

Spalding High School

Weekly Bulletin

10th June 2022



Welcome back to Term 6!

I hope that you had a pleasant Whit half term and enjoyed the Jubilee celebrations.

High School Governor awarded MBE

The High School is fortunate to have an excellent Board of Governors, all of whom are proactive and committed to the School, our students, staff and local community. This week we received some amazing news and so on behalf of the School, I would like to extend our congratulations to Mr Eric Fragale MBE, who was awarded his MBE as part of the Queen's Platinum Jubilee honours.

Mr Fragale was nominated by his family for services to education and the School was more than happy to support his nomination. Eric has been a governor at the High School for more than seventeen years and currently serves as both Vice-Chair of the Board and also our Designated Safeguarding Governor. He works tirelessly in support of the School and champions the School's commitment to anti-bullying, including the work of our Diana Award Anti-Bullying Ambassadors.

Everyone at Spalding High congratulates Eric on this recognition of his service.

And finally...

We are all looking forward to an enjoyable end to the school year with lots of exciting events. We hope to see you all at the Summer Concert (see page 3).

Congratulations to our rounders teams (page 2) and thank you to Miss Busby for organising Healthy Eating Week 2022 (page 4).

Mrs Anderson
Headmistress

PE News

Pictured are the two talented Year 8 High School rounders teams. At the recent Year 8 South Lincolnshire rounders tournament on the 8th June the two teams finished 1st and 2nd overall. They beat opponents from the University Academy Holbeach, Bourne Academy, Spalding Academy and Deeping Schools. One of the teams will now represent the High School in the area finals on the 29th June.

Well done!

The PE department





**Spalding High
School
Summer concert
2022**

Tuesday July 12th

Refreshments 7.00pm

Concert 7.30pm

Adults £5.50

Concessions £3.00

**Available through your
child's online account.**

Food and Nutrition

Healthy Eating Week 2022 has arrived. This year the British Nutritional Foundation message is 'Eat well for you and the planet!'

The foods and drinks we choose are important for our health and the health of the planet. Globally, food production is responsible for about a third of all greenhouse gas emissions, uses over 2/3 of fresh water and over a third of available land. Our global population is growing, with an increasing demand for food, but it is important for the health of the planet that we find ways to produce this food using less land, water, and energy.

The environmental impact of different foods can vary but there are some general principles we can all follow to aim for a healthier and more sustainable diet. This year's Healthy Eating Week aims to help everyone learn more about what they can do to have a healthier and more sustainable diet by focusing on five themes:

- Focus on fibre - for meals and snacks have more wholegrain foods, fruit and vegetables, beans, peas and lentils.
- Get at least **5 A DAY** - put plenty on your plate. Have at least 5 portions of a variety of fruit and vegetables every day.
- Vary your protein - be more creative. Eat a wider variety of protein foods and choose plant protein sources more often.
- Stay hydrated - fill up from the tap. Have about 6-8 drinks a day and choose reusable or recyclable drinks containers.
- Reduce food waste - know your portions. Aim for the right amount when you shop, cook, and eat to avoid throwing food away.

In Food and Nutrition we will be placing special focus in class by using two trackers; Hydration Tracker and Fruit and Vegetable Tracker. If anyone other than the current teaching groups would like to join in, please pop in and see me in R23 for a copy of the trackers. More information can be found at www.nutrition.org.uk

Miss Busby



Careers Update

Employee Encounter for Years 7 and 9

On 26th May, students in Years 7 and 9 listened to a presentation delivered via Teams by Maisie Dobbs, a former High School Head Student. Maisie finished her A Level studies in 2017 and went on to study Aerospace Engineering at the University of Sheffield. She is now on the graduate scheme at Boeing where she is spending time in various engineering/maintenance/planning departments. Maisie talked about STEM (Science, Technology, Engineering, Mathematics) careers and her experiences, hobbies and interests that have helped her on her career journey from school into industry. Our students asked excellent questions and Maisie provided detailed answers.

