

NEWSLETTER

09 December 2016

www.kshs.uk**Useful Dates**

13 Dec	Year 13 Risky Behaviour Talk
14 Dec	Senior Citizens' Christmas Party
16 Dec	School Christmas Lunch
19 Dec	Curriculum Day
19 Dec	Year 11 Study Skills Day
19 Dec	Year 10 CPR Training
19 Dec	Senior Prizegiving
20 Dec	Winter Wonderland Talent Show
21 Dec	Carol Service at St Denys' Church
21 Dec	LAST DAY OF TERM
3 Jan	Staff Training Day
4 Jan	FIRST DAY OF TERM



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Dear Parents/Guardians,

In this last newsletter of the autumn term I would like to wish all parents and friends of the school a very relaxing Christmas break. I always think that teaching is the best profession to be part of at this time of year. Students' excitement is infectious and staff and students all leave for the holidays exhausted but with a strong sense of community and festive spirit.

Partly that is down to all the events in the last couple of weeks. Amongst normal lessons we look forward to the Carol Service on the morning of the last day of term at St Denys' Church. Students are expected to be in smart uniform and will be accompanied on foot to the church by their form tutors and sixth form prefects. Our Winter Wonderland talent show takes place on the Tuesday at lunchtime and the School Christmas Lunch and Christmas Jumper day on Friday 16th.

Curriculum Day on the 19th however is an important end to the learning of the term with lots of activities planned. This is certainly not an end of term wind down for students nor is it Christmas themed so please don't make any plans that take your child out of school. Year 11 for example will benefit from a morning of exam preparation advice including stress management and revision tips with an important English GCSE workshop in the afternoon. Details for all year groups will be shared with students by form tutors.

Mrs J Smith
Head of School

Visit from the Secretary of State for Education, Justine Greening

The Secretary of State for Education, Justine Greening, visited the school on Monday, 28 November in order to meet staff and students and see the school at work.

She visited several lessons including a Year 10 Maths class where students were tackling new content from the revised Maths GCSE, a Year 7 English class where students were performing Shakespearean scenes and a Year 7 History class discussing the qualities of kingship.

She also spoke to a group of staff and commended the excellent outcomes for students as well as the range of opportunities made available to them. She was particularly interested in hearing about the school's role as a lead school for School Direct, training the next generation of teachers and the impact of Government policy on classroom delivery.

The visit was completed by a question and answer session with student representatives from the school council including students from Years 7, 8 and 13 who spoke of their aspirations for the future and the ways in which they have been empowered to influence decisions in school. As ever students were impressively articulate and a real credit to the school.

Mrs J Smith
Head of School





SPONSORED WALK

The Sponsored Walk 2016 total raised by KSHS students to date is £13,890 (this includes £1,624 of gift aid).

Many thanks to all students and parents who contributed to this grand total!

Charities benefitting include Macmillan Cancer Support, The Teenage Cancer Trust, Help for Heroes and Young Minds.

A sum will also be contributed to the PTA 'Raise the Roof Project' fundraising for the covered canopy planned for the school grounds.

ROTARY CLUB SHOEBOX SCHEME

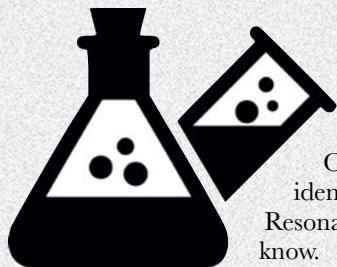
This half term students at the High School have been donating items for the Rotary Shoebox scheme to send to people living in poverty in Eastern Europe. The Rotary Club has no religious or political affiliations and the boxes are delivered all year round, not just at Christmas.

Four different types of boxes have been assembled: boxes of toys; boxes for teenagers; boxes of household goods and boxes for babies and new mothers. Form groups have worked together to fill at least four boxes per form and we have been particularly grateful for the quality of the lovely gifts that students have brought in. Altogether the school have donated 110 boxes full of gifts and household essentials.



Thank you to everyone who has contributed and particularly to form 9KG who coordinated the collection of the boxes.

