



NEWSLETTER

25th September 2020

www.kshs.uk

Useful Dates

28 Sep - 2 Oct	Year 13 Formal Assessment Week
9 - 11 Oct	Duke of Edinburgh Year 12/13: Silver Practice Expedition

Dear Parent/Carer,

I have always found that it is in times of adversity that the best in people is revealed. In the past 6 school days we have had to deal with two unconnected cases of Covid 19, one in Year 8 and one in Year 11 and I have been really impressed by the mature and measured response of students to our new rules on face coverings and their compliance with all our safety protocols. Furthermore I have been proud of all the Year 8 teachers this week for embracing the positives of live lesson delivery. Thank you for

the several kind messages of support and acknowledgment from Year 8 parents who I hope have not been too inconvenienced as they have again juggled work, family life and self-isolation. Live lessons will take place each lesson for Year 11 next week with attendance by students monitored and an expectation, not an option. Mrs Hunt (Head of Year 11) and the pastoral team will be on hand in school to respond to any issues.

At the same time as adapting many aspects of how they engage students in the classroom, staff have also been undertaking more training this week on remote lesson delivery. They have also given generously of their time to provide students with the best possible extra-curricular schedule for students to sign up for. In almost all activities we are maintaining strict year groups bubbles, however in a very small number of activities such as Music making, we feel that with some very tight controls we can continue to offer the right balance between safety and educational development. Please do have a look at the schedule for clubs below. Any participation in activities outside a year group bubble will require specific permission from parents and sight of a specific risk assessment. If your daughter has signed up this week we will be in touch. Most clubs and activities begin next week.

Mrs J Smith
Head of School

INTRODUCING THE NEW SIXTH FORM STUDENT SENIOR TEAM

Hello! I'm Mabel and I'm excited to be Head Girl this year. I'm studying Biology, Chemistry & Maths, and applying to study Medicine. My hope for this year is that we, as the Senior Team, are more approachable than ever and we can think of some creative new ways to bring the different year groups together.

Hi! I'm Olivia and I am your Deputy Head Girl this year. I take English Literature, History and Drama which I thoroughly enjoy. As a member of the Student Senior Team, I want to encourage all to fulfil their potential and am excited to contribute to the fantastic school community KSHS has to offer.

Hi, I'm Eloise, one of the Assistant Head Girls this year. I am currently studying Psychology, Photography and Resistant Materials. As Assistant Head Girl I want to be able to give those in younger years confidence in themselves and to be a listening ear to those who need it.

Hello, my name is Lucy. I am one of the new Assistant Head Girls, I take A level Drama, B-tec Applied Science and C-tec Health and Social Care. I am really excited to be part of the Senior Team and have a positive impact on the school.



From left to right: Eloise,
Olivia, Mabel, Lucy

Welcome to the Dining Room at KSHS

The Catering department at Kesteven and Sleaford High School proudly offers students, staff and visitors a wide choice of food and drinks, all of which are nutritionally balanced and comply with school food standard regulations.

We pride ourselves on producing safe and quality products, with our “wouldn’t eat it, don’t make it” philosophy.

The emphasis is on providing well balanced, home cooked meals produced by professional qualified catering staff using local reputable suppliers where possible.

Students can speak with the Catering Manager regarding any issues that may arise.

A Cashless Pay system is used in the dining room linked to the online ParentPay facility. Cashless Pay provides students with a quick efficient payment service to beat queues and provides anonymity for those students entitled to free school meals. Additionally, parents can access information on any purchases their child has made.

Due to the Covid pandemic we now have two breaks – for the first break we have two meal deals which are healthier options:

- Option 1: 1 hot food item, 1 bottle of water, salad bag, piece of fruit, snack bag: £3.45
- Option 2: 1 sandwich either cheese or ham, 1 bottle of water, salad bag, piece of fruit, snack bag: £3.00





If your child would like to pre-order food we have a couple of options available – these must be pre-ordered before registration:

- Jacket potato with butter & cheese & salad bag: £2.30
- Jacket potato with butter, tuna mayonnaise & sweetcorn & salad bag: £2.60
- Pasta with a tomato & basil sauce: £1.85 (suitable for vegans)

Students with allergies are catered for – please speak with the Catering Manager.

