

Headteacher's Introduction

Dear Parent / Carer

The first month of this new decade has been all about thinking about the future for lots of our students. Many of our Year 11 students have been preparing for interviews with Harrogate Grammar, St Aidan's and Ripon Grammar Sixth Forms. We've already received lots of excellent feedback about how well prepared our young people have been for this. Several of our Year 11s have secured themselves high quality apprenticeships in the last couple of weeks too, many congratulations to them.

Year 9 have started the process of considering their future GCSE choices and this will continue next week with a really important Parents' Evening and Options Interviews with senior staff. We look forward to seeing as many families as possible at this important evening.

Students in Years 7-10 had the opportunity of a Business School taster day at Leeds University and we have had lovely feedback about their engagement with these events.

Kath Jordan, Headteacher

Flourish update

Students have been looking at the significance of 'checking in' and acknowledging how they feel.

We have discussed the importance of recognising our emotions without judgement. A useful tool to help us reflect is to use a mood tracker. The purpose of this is to create a habit of being more mindful of how we feel and responding to that emotion if necessary.

Adolescence can be an emotional phase of our lives with lots of changes taking place in our brain affecting our behaviour.

Students have now started to work through different self-regulation techniques that help them to access a range of situations. This could be a good conversation starter, for example do they know what helps them when they are feeling frustrated?

Mrs Kay

Duke of Edinburgh Awards - Schedule

Silver Award

The training day: **Saturday 14th March 2020**
The practice expedition: **Thursday 18th – Saturday 20th June 2020**
Qualifying expedition: **Friday 10th – Sunday 12th July 2020**

Bronze Award

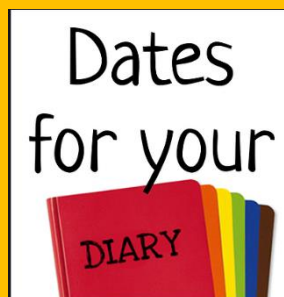
The training days: **Friday 26th June / Saturday 27th June 2020** (not overnight):
The practice day walk: **Friday 3rd July 2020** (inset day)
Qualifying expedition: **Friday 18th – Saturday 19th September 2020**

For additional information please visit <http://dofe.org/>



Forthcoming events

- 3 February – Children’s Mental Health Week
- 4 February – Rotary Tournament
- 4 February – Trip to ‘Screening of 2040’
- 6 February – Y9 Parents’ Evening and Options Interviews
- 7 February – National Citizenship Scheme Assembly (Year 11)
- 10 February – School Governing Board Meeting
- 10 February – Visit of Roop Singh
- 10 February – Year 9 Meningitis and Diphtheria inoculations
- 11 February – Safer Internet Day
- 11 February – Self Esteem Team visit
- 13 February – Year 7/8 Disco



JOIN OUR TEAM

Staff vacancy: We have a vacancy for a Senior Learning Mentor to work as part of the school’s Pastoral Team. The successful candidate will have the ability to support students in 1:1, small group and whole class settings. For further details [click here](#).

Safer Internet Day

Safer Internet Day 2020 will be celebrated globally on 11th February with the theme: ‘Together for a better internet’. [Click here](#) to see top tips regarding staying safe on line. Parents/carers [click here](#) for further information.

Nidderlicious News

Students enjoyed a Chinese Meal to celebrate Chinese New Year 2020 – Year of the Rat! We served Sweet and Sour Chicken, Egg fried rice & Duck Wrap with Spring Onion and Hoisin, followed by Sticky Rice Pudding.

Our next themed day is Pancake Day (Shrove Tuesday) on 25th February 2020.



Mrs Naylor

Sixth Form Interviews

Interviews for post-16 education at St Aidan’s Associated Sixth Form and Harrogate Grammar Sixth Form were held in school this week.

The interview team confirmed Y11 students performed well in their interviews and students now wait to hear if they have secured a place at their first choice Sixth Form. Mrs Eglin

KS3 Reward Pizza Party

Congratulations to Pen-y-Ghent 2 who won the first Pizza Party of this academic year by being the form with the most positive points, least negative points and highest attendance across Key Stage 3.

The current leader board is as follows:

Form	Points	Position
Ing 2	100	1st
Whern 2	87	2nd
Whern 1	85	3rd
9CE	79	4th
Pen 2	70	5th
Ing 1	61	6th
9GL	56	7th
9SB	49	8th
9QS	38	9th
Pen 1	35	10th

University of Leeds visits - Business Taster

Following the visits on 21 & 23 January we received this feedback: ‘I just wanted to send a quick thank you to you and your students for attending our Year 7 and 8 and then the Year 9 and 10 Business Taster Day. It was a pleasure to have you on campus, and I have absolutely brilliant feedback from the ambassadors and academics on the engagement and excellent behaviour of your students – so please do let them know!’ Jo Stringer, Educational Engagement Team

Well done to all students that attended this event.

School Running Club – preparation for Race for Life

Any student interested in joining the running club should meet on Friday 7th Feb in Room 8.

The running club is now open to **all** students as Race for Life have changed their rules to allow men and boys to run too.

We intend to take part in Race for Life’s Harrogate Pretty Muddy, a 5k obstacle course, which takes place on the Stray on Sunday 12th July. All money raised by the students will go to Cancer Research UK.

More information about the Race for Life can be found [here](#).

Mobile phone reminder

As you will be aware, the school allows young people to have their mobile phones in school because we recognise that they may be needed on the bus journey and after school. However, the rules are very clear that phones should be switched off and kept in bags for the whole of the school day unless a specific instruction has been given by a member of staff about using the phone for a learning task.

Parents, you can help us to enforce this rule by only contacting your child via the school office. If you need to get a message to them during the day we will always help with this and if your child needs to speak to you we will give permission for this.

If your child has received recent negatives for mobile phone use, you may receive a letter from us informing you that your child will need to hand their phone in. Your support with this is appreciated.

Finally, we regularly speak with parents about their concerns about the negative impact of social media and over reliance on phones.

We are looking for a group of students to trial giving up their phone during the school day to review the impact on levels of focus and mental well-being. If you would like your child to take part in this trial, please contact Ms Walker.



Managing Exam Stress and Anxiety with the Self Esteem Team

Last year we invited the Self Esteem Team to deliver training to staff on mental health and well-being topics. We are delighted to be welcoming them back to the school this year to work with our students.

On Tuesday 11th February they will be working with our Year 11 students on managing exam stress and anxiety, followed by a session on looking after your general mental health. We hope that these sessions will help our young people as they prepare for their important exam months and also as part of building a firm foundation for the next phase of their lives, whatever that may hold.

Car Park reminder

Please could parents remember to follow the one way signs around the car park and not turn around in the bus bay. Please also be mindful of the speed limit for the safety of all pedestrians, including our chickens! Thank you.



[Support group for parents/Carers of LGBT+ young people](#)

Please join us to welcome our guest speaker.

Come along for support, information, advice and guidance.

Come and meet others alike in a non-judgemental environment.

Thursday 27th February—6pm-8pm

Harrogate Town Children & Family Hub

Wetherby Road, Harrogate, HG2 7SG

**If you are interested in attending please call or text
Hannah on 07971 543948, Keeley on 07971543963**

or Jono on 07795623214