Mrs K Green
Form Tutor 9KG



YEAR 13 CHEMISTRY TRIP

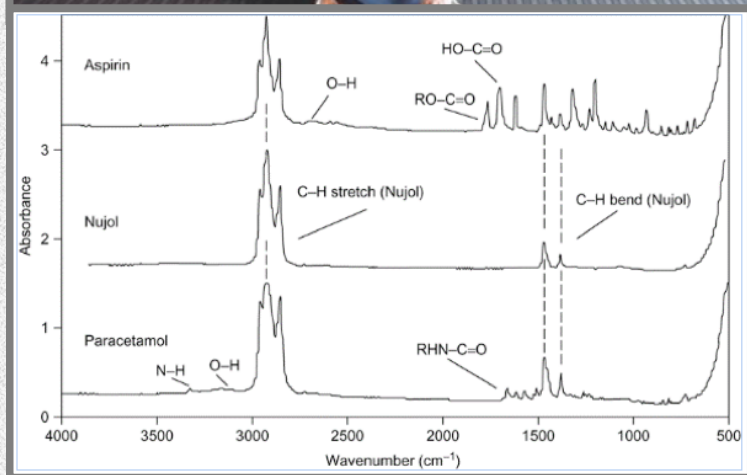
On Wednesday the 16th of November, the University of Nottingham held lectures based on molecular identification. As part of the AS Chemistry syllabus, Infrared Mass Spectroscopy and Nuclear Magnetic Resonance (NMR) Spectroscopy are but two of the identification techniques that Year 13 students are required to know.

Alongside two other schools, we were led into a lecture hall where we were informed about the importance of being able to identify a compound that has either been made previously or a newly synthesised compound. By using the specific groups within the structure of the molecule, each have their own absorbance wavelengths, we are able to undertake tests in order to draw the structure of the compound and find out its chemical properties. We learnt about how the bonding within the molecules exhibit different kinds of vibrations and vibrating patterns; symmetric stretching, asymmetric stretching and bending are the three fundamental vibrational modes. These are able to be detected via spectroscopy machines and are what enables chemists to identify compounds.

After the lecture, we were led into the laboratory where we were briefed with the safety protocols and had to wear lab coats and safety goggles at all times. We were then shown how a chemist prepares a sample which will undergo Infrared Mass Spectroscopy in order to be identified. After being put into pairs we then attempted to replicate the techniques we were taught. To the dismay of all of us, we were told to grind our power sample using a pestle and mortar for 10 minutes! By adding an oily mulling agent called Nujol, we were able to easily extract the sample and added it onto two potassium bromide discs – then placing the sample within an infrared spectrometer we generated our infrared spectrum. We were then given data sheets and applying the knowledge we learnt during our A Levels we all identified the compound as Aspirin, also known as acetylsalicylic acid.

We were then given tours of the facilities and were able to see the different kind of spectroscopy machinery that chemists are able to utilise. We gained an appreciation for the spectrums that we'll be facing come the summer examinations. It was a day spent immersed in the analytics of compounds. The students were all fascinated and showed interest and engaged with the lecturers to answer questions that cannot be found solely on the syllabus. With the students showing great enthusiasm a rapport was generated almost seamlessly, and we were told how our group was “the best group they had ever taught”. It goes to show how much the students at KSHS enjoy chemistry and how much the day was beneficial to all of us!

Harpreet Atwal (13W)



INTERACT CLUB FUNDRAISING

A big well done goes to Jazmin Randall (7L) and Amy Walsh (7W) for raising £25 for the JDRF (Juvenile Diabetes Research Foundation) through the Interact Club by running competitions on National Diabetes Day on the 14th November.

Thank you also to the Interact Club for all of their help with organising this event and we hope to share more fundraising success stories in the future.

Miss E Turner
Interact Club Coordinator



Sixth Form News

It has been a busy few months for all sixth formers. Year 12 students are now all settled on their new courses and enjoying the new-found freedoms of studying in the sixth form. Although the jump up to A-levels or BTECs takes some adjusting to students generally find that with the support of their teachers and a willingness to learn more independently they soon realise what is required. KSHS students enjoy having visitors from the other two schools to the common room at lunchtimes as well as being allowed to go into town at lunch if they wish. Supervised study and 'free lessons' also give them time to complete homework or take part in a wide range of enrichment activities.

Year 13 students have been working on their plans for when they leave school next year. Many students have applied to university and are receiving offers and attending interviews. We have organised mock interviews for many students which allows them to practise talking to an unfamiliar adult about why they wish to study their chosen course at university. Similarly those students thinking of apprenticeships or employment are able to seek advice from Mrs Hunter when required.

As well as academic and careers preparation we have organised a range of talks and workshops to help students develop other 'life skills'. Year 12 are having talks about the risks of STIs and how to avoid or treat them, while Year 13 will be exploring 'Risky Behaviour', which focuses on staying safe whilst under the influence of alcohol. All sixth formers are able to download free online software at home that helps to promote safe driving and we hope to arrange the '2fast2soon' workshop next term. We encourage parents to have a look too: www.driveiq.co.uk/students and http://www.driveiq.co.uk/6943_Drive_iQ_Parent_2014.pdf for a parent guide.

Miss S Chant
Head of Sixth Form

SPOTLIGHT ON SPORT

As we move closer towards the end of term the Football Teams have been enjoying training and competing to a high standard. The Year 7 and Year 9 Girls Futsal Teams have played in the Kesteven Schools Tournament. The Year 7 team won the competition and will be heading through to the next stage in the New Year. The Under 13 Girls Football Team won their match against Spalding in the Lincolnshire Schools Football Association competition and look forward to playing against their next selected team also in the New Year.

