



# Spalding High School



## Weekly Bulletin 11.02.21

Here we are at the end of Term 3! Despite not having many students in school, it has been a busy term nonetheless. I again want to say “thank you and well done” to everyone. Students, parents and staff have adapted well to remote learning and new systems again this term and your resilience and hard work never fail to impress. Well done on your adaptability. I also think “screen fatigue” is starting to set in and I know that we all crave the normal social interactions of being back in school for face-to-face learning as soon as possible. There are a number of ideas in this week’s bulletin for how to step away from the screens next week over half term and enjoy different activities. Give some of them a go!

With Term 4 on the horizon, we will all need to continue to dig deep and keep going - all the work we are doing now is important and will count towards progress and achievements in the months ahead. Everyone is talking about “lost education” but I know how hard students (and parents and staff) are working to make sure that we minimise any disruption. I would urge students (and parents/carers) not to be downcast at some of the coverage and speculation, nor fearful of commentary such as longer school days and shorter school holidays. The important thing at the moment is to keep an open mind about the strategies we will need to deploy in order to minimise any negative impacts the pandemic may have had on education and I am sure that schools will be able (in part at least) to address their issues at local and school level according to what will work best in individual schools with their own students. Keep going! We will get through this!

Enjoy half term – rest and relax and hopefully we will see you all shortly!

### Sixth Form Entry 2021

Thank you to all of the Year 11 students who have attended the A Level taster lessons over the last four weeks. Staff in school have really enjoyed being able to showcase their subjects and are full of praise for your engagement and enthusiasm in these sessions. We are sure that they have helped you to confirm your subject choices for September as applications are now flooding in. The application deadline is **Wednesday 24th February** but Mrs French would be happy to receive it as soon as possible. If you need any more help and advice regarding Sixth Form or subject choices, please do not hesitate to contact Mrs Haunch or Mrs Waldron, we are always happy to hear from you.

The English Department is pleased to inform students and families with children aged up to 15 about a wonderful opportunity to get creative this half term break. Run by the Lincolnshire Wildlife Trust, you are invited to write your own Haiku about the plant life in our area. Why not take the opportunity to get out into the fresh air and spot some signs of spring for inspiration? All details are on the flyer and you can enter independently of school.

Good luck and, most importantly, have fun!

**#LoveLincsPlants Haiku Competition**

Celebrating and reflecting on the LoveLincsPlants Project with a FREE haiku poetry competition for children.

30 haikus will be chosen by a panel of Lincolnshire Wildlife Trust staff and Trustees. They will be published in the Summer 2021 edition of our Lapwings magazine which goes out to around 28,000 members in Lincolnshire and beyond!

The competition is free to enter and is open for children aged 15 and under.

Closing date for entries is **Sunday 28 February 2021**.

For more information on how to take part and for our full list of Terms & Conditions, head to our website:  
[www.lincstrust.org.uk/haiku-competition](http://www.lincstrust.org.uk/haiku-competition)

**What is a haiku?**  
A haiku is a short poem of 17 syllables, in three lines of five, seven and five, that usually evoke images of, or moments in, the natural world. Below is an example from Suzanne Fysh, LoveLincsPlants Education and Community Officer, on the importance of plants...

**“**  
Daisy, rose, ivy.  
Early spring,  
summer, autumn.  
Sustain our  
insects.  
**”**

### Positive Case Notification

Can parents/carers please ensure that they continue to notify the School of any confirmed student positive cases, even if the student is not currently attending school. Schools continue to be expected to notify the Public Health Team.

Thank you.

## PE Update

Another great week of physical activity in week 3. So far, 111,458 minutes of physical activity have been recorded over the past three weeks. That is equivalent to nearly 7 million seconds, WOW! Below is the total number of house points earned by being physically active to date:

**1st- N, 26,591   2nd- S 25,536   3rd- C 23,885   4th- J 21,569   5th- P 13,877**

Well done Nightingale! Will they stay in the lead next week or will another form be more physically active? It's close at the top.

The forms most physically active in each year group in week 3 were: 7N, 8S, 9N, 10N, 11C&N. The overall house which completed the most physical activity minutes was Nightingale, who achieved an amazing 8,833 minutes. Go Nightingale!

