



NEWSLETTER

Useful Dates

- 14 Feb LAST DAY OF TERM
- 13-16 Feb Year 12 & 13 Art Study
Visit to Paris
- 13-17 Feb Year 12 & 13 SJSF
Iceland Trip
- 24 Feb FIRST DAY OF TERM
- 24-28 Feb Year 13 Mock Exams
- 25 Feb Year 10 Geography Trip to
Birmingham
- 5 Mar World Book Day
- 5 Mar Year 8 STEM Day
- 5 Mar Year 9 Parents' Evening

Dear Parent/Guardian,

At the end of a busy term three I am delighted to share with you photos of our Headteacher's subject award winners for the first half of the year. As well as students in each class being nominated by their teachers for a subject badge, we award Headteacher's award badges to any student nominated in four or more subject areas. Subject and Headteacher Award badges are awarded for a range of reasons but primarily for commitment to learning which might present itself as fantastic effort, improvement in a subject over time, contribution in lessons or high quality work. Badges do not simply go to the highest scorers in assessments. Congratulations to all of our students who have earned themselves a badge this time. The next round of awards are presented in the end of term Junior and Senior Prizegiving ceremonies in July and December.

Kind regards,

Mrs J Smith
Head of School



Year 7



Year 8



Year 10



Year 11

ROTARY 'YOUTH SPEAKS' COMPETITION

Congratulations to Hope, Nancy and Hannah who competed in the District semi-finals of the Rotary 'Youth Speaks' competition with their speech entitled 'You will never see yourself as others do'. As chairperson, speaker and vote of thanks they impressed the audience with their insights into the effects of social media on young people's well-being.

Intermediate teams from 5 other local schools took part, speaking in front of an audience of parents, teachers and local Rotarians. My thanks go to our local Rotary club for their support and sponsorship of the event.

Mrs J Smith
Head of School



DUKE OF EDINBURGH AWARD

All Year 9 and Year 10 Bronze students should have completed both training days consisting of:

- Introductions to Expeditions
- First Aid
- Navigation and Maps
- Kit
- Packing and Tents
- Nutrition and stove safety



If your child missed either date for training they need to complete catch up sessions at DofE club on Wednesday lunchtimes or the Drop In day.

All training must be completed by the date of their practice expedition!

- Dates:
- Saturday 7 March
 - Saturday 14 March
 - Saturday 21 March
 - Saturday 4 April & Sunday 5 April
- Bronze Kit Issue and Check Day at KSHS
Silver Kit Issue and Check Day at KSHS
D of E Drop-In Day at Northgate Sports Hall
Bronze Year 9 Training Expedition

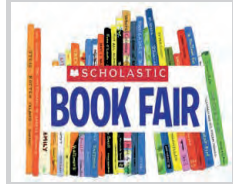
Mrs M Walker
Duke of Edinburgh Award Co-ordinator

LIBRARY NEWS...

Preparations are well under way for World Book Day on Thursday March 5th. This year the Library is holding a sponsored read, with all monies raised going towards new books for the school Library. Students will be asked to log how much reading they do each day from Monday 2nd to Sunday 8th March, and in addition to the sponsorship money raised, Usborne Books will donate up to 60% of the total in extra free books for our school.

- Students wishing to participate in the sponsored read can collect further details, a sponsorship form and reading log from the library.
- World Book Day tokens will be distributed to students during the first week in March.

The Scholastic book fair will be returning to the school from Wednesday March 25th. This popular pop-up book shop event provides students with the opportunity to select and buy the very latest in teen fiction and non-fiction, as well as stationary items including diaries and book journals. World Book Day tokens can be redeemed towards the cost of a book. The Fair will run in the Library during breaktimes, lunchtimes and after school until Wednesday 1st April.



The Library encourages students to contribute their views on which new books to add to our shelves. We have a suggestions book on the Library counter where students can add their recommendations. A diverse and accessible collection is vital to help develop lifelong readers, and student recommendations help the collection to expand each year as both new and classic titles are added.

I hope that your daughter enjoys supporting the Library events during this busy time, and that their reading opportunities continue to be enhanced by using the school Library.

Mrs C Gibson
Learning Resource Centre Manager

Spotlight on Sport Student Sporting Success Bethan (9W) – County Rugby



On Sunday 2nd February, I went with a few of my team mates to Newark Rugby Club for NLD trials. NLD is County Rugby which is one team that represents Nottinghamshire, Lincolnshire and Derbyshire.

There were 78 girls from all three counties who were fighting to get one of the 30 spaces available. I trialled for winger and we did lots of drills on passing, tackling and mini games of touch. The event was three hours long and we played a large game at the end to decide who would go through.

I made lots of new friends from this amazing experience. My parents told me the news that I had got onto the 2020 squad. I am really looking forward to being part of the squad and hope my Rugby skills will improve from this.



Anglian Schools Cross Country Championships

Huge congratulations to Hazel Williams (12A) who came 7th and Poppy Purbrick (7APO) who came 51st representing the County at the Anglian Schools Championships on Saturday 1st February at Witham Park, Boston.

Results			Score	Place
Age Group	Opposition	Date		
Volleyball				
U16	KSSSA tournament	Monday 3 rd February @ Carre's Grammar School		Team A = 2 nd place Team B = 4 th place
Dodgeball				
Year 8	KSSSA tournament	Wednesday 5th February @ Carre's Grammar School		2nd
Futsal				
Year 9	KSSA Tournament	Thursday 30 th January @ St George's Academy		4th

Upcoming Fixtures

Age Group	Opposition	Date
Netball		
Year 7 A & B	St George's Academy	Thursday 5 th March @ St George's
Year 8	St George's Academy	Thursday 5 th March @ St George's
Year 9	St George's Academy	Thursday 5 th March @ St George's

Sophie (7APO) - National Tour Tennis

Congratulations to Sophie who has reached her goal of being accepted into a grade 2 National Tour 12u tournament (as she did at 10u). She has been accepted as one of 48 girls into the February half term National Tour in Bath.

This is an extremely high standard of tournament, which will provide an excellent opportunity for Sophie to play against some of the best girls Nationally within her age group.

Good luck Sophie!



SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

 **National Online Safety**
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna 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.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)