We welcome any comments from both students and parents and these can be addressed to the Catering Manager by email: sandra.parrott@kshs.uk.

Mrs S Parrott
Catering Manager

 The Dining Room Menu 							 The Dining Room Menu 						
Grab & Go morning break							Grab & Go afternoon break						
	Hot Food items	Hot food to pre order only order before 9am	Sandwiches/ wraps/ baguettes Pasta salad	snacks	Cakes biscuits	Drinks		Hot food	Hot food to pre order only order before 9am	Sandwiches Pasta salad	Snacks	Cakes biscuits	Drinks
Monday	Sausage rolls Croissant Cheese swirls Cinnamon swirls Hash browns	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn Pasta with tomato & basil sauce	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst	Monday	Pasta with Vegetarian sauce or meat sauce	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst
Tuesday	Cheese pizza Meat pizza Sausage rolls Hash browns	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn Pasta with tomato & basil sauce	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst	Tuesday	Chicken curry Rice & naan bread	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn Pasta with tomato & basil sauce	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst
Wednesday	Sausage rolls Croissant Cheese swirls Cinnamon swirls Hash browns	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn Pasta with tomato & basil sauce	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst	Wednesday	Pasta with Vegetarian sauce or meat sauce	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst
Thursday	Cheese pizza Meat pizza Sausage rolls Hash browns	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn Pasta with tomato & basil sauce	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst	Thursday	Filled paninis Meat & vegetarian options	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn Pasta with tomato & basil sauce	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst
Friday	Chicken burgers Veggie burgers burgers chips	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn Pasta with tomato & basil sauce	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst	Friday	Chicken burgers/ nuggets Veggie burgers chips	Jacket potato with cheese Jacket potato with tuna mayonnaise & sweetcorn	Selection of homemade sandwiches, wraps and rolls, pasta salad selection	Cheese & crackers, crackers & jam, Nutella & breadsticks Fresh fruit Yoghurts Popcorn Cheesy nibbles Salad bowl	Flapjack Muffins Shortbread cookies Oat cookies Chocolate krispies Pop chips	Water Fruit juice Viva milkshake Aqua splash Fruit burst

Drinks Price List

- Fruit burst£0.92
- Large Water..... £0.77
- Aqua Splash..... £0.77
- Viva Milkshake..... £0.60
- Carton of Juice..... £0.58
- Small Water..... £0.57

Cake Price List

- Packet of Biscuits.....£0.57
- Flapjack £0.77
- Oat Biscuit..... £0.77
- Shortbread Biscuit £0.77
- Choc Fudge Brownie.....£0.85
- Carrot cake£0.85
- Krispy cake£0.85
- Cupcakes.....£0.85
- Doughnuts £0.97
- Muffin £0.97
- Popchips.....£0.90
- Popcorn.....£0.90
- Cheesy nibbles.....£0.62
- Muller yoghurt.....£1.16

COLD FOOD PRICE LIST

- Hash Browns.....£0.93
- Chips.....£1.27
- Herby potatoes.....£0.85
- Potato waffles.....£0.85
- Panini£2.12
- Sausage Roll.....£1.07
- Tomato & Cheese Swirls.....£1.27
- Croissant.....£0.87
- Danish pastry.....£1.02
- Meat pizza.....£1.42
- Cheese pizza.....£1.12
- Hotdogs.....£1.87
- Chicken curry & rice.....£2.60
- Naan bread.....£0.62
- Pasta & Sauce.....£1.85
- Cheese topper.....£0.37
- Chicken burger.....£1.88
- Veggie burger.....£1.70
- Chicken selects.....£1.88
- Chicken nuggets.....£1.88
- Quorn nuggets.....£1.65

ON-LINE SAFETY

What Parents Need to Know About Online Content: 10 Tips to Keep Your Children Safe On-line

A particularly distressing video circulating nationally on social media served as a reminder last week that it's crucial to monitor children's activities online, particularly if they're watching user-generated content. Whilst measures can be taken to try and protect children as much as possible, there is always a chance that they might view something age-inappropriate or upsetting. Please do have a look at the useful guides about providing some helpful tips on keeping children safe on-line.

