of Arts.

Computer Science news





*14 - Year 7/8/9 Digital Art starts this week - come and learn to use Photoshop with the digital art tables and draw live on to a computer.*



*15 - Year 7/8/9 Minecraft Club starts on the 25th - please register interest on the form on your Microsoft Teams computing channel if you are interested.*

## Celebrating the Individual: Zuzanna, Year 11



**Zuzanna Year 11 - Young Person of the Year - Police Cadets.**

**Well done to Zuzanna a wonderful report from South Holland Police on her Young Person of the Year award! We are super proud of you! Mrs Neal**

*'This is Police Cadet, Zuzanna - and here she is receiving her award for Young Person of the Year at our ceremony last week.*

*Let us tell you a little about this incredible teenager, and why she won this award. Her fellow cadets, who unanimously elected her as Senior Cadet, describe her as someone who takes command, aspires to raise the standard and has integrity in everything she does. They see her as friendly and approachable and someone who will always check on her peers and support and guide them when needed. As a young teenager, Zuzanna shows great maturity for her years. She exemplifies everything that is wholesome and good about the Volunteer Police Cadets. She has represented cadets at the Bomber Command Centre, the Spalding Remembrance Service, the Spalding Flower Parade and recently gave a talk to the Spalding Rotary Club, building links with our communities.*

*Zuzanna also does Tae Kwando, winning national and international medals and tournaments, displaying the same discipline, dedication, and pride that she does for Lincolnshire Police.*

*She is a true credit to Cadets, her school and her family, who are rightly proud of her and her achievements – as are we.*

*Well done Zuzanna on this well deserved award!!*

## Celebrating the Individual: Lily, Year 10



Not only did Lily's team, Deeping United FC U15 Girls beat Chatteris 5-0 in their league match to stay top of their league, but Lily was awarded with Player of the Month for her team! The coaches explained that she has been superb in the pre-season build up and the first few matches, her fitness, calmness under pressure, decision making, passing have all been amazing. They also commented on her behaviour and attitude to the game, always giving 100% in every training session and match. Needless to say she is really proud!

Well done, Lily!

## Celebrating the Individual: Katie, Year 10



*Girls' Rugby on the Rise - Katie 10P - My first Match for a New Team*

I usually play my rugby for West Norfolk, but this season, I joined a new club and will now be representing Boston RUFC part of the NLD (Nottinghamshire, Lincolnshire & Derbyshire) region.

After a short phase of pre-season training, I was selected to play in my first match at Lincoln on Sunday 28th September.

I should explain, although a Boston player, I took the field representing the Lincolnshire Valkyries - a newly established collective team bringing together players from feeder clubs across Lincolnshire. The Valkyries were established to ensure girls at under-16 level have regular opportunities to play competitive fixtures, particularly as many clubs currently don't have the player numbers to field full teams on their own.

So, in my debut outing for the Valkyries, we gradually came together as a team and became a more cohesive force. It was a tough game but one I enjoyed, supporting the team and managing to get three tries. At the end I was nominated as Player of the Match.

There is a huge potential for development of girls' rugby across the county. Following the Red Roses' historic Rugby World Cup victory, the spotlight on women's and girls' rugby has never been brighter.

Hopefully, this will inspire more of us at all ages to get involved with the game. Rugby offers us a fantastic opportunity to play and develop our skills in a supportive, competitive environment. Hopefully, more will get involved so teams can continue to grow and thrive. If you're interested in finding out more about girls' rugby or joining a local club, visit your nearest rugby club or check out the Lincolnshire Valkyries on social media. I can thoroughly recommend it.

## Celebrating the Individual: Marnie, Year 8



Marnie took part in the Nottingham Open gymnastics competition last weekend..

She won medals as follows:

Silver - Vault

Bronze - Bars

Gold - Beam

Gold - Floor

She also won a Judges award on Floor for Artistry, and came 3rd overall.

