Kesteven & Sleaford High School

NEWSLETTER

www.kshs.uk

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Useful Dates 25.06.21

w/c 28 June	Year 9 progress grades to parents/carers
28 - 29 June	Sixth Form Induction
30 June - 1 July	Year 12 Formal Assessments Part 2
3 - 6 July	DofE Year 10 Girls Silver Assessment
5 - 9 July	Open Week

Dear Parents/Carers

If you have been following us on Twitter @KSHSSA you will have seen how pleased staff and students are to have welcomed Year 5 and Year 6 students into school this week for our Taster days and Induction day. From screaming jelly baby experiments in Science to sunny physical activity sessions we hope that visiting primary pupils had a great time with us and were able to imagine themselves being High School students. For me, it was super to finally meet the parents/carers of our new Year 7 intake for September too, at four socially distanced evening sessions. Whilst the government's delay to ending all restrictions has led some schools taking the decision to cancel induction events we decided that the benefits of good transition in the crucial months between primary and secondary schools outweighed the risk and with careful risk assessments in place we went ahead with a busy week. Thanks to parents/carers and to local primary headteachers who were part of that decision and to Mrs Hunt, Mrs Pankhurst and Mrs Edwards who have put all their efforts into making sure those days ran smoothly. Our final newsletter of the year in two weeks' time will share a collage of photos with you.

Elsewhere in the school we have been working closely with the exam boards for Stage 3 of the quality assurance process for this year's GCSE and A Level results. A separate letter will be published in coming days for Year 11 and Year 13 students and their parents/carers detailing the arrangements for results days and the national appeals system.

Thanks as ever for your continued support.

Mrs J Smith
Head of School

National Theatre Competition – NewViews Update

The English Department is delighted to report that all three of the students who took part in the National Theatre's NewViews playwriting programme have received very complementary feedback about their plays from their playwright mentor.

Daisy Couture, Emily Gray and Rafia Khan are to be commended for their diligence and resilience in continuing to take part in the programme despite the additional challenges the Covid pandemic has brought to the students during their time in the Sixth Form.

Furthermore, Rafia has been invited to take part in the Highly Commended Workshop in July, the Writing for Theatre programme 10 week course supported by a professional playwright, and we hope she will be offered some one-on-one mentoring with a playwright or dramaturg in support of her writing too. We are thrilled that she has the opportunity to take her love of writing further and look forward to hearing more from Rafia in the future.

The English Department will be encouraging students from Year 10 and Year 12 to apply to take part in the NewViews programme in September. We hope that students who enjoy writing, literature and drama will be inspired to take part next year!

Mrs K Cowell
Second in English

BASE ICAEW National Finals

Four of our Year 12 Business CTEC students took part on the prestigious BASE National Finals, run by the Institute of Chartered Accountants in England and Wales (ICAEW) on Wednesday 16 June. Usually this is a two-day event in a plush hotel but due to COVID restrictions, this had to be run online this year. Of the 550 schools and 5,400 students that took part this year in the competition, our students made it through to the national final, made up of the top 24 teams in the country. To reach this stage they had already completed an online business challenge and prepared and presented an online video recording, based on a business scenario.

At the event on Wednesday the students had to answer seven scenario-based questions that each represented an important skill needed to become a Chartered Accountant. The students performed superbly, answering all the questions correctly and clearly demonstrating their listening and teamwork skills. Although they did not win any prizes, they gained valuable experience and were given the opportunity to pose questions to some of the top accountant firms in the country. They should be incredibly proud of their achievements!

Liv, Esmee, Molly and Eleanor have summed up their experience of the competition below:

'Throughout the Base competition we learnt many skills, such as integrity, making ethical decisions, commercial awareness, business integrity, teamwork and communication.

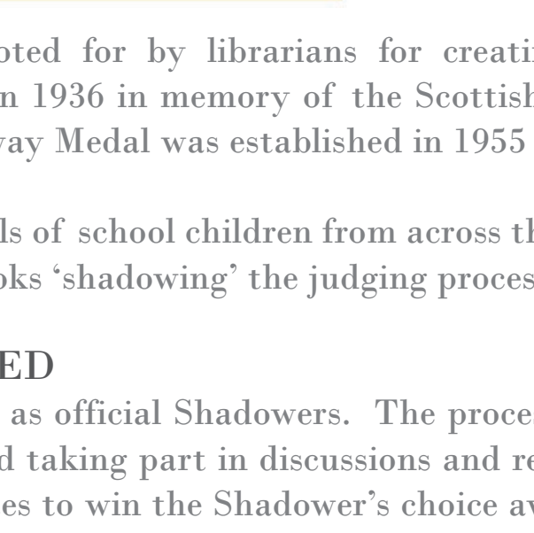
It was a great opportunity to learn more about careers in business and accounting, through being able to ask people within the industry questions. We recommend doing this if you have an interest in business and accounting, as it will give you an insight into what routes there are available, including apprenticeships and school leaver programmes.'

