



Useful Dates

- 30 Sep Year 11 GCSE PE Rock Climbing Course
- 3 Oct National Poetry Day
- 3 Oct Year 11 GCSE PE Rock Climbing Course
- 4-7 Oct Year 11 Berlin Trip
- 7 Oct Year 12 Drama Assessment Evening
- 9 Oct Year 7 & 10 Settling In Evening
- 10 Oct Year 12 & 13 Geography Fieldwork
- 10 Oct Mini Elections NKDC
- 11 Oct Year 12 & 13 Geography Fieldwork
- 11 Oct Year 10 & 11 Languages & Engineering Event

Dear Parents/Guardians,

Welcome to our second edition of the newsletter this academic year. Now students are accustomed to their two week timetable and have hopefully got back into the rhythms of the school week I am delighted to share with you (on page 3) a copy of the clubs and activities timetable for the Autumn terms. Students were able to find out all about each club this Wednesday at our annual Freshers Fayre. Do ask your daughters what they signed up for and encourage them to attend. We place a lot of emphasis in school on personal development and know that some of students' fondest memories of school come from what they have done outside of lessons. Some students have even ended up choosing careers based on an interest that was first sparked in a lunchtime or after school club. Teachers give willingly of their own time to run these clubs and I hope you agree there is something there for everyone!

Kind regards,

Mrs J Smith

Head of School

NEPAL VISIT

Over the summer, we were fortunate enough to visit Nepal with the organisation 'Global Action'. Whilst we were there, we were presented with many opportunities to develop our skills in teamwork and communication as well as our

understanding of other cultures.

Over the course of the first few days we stayed in the centre of Katmandu. We spent this time exploring the city and its many historical attractions and absorbing all of the culture it had to offer. On our last day in the city, we attended a presentation provided by the Department for International Development (DFID) at the British Embassy. Here we learnt about the important work that they do to help provide aid to the people of Nepal following the catastrophic natural disasters which have taken place in the country over recent years.



We then travelled to Pokhara and stayed with a Tibetan community whilst we completed our community project. During this time, we helped to construct a water tank for a local school; providing them with access to clean, drinkable water. Whilst in Pokhara, we also had the opportunity to visit the International Centre for Integrated Mountain Development (ICIMOD) where they work to secure a better future for the people and environment of the Himalayan region. We were able to hike around the area and take note of the measures they are taking towards a more sustainable future. On our final night, we held a talent show to thank the community for housing us. The local women performed a traditional Tibetan dance and we organised a range of acts.



Once our community project had been completed, we headed off to complete our trek. Whilst this was one of the most physically challenging parts of the trip, it was also one of the most rewarding. We were fortunate to travel through the rainforest and see the natural beauty the country had to offer.

On our final day in Nepal we attended a meditation workshop within a monastery and learnt about the importance of Buddhism within local culture and different Buddhist traditions. We then spent the remainder of our time back in Kathmandu exploring the city before finally heading home.

Grace (12A)



KSHS Clubs and Activities Timetable



Autumn Terms 1&2 –2019

	Club	Location	Time	Year Groups	Staff
Monday	French Clinic	L3/L4	12.40	11	Miss Beckitt/Mr Shivas
	Poet's Corner	M11	12.50	7-13	Miss Walters
	Project X STEM club	S9	12.40	8	Mr Norris
	Netball	Courts	12.40	8&9	PE
	Volleyball	Sports Hall	12.40	10&11	PE
	Silver Arts Award	K15	12.40	9-12	Miss Cartwright
After School	Trampoline	Sports Hall	15.45	All	PE
	Netball	Courts	15.45	7-9	PE
	Silver Arts Award	K15	15.45-17.00	9-12	Miss Cartwright
	GCSE/A Level Art Club	K20/K14/K15	15.45-17.00	10-13	Art Staff
Tuesday	Modern Foreign Languages club	L3	12.40 (week 2) 13.00	7-13	Mr Rooke
	Drama Club	Drama studio	13.00	7-9	Mrs Thomas
	Kids Lit Quiz	Library	12.40 (week 1)	7-8	Ms Natley & Mrs Gibson
	Geography Film Club	C3	12.40 12.40	7-13	Sixth Form Mrs Collett
	Music Composition	Music	13.00	7-13	Mrs Kasperczyk
	Netball	Courts	12.40	10-11	PE
After School	Football	Sports Field	15.45	7-9	PE
	Netball (fixtures)	Home or away		All	PE
Wednesday	Food Club	Food room	12.40	7-9 (12 max)	Mrs Pankhurst
	Lego League	S9	12.40 and 3.45	7-11	Mr Norris
	Robotics				
	Dress A Girl	M4	12.40	7&8 (20 max)	Mrs Fleming
	D of E	D of E Office	12.40	9-13	Mrs Walker
	School Council	C3	12.45	7-13	Sixth Form+ Mrs Collett
	Biology Club	S1	13.00 (Oct onwds)	7	Sixth Form
	Senior Choir	V2	13.00	7-13	Music
	Show Choir	V1	13.00	7-13	Music
	Dance	Dance Studio	12.40	7&8	PE
	Football	Sports Field	12.40	10&11	PE
Photography Club	K20	12.40	7	Sixth Form	
After School	Squad Football	Sports Field	15.45	All	PE
	Food Club	Food Room	15.45-17.00	All (20 max)	Mrs Pankhurst
	Library Reading Club	Library	15.45-16.30	7-9 (15 max)	Mrs Gibson

