

Spalding High School weekly bulletin 8th October 2026

This week from Mrs Anderson, Headteacher

As we approach the UN World Mental Health Day (October 10th), we are reminded that mental health is every bit as important as physical health. Looking after our wellbeing, supporting one another, and creating an environment where everyone feels valued and heard are essential parts of building a happy, healthy and successful school community. Life can sometimes bring challenges for us all, regardless of age, and it is important that we continue to encourage open conversations about mental health and wellbeing. By showing kindness, compassion and understanding, we can help ensure that no one feels alone and that everyone knows where to turn for support when they need it.

Tomorrow, we are proud to be supporting Hello Yellow through our non-uniform charity day. This wonderful campaign shines a light on the mental health of children and young people, helping to raise awareness, break down stigma and fund vital support services. By wearing yellow or taking part in the non-uniform day, our students and staff will be joining thousands of others across the country in sending a powerful message: that mental health matters. Thank you to our school community for embracing this important cause and to Mrs Hickman for leading assemblies and organising the day. Through your generosity and support, we are not only raising funds but also helping to promote a culture where wellbeing is prioritised, conversations are encouraged, and everyone feels a sense of belonging. Together, we can make a real difference and ensure that every young person knows that it is okay to ask for help and that they never have to face life's challenges alone.

Wear yellow, show your support, and help us celebrate the importance of positive mental health and wellbeing!

PS Well done Sports Leaders and 8P!

Student of the Week

Staff Name	Student Name	Student Form	Reason
Miss Ashley	Lois Thornhill	8S	Mathematics
Miss Chalcraft	Isabella Gutane	10J	Mathematics
Miss Dunbar	Erin Wood	12KM	Sociology
Miss Jones	Mayte Harrison	8J	Physical Education
Miss Magnus	Michelle Olabode	7C	Community
Miss McArthur	Emilija Mihalevica	7C	Religious Education
Miss O'Sullivan	Cheryl Kalane	13OS	Community
Miss Parker	Bridget Akanbi	10N	Physical Education
Miss Rossouw	Ruby Loveridge	13FD	Psychology
Mr Blackbourn	Eshal Naheem	10C	Business
Mr Garbett	Mafaro Phiri	8S	Music
Mr Hemsall	Ev Barclay	11J	History
Mr Leach	Inaaya Alvarez	10J	Chemistry
Mr Murphy	Holly Woolsey	9S	Latin
Mr McAlinden	Elsie Ellis	12RM	Form
Mrs Aurikko	Evie Waterhouse	10P	Biology
Mrs Bennett	Lennon Hughes	12RM	Geography
Mrs Bennett	Maya Szczygiel	12JL	The Duke of Edinburgh's Award
Mrs Busfield	Alex Murawska	10J	Physics
Mrs Bushell	Sabrina Mroszczyk-Bilda	10P	Careers
Mrs C Lord	Anastasia Pieleanu	7N	Mathematics
Mrs Cave	Em Warren	12RM	Classical Civilisation
Mrs Clay	Fola Akanbi	8N	Latin
Mrs Dowson	Ren Azzoug	7S	English
Mrs Freeman & Mrs Pryke	Lachlan Brennan-Swaby	13FD	Community
Mrs Gregory	Ruby Gallagher	10P	Physics
Mrs J Lord	Emilia Tokarska Da Silva	12JL	Community
Mrs J Lord	Bethanie Lane	10C	English Literature
Mrs J Lord	Izzy Herring	12JL	Community
Mrs Jones	Shiyloh Mahen	9J	Latin
Mrs Lee	Simi Awoyemi	7S	French
Mrs Lees	Issy Burton	8P	Library
Mrs Lees	Alexis Bradshaw	13TD	Community
Mrs Martindale	Minahil Ali	11S	Biology
Mrs Neal	Ke Wen Wang	10P	Art
Mrs Norton	Lily Price	8P	Community
Mrs O'Sullivan	Katie Bonarius	11C	English
Mrs Rogers	Eunice Kei	10P	Geography
Mrs Schwarz	Chloe Bragg	11P	Textiles
Mrs Spies	Rosie Robertson	7S	Community
Mrs Spinks	Ishy Teeuw	10J	Mathematics
Mrs T Waldron	Bhavya Warnakulasuriya	9C	Biology
Mrs Tanner	Martha Cook	13TD	Community
Mrs Tanner	Flo McFarlane	11S	Art
Ms Shaw-West	Nikita Rudd	12JL	Physics

Please find here the nominations for Student of the Week for the week commencing 28th September 2026.