Maisie and her sister Lily, also a former High School student, write a blog called '2 Sisters in STEM' which is an excellent read to gain an insight into experiences in STEM:

<https://2sistersinstem.com/>

Year 12 Work Experience Week

Year 12 students returned to lessons this week after completing their work experience week before the half-term break. The students found their own placements within a range of settings and at locations both nearby and further afield such as London.

Thank you to parents and carers who supported their child during the week. I know that some of you spent the week away from home to facilitate the placement. Thank you also to any parents/carers who agreed to offer a placement to a student for the week.

The feedback so far has been extremely positive and here is a selection of feedback comments provided by students in answer to the question 'How will you use this experience to help you in the future?':

"I have gained knowledge on what to expect in my chosen career."

"I will now have better customer service skills having spent a week co-operating closely with many clients."

"It will make an internship more likely."

"I was offered an apprenticeship at the end of my week which is something valuable I could consider after sixth form."

"I used it to see if I am making the right career choice."

"This valuable experience gave me an insight into the daily routine of an investment banker. Although the risks are high in this field, the results can be rewarding."

"I have learnt many new skills about the physical needs of the students but also the mental needs and developmental help we can provide."

"I have gained confidence and communication skills through talking to a variety of people and have worked well in a team with them which can be applied to future jobs."

"I learnt how valuable networking is."

Year 10 Boston College Trip – 23rd June

Could parents/carers of students in Year 10 who expressed an interest in attending the trip to Boston College please return the consent slip by Friday 10th June or email me to give consent. Students involved are also asked to complete the assignment on Teams to choose their preferred subject area and provide dietary requirements.

Year 10 Career Guidance Appointments

This month we will start one-to-one career guidance appointments for Year 10 students with Mrs Jacqui Gilman, an independent careers adviser. Mrs Gilman has been introduced to the students via a Teams assembly. The students will be advised of their appointment time via their tutor and their school email, which they need to check regularly. The guidance appointments will continue into Year 11.

Future Pharmacist Event

The Lincolnshire Training Hub are holding a free virtual event via Zoom on Wednesday 22nd June from 7.00-8.30pm. The event is aimed at students in Years 9-13 who are interested in science and would like to find out more about a career in healthcare and whether pharmacy might be the right role to consider. Please see the flyer attached to this bulletin for details.

Year 12 University Applications

Students are now able to start their online university applications. In careers lessons in June and July we will focus on writing personal statements. There is a PowerPoint presentation with information about how to write a personal statement in the 'Year 12 Careers Team' which all students can access. Please discuss this at home and encourage your child to make the most of the coming months to continue with course research and to write an impressive personal statement.

