



Useful Dates

18-22 Nov	Year 12 Formal Assessment Week
18-28 Nov	Year 11 Mock Examinations
21 Nov	Year 12 & 13 Psychology Trip - Warwick University
21 Nov	Year 13 EP Conference - Cambridge
21 Nov	Year 8 Project X
27 Nov	Music Trip - 'We Will Rock You'
29 Nov	Year 11 PSHE Day

Dear Parent/Guardian,

We have noticed that some students are arriving at school earlier and earlier in the morning. Some even prior to 08.00. Whilst we appreciate that some students arrive on buses and cannot determine their time of arrival at school, others who come on foot or who are given lifts need not arrive much before morning registration at 08.45. We do have a breakfast club on Wednesdays, Thursdays and Fridays where students can buy breakfast to eat in the dining room from 08.15 until 08.40 but apart from that parents need to be aware that there is only passive supervision of students available before the start of school.

Your support in this matter is much appreciated.

Mrs J Smith
Head of School

RAYTHEON QUADCOPTER CHALLENGE

On 30th October 8 students from Year 9 took part in the Raytheon Quadcopter Challenge. This regional final was a whole day event, taking place after months of preparation. The students' journey began in June, when they started building a quadcopter drone. Once the drone had been built, students continued to meet on a weekly basis to modify their quadcopter in order to maximise performance. Along with the physical drone, several hours had to be spent to programme the quadcopter and fine tune settings to improve the stability of flight. Students showed real perseverance in overcoming many setbacks; from multiple broken legs to random rotations in the drone's flight.

Each region was given a country to represent with their quadcopter, the country assigned to our region was Finland. The students decided to name their team 'Convallaria Majalis', also known as lily-of-the valley, which is Finland's national flower.

On the regional final day, Convallaria Majalis had to fly their drone through two obstacle courses in a timed run. Teams also had to deliver a presentation about the design of their drone, problems they had to overcome and how their quadcopter could be used in their given nation.

A massive well done to participating students who did a fantastic job representing the School!

Mr S Norris
Teacher of Physics
& STEM Leader RCT



ARTS AWARD SUCCESS



10 students from Years 8 and 9 have recently passed their Bronze Arts Award through attending Art Club one lunchtime a week.

The students have been exploring a variety of art techniques in pursuit of their award, including technical drawing, printmaking and portraiture to name a few. They have also been to visit art exhibitions and events in Lincolnshire and beyond, such as the Museum of The Moon exhibit at The Collection in Lincoln. The culmination of the award is to deliver short art workshops to fellow students, passing on the skills and knowledge they have gained through the award. Each student completed a portfolio of work, which shows the significant progress they each made over the course.

Congratulations go to:

- Amy (8F)
- Jessica (8L)
- Brooke (9A)
- Maddie (9A)
- Agatha (9L)
- Hannah (9L)
- Harriet (9L)
- Charlotte (9F)
- Isobelle (9F)
- Ola (9W)



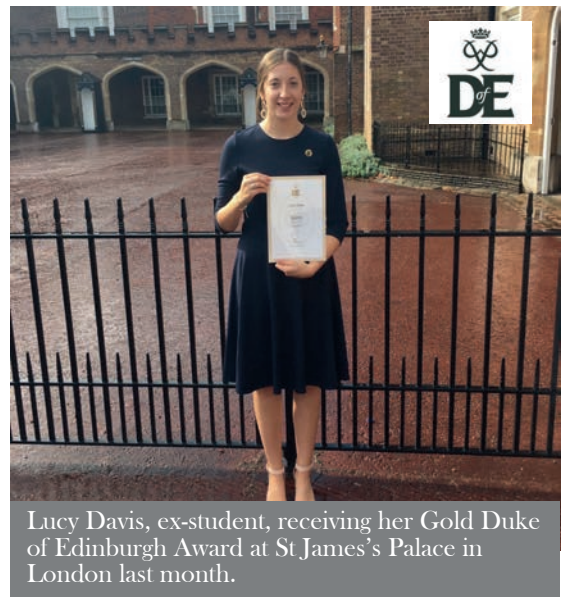
Miss E Cartwright
Art Technician

DUKE OF EDINBURGH AWARD

Reminder

Saturday 7 December (at KSHS) – 8.45am start
Training Day 2 – all Year 9 and Year 10 Bronze plus Silver/Gold direct entry students

Mrs M Walker
Duke of Edinburgh Award Co-ordinator

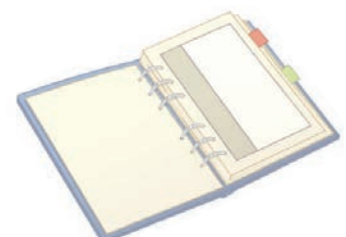


Lucy Davis, ex-student, receiving her Gold Duke of Edinburgh Award at St James's Palace in London last month.

