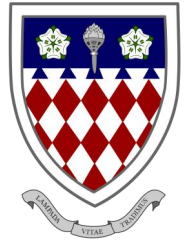


Spalding High School

Weekly Bulletin

19th September 2024



I really enjoy reading the bulletin each week because it provides an opportunity to celebrate our students (and often our staff) and their achievements and hobbies. Each week we find out what everyone has been up to and it never fails to grab my attention whilst providing an opportunity to say “well done”. This week is no exception and, again, I strongly encourage parents to share their child’s achievements outside of the School with us so that we can continue to make “Celebrating The Individual” a regular item.

So.... Well done! To Heidi, Katie, Pippa, Isobel and the Chamber Choir...

Well done! To all our students with new positions of responsibility and

Well done! To all of our Students of the Week!

M K Anderson, Headmistress

Student of The Week

Please find below the latest 'Student of the Week' nominations. Nominations can be made by both teaching and support staff and can be subject related or community focused.

Form	Student	Staff	Reason
7J	Faye Forsyth	Mrs Cave	Religious Education
7J	Diya Gopinath	Mrs Rogers	Geography
8C	Hooria Kausar	Miss McArthur	Religious Education
8N	Smeera Mehta	Miss Hammond	Drama
8P	Kaelyn Velasquez	Mrs Knowles	German
8P	Evie Waterhouse	Mrs Knowles	Community
8P	Darcy Gunter	Miss Hammond	Community
8P	Georgie Irvine	Mrs Schwarz	Textiles
8S	Kira Klesyk-Prolejko	Mrs Clay	French
8S	Angela Pun	Mrs Read	Community
9C	Alex Baker	Mr Fovargue	Computer Science
9C	Trish Stoffel	Miss O'Sullivan	English
9C	Heidi Woodrow	Mrs Jones	Latin
9N	Rebecca Dale	Miss Ashley	Mathematics
10C	Roxanne Fox	Miss White	Chemistry
10C	Jodie Powell	Mrs C Lord	Mathematics
10C	Phoebe Hedaux	Mrs Spinks	Mathematics
10J	Izzy Hurn	Mr Blackbourn	Business
10N	Natasha Smoczynska	Mrs Bushell	German
10N	Jasmine Bate	Mrs H Waldron	Religious Studies
10N	Nancy Chapman	Mrs Bennett	Geography
10P	Eliza Morris	Miss Jones	Physical Education
10P	Ruby Quinn	Mrs Nowak	Mathematics
10S	Emilia Tokarska Da Silva	Mr Hempsall	History
10S	Isla Saterlay	Mr Ganger	Mathematics
10S	Dilan Yildiz	Miss Pettefar	English
10S	Isla Saterlay	Mrs F Barats	French
10S	Amelia Robinson-Tait	Mrs Fisk	Drama
11J	Phoebe Woolsey-Smith	Mr Wright	Biology
11N	Ellie Garth	Mrs Neal	Art
11N	Ava King	Mrs T Waldron	Biology
11N	Hannah Fisher	Ms Busby	Food and Nutrition
11N	Lola Connolly	Mrs Gregory	Physics
11P	Tallulah Mills	Mrs Busfield	Community
11S	Mika Clancey	Mrs Martindale	Biology
11S	Mika Clancey	Miss Bailey	German
6AF	Taya Yeowell	Miss Dunbar	Sociology
6AF	Niamh Shlackman	Mrs Busfield	Biology
6JL	Kara Gibson	Mrs Tanner	Community
6JL	Evie Ahearn	Miss Rossouw	Psychology
6KM	Harvey Dalton	Mrs Tanner	Art
6KM	Kayla Rix	Mrs Lees	Community
6LM	Alice Nicholson	Mrs Bennett	Community
6NG	Abbie Horspool	Mr McAlinden	Business
6NG	Klaudija Bledyte	Miss Jeffery	Community
6NG	Martha Cook	Mrs C Aurikko	Biology
6NG	Fran Crossman-Vyse	Mrs Gregory	Community
6SC	Callie Madden	Mr Love	Law