The top 10 most physically active pupils were; Antonina Such 7C, Wiktoria Kysyk 7N, Harneev Wahiwalwa 8C, Zahra Shah 8N, Nicole Glanowski 8S, Lily Theyer 8C, Isabelle Hicks 9C, Daisy Darley 10J, Harriet Culley 10S and Sophia Love 11C. Nicole Glanowski 8S was randomly drawn from the top 10 most active pupils and she will receive this week's £10 gift voucher.

This week's fitness challenge is '5 ways to mental well-being bingo'. Download the bingo card from the 'PE & WELL-BEING AT HOME' team and submit your entry before 5<sup>th</sup> March to earn 100 house points and a chance to win an additional £10 Amazon gift card. Remember to upload your week 4 physical activity log by the end of the school day on Friday. Good luck, stay safe and stay active.

The PE Department

## 'Making a Difference From Home' February Project

### It's fun, it's free & you can make a difference!



Young Citizens have launched an activity pack called 'Making a Difference from Home' that encourages you to look at how you can help yourself and others to stay positive by focusing on the things you can control and change during these strange and difficult times, and by taking positive action to help improve the place in which you live.

These are stressful and uncertain times. No one really knows what's going to happen next or how long the pandemic will continue to affect us. It's understandable that you might feel anxious or a bit frustrated about not being able to control the situation. However, you can make a difference to how you manage those feelings, and you can make a difference to how other people are feeling too.

The 'Making a Difference From Home' activity pack provides ideas and practical help about how you can take positive action to help improve a community space! By getting involved, you will be joining a growing community of young people around the country who are showing that you're never too young to make a difference.

The pack includes sections on the following:

- Taking care of me
- Being grateful for what we have
- Reflection time
- Positive action

This could be a great project for you to get involved with during the February break. It is free, it focuses on your well-being and that of others and you could make a difference in your local area. There is also a certificate for all those who get involved.

I would love you to email me (lara.ray@spaldinghigh.lincs.sch.uk) your photos and details of your projects – however big or small!

Details of the project are attached. Have fun and get involved!

Mrs Ray

## Careers Update



### **Apprenticeships:**

I hope that the information sent out in the last two bulletins about apprenticeships has been useful. I have had several former students contact me who have undertaken apprenticeships and will continue to share their stories.

Georgie Ground left the High School in 2015 to start an accountancy apprenticeship. She has recently been awarded the Fleming Birch Prize for 2021 by the Institute of Chartered Accountants in England and Wales. Please see the link to the article in the Peterborough News: <https://www.peterboroughmatters.co.uk/local-news/peterborough-based-accountant-wins-prestigious-award-69431>. Please also see the attachment in which Georgie gives details of her apprenticeship success. In addition, there is an attachment for opportunities at Azets where Georgie works.

The National Apprenticeship Service has just released its latest 'Higher and Degree Apprenticeship Listing for 2021/2022 Recruitment'. If there are any students in Year 13 who are interested in finding an apprenticeship there are local positions on this national listing: [https://amazingapprenticeships.com/app/uploads/2021/02/Higher-Degree-listing\\_Feb-2021.pdf](https://amazingapprenticeships.com/app/uploads/2021/02/Higher-Degree-listing_Feb-2021.pdf)

### **Student Finance for university applications:**

The short video called 'Student Finance Explained' in the link below gives information about the financial help available whilst students are at university. Applications for student finance for autumn 2021 are expected to open in March. <https://youtu.be/DIFQMlgSqQI>

### **Virtual work experience in half-term:**

Many students are being very proactive and trying out new virtual work experience opportunities during half-term with providers such as Springpod. Could the students who have secured these opportunities please send me some feedback after the holiday?