STUDENT PLANNERS

We have spotted an error in this year's student planners which parents should be aware of. Our apologies for the error.

23 November 2019 is not a training day for staff at KSHS this year. The next staff inset day is Monday 6 January 2020.



Smack That – A Conversation (Domestic Violence Performance)



Beverly is having a party, it is a party to celebrate surviving the long-lasting effects of domestic violence.

- *1 in 4 women will experience domestic abuse in their lifetime.*
- *The most common age for a woman to be in a domestic abusive relationship is between the ages of 16-24.*
- *In Britain 1 woman is killed by their partner or ex-partner every 3 days.*

Beverly would like to invite you to join us for our production of 'Smack That – A Conversation' on Wednesday 4th December 6.30pm at Kesteven and Sleaford High School.



This hard-hitting play is based on the stories of real-life domestic abuse survivors and aims to highlight and educate the audience on the importance of speaking out and standing up for women all over the world. The performance also allows audience members to participate and be brave, to stand united with other women that have experienced some form of domestic abuse in their lives.

This performance is a bold, uncensored account of abuse combining both movement and speech to tell the emotive true stories. The performance is more suited to a 16+ audience due to its hard-hitting themes, however if KS4 students wish to attend they

would be welcome to with permission from parents. Be advised that there is some offensive language and sexual themes throughout.

This event is open to the general public and all proceeds from ticket sales will be donated to the local Domestic Violence Organisation EDAN (Ending Domestic Abuse Now in Lincolnshire) who will be at the event to show their support and help on the night.

Limited tickets are available and must be purchased before the event so please book now to avoid disappointment. Tickets are available from school reception. You will not be able to buy tickets on the door. The cost of the Ticket is £5. We hope you can join us. If you have any questions please do not hesitate to contact Mrs Thomas at

Tracy.Thomas@kshs.uk





UNIVERSITY OF
LINCOLN

The University of Lincoln is currently running a mental health support project which will focus on working with schools and colleges to support young people as they move either into Higher Education, further education or simply into the next stage of their life after school. Wellbeing advisors from the university are running sessions at schools and colleges across the region, concentrating on providing tools and strategies for self-care pre entry to university, further study or work, aiming to prepare young people for the stresses of independent living which can often lead to problems with mental wellbeing. The digital team based at the university are also working with young people to produce a range of videos, vlogs and blogs produced by young people for young people. All content is free to view and accessible to all, and can be accessed via the university's Student Life page <https://studentlife.lincoln.ac.uk/>

If you would like more information about the project please feel free to contact the Project Manager, Cate Neal cneal@lincoln.ac.uk

'Take Your Daughter to Work Day'

The letter below was sent out via WEDUC to Parents/Guardians of students in Years 7-11 during September. Thank you to those who have already replied; this is a polite reminder to those who have not.

This is a really worthwhile opportunity for students to experience a real working environment!

At the High School we are keen to give our students opportunities to prepare for a successful transition from education to employment, helping them to identify and choose career opportunities that are right for them.

One of the 8 new Gatsby Benchmarks for careers in all schools encourages students to have meaningful encounters with employers and employees every year. With this in mind we would like to ask that wherever possible, your daughter accompanies you, a member of your family, or family friend to work on Monday 6th January 2020 as part of the 'Take your daughter to Work' Scheme. This would otherwise be a school training day.

A short questionnaire will be given to your daughter to help her make the most of this experience and it will also include an opportunity for the employer to comment on how they feel the encounter was met by the student.

We hope you will agree that this is an extremely worthwhile exercise and give your full support to the day, though we realise that liaison with relevant employers will be necessary.

Please advise school by 25th November, to confirm whether your daughter will be taking part and the area of work she will be experiencing.

If I can be of any assistance please contact me on pauline.hunter@kshs.uk
Thank you for your co-operation.



Spotlight on Sport

County Netball

Well done to the U14 and U16 Netball teams who took part in the County Finals last weekend. Both teams played some tough and very close games to place 4th and 5th.

U16 Futsal Champions

Congratulations to the U16 Futsal Team who came first in their KSSA tournament.

Kesteven and Sleaford Schools Cross Country

A fantastic effort from all runners who entered the Kesteven and Sleaford Schools Cross Country competition at Belton, Grantham. The weather was particularly challenging which made the course especially demanding.

A number of runners will progress to the County Final held in the new year. Congratulations to Poppy (7APO) who came first in her race.