Mrs L Moncur
Subject Leader – Business Studies

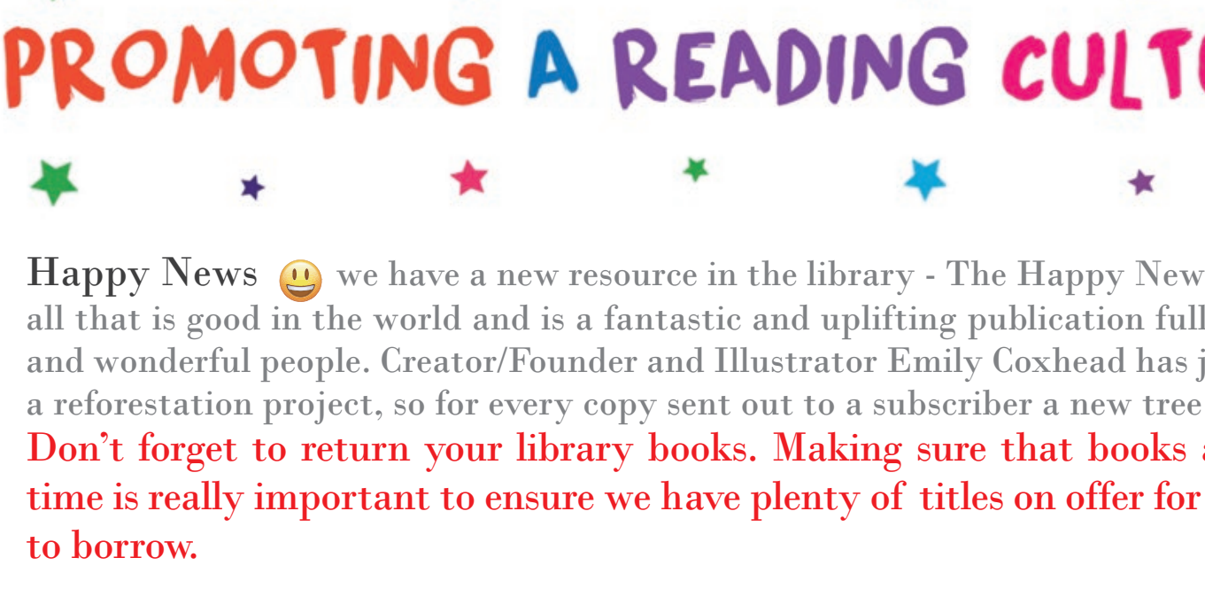
Interact club

Before half term, the Interact club organised a food bank collection for the Sleaford Community Larder. Altogether as a school, we collected 260 items of food and essentials. We also collected some dog and cat food, which we found very thoughtful! The items will help many people so Interact thanks you for all your donations and generosity!

By Mia Waring 8KB



LIBRARY NEWS


Congratulations to our 2021 Winners!
CARNEGIE & KATE GREENAWAY MEDALS
SHADOWERS' CHOICE AWARDS
LOOK BOTH WAYS
JASON REYNOLDS
SMALL IN THE CITY
Sydney Smith
RUN REBEL
Manjeet Mann
Starbird
Sharon King-Chai
CILIP CARNEGIE MEDAL
CILIP KATE GREENAWAY MEDAL
SHADOWERS' CHOICE CARNEGIE
SHADOWERS' CHOICE KATE GREENAWAY

The winners of the prestigious 2021 CILIP Carnegie and Kate Greenaway Book Awards have been announced.

The Carnegie Medal is awarded to the author voted for by librarians for creating an outstanding reading experience. It was established in 1936 in memory of the Scottish-born Philanthropist Andrew Carnegie. The Kate Greenaway Medal was established in 1955 and is named after the children's illustrator.

The Shadowers' Choice Awards are voted for by panels of school children from across the UK who read, discuss and review from the shortlisted books 'shadowing' the judging process.

