



# The Word

THE BEST FROM EVERYONE, ALL OF THE TIME

13<sup>TH</sup> MAY 2022

## Headteacher's Roundup

I can't believe it is Friday again. We are certainly flying towards the exams, the Queen's Platinum Jubilee and, in the not too distant future, the summer holidays!

I am very proud of our Year 10s for the way in which they are stepping up to take on more responsibility and to harness success in the future. They responded so well to the study skills session run by Elevate at the start of the week and they put these skills into practice on their "mock" mock exam this week. Prefect interviews are being undertaken and I look forward to interviewing for the prestigious Head boy and Head Girl roles.

We wish our year 11s all the very best for their GCSE and Level 2 exams which start, in earnest, on Monday. We hope all the hard work pays off. In order to support them, as best we can, we will be swapping year 10 and year 11 zones which includes entrances, food and recreational spaces. All year 10s and 11s have been made aware of this and

there are more details later in The Word.

We continue to maintain our focus on the highest standards of presentation and behaviour. Only this week I was proud to receive compliments, regarding our students' conduct, from local residents. We are focusing on dignity and respect. Further in the Word you will see clarification of what is not acceptable in regards to skirts and trousers. We understand these are difficult times and if you are struggling with the cost of uniform, please get in touch. As you know sanctions will be given to those students who cannot meet our expectations. Thank you to all those parents who continue to support the school.

There is so much to look forward to in the coming weeks.

I was delighted to see our submissions for the South Area Network arts exhibition – the standard was amazing. I can't wait for our production of A Midsummer Night's Dream and the House Arts Festival in July. We do

hope you will be able to join us for those events.

Wishing you all a peaceful weekend.

*Annette Kramlin*

### Word of the Week

#### ENCOURAGE

Verb: To suggest that someone does something that you believe would be good.

During the assembly the students were encouraged to walk to school for a week to increase their physical activity.

### House Points Totals

The running totals for number of house points so far are:

			
<b>45117</b>	<b>41864</b>	<b>43862</b>	<b>45633</b>

## Diary Reminders

### All Years:

Friday 27<sup>th</sup> May – INSET Day for **years 7 – 10 only**

### Year 7:

Friday 20<sup>th</sup> May – Year 7 reports to parents

Thursday 26<sup>th</sup> May – Year 7 Parents' Evening

Monday 27<sup>th</sup> June – Friday 1<sup>st</sup> July – Year 7 end of year exams

Monday 11<sup>th</sup> July – Year 7 Science Workshop

### Year 8:

Wednesday 18<sup>th</sup> May – Year 8 PSHEC Day

Thursday 16<sup>th</sup> June – Friday 17<sup>th</sup> June – Year 8 HPV1 Vaccinations

Monday 20<sup>th</sup> June – Friday 24<sup>th</sup> June – Year 8 end of year exams

### Year 9:

Tuesday 17<sup>th</sup> May – Year 9 PSHEC Day

Monday 6<sup>th</sup> June – Friday 10<sup>th</sup> June – Year 9 end of year exams

### Year 10:

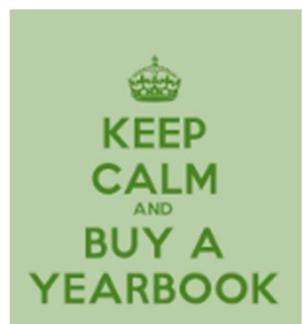
Monday 13<sup>th</sup> June – Friday 17<sup>th</sup> June – Year 10 end of year exams

### Year 11:

Wednesday 29<sup>th</sup> June – Year 11 Leavers Assembly

## Year 11 Yearbooks

Year 11 Yearbooks are now available to purchase on Parent Pay and these will be available for collection on GCSE results day



## Thought of the week

### Looking after our mental health in school

#### Mental Health Awareness Week

We all have mental health and our mental wellbeing can fluctuate day-to-day. When you're not feeling great, it can feel harder to take action to benefit your wellbeing. However there are small steps we can take in our everyday lives to look after our mental wellbeing. According to the British Medical Association, research has shown that there are many benefits of taking action to support your wellbeing, such as:

- Greater self-confidence and control

#### How do I know what will help?

- Improved quality of life
- Healthier behaviours
- Better understanding of your own health

#### How do I know when to take action to benefit my mental wellbeing?

It's important to notice when your mental wellbeing may be slipping, so that you can take action to boost it. Here are some questions that you might find helpful to ask yourself if you think that you are experiencing lower mental wellbeing. This is not an exhaustive list of things that you may notice when your mental wellbeing is starting to drop; don't treat it as a checklist where you have to notice a certain number to take action. It's worth taking action as soon as you notice one of these signs.

##### Getting into a good sleep routine

- Regular sleep and wake times.
- Reduce screen time before bed.
- Do something relaxing before bed like yoga or reading.
- Use an alarm clock rather than your phone, to reduce temptation to sit and scroll in the morning.
- Keep your room tidy and change your bedsheets regularly.
- Write down to-dos and worries before bed so it's easier to switch off.