Thursday	'Find Your Voice' - Public Speaking competition	V5	13.00-13.30	7-12	Mrs Smith
	Girls' News Team (GNT)	M9	12.45-13.15	7-13 by application	Ms Natley
	Board Games Club	C2	12.50	7-11	Mrs Livingstone
	School Band	K15	12.40	7-13	Miss Cartwright
	Bronze Arts Award	V1	13.00	7-9	Mr Mitchinson
	GCSE Trampoline	Sports Hall	12.40	GCSE PE	PE
	Netball	Courts	12.40	7	PE
	Gymnastics	Sports Hall	12.40	7-11	PE
After School	Netball League	Home or away	15.45	7-11	PE
	Basketball (Week 2 only)	Sports Hall	15.45	10&11	Mr Martino
	4 th Sleaford High school Guides and Rangers	Drama Studio	16.00-18.00 (term time)	Guides Yrs. 7-9 Rangers Yrs. 10-13	Mrs Dye
Friday	Psychology Club	M5	13.00	7-11	Mrs Brooks
	Sewing Club	M4	12.45	9-13 (15max)	Mrs Fleming
	Computer Science	CO1	12.45	10-13	Mr Mulligan
	Catch-up/Support & Cyber Discovery				
	Match Prep	As required	12.40	All	PE
	Running Club	Sports Pitch	12.40	7-13	Miss Duffy
	Badminton	Sports Hall	12.40	7-13	Mr Rooke
After School	Basketball (Week 1 only)	Sports Hall	15.45	10-11	Mr Martino
Each Day	Library Captains	Library	One lunchtime per fortnight for each captain	7-11	Mrs Gibson
After school	Homework Club	Library	15.40-17.00 Monday to Thursday and 15.40-16.30 Fridays	7-13	Mrs Gibson/Mrs Oswald

DUKE OF EDINBURGH AWARD – DATES

30 September 2019

Deadline for all level D of E registrations – please return the forms and ensure parent pay payment has been made.

2 November 2019

Training Day 1 for all Bronze Year 9 and Year 10 students and Direct Entry Silver and Gold students to be held at KSHS.

7 December 2019

Training Day 2 for all Bronze Year 9 and Year 10 students and Direct Entry Silver and Gold students to be held at KSHS.

Mrs M Walker
Duke of Edinburgh Co-ordinator



My Annington Challenge Experience

During the summer holidays I was lucky enough to be selected as one of 65 children across the country to take part in The Annington Challenge. This is an outward-bound course run by The Outward Bound Trust for children and young people from military families to help improve confidence, self-esteem, resilience, communication and self-belief.

My adventure was to be held at Aberdovey in Wales for a week and started by meeting at Birmingham International train station for our 4 hour bus journey to the centre. Before I left, I was worried about making friends but a packet of sweets helped break the ice and soon we were all sharing stories and having a laugh on our journey to the centre.

The challenges we faced during the week included jetty jumping into the Dyfi estuary, canoeing, rock climbing, a gorge scramble in the Welsh Mountains, different team building activities, orienteering and finishing off with a two-day hiking expedition camping in the mountains when it did not stop raining for 48 hours!!