Mrs D Collett
Assistant Headteacher Pastoral

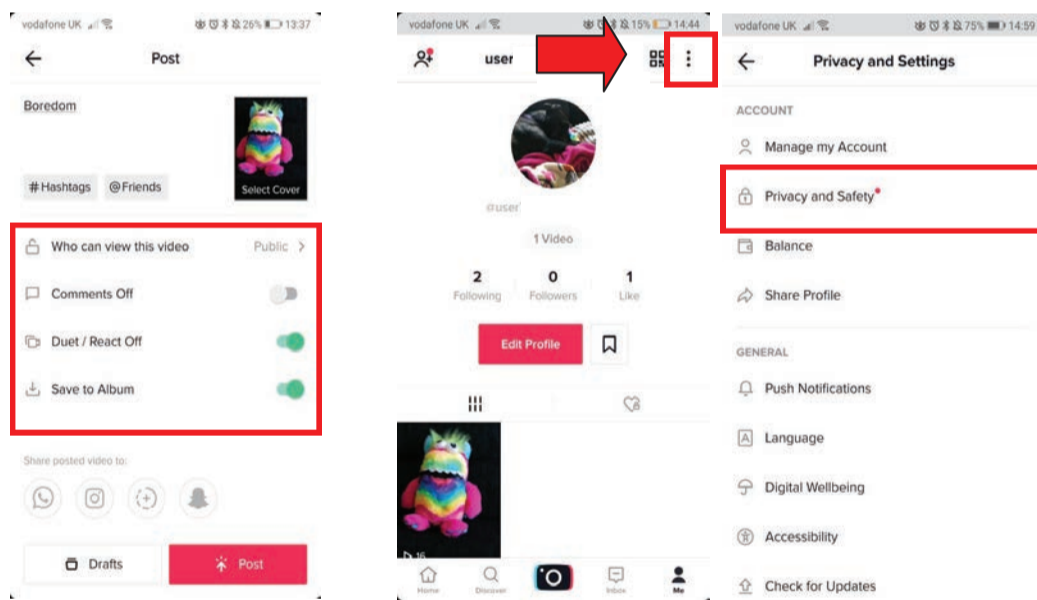


How to control your privacy

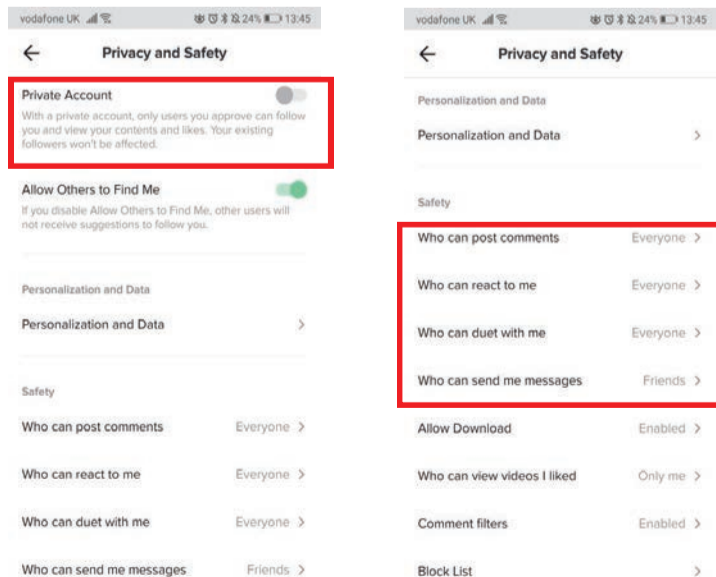
Tik Tok is a social media app which allows you to post short videos where you lip synch or dance to popular music

When you set up your profile you have options to stop anyone who isn't your friend/follower seeing the videos you post as well as letting you disable comments and duets.

