

1920 - 2025



105

YEARS

LAMPADA

VITAE

TRADIMUS

# Spalding High School weekly bulletin 11th December 2025

## **This week, from Mrs Anderson, Headmistress**

### **Bring A Tin Agape Appeal – Friday 12th December**

As we head into the festive period, we have a number of school-based Christmas activities and events that we are all looking forward to. One that strikes a chord with me each year is our annual Bring A Tin Day for the Agape Food Bank in Spalding. Food banks may feel like a modern invention, some might assume only quite recently and because of the cost of living crisis, however, their story goes back almost 60 years.

One of the first modern food banks was created in 1967 in Arizona, USA. John van Hengel met someone who survived by collecting unwanted food from grocery store bins. They told him that what people needed was a “bank” where extra food could be stored for anyone who needed it, just like a bank stores money. Van Hengel took the idea seriously and opened the world’s first food bank. The idea spread quickly across the United States, then to Canada, and eventually around the world.

In the United Kingdom, food banks began growing in the early 2000s and, since then, the number has increased massively. Today, thousands of volunteers help run food banks nationwide, supporting hundreds of thousands of families each year.

Why are food banks needed? The reasons vary, rising living costs, low wages, sudden job loss, illness, or unexpected crises. Food banks exist because communities believe in helping one another. Food banks remind us that small acts such as donating a tin of soup, giving a few minutes of our time, or simply showing understanding, can make a real difference in someone’s life.

Agape Care Food Bank opens twice a week and gives emergency food parcels and distributes thousands of parcels each year. Agape also serves free hot meals and fresh food for those in need; more than just a food-parcel service, it aims to provide dignity and hope. We have been proud to support this important local charity, and tomorrow marks the twelfth Bring A Tin Day. We have donated over 17,000 food items during that time and hope that tomorrow adds a substantial amount to that total.

As a school community we might not all live in Spalding, but the spirit behind food banks like Agape is something we *can* connect with; kindness, generosity, and caring for people who face challenging times. If you have food you can spare, know that giving even a little can help someone in real need. Please help us support this important charity and we remain grateful to you for making whatever donations you can.

### **Safeguarding Notice regarding WhatsApp**

It has been brought to our attention that there is a WhatsApp group titled 'Add the whole UK' inviting young people to join the group. It appears to be mainly targeting children in Year 4 to Year 7, and predominately in the Spalding area. The group was created on Monday 24th November and now has over 1,000 phone numbers and names of young people visible for anyone to see. This is clearly very

concerning and a safeguarding issue. Please talk to your child about safety online and check phones if you feel it necessary. We strongly recommend that students leave the chat if they have been added.

## **Student of the Week**



Staff Name	Student Name	Student Form	Reason
Mr Hemsall	Fola Akanbi	7N	History
Mrs Spinks	Bethan Wilson	7P	Mathematics
Mr Fovargue	Mafaro Phiri	7S	Computer Science
Mrs Nowak	Salsabilla Neacy	7S	Community
Miss Parker	Lexi Steele	8C	Physical Education
Mrs Nowak	Wiktorja Gren	8C	Mathematics
Mrs Schwarz	Nicole Pacyga	8C	Textiles
Mrs Wilkins	Magda Hemmant	8C	Art
Mrs Bennett	Lily Smnith	8N	Geography
Mrs C Lord	Sophia Omelcenko	8S	Mathematics
Mrs Neal	Florence Wild	9J	Community
Mr Ganger	Sabrina Mroszczyk-Bilda	9P	Community
Mrs T Waldron	Ellie Richards	9P	Biology
Miss McArthur	Angela Pun	9S	Religious Studies
Mrs Berry	Angela Pun	9S	Community
Mrs Clay	Emily Day	9S	French
Mrs Neal	Umayyah Muhammed	9S	Art
Mr Blackburn	Zoha Shahid	10C	Business
Mrs Bennett	Zofia Hemmant	10C	Community
Mrs Cave	Olivia Duff	10J	Religious Studies
Miss Ashley	Gracie Lawson	10N	Mathematics
Mr Murphy	Poppy Crunkhorn	10N	Chemistry
Mrs Martindale	Rimsha Fatima Halani	10N	Biology
Mrs Busfield	Katie Cawson	10P	Biology
Miss White	Sarah Jones	10S	Chemistry
Mrs Hoodless	Emily Taylor	10S	Geography
Mrs Aurikko	Olivia Bowers	11J	Chemistry
Mrs Busfield	Annabelle Giles	12AF	Community

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



### **Trampolining Success for Year 10 & Year 11!**

*Friday 28th November - University Academy Long Sutton*

On Friday 28th November, our talented Year 10 and Year 11 students represented the School at the trampolining competition held at University Academy Long Sutton. Many students were also performing under the additional pressure of recording their routines for their GCSE PE practical footage.