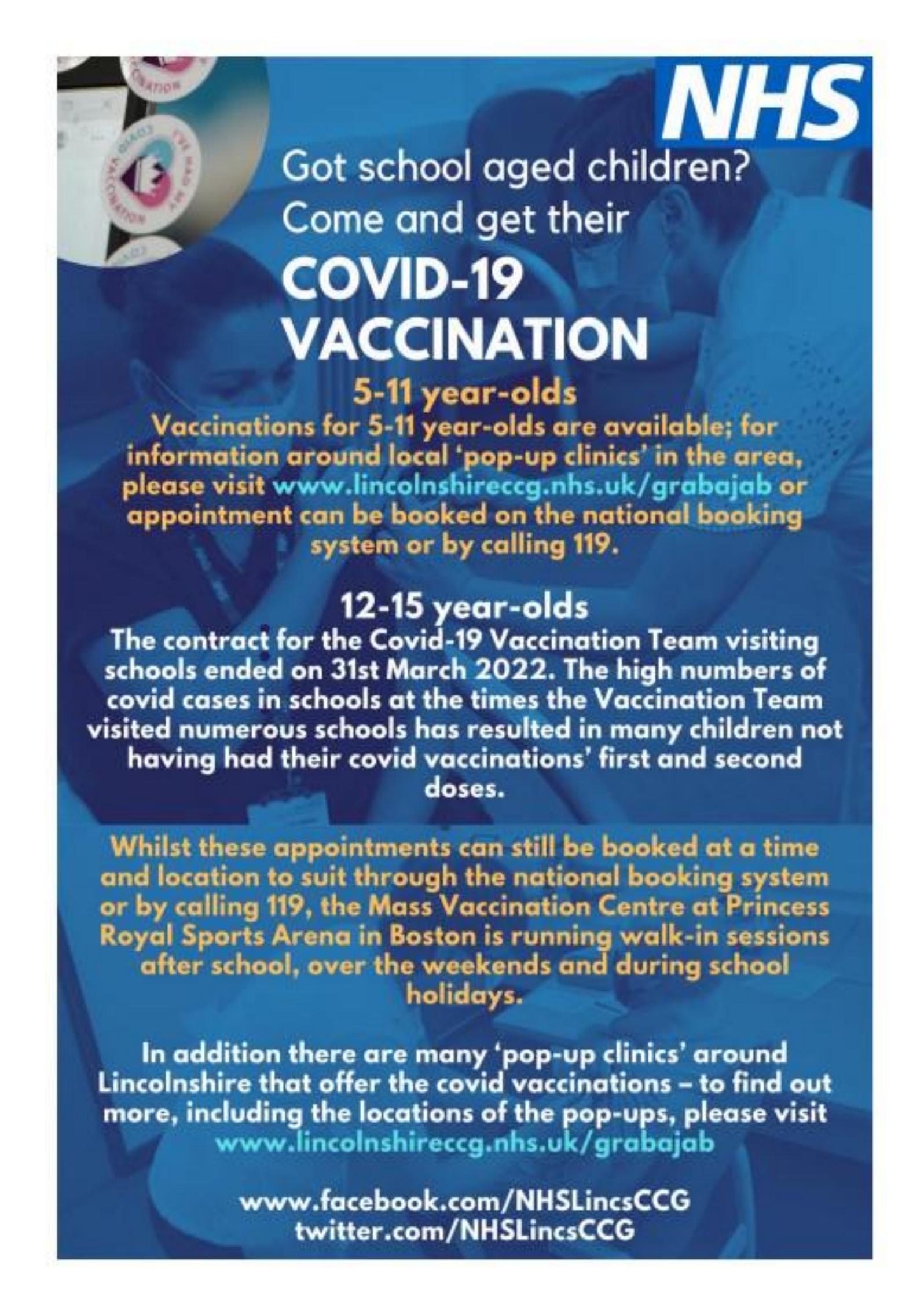
Support

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

Dawn.bushell@spaldinghigh.lincs.sch.uk

Lucy.obrien@spaldinghigh.lincs.sch.uk

Mrs Bushell — Careers Leader



Got school aged children?
Come and get their

COVID-19 VACCINATION

5-11 year-olds

Vaccinations for 5-11 year-olds are available; for information around local 'pop-up clinics' in the area, please visit www.lincolnshireccg.nhs.uk/grabajab or appointment can be booked on the national booking system or by calling 119.

12-15 year-olds

The contract for the Covid-19 Vaccination Team visiting schools ended on 31st March 2022. The high numbers of covid cases in schools at the times the Vaccination Team visited numerous schools has resulted in many children not having had their covid vaccinations' first and second doses.

Whilst these appointments can still be booked at a time and location to suit through the national booking system or by calling 119, the Mass Vaccination Centre at Princess Royal Sports Arena in Boston is running walk-in sessions after school, over the weekends and during school holidays.

In addition there are many 'pop-up clinics' around Lincolnshire that offer the covid vaccinations – to find out more, including the locations of the pop-ups, please visit www.lincolnshireccg.nhs.uk/grabajab

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