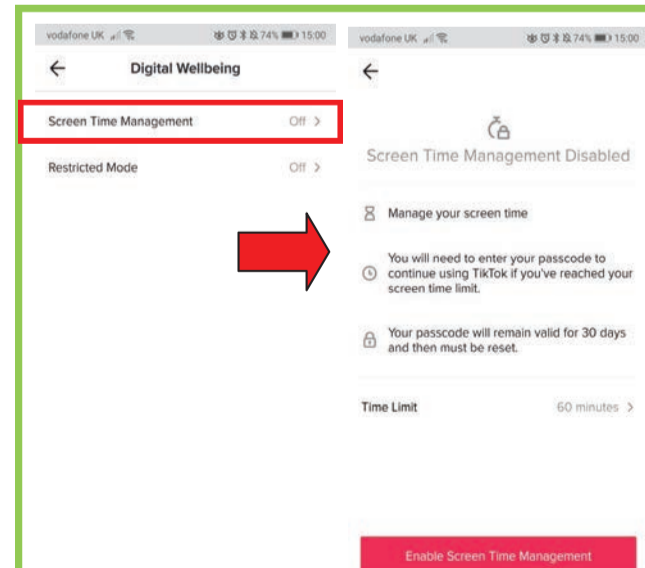
You can set the privacy of each video individually before it's posted or change it after it's posted but we think just sharing with friends is best



To make sure your videos are posted with just your friends automatically, go to your profile page, click the 3 dots in the top corner and tap "Privacy and Settings" option



There are loads of other great options to help you enjoy the app safely such as only allowing friends to comment or duet, have a filter on your comments and stopping strangers from messaging you.



There is also a great option called Digital Wellbeing which you can use to set limits on how much you use the app - it's always good to take a break, especially if you're not enjoying it



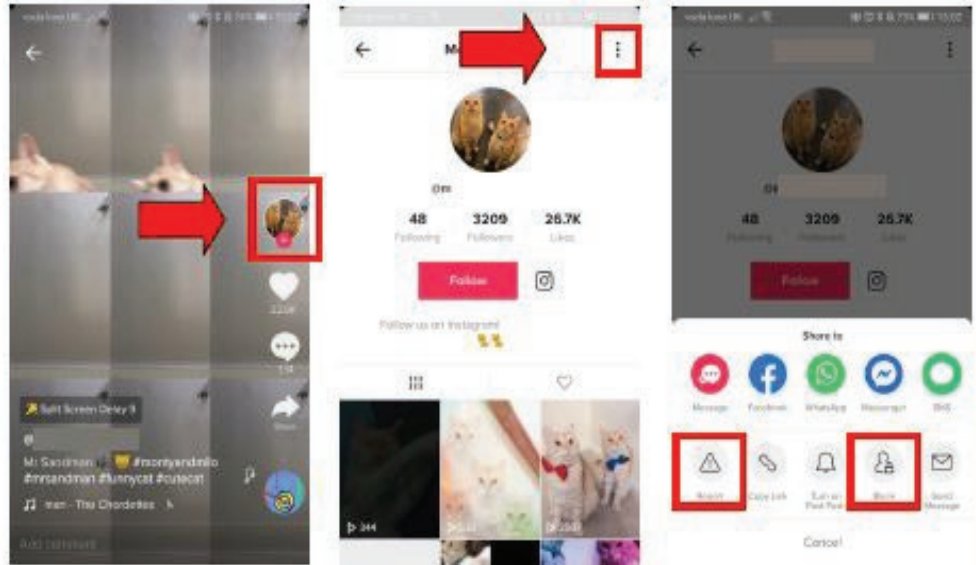
Tik Tok

How to block other users

If someone is being abusive, or if you just don't want them to see your profile or message you anymore, you can block them through the app.

To block another user just click on their profile and tap the 3 dots in the top corner then select block or report. Once clicked it will ask you for a reason why you are reporting them.

To report a comment simply tap on the comment and select from the option



Help and Advice



TALK TO US

If things are getting to you

Talk to us any time you like, in your own way – about whatever's getting to you.