Y9 News

9C's ACHIEVEMENTS

Heidi Woodrow

Throughout the year and the summer, I competed in many a show jumping competitions near Baston. I rode Molly, my skewbald cob cross horse throughout a series of fences to try to win the league which ends on the 20th October. So far I have managed to gain eleven rosettes ranging from 6th to 2nd place. In the most recent competition, in the first class, I jumped a clear round with no faults and a time high enough to secure 6th place. In the second class, I did not get placed in the top six, however, I got around the course with twelve faults. The year has been positive and watching my progression with my horse has been really enjoyable.



Katie Bonarius

Recently I went to an England talent day at Loughborough University in Nottingham. It was a trial to be longlisted for the U15-U16 squad. I think I was one of the youngest people there! The experience was phenomenal and the coaches were so encouraging and gave great tips! We played games as well as doing a goalkeeper session and were supplied with a nutritious lunch. It was a wonderful day and to see so many girls with the same passion as me was just amazing. I cannot wait to see what happens next.



Y9 roles of responsibility

Over the last week, Y9 have been electing their representatives for certain roles within their form, such as form captain, sports captain and council rep. Each role has responsibilities, for example, the form captain oversees the organisation of form assemblies, supports in organising fundraising activities undertaken by the form, and liaises with their form tutors over day to day issues. The sports captain organises teams for the house competitions, and the council representative will be able to make recommendations, requests and become involved in school projects. These roles are considered within the School community as a privilege and students should feel really proud to have been elected. Below, they have outlined why they're excited to take the role on.

9C



My name is Zoha and I am 9C's form captain. I like to make sure that people's problems can be resolved and I would like to create a friendly environment in the form. This year I am looking forward to the sports events.

My name is Karina and I am 9C's vice captain. I am looking forward to trying out this new role as I have been form captain before. I think I will be good at supporting the form captain and the form when needed.

My name is Alex and I am 9C's sports captain. I am looking forward to organising the house events and getting teams ready. When sports day comes around I am looking forward to being someone that people can come to with questions.

My name is Freya and I am 9C's school council representative. I am looking forward to making a difference in the school environment, and helping organise events to raise money to improve our school.

9N



I am really excited to represent my class in the council and voice our thoughts and beliefs. I can't wait to speak out and get my voice heard!
– Poppy

We are excited to be Eco warriors! We always remember to take the bins in the form room when they're full!
– Poppy and Rimsha

As music captain, I'm really excited to help people enjoy music as much as I do
– Florence

We are excited to participate and organise upcoming activities. Taking the lead and listening to what the form would like is going to be fun
– Eydee, Meenasri and Isabella

9P



As form captain, this year I am excited to share what my form has achieved to our year so we can all celebrate their achievements together – Diya

As vice form captain, I am excited to be working alongside my form captain and helping out wherever I can – Emily

This year, as charity rep, I am looking forward to organising fundraisers, events and raise more money for the School Community – Arjannya

As sports captain I'm looking forward to the sponsored walk for MacMillan and the fun we've got waiting for us with the house

competitions! - Katie

As eco and school council rep, I am excited to help the school grow from where it's been to become even more inclusive and eco-friendly! - Imogen

9S



As form captain I'm excited to help others within the form, my role consists of checking for any relevant information to provide the form with any updates or upcoming events that may take place. I am also excited to help the form with any other issues that may occur throughout the year - Daisy

I am excited to have a responsibility within my form group and to include and help other people in a working environment. I am also happy to work alongside my peers as vice form captain - Annabel

As form music rep I am excited to help organise musical events within the form and wider school. I would like to help promote musical related clubs at lunch times. I am willing to talk to other music reps about clubs, events and decisions involving choir and orchestra, as well as raise money for the music department and different musical charities - Scarlett

I wanted to be sports captain because I really enjoy sports, PE is my favourite subject and I also do a lot of sports outside of school. I love organising events such as sports day and being a leader. I'm supportive, love teaching people and helping others - Alena

I am really excited to be charity rep because I really like to help organise and I also like helping others in need. I am also good at listening to people's ideas to add to events/fundraisers to come in the future. This role is such an honour to have. I am very grateful for being nominated - Darcey

As deputy school council rep I am excited to help change the School and to listen to my form's ideas so the School can be improved for them. I am also excited to have the responsibility to organise things and to do activities and share ideas with the school council team - Minahil

Welcome to 9J Form Representatives!