Nominations can be made by both teaching and support staff and can be subject related or community focused.

Sports News

7N Explore Movement and Creativity in Gymnastics

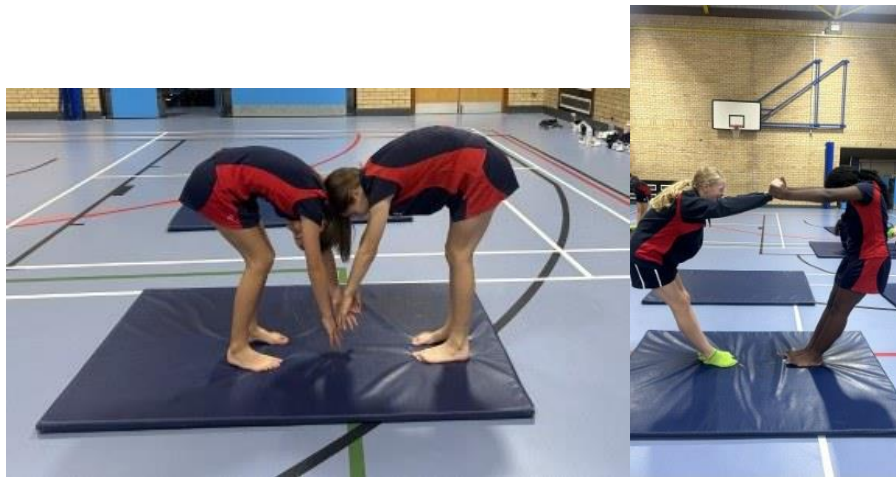
7N students enjoyed an energetic and creative gymnastics lesson, beginning with a warm-up led by Sports Leader James.

James encouraged students to explore different ways of travelling around the space and think creatively about how they could manipulate and move their bodies. Students were challenged to use their bodies to create different letters of the alphabet, developing their balance, coordination, flexibility and body control along the way.

The activity encouraged students to experiment with different shapes, movements and ways of travelling, allowing them to use their imagination while developing important gymnastics skills.

There was great enthusiasm throughout the lesson, with students fully engaging in the challenges and enjoying the opportunity to be creative with their movement. The warm-up provided a fantastic introduction to the lesson and demonstrated how gymnastics can combine physical skills with creativity and individual expression.

A brilliant effort from 7N.



On Tuesday 6th October, our fantastic Year 12 Sports Leaders supported the School Games Year 5 & 6 Girls' Football Tournament.

The Sports Leaders were fantastic role models throughout the day, demonstrating excellent leadership, communication and teamwork. Each student was allocated their own school team and led them through a warm-up and a range of football skills and drills before the tournament began.

In the afternoon, the Sports Leaders took on even more responsibility as they refereed matches, kept time and recorded the scores. They showed great confidence and maturity in their roles and helped ensure the tournament ran smoothly.

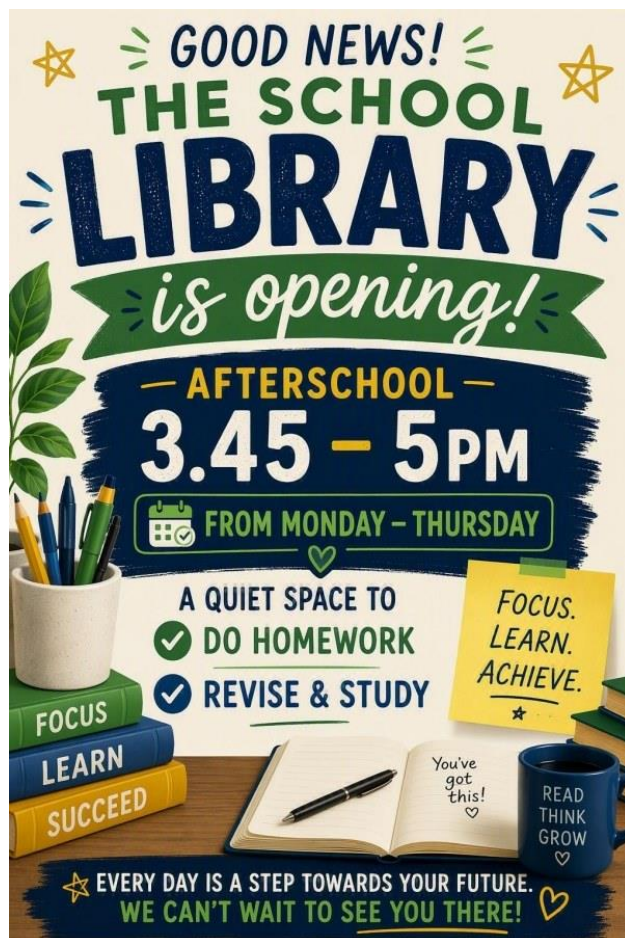
We are incredibly proud of how professionally our Sports Leaders represented the school. Their enthusiasm, encouragement and positive attitudes made a real difference to the day.

