



Useful Dates 11.06.21

- 7 - 18 June Year 7, Year 8 and Year 10 Assessments
 - 11 - 14 June DofE Year 11 Girls Bronze Assessment
 - 18 - 21 June DofE Year 9 Girls Bronze Assessment
 - 21 June Year 7 Virtual STEM morning
 - 22 June Year 5 Taster Day 1
 - 23 June Year 5 Taster Day 2
 - 23 June Year 7 (September 2021) Induction Evening (7A & 7F)
 - 24 June Year 8 and Year 9 HPV Vaccinations
 - 24 June Year 7 (September 2021) Induction Evening (7L & 7W)
 - 25 June Year 7 (September 2021) Induction Day
-

Dear Parents/Carers

Finally, some great weather which makes our continued safety measures and the encouragement for students to be outside a joy! You'll see from this bumper edition that the second half of the summer term brings with it both new opportunities and some long-awaited restored ones for students. I hope you find the combination of news, celebration and advice both helpful and indicative of brighter days to come for all our young people.

Mrs J Smith
Head of School

Mathematical Challenge

The Junior Mathematical Challenge is a 60-minute, multiple-choice competition aimed at students across the UK. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. The problems on

the Junior Mathematical Challenge are designed to make students think. Most are accessible, yet still challenge those with more experience.

209 pupils in Years 7 and 8 participated in this year's competition online as a homework task in April and can now access their results by logging in to challenges.ukmt.org.uk. This is a great opportunity to see which questions they got right and how many points were received in total. This year the certificate thresholds were 73+ Gold, 57+ Silver, 45+ Bronze. Well done to everyone who participated; you will all be receiving your certificates shortly. We are incredibly pleased that 35 pupils will receive Bronze Certificates and 33 pupils will receive a Silver Certificate. The following pupils will all receive a Gold Certificate and will be invited to participate in the follow up Pink Kangaroo Challenge online: Emma Hardy (Best in Year 7 and Best in School), Isabel Lee (Best in Year 8), Emma Arthur, Beatrice Page, Lydia Holder and Katie Smith-a massive congratulations to them all and good luck for the next round!

Mrs K Brown
Second in Mathematics



Rangers/Guides



It has been fantastic to be back in face to face meetings since the start of last term. Rangers on a Tuesday and Guides on a Thursday.

As lockdown restrictions changed, we were able to end last term with a small award ceremony for the Guides. Four took their Guide promise Evie-Sioux 7W, Charlotte 7W, Rikku 7F and Libby 7F. Rosie 8KDU and Rem 8BM received their Guide Bronze awards and the top award of Guide Gold was presented to Hannah K 9F and Katy 9F both of whom have put in lots of hard work and dedication over the last year to achieve this before moving on to Rangers. Congratulations to all of you.

Lots of the Rangers have shown their commitment too and are continuing to attend meetings even though they have completed their Grade Validation Assessments and are no longer in school during the day, it is great to still see them all every week.

Mrs R Dye
Unit Leader
4th Sleaford High School Guides
Sleaford Rangers



Duke of Edinburgh (DofE) Award



The Robert Carre Trust Duke of Edinburgh Award expedition season 2021 is well underway after a difficult start to the year.

In May we managed to get the Year 9 students out on their day walks and training consolidation in and around the Sleaford area. The weekend was one of two halves with rain and cold weather on the Saturday for the KSHS students and beautiful sunshine for the CGS students on Sunday.

We then took the Year 10 students to Sherwood Forest and surrounding area for their hybrid Silver practice and Bronze assessments (kept strictly within their year group and school bubbles) also in May.

Whilst most people were having a quiet half term, preparations were being made for the run of seven weekends in a row starting on the 11 June to continue this season.

We have the Year 11 KSHS hybrid Silver practice and Bronze assessment first followed by the Year 9 assessments all in the Sherwood Forest area. We then change areas in July to complete Silver assessments for the Year 10 and Year 11 students in the Lincolnshire Wolds. Finally, also in July we have a hybrid Gold practice and Silver assessed for the Year 12 students and Gold assessed for the Year 13 leavers both in the Yorkshire Dales.

A huge thankyou to the wonderful RCT DofE staff volunteer team without whom we could not achieve what we are particularly during this difficult 18 months.