HOW OUR STUDENTS CAN GET INVOLVED

For next year's awards our school will be registering as official Shadowers. The process will involve students reading books from the shortlist and taking part in discussions and reading related activities, ultimately voting for their favourites to win the Shadower's choice awards. It will be a fantastic opportunity for those students who already enjoy companion reading, or for those who wish to read a wider variety of the latest children's fiction.

PROMOTING A READING CULTURE

Happy News 😃 we have a new resource in the library - The Happy Newspaper celebrates all that is good in the world and is a fantastic and uplifting publication full of positive news and wonderful people. Creator/Founder and Illustrator Emily Coxhead has joined forces with a reforestation project, so for every copy sent out to a subscriber a new tree is planted.

Don't forget to return your library books. Making sure that books are returned on time is really important to ensure we have plenty of titles on offer for all our students to borrow.

Mrs C Gibson
Learning Resource Centre Manager

KESTEVEN AND SLEAFORD HIGH SCHOOL PARENTS AND TEACHERS ASSOCIATION (PTA)

Who are we and what do we do?

We are a small but enthusiastic group of teachers and parents/carers who meet once a term to organise fundraising events and plan support for the school in a number of different ways.

Through our fundraising, we are able to provide some of the 'little extras' which the school would not normally be able to provide from educational budgets. In the past we have provided every student in school with a school planner, contributed towards the school mini bus, bought iPads, Apple TV units, new class room projectors, paid for outside speakers to run motivational skills seminars in Years 7, 9 and 11, in addition to a number of subject specific donations to Science, PE, Art, Design and Technology and Modern Foreign Languages. We also part funded the covered area with heating between the dining room and the library, replaced the curtains in the school hall and provided picnic tables and seating in the school grounds.

In past years we have been able to hold a number of fundraising events: the Bags2School unwanted clothing collection and civvies day, Movie and Pizza Night for Years 7 and 8, a Harry Potter Quiz night and a St Patrick's Eve Family Bingo night. We have also provided refreshments and raffles at a number of musical events.

We now have a pre-loved uniform online shop with links on the school website, unwanted uniform can be donated, and orders collected via the drop off point in M2. We will also be having a pop-up shop at the new Year 7 intake evenings.

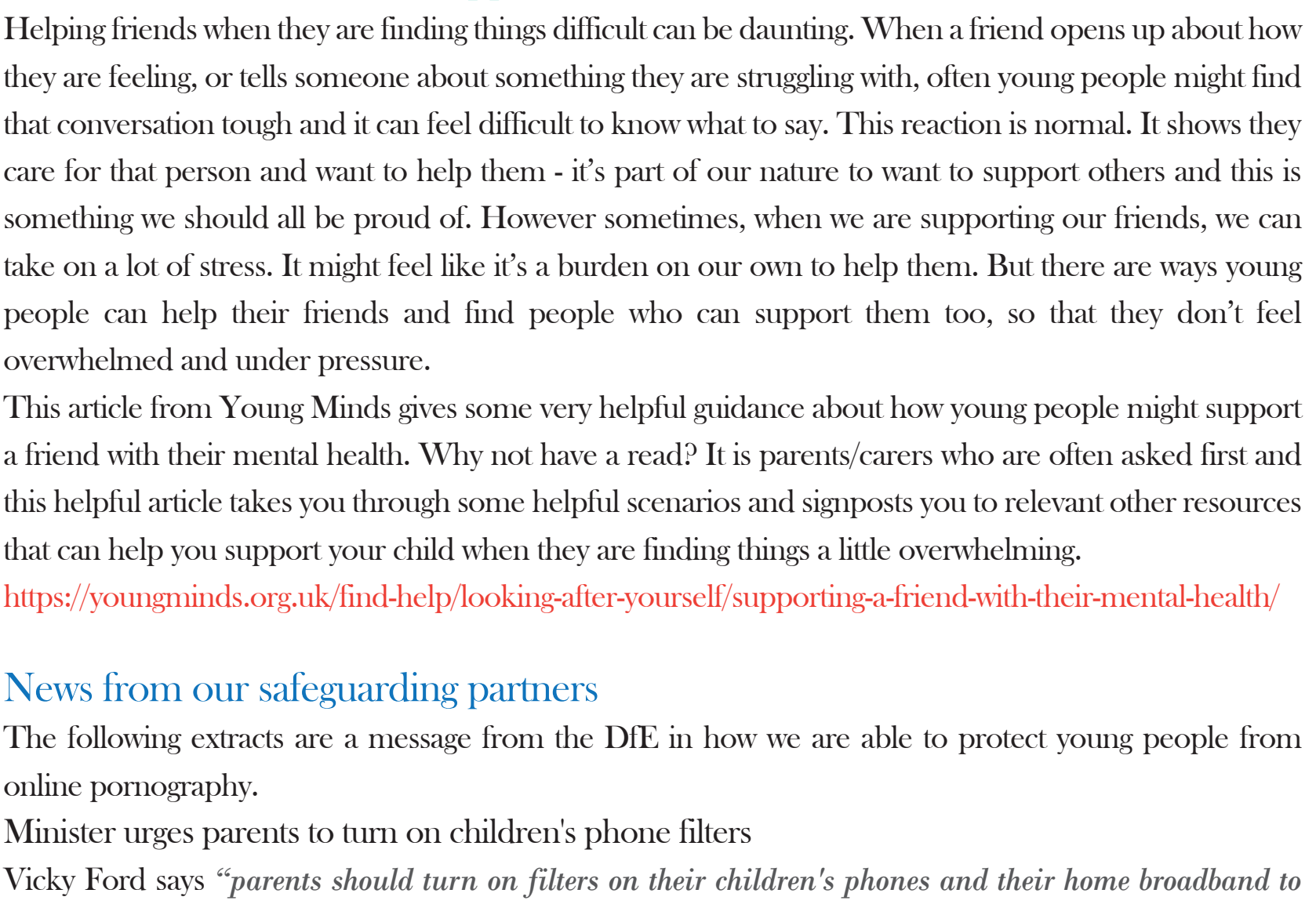
Can you help us?

