

1920 - 2025



105

YEARS

LAMPADA

VITAE

TRADIMUS

Spalding High School weekly bulletin 4th December 2025

This week, from Mrs Anderson, Headmistress

Christmas markets are a tradition many of us enjoy each year. Christmas markets are thought to have begun more than 700 years ago across Europe. The earliest versions appeared in the late Middle Ages, around the 1300s, in parts of Germany and Austria. Back then, they were not called Christmas markets but were just winter markets that allowed people to buy food and supplies to prepare for the cold months ahead.

Over time, these markets started to take place during Advent, the weeks leading up to Christmas. As the celebration of Christmas grew, so did the markets. People began selling festive items like handmade toys, carvings, candles and sweets. One of the oldest known Christmas markets is the Striezelmarkt in Dresden, Germany, first recorded in 1434. Another famous one is in Nuremberg, known for its gingerbread and beautiful decorations.

Christmas markets were not just about shopping; they were places where communities gathered. Friends and families would meet to enjoy warm drinks, food, music and the cheerful atmosphere. In many towns, the markets became a symbol of togetherness and the start of the holiday season.

Today, Christmas markets can be found all over the world. Many are held in big city markets with bright lights, hundreds of stalls and thousands of visitors. Many of our students may have visited Lincoln Christmas Market, which for years was the largest Christmas market in the UK.

The Lincoln Christmas Market began in 1982, when three city councillors visited the Christmas market in Lincoln's German twin town, Neustadt an der Weinstrasse and decided to bring the concept home. At first, it was very modest with just 11 stalls but over the years it grew enormously. By the 2010s there were more than 200 stalls, plus a funfair, live music, festive lights and dramatic medieval settings around Lincoln Cathedral and Lincoln Castle. At its peak, the market drew around 250,000 to 320,000 visitors over the four-day event. However, the market officially ended in 2023 on safety and overcrowding grounds.

Christmas markets might also be smaller events in towns or village halls, or in the case of the High School, the School Hall! It really was a whole school event this week, as more than fifty stallholders set out their wares of homemade crafts, goodies and sweet treats. There were also a number of competitions, raffles and chances to win. The hall, as always, was packed with students and staff exploring the goodies on offer. Thank you to our organisers (Mrs Ray and Mrs Connolly), all the elves who helped with moving things and setting up/clearing away and of course, to everyone who took part.

Most importantly, the High School Christmas Fair marked this beloved tradition that blended history, community and Christmas spirit all in one place and carried the same spirit as Christmas markets across the world and over hundreds of years; bringing people together to celebrate joy, tradition and the warmth of the season.

Student of the Week



Staff Name	Student Name	tudForm	Reason
Mrs Martindale	Ariane Arnfield	7C	Science
Mr Fovargue	Martha Boekestyn	7N	Computer Science
Mrs Lees	Julia Laskowska	7N	Library
Mr Ganger	Ritu Pudasaini	8C	Mathematics
Mrs C Lord	Dikshitha Dikshitha	8N	Mathematics
Mrs Knowles	Anaya Hussain	8P	German
Miss Chalcraft	Immy Law	9C	Mathematics
Mrs Spinks	Madison Wallis	9C	Mathematics
Mrs H Waldron	Eleanor Perkins	9J	Religious Studies
Mr Murphy	Uthra Chandramohan	9N	Latin
Mrs Bennett	Poppy Nightingale	9P	Geography
Miss Aurikko	Hollie Payne	9P	Biology
Mr Garbett	Edith Pike	9S	Music
Mr McAlinden	Umayyah Muhammed	9S	History
Mrs Cave	Florence Wyatt	9S	Religious Studies
Mrs Clay	Edith Pike	9S	French
Miss White	Rebecca Dale	10N	Chemistry
Mrs Bennett	Emily Warrick	10N	Community
Mrs Martin	Annie Clough	10P	Mathematics
Mrs Jones	Sarah Jones	10S	Latin
Mrs Busfield	Ugne Grikietyte	11C	Physics
Miss Bailey	Milly Atkins	11J	German
Mr Blackburn	Lena Szybowska	11N	German
Mrs Neal	Maisie Doyle	11S	Art
Miss Ashley	Vivien Kudla	12TD	Further Mathematics
Mrs Busfield	Shylini Bharaneedharan	12TD	Community
Miss Pettefar	Hollie Lunt	13KM	English Language

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



This term 7N have been working on creating some rhythmic gymnastics routines in pairs using choreographic elements and a ball/ hoop. They performed their routines in front of the class, and I was really pleased with their end products which included a range of different moves, ways to travel and balances. Well done 7N!





