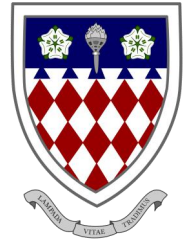


Spalding High School

Weekly Bulletin

14th September 2023



It has been a very busy summer for the staff working on site this year. Weeks before we broke up, technicians and teachers started to sort and clear R23, Lab 1 and Lab 6 in preparation for a major refurbishment. This took an awful lot of work! Items were sorted, boxed and moved into temporary storage and the rooms gradually emptied. Two weeks before we broke up, the rooms were taken out of use and the skips and contractors moved in. It was great to see the gradual deconstruction and removal of the old kitchen and lab areas. Although, of course, in the labs we insisted on keeping all the original solid oak and teak. Over the summer the contractors worked tirelessly to keep to schedule under the watchful eye of the site team. By mid-summer, the rooms were all ready to start the reinstallation and gradually, bit by bit, the new rooms started to emerge. Just days before the start of the new term, the technicians and teachers appeared again and the move back in began, so that, as if by magic, everything was ready for the students return. Of course it wasn't magic, it was an awful lot of hard work from a lot of committed people. I for one would like to say a massive thank you to everyone who worked so hard to create two beautiful new Science labs and an incredible new Food Science room. It has been great to see the staff and students settling into the new areas and enjoying them. Thank you again!

M K Anderson, Headmistress





Celebrating the Individual in Year 9 – Phoebe Hedaux

I attend 'Empire Elite Allstars' Cheerleading Squad. I belong to 4 different teams and do 5 different routines. There are lots of different teams in the club. They range from Youth, Junior and Senior.

I recently became a coach and love teaching the younger members. My responsibilities include leading warm-up sessions, giving feedback to help them improve and occasionally getting involved in choreography.

Last season I took part in a lot of competitions, my favourite one was the International competition in Bournemouth. We also won a bid to attend a competition called 'Battle of the Champions' – this was an excellent experience.

I love cheerleading because it's fun, I have made the best friends and I love being in a positive atmosphere.

Phoebe Hedaux, 9C



Student News

Sixth Form - Introducing the prefect team

This past week, the sixth form has welcomed a new cohort of year 12 students, and the year 13's are back and working harder than ever! The 2023-2024 prefect team has a lot of plans for the new academic year, along with the new responsibilities of running their committees. The prefect team for the academic year is as follows:



Evie Booth is this year's head student and is applying for law at university, hoping to one day work in diplomacy. She is also part of the charity and events committees.

Mariia Melynkova is one of the deputy head students and part of the common room committee. She is planning on doing an apprenticeship in law and carrying on with her studies after A-Levels.

Penelope Baxter is one of the deputy head students and founder of the debate club. She is also part of the social media committee and is looking to study anthropology at university.

Jasmine Maladi is in the charity committee and is looking to do an acting (musical theatre) degree. She is passionate about music, chemistry and performing.

Niamh Williams is part of the wellbeing committee and is hoping to study biology at university. She also plays the clarinet and is part of the school orchestra.

Jess Smith is a member of the common room committee and hopes to study human, social and political sciences at Cambridge.

Charlotte Ciuberkyte is part of the social media committee. She is applying to study medicine at university and hopes to become a doctor in the future.

Misha Rajesh is a member of the social media committee and she is applying to study medicine at university.

Finley Preen is in the environmental committee and hopes to study classics with Asian and Middle Eastern studies at university.

Priya Ellis is part of the wellbeing committee. She is applying to study dietetics with the intention to specialise in paediatrics and cancer patients.

Keira Harvey is part of the environmental committee and she is also a member of the law society. She is hoping to find a degree apprenticeship in law after sixth form.

Anya Bilham is a member of the wellbeing committee and a founding member of the law society. She aspires to study law at Cambridge next academic year to hopefully become a solicitor.

Eliza Rudd is a member of the environmental committee and is hoping to study environmental science at university. She loves to read and go on dog walks.

Emilia Topka is part of the common room committee. She is hoping to study business with marketing at university.

Celebrating Achievement in the Sixth Form

The Sixth Form Team would like to say how proud they are of Tony on donating 22 inches of hair to the Princess Trust to be turned into a wig for a child suffering from cancer.

Tony's story -

I have been growing out my hair for The Princess Trust for a total of 16 years. I have made sure that my hair stays in the best condition it possibly can to make sure that other children without such a blessing do not feel so different.

When I was 10, I started becoming aware of the reality that children can get cancer too and that their lives will not be so easy for them. I found out about the Princess Trust Charity and that I could help them by donating my hair.