Year 13 Sports Leaders have been practising their leadership skills by holding an extra-curricular Sports Festival for Year 7 students which has given each student an opportunity to participate. Year 10 Sports Leaders have been away to enhance their leadership skills by taking part in a Young Coach Course at Lincoln Football Club.

We are proud of our National Cross Country runner Bella Williams (13A) who has just returned following signing her letter of

intent to take up her scholarship to attend University in Utah, United States of America.

Once again, well done to those who continue to represent or have represented the school for the first time in the featured activities.

Results			
Age Group	Opposition	Score	Result
Football			
Under 13	Spalding	9-0	Won
Futsal			
Year 7	Kesteven Schools Tournament	Won 4 games Drew 2 games	Won
Year 9	Kesteven Schools Tournament	Drew 4 games Lost 1 game	5th

Year 7 Futsal Team – Won the Year 7 Kesteven Schools Girls Futsal Tournament



Under 13 Football Team – Beat Spalding High School 9-0



Bella Williams signs her letter of intent for her scholarship at the University of Utah



Year 13 Sports Leaders Sports Festival



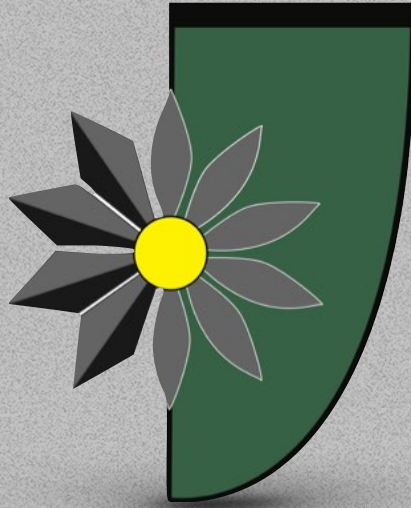
I've always wanted to go to college in America, but quickly realised the only affordable route would be to get a scholarship. Therefore, I worked hard all last year to get the results and times I needed to be able to attract the interest of the top cross country and athletics colleges. Throughout the summer I was rewarded with interest from around 12 great schools. I then had to cut down the list to three to go on an official visit, where a university who is interested in you attending pay for you to come and visit their campus, sporting facilities and accommodation and to get to know the location. It was a great experience; I loved two of the schools and so it was not an easy decision. Eventually, I decided on the University of Utah because of its beautiful location, great facilities and coaches and competitive programme. I signed a National Letter of Intent in November, committing myself to attend the University next year, and a Financial Agreement, formalising the offer of a full, 4 year scholarship. When I eventually go to Utah, it will be the end of a long 2 year process but it is completely worth it for this fantastic opportunity.

Bella Williams (13A)

Coach Course at Lincoln City Football Club – 2nd December 2016

During the course of the day we learnt a lot about coaching techniques and tips on how to be the best coaches we can be. When we arrived everyone had a place name on each table so that we were all split up and not near each other, this encouraged us to socialise and communicate with other people we didn't know. Firstly we created an action plan for next month, three months' time and six months' time. This really helped us understand what we hope to achieve in the future and what goals we want to aim for. Then we were given a sport like ultimate Frisbee and Kabaddi that people were unfamiliar with and had to coach a five minute session. We split into pairs with people we did not know and had to work together to come up with a training session and then taught it to four people with another two people assessing us on how well we led the session as coaches. At the end of each session we were given helpful feedback on what we did well and what we could improve on. After that we looked at the Coaches Philosophy which included reflecting on who you are and what sort of coach you want to be, such as one that looks more at development and enjoyment, or one who looks more to the competitive side. We enjoyed that and it helped us understand about the different sides to coaching. Near the end of the day we were given an insight into how Lincoln City Football Club use technology to advance their players and game play by Danny Cowley who is Lincoln City's Manager.

Jessica Brown (10A) and Madeleine Coy (10A)



KESTEVEN & SLEAFORD HIGH SCHOOL

A SELECTIVE ACADEMY, PART OF THE ROBERT CARRE TRUST

Jermyn Street, Sleaford, Lincolnshire NG34 7RS

Tel: 01529 414044

CATERING ASSISTANT

KSHS is looking to appoint a Catering Assistant on a casual basis, to work as and when required.

We are looking for someone who:

- Has experience of working in catering, preferably within a school environment;
 - Is hardworking and adaptable;
- Has good interpersonal skills and has empathy with children and young people;
 - Is available to work at short notice.

Please return application forms available on our website: www.kshs.uk to Mrs H Gill, PA to the Headteacher (email: helen.gill@kshs.uk).

As part of the Robert Carre Trust we are committed to safeguarding and promoting the welfare of children and young people and expect all staff to share this commitment and to undergo enhanced DBS checks.