This week twelve Year 7s took to the netball courts to represent SHS for the first time in a match against UALS. Although many of the team were completely new to competitive netball, they showed fantastic determination, teamwork and enthusiasm from start to finish.

From the first whistle, the girls worked hard to apply what they have been learning in lessons and training. As the match progressed, their confidence grew and they began to move the ball much more smoothly through the court. There were some brilliant defensive interceptions, great movement in the attacking circle and lots of communication between players. Most importantly, every member of the team gave their best effort and demonstrated real sportsmanship throughout the game.

SHS won 6-2.

A special mention to Charley who was awarded players' player.

Year 8 have been choreographing gymnastic routines this term focusing on individual, pair, trio and group balances. The final routine performances were excellent, and the images show some of the highlights. Well done 8S!





On the 23rd November the Grammar School and the High School Year 11s and Year 13s were given the amazing opportunity to be flag bearers at Twickenham due to their efforts in their respective 'Touch to Twickenham' tournament.

The long day started with departure from SGS at 7.45am in order to reach Twickenham in time to complete off the pitch and on the pitch banner rehearsals. The students then had some free time to wander around the stadium, visit the gift shop and try some of the food vendors on offer. During this

time some students won mini rugby ball mementos, and their day was made when they met Love Island winners Sanam Harrinanan and Kai Fagan.

We then met 30 minutes before the game started to put the kit on and get the banners ready to unveil them in front of 80,000 people and on national TV! We then watched the game with front row seats behind the tryline. The game was exciting to watch and finished with a win for England 27-23. It really was a once in a lifetime experience which our students fully embraced.



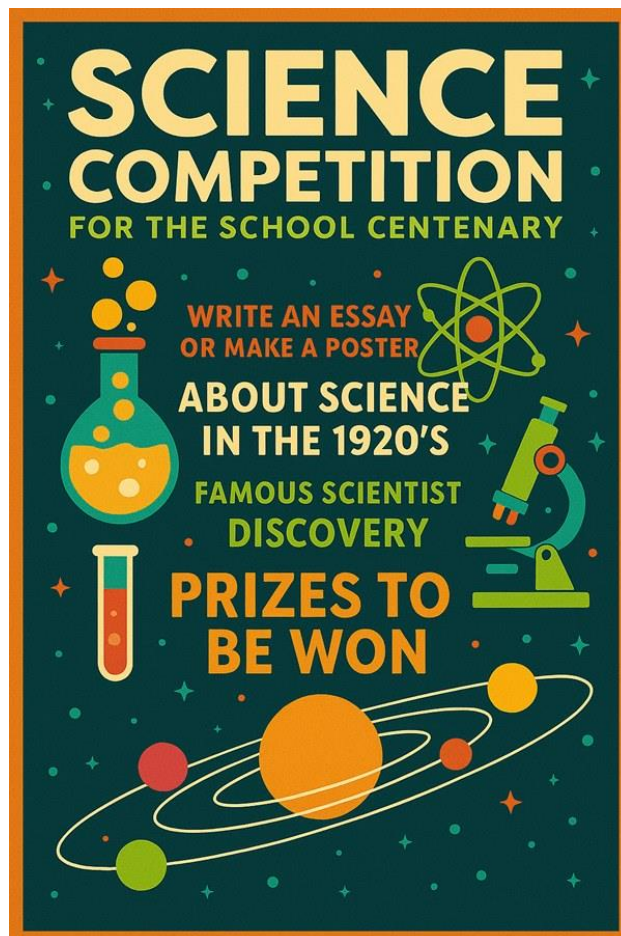








Science News



Please see details of the Science Department competition for the School Centenary.