In the Advanced Category, our students achieved outstanding results:

- 1st place - Ruby White
- 2nd place - Lola Grummit
- 4th place - Hattie Oselton
- 5th place - Eleanor Seer
- 8th place – Karolina Gren

In the Elite Category, Isla and Laura went head-to-head in what became one of the highlights of the day. Both delivered excellent routines that had the crowd gripped.

- 1st place - Isla Saterlay
- 2nd place - Laura Young-Hardy

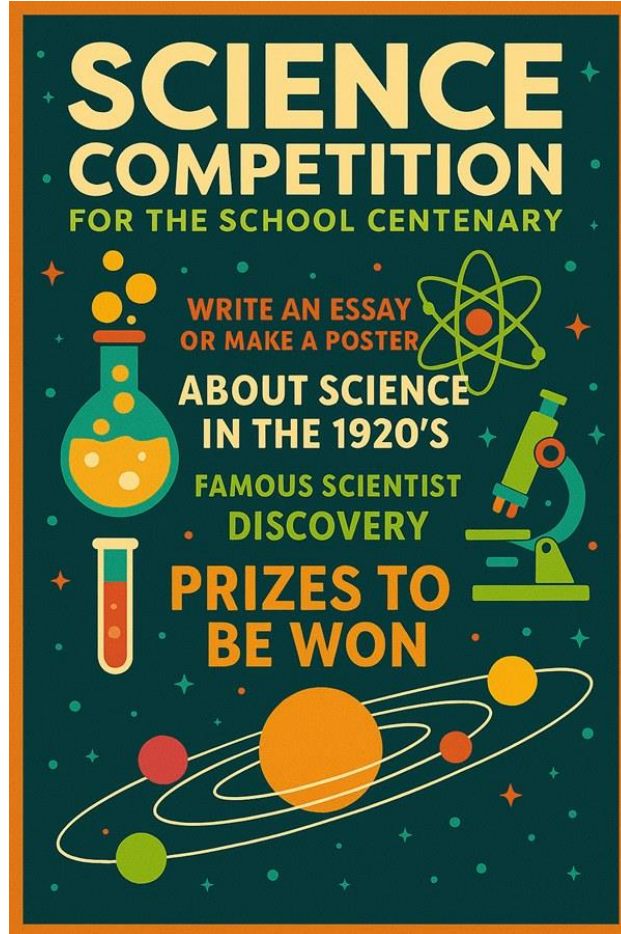
The School finished 1st overall, with Isla earning the top individual score of the entire competition.

Congratulations to all students involved - you represented the School so brilliantly!

<u>Team Positions 5 to count</u>		
Spalding High	1	260.9
Spalding Academy	2	251.7
Haven High	3	233.7
Bourne Academy	4	229.2
UAH	5	227
UALS	6	225.8
Deeping	0	0



## Science News



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

## MFL News

### **GCHQ National Language Competition**

*"Do you have what it takes to be a spy?"*

GCHQ is one of the three UK Intelligence and Security Agencies, along with MI5 and the Secret Intelligence Service (MI6).

GCHQ's National Language Competition is aimed at students in Year 9 in England and Wales, Year 10 in Northern Ireland, and S2 in Scotland. It involves a variety of fun, immersive, language-themed challenges of varying difficulty levels hosted on a virtual platform. The aim is for students to enjoy using their languages to solve the challenges, and to be inspired to continue with their language learning.

No prior knowledge is required, only a keenness for languages!

This year, the competition took place from 17th to 21st November. Twenty Year 9 students took part, making seven teams in total competing nationally. Teams were made up of two, three or four students.

They had 25 hours in their respective teams to complete challenges ranging from easy to extreme. They tackled a range of language-related tasks including European languages and others from around the world, and even made-up languages!

Over a period of five days, students competed to earn points on their language journey which were totalled up at the end of the week and affected their ranking on a national leaderboard. The team with the most points at the end of the week won!

It was amazing to see how well students worked in their teams, bounced ideas off each other but more importantly listened and communicated beautifully with each other.

The buzz, the energy and the enthusiasm were simply awesome.