I researched the requirements and found the minimum length for hair donations is 7-12 inches. I wanted to help other children out so desperately because I had enough hair. However, I later decided to keep growing my hair so I could donate TWICE as much hair which would help TWICE as many children.

Tony Kempston, 6LH



Careers Department

Year 10 Work Experience

Several students in Year 10 have already submitted their work experience placement confirmation forms to Mrs O'Brien, our Work Experience Manager. Work experience is 25th-28th March 2024 and the preparation phase is now well underway. If students have not yet had any ideas about a placement, they should come to the careers office as soon as possible to speak to us. The deadline for placement confirmation forms is 17th November.

Healthcare Careers

There are several healthcare related opportunities in the coming weeks. Please see below.

Aspiring Allied Health Careers

Each year we have students who want to pursue healthcare careers. The competition for such roles is high and any opportunities to gain experience and insight are very important if students wish to be successful. The NHS Talent Academy are pleased to announce two Aspiring Allied Health Careers events on Wednesday 27th September, 5.30– 8.30pm at Lincoln Hospital and on Thursday 28th September, 5.30-8.30pm at Pilgrim Hospital, Boston.

This event is a great opportunity for students to explore a range of Allied Health professions and participate in hands-on demonstrations led by industry experts who play an important part in the treatment and rehabilitation of patients both within a hospital and community setting. The following Allied Health professions will be showcased (please check which professions apply to each event) – Diagnostic Radiography, Therapeutic Therapy, Occupational Therapy, Operating Department Practitioner, Physiotherapy, Speech and Language Therapy.

Students must be aged 15–18 years and living or educated in Lincolnshire. As part of the application process, students must provide a short statement as to 'Why you would like to participate in the Aspiring Allied Health programme'. The closing date for applications is Friday 15th September. Please see the attachment with this newsletter for details and the QR code for applications. Could students please let me know if they apply and are successful in gaining a place at either event?

Medic Mentor – Get into Medicine Conferences

Every year 'Medic Mentor' runs a varied programme of support for aspiring medicine, dentistry and veterinary medicine students. We have been recommending the support offered for several years and many students have benefitted from it. I would recommend that any students in Years 10-12 interested in any of these disciplines look carefully at the website. There is a 'Get into Medicine' online conference scheduled on a choice of three dates: 17th, 24th and 30th September. If students wish to apply, they can use my email address in the teacher contact section. Could students please inform me if they sign up?

Medicine National Healthcare Weekend – Medic Mentors

Open Event – NHS Careers Clinic

The Queen Elizabeth Hospital in King's Lynn is holding a careers clinic at the Job Centre in King's Lynn on Saturday 14th October from 10.00am-3.00pm. This will be attended by an F1 medic and a trainee clinical scientist on the Science Training Programme, in addition to the usual representatives. The trust is keen to increase the participants at such events to inform future generations about pathways within the NHS. Everyone is welcome to attend. Please see the attached flyer.

Could students please let me know if they attend the event for monitoring purposes and future support?

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



Dear Parent / Guardian

We are pleased to announce that **Spalding High School** has organised a clothes and shoe collection with Bag2School.

Bag2School is the UK's leading textile recycler and fundraiser working with schools and since its inception in 2001, it has now paid out over £36 million.

As well as raising vitally needed funds for **Spalding High School**, it also helps the environment by helping to divert unwanted textiles away from landfill. A recent DEFRA report has shown that textile collection schemes are helping to reduce the volume of textiles discarded as municipal solid waste. However, it is a fact that, as a nation, we still send 350,000 tonnes of textiles to landfill every year.

By getting involved in our **Bag2School** collection, you have an opportunity to sort through your cupboards and wardrobes and donate unwanted textiles in the bag provided – this can include adults' and children's clothes, shoes (tied together please), hats, belts, handbags and soft toys, (please refer to <http://uk.bag2school.com/> for full details). In addition to raising much needed funds it will also raise awareness amongst the children of the benefits of recycling and reuse.

If you fill the donation bag and still have more then you can use any other bag to donate your items and don't forget to ask grandparents, friends and neighbours to have a sort out as well!

Bag2School will be collecting from **Spalding High School** on **Thursday 19th October 2023**. Please bring your bag (or bags!) to **Spalding High School** and help us have a really good collection.

Many thanks indeed for helping us with this unique fundraising opportunity.

Yours faithfully

Mrs Barats, Head of MFL

Bag2School



@bag2schooluk

www.bag2school.com



follow us on Facebook

Our next **Bag2School** collection
has been arranged for

Thursday 19th October 2023

at9.. am / ~~pm~~

Any questions - please ask your Mrs Barats or the
school collection organiser ..environmental.committee

www.bag2school.com