A huge thank you to all of our Sports Leaders for your hard work and fantastic support! You were brilliant! 🏆👏

Miss Parker



Library News



Extended Library Opening Hours

We are pleased to offer extended after-school library opening hours for students in all year groups from **Monday to Thursday, 3:45pm to 5:00pm**.

This provides a quiet space for independent study, homework, reading, and research.

Parents/carers of students in **Years 7-9** must complete the online form ([Extended Library Opening Hours for Independent Study - September 2026 to July 2027 – Fill out form](#)) in order for their child to attend. This form only needs to be completed once. It will be parents/carers' responsibility to ensure that their child will be collected at 5:00pm or allowed to leave and travel home independently.

Students in **Year 10 and above** are responsible for informing their parents/carers that they will be staying until 5:00pm and for making appropriate arrangements for their journey home.

Please note that those students who are attending these sessions will need to stay in the library until 5:00pm at which time, the supervising staff will take them out to the front entrance.

We look forward to welcoming students to make the most of this additional study opportunity.

Year 7 - 11 Book Club

Our book chat this week was a reverse alphabet challenge with the focus on authors or book titles beginning with Z,Y,X or W. This did initially stump a few and recommendations took a little while to flow, but we came up with some firm favourites in the end. Authors included Will Hill for *After the Fire*, E.B. White for *Charlotte's Web*, Yeva Sklalietska for *You Don't Know What War Is* and Oscar Wilde for *The Picture of Dorian Gray*. Recommended titles included *Wolf Wilder* and *Wolf Siren* both award winning books by Katherine Rundell, classics *The Wizard of Oz* by L. Frank Baum, *The White Horse* by Elizabeth Goudge and *Wuthering Heights* by Emily Bronte. Further suggestions gave us more books with wolves, along with a couple of horror books in *World War Z* by Max Brooks and *The Woman in Black* by Susan Hill. But no one thought of *The War of the Worlds* by H.G. Wells for a triple W!

Our next two club meet ups will be embracing spooky season:

Tuesday 13th October - Books with a spooky setting.

Tuesday 20th October - Witchy reads.

Come along and join us for book chat every Tuesday at 1.30pm in the library.

6th Form Book Club

Last week, the sixth form book group met to chat about what we had read over the summer.

As a group, we have certainly read widely over the break!

We have terrifying non-fiction with *If Anyone Builds It, Everyone Dies: The Case Against Superhuman AI and Biological War: A Scenario*. There was also plenty of fiction: *Unwind*, *The Darkest Mind* series, *Flowers for Algernon* and *Murder at World's End*.

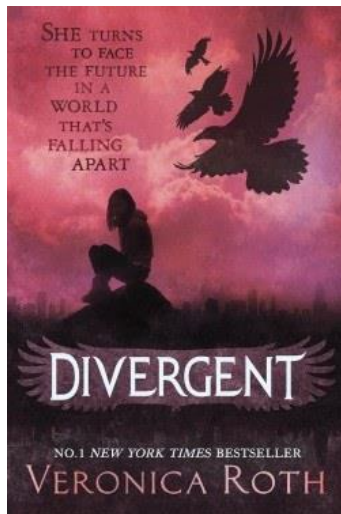
Next week, our theme is horror as we head towards the spooky season. For those of us who do not read much of this, we will also mention books that fill us with dread, either because they are intimidating to read or they have been on the TBR for far too long.

Happy Reading

Miss O'Sullivan, English Teacher, and Mrs Lees, Learning Resource Manager



Book reviews



Divergent by Veronica Roth

Divergent is a dystopian novel set in a future world where society is split into five factions Abnegation, Dauntless, Candor, Amity and Erudite each based on different personality traits. The story follows Beatrice Prior, also known as Tris, who has to choose which faction she will join, but she soon finds out she does not really fit into just one group.

