

Spalding High School Weekly Bulletin 21st September 2023



Gosh, it is only the end of the second full week back and already the Weekly School Bulletin is full of exciting High School news and opportunities!

Hugh congratulations this week to all of our "Students of the Week"; impressing your teachers so early in the term is an impressive feat. Well done too to Sophia and Ruby with their sporting successes outside of school. Not to be outdone by the students, the High School Staff have also been successful in outside of school sports this week. Reading about their achievements, one would be forgiven for describing them as extreme challenges considering Mrs Schwarz ran 47 miles through Lakeland terrain and Miss Ashley not only jumped out of a plane and achieved speeds in excess of 100mph but also, along with the Skydive Langer Team, set two British skydiving records! I would encourage everyone to read Mrs Schwarz's report and watch the hyperlink video of Miss Ashley's skydive as both are truly inspirational.

Photocredit BBCnews



Now that we are into the new academic year, I would like to introduce our new staff. They have had a couple of weeks to get their feet under the table and are settling in to life at the High School. This September we have been joined by:

- Mrs Connolly Reprographics and School Medical Officer
- Mrs Bowser and Mrs Freeman Receptionists
- Mr Doherty DT & Drama Technician
- Ms Mawford and Mrs Pahal Midday Supervisors
- Miss Tye Food & Art Technician
- Mrs Huggins (Canteen Manager) and Mrs Burton, Mrs Mawford, Mrs Payne (Canteen assistants)
- Miss Hammond Drama and Music
- Mrs Tanner Head of Art

Welcome one and all, and students and parents/carers will hear more from our new colleagues as we near the end of this term.

M K Anderson, Headmistress

Student of The Week

Please find below the latest 'Student of the Week' nominations. Nominations can be made by both teaching and support staff and can be subject related or community focused.

Form	Student Name	Staff	Reason
7C	Eliza O'Brien	Miss Parker	Physical Education
7C	Hooria Kausar	Miss McArthur	Religious Education
7 J	Erica Mandache	Mrs Fisk	English
7 J	Eleanor Perkins	Mrs Fisk	Community
8J	Minahil Ali	Mrs Lord	Mathematics
8N	Isabella Brook	Mrs Aurikko	Community
8P	Arjannya Das	Mr Ganger	Mathematics
85	Darcey Laithwaite	Mrs Bennett	Community
85	Sarah Jones	Mrs Cave	Religious Education
9C	Loma Mlunjwa	Mrs Hoodless	Geography
9C	Elektra Waite- Robinson	Mrs Nowak	Mathematics
9C	Karolina Gren	Miss Ashley	Mathematics
9C	Elektra Waite-Robinson	Mr Garbett	Music
9C	Karolina Gren	Mrs Barats	French
9C	Roxanne Fox	Mrs Jones	Latin
9J	Dolly Stevens	Mrs Neal	Community
9N	Amelia Ciesla	Miss O'Sullivan	English
9P	Malik Noor	Mr McAlinden	History
95	Isobel Wilkins	Mrs Knowles	French
98	Isobel Wilkins	Miss White	Physics
95	Natalie Taylor	Mrs Rogers	Geography
10C	Layla Khodri	Mr Blackbourn	Business
10J	Ruby Loveridge	Mrs T Waldron	Biology
10J	Daria Spataru	Miss Bailey	German
10N	Martha Cook	Mrs Clay	French
10N	Naomi Harte	Mrs Bennett	Geography
10P	Ava Mason	Mr Martindale	Technology
10S	Lexie King	Miss Ashley	Community
11N	Missy Toynton	Mrs Spinks	Mathematics
11P	Ruby Acton	Mrs Martindale	Biology
11S	Eleanor Lloyd	Mrs Bushell	German
11 S	Ellie Rendell	Mrs. H Waldron	Religious Studies
6AF	Roisin Williams	Mrs Gregory	Physics
6AF	Sophie Gleave	Mrs Aurikko	Biology
6FM	Rosalia Bunder	Mrs Neal	Art
6JL	Evie Ahearn	Mrs Jones	Classical Civilisation
6JL	Evie Ahearn	Mr Love	Law
6KM	Harry Atkinson	Miss Dunbar	Sociology
6KM	Naomi Warren	Mr Hempsall	History
6NG	Sharuni Bharaneedharan	Mrs Gregory	Community
6NG	Oliwia Podlipna	Mrs Pryke & Mrs Spinks	Community
6SC	Ted Bell	Mrs Busfield	Biology