Library News



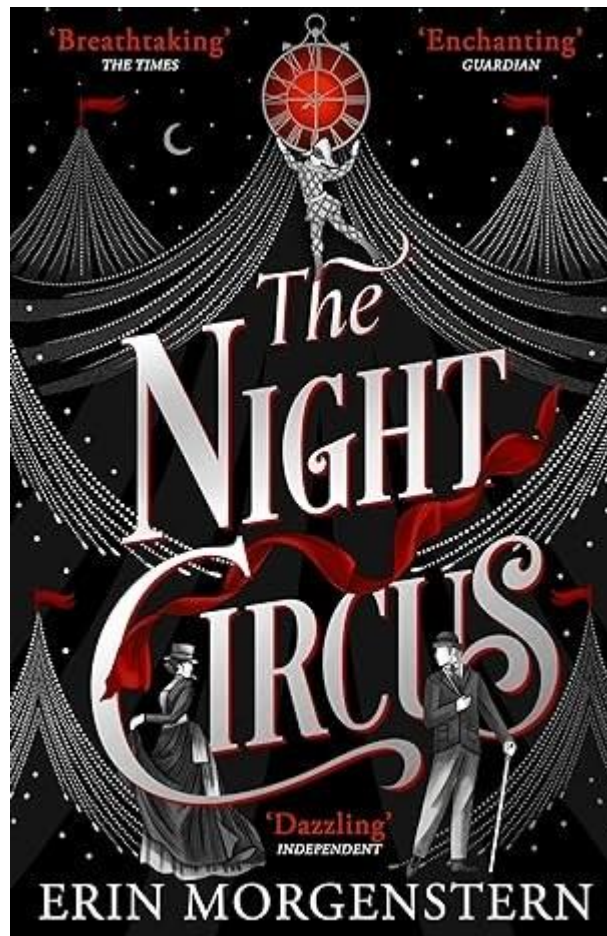
6th form Library Committee Winter Reading Challenge

What are you enjoying reading this winter? Tell us about it and you may win a prize.