The activities were lots of fun but challenging and pushed us out of our comfort zone but we all supported and encouraged each other to conquer our fears.

This was an experience I will never forget and if there was one lesson I have taken away it is to believe in myself and I would encourage anyone who gets the opportunity to do something similar and give it a try.

Bethan (9W)



Geography News:

On Wednesday and Thursday last week the Year 11 Geographers headed to Hunstanton to carry out fieldwork data collection for our GCSE. We spent the morning exploring the town, carrying out traffic surveys and asking the locals and business owners if they thought the town should be pedestrianised. In the afternoon we carried out physical geography fieldwork by measuring groyne and pebble size. This was to answer our enquiry question 'How effective are the groynes at managing longshore drift in Hunstanton?'

We enjoyed watching Miss Watts lob oranges into the sea to see in which direction the sand was moving. Mrs Livingstone, in her wellies, struggled to get them out

which was hilarious!

My fellow Geographers and I had a great time on the beach. We were lucky that the weather was amazing and that we were allowed ice cream. We now have to present our data and analyse and evaluate it in preparation for the Paper 3 exam next June.

Alex Bond (11A) and Mrs Livingstone (Subject Leader Geography)



Careers News

As part of Sixth Form enrichment Year 12 students are allocated the last week of the summer term to attend a Work Placement.

Students are encouraged to find their own placement as if they were 'applying for a real job', and I am always amazed at some of the placements they are able to secure.

Here are two accounts by students from July 2019 placements.

Legal Work Experience in the USA - Osi Oriaku

After a good amount of time searching and searching across Lincolnshire, and the UK, for work experience in a legal firm, I lost hope as I failed to find any that would want to take me on for their course. However, this disappointment was short-lived, for my Dad soon came to inform me that he had found work experience in Dallas, Texas. This came as a shock, particularly considering the fact that I had struggled so much initially to find secure work experience. Despite this, this unexpected news brought a wave of excitement, and the idea that I was to complete this experience abroad, and in America of all places, was so surreal to me that I don't think it ever actually sank in. Unsurprisingly my teachers and friends were shocked when I told them that I was to do my work experience in the States. I feel so fortunate to have received the opportunity to get to know to such a great extent about the legal system in the US, and Texas of all places, a state in the US with one of the most complex judiciary systems, and notorious for its use of capital punishment.

Upon my arrival in Texas, I believed that it would just be the anticipated experience for law in which I would be assigned a few tasks and admin to complete in the law office, and not much else. However, it was so much more than this. I was so excited when, throughout the week, I received the opportunity to go to the Texas Supreme Court and witness legal proceedings take place regarding divorce and criminal cases; as my employer tried to make negotiations with his clients; and 4-hour long divorce mediations. Inevitably, there was the obligatory office work that I had to complete, but I equally had the chance to attend my employer's consultations, and talk to the clients that he was working on cases for. While in court, I even got the chance to take pictures with different Texan judges, sheriffs and lawyers which was something I never thought I would have had the chance to experience. I never realised how enriching the experience would be abroad, and considering the fact I'm passionate about doing law in the future, this was the perfect opportunity to see what it would be like in a different country.

BFI Film Academy Lincoln - Gwen Butcher

Nearing the end of my first year in Sixth Form I, like many other Year 12 students, had the opportunity to complete a week of work experience. Initially, I struggled to find a placement as I was so focused on finding companies rather than individuals but when I utilised my previous contacts I was able to secure work experience with the leader of the Lincolnshire branch of the BFI Film Academy. I found this week eye opening as it gave me an insight into a self-employed working environment and the amount of work required to organise projects. I was involved in making the website for a new film festival as well as preparing a brief to attract sponsors and venues to participate which included a

timetable with possible events and screenings. Due to this week I am now able to help out permanently with the projects I helped plan and organise on my work experience including the launch of a brand-new film festival in Lincoln.

There were, of course, many other kinds of work placements experienced, including;

Lincoln Visitor Information, primary and secondary schools, vets, local Council departments, National Trust, Inspire + for Sports, various hospital departments; medical shadowing, Radiology, Nursing, Physiotherapy, Stroke Team, and research at Addenbrooke's Hospital in Cambridge.

Every placement will have been a valuable experience for students, which is why we will be continuing this for 2020.