The opportunity for these students to get out in the fresh air and countryside to complete something positive is so beneficial for their mental wellbeing and development of independence, teamwork and social skills. A piece of normality in this challenging time.

I am thrilled to have enabled in the region of 300 students with their expedition section (despite the delays as a result of Covid) with many of them completing Bronze and Silver, or Silver and Gold this 2021 season.

Furthermore 110 students who chose not to take part in the expeditions have completed a Certificate of Achievement, offered during this unprecedented time by the Duke of Edinburgh Award to recognise the hard work of students in completing a Volunteering, Physical and Skills activity (which is three quarters of a full award) at any level.

Congratulations to all involved and a huge welcome to the Year 8 students currently registering to do their Bronze award and others registering to continue their Duke of Edinburgh Award journey in 2022.

Mrs M Walker
Duke of Edinburgh Co-ordinator RCT



08/05/2021 16:23

Spotlight on Sport

Double Dutch Skipping

Students have been able to participate in double dutch skipping sessions within their PE lessons and during break times with 'Dan the Skipping Man'. They have learnt new skills in how to jump, move in and around using various techniques including how to turn the ropes properly. A fun and fantastic cardiovascular activity for all.

The link below gives more ideas and tuition to continue learning double dutch.

https://www.youtube.com/channel/UCT2lvLLh4lOcmc1_zwOCYw/playlists



7L enjoying their double dutch PE lesson

National Schools Rowing – Neve and Connie (both 12L)

The girls, (Neve, Stroke and Connie, Bow) were racing in the girl's National Schools' Championship double sculls at Dorney Lake, Windsor over the Bank Holiday and finished with the Bronze medal out of 39 entries. This was an even more remarkable achievement as they were racing in the 18-year-old category. They are now looking to compete at Henley Ladies and Henley Royal Regatta later in the summer. Good luck girls!



Lincolnshire Schools Golf Competition

Sophie 9L

Sophie represented KSHS at the Lincolnshire Schools Golf Competition on Monday 7 June. She had a fantastic round playing below her handicap and came 2nd in the girls' competition.

Sophie has been asked to be a Girls Golf Rocks ambassador at Sleaford Golf Club. Well done, Sophie!





LIBRARY NEWS

The Library is celebrating PRIDE month throughout June. The Year 10 Library Captains have been busy creating a colourful display from existing and brand-new LGBT+ fiction and non-fiction. Inclusivity and diversity are important cornerstones of our school library and all our students must be able to see themselves reflected in the books they have access to. The library collection is always expanding and evolving with resources selected to engage and reflect all our students.

SHELF HELP - Our non-fiction selection that **Helps You to Be You** is a comprehensive collection of resources from which students may find some answers to the many questions they can have regarding growing up; gender, addiction, mental health, family issues and more. Collaboration with our Student Support Team is vital in curating this collection and signposting students towards it.

GENERAL FICTION - Students spend many happy hours browsing and borrowing from the large fiction section. For those students less confident with book selection the dedicated library staff are always on hand to listen and make suggestions. Matching a student to the right book really does improve and channel an individual's reading journey, but also embeds a longer-term love of reading, not only good for mental health, but also proven to increase successful learning outcomes.

YOUNG ADULT - From here books are aimed at Year 10 and above, students in younger year groups may obtain parental permission to choose from this section, which contains more adult themes. All our students are encouraged to recommend books to each other and a buzz around a book will always start with a recommendation. Our Year 12 Enrichment Book Club are fantastic advocates for reading, borrowing and recommending, and have recently contributed to the expansion of the LGBTQ+ collection.

HOW TO FIND A BOOK WITH LGBT+ THEMES?

Our collection is inclusive so there isn't a separate section for LGBTQ+ books..... just look for the rainbow on the book spine.

TWINNING OPPORTUNITIES

Sleaford and District Twinning Association are keen to encourage students to take part in visits and hospitality.

Sleaford is twinned with a small town near Lille and another near Berlin.