Happy Reading

<https://forms.office.com/e/4Vy51pKY7a>

Book reviews

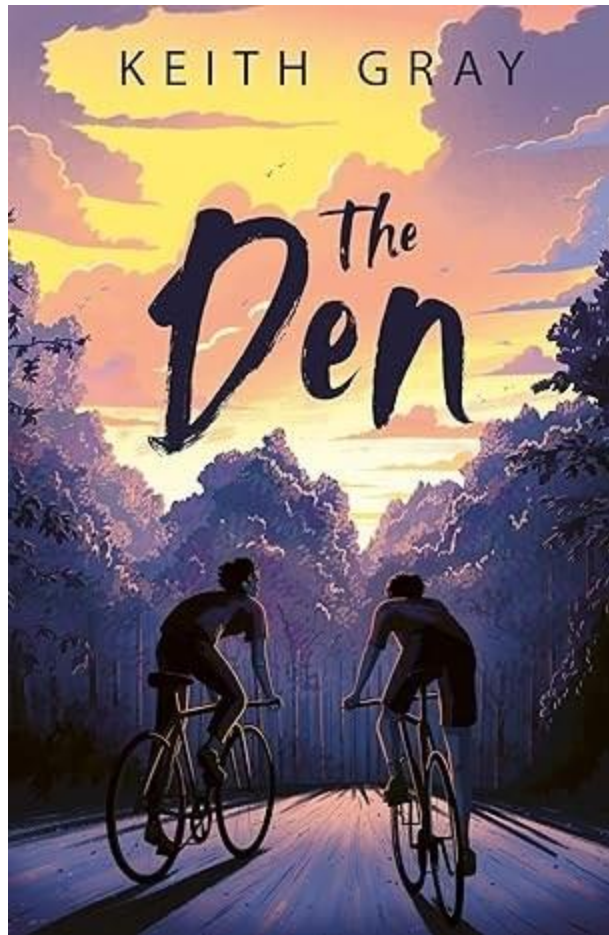


The Night Circus by Erin Morgenstern

The Night Circus was really fun to read and theorize about. It follows two characters, Marco and Celia, who are forced to compete against each other with their displays of magic, using the Night Circus as their venue. As more time passes, the more extreme the game gets and more innocents are roped into it. Then they uncover a game-changing detail that becomes a seemingly impossible problem to solve. It was interesting to read the different perspectives and piece together the full scope of each moment. The whole story is brimming not only with magic but also growing tension as more secrets are revealed and even more are piled up. I didn't really expect too much from this book when I first saw it but it exceeded all my expectations. The book is mainly focused around romance and magic but has other genres in there as well.

Personally, I really loved this book and I hope that you do too!

Mia 9C



The Den by Keith Gray

The story is set one summer when a group of friends go out on their bikes and find an abandoned underground bunker in the haunted woods.

The characters are Rory, Greg, Sam, Trev and Marshall, his sister Laney and their dad and mum. I liked this story because it was adventurous and intriguing and explores the gang's friendships and rivalry. I would recommend it to anyone aged 10 and above who likes a mystery.

Julia 7N

Music News



Charity News



Bring a Tin Day 12th December 2025

We will be holding our annual "Bring a Tin Day" in aid of Agape Foodbank in Spalding on Friday 12th December.

Agape is a charity that provides support and food to homeless people and those struggling financially in Spalding and the local area. This Christmas, Agape are again collecting donations and we would like to continue to help them in supporting people in need. We ask that students bring an item of non-perishable food (or more if you feel able to) and we will deliver them all to the local branch. This will make a huge difference to children and families living in Spalding. We will send a list of items needed to families soon.

To promote the festive spirit the day will be a non-uniform day at School - please feel free to wear your festive Christmas jumpers!

Please see the lists from Agape of items that would be particularly useful to the foodbank for the Christmas period.



**The Lighthouse, Haverfield Road,
Spalding,
Lincolnshire PE11 2XP**

One or more items would be appreciated

Shopping list

- . Milk UHT
- . Packet/Pot Noodles
- . Pasta and pasta sauces
- . Tinned Vegetables
- . Tinned Meat
- . Tinned Soup
- . Tinned Fruit
- . Rice Pudding
- . Cereals
- . Biscuits
- . Squash
- . Tea
- . Custard

**Emergency
food for
people in
crisis in
South
Holland area**

•
**Enabling
local
communities
to help their
neighbours**

We care . We share . We're there

A Social concern project of the Lighthouse Church -
charity no 1052166

agape:care Foodbank

Christmas Shopping List

Christmas food
For families in need
in the
South Holland area

Bread Sauce
Gravy Granules
Christmas Cake
Savoury Snacks
Selection Boxes
Chocolate Mints
Pringles
Mince Pies
Christmas Crackers
Colouring Books
Felt tip Pens

The Lighthouse, 10 Haverfield Road, Spalding,
Lincolnshire PE11 2XP
Mobile: 07956 60289
email: agapecare@lvs.co.uk
The Market House, Market Street, Long Sutton PE11 9DD

A Social concern project of the Lighthouse Church - Charity no. 1052164



Agapecare Foodbank
Christmas Donations

Tinned

*Potatoes (large size tins especially)**

Fruit

*Rice pudding**

*Custard**

Spaghetti

Baked Beans (with sausages)

Soup (Heinz Big Soup especially)

Ravioli

*Ham**

Corn beef

Chicken

Meatballs

Tomatoes

Packet

Noodles

*Mashed Potato**

Pot Noodles

Hot Dogs

Thank you For YOUR Support

Items marked with * are particularly useful.

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 are aiming to have all students logged on the placements tool by the end of this term.