Current Year 12 Students

Current Year 12 students will be expected to secure a placement for themselves for 13th - 17th July 2020, this may seem quite a way off, however the best placements will always be secured first, it is never too early to start making enquiries.

All Work Experience placements are Health & Safety checked before students are permitted to attend, we therefore request that students have their applications in by Easter 2020.

Students are also permitted to volunteer during enrichment time on Wednesday afternoons.

These placements are also subject to Health & Safety checks and should not be taken without prior arrangement with me.

Take Your Daughter to Work Day

May I take this opportunity to thank those parents/guardians who have already arranged for their daughter to accompany them on the 'Take Your Daughter to Work Day on 6th January, and ask that if possible, acknowledgments are received by 25th November via WEDUC, as to whether your daughter will be taking part.

Thank you.

Mrs P Hunter

Careers Lead and Sixth Form Administrator

pauline.hunter@kshs.uk



MAKE YOUR MARK

Each year students have the opportunity to vote in a country-wide survey for the topics of discussion and campaign for the Youth Parliament who meet once a year in the House of Commons. There are always a variety of topics for them to consider before they 'Make their Mark' and the results are sent off to the Youth Parliament to be added to the other 1.1 million votes from across the country. More information about the Youth Parliament can be found on their website: <http://www.ukyouthparliament.org.uk/>.

The Make Your Mark votes have now been counted and the results are in:

UK-wide issues:

Protect the environment = 433

Votes at 16 = 97

Tackling hate crime = 47

UN Convention on the rights of the child = 32

Welcoming refugees = 89

Devolved issues:

Curriculum to prepare us for life = 49

Tackling child poverty = 112

Mental health = 143

Stop street harassment = 20

Put an end to knife crime = 377



Mr L Rooke

PSHE Co-ordinator

Spotlight on Sport

Sisters 'n' Sport Netball National Cup – U14
KSHS vs Loughborough High School



The girls turned out in their new kit ready to face Loughborough High School on Thursday 12th September, playing their first fixture in this new National Netball competition. As many of our local competitors had decided not to enter we were faced with a challenging match in the first round. The girls started strongly, matching Loughborough goal for goal in the first quarter and although feeling the pace of the game in the break were happy with the start they made. The second quarter saw Loughborough take control; with their tall shooters able to receive the ball without much difficulty and their fitness playing a big part. It took our girls until the final quarter to have more impact on the game; they kept up the fight throughout but started playing to their strengths and scored more goals bringing their total up to 21. Although they lost the game 54-21 there was lots to learn; they have already started working on their fitness levels in training and training together to develop their team work will help them in the next game as part of the SNS Plate Final.

Results				
Age Group	Opposition	Date	Results	
Netball			Score	Place
Under 14	Loughborough High School	@ Northgate Sports Hall Thursday 12 th	21-54	Lost
Year 8	SWRHS	Home Thursday 19 th September	11-10	Won
Year 8	Walton	Away Thursday 26 th September	Postponed	
Year 9	SWRHS	Home Thursday 19 th September	34-10	Won
Year 9	Walton	Away Thursday 26 th September	Postponed	
Year 10	Priory	Home Tuesday 10 th September	8-11	Lost
Year 10	SWRHS	Away @ Tuesday 17 th September	21-9	Won
Year 11	Priory	Home Tuesday 10 th September	50-3	Won
Year 11	SWRHS	Away @ SWRHS Tuesday 17 th September	15-12	Won



Year 8 Netball Team



Year 9 Netball Team

Upcoming Fixtures		
Age Group	Opposition	Date
Netball		
U14	KSSA tournament	Thursday 10 th October @ St George's
Year 8	KGGS	Monday 14 th October @ KGGS
Year 9	KGGS	Monday 14 th October @ KGGS
Year 10	Walton	Tuesday 1 st October @ Walton

Year 10	St George's	Thursday 3 rd October @ home
U16	KSSA tournament	Thursday 10 th October @ St George's
U16	Oakham School	Tuesday 15 th October @ Oakham
Year 11	St George's	Thursday 3 rd October @ home
Football		
Under 15	English Schools Football (ESFA) Association v Spalding High	Thursday 3 rd October @ Spalding High
Under 13	English Schools Football (ESFA) Association v John Ferneley	Tuesday 1st October @ home