The setting is an enclosed futuristic city surrounded by a fence and everything is very strict and organised. This creates a tense and slightly unsettling atmosphere because people are expected to behave in certain ways all the time.

The main character, Tris, is brave but also unsure of herself at the start of the book and she becomes more confident as the story goes on. Other important characters are Four, who is her instructor in Dauntless and is quite mysterious and Jeanine who is part of Erudite and represents control and intelligence. The genre is dystopian science fiction and the book has lots of action and some emotional elements.

I enjoyed the book because it is really fast paced and has lots of twists that keep you interested. I also liked Tris as a character because she changes a lot and becomes stronger. The idea of the faction system was really interesting and made me think about identity and how society works.

I would recommend this book to teenagers who like action and adventure and dystopian stories like The Hunger Games because it has a similar vibe and is really engaging.



You're Not Supposed to Die Tonight by Kalynn Bayron

The story, *You're Not Supposed to Die Tonight*, is set in Camp Mirror Lake. This story is about a group of teens who are being paid to scare teenage campers in their fake murder game and they have to 'escape the camp'. The main character is Charity Curtis and she plays the role of 'final girl' which means she acts out surviving last. It was her last week of the season and after a shift Charity finds some of her friends missing or dead. She starts to realize that the game might be starting to become reality. I really liked how this book made me a little on the edge because of the suspension and thriller side of the story. I would recommend this book to teens who like horror or something a bit scary.

Emily 9N

English News

Lincolnshire Schools Poetry Competition 2026



A poem on the subject of - **"Wonder"** (National Poetry Day theme for 2026)

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 **Michelle Liebster**, Stamford Poet Laureate.

Winning poems will be on display in the Library at the Willoughby Memorial Gallery from 11th until 27th

November 2026 (Tues. – Sun. 12 noon to 5 pm.) and published on www.willoughbygallery.com

Prize-winners will be invited to read their poems in the Library at a prize-giving evening on 27th November.

Conditions of Entry

- Poems to be on the subject of **"Wonder"**, the theme for National Poetry Day (1st 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 handwritten originals) to WilloughbyMemorialTrust@outlook.com

or entries may be posted to:

W.M.T. Lincolnshire Schools Poetry Competition
c/o Szilvia Ponyiczki
Moreley's Ln
Corby Glen
Grantham, Lincs., NG33 4NL

Please find attached details of the Lincolnshire Schools Poetry Competition 2026, which will take place this autumn at the Willoughby Memorial Trust Gallery in Corby Glen.

The Trustees invite entries from students in KS1–KS4. The competition is linked to the National Poetry Day 2026 theme, **"Wonder"**. The closing date for entries is **Monday 12 October 2026**, and poems may be submitted by email or by post, directly to the Memorial trust. Entries may be selected from poems written in school or from work completed at home.

Please let Mrs Lord, and your teacher of English know if you enter.

Closing date for receipt of entries **Monday 12th October 2026**

Celebrating 8P

To celebrate 8P achieving 100 Excellents, their form tutor Mrs Martin made their favourite cakes. These were chocolate brownie, banana bread and shortbread hearts.

Eating cakes was an excellent start to Monday morning along with singing along to some of our favourite songs.

Well done to 8P!



Careers News

Unifrog University Fair – 14th October – 4.00-6.30pm

The Unifrog UK University Fair is a great opportunity to find out about studying at university and to have your questions answered by the experts in just two and a half hours. Join over 30 universities from across the UK to speak to their representatives via Q&A and choose from 16 live webinar sessions to get an insight into all things university.

[UK University Fair 2026](#)

Success at School – Upcoming Webinars

‘Success at School’ is running some webinars in December regarding Accountancy – ‘University vs Apprenticeships’ which may be of interest to parents and students.

[Webinar Calendar 26/27 — Book your place](#)



Lincolnshire Safer Communities Leaders

Are you...

- ✓ Aged between 14-21?
- ✓ Living, working or studying in Lincolnshire?
- ✓ Keen to share your views on crime, policing and community safety?

For more information or to apply, scan the QR code or go to the link below!

Closing date: 5th October 2026

tinyurl.com/SCLLinco

Facilitated by
Lincolnshire
POLICE & CRIME COMMISSIONER
SAFER TOGETHER

Lincolnshire Safer Communities Leaders – Applications Open

Please see the flyer for the opportunity to become a Safer Communities Leader. Following a successful first year, the Office of the Police and Crime Commissioner for Lincolnshire is recruiting a small group of young leaders aged 14 – 21 to be the voice of young people on crime, policing and community safety.