Year 13 – University Applications and Offers

If students have already received all their offers from the universities they selected for their application, they do not have to choose their firm and insurance choices immediately, unless they are 100% certain. In their UCAS hub, it will give a deadline date by which they will need to choose. I advise students to give it some time, think it through and possibly attend offer holder days in the New Year.



Future Doctor: Should I Become a Doctor? Webinar

Thursday 11th December, 6:30pm-8pm via
MS Teams.

This presentation run by medical students is designed to help Year 9-11 students decide whether 'Medicine', or becoming a doctor, is for them. It may also be helpful for anyone else seeking information about the process – including parents and teachers.

The evening will include:

- How do I know medicine is right for me?
- The application process
- The medical degree / life as a medic
- Foundation years (post degree)

For further information and to apply for this **FREE course** please go to: <https://www.lincolnshiretraininghub.nhs.uk/training-and-events/futures-programme>

If you have any further questions, please contact Dr Molly Butcher at molly.butcher@nhs.net

Thank you for the presentation, I found it very valuable as I am currently choosing my A-level options in year 11.

I particularly enjoyed looking at the ways I can get a medical degree and the roadmap/path in terms of exams, universities and work experience.

Email: contact@lincolnshiretraininghub.nhs.uk
Website: www.lincolnshiretraininghub.nhs.uk
Facebook: [@HubLincolnshire](https://www.facebook.com/HubLincolnshire) X: [@HubLincolnshire](https://twitter.com/HubLincolnshire)
Instagram: [@LincsFutures](https://www.instagram.com/LincsFutures) Twitter: [@lincsfutures](https://twitter.com/lincsfutures)

Should I become a doctor? Webinar opportunity

The Lincolnshire Training Hub is hosting a webinar on 11th December 6.30-8.00pm for students in Years 9-11 to find out more about possibly studying Medicine at university. Please see the flyer for details.

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

Mrs Bushell, Careers Leader

Other notices and information



Upcoming diary dates:

5th December Year 7 & 8 Christmas Disco & Bingo at Spalding Grammar School

12th December Bring a Tin day (see information within Charity News above) and Staff Pantomime (see poster attached)

15th December Christmas concert

16th and 17th December Christmas Lunch - see menus attached

17th December Christmas Service at St Mary and St Nicholas Church

19th December (Friday) Last day of term

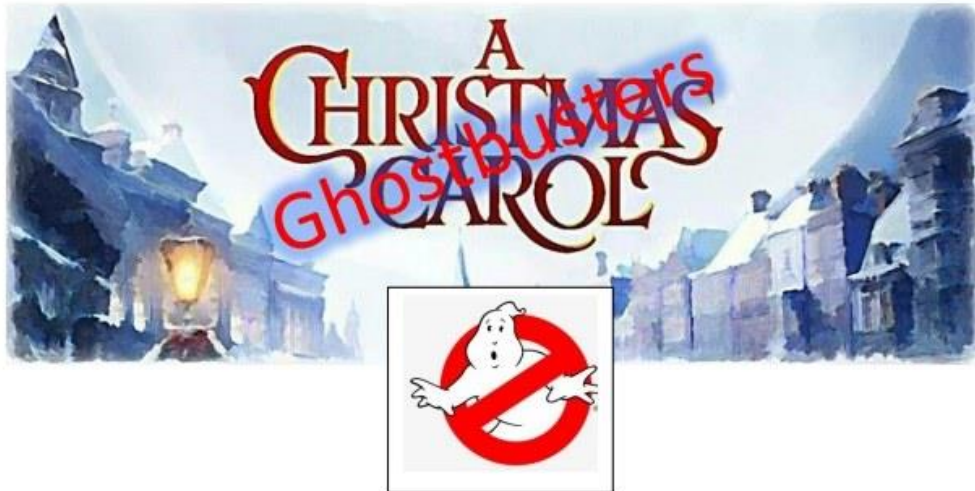
6th January (Tuesday) First day of Spring term

Spalding High School presents

Phantomine Spectreular by
Charly Martindale and Dickens Fisk

(Mr Martindale)

(Mrs Fisk)