116 123 FREE
This number is FREE to call

✉ jo@samaritans.org

🌐 samaritans.org



WELLBEING AND MENTAL HEALTH SUPPORT

Children and Young People Emotional Wellbeing and Mental Health Support

A wide range of services are available in Lincolnshire to support children and young people, their families and the professionals working with them to:

- Promote emotional wellbeing and prevent concerns from escalating.
- Offer advice and early support when they find themselves struggling to cope or when behaviour starts to affect their learning.
- Deliver interventions if concerns develop into more severe mental health issues/challenging behaviour.

The services below are generally ordered from more universal preventative and early support services (green) through to more targeted/intensive support (amber) and very specialist/medical or crisis services (red).

Emotional Wellbeing and Mental Health Online Pathway

An online pathway for emotional wellbeing, mental health and behavioural concerns was developed in 2017 to provide the first step for children and young people, families and professionals to access online information and self-care advice all in one place, including what support is available and how to access help. It was designed for young people, following engagement with young people, parents/carers and professionals.

www.lincolnshire.gov.uk/emotionalwellbeing

Kooth Online Counselling Service

Kooth.com, provided by XenZone, offers a safe and confidential online counselling and support service, which is available free to young people across the Lincolnshire area aged 11-18 years old (up to age 25 if SEND or leaving care). It is available 12pm-10pm Mon-Fri and 6pm-10pm Sat-Sun. Other non-counselling support is available 24/7. The service incorporates counselling, message boards, forums and advice

on a range of topics including managing exam stress, healthy relationships, anxiety and bullying.
www.kooth.com

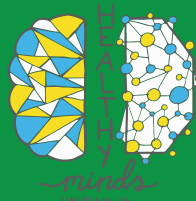
Healthy Minds Lincolnshire

Healthy Minds Lincolnshire provides early emotional wellbeing support to children and young people up to age 19 (age 25 if SEND or leaving care), when they feel that life is getting out of control and need some help to cope. It is available 9.30am-4.30pm Mon-Fri for referral or advice/guidance. The service is delivered by Lincolnshire Partnership NHS Foundation Trust and focuses on early intervention, promoting resilience and the prevention of emotional wellbeing concerns escalating to mental health issues.

01522 309120 (self-referrals accepted)

@lincs.spa@nhs.net

www.lpft.nhs.uk/young-people/lincolnshire/professionals/service-offer-and-referrals/healthy-minds-lincolnshire



kooth



Lincolnshire Centre for Grief and Loss (LCGL)

LCGL provides support to children and young people in the form of advice and guidance through counselling when experiencing grief and loss as a result of death, divorce, separation, illness, crisis etc. The service also provides training for professionals.

01522 546168 (professional referral)

email@lcgl.org.uk

www.lcgl.org.uk/counselling_and_training.htm



CYP Emotional Wellbeing and Mental Health Support

Child and Adolescent Mental Health Services (CAMHS) CAMHS supports Lincolnshire children and young people up to age 18 (age 25 if leaving care) who are experiencing moderate, acute and severe, complex and/or enduring mental health problems or disorders:

- Mental health nurses, psychiatrists and psychologists provide direct interventions for moderate to severe concerns including but not limited to depression, anxiety, trauma and self-harm, as well as training and support for professionals, including a Professional Advice Line (PAL) and consultation
- A specialist Eating Disorder Service (EDS) within CAMHS offers direct interventions for children and young people with Anorexia Nervosa, Bulimia, binge eating and atypical eating disorders
- Peer Supporters are young people employed by CAMHS, who also have first-hand experience of being supported by CAMHS, to act as peer mentors for users and encourage them to access support
- Forensic Psychologists and Speech and Language Therapists support the complex needs of young people in the justice system to reduce out of area placements and reliance on secure care.

Core services and advice are available 9am-4.45pm Mon-Fri.

