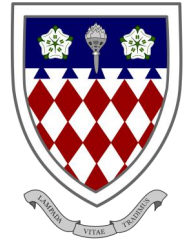


Spalding High School

Weekly Bulletin

28th September 2023



Yesterday we had the pleasure of meeting with our new Year 7 and their parents/carers for the first of this year's Curriculum Evenings. It was great to see such high attendance and we are grateful that parents/carers and students made the journey to school to hear all of the important information we shared. Curriculum Evenings are important for many reasons; they give parents and staff the opportunity to meet and talk and continue to build strong relationships in support of our children and also the chance to explain key priorities and important information for each of the year groups. Understandably, given the national picture at the moment, attendance and updates on the new government regulations was an important theme for the evening and will be covered in each of the Curriculum Evenings this year. Year 7 also found out more about their English, maths and science curriculums for the year together with how to make the most of their experience and top tips for how parents/carers can best help. We also had a presentation on the SIMS parent app, rewards and our assessment and monitoring processes. I would like to thank all the staff who delivered a presentation but also an incredibly sincere "Well done and thank you" to Amreen Clark (7C), Ilana Murtagh (7J), Jessica Smyth-Wood (7N), Darcy Gunter (7P) and Emily Day (7S), the five amazing Year 7 students, who after just four weeks in the school, we able to stand up and speak to a hall full of over 350 adults and children. You were brilliant!

Talking of brilliant...well done this week to Paige and former student Crystalla; it is great to read about your success and well done to Jasmine; they say you learn something new every day and today I learnt something from your report. Thank you.

M K Anderson, Headmistress

REMINDER: Friday 29th September (tomorrow) – 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 tomorrow.

Mrs Ray, Assistant Head



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.

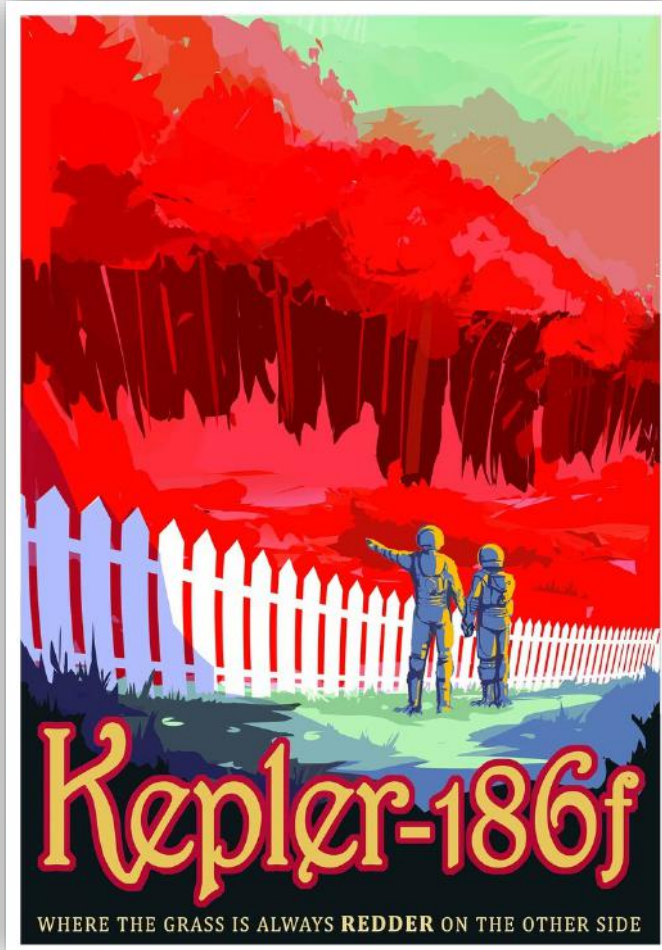
Form	Student	Staff	Reason
7C	Aaleen Zahra	Mrs J Lord	English
7C	Aaleen Zahra	Mrs Wilkins	Art
7N	Florence Wilson	Mrs Aurikko	Science
7S	Edith Pike	Mr Garbett	Music
8N	Ruby Spicer	Mr Fovargue	Computer Science
8N	Emelia Wade	Miss Magnus	Physical Education
8P	Roxy Acton	Mrs Knowles	German
9C	Roxanne Fox	Mrs Neal	Community
9J	Olivia Mumby-Croft	Mrs Busfield	Biology
9N	Julia Furmanczyk	Mrs Anderson	Geography
9N	Sruti Sudhakar	Miss Bailey	German
9P	Jodie Mister	Miss Hammond	Drama
9S	Dara Ajayi	Mr Fovargue	Computer Science
9S	Isla Saterlay	Mr Ganger	Mathematics
10J	Zara-Jayne Odell	Miss Jeffery	English Literature
10J	Abbie Brooke	Mrs Neal	Art
10N	Ava King	Miss O'Sullivan	English
10P	Klaudia Pacholska	Miss White	Physics
11C	Neev Wahiwala	Mrs Bushell	German
11C	Morgan Theyer	Mrs T Waldron	Biology
11J	Alexia Brooks	Miss Parker	Physical Education
11P	Ava Marshall	Mrs Martindale	Biology
11N	Gabriele Kovanaite	Mrs Gregory	Physics
11S	Ellie Rendell	Mr Hemsall	History
11S	Ruby Wilding	Mr Blackbourn	Business
6AB	Synnove Dallas	Miss Ashley	Mathematics
6AB	Maisie Foden	Mrs Bennett	Geography
6AB	Eliza Rudd	Mrs Rogers	Geography
6AF	Ella Lenton	Mr Fovargue	Community
6AF	Matylda Nadolska	Mr Love	Law
6FM	Izzie Hackett	Miss Pettefar	English
6FM	Diana Skarulskyte	Miss Jones	Physical Education
6IW	Sophie Carter	Mrs Rogers	Community
6LH	Abi Gillespie	Miss Chalcraft	Mathematics
6LH	Josie Cotton	Miss Dunbar	Criminology
6LM	Evie Patman	Mrs Bennett	Community
6SC	Chloe Matthew	Mr McAlinden	Business
6SC	Olivia Derewonko	Mrs Nowak	Mathematics
6TD	Gwennan Barker-Smith	Mrs Jones	Classical Civilisation