We need your help; we cannot run the PTA without you. By its very nature the PTA committee is always changing due to students moving on at the end of their education at the High School, so we are always looking for new members to provide fresh ideas, to assist in planning, organising and helping to run an event. If you are interested in becoming a member of the PTA, either as an interested parent/carer or in taking a role on the committee please email PTA@kshs.uk. The meetings are held on Teams once a term, usually on a Monday evening at around 7pm.

Thank you for your support.

Mrs B Fleming
PTA Chair

Congratulations to Mrs Tipper, Teacher of Maths, who undertook a skydive recently alongside other people raising money for the Teenage Cancer Trust. And we thought teaching Maths at KSHS was enough of a thrill!



Wellbeing for All

Peer to Peer and Parental Support

Helping friends when they are finding things difficult can be daunting. When a friend opens up about how they are feeling, or tells someone about something they are struggling with, often young people might find that conversation tough and it can feel difficult to know what to say. This reaction is normal. It shows they care for that person and want to help them - it's part of our nature to want to support others and this is something we should all be proud of. However sometimes, when we are supporting our friends, we can take on a lot of stress. It might feel like it's a burden on our own to help them. But there are ways young people can help their friends and find people who can support them too, so that they don't feel overwhelmed and under pressure.

This article from Young Minds gives some very helpful guidance about how young people might support a friend with their mental health. Why not have a read? It is parents/carers who are often asked first and this helpful article takes you through some helpful scenarios and signposts you to relevant other resources that can help you support your child when they are finding things a little overwhelming.

https://youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health/

News from our safeguarding partners

The following extracts are a message from the DfE in how we are able to protect young people from online pornography.

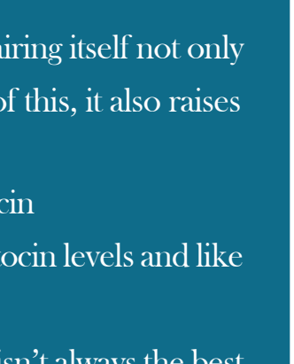
Minister urges parents to turn on children's phone filters

Vicky Ford says *"parents should turn on filters on their children's phones and their home broadband to protect them from dangerous pornography". The children's minister said that young people's perceptions of sex were being "warped" by access to online porn. Speaking in the House of Commons, she said: "Right now, it is estimated that 1.4m children access pornography every month in the UK. So please, parents, turn on your broadband filters and make sure that you understand and switch on the safety features on your children's phones and devices. Just as you would not put your children into physical danger, do not allow your child to go into digital danger." Meanwhile, Libby Nicholas, Managing Director of Dukes Education, a network of UK private schools, has said that ministers should revive plans for age verification of pornographic websites.*

England - Let's Tackle Online Hate Together

Online hate can affect anyone. Sharing hateful messages about individuals, groups or communities online can have serious consequences and the ubiquity of social media means it's now even easier to target people all over the world. It is important that children know how to respond and how they can set a positive example. The Euros, which welcome 24 teams from 24 different countries, playing it out in 11 cities across 1 continent, are a fantastic opportunity to celebrate different cultures, backgrounds and beliefs – and the perfect way to deliver one universal message – let's tackle online hate together. In the guide in this newsletter, you'll find tips on a number of tips such as talking to trusted adults about upsetting things, setting a positive example online and remembering that you have the power to shape your online world.