Football			
KS3	St. Georges Ruskington	Away @ St George's Ruskington Wednesday 18 th September	Postponed



Year 10 Netball Team



Year 11 Netball Team

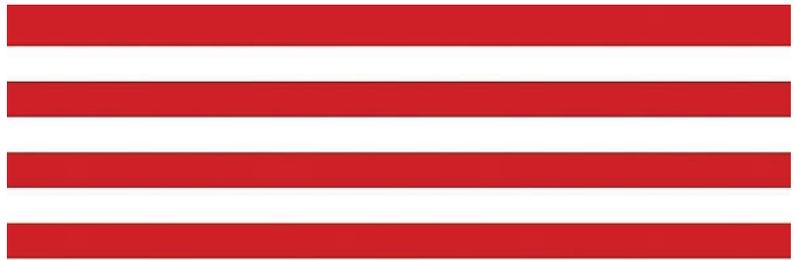


Mrs Hunt Lincoln City Football

In August Mrs Hunt finalised her discussions with Lincoln City Women by signing with the club. Lincoln City Women will compete in the FA Women's National league and face opponents such as Wolves and the New Saints.

Lincoln City Women play at Ashby Avenue and you can follow their fixtures on social media.

Good luck Mrs Hunt!

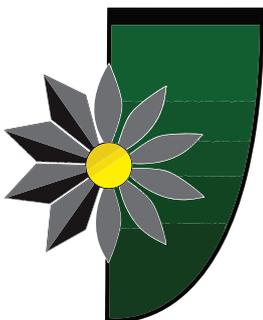


GROWTH MINDSET NOMINATIONS

9TH to 20th September 2019

Staff are invited to nominate students who have demonstrated a Growth Mindset in the past few weeks. This might have been in lessons, in clubs, in tutor time or simply around school.

Please note we already award bi-annual subject badges and merits for good academic work, effort and improvement. These Growth Mindset nominations recognise those who show resilience (academic or otherwise); who aren't afraid to get things wrong and learn from it; those who have a go, take themselves out of their comfort zone or show that even if a task is tough they will persevere.



Subject area	Student being nominated	Tutor Group	Staff nominating
Applied Science	Rebecca Hebden	12A	Mrs L Cook
Biology	Jessica Read	11L	Mrs L Martin
Biology	Ruby Rutherford	11L	Mrs L Martin
Biology	Lauren Whitehead	11W	Mrs L Martin
Computer Science	Ash Edwards-Stuart	10A	Mr S Mulligan
Computer Science	Marija Lukjanova	10L	Mr S Mulligan
D & T	Madeleine Banks	7MC	Mrs B Fleming
D & T	Freya Dinsdale	7BM	Mrs B Fleming
D & T	Keira Gandy	8F	Mrs B Fleming
D & T	Lydia Holder	7KDU	Mrs B Fleming
D & T	Ellie Vasquez	7SFE	Mrs B Fleming
English	Maddie Parsons	10L	Ms A Nately
English	Ruby Rutherford	11L	Ms A Nately/Mr J Cassidy
Form time	Amelia Tidy	9W	Mrs L Cook
French	Molly Burrell	11A	Mr A Shivas
French	Poppy Norris	11L	Mr A Shivas
German	Anna Harrison	7KDU	Mr A Shivas
German	Isabel Lee	7KDU	Mr A Shivas
German/Geography	Becky Creedon	9A	Mr L Rooke
German/Geography	Maddy Freeman	9F	Mr L Rooke
German/Geography	Bethan Hingley	9W	Mr L Rooke
German/Geography	Elizabeth Walford	9W	Mr L Rooke
Mathematics	Eleanor Mears-Sagoo	7KDU	Mrs H Renard



Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'



ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faultless and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how we care for ourselves.

AIRBRUSHING

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or erasing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



FILTERS

Filters applied to manipulate a photograph are another way of creating a delusion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.

APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.

MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



Safety Tips for Parents

QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- How often do they talk about their physical image in a negative way?
- Do they often talk about wanting to gain comments and 'likes'?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering app's.

DON'T GO COLD TURKEY

Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of themselves.

BE COMPLIMENTARY

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.

DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self-image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.

WHEN TO GET HELP

If your child becomes overly despondent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them. <https://www.bacp.co.uk/search/Therapists> <https://www.themix.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves

Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

