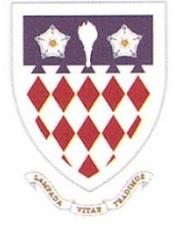




# Spalding High School



## Weekly Bulletin 20.01.22

Lots of good news to celebrate this week! Congratulations to our cross-country runners on an excellent performance in the Lincolnshire Championships; good luck also for the next rounds in February and March. Well done also to our U13 footballers for their perseverance in such a tough match and to Georgie too in the Maths Olympiad.

### Changes to the self-isolation period for those who test positive for COVID-19

From Monday 17 January, people who are self-isolating with COVID-19 have the option to reduce their isolation period after five full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to education immediately on day 6.

The first test must be taken no earlier than day five of the self-isolation period, and the second must be taken the following day. All test results should be reported to NHS Test and Trace.

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.

Further information on self-isolation for those with COVID-19 is available.

According to current Government information, modelling from the UK Health Security Agency shows around 7% of people will be infectious when they are released from isolation on day 6 following two consecutive negative rapid lateral flow tests. Therefore, it is vital that those affected remain extra vigilant with social distancing measures, the wearing of face coverings and their weekly testing programme.

### Changes to Face Coverings

As you have no doubt already seen, face coverings no longer need to be worn in classrooms from this morning. We have updated students on last night's Ministerial announcement but as always, staff and students may continue to wear masks in lessons if they so wish.

### School Calendar

The School Calendar has been updated for Terms 3 and 4 together with recently published dates for GCSE and GCE examinations and results. The newest version can be found on the School Website homepage – About Us – Term dates and School Calendar.

### Cross Country Championship

Saturday 15<sup>th</sup> January 2022 - On a foggy, frosty winter's morning, seven High School girls (Izzy Hurn 7J , Lucy Wilson 7J, Molly McCormack 9C, Penelope Baxter 11C, Lottie Hemmings 12NG & me Evie Hemmings 9S) made our way to Burghley Park in Stamford for the Lincolnshire Cross Country Championship.

We all put our spikes on and excitedly awaited our race among the crowds of nervous athletes. The course was really tough, with plenty of mud, hills and uneven ground to contend with. Course distances ranged from 2300m - 4000m depending on age category. The results are:-

Izzy Hurn - 6<sup>th</sup>

Lucy Wilson - 34<sup>th</sup>

Molly McCormack - 41<sup>st</sup>

Lottie Hemmings - 7<sup>th</sup>

Penelope Baxter - 10<sup>th</sup>

Evie Hemmings - 4<sup>th</sup>

The top 16 finishers in each race get to compete at the Anglian Schools in February. My 4<sup>th</sup> position guarantees me a place at the English Schools race in March. What a great achievement for SHS.

By Evie Hemmings 9S

### Football

On Friday 14<sup>th</sup> January the U13 girls football team travelled over 2 hours to play in round 5 of the English Schools 9v9 football competition. It is the furthest round any football team has got in this national competition and as a result away fixtures tend to get further and further apart. The game was played against Flegg High Academy, Great Yarmouth and both teams were evenly matched. The High School girls took the lead through Ella Lynn in the first half but Flegg High Academy equalised early in the second half. The High School girls had more possession, more shots on target and countless number of corners but the ball would not go in the back of the net. Unfortunately, Flegg High Academy scored late on again in the second half making the score 2-1 and despite many more chances for the High School the game ended in defeat. However, the players should be very proud of their achievements in this competition, on another day I am sure they could have come away with a victory. Players of the game were Darcey Grundy and Alesha Rix. Nevertheless, the team is still involved in the Lincolnshire Schools County Cup competition, and they now have a quarter final fixture to look forward to.

Mr Farrell



### \*\*\*\* Royal Academy schools exhibition

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This is open for entries. We have a school account, so pupils wishing to enter their work can read the link on the school website and email me their photos. If students would like help photographing their work that can be arranged. It would be great to have some of our talent represented in such a prestigious exhibition!

Mrs Kelleher

### Type 1 Diabetes awareness

Please see the attached letter from the NHS about Type 1 Diabetes in young people.

### British Mathematical Olympiad Success

My score in the MOG (UKMT Mathematical Olympiad for Girls) meant that I qualified to sit the BMO1 (British Mathematical Olympiad) at the start of December. The BMO is a 3.5 hour paper in which you're given 6 long answer maths questions to attempt. It definitely sounds like a long while to work on such a small number of questions, but once I was in the exam, the time flew by. Especially in maths, it is really easy to find yourself moving on if you get stuck on a question, so it was a fantastic opportunity to have such a long time dedicated to working through each question and finding ways to solve problems that required a bit of extra thinking. I was really pleased with my result of a Certificate of Merit and thoroughly enjoyed the whole process and experience when sitting the paper.

I've always found opportunities like the UKMT maths challenges to be rewarding experiences in which I've always learnt lots of different ways of thinking about and communicating mathematical ideas.

Georgie Van Dyke 6SC



## Careers Update

### Medical Society

This week we had the first in-person meeting of our Medical Society. Students who joined the Teams group last academic year were finally able to meet the older students who established the group. We plan to hold a meeting once a month and discuss various aspects of healthcare roles and course applications. The intention is that each successive cohort of sixth form students who are applying for medical university places will pass on their knowledge and experiences to younger students.

### Year 9 Options

On Friday 21<sup>st</sup> January, Year 9 students will listen to a presentation about options choices which will be followed by various activities and events over the coming weeks to assist them in making their GCSE subject choices.

### Student Finance

In Year 13, we have been looking at how student finance works for university courses. Here is a link to the government site for student finance applications: <https://www.gov.uk/apply-online-for-student-finance>

Please note that the application window opens in March.

### InvestIN Work experience opportunities

The company InvestIN offers in-person or live online immersive careers programmes for students aged 12-18 in over twenty industry sectors. Please see the flyer attached to this week's bulletin. There is a charge for the placements but as a partner school, our students are eligible for a 10% discount. We are able to offer a small number of funded places for live online placements if students meet eligibility criteria: <https://investin.org/pages/bursaries>

### Deloitte Parents' Insight Webinar – 1<sup>st</sup> February 6.30-7.15pm

Deloitte offers apprenticeship opportunities in audit, consulting, finance, legal and tax. If students or parents/carers are interested in finding out more about opportunities, here is the webinar registration link:

[https://www.eventbrite.co.uk/e/deloitte-parents-insight-webinar-tickets-239150564777?aff=odeimcmailchimp&goal=0\\_65c6d67e71-7c66710f8d-212066408&mc\\_cid=7c66710f8d&mc\\_eid=2be905a165](https://www.eventbrite.co.uk/e/deloitte-parents-insight-webinar-tickets-239150564777?aff=odeimcmailchimp&goal=0_65c6d67e71-7c66710f8d-212066408&mc_cid=7c66710f8d&mc_eid=2be905a165)

### Alumni

Former Head Student Maisie Dobbs and her sister Lily, also a former student, have their own blog called '2 Sisters in STEM' and regularly write posts to inspire other women to take up careers in STEM. Here is the latest post about life on the Boeing Graduate Scheme:

<https://2sistersinstem.com/2022/01/13/boeing-graduate-scheme-3-months-in/>

### Support:

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

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Mrs Bushell - Careers Leader