Celebrating the Individual in Year 9 – Sophia Shackleston

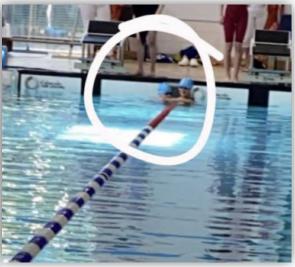
Swimming is a sport I have been doing for seven years. It requires hard work, training and fitness. Swimming is a popular sport and is competed at the Olympics. Like many other swimmers, I am in a local swimming club which supports me and my friends in achieving our goals. I would recommend the sport to other people who enjoy a challenge and competing for medals.

I train six times a week in the mornings and the evenings and I know that swimming is a very demanding sport. I have won many medals in breaststroke as this is my stroke.

Overall, I really enjoy swimming and I know a lot of my friends do too. I think swimming is for everyone and those who enjoy having a goal to aim for.

Sophia Shackleston, 9S





PE News

Year 8 Golf Success

Over the summer holidays, Ruby Coupland achieved amazing success in a couple of prestigious golf tournaments.

The outdoor photograph shows Ruby winning the Lincolnshire Girls Order Of Merit, Division Three which she has now won all three divisions three years in a row, hosted on Woodhall Spa academy course. The other picture is the Lincolnshire Girls U21 championship where Ruby won the U13 age group, hosted at Stoke Rochford.

The PE department would like to congratulate Ruby. It is great to hear about successes from sport outside of school.





Miss Magnus, PE Department

Spalding High School - Supporting good causes

Friday 29th September – Macmillan Coffee Morning

We will once again be supporting this extremely worthwhile cause.

Please bring cakes, cookies, brownies and general lovely stuff for the cake sale for Macmillan.

Homemade or shop bought treats are perfect. Donations please. Cakes will be on sale at break and lunchtime in the main school hall.

Please bring your cakes straight to the hall when you arrive at school in the morning on **Friday 29th September.**

Mrs Ray, Assistant Head



English Department

In Year 7, students have been looking at creative writing skills and evaluating their own use of language techniques. We challenged them to write an effective description of something that they might see on a woodland walk, without telling us what it is. We really enjoyed reading what they came up with. Here is a small sample of some excellent descriptive writing!

Mrs Fisk, Head of Drama and Dept Head of English

The smell of this leaf is so fresh and so clean, its patterned skin is rough like a snake's back I can see different colours blending together as if it had been painted.

Kaja Sutkowska, 7P

In the mystic land, living within the trees, are some winged opera singers which wake up the whole woodland. Twisted around at the bottom of the sapling is a ferocious green rollercoaster rapidly escalating towards the top.

Erica Mandache, 7J



It's petit purple flowers rest upon an elongated stem full of nutrients. Wondrous smells arise from its orange pollen and dance in the air, a bittersweet blend with a hint of life. Veins rampage across the ever-purple petals in a light purple fury.

Hollie Payne, 7P

The delicate leaves drooped sadly towards the ground. The earthy, green tender leaves hung whilst the proud sunset bud bloomed high. Its fresh and wild aroma enveloped it. Her thin stem floating around in the gentle breeze. The purple leaves had opened a small amount gracefully. Its rough leaves tickled the stem as it swayed.

Student, 7P

Staff News

The Lap

My first ultramarathon, The Lap.

There must be easier ways to see the Lake District!

After school on Friday 8th September, the first weekend of the new academic term, I set off to face the biggest physical challenge I have taken on to date. Not satisfied with running the London Marathon in April this year, I decided it was time to tackle my first ultramarathon. My chosen event was 'The Lap', an anti-clockwise 47mile route around Lake Windermere with nearly 3000m of elevation. I was fortunate to have my daughter, an experienced ultrarunner, to accompany me on my journey.