Well done Marnie!



## Charity News

# YOUNGMINDS

### Friday 10th October - #HelloYellow

In celebration of World Mental Health Day, we will be inviting all staff and pupils to help us raise money for the charity Young Minds by taking part in #HelloYellow, whereby people wear something yellow to raise awareness for mental health issues. All pupils need to do is wear one item of yellow clothing or more as part of a non-school uniform day on Friday 10th October, making a £1 donation where possible.

Pupils are not obliged to wear yellow, it is fine to wear normal non-school uniform and still make a donation. We would encourage you to look at the wealth of information and support about mental health available on the Young Minds website: <http://youngminds.org.uk> Finally, if you are at all worried about your child's mental health and/or emotional wellbeing, please do not hesitate to contact us. Many thanks, as always, for your support. We hope with your support we can make this year our brightest #HelloYellow yet!

Mrs Hickman, SENDCo.

*Normal non-uniform rules will apply i.e. no cropped or strappy tops, no ripped jeans or short shorts, and no slogans which could cause offence. Also please note that normal school uniform rules apply to jewellery.*

### **Bag2School**

Don't forget the collection from School on Friday 17th October 2025. Please bring your bag (or bags!) to Spalding High School and help us have a really good collection. You can bring your bag (or bags!) any day between now and then.

Please follow the [link here](#) for guidance on what can be accepted.

Many thanks in advance for helping us with this unique fundraising opportunity.

## Careers News



## **Year 10 Work Experience – 23rd-27th March 2026**

Well done to Year 10 students who have already found work experience placements for March and added their details, their employer's details and their parents' details onto the Unifrog Placements Tool which we are using in school to manage work experience administration. Could students who have not yet found a placement please continue to make enquiries to try to get their placement secured as soon as possible. We hope to have the majority of students set up on the Unifrog Placements Tool by shortly after half-term.

## **Unifrog – Virtual University Fair**

Unifrog is holding a virtual university fair on Tuesday 14th October 4.00-6.30pm. There will be the opportunity to join sessions about accommodation, personal statement writing, how to choose a course, graduate careers and more. Here is the registration link for students:

[UK university fair](#)

Could students please let me know if they take part.

## **British Army Apprenticeships Webinar**

There will be a webinar on 21st October at 6.00pm for parents/carers to find out more about apprenticeships in the British Army. Here is the registration link:

[Webinar Registration - Zoom](#)

## **Aspiring Physiotherapist and Aspiring Occupational Therapist Courses in Half-term**

Please see below details of two opportunities during half-term. Could students please let me know if they register and gain a place.

### **Aspiring Physiotherapy 2025**

**Explore a career focused on improving mobility, helping patients regain independence lost through injury, ageing, or a disability.**

Running on Tuesday 28 October, at Lincoln College, 9:00am to 3:30 pm. This event is open to young people aged 14-19 years, living or educated in Lincolnshire.

Delivered by NHS healthcare professionals, this event offers a valuable opportunity to discover the skills and knowledge necessary for a career in Physiotherapy. Participants will engage in workshops and informative sessions, including:

- **Q&A sessions** with staff from a variety of roles within the Physiotherapy team
- **University taster sessions** led by current Physiotherapy students
- **Workshops** exploring the use of specialist equipment
- **Simulated sessions and case studies** demonstrating how physiotherapists support patients to live an independent life

## **Aspiring Occupational Therapy 2025**

**Explore a career that sees beyond diagnosis and limitations, supporting independence and helping people live life to the fullest.**

Running on Wednesday 29 October, at Lincoln College, 9:00am to 3:30 pm. This event is open to young people aged 14-19 years, living or educated in Lincolnshire.