01522 309120 (self-referrals accepted)

@lincs.spa@nhs.net

www.lpft.nhs.uk/young-people/lincolnshire/professionals/service-offer-and-referrals/child-and-adolescent-mental-health-service-camhs



United Lincolnshire
Hospitals
NHS Trust

CAMHS Crisis and Home Treatment Service (CHTS)



CAMHS CHTS is available for children and young people experiencing a mental health crisis that urgently require specialist or intensive input to prevent inpatient admissions or support young people coming out of inpatient services. It is available 8.45am-7pm Mon-Sun (with out of hours on-call system).

0303 123 4000

(professional referral only – if a young person requires medical treatment or is at imminent risk of harm they should go straight to A&E)

Working Together Team (WTT)

The WTT offers professional support to Lincolnshire schools and academies for students with a range of social communication/Autism needs and/or learning difficulties, providing practical assistance and training.

01775 840250 (referral via schools)

@outreach@gosberton-house.lincs.sch.uk

www.gosberton-house.lincs.sch.uk/page/?title=Working+Together+Team+Outreach+Support&pid=16



Children's Therapy Service

The service, delivered by Lincolnshire Community Health Services NHS Trust, offers occupational therapy, physiotherapy and speech and language therapy for children and young people up to age 19, to support them countywide in a variety of locations.

01522 309025 (self-referral accepted)

@LHNT.lincschildrenstherapyservice@nhs.net



Community Paediatrics



Community Paediatricians, working for United Lincolnshire Hospitals NHS Trust, assess and diagnosis for neurodevelopmental concerns, including Autistic Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). Referrals can only be made in writing by relevant professionals.

Community Paediatrics, Lincoln County Hospital, Greetwell Road, Lincoln, LN2 5QY

Other Resources

YoungMinds

The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. They offer information, expert knowledge, online resources, outreach etc.

0808 802 5544 (parent helpline)

parents@youngminds.org.uk

020 7089 5050 (general enquiries)

ymenquiries@youngminds.org.uk

Urgent Support – Text YM to 85258

www.youngminds.org.uk



ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1

MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2

CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3

CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4

CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5

SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6

LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7

ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8

LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9

KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



10

SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



 **National Online Safety**
#WakeUpWednesday

CASY Counselling –
www.casy.org.uk

Lincs SHINE –
www.lincsshine.co.uk

MindEd –
www.minded.org.uk

Young Addaction –
www.addaction.org.uk

Stay Safe Partnership
–
www.lincolnshire.gov.uk/schools-and-education/stay-safe-partnership

WE ARE HERE FOR YOU
Lincolnshire mental health and emotional wellbeing services for children and young people

Self-help advice
www.lpft.nhs.uk/yp/lincs-self-help

Lincolnshire Here4You
advice and self-referral line
01522 309120
Mon-Fri (9.30-16.30)



Spotlight on Sport

Georgia Lancaster (11F) – National Cycling

Well done to Georgia who competed in the Schools Youth National time trial in Portsmouth, she came 11th. A fantastic achievement!

Kiera MacKender (10F) – Hockey

Kiera has been selected to trial for the U17 England Performance Centre for hockey. There are only 30 girls who have been selected from the Lincolnshire/Yorkshire region. She also continues to play for Lindum ladies and the county.

Congratulations Kiera!

Extra-Curricular PE Clubs after school 3.40pm to 4.30pm

Monday	Year 11 GCSE Practical
	Year 7 Yoga
Tuesday	Year 9 & Year 10 Football
Wednesday	Year 11 Fitness
	Year 11 GCSE NEA Clinic
Thursday	Year 7 & Year 8 Football