A Student's View



Mental Health and Coping

by Girls' News Team member, Remi Alexander-Wade 8MC

Lockdown was hard on everyone and being away from friends and family had an impact on everyone. Some people might have handled it well whereas others might have taken it badly but it doesn't matter as it is still important to look after your mental health regardless. This article is full of tips and information about your mental health and wellbeing, as well as how to look after it.

What is mental health and why is it important?

Mental health is defined as someone's condition in regard to their emotional wellbeing. Your mental health is involved in your everyday life, as someone with poor mental health might find something more irritating than someone with good mental health. As your mental health impacts every aspect of your life, it is important to look after it. Looking after your mental health can make you feel more relaxed and happier as opposed to feeling on edge or stressed for the majority of the time.

How can I look after it?

There is no set way to improve your mental health as what might work for one person may be completely ineffective to someone else. There are multiple ways to look after your mental health, some as simple as breathing. Here are some handy tips:

- Get outside and do some exercise - exercise can raise endorphins and fresh air can help clear your mind
- Hug something - whether this is a pet, a toy, a friend/family member or even a tree it can make you feel better and raise your serotonin levels
- Eat spicy food - this can actually raise both your dopamine and endorphin levels
- Have a nap or sleep for longer than usual - sleep is the body's natural way of repairing itself not only physically but also mentally as it can put things into a better perspective; on top of this, it also raises your dopamine levels
- Stroke a pet - this can be calming and quite mindful and it also raises your oxytocin
- Practice mindfulness - this could be yoga or meditation, but it also raises your oxytocin levels and like sleep, it puts events and thoughts into a better light.
- Take some time to yourself - life can be overwhelming and being around people isn't always the best solution so every now and then take some time to yourself just to read, or have a bath or anything you find relaxing
- Spend time with friends and loved ones - this massively contradicts the last tip but both of them can be helpful at different times, because being around loved ones can bring happiness and can make you feel more understood than you might when isolated
- Breathe...

Breathing

Breathing is something that we do every day but we never stop to think about it. Breathing can be refreshing as well as a great and easy way to calm ourselves down. There are many different breathing techniques to help calm our bodies and minds down, and the whole point of these techniques is to trick your mind. When you are under stress, your mind sends a distress signal through your body making it think that it is in danger which can be quite difficult to deal with. Sometimes these distress signals that are sent to our body can cause anxiety or panic attacks. Because of the feelings that can be caused by this, it is important to know how to stop it, and as our mind is tricking our body by telling it that it is under danger, the best way to tell the body that it is safe, is again by tricking it. When we take time to breathe, it reassures our brain that we are safe, because when in danger our breathing tends to speed up so if we have time to breathe it tells our brain to slow down.

There are many breathing techniques that can be used such as the ones listed below:

- Square breathing - Visualise a square in front of you or draw one in the air and as you see the first line, breathe in for 4 counts, then hold for 4 counts, then breathe out for 4 counts and finally hold again for 4 counts
- 4-7-8 breathing - Breathe in for 4 counts, hold for 7 counts and then breathe out for 8 counts; at first it may be hard to hold the breath for 7 and breathe out for 8 but the more practice the easier it will be
- 7-11 breathing - Breathe in for 7 counts and then out for 11
- Exhale - This exercise does not require as much counting as the others, because all it requires is a normal breath in, and then an exhale that completely empties your lungs
- Take notice - This is technically not a breathing exercise but it is quite mindful, so I have included it: the exercise focuses on your sense so first, find one thing that you can taste, then find 2 things that you can smell, then find 3 things that you can hear, then find 4 things that you can feel and finally, find 5 things that you can see. This is called a grounding exercise as it brings back your awareness and brings you back to the world around you
- Visualisation - Take deep, mindful breaths, close your eyes and think of a place that is special to you or a calm, happy place; think of what you can see and smell and how you're feeling or what your thoughts are.
- Meditation - Find somewhere comfy to sit and close your eyes, then take a deep breath in through your nose and a deep breath out of your mouth then repeat this; focus on your breathing and the sound of it as you try to clear your mind. If you find it difficult you can search 'guided meditation'
- 2 sniffs - Take 2 short sniffs in through your nose and then breath out through your mouth