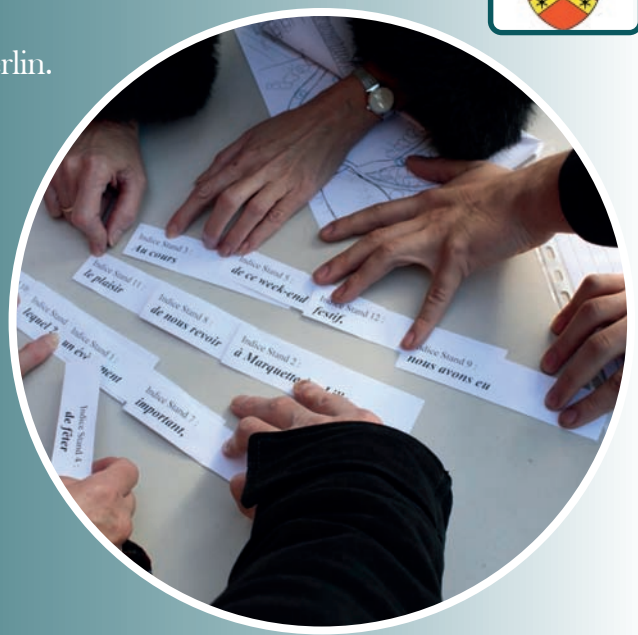
In "normal" times the Association visits each country and receives visitors once a year, thus providing fabulous opportunities to practise French and/or German. As the Association stays in each other's homes they learn those all-important phrases and customs which bring the language alive.

Over the years groups of young people have taken part in organised music, sport and language visits but the Association wants to encourage individual students to come on an adventure with us.

Email: sleafordtwinning@gmail.com and a real person will get back to you

Jan Mathieson

Chairperson - Sleaford and District Twinning Association





Online Support

There is great anticipation about the 21 June: this might be a step towards normality, however, the effects of the last year will continue and Lockdown has been difficult for many of us for a variety of reasons. In full Lockdown things might have felt more certain or predictable, as the rules were clearer. But now that Lockdown restrictions are easing things might feel less clear, and there may be new challenges. It can feel stressful when things are changing.

For under 18's who may be feeling overwhelmed, they can ring HOPELINEUK. <https://www.papyrus-uk.org/hopelineuk/> HOPELINK is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide.

Alternatively, students can text YoungMinds Crisis Messenger service and a counsellor will talk things through with them. The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If they are experiencing a mental health crisis and need support, they can text YM to 85258. Finding the right support is important, especially if they need someone to talk to straight away. They aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to them and help them think more clearly, enabling them to know that they can take the next step to feeling better.

For over 18's I would like to signpost a really helpful resource from SilverCloud. The SilverCloud 'Space from Covid' programme is made up of six modules. Each module provides clinically backed support for trouble sleeping, coping with stress, developing mindfulness, financial worries and experiencing grief and loss. SilverCloud is offering this service completely free of charge and for anyone to use. The average module takes 30 minutes to complete and is accessible 24/7 from a smartphone, tablet or computer. You can sign up at the following link: <https://www.silvercloudhealth.com/uk/landing-page/space-from-covid>

The following link takes you to some videos for all sorts of tips on exercise, sleep and how to take care of yourself on social media (particularly important for Young People).

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

There is also a guide in this newsletter about Textme. The guide contains some useful considerations for parents/carers and support on how you can help your child protect themselves online. In this edition of the newsletter I have also included a 'What's on in June' poster from KOOTH. I mentioned Kooth in the last newsletter and Kooth offer Children and Young People a range of online support. Young People need a safe and welcoming space to explore their mental health needs. Commissioned by the NHS, Local Authorities, charities and businesses www.kooth.com provides anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, they provide end to end support whatever the need.

Our Student Wellbeing Survey Findings

In May we asked our Young People to complete a wellbeing and perceptions survey. We have read all their responses and identified some common themes. We asked: "What has gone well for you since you have been back in school?" Many students responded saying they were happy to be back in school, that seeing their friends and doing well in class was a really positive experience. They said they felt safe in school and that whilst COVID has disrupted their lives they were feeling more confident about the future. There were many positive comments about relationships with others. Students were asked "What challenges do you feel you have had since returning to school?". Many talked about the challenge of the longer day in comparison to the January - March Lockdown as well as finding revision a stressful element. They also talked about difficulties with keeping up with homework. There were many valuable suggestions about how the school could help students with some of these challenges and we will be exploring how some of the comments could be put into practice.

Being Active and Self Care

Over the past month we have focussed on being active in our Wellbeing Wednesdays. This has included sharing with young

people a range of ways to become more active in their everyday lives. We have encouraged students to really consider their 'self' care. It's fair to say the past few months haven't been easy, and many of us are feeling uncertain or anxious about the future. There are many things we can all do to look after our mental wellbeing and taking any time you can for self-care is massively important, especially now.