Aspiring Physiotherapy Event in Half Term

The Lincolnshire NHS Talent Academy has opened applications for their Aspiring Physiotherapy 2026 one-day careers event which offers young people an insight into NHS Physiotherapy.

The event provides students with the opportunity to learn directly from NHS Physiotherapy professionals, hear from current University of Lincoln Physiotherapy students, and take part in a range of interactive activities that showcase the role of a physiotherapist in supporting patients to improve mobility, recover from injury, and regain independence.

What students can expect:

- Meet and chat with NHS Physiotherapy professionals
- Hear from current Physiotherapy students at the University of Lincoln
- Take part in hands-on workshops and practical activities
- Explore specialist equipment used in patient care
- Experience realistic patient scenarios and case studies
- Discover the different career pathways within Physiotherapy

Event Details

Location: Lincoln College, Monks Road, Lincoln, LN2 5HQ

Available Dates (both days offer the same programme):

- Monday 26 October 2026
- Tuesday 27 October 2026

Time: 9:00 am - 3:30 pm

Eligibility:

Applicants must:

- Be aged 14-19 on the day of the event
- Live in Lincolnshire or be educated within the county

How to Apply

Students can learn more and apply by visiting: <https://lincstalentacademy.org.uk/events/>

Could students please let me know if they apply and gain a place.



Aspiring Occupational Therapy Event in Half Term

The Lincolnshire NHS Talent Academy has opened applications for their Aspiring Occupational Therapy 2026 one-day careers event which offers young people an insight into NHS Occupational Therapy.

The event provides students with the opportunity to learn directly from Occupational Therapy professionals and take part in a range of interactive activities that showcase how Occupational Therapists help people live independently and get back to doing the things that matter most to them.

What students can expect:

- Meet Occupational Therapy professionals and learn about a variety of career opportunities
- Explore specialist equipment used to support patients in everyday life
- Experience simulated activities and case studies that demonstrate how Occupational Therapists help people maintain independence
- Ask questions and gain first-hand insights into studying and working in Occupational Therapy

Event Details

Location: Lincoln College, Monks Road, Lincoln, LN2 5HQ

Date: Wednesday 28 October 2026

Time: 9:00 am - 3:30 pm

Eligibility

Applicants must:

- Be aged 14-19 on the day of the event
- Live in Lincolnshire or be educated within the county

How to Apply

Students can learn more and apply by visiting:

<https://lincstalentacademy.org.uk/events/>

Could students please let me know if they apply and gain a place.

The poster is for the NHS Lincolnshire Talent Academy's 'Aspiring Occupational Therapy' event. It features the NHS logo and the text 'Lincolnshire Talent Academy' in the top right corner. The main title 'Aspiring Occupational Therapy' is prominently displayed in the center. Below the title, a short description reads: 'Explore a career that helps people overcome barriers, regain independence, and get the most out of life.' The event details specify it is 'For Young People Aged 14-19' at 'Lincoln College' on 'Wednesday 28 October' from '9 am - 3:30 pm'. A pink button with the text 'Applications Now Open' is positioned above a photograph of three people in a clinical setting. A QR code is located in the bottom left of the photo, and a pink banner at the bottom of the photo contains the URL 'lincstalentacademy.org.uk/events'.

NHS
Lincolnshire
Talent Academy

Aspiring Occupational Therapy

Explore a career that helps people overcome barriers,
regain independence, and get the most out of life.

For Young People Aged 14-19
Lincoln College
9 am - 3:30 pm
Wednesday 28 October

Applications Now Open

lincstalentacademy.org.uk/events

InvestIN Insight Days

Please see the link regarding insight days offered by InvestIN. Please note there is a charge for these.

<https://investin.org/collections/insight-days>

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:

Friday 9th October Hello Yellow Day non-uniform

Thursday 15th October Y12 Curriculum Evening 6pm

Friday 16th October Fright Night Y7 & Y8

Wednesday 21st October Evening of Sport, Music and Drama 7pm

Thursday 22nd October Y9 Yorkshire Sculpture Park trip

Thursday 22nd October Norway trip departs

Thursday 22nd October End of Term 1

Image credits

Book covers: Amazon

Book group poster: Mrs Lees

Fantasy book group poster: Emilia, Year 12

Other images: click on individual image for info