Please see following the final results (I obviously cannot divulge the real names of the students for security reasons!).

Well done all of you for a fantastic week!

F Barats, Head of MFL and the MFL Department

Team name	National ranking out of 2734 Teams	Regional ranking out of 260 Teams
Tall Kangaroo	67th	12th
Silly Emu	215th	34th
Capable Jellyfish	243rd	36th
Resilient Caterpillar	694th	103rd
Glorious Clownfish	912th	139th
Successful Owl	968th	147 <sup>th</sup>
Cute Camel	1008th	152nd

## Library News



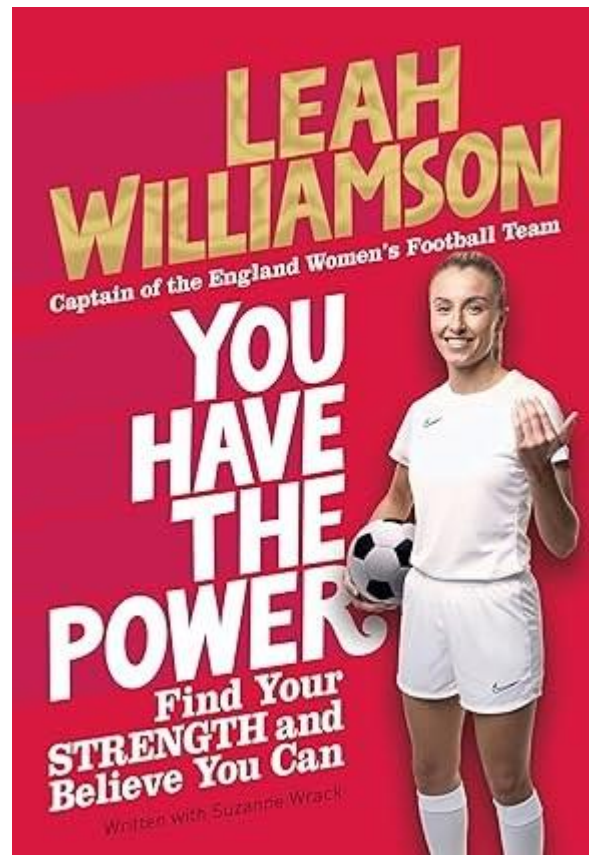
### 6th form Library Committee Winter Reading Challenge

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>

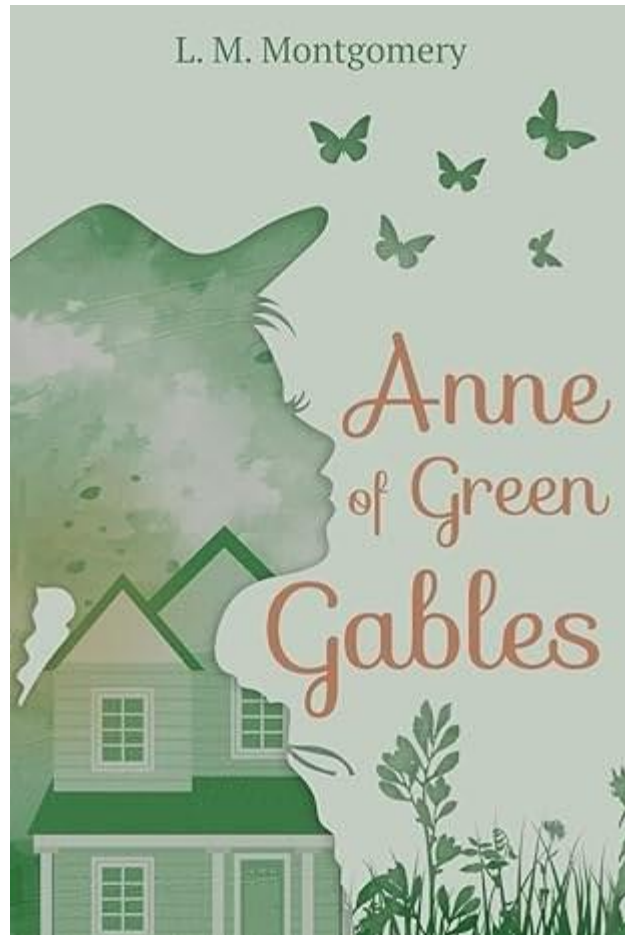
## Book reviews



### **You Have the Power: Find Your Strength and Believe You Can by Leah Williamson**

This book is about the 2025 Euro's winning captain and Arsenal footballer, Leah Williamson. It tells the story of Leah's journey to becoming the very talented and successful footballer she is today. The story tells us about Leah's childhood and how she fell in love with the sport. It also gives lots of great tips and tricks for young children playing football. I really liked this book as it was very inspiring and a very fun and exciting read as I never got bored or did not look forward to reading this book. I would really recommend this book to people who enjoy sports or people who just need a little bit of encouragement!