Celebrating the Individual in Year 9 – Jasmine Bate, 9N

I really like space because there are so many cool stars, planets, and facts that really interest me about it.

I quite like the planet called “Kepler 186f”. I think it is one of the coolest and most awesome planets in the universe! Kepler 186f is a planet that is 580 light years away (or 180 parsecs) away from earth, we can see it in the awesome constellation called “Cygnus”.

NASA Promotion Poster. Source: www.etsy.com



Cygnus Constellation. Source: www.zhaawanart.com



Kepler 186f is also in the Milky Way galaxy. It orbits a red dwarf star called “Kepler-186”, because it orbits a **red** dwarf star (we orbit a **yellow** dwarf star) it is through lots of research from NASA that we believe that Kepler-186f is an almost identical planet to Earth and is a habitual planet for plants, animals, and possibly even humans. The only tweak is that because it orbits a **red** dwarf star, all of the vegetation on that planet will be red, we have a **yellow** dwarf star (that can appear white) to orbit around and all of the blue colour is distributed to the atmosphere, while the red for sunsets, the green is left for our vegetation.

Fun Fact: If Jupiter was 83 times its mass, it would become a brown dwarf star, although this would make us fall out of orbit, I find this fact quite cool!

Student News

Celebrating the Individual in Year 9 – Paige Goddard, 9C

In February 2023, backed by her parents, Paige embarked on a new business venture, an online shop. Paige kicked off her small enterprise by acquiring retro PC games and selling them on eBay. This initial venture, despite the modest profit margins, gave Paige crucial insights into sourcing, listing, shipping and customer service.

Paige set specific weekly listing targets for herself and also explored selling items with higher profit margins. Leveraging her knowledge of fashion, designers, and her insight into current trends from influencers she follows, Paige has successfully established a thriving small business. She's demonstrated an entrepreneurial flair by acquiring designer brands like Phase Eight, Boden, Seasalt, Joules, and Zara for resale. She's also engaged in unique ventures, such as collecting Cumbrian driftwood during vacations and turning them into crafts for sale.

Since launching her venture, Paige has honed her negotiation and sales skills, often building meaningful connections with both sellers and customers before entering into negotiations. Paige now has over 500 listed items and a weekly turnover in the triple figures.

During the summer holidays, Paige was selected to host her own stall at the Teenage Market in Spalding. To find more about Paige's story, please click on the links below.

<https://www.spaldingtoday.co.uk/news/young-entrepreneurs-enjoy-a-good-day-at-teenage-markets-9326072>

<https://www.spaldingvoice.co.uk/young-entrepreneurs-at-teen-market-today>



Music Department

Celebrating our ex Music students

Crystalla studied A Level Music at Spalding High, specialising in composition and performance. She went on to study composition at the Scottish Royal Academy before recently completing her Masters in Composition at the Royal Academy in London. We are thrilled and very proud that Crystalla has recently been accepted as one of the young composers in residence with the London Philharmonic Orchestra for this coming year! This is an outstanding achievement and the orchestra will be giving the world premiere of a new piece by Crystalla in 2025. Please have a read of the LPO page detailing their Young Composer in residence scheme and also Crystalla's composer biography. Many congratulations to Crystalla! You are an inspiration to all of my A Level composition students!