We arrived at Low Cunsey Farm, on the edge of Lake Windermere, in the dark and put up our tent before completing our registration, kit check and having trackers fitted to our running vests. After very little sleep (I was very excited and nervous!) we got up at 4am to prepare for the 5.45am race briefing before the start at 6am. It was dark and misty and so our adventure began in head torches with around 650 other runners and walkers.

It was a very hot and humid day with very little breeze and so the weather proved to be an additional challenge. Seven aid stations positioned around the route provided very welcome places to fuel and fill water bottles before setting off on our way again. At the village of Troutbeck, approximately the halfway point, there was even a pizza van providing food for runners. I have come to the conclusion that ultrarunning is like going on a very long picnic with lots of exercise along the way!

Our route included seven summits and two named Wainwright Fells; Wansfell Pike and Loughrigg Fell. The route included areas of woodland, rocky terrain, villages to pass, and running through the town centre of Ambleside. The Lake District is one of my favourite places to be and so I was in my element in the mountain environment with fabulous views to take my mind off the physical effort of what I was doing. The people that we met along the way were friendly and encouraging, including one family providing ice poles to runners passing the end of their driveway.

Our final two hours were completed in the dark and so again we had to wear head torches. It was a special sight to see headtorches on other runners in the distance and to know that we were not still out alone in the dark. At 10.30pm we completed our challenge with a sprint to the finish line. I was relieved and exhausted but left feeling incredibly proud of our achievement, completing the race in 16:33:02. I was placed 389th out of 542 finishers with 88 participants not completing the event due to injury or exhaustion.

After a second night in our tent, we woke up to very sore legs and feet, ready to make the journey home to Lincolnshire in time to rest and prepare for a return to Spalding High School the following morning.

Did I enjoy the experience? Yes.

Was it difficult? Yes, incredibly difficult.

Would I do it again? Yes, most likely and as the clockwise event in May is the slightly easier route, with quicker finishing times, I would like to improve on my time!

Mrs Schwarz, Head of Main School





Staff News

British Record Breaker!

A massive congratulations to Miss Ashley, Teacher of Maths and the rest of the team from Skydive Langer who, on the 2nd September broke two UK skydive records; the UK record for the most women in a head-down formation and a two-point 10-way formation. Please watch the link below to find out more about this amazing achievement.

Miss Ashley is in the middle in a white helmet. Her parachute has an easy-to-spot red triangle on it.

Watch: Women break upside-down skydive record - BBC News

Summer 2024 Examination Series

GCSE exams will take place from **Thursday 09/05/2024 to Wednesday 19/06/2024** GCE (A Level) exams will take place from **Tuesday 14/05/2024 to Friday 21/06/2024**

The Contingency Day is **Wednesday 28/06/2024**, and there are contingency afternoons on **Thursday 06/06/2024** and **Thursday 13/06/2024**.

These contingency days/afternoons will be used if a significant, unexpected event arises nationally or locally during the exam period such that no students (or a large number of them) are able to take an exam when planned. Students should be available to take examinations up until this date.

The generic timetables are available on the school website and individual student timetables will be issued in late February/early March 2024.

Mrs Smith, Examinations Officer

Sixth Form News

Sixth Form Language Prefects

European Day of Languages

The MFL departments would like everyone to know that Tuesday 26th of September is the European Day of Languages! This is a good opportunity to celebrate diversity and appreciate the beauty of other countries with a wide range of languages and traditions. Save the date and while you are at it, why not try some of the tips below to get the most out of your language learning and strengthen your knowledge:

- 1. Reading books or articles in your chosen language
- 2. Listening to music, watching films or series
- 3. Using flashcards
- 4. Duolingo and other language-learning apps
- 5. Practicing talking in your target language

Look out for a quiz the language prefects are putting together for Tuesday, and happy language learning until then!



Synnove Dallas and Trixie Mayne, Sixth Form Language Prefects

Introducing the Perfect Committees

Events Committee

All the prefects are part of the events committee, and work with some additional volunteers. The events team plan, organise and run school events for a variety of occasions. The events team ran the stalls on Coronation Day, sold the ice creams, decorated with balloons and hung up the bunting. Furthermore, the events team also takes part in open days and evenings, managing the car parks, welcoming guests, guiding seating and being on hand to answer any questions our visitors may have. The events team is planning to work hard and ensure all in-school events run smoothly and effectively over the course of the year.