### **University of Reading – Pancake Day Webinar for KS3 students and their families:**

On Tuesday 16<sup>th</sup> February, the University of Reading will be presenting a webinar from 5-6pm to uncover the science that helps create the pancakes and accompaniments we all enjoy on pancake day. They also have a guest speaker from ASR Group (American Sugar Refinery). To book, visit: <https://uni4me.co.uk/activities/flipping-great-perfect-pancake-science/>  
*"Remember...science doesn't just have to happen in the laboratory!" – University of Reading*

### **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](mailto:Dawn.bushell@spaldinghigh.lincs.sch.uk)

[Lucy.obrien@spaldinghigh.lincs.sch.uk](mailto:Lucy.obrien@spaldinghigh.lincs.sch.uk)

Mrs Bushell - Careers Leader

## Year 11

Well, this term has been full of challenges and yet again, the students have been amazing – showing grit and determination beyond their years. As a year group we have engaged in the Kooth campaign #DontDoItAlone supporting mental health and wellbeing and we have been sending positive message through our Year group Team and form time sessions.

Mrs Jones set up a challenge 'Undercover staff' for the whole school and the winner is Immy Rycroft-Jones with a total of 41 points!

The Leavers Hoodie shop has been set up and applications for progression routes are being completed.

I am so proud of you all and want you all to know you are doing great – stay calm, stay strong and stay safe this half term. I have also asked the tutor team to put together something for you to lift your spirits – enjoy!

## Continued

What makes 11C special?  
11C are just the best  
They really stand out from the rest,  
They do make me smile  
And form time worthwhile  
And for that I feel enormously blessed.  
In PHSCE , they don't always agree  
Their ideas and opinions they give free  
But talk, think and listen  
Discuss and then reason  
And share without too many pleas!  
Everyone of you unique  
Clever, funny, smart and chic  
Supporting each other  
at times being mother  
When boyfriends upset or its bleak.  
United they stand  
friends hand in hand  
As forward they go  
Into their tomorrow  
I wonder where they'll land?

A very eclectic bunch of ladies who are at times polar opposites. All of you bright and brimming with potential and with something unique to offer. Your talents, skills and interests are so varied but you are all so warm-hearted and over the years developed tolerance and strong friendship. You are incredibly supportive of one another. You have had a pretty tough storm to weather over the last year on top of a myriad of other issues too, but are tackling it head on and I'm so proud of each and every one of you.

### **Mrs Jones.**

'So..11N. They are just incredible!! All, very different as individuals but as a form they have the amazing ability to come together as one when needed. The respect they show for one another is commendable and kindness they display is humbling. 11N are so ready for their new paths, armed with such a wonderful foundation of strengths and good character. Knowing that my day starts with 11N brings such joy to my working day. Thank you girls.

### **Mrs Hagon.**

Every form is a collection of unique individuals, but together these individuals have a collective uniqueness, with qualities that define them and make them that little bit different from other forms. 11J is a fun, sometimes loud, group of students. They are friendly and chatty, and always ready for a challenge, which they will enter into with enthusiasm. They are mutually supportive and enjoy working as teams. Their positive, buoyant, perhaps even quirky nature has helped them to maintain an optimistic and thoughtful approach to the difficulties of distance learning and the crisis as a whole. I have no doubt that, armed with the resilience that they demonstrate so clearly, and the way in which they have met the challenges of recent months, they will continue in the same way and achieve great things, moving forwards with positivity and a smile on their collective faces!

### **Mrs Martin.**

11P are a super bunch of caring and fun-loving individuals. Their talents range from swimming, trampolining, dancing and rowing to flute-playing, medic-drawing and banana-bread baking, and what feels like everything in between! Whist they all have so many different interests, it warms my heart to see them come together as a group, whether that be as a support-unit for one another or a power-house of agreement in PSHCE (with power in the volume too!). They have experienced an incredibly tough year, but have shown resilience throughout. I am so very proud of you all.

### **Miss Lee.**

11S are Awesome, Ballet-dancing, Chicken-keeping, Determined, Energetic, Football-scoring, Giggly, Hair-plaiting, Inquisitive, Ju-jitsu competing, Kahoot-playing, Leaders of the future, Meghan Markle-obsessed, Ninja, Outstanding effort grades, Piano-playing, Queen-singing, Robotics-building, Sports Day-winning, Tennis-playing, Ukulele-learning, Vibrant, Witty, X-rated joke-telling (!), they "Yes" when others "no", and are full of Zest - 11S truly are my Champions.

### **Miss Ashley.**

## Half term No Screen Challenge

Have you gone boggled with so much screen time over the past few weeks? We certainly have! The prefects would like to set you a No Screen Bingo Challenge over half term. Please see the poster attached. Please email your entry with some photos to your Head of Year. Fabulous prizes to be won in each year group!