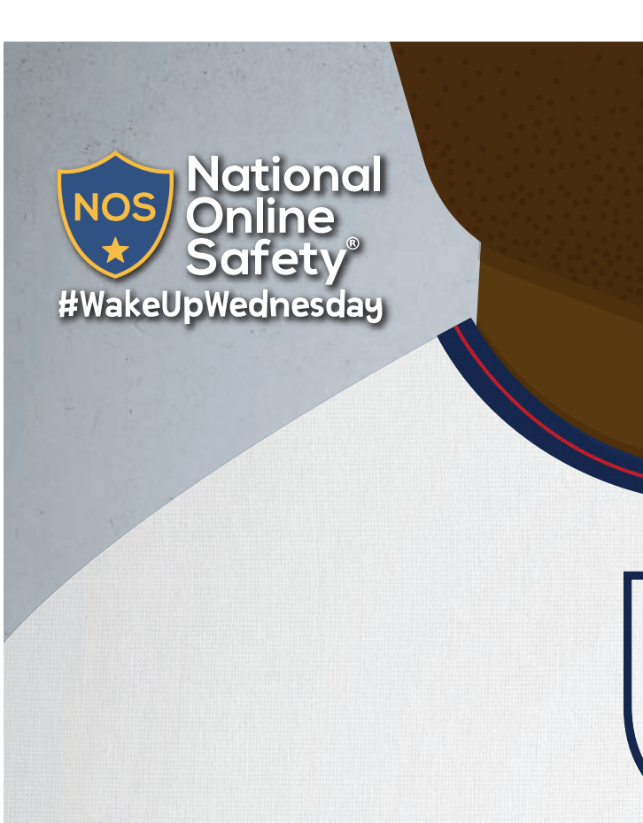
Spotlight on Sport

School Sports Week

This week was School Sports Week across UK Schools. Alongside our full clubs schedule, Year 7 and Year 8 students have participated in a football festival; this was in conjunction with the 'Game of Our Own Programme' run by the Youth Sports Trust. Leaders from Year 9 and Year 11 have worked together to run activities and competitions for both year groups with the intention of increasing participation in Girls Football.

Year 10 will have a house Benchball competition and students across the school are now planning for their participation in our whole school sports day taking place in July.

Assemblies have focused on School Sports Week where students have been challenged to compete against members from the Senior Leadership Team at the wall sit challenge!