##### Making time for physical activity

- Go for a walk or a bike ride.
- Try something gentle like yoga or pilates.
- Take up a team sport and get to know other people.

##### Be mindful of your environment

- Clean and declutter.
- Spend time outdoors in the fresh air and nature.
- Take in the beauty of your surroundings.

##### Doing something that you enjoy

- Volunteer - volunteering can benefit mental health. Find out how you can get involved in volunteering by talking to your university volunteering office; Student Hubs - [www.studenthubs.org](http://www.studenthubs.org), or local volunteer centre - [www.ncvo.org.uk/ncvo-volunteering/i-want-to-volunteer](http://www.ncvo.org.uk/ncvo-volunteering/i-want-to-volunteer).
- Do something creative: draw, scrapbook, write, knit, dance, play an instrument.
- Play a board game or a computer game.
- Read a book or blog.
- Watch your favourite TV show or film.
- Listen to music that makes you happy.
- Meditate or try mindfulness - this TED talk ([www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes](http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes)) provides an informative introduction to the ideas behind mindfulness.

##### Thinking about food

- Eat a balanced diet; check out this resource from the Blurt Foundation which gives helpful tips on how to use diet to boost your wellbeing.
- Treat yourself!
- Cook for yourself and learn a new skill.
- Drink lots of water.

##### Deciding who to spend time with

###### With others -

- Catch up with family and friends from home.
- Do something you enjoy with friends.
- Spend time with a pet.

###### Alone -

- Take some 'me time' and relax.
- Plan a fun day for yourself and do the things you enjoy.

## What can I do if I don't have a lot of time?

### 5 minutes

- Make a cup of tea and enjoy it undistracted.
- Cuddle a pet or soft toy.
- Write a to-do list.
- Text a friend.

### 10 minutes

- Do a guided meditation.
- Take a walk.
- Do a quick tidy and clean of your room/workspace.
- Listen to your favourite songs.

### 30 minutes

- Take exercise - yoga, a run, a brisk walk.
- Call a friend or family member for a catch-up.
- Have a nap.

### 1 hour

- Watch an episode of your favourite TV show.
- Go for coffee with a friend.
- Cook or bake something tasty.

## GCSE Examination Timetable

Please see below the examination timetable for the upcoming GCSEs. Please note, morning exams begin at 9am and afternoon exams begin at 1.30pm. If students are not completing an examination they should attend normal lessons and lunch break. You can find the timetable on the school website.

April/May		MFL Speaking Window Open			Minutes	
16/05/2022	am	Mon	RE	105	Week 1	
	pm		Computer Science	90		
17/05/2022	am	Tues	Science Biology	70/105		
18/05/2022	am	Wed	English Language Paper 1	105		
	pm		German	105		
19/05/2022	am	Thurs	History	75		
	pm		Drama	105		
20/05/2022	am	Fri	Maths Paper 1	90	Week 2	
	pm		Business Studies	90		
23/05/2022	am	Mon	Geography	90		
24/05/2022	am	Tues	French	105		
	pm		PE & Sports Science (CN)	60		
25/05/2022	am	Wed	English Literature Paper 1	105		
26/05/2022	am	Thurs	Spanish	105	Week 2	
	pm		RE	105		
27/05/2022	am	Fri	Science Chemistry	70/105		
	pm		Computer Science	90		

Half-Term					
06/06/2022	am	Mon	German/Child Development (CN)	80	Week 1
07/06/2022	am	Tues	Maths Paper 2	90	
	pm		Geography	90	
08/06/2022	am	Wed	English Literature Paper 2	105	
09/06/2022	am	Thurs	History	80	
	pm		Science Physics	70/105	
10/06/2022	am	Fri	English Language Paper 2	105	
	pm		PE	60	
13/06/2022	am	Mon	Maths Paper 3	90	Week 2
	pm		Business Studies/Creative i-media (CN)	90	
14/06/2022	am	Tues	Geography	90	
15/06/2022	am	Wed	Science Biology	70/105	
	pm		DT	120	
16/06/2022		Thurs			
	pm		French	80	
17/06/2022	am	Fri	Spanish	80	
20/06/2022	am	Mon	Science Chemistry	70/105	Week 1
	pm		Food and Nutrition	105	
21/06/2022	am	Tues	History	55	
22/06/2022	am	Wed	Music	90	
23/06/2022	am	Thurs	Science Physics	70/105	

## Parent/Carer Apprenticeship Information Event

In partnership with WorkPays, Solihull Careers Hub would like to invite parents and carers of children attending a secondary school in Solihull to attend an information event to find out more about Apprenticeships

Parents and Carers can expect an in-depth and insightful talk about the world of Apprenticeships to enable you to support your child with their future career decisions. You will have the opportunity to hear from Young Apprentice ambassadors on their apprenticeship experience and take part in practical workshops.

Please find below the talks and workshops happening in session 1

### Example agenda:

Introduction and welcome

Talk: Introduction to apprenticeships

Workshop: How to registration on the GOV website workshop

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Break (hot and cold drinks provided)

Talk: Hear from three young apprentices from the Young Apprenticeship Ambassador Network

Or

Workshop: Skills, strength & CV workshop

Foyer

After the sessions: Free time for all to talk to young apprentices.