### La Chandeleur

In French, Year 9 students have just been looking at a unit of work called “Il faut faire des crêpes”, this fell perfectly as in France we celebrate La Chandeleur on 2nd February. This takes place 40 days after Christmas.



La Chandeleur, la fête des chandelles (you might spot the word candle here) or la fête de la lumière is a religious festival in France – a day when people get to eat a lot of crêpes! There are various reasons for this. One is that it was a good way to eat up extra wheat ahead of the new harvest. Another is that the crêpes resemble a sun so it was a reason to rejoice as the days started to get longer and sunnier. As the crêpe is tossed, it is like the sun rising in the sky to make the day lighter. Religiously, the 2nd February marks the day when Jesus was presented at the temple in Jerusalem.

Before becoming a religious holiday, La Chandeleur stemmed from several pagan traditions celebrating the fertility of the earth and the beginning of the end of winter. It is also said that in the 5th century, Pope Gelasius I started the Festival des Chandelles on this date. A candlelit procession took place through the streets of Rome that culminated in placing the blessed candles in the churches. Gelasius handed out galettes to poor pilgrims who arrived in Rome that day. This festival is not, however, similar to Shrove Tuesday. Shrove Tuesday in France is called ‘Mardi Gras’ and is more associated with eating fatty food. People eat up the ‘fat’ ahead of fasting for Lent.

La Chandeleur involves eating crêpes in the evening and there are some superstitions to go along with this tradition too...

- Toss the crêpe in the pan with your right hand while holding a piece of gold in your left – for good luck
- Put the first crêpe in a drawer or on top of a wardrobe to attract prosperity for the coming year. (! would not recommend that one!)



One of Mrs Barats’ crêpe did not really go according to plan!





Here is a recipe in French:

## Crêpes : la meilleure recette rapide

✂ Préparation 10 mn | 🍳 Cuisson 15 mn | ⌚ Temps Total 25 mn |

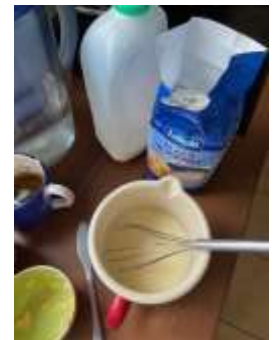


### Ingrédients / pour 4 personnes

- Farine : 250 g
- Oeuf : 4
- Lait : ½ litre
- Sel : 1 pincée
- Sucre : 2 c à s
- Beurre fondu : 50 g

### PRÉPARATION / Crêpes : la meilleure recette rapide

- 1 Mettez la farine dans un saladier avec le sel et le sucre.
  - 2 Faites un puits au milieu et versez-y les œufs.
  - 3 Commencez à mélanger doucement. Quand le mélange devient épais, ajoutez le lait froid petit à petit.
  - 4 Quand tout le lait est mélangé, la pâte doit être assez fluide. Si elle vous paraît trop épaisse, rajoutez un peu de lait. Ajoutez ensuite le beurre fondu refroidi, mélangez bien.
  - 5 Faites cuire les crêpes dans une poêle chaude (par précaution légèrement huilée si votre poêle à crêpes n'est pas anti-adhésive). Versez une petite louche de pâte dans la poêle, faites un mouvement de rotation pour répartir la pâte sur toute la surface. Posez sur le feu et quand le tour de la crêpe se colore en roux clair, il est temps de la retourner.
  - 6 Laissez cuire environ une minute de ce côté et la crêpe est prête.
- Pour finir**
- 🍴 Répétez jusqu'à épuisement de la pâte.



Thank you to all the Y9 students who sent us their photos.

### Exciting opportunity for all students

Call for entries for the RA Young Artists Summer Show. All details and instructions will be on the website. Parental permissions forms should be emailed to:- [elizabeth.kelleher@spaldinghigh.lincs.sch.uk](mailto:elizabeth.kelleher@spaldinghigh.lincs.sch.uk) along with the photos of work as per the instructions. All images should be saved as jpegs no bigger than 5mb.

We really look forward to receiving your entries for this prestigious summer exhibition!!

The Art Department