Senior Leadership Team wall sit challenge

Bethan pictured with International Rugby players from USA and Canada

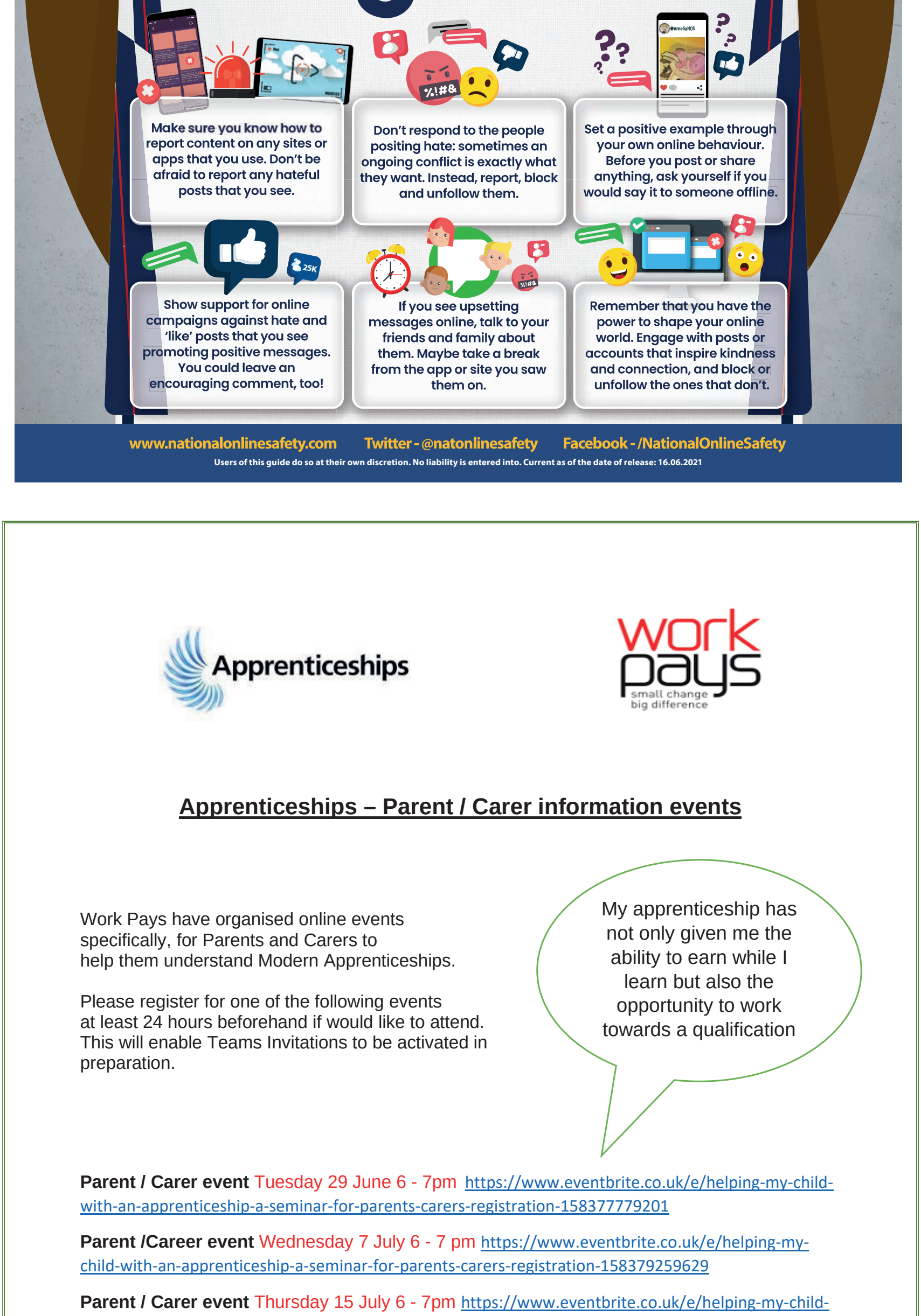
Bethan 10F Rugby

Bethan plays rugby for Lincoln Girls Rugby Club and has recently been selected as one of 15 girls from across the country to participate in the Girls Rugby Club XV. This is a group of 15 young female rugby leaders who will help shape and develop the Girls Rugby Club by attending meetings, sharing ideas and information and develop the future of girls' rugby.

Bethan attended her first meeting at Oxford Harlequins ground on 13 June and met all the other leaders, rugby professionals and staff and she had an amazing time being interviewed, having professional photos taken and learning new training skills.

Bethan is a role model for girls' sport and PE at KSHS and featured in the school's assembly this week to promote Rugby to other students. She is a GCSE PE student and takes part in other school sports teams.

Bethan is hopeful to soon trial for England Girls U18's Rugby. Good luck, Bethan!



Make sure you know how to report content on any sites or apps that you use. Don't be afraid to report any hateful posts that you see.

Don't respond to the people positing hate: sometimes an ongoing conflict is exactly what they want. Instead, report, block and unfollow them.

Set a positive example through your own online behaviour. Before you post or share anything, ask yourself if you would say it to someone offline.

Show support for online campaigns against hate and 'like' posts that you see promoting positive messages. You could leave an encouraging comment, too!

If you see upsetting messages online, talk to your friends and family about them. Maybe take a break from the app or site you saw them on.

Remember that you have the power to shape your online world. Engage with posts or accounts that inspire kindness and connection, and block or unfollow the ones that don't.

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.06.2021

Apprenticeships

work pays
small change big difference

Apprenticeships – Parent / Carer information events

Work Pays have organised online events specifically, for Parents and Carers to help them understand Modern Apprenticeships.

Please register for one of the following events at least 24 hours beforehand if would like to attend. This will enable Teams Invitations to be activated in preparation.