\*\*\*FREE PARKING ONSITE\*\*\*

### **Parent/Carer Apprenticeship information event**

Advance booking only through Eventbrite:

[Solihull parent/carers Apprenticeship information event Session 1 Tickets, Tue 17 May 2022 at 16:00 | Eventbrite](#)

[Solihull parent/carers Apprenticeship information event Session 2 Tickets, Tue 17 May 2022 at 18:00 | Eventbrite](#)

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## **Year 10 and 11 Zone Changes**

With the onset of the GCSE examinations it has been decided to switch the Yr11 and Yr10 zones. This is for all times during the day and respective social spaces / entrances

This is to 'smooth' Yr11's attending examinations.

Please see below for an update on the spaces each year group will now have.

### **Year 11**

Entrance to school – Tennis courts gate / far car park

Morning line up – Tennis courts

Food – Churchill Hall

Inside space (wet weather) – Churchill Hall

Outside space – Field (up to cone line) and area by C block PE changing rooms. NOT BY THE SPORTS HALL and NOT ON THE TENNIS COURTS

Toilets – C block PE changing rooms

### **Year 10**

Entrance to school – middle gates / library gates

Morning line up – Quad (outside C block (main office side))

Food – Quad food hatch

Inside space (wet weather) – Churchill Hall

Outside space – Astro and Quad area

Toilets – C block toilets

## School Uniform Policy

Please be reminded of the school uniform policy below and what is not acceptable for skirts and trousers. All students should wear their uniform with pride and dignity.



Skirt should be no more than 5 cm above the Top of knee



No lycra/tube skirts

No leggings



No skinny or cropped trousers





# Uniform Policy

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SEPTEMBER 21- JULY 22

Our uniform bears our logo, which represents our core values. Our uniform should be worn with pride. Students are expected to adhere to the uniform rules and present themselves smartly every day as they would in the world of work.

## SHOES

We do appreciate that shoes can be an expensive item for parents to buy and we are therefore keen to ensure the correct version is purchased. Your child may tell you differently. Trainer type shoes are not permitted, nor are canvas pumps, trainers or mules. There should be no added "bling" in the form of glittery stones and studs. Shoes should be flat or with a minimal heel, sensible plain style. Black, clean and polished.

Below are examples of shoes the school deems unacceptable.



## JEWELLERY & PIERCINGS

A watch for telling the time and one small plain metal stud in each pierced ear lobe are permitted. These must be removed for safety reasons during PE lessons.

No large earrings, glass studs or stretchers.

Only one plain stud per ear lobe is permitted for pupils with pierced ears. No other body piercings are allowed, or piercings covered with plasters.

If your child is going to have their ears pierced please ensure this takes place at the beginning of the six week holiday so that pupils are able to remove earrings if requested without still undergoing the "settling in" period.

## MAKE-UP, NAIL VARNISH & FALSE EYE LASHES

Make-up is inappropriate with school uniform and should not be worn.

No nail varnish or false nails to be worn.

False eye lashes are unacceptable due to Health & Safety concerns.

## HAIRCUTS & ACCESSORIES

Conventional hairstyle/colour. No coloured hair/stripes shaved in. Hair not be shorter than a 'No. 2'. cut. Hair accessories must be functional, small and black.



## LIGHT HALL UNIFORM (BOYS & GIRLS)

- Black Blazer with Badge
- Black Trousers (conventional width – no tight fitting trousers)
- Black Pleated School Skirt (supplied by either Early Years, Clive Mark or Concept school wear) with pre-embroidered tree on the hemline. The hemline must be on the knee
- Black Straight Skirt supplied by either Early Years, Clive Mark or Concept school wear) with pre-embroidered tree on the hemline or alternatively a black straight skirt can be purchased from a high street store and a badge purchased from school to be sewn onto the hemline (front left). This hemline must be on the knee. The skirt fabric must not be stretch, tube, knitted, leather or faux leather
- Black Socks/Tights. We recommend that tights are worn with skirts.
- White Collared Shirt
- School House Tie – Clip-on
- Black formal shoes (no pumps or trainer style)
- Plain black V neck sweater (to ensure that tie can be seen). No hoodies, sweatshirts or logos.
- Appropriate outdoor coat (no denim, no logos, no hoodies, no sportswear, no leather)
- Headscarves to be plain black only

## SPORTSWEAR (BOYS & GIRLS)

- Light Hall Polo Shirt with Light Hall Badge
- Black Shorts with Light Hall Badge or Light Hall Skort
- Universal Sports Top with Light Hall Badge
- Shin Pads
- Black Football Socks
- Trainers
- Gum Shield (advisable for hockey and rugby)
- Football Boots (required for football or rugby)

## OPTIONAL

School Base Layer – black

School Track Suit bottoms - from approved supplier with logo. (During the Covid crisis, on the days they have PE, students may wear plain black track suit bottoms. No leggings or coloured track suit bottoms.)

*All students uniform should be clearly named.*

*All students should have an appropriate school bag, suitable to carry a day's books and their pencil case.*