Cross Country Team Years 7 to 11



Year 7 1st Place

Results				
Age Group	Opposition	Date	Score	Place
Netball				
U14	County Final	Saturday 9 th November @ Skegness		4th
U16	County Final	Saturday 9 th November @ Skegness		5th
Football				
U14	ESFA Beckett School	Tuesday 5 th November @ Beckett School		Postponed
U16	ESFA St George's Academy	Wednesday 6 th November @ St George's Academy	Won	6-0
Futsal				
U16	KSSA tournament	Thursday 7 th November @ St George's Academy	Won	1st
Cross Country				
All years	KSSA schools	Tuesday 5 th November @ Belton House, Grantham		

Upcoming Fixtures		
Age Group	Opposition	Date
Netball		
U14	SNS Plate Competition	Wednesday 20 th November @ Carre's
Football		
U16	West Bridgford	Monday 18 th November @ West Bridgford
Futsal		
Year 9	KSSA tournament	Tuesday 19 th November @ St George's Academy
Gymnastics		
All years	KSSA	Sunday 8 th December @ Priory Academy, Grantham

Staff Sporting Success

Mrs Hunt, as part of the Lincoln City Ladies Football Club, continues with her success. The team are now in the next round of the FA Cup after a challenging game against Leek Town. They will face West Bromwich Albion away on Sunday 1st December.

Good luck Mrs Hunt and Lincoln City Ladies.



Sleaford Girls' Rugby

A number of KSHS students attend Sleaford Rugby Club every Wednesday from 7.15pm to 8.30pm. They train with their female coach who is a qualified coach and received a young achievers award for her work with girls at the club.

In training you can expect to practice drills to learn how to go to ground without hurting yourself, tackling drills with the pad, rucking which is where we practice pushing the tackle pad to keep ground and we also practice passing the ball in a diagonal line.

The training group has grown from 4 to 22 girls in six months and this weekend we have our first tournament.

Rugby encourages body confidence, physical strength and fitness and it's really good fun. We have lots of laughter and have made lots of new friends. Size doesn't matter here, we need girls of all different sizes, strength and speed to build our team.

Please come along to try it out for yourself.

Olivia Burgess (7MC)



'Sadfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. The term was created at the beginning of the year by a blogger using the term to describe certain celebrities who embellish their emotional difficulties to generate sympathy and gain more followers. The term has now gained traction and is seen as a growing trend on social media. The challenge with sadfishing is that sometimes real problems can become overlooked or young people can even be bullied for having shared their problems online.

What parents need to know about SADFISHING

ATTENTION NEEDING

This is sometimes also called attention seeking. The urge to belong is universal. Everyone seeks attention. The feeling of belonging and knowing that others are thinking about you is part of what it is to be human. As the use of social media has grown, the opportunity for attention is enormous but this sometimes comes at a price. Positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction (dopamine) that is caused by gambling and recreational drugs. This reaction reinforces a behaviour and for minimal effort, a young person is rewarded with dopamine and attention.

SHOWING VULNERABILITY

Being vulnerable and oversharing can sometimes lead young people open to being groomed online, offering predatory social media users an opportunity to gain their trust by offering sympathy. A Digital Awareness UK report includes the case study of a teenage girl who, after posting about her depression online, was approached by a friend of a friend who shared their experiences and later ended up pressuring her to send him explicit pictures.

OVERSHARING

Oversharing is the act of revealing too much personal information. When young people share too much about their feelings or problems they are often desiring very much to connect and belong. In order to gain more attention and likes a young person might be tempted to overshare their feelings beyond a normal face to face conversation. The challenge with this is that the young person is sharing personal thoughts and feelings with people they do not know and the support they gain back is 'unregulated' and might be very unhelpful.

BULLYING AND DISAPPOINTMENT

According to Status of Mind report by Royal Society for Public Health UK, social media platforms are a useful tool to maintain or build on real world relationships, improving mental health and wellbeing. When young people do share their feelings and worries online, they are seeking emotional support from others. However, whilst some friends may comment and like a post to be helpful, other friends may accuse the post of 'sadfishing' and trying to gain attention, ultimately making the situation and feelings about themselves worse.



Safety Tips For Parents

A CULTURE OF OPENNESS

Maintain and commit to having a culture of openness at home where your child can express their feelings without judgement, and you acknowledge their world and current difficulties. Support your child to navigate growing up in a world with social media and their developing sense of self.



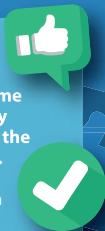
ASK MORE THAN ONCE

Being a parent of a teenager means a constant negotiation between keeping them safe and letting them go. If their behaviour has changed or they have a prolonged bout of low mood or stress, let them know you are there for them when they are ready to talk. Sometimes this may mean asking them more than once. This gives them the message that you are there for them and that they are not alone.



POSITIVE ATTENTION

Provide opportunities during the week for time together. Teenagers sometimes prefer side by side conversations like going out for walk, at the dinner table or driving in the car somewhere. Regularly commit time to a family evening together where you can share time and/or an experience together like a home movie and popcorn, a game (even an online game which may be suitable), shopping or cooking.