<https://lpo.org.uk/project/young-composers/>

Crystalla Serghiou



Crystalla is a multi-genre Composer, Conductor/Music Director, Singer and Pianist. She recently completed a Masters in Composition at London's Royal Academy of Music. Since leaving Cyprus, Crystalla has fully indulged herself into the UK's music scene, composing and performing for the BBC SSO, Riot Ensemble, CHROMA Ensemble, Edinburgh Fringe Festival, Cheltenham and Dartington Music Festivals, the Royal Scottish National Orchestra's Chorus and Edinburgh Art Festival. Crystalla has received various nominations for a short film, including 'Best Composition,' for the Glasgow Film Festival, British Short Film Awards and Norwich Film Festival 2021.

Her recent work includes composing for percussionist Delia Stevens on Psappha's 'Composing For...' scheme and a wind quintet performed/recorded by the Britten Sinfonia. She recently composed, conducted and adjudicated for the Florence International Choral Festival 2023 and also led her new music ensemble, 'Dias Ensemble,' in the Duke's Hall, premiering six contemporary works to celebrate the Royal Academy of Music turning 200.

Crystalla is currently based in London and is writing a multi-genre 'popera' called 'Chronicles of Millennial Dating,' she is a composer in residence for the London Philharmonic Orchestra 2023 and a Magnum Opus composer for Britten Sinfonia 2023, where she will be composing a Concerto for Jazz, Scat Singer due to be premiered in March at the Barbican.

Sixth Form News

Celebrating Achievement in the Sixth Form - Olivia Harris, 6LM



In February of this year, I received an email from one of my German teachers regarding a two-week summer course in Germany designed for UK students learning German. After looking through the course details and requirements, I found myself thinking, "Why not?" So, I submitted my application.

Fast forward six months, and I found myself aboard a train to Germany, one of 36 students selected from the UK to partake in this extraordinary programme. On August 16th, 12 of us arrived in Langerwehe, in North Rhine-Westphalia. During the course, we stayed with welcoming host families, an experience that initially felt surreal as we climbed into their cars and drove to their homes, mere minutes after our first in-person meeting. Yet, my apprehensions swiftly disappeared, as our hosts proved to be exceedingly friendly and accommodating.

Our weekdays were primarily spent in the Europaschule Langerwehe, the local comprehensive school. We attended an abundance of German lessons during the day and were able to attend classes alongside our host siblings, gaining insights into their school experience. I also very quickly made friends with the other UK students on the trip, and it was so nice having 11 other people who were going through the same thing as me. Several aspects of the German school system surprised me, including their school year beginning in early August and the 7:50 AM start time, meaning lots of early morning bus rides. Their school day stretched until 3:40 PM, giving them a total of nine lessons each day! Over the course of two weeks, we not only created our own podcast but also crafted a presentation in German talking about the differences between life in the UK and Germany, which we were able to present to younger year groups.



As part of the programme, we embarked on numerous day trips to Bonn, Aachen, and Cologne. These excursions were nothing short of awesome, offering us the chance to explore and learn about these cities. My personal highlight was our day in Cologne, where we marvelled at the grandeur of the cathedral and climbed its heights for stunning views. A guided city tour enriched our understanding of its history, while the afternoon provided ample free time for further exploration. I made it a mission to try every possible pretzel flavour I could find. This included salted, cheese, and nougat and almond-flavoured pretzels!

We spent the weekends with our host families and mine had so many fun activities planned. I was able to attend a FC Köln football game and the atmosphere was awesome! There was smoke, flares, chanting and they even brought their goat mascot on to the pitch. I was also able to visit the Michael Schumacher Carting Centre and was able to race a fully engine powered cart against so many other people! (Admittedly I crashed quite a few times).

This immersion experience not only deepened my appreciation of the German language and culture but also afforded me many opportunities to improve my conversational skills with my host family. Another amazing thing about this trip is how many new friends I have made from Germany and different parts of the UK. Reflecting on this time, I am exceedingly grateful that I took the leap outside my comfort zone and applied for this programme – it undoubtedly stands as one of the most amazing experiences of my life.

SHS Notices

PSHE

Spalding High School is a member of Spalding Community Alcohol Partnership (CAP). CAP is a multi-agency group including local schools, Lincolnshire Police, supermarkets and other organisations which discuss issues surrounding young people and alcohol.