Freya 9S



**Anne of Green Gables LM Montgomery**

With wide, ever hopeful, ever dreaming green eyes, Anne Shirley sat on the train platform waiting for whoever it was that decided they would rescue her from the oh so boring orphanage she'd previously been at. She was wearing the most beautiful pale blue silk dress - or at least she was in her imagination.

Unfortunately her dreams were shattered when it became apparent that her arrival was a mistake.

Nonetheless, Anne was welcomed to Green Gables by Matthew and Marilla as her kind-hearted boisterous personality made its way into the hearts of everyone around her.

I really enjoyed this book and I would recommend it to anyone who loves fiction books with an imaginative main character. It was published in 1908 and was beautifully written by L.M. Montgomery. I especially loved Anne's development from a stubborn, clumsy and regrettably red headed orphan child with a temper, to a kind sensible free-spirited woman. Whilst following Anne on her multitude of crazy adventures I felt a rollercoaster of emotions on every page - you'd never know what could happen next with Anne!

I thoroughly enjoyed this and it has easily become one of my favourite books.

Lily 13JL

## 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 60288  
email: [agapecare@lvs.co.uk](mailto: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.

## Celebrating the Individual: Lacie, Year 10



Lacie has been selected for the Nottingham Forest Netball Performance Centre Squad for Lincolnshire U15s.

Congratulations Lacie!

## Other News



### PSHCE

Our Year 7 students have been taking important steps to becoming confident, responsible young citizens through their PSHCE Lessons. Since the start of the academic year students have learnt a variety of interesting topics ranging from E-Safety to First Aid.

This week, students explored why good personal hygiene matters - not just for staying healthy themselves, but also for preventing the spread of illness within our school community. In addition, Year 7 were introduced to the recovery position, a vital first-aid skill that can help keep an unconscious but breathing person safe until help arrives. Pupils practised the step by step technique with partners developing their teamwork, communication and the confidence to act responsibly in an emergency situation.

We are incredibly proud of how engaged and mature the students have been throughout these lessons. These skills not only support their wellbeing now, but equip them with knowledge they can carry forward in everyday life.

## 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.

## **Year 12 – Sutton Trust Summer Schools**

In readiness for applications opening in January, I have advertised the Sutton Trust Summer Schools to Year 12 students. If students are considering applying to university, this is a good opportunity to consider. There are eligibility criteria so students will need to check these carefully. Here is the link to the website:

[Sutton Trust Summer Schools](#)

### **British Army Insights – A Guide for Parents and Guardians**

Please find below information about an online event:

**Event:** *British Army Insights – A Guide for Parents & Guardians* **Date:** Tuesday 20 January **Time:** 18:00 – 19:00

Register Now: <https://britishar.my/GTQfiD>

*This online session is designed to give parents clarity and confidence about the opportunities the British Army offers young people.*

**Why it matters:** *Recent research with over 600 parents and guardians revealed:*

- *Only 27% feel fully confident supporting their child through the application process.*
- *Nearly half (49%) want to attend an online session and receive resources about Army apprenticeships.*

**What parents will gain:**

- *A real look at life in today's Army, including roles, training and qualifications.*
- *Inspiring stories from those with lived experience, plus practical advice and Q&A time.*
- *Insights into how the Army helps young people build confidence, resilience, and valuable life skills — all while earning and learning.*

**Bonus:** *Attendees receive a FREE downloadable resource to help support their child's career choices.*

**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



### **Upcoming diary dates:**

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 12<sup>th</sup> December 2025

Doors open 6.30pm

Show starts 7.00pm


Main Hall, Spalding High School

Tickets £4.00

**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  
Department for Education  
**BEST START IN LIFE**  
Lincolnshire

**Buying alcohol over  
Christmas &  
New Year  
for under 18s?**



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

Community Alcohol Partnerships  
CC number: 01413927

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



## 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](http://www.meningitisnow.org)



\*Meningitis is used to describe meningitis and meningococcal septicaemia.

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6th Form Reading Challenge poster: Isobel, Year 13

Other images: click on individual image for info