On the 10th of November, the prefect team has organised a charity games night, involving a pub quiz and a bingo! We would like to welcome in the family and friends of all our students to enjoy a fun evening and raise profits to support the education of girls in developing countries.

Charity Committee

The charity committee works closely with the events team, as many school events raise funds for charity. We help to plan and prepare these events to help local charities and other larger charities that we feel a connection towards. This year, the prefect team has decided to raise funds to promote education for girls in developing countries. As a mainly all-girls school, we understand the importance of education for girls and the impact it has on our lives and we want to help others have this right to learn. One third of girls in developing countries have not attended school, but to open themselves up to new social, political, and economic opportunities, this education can be vital. The funds we raise will go towards buying their schoolbooks, providing schools with sanitary products and more academic materials.

Environmental Committee

This term the environment committee is working with Madame Barats to promote Bag2School, where you can donate your old clothes. As well as raising funds for Spalding High School, it also helps the environment by helping to divert unwanted textiles away from landfill. They 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.

Sixth Form News

Year 13 Geography Fieldtrip

This week, the Year 13 geographers are on an excursion to the Lake District for their fieldwork. We hope they are having a fabulous time and working hard!

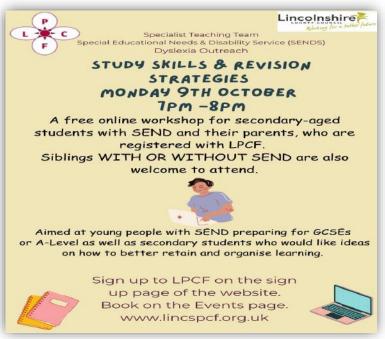


Mrs Rogers, Teacher of Geography

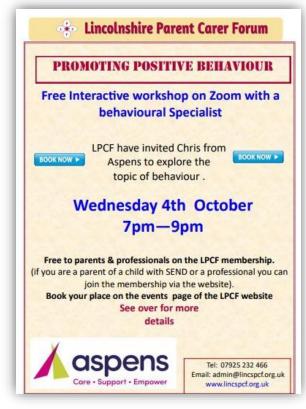
Special Educational Needs and Disabilities

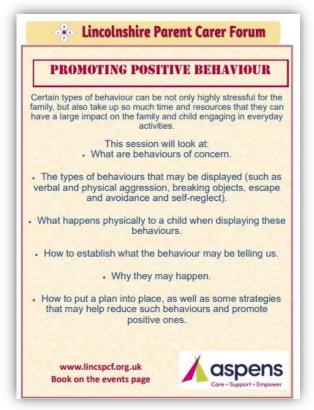
A warm welcome to all our pupils, parents and carers! We would like to advertise two courses run by the LPCF that could be beneficial to both pupils and parents.

The first is a workshop for revision strategies. We often have pupils and parents asking for support with this area. Please join the LPCF, if you have a child with additional needs and access this workshop. It is aimed at supporting pupils with their GCSEs and A levels:



The second course is predominantly for parents/carers to support them with promoting positive behaviour.





As always, if you have any concerns about your child, please do not hesitate to contact us:

Victoria.Hickman@spaldinghigh.lincs.sch.uk

Mrs Hickman, SENDCo (Special Educational Needs Coordinator)

Careers Update

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, with the preparation phase 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.

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 two dates: 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.

Webinar for Parents/Carers - Making it into Medical School

The company 'InvestIN' is an organisation that provides students aged 12-18 with immersive experiences in a range of careers. There is a charge for most of their opportunities but on Wednesday 27th September the company is running a free event for parents/carers of students who wish to get into Medicine as a degree. This event is online and starts at 7pm. The following areas will be covered:

- What you can expect from a career in medicine, including a breakdown of the opportunities and roles
- available
- How students can get a head start through building the key skills required for a job in medicine whilst still at school.
- A breakdown of the medical school application process and expert advice on how students can stand out from the competition.