PROMOTE HEALTHY FACE TO FACE RELATIONSHIPS

Where possible, help your child maintain healthy relationships with friends who are helpful and supportive. This may mean inviting them over regularly, providing transport to and from activities with the group of friends, or helping your child organise activities. Spend time helping to encourage healthy, supportive face to face relationships.



TALK ABOUT THE IMPORTANCE OF BOUNDARIES

Discuss the consequences of oversharing, particularly on social media. Maintaining a healthy privacy outlook is important when we are perhaps sharing our feelings with people who are not known to us. But as friendship and trust develop, it is healthy to share more information and talk more openly.



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.

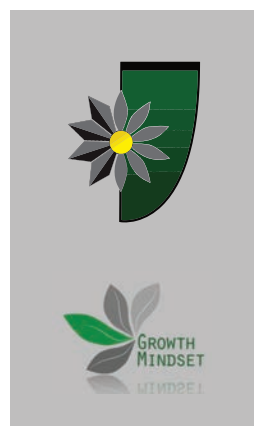


GROWTH MINDSET NOMINATIONS

28th October to 8th November 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
Biology	Ruby Coates	9F	Mrs L Martin
Biology	Isabelle Hanwell	9F	Mrs L Martin
Biology	Emma Johnson	9F	Mrs L Martin
Biology	Isabel Lyle	9F	Mrs L Martin
D & T Food	Emily Sadler	10L	Mrs J Pankhurst
D & T Food	Erin Taylor	7SFE	Mrs A Hodson
D & T Textiles	Nusaiba Al-Yasa	7MC	Mrs B Fleming
D & T Textiles	Anna Anisimova	7MC	Mrs B Fleming
D & T Textiles	Lois Ayres	7MC	Mrs B Fleming
D & T Textiles	Lydia Holder	7KDU	Mrs B Fleming
D & T Textiles	Chloe Mulhall	9L	Mrs B Fleming
D & T Textiles	Madalain Oates	9L	Mrs B Fleming
D & T Textiles	Heather Owen	9L	Mrs B Fleming
D & T Textiles	Mia Owen	9L	Mrs B Fleming
D & T Textiles	Imogen Parkinson	7APO	Mrs B Fleming
D & T Textiles	Milly Parkinson	9L	Mrs B Fleming
English	Mia Zadora	9W	Ms A Natley
French	Ellie Carleton	11A	Miss A Beckitt
French	Jessica Nunn-Wright	10W	Mrs L Samworth
French	Izzy Parkinson	11L	Miss A Beckitt
French	Amelia Shaw	10W	Mrs L Samworth
French	Mia Shoreman-Lawson	11L	Miss A Beckitt
French	Amelia Taylor	10W	Mrs L Samworth
Geography	Josephine Cobb	7BM	Mrs S Livingstone
Geography	Sophia Dale	9A	Mrs S Livingstone
Geography	Sophie Munks	7APO	Mrs S Livingstone
German	Nawaal Aasim	8A	Mrs L Samworth
German	Amelie Collier	9L	Mrs L Samworth
German	Katie Watt	8W	Mrs L Samworth
Pastoral	Flo Birkby	7MC	Mrs J Pankhurst
PE	Madeleine Banks	7MC	Mrs J Stacey
PE	Olivia Cepelak	7BM	Mrs J Stacey
PE	Molly Drayton	7BM	Mrs J Stacey
PE	Anya Hand	8F	Mrs J Stacey
PE	Abi Harrison	8F	Mrs J Stacey
PE	Anna Harrison	7KDU	Mrs J Stacey
PE	Marith Leafe	7KDU	Mrs J Stacey
PE	Ella Marshall	11F	Mrs J Stacey
PE	Eve Marshall	8F	Mrs J Stacey
PE	Holly Marshall	9L	Mrs J Stacey
PE	Harriet Mcilwaine	9L	Mrs J Stacey
PE	Sophie Monaghan	7KDU	Mrs J Stacey
PE	Verity Nevitt	10L	Mrs J Stacey
PE	Jess Newlin	8L	Mrs J Stacey
PE	Katherine Norton	8L	Mrs J Stacey
PE	Milly Pepper	10L	Mrs J Stacey
PE	Natasha Priestley	8L	Mrs J Stacey
PE	Poppy Purbrick	7APO	Mrs J Stacey
PE	Amy Reed	9L	Mrs J Stacey
PE	Sophie Robinson	8L	Mrs J Stacey
PE	Hannah Speight	11W	Mrs J Stacey
PE	Grace Tanner	7SFE	Mrs J Stacey
PE	Lily Threapleton	7SFE	Mrs J Stacey
PE	Isobel Turner	10W	Mrs J Stacey
PE	Lottie Wells	10W	Mrs J Stacey