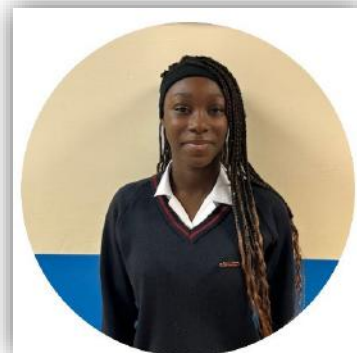


We are extremely lucky to have more wonderful representatives this year and I cannot wait to see what they can achieve in their roles! It has been amazing to hear about all the achievements the form have made over the summer and the wonderful places they have travelled too. I cannot wait to see what Year 9 will bring for them!

Miss Goulding

Form Captain: Daniella

"I am going to aim to show others in the form that subject support is not embarrassing and is something we should be proud of. I hope to be a good role model and bring the form together. I hope that my mature and confident personality will help in making mine and my form's opinions heard." Daniella



Vice-Captain: Aliyah

"I wanted to be vice-captain because with my great leadership skills I know I can help run the form and keep it in line. With myself and Daniella as form leaders we can make 9J rise to the top of the ranks. I have wanted to do this for a long time but never had chance, so I am really happy to be given this role." Aliyah



Sports Captain: Lola

"I wanted the role of sports captain because I really wanted to help the form to hopefully win the form competitions and to just have fun. I hope to create the same passion for sport that I have, in others" Lola



Vice Sports Captain: Hattie

"I am really happy to be vice sports captain because I have played a lot of sports like hockey, tennis, rugby and football – but now I am a cheerleader – so I am good at motivating people and hope to motivate the form!" Hattie



Charity Rep: Emily

"I am very happy and excited to be 9J's charity rep because I want to help our School and form community to build an ever better relationship with local charities. I will try to frequently find and create new and exciting ways to raise money like: bakes sales, read-a-thons and more!" Emily



Music Rep: Lily

"I really wanted to be music rep for my form, because I really like playing and listening to music, as I feel that it is very good for mental well-being. In the future I would like to motivate people in the form to choose music as one of their GCSE options.



School Council: Holly

"As school council representative, I am excited to promote well-being and positivity as part of my role. I am going to aim to have a big impact in my role and achieve more freedom for others when expressing themselves as well as create more opportunities for support." Holly



Other achievements and celebrations from 9J

- ◆ Ella won the award for **'Best Conduct'** for the Deepings under 14's football team. Ella was also lucky enough to go to watch the Lionesses in the England V Ireland football match.
- ◆ Yasmine won the award for **'Best Player of the Season'** for hockey.
- ◆ Hattie won the award for **'Top Performer'** in cheerleading.
- ◆ Ruby was crowned **'Queen of the season'** for cheerleading and also won her competitions at the Future Cheer Competition in Bournemouth.
- ◆ Joana took part in a jumping and dressage horse riding competition.
- ◆ Holly and Lily were both lucky enough over the summer to see Taylor Swift in concert.
- ◆ Lola and Lily went to Disney.
- ◆ Maddie went to Turkey.
- ◆ Prisha went to India.

And last but not least, we were all very excited to welcome Emily to 9J!



Life in Y11

Celebrating The Individual - Pippa Hastings, 11C

I had an amazing opportunity to represent Burghley Pony Club and walk the Burghley XC course with Tom McEwen. Tom was part of the British Eventing Team that won Olympic Gold in Paris.