Delivered by NHS healthcare professionals, this event offers a valuable opportunity to discover the skills and knowledge required for a career in Occupational Therapy. Participants will engage in workshops and informative sessions, including:

- **Q&A sessions** with staff from a variety of roles within the Occupational Therapy team
- **University taster sessions** led by current Occupational Therapy students
- **Workshops** exploring the use of specialist equipment
- **Simulated sessions and case studies** demonstrating how Occupational Therapists support patients to live an independent life

These are both excellent opportunities for young individuals eager to embark on a career working within health and care. To learn more or book a place, visit: <https://lincstalentacademy.org.uk/events/>

## **Allied Healthcare Opportunities**

Each year I recommend the Allied Healthcare Mentor virtual work experience sessions to aspiring healthcare students. These sessions run monthly and there is a small charge. The first session starts on 5th October but the programme can be joined at any stage. The sessions follow multiple patients over a 6-month period, as they go from their initial injury to recovery.

This programme is suitable for students in Years 10-13 who are interested in the following careers:

Nursing

Midwifery

Paramedicine

Physiotherapy

Occupational Therapy

Dietetics

Radiography

Prosthetics and Orthotics

Speech and Language Therapy

Pharmacy

Several of our students who have applied to study Medicine have said that these sessions are useful to gain insight into the multi-disciplinary nature of healthcare.

[NHS Healthcare Careers Virtual Work Experience - Allied Healthcare Mentor](#)

Could students please let me know if they register and take part.

### **Lincoln College, University of Oxford**

Please see below information about upcoming webinars for parents/carers from Lincoln College, University of Oxford.

#### ***Online talks for parents, carers and supporters interested in finding out more about university in general and the University of Oxford***

***What*** The Trinity College Access team is offering two talks that will be of interest to parents and carers of students in Years 10, 11 and 12.

***Session 1*** For Families - A guide to university will be particularly useful for those who did not attend university themselves or who feel they would appreciate updated general university information and guidance.

***Session 2*** For Families - A guide to the University of Oxford will be of interest to parents and carers wanting to hear specifically about the University of Oxford and the application process. In both session, we will also focus on effective ways parents and carers can support their child, should they decide to apply to University and/or the University of Oxford in the future. We aim to build confidence and knowledge about what a parent and carer's role is in the process of a university application and to clarify the benefits and costs of going to university and/or the University of Oxford. Includes live Q&A with current undergraduates at Oxford.

***Who*** Parents, carers and supporters of young people in a state secondary school considering university

***When*** Session 1 For Families - A guide to university on **Monday 3 November at 6pm - 7:30pm**; Session 2 For Families - A guide to the University of Oxford and the application process on **Thursday 6 November at 6pm - 7:30pm**

***Where*** Online

***Links*** Parents can register directly via our [Registration form](#) to book both or their preferred option. Registration open until 48 hrs prior to each session.

### **Spalding FC Education and Football Academy**

Please see below information from Glenn Vaughan, Director of 16+ Football Academies & Education Scholarships at Spalding United Football Club:

*We are delighted to now offer an external Football Academy & Education Scholarship at Spalding Utd FC for boys and girls from September 2026.*

*It's a great opportunity to study a Level 3 in Sports or Business which will take place at the ground and train daily with UEFA coaches on the brand new state of the art 3G pitch. All of the course will be run from the Sir Halley Stewart Stadium in Spalding.*

*The education provision has been rated Good by Ofsted and is a coursework-based qualification (BTEC Level 2 or 3).*



**Support:**

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

[Dawn.bushell@spaldinghigh.lincs.sch.uk](mailto:Dawn.bushell@spaldinghigh.lincs.sch.uk)

Mrs Bushell, Careers Leader

## Other notices and information



**Buying alcohol at  
for under 18s? HALLOWEEN**

Supplying alcohol to an underage person is illegal.  
You could get a **\$90** on-the-spot fine or end up in court with a criminal record and an **unlimited fine**

**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](http://www.drinkaware.co.uk)

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## Image credits

Young Minds [www.charitytime.com](http://www.charitytime.com)

Other images: click on individual image for info