Mrs D Collett
Assistant Headteacher - Pastoral and Wellbeing

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about TEXTME 13+

TextMe is a free texting and calling service. Users can send texts, voice messages, pictures and videos to any phone number in more than 40 countries. The app is free and available to install on any Apple or Android device. On registration, it assigns a 'new' mobile number to each user, effectively making them anonymous. TextMe is not recommended for children below 13 years old but there is currently no way to determine a user's actual age: children under 13 could easily bypass this age criteria since no verification is required to download the app.

Visible Location

Like many communications apps, TextMe has a feature which allows users to share their location with other people. This function presents a risk if children are not careful about who they share their whereabouts with. It would make it much easier, for instance, for online predators to establish roughly where a child lives and - even more dangerously - discover their current location.

Protection for Predators

Messages and phone calls using TextMe cannot be traced. Indeed, texts and calls made through the app do not even appear on an itemised phone bill. This means that not only can children communicate with other users without their parents knowing, but also if they were to be approached by a predator via the app, it would be difficult for even the authorities to establish the offender's identity.

Exposure to Advertising

Users can earn points on TextMe by watching adverts, completing surveys or playing games within the app. Points can then be exchanged for extra calling minutes or more messaging credits. The desire to accumulate points could result in children spending longer hours on the app and heighten their exposure to advertising content; some of which isn't always age appropriate such as dating websites and dieting products.

Anonymous Users

Users are allocated a 'new' phone number on joining TextMe, separate to any they might already have. This creates a potentially dangerous degree of anonymity, rendering it impossible to know exactly who your child is chatting with. The feature could facilitate online bullying, harassment or sexting, while some people are concerned that it essentially turns any device into a burner phone - often used in illegal activities.

In-App Purchases and Subscriptions

TextMe is free but does also offer a premium subscription service which removes adverts and unlocks extra calling minutes. The subscription renews automatically on expiry, potentially meaning a rolling charge. Additionally, there is a range of bundles available as in-app purchases for increased minutes and extra text credits, which children could easily purchase inadvertently.

Advice for Parents & Carers

Keep Locations Private

Try to help your child understand why using TextMe to share their location might not be safe. Even sending it to a genuine friend from their everyday life could be hazardous if they're in a group chat which also includes people they don't really know. In general, it's important to explain to your child that revealing their whereabouts to someone they have only spoken to online is never a good idea.

Set Spending Limits

Given that TextMe offers numerous options to buy extra minutes and text credits, or take out a premium subscription, it would be wise to set your child a spending limit in advance if you do decide to let them download the app. Alternatively, you could remove any payment methods that are linked to their device, so they cannot make in-app purchases - either deliberately or unintentionally.

Monitor Digital Wellbeing

TextMe actively encourages users to fill in surveys, play games and watch adverts to earn themselves more credit for calling and texting. This can easily result in children spending an unhealthy amount of time on the app. Should you allow your child to download TextMe, you might first want to establish restrictions on how long they can use it for each day.

Discuss Online Dangers

It may be wise to discourage children from downloading digital messaging apps given the lack of transparency. However, if you do feel that your child is mature enough to use TextMe, it's safest to talk to them about the possibility of predators contacting them through the service. Make sure they know to tell a trusted adult immediately if a stranger asks for personal details or invites them to meet offline.

Leave, Block and Report

If you discover that a young person is in a group TextMe chat that is making them uncomfortable, or they have been added to a group they do not want to be part of, encourage them to leave. There is an option to block any user who is sending them unwanted messages (swipe on that conversation, tap 'More' and then 'Block'), while any instances of harassment can also be reported via email.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



SOURCES: <http://go-textme.com/>, <http://www.textmeinc.com/>, https://textme-www-assets.s3.amazonaws.com/docs/privacy-policy/privacy_policy_v27.html, <https://apps.apple.com/gb/app/text-me-second-phone-number/id514485964>, https://textmezendes.com/hc/en-us/mobile_site=1c15e, <https://hushed.com/reviews/textme-app-review/>