GROWTH MINDSET NOMINATIONS

7th to 18th September 2020



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
Computer Science	Maddy Freeman	10F	Mr S Mulligan
Computer Science	Harriet Mcilwaine	10L	Mr S Mulligan
English	Olivia Barrett	9A	Miss N Willers
English	Yasmin Mobasheri	10A	Miss N Willers
French	Leen Abdallah	10A	Mr A Shivas
French	Rachael Aldridge	9A	Mr A Shivas
French	Chalotte Dunham	11A	Mrs L Samworth
French	Yasmin Mobasheri	10A	Mr A Shivas
French	Amelia Taylor	11W	Mrs L Samworth
French	Lucy Wilkinson	11W	MrsL Samworth
Head of Year	Jess Storey	8BM	Mrs M Watts
History	Freya Dinsdale	8BM	Mr B Mapletoft
Maths	Lola O'Callaghan	9L	Miss K Duffy
Maths	Natalia Pomorska	8APO	Mrs K Brown
Maths	Lucy Sharp	9W	Miss K Duffy
Maths	Catherine Woods	9W	Miss K Duffy
PE	Anya Hand	9F	Mrs J Stacey
PE	Katie Watt	9W	Mrs J Stacey
Tutor	Rosie Clark	8BM	Mr B Mapletoft
Tutor	Tamsin Henry	8KDU	Miss K Duffy
Tutor	Rosie Ibbs	8KDU	Miss K Duffy
Tutor	Yasmin Mobasheri	10A	Mrs L Martin
Tutor	Olivia Valentine	8KB	Mrs K Brown
Tutor	Holly Wilkinson	11W	Mr S Mulligan

KSHS Clubs and Activities Timetable



Autumn Terms 1&2 –2020

	Club	Location	Time	Year Group	Staff
Monday	Library Captain Drama Club Year 7 Handbells	LRC/Library Drama Studio V1	Break 2 Break 2 Break 2	Year 7 Year 7 Year 7	Mrs Gibson Mrs Thomas Mrs Kasperczyk
After School	Yoga Year 9 drama club Year 11 rehearsal session GCSE Practical Getting to Grips with Unifrog	Dance studio. Meet outside changing rooms Hall Drama Studio Sports Hall tbc	3:45 – 4:45 3.40- 4.30pm 3.40pm-5pm 3.40-4.30pm 3.45 - 4.45pm	Year 7 Year 9 Year 11 Year 11 Year 12	Miss Willers Mrs Thomas Mrs Thomas Mrs Stacey Mrs Hunter
Tuesday	Wider Listening (Music) Library Captain Girls' News Team KS3 Lego League German Vocab Booster MFL CLLAAB Year 10 drama rehearsal sessions Science Discussion Club	V1 Library M8 S9 L2 L1 Drama Studio C5	Break 2 Break 1 Break 2 Break 2 Break 2 Break 1 Break 2 Break 1 Break 2	KS4/5 Year 10 Year 8 Year 9 Year 9 Year 11 Year 8 Year 10 Year 7	Mrs Kasperczyk Mrs Gibson Ms McMeel Mr Norris Mrs Samworth Mr Rooke Mrs Thomas Miss Powell
After School	Ranger Guides Football New Views Playwriting	TBC Field M8	4pm-6pm 3.40-4.30pm 3.40-4.40pm	10-13 Year 9 Year 10 Year 13	Mrs R Dye Mrs McGann Miss Machin Mrs Cowell

Wednesday	Choir	TBC (meet outside V2 in the garden)	Break 1	TBC	Mr Mitchinson Mrs Kasperczyk
	Business Support Club	V4	Break 1	Year 10	L Moncur
	Girls' News Team KS4	M11	Break 1	Year 11	Miss Willers
	Library Captain	Library	Break 2	Year 10	Mrs Gibson
	Coursework Clinic	M10	Break 1 and 2	Year 13	Mr Cassidy / Mrs Cowell
	Science Discussion Club	C5	Break 2	Year 8	Miss Powell
	French vocab booster	L3	Break 1	Year 11	Miss Beckitt
After School	Food Club – skills and choices	M3 Food Room	3.45- 5.10pm	Year 9	J Pankhurst
	Year 11 Fitness	Sports Hall/Field	3.40-4.30pm	Year 11	Mrs Hunt
	GCSE NEA	K3	3.40-4.30pm	Year 11	Mrs McGann
Thursday	Music Composition	V1	Break 1	KS4/5	Mr Mitchinson
	Library Captain	Library	Break 1 Break 2	Year 10 Year 7	Mrs Gibson
	Science Discussion Club	C5	Break 2	Year 9	Miss Powell
	Quizzes and Games Club	C2	Break 2	Year 7	Mrs Livingstone
After School	Textiles Club	M4 Textiles Room	3.45- 5.00pm	Y9	Mrs Fleming
	Girl Guides	TBC	3.45pm-5.45pm	7-9	Mrs R Dye
	Football	Field	3.40-4.30pm	Year 7	Mrs McGann
	Art	K20	3.45 - 5.00pm	Year 8 Year 11	Mrs Hunt Mr Clifford
	Friday	School Band	TBC (meet outside V2 in the garden)	Break 1	TBC
Library Captain		Library	Break 1 Break 2	Year 9 Year 8	Mrs Gibson
		M10	Break 1	Year 11	Mr Cassidy
After School	Virtual STEM club	Over Microsoft Teams	Weekly challenge sent out via teams by the end of each week	Y7 & 8	Mr Norris
Each Day					
After school	Homework Club	Library	Mon-Thurs 3.35-5.00pm. Fri 3.35-4.30pm	7-13	Mrs Gibson Mrs Oswald