The registration link is here: Webinar Registration - Zoom

Oxbridge Support for Students

This week I have sent out information to students in Years 12 and 13 about Oxbridge applications. Representatives from the Admissions and Outreach Team, Andrew (Lincoln College, Oxford) and Ellie (Christs' College, Cambridge), will once again be collaborating to deliver webinar sessions specifically for students in **Lincolnshire**, **North Lincolnshire** in early November.

There are 'Introduction to Oxbridge' sessions for Year 12s which include advice about how to prepare during this year to apply to highly-selective universities:

Year 12s: An Introduction to Oxbridge:

- 1 November 2023, 17:00-18:00
- 2 November 2023, 17:00-18:00

These sessions are the same - students only need to attend one but they are strongly encouraged to attend live.

Year 13s – for those who have applied to Oxford or Cambridge

- **6 November 2023, 17:00-18:00:** Interviews Webinar for Year 13 applicants STEM (Sciences, Engineering, Mathematics, Computer Science courses excluding Vet/Medicine)
- **7 November 2023, 17:00-18:00:** Interviews Webinar for Year 13 applicants Medicine, Veterinary Medicine
- **8 November 2023, 17:00-18:00:** Interviews Webinar for Year 13 applicants Social Sciences e.g. Geography, Law, HSPS, Psychology/PBS, Architecture, PPE
- 9 November 2023, 17:00-18:00: Interviews Webinar for Year 13 applicants Arts e.g. English, History, Languages, Classics, Music, Philosophy, Theology, ASNC

Students are encouraged to attend sessions live and there will be temporary recording access for those students who cannot attend. As these sessions are solely for students in the region, this should give them a great opportunity to familiarise themselves with Andrew and Ellie as a contact and friendly face, as well as ask lots of questions.

To guarantee receipt of the joining details before the sessions students are asked to sign up by 30 October.

Full details and the booking form:

Oxford and Cambridge Collaborative Outreach Events in Lincolnshire | Christs College Cambridge

Get into Law Conference

As advertised in previous years, Law Mentor is running an online 'Get into Law' conference for students in Years 10, 11, 12 and 13 with an interest in pursuing careers as solicitors, barristers, or judges. With insights from Judge Emma and a comprehensive agenda, students will gain valuable knowledge about the legal industry.

Virtual Get into Law is on Sunday 1st October, 9:30am - 2pm. Register using the link:

https://lawmentor.org.uk/product/get-into-law-conference/

The cost per entry is £15, which covers administrative and technological costs.

Explore the world of law with a Judge and learn about:

- Realistic insights into law as a career
- Legal myth-busting and empowering you to achieve your dream!
- Application Timeline
- CV, extracurricular activities and transferable skills for law
- UCAS form key components to be aware of
- Personal statement
- Academic Referencing
- Entrance exams: LNAT, Cambridge/Oxford Law Exam and their significance.

Could students please let me know if they register to attend.

Support:

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

<u>Dawn.bushell@spaldinghigh.lincs.sch.uk</u> <u>Lucy.obrien@spaldinghigh.lincs.sch.uk</u>

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 19**th **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





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

Environmental Committee

COMPETITION TIME!

The environmental committee are re-launching our **Ring-pull Collection Project** throughout the school – and we need your help. Our aim (in collaboration with Spalding and Welland Rotary Club) is to collect as many ring-pulls from drinks cans as we can to send to the **Purple Community Fund** charity, who upcycle them into things such as bags, clothing and accessories to help entire communities.

Please watch this <u>video</u> to find out more about where your ring pulls are going - <u>PCF Philippine Community Fund</u> <u>video - YouTube</u>

Click on the link below to find out more about the Purple Community Fund. https://www.p-c-f.org/get-involved/upcycle/

Each form group will need a container to collect their can tabs in. We would like you to **create your own container** as a form from **recycled** materials to be located in your form room as your own collection point. These containers can be any shape, colour and design so get creative! Please email a photograph of your container to Keira Harvey, and the environmental committee prefects will select a winner! The deadline for entries is **Friday 6**th **October.**

Good luck!



Examples of a container design – an upcycled butter container decorated with vinyl off-cuts

Keira Harvey, 6NG