- FREE EVENT -

UK university & apprenticeship search virtual fairs

Wednesday 16th June
12pm - 6pm

NORTH

 Universities
Colleges and
Apprenticeships

 10
Live Webinars

Register here



<https://ukunisearchnorth.vfairs.com>

GROWTH MINDSET NOMINATIONS

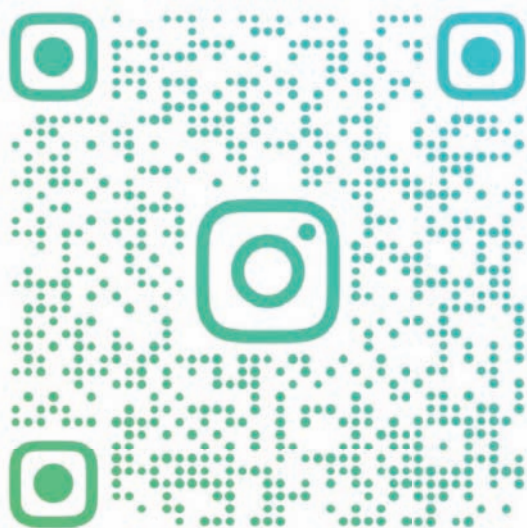


Staff are invited to nominate students who have demonstrated a Growth Mindset in the past few weeks. This might have been in lessons, in clubs, in tutor time or simply around school.

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
Art	Scarlett Nelson	9L	T Milnes
Art	Emma Purkis	9L	T Milnes
Athletics Club	Alice Bailey	8MC	J Stacey
Biology	Eleanor Webster	9W	L Martin
Business Studies	Eleanor Burrell	12A	L Moncur
Business Studies	Liv Hampton	12F	L Moncur
Drama	Zofia Aitken	10A	T Thomas
Drama	Alice Constantine	9A	T Thomas
English	Emily Chambers	10A	N Willers
English	Kara Gardner	10F	C McMeel
English	Milly Parkinson	10L	C McMeel
English	Poppy Carleton	7A	C McMeel
English	Jordane Radford	7A	C McMeel
English	Imogen Glenn	7F	N Willers
English	Lydia Heppell	8KDU	C McMeel
English	Margot Mack	8KDU	C McMeel
English	Sophie Stankley	9W	C McMeel
English	Rosa Vickers	9W	C McMeel
French	Eloise McTiernan	7L	A Beckitt
French	Martha Nelson	7L	A Beckitt
Geography	Charlie Blair	10A	S Livingstone
Geography	Gracie Palmer	12A	D Collett
Geography	Lottie Geary	12CGS	D Collett
Geography	Emily Bell	12L	D Collett
Geography	Lydia Jones	8KDU	S Livingstone
German	Penny Meadows	8APO	A Shivas
German	Emily	8APO	A Shivas
German	Mallory Barnatt	9A	L Rooke
History	Florence Fields	10F	B Mapletoft
History	Izzy Wright	10W	B Mapletoft
History	Emma Arthur	7A	B Mapletoft
History	Elsie Avis	7A	B Mapletoft
History	Chloe Blyth	7A	B Mapletoft
History	Imogen Clifford	7A	B Mapletoft
History	Lilly Rose Harris	7F	B Mapletoft
History	Grace Evans	8BM	B Mapletoft
History	Tabitha Goode	8BM	B Mapletoft
History	Lucy Stocker	8KB	B Mapletoft
History	Willow Townsley	8KB	B Mapletoft
ICT	Elsie Avis	7A	B Mapletoft
ICT	Chloe Blyth	7A	B Mapletoft
ICT	Libby Hampshire	7F	B Mapletoft
ICT	Lilly Rose Harris	7F	B Mapletoft
Maths	Aneeka Manocha	10F	H Renard
Maths	Niamh Evans	7L	K Brown
Maths	Martha Nelson	7L	K Brown
Maths	Jess Newlin	9L	K Duffy
Music	Amelie Hickinbottom	7F	H Kasperczyk
Music	Merry Lawson	7F	H Kasperczyk
Physical Education	Aine Wooltorton	10W	M McGann
Physical Education	Eva Abdallah	7A	J Stacey
Physical Education	Phoebe Harrison	7L	J Machin
Physical Education	Grace Durrant	9A	M McGann

Thanks to the increasing number of parents/carers choosing to follow us on Twitter. If you have yet to join in please follow us @KSHSSA and like and retweet our news.



KESTEVENANDSLEAFORDHIGHSCHOOL

You can also follow us on Instagram by either clicking or scanning this nametag.