Tom discussed each fence, detailing the best approaches, technical aspects and potential pitfalls. He explained how he was going to ride his horse to the fences on Saturday, XC day. I had the chance to hold Tom's gold medal, which was very heavy and I thoroughly enjoyed my afternoon.

I went to Burghley again on Saturday and saw Tom riding on the course. He was talking to his horse and flew over the fence we were standing at.



Revision Technique of the Week – 'Core & Hinterland'



1

IDENTIFY THE CORE KNOWLEDGE IN A UNIT



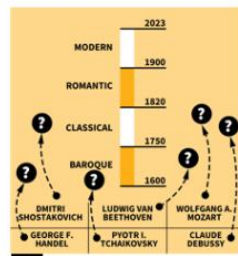
2

IDENTIFY THE HINTERLAND THAT THE CORE SITS IN



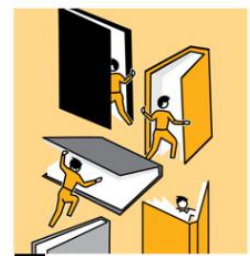
3

ALLOW SOME TIME TO EXPLORE HINTERLAND EXAMPLES & STORIES



4

RELATE HINTERLAND EXAMPLES & STORIES TO THE CORE



5

READ FURTHER; EXPLORE AS MUCH HINTERLAND AS YOU CAN MANAGE

More information on how to complete this technique can be found on the Year 11 Student Team!

WHEN YOU FOCUS
ON THE GOOD
THE GOOD GETS
BETTER

Y11 MOCK
EXAMS

9

SCHOOL
WEEKS
TO GO!

YEAR 11
REVISION CLUB

Every Monday & Wednesday lunchtime
1pm-2pm in G3

Bring your lunch and revision materials

Celebrating The Individual in Y12—Isobel Kitchen

During the summer, Isobel has been volunteering at a community cafe in Stamford called [Second Helpings](#). This is a project designed to minimise food waste and the environmental impact of food waste by cooking meals from donated food near its end date and offering this to the community on a pay as you feel basis.

Isobel will be continuing to help during term time once a fortnight on a Saturday.

Keep up the great work Isobel!



Music News

SHS Chamber Choir

The School's Chamber Choir will be performing their programme of beautiful contemporary vocal music at Crowland Abbey on November 23rd and also at the Sessions House in Spalding on December 20th. Further details to follow!

Mr Garbett, Head of Music

spalding high school

CHAMBER CHOIR

THE sessions house
spalding

doors open 19:00
concert starts 19:30
DECEMBER 20TH

RUN ON DONATIONS



What are the benefits of singing?

Decades of research has shown that singing individually and in groups is good for you on many levels.

Here, according to science, are 10 key benefits of raising your voice in song.

1. Relieves stress

Singing appears to be a stress-reliever. A 2017 study measured the amount of cortisol, the stress hormone, in participant's saliva before and after they sang.

Researchers in that study found that the amount of cortisol was lower after singing, an indication that people felt more relaxed after they'd belted out a tune.

They also found singing reduces stress levels whether the participants were singing in a group or by themselves.

2. Stimulates the immune response

There's some evidence that singing may boost your immune system and help you fight off illnesses.

A 2004 study Trusted Source compared the effects of singing with the effects of simply listening to music. In two separate sessions, research subjects either sang or listened to music.

Those who sang showed higher levels of immunoglobulin A, an antibody your body secretes to help you fend off infections. Listening to music (without singing along) reduced stress hormones but didn't stimulate the body's immune system.

3. Increases pain threshold

When you sing in a group, whether it's a large choir or a smaller group, the act of collective singing causes your body to release endorphins. This hormone can help promote positive feelings, and even change your perception of pain.

A 2012 study found that singing, drumming, and dancing in a group triggers the release of hormones that raise your pain tolerance in ways that just listening to music doesn't.

Researchers note that the feelings of social connection, rather than the music itself, seems to be behind the boost in pain tolerance.