My apprenticeship has not only given me the ability to earn while I learn but also the opportunity to work towards a qualification

Parent / Carer event Tuesday 29 June 6 - 7pm https://www.eventbrite.co.uk/e/helping-my-child-with-an-apprenticeship-a-seminar-for-parents-carers-registration-158377779201

Parent /Career event Wednesday 7 July 6 - 7 pm https://www.eventbrite.co.uk/e/helping-my-child-with-an-apprenticeship-a-seminar-for-parents-carers-registration-158379259629

Parent / Carer event Thursday 15 July 6 - 7pm https://www.eventbrite.co.uk/e/helping-my-child-with-an-apprenticeship-a-seminar-for-parents-carers-registration-158380898531

Parent / Carer event Tuesday 20 July 6:30 - 7:30 pm https://www.eventbrite.co.uk/e/helping-my-child-with-an-apprenticeship-a-seminar-for-parents-carers-registration-158386577517

Parent / Carer event Tuesday 27 July 6 - 7 pm https://www.eventbrite.co.uk/e/helping-my-child-with-an-apprenticeship-a-seminar-for-parents-carers-registration-158387759051

To visit the Work Pays website go to www.workpays.co.uk

or go to the Government website for current Apprenticeship vacancies

https://www.gov.uk/apply-apprenticeship

Mrs P Hunter
Careers Lead
Pauline.hunter@kshs.uk

Join in with the Holiday Activities and Food Programme

A club of fun activities over the summer and Christmas holidays

If your child is eligible for benefit-related free school meals contact HAF@lincolnshire.gov.uk to find out where the nearest holiday club is taking place in your area

- From arts and crafts, to sports and games, plus cooking and growing food
- Activities for primary and secondary age children and young people
- All places are funded by the DfE working in partnership with LCC
- At least one meal per child per day

Department for Education

Lincolnshire County Council
Working for a better future

To find out more go to https://www.gov.uk/government/publications/holiday-activities-and-food-programme/holiday-activities-and-food-programme-2021

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
Biology	Charlie Blair	10A	L Martin
Biology	Megan Bray	10A	L Martin
Business Studies	Liti Saini	10W	L Moncur
English	Cecilia Ruskin	10L	J Cassidy
English	Ruby Coates	10F	J Cassidy
English	Samantha Jones	7F	N Willers
Ethics & Philosophy	Florence Fields	10F	J Nutt
Ethics & Philosophy	Sophie Flintham	10F	J Nutt
French	Hunter Edwards-Stuart	9F	A Beckitt
French	Keira Gandy	9F	A Beckitt
French	Mia Owen	10L	A Shivas
French	Mia Zadora-Chrzastowska	10W	A Shivas
Geography	Amelia Tidy	10W	S Chant
Geography	Anya Hand	9F	S Livingstone
Geography	Isobel Weller	10W	S Chant
Geography	Katelyn Welch	9W	S Livingstone
Geography	Liv Clase-Martinez	8BM	S Chant
German	Amelie Hickinbottom	7F	L Rooke
German	Ellie Horrocks	9F	L Rooke
German	Liv Clase-Martinez	8BM	L Samworth
German	Nell Cunnington	8BM	L Samworth
History	Faith Wheatley	10W	D Dennis
History	Lucie Cairns	8MC	E Constantine
History	Nicole Topham-Clark	10W	D Dennis
ICT	Annabelle Watts	7W	B Mapletoft
ICT	Ava Tippings	7W	B Mapletoft
ICT	Holly Couchman	10A	S Mulligan
ICT	Penny Meadows	8APO	S Mulligan
Mathematics	Charlotte Suffield	7W	N Byrne
Mathematics	Ellie Vasquez	8KB	K Brown
Mathematics	Evie Gore	10F	N Byrne
Mathematics	Pippa Lower	8KB	H Renard
Mathematics	Rikku Richardson	7F	C Tipper
Mathematics	Rosie Clark	8BM	K Duffy
Mathematics	Willow Townsley	8KB	K Brown
Music	Erin Taylor	8KB	S Mitchinson
Music	Hannah Harby	9F	S Mitchinson
Music	Mia Bovington	8MC	H Kasperczyk
Music	Nusaiba Al-Yasa	8MC	H Kasperczyk
Pastoral	Liv White	10W	E Constantine
Physical Education	Emma Purkis	9L	M McGann
Physical Education	Libbi Bottomley	7A	J Stacey
Physical Education	Libby Hampshire	7F	A Hunt
Physical Education	Mia Eden	9A	J Stacey
Physical Education	Ruth Ryan	8APO	A Hunt
Physics	Lily Jones	9F	R Stone
Physics	Lizzie Harper	9F	R Stone
Science	Eve Corrigan	8BM	M Watts
Science	Grace McHenry	10L	K Fairhead
Science	Tabbie Ray	7W	K Fairhead
Tutor	Dizzy Blyth	7A	N Willers
Tutor	Ella Nunn-Wright	8APO	A Powell