Covid-19 related pupil absence

A quick reference guide for parents

What to do if ...	Action Needed	Return to School when
My child has Covid-19 symptoms; <ul style="list-style-type: none"> • HIGH TEMPERATURE - this means you feel hot to touch on your chest or back. • A NEW CONTINUOUS COUGH – this means coughing a lot more than an hour, or 3 or more coughing episodes in 24hrs. • A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE – this means you've noticed you cannot smell or taste anything. 	DO NOT COME TO SCHOOL. Contact school to inform us. Self-isolate the whole household for 14 days. Get a test. INFORM SCHOOL IMMEDIATELY ABOUT TEST RESULT.	... The test comes back negative.
My child tests positive for Covid-19.	DO NOT COME TO SCHOOL. Contact school to inform us. Agree an earliest date for possible return. Minimum of 10 days. Self-isolate the whole household for 14 days. Bubble isolates/remote learning.	... They feel better. They can return after 10 days even if they have a cough or loss of taste/smell. These symptoms can last for several weeks.
My child tests negative.	CONTACT THE SCHOOL. Discuss when your child can come back to school (same day/next day).	... The test comes back negative.
My child is ill with symptoms not linked to Covid-19.	FOLLOW USUAL SCHOOL ABSENCE POLICY PROCEDURE.	After 24hrs following the last bout of sickness/diarrhoea if this is the cause of absence.
Someone in my household has Covid-19 symptoms.	DO NOT COME TO SCHOOL. Contact school. Self-isolate the whole household for 14 days. Household members to get tested. INFORM SCHOOL IMMEDIATELY ABOUT TEST RESULTS.	... The test comes back negative.
Someone in my household tests positive for Covid-19.	DO NOT COME TO SCHOOL. Contact school. Agree an earliest date for possible return. Minimum of 14 days.	... The child has completed 14 days of isolation.
NHS test & trace has identified my child has been in close contact of someone with symptoms of confirmed Covid-19.	DO NOT COME TO SCHOOL. CONTACT SCHOOL. Agree an earliest date for possible return. Minimum of 14 days.	... The child has completed 14 days of isolation.
We/my child has travelled and has to self-isolate as a period of quarantine.	Do not take unauthorised leave in term time. Consider quarantine requirements and FCO advice when booking travel. Returning from a destination where quarantine is needed. Agree an earliest date for possible return. Minimum of 14 days from return date. Self-isolate the whole household.	... The quarantine period of 14 days has been completed.
We have received medical advice that my child must resume shielding.	DO NOT COME TO SCHOOL. CONTACT SCHOOL. Shield until you are informed that restrictions are lifted and shielding is paused again.	... School inform you that restrictions have been lifted and your child can return to school.
My child's bubble is closed due to a Covid-19 outbreak in school.	DO NOT COME TO SCHOOL. At home support your child with remote education provided by school. Your child will need to isolate for 14 days.	... School will inform you when the bubble will be reopened.