4. Improves lung function

Because singing involves deep breathing and the controlled use of muscles in the respiratory system, it may be beneficial for certain lung and breathing conditions.

Studies have shown that the breathing techniques used with singing may offer benefits for people with the following conditions:

chronic obstructive pulmonary disorder (COPD)

asthma

cystic fibrosis

cancer

multiple sclerosis

Quadriplegia

While singing doesn't treat or cure any of these conditions, you may benefit from gaining strength in your respiratory muscles.

Singing also increases the amount of oxygen in your blood, research shows. In addition to the pulmonary benefits, singers also experience improved mood and a greater sense of social connection.

5. Develops a sense of belonging and connection

When you sing together with others, you're likely to feel the same kind of camaraderie and bonding that players on sports teams experience.

In one 2014 study [*Trusted Source*](#) involving 11,258 schoolchildren, researchers found that children in a singing and musical engagement program developed a strong sense of community and social inclusion.

In a 2016 study involving 375 adult participants, researchers found that people who sang together in a group reported a higher sense of wellbeing and meaningful connection than people who sang solo.

One of the neurochemicals released when people feel bonded together is [*oxytocin*](#), also known as the love hormone.

Spontaneous, improvised singing causes your body to release this feel-good hormone, which may help give you a heightened sense of connectedness and inclusion.

6. Improves mental health and mood

A 2018 study done in the United Kingdom evaluated 20 people in a singing program known as The Sing Your Heart Out project. The participants included people with mental health conditions, as well as the general public.

Researchers found that the participants reported improvements in their mental health, mood, sense of well-being, and feeling of belonging as a result of these singing workshops.

7. Helps improve speaking abilities

Decades ago, scientists began researching the effects of singing among people who have a hard time with speech due to a neurological condition.

To date, [*researchers Trusted Source*](#) have found that singing improves the speaking ability for people with:

[*autism*](#)

[*Parkinson's disease*](#)

[*aphasia following a stroke*](#)

[*stuttering*](#)

Singing stimulates multiple areas of the brain at the same time. This may enable people with an impairment in one part of the brain to communicate using other areas of their brain.

Singing can also prolong the sounds in each word, which may make it easier to pronounce them.

Singing also makes it easier to incorporate hand-tapping, a method that can help people maintain speaking rhythms that are otherwise challenging.

The SHS Choir rehearses on Wednesday lunchtimes at 1:15pm!

Come along and join us!

Mr Garbett, Head of Music

Summer 2025 Examination Series

GCSE exams will take place from Thursday 8/5/25 to Wednesday 19/6/25

GCE (A Level) exams will take place from Monday 12/5/25 to Tuesday 24/6/25

The Contingency Day is Wednesday **25/6/25**, and there is a contingency afternoon on Wednesday **11/06/25**.

These contingency days/afternoons will be used if a significant, unexpected event arises nationally or locally during the exam period such that no students (or a large number of them) are able to take an exam when planned. Students should be available to take examinations up until this date.

The generic timetables are available on the school website and individual student timetables will be issued in late February/early March 2025.

Mrs Smith, Examinations Officer

PSHCE News

Updates from Lincs County Council Stay Safe Team

Malicious Communications Act

Malicious Communications has been an ongoing problem amongst our students in Lincolnshire for the last few years now. It is one of the top 5 crimes in which our 14–16-year-olds have received a criminal record for. Online behaviour is something we talk regularly to children and young people about across the county within our online safety sessions. We want to also make sure parents are aware of these laws and the potential consequences our online behaviour can have in the real world, for our children's futures. We have attached a factsheet that can be sent to parents explaining what Malicious Communications Act is and how to support their children at home. It has a link to the following video which you can also display on Facebook or twitter sites:

[Stay Safe Talks - Malicious Communications \(youtube.com\)/ \(https://www.youtube.com/watch?v=AkI9CgpP9t8We\)](https://www.youtube.com/watch?v=AkI9CgpP9t8We) we would appreciate if you could share the video and attached factsheet through your newsletters to help educate parents on this issue.