Friday 12th December 2025

Doors open 6.30pm

Show starts 7.00pm

Main Hall, Spalding High School

Tickets £4.00

Christmas Lunch 2025

Tuesday 16th December

Wednesday 17th December

Main Course

*Turkey, Stuffing, Pig-in-blanket, Yorkshire Pudding,
Roast Potatoes, Vegetables & Gravy*

Or

*Vegan Layered Vegetable Roast, Stuffing,
Quorn Vegan Sausage Bite, Roast Potatoes,
Vegetables & Gravy*

Dessert

Festive Chocolate Brownie



£4.50



To order a ticket, please pay online through SCOPAY in Products

Other food will also be available

Christmas Grab & Go 2025

Tuesday 16th December

Wednesday 17th December

Grab & Go

Jumbo 'Pig in Blanket' Hotdog
(Pork sausage wrapped in bacon in a soft deli roll)

~

Brie & Bacon Flatbread

~

Quorn Jumbo Hotdog

~

Houmous, Mozzarella & Tomato Flatbread

Dessert

Festive Chocolate Brownie



£3.00



To order a ticket, please pay online through SCOPAY in Products

Jacket Potatoes, Pasta and cold food will also be available




**Holiday
 Activities
 and Food**

An opportunity for young people to enjoy new experiences, take part in **FREE** activities, and enjoy healthy meals over the holiday period.

Monday 22 December 2025 to Friday 2 January 2026
 (excluding bank holidays).



Scan here



Book your place from **Thursday 20 November**.

Open to all school age children in receipt of benefit related Free School Meals.

Funded by



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

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

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

www.communityalcoholpartnerships.co.uk
 ©2018



Signs and symptoms of meningitis.

Meningitis and septicaemia* can happen together. Be aware of all the signs and symptoms. Someone with meningitis or septicaemia can get worse very quickly; keep checking them and get medical help if you are concerned.

Symptoms can appear in any order, at any time.
Trust your instincts



Common signs and symptoms of meningitis and septicaemia

- Fever with cold hands and feet
- Vomiting
- Drowsy or difficult to wake
- Confusion and irritability
- Severe muscle pain
- Pale blotchy skin, spots or rash
- Severe headache
- Stiff neck
- Dislike bright lights
- Convulsions or seizures

Symptoms can appear in any order. Some may not appear at all.

DO NOT wait for a rash. If someone is ill and getting worse, trust your instincts - get medical help immediately.

www.meningitisnow.org

*Meningitis is used to describe meningitis and meningococcal septicaemia.

© Meningitis Now 2023. Registered Charity Number 963638 (England & Wales) 52337750 (Scotland) Company Registration Number 2469130.



ONLINE SAFETY Q+A SECONDARY PARENTS



**WEDNESDAY 10TH DECEMBER
6 - 7:30PM
MICROSOFT TEAMS EVENT**

Join the Stay Safe Partnership for an Online Safety Event for Parents of Teens

Get the latest insights and practical tools to help you:

- ✓ Understand the most popular social media apps teens use, their risks, and the parental controls that can keep them safe
- ✓ Support your teen in managing harmful content and unwanted contact from strangers
- ✓ Learn strategies for starting confident, open conversations about online safety
- ✓ Ask your questions and get clear answers on trends, apps, and risks

Equip yourself with the knowledge and skills to keep your teen safe while they explore the online world.

<https://www.tickettailor.com/events/staysafepartnership/1929114>

THE DANGERS OF FROZEN WATER

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

TOP TIPS TO STAY SAFE

NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'

Spread your arms across the surface of the ice in front of you

Try to kick your legs and pull yourself out of the water and on to the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank. you may find it easier to roll.

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together

Once you are safe, it is important that you go to hospital immediately for a check up



WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for '**HELP**' and dial **999** or **112** if you can

DO NOT walk on to the ice to attempt a rescue

Shout to the person to '**KEEP STILL**' and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.

StyWise

Image credits

Book covers: Amazon.com

6th Form Reading Challenge poster: Isobel, Year 13

Other images: click on individual image for info