Whilst substance misuse, including but not limited to alcohol, is covered as part of the school curriculum, the role of parents in supporting young people to make well-informed and responsible choices is critical. You may find the video available by scanning the QR code useful in starting those conversations with your child. More detailed information can also be found at <https://alcoholeducationtrust.org/parent-area/>



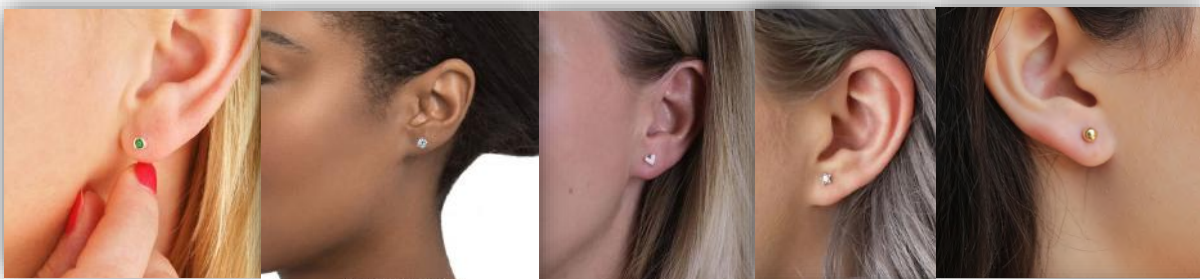
Mr Hemsall, Head of History & PSHE

Pastoral

We have noticed that a number of students have begun to wear 'pimple patches' in school. Everyday Health recommends that: *'To use pimple patches, first clean and moisturize your face as normal. Then apply the sticker to your pimple and wear it overnight. Then wash your face as you would during your normal morning routine'*. Please note the instruction to wear pimple patches overnight and then remove in the morning. It is not necessary for students to wear these to school and they will be asked to remove them.

A number of students have been bringing glass bottles and lunchboxes into school. Unfortunately, this has resulted in some breakages and broken glass on site. Fortunately, nobody has been hurt but broken glass can be very dangerous and so we ask that students bring only plastic or metal lunchboxes and drinks bottles.

This academic year we have noticed an increase in students wearing inappropriate earrings to school. The school uniform rules state that: **'pupils may wear one watch, one small ring, one small necklace (underneath the shirt) and one pair of small stud earrings in the earlobe. Facial piercings, tongue studs, upper ear piercings (or in any other part of the ear), are not allowed, including retainers. No other jewellery is permitted. In PE lessons absolutely no jewellery, without exception, may be worn.'** Details can be found in the student planner. If students are wearing large studs in their lobes, they will be asked to remove them. No upper ear jewellery is permitted including clear retainers. If a student is in breach of this rule, they will be asked to remove them. Thank you.



The Pastoral Team



In celebration of World Mental Health Day, we will be inviting all staff and students to help us raise money for the charity Young Minds by taking part in #HelloYellow, whereby people wear something yellow to raise awareness for mental health issues. All students need to do is wear one item of yellow clothing or more as part of a non-school uniform day on Friday 6th October, making a £1 donation where possible. Students are not obliged to wear yellow, it is fine to wear normal non-school uniform and still make a donation.

However, we look forward to seeing as many students wearing yellow as possible, and embracing the spirit of the day. Last year we were delighted to have raised £909.53 for the charity YoungMinds, whose aim is to make sure that children and young people get the best possible mental health support and have the resilience to overcome difficulties. We would encourage you to look at the wealth of information and support about mental health available on the Young Minds website: <http://youngminds.org.uk> Finally, if you are at all worried about your child's mental health and/or emotional wellbeing, please do not hesitate to contact us. Many thanks, as always, for your support. We hope with your support we can make this year our brightest #HelloYellow yet!

Mrs Hickman, SENDCo.

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.

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.

Lincolnshire Training Hub – Future Pharmacist and Future Nurse Events

For students from Year 9 upwards interested in pharmacy or nursing there are two online information events coming up – Future Pharmacist – 12th October 7.00-8.30pm and Future Nurse – 8th November 7.00-8.30pm. Please see the attachments with this newsletter.

Here is the link to register:

<https://www.lincolnshiretraininghub.nhs.uk/training-and-events/futures-programme/>

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

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 (Christ's College, Cambridge), will once again be collaborating to deliver webinar sessions specifically for students in **Lincolnshire, North Lincolnshire and North East 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 **30th October 2023**.

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.

IBM – Apprenticeships Webinar

IBM is holding an insight webinar on 17th October 6.30-7.15pm for students in Years 10-13 and their parents/carers. There will be members of the recruitment team and current apprentices taking part.

Here is the registration link:

Microsoft Virtual Events Powered by Teams

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

Life as a Solicitor Apprentice at Dentons

Dentons is holding an insight webinar on 21st November 6.30-7.15pm for students in Years 10-13 and their parents/carers. Find out about the programme, applying and support on offer for apprentices.

Here is the registration link:

Microsoft Virtual Events Powered by Teams

[Success at School's University Guide for Parents/Carers](#)

Success at School's informative guide about applying to university is now available for parents/carers to download.

[**Get Your Downloadable 2023/24 Parents' University Guide \(successatschool.org\)**](#)

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

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.

Mrs Smith, Exams Officer

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



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

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 video to find out more about where your ring pulls are going - PCF Philippine Community Fund video - YouTube

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 6th October.

Good luck!



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

Keira Harvey, 6NG