Parent Directory:

We are beginning to build a directory for parents which will breakdown things we regularly get asked for support around such as online parental controls, information on social media, dealing with teenage relationships. This will also feature different training that is available for parents to access for example Child Sexual Exploitation training from PACE etc. The directory is accessed **[Parents and carers – Lincolnshire County Council](#)** if you have anything you would like to feature here please do let us know as we continue to build on this resource.

Mr Hempell, Head of PSHCE and History

MALICIOUS COMMUNICATION

Over the last few years, we have seen a rise in children across Lincolnshire receiving criminal records for offences covered by the Malicious Communications Act. The act has existed since 1988, so what exactly is it, and how can we, as parents, protect our children?

What is it?

Malicious communication is sending messages, pictures, and videos **intended to cause distress or anxiety** to another person. It can happen through various ways, online and offline, and can be categorised into a few types:

- **Threats:** This includes verbal or written threats of violence or harm to someone or their property.
- **Harassment:** Repeatedly sending messages that are insulting, offensive, or upsetting also known as spamming someone.
- **Offensive Messages:** This includes sending messages that are sexually suggestive, extremely rude, or discriminatory.
- **Inappropriate Images:** Sharing embarrassing photos or videos without someone's permission.
- **False Information:** Knowingly spreading false information about someone with the intent to cause them harm. Pretending to be someone else to trick someone.

The key point is that the sender's intention is to cause distress or anxiety. A single message might not be considered malicious communication, but a repeated pattern of messages intended to bully or frighten someone would be.

Impact on Children

Malicious communication can have a serious impact on children's emotional well-being. It can make them feel scared, anxious, and depressed. In severe cases, it can even lead to self-harm or suicide.

On the other hand, if your child is found guilty of malicious communication, they could be excluded from school and face criminal charges.

What can I do to protect my child from malicious communication?

There are a few things parents can do to help protect their children from malicious communication:

- **Don't Respond. Report the user. Block or Mute.** It can be tricky but it is important children try not to engage with hurtful messages as this can often make things worse. Use the report features available on the apps and then block that person from contacting you. If there is a risk they may create a new account to contact you on, use the mute feature to stop getting notifications from them.
- **Communication is key.** Taking an interest in our children's online lives, asking them who they are chatting to, what games they are playing etc will make them more confident to talk to you when things go wrong. Although it can be tempting to take the device away when things go wrong, as a method of protection, this has been shown to put a barrier up and stop children telling adults about concerns. Instead work together to deal with the issue. Report together, Block together and praise them for talking to you.
- **Teach them online safety practices.** This includes things like not sharing personal information online, being careful about who they befriend, and being selective about what they post.
- **Know your reporting options.** Most social media platforms and websites have ways to report malicious communication. Take screenshots as a way of collecting evidence, as you may want to consider reporting it to the police. [Click here](#) or visit <https://reporthisharmfulcontent.com> for more guidance and support on reporting harm.

How do I teach my child to be a good digital citizen?

Teaching your child to be a good digital citizen can feel overwhelming but remember it just requires the same key behaviours we already teach our children when navigating the real world. **Show respect** for others and their boundaries, be polite and speak with kindness. If you are feeling angry or overwhelmed **walk away** and take some time and space. **Don't respond** to unkind comments instead get help from a trusted adult. Remind them that their words online have **real-life consequences**. It is important to have regular conversations about what they are doing and who they are talking to. Discuss things that upset them online and how they can regulate themselves when emotions get too big. Children can often say or do things out of anger that they later regret, reinforce the need to **stop and think before reacting**. Work with them to establish **clear boundaries** for how we speak to others and what is acceptable. If you feel you need more support, reach out to your child's school and check out the sites below.

[CEOP education](#) provide lots of helpful tips for parents including on how to set boundaries.
<https://www.ceopeducation.co.uk/parents/>



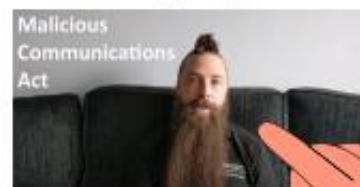
[Internetmatters](#) is your one stop shop for guides on how to set up parental controls on devices and on your internet.

<https://www.internetmatters.org>

Help and Advice

internet
matters.org

Check out our video about Malicious Communication on YouTube by clicking [here](#)
<https://www.youtube.com/watch?v=Akl9CgpP9t8>



SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>

Careers Update

Open Events for Post 16 Courses

Over the coming weeks and months many schools and colleges will be holding open events for students and parents to attend. It is particularly important for students in Year 11 to see what their options are for pathways after GCSEs.

Here are links to some of the events which will be taking place soon at colleges which have previously been popular with our leavers:

[Events Archive - Peterborough College](#)

[Events Archive - Stamford College](#)

[Events - Access Creative](#)

[Open Events | Boston College](#)

[Open Days \(cwa.ac.uk\)](#)

If students are interested in A Level studies, our open evening is on 12th November. We hope that many of our students and parents/carers will attend.

Studying in the United States

The Fulbright Commission is hosting an open day in London on 27th and 28th September in London for students and parents/carers interested in studying at undergraduate level at a US university.

[USA College Day 2024 | Fulbright](#)

InvestIn – Upcoming Free Webinars

For students in Year 11 and sixth form and their parents/carers, there are two upcoming webinars which may be very useful:

24th September at 7pm – Making it into Medical School

8th October at 7pm – Understanding UCAS

Please see the flyer at the end of the newsletter or visit the InvestIn website:

[Free Events – InvestIN Education](#)

Meet the Russell Group Webinars

The Russell Group, in conjunction with UK University Search, is running a series of free webinars. Taking place from the 1st to the 3rd of October, there are five 90-minute sessions each featuring four or five expert panellists who will offer clear, impartial guidance for students looking at taking the next step in their educational journey.

18 members of the Russell Group will be present, including: Cambridge, LSE, Kings, Bristol, Durham, Glasgow, Manchester, Birmingham, UCL and Cardiff.

During each session the Q&A function will be available for students to ask specific questions and receive further information.

Each webinar will be recorded so students and parents should register if they would like to be emailed access after the session.

The schedule is as follows:

Day 1 - 1st October

An Introduction to the Russell Group and Why Choose to Study There? 12:00 to 13:30

Student life at University 16:30 - 18:00

Day 2 - 2nd October

The International Students Session 9:00 to 10:30

Day 3 - 3rd October

Researching University Options 12:00 to 13:30

Personal Statements and Applying to a Russell Group University 16:30 to 18:00

To register for a place students and parents simply need to sign up on the UK University Search website – www.ukuniversitysearch.com/fair-signup/russell-group-webinars

Get into Medicine Virtual Conference presented by Medic Mentor

We recommend that students in Years 10-12 who are curious about a career as a doctor, or those set on pursuing medicine, attend one of the first virtual Get Into Medicine conferences of the year on Saturday 21st or Sunday 22nd September, 9:30am -3:30pm.

This event offers a complete guide through the medical application journey. Students will gain key insights into the medical UCAS application process (including the new personal statement structure), connect with doctors and medical students, and gain a clearer view of a future in medicine.

During this conference, Dr Kennedy and Dr Siva will guide students through essential topics such as:

- ◆ Application Timelines
- ◆ How to Tactically Choose Medical Schools
- ◆ CV Building
- ◆ Personal Statements
- ◆ New format from 2026
- ◆ Medical School Interviews
- ◆ UCAT - Entrance Exams to Medical School
- ◆ Medical Leadership and Awards Programmes
- ◆ Accessing Work Experience
- ◆ Accessing Scholarships

Students will be awarded a certificate of attendance, which can be listed on their UCAS applications under 'activities that support higher education'.

Here's a guide on how the day will run:

9:30-10.00 Registration

10.00-11:00 Quick introduction to Medic Mentor, overview of the day, competition ratios, application timeline, Awards and Scholarships

11:00-11:15 Break

11.15-11.50 Introduction to the UCAS application form and entry requirements

11.50-12.25 Interactive CV building exercise and exclusive access to leadership, research, presentation, publication, prizes and scholarship opportunities

12.25-12.50 Top tips form a successful applicant (medical student)

12:50-13:05 Break 13:05-13.55 Personal Statement: New structure and how to write the perfect personal statement

13:55-14.10 Break

14:10-14.40 Entrance exams - How to ace the UCAT

14.40-15:00 How to prepare for Medical School interviews

15:00-15.30 Top tips form a successful applicant (medical student) and next steps Students and parents can register for free here:

<https://airtable.com/appqXnyzN5ZD9lwk6/shry7MZYtt3MGPjvO>

RAF Virtual Event

The RAF is hosting an online event on 25th September at 7.30pm to find out about opportunities available. Please see the flyer at the end of the newsletter and register:

[RAF World: Shape Your Future Tickets, Wed 25 Sep 2024 at 19:30 | Eventbrite](#)

ASK Apprenticeships new 'Choices' magazine

The 'Choices' magazine produced by Amazing Apprenticeships will be released monthly and will contain useful information for parents/carers and students about apprenticeships, T Levels and vocational courses.

[September 2024 - Parent & Carer Pack \(amazingapprenticeships.com\)](#)

Army Apprenticeships Webinar – 16th October 6.00pm

The British Army has been announced as the number 1 Apprenticeship Employer in the UK and Northern Ireland for the 4th year running, offering over 40 different apprenticeships (from Level 2 through to degree level) in roles across engineering, medical, intelligence and comms, HR & finance, logistics & support, music, combat and more.

This webinar invites parents/carers to hear from Army colleagues and apprentices to learn more about: - The range of amazing apprenticeships available, training and qualifications, progression opportunities available, key benefits, such as starting salary of £25,000+, travel opportunities, sports & adventure training and healthcare.

Register here: **[Webinar Registration - Zoom](#)**

Support:

As always, we can be contacted by email if parents or students in any year group have any queries:

Dawn.bushell@spaldinghigh.lincs.sch.uk

Lucy.obrien@spaldinghigh.lincs.sch.uk

Mrs Bushell, Careers Leader

INVESTIN
THE ULTIMATE WORK EXPERIENCE



Free Event Series For Students & Parents



Details Below

As the new term begins, we're excited to launch our webinar series aimed at simplifying the university application process for students and their families. Join us to hear from experts who will provide insights on what makes applications stand out and how to navigate the process with confidence.

MAKING IT INTO MEDICAL SCHOOL

24th September, 7pm

Register Now

UNDERSTANDING UCAS

8th October, 7pm

Register Now

These events are ideal for both Year 11 and Sixth Form students who are looking to build excellent university applications!

info@investin.org

+44 (0) 203 488 5089

www.investin.org



START A CAREER

WITH OPPORTUNITIES
LIKE NO OTHER

25.09.24
19:30

RAF
WORLD
SHAPE YOUR FUTURE

Step into a world where the sky's the limit and your dreams take flight! Make ready for RAF World: Shape Your Future. Explore your Royal Air Force career with a bang and discover endless opportunities awaiting you. From aviation engineering to the Royal Air Force band, there's a pathway perfectly tailored to your passions and aspirations.

Don't miss out on the opportunity to discover the variety career paths available within the Royal Air Force, as well as to gain insight into the lifestyle and travel prospects on offer.

- 🕒 Explore interactive 360° global operations, delving into the world of RAF support worldwide through informative videos and insights to help you find your ideal RAF career.
- 🗨️ Jump into 10 different themed chat rooms to find out more about specific professions and topics.
- 👤 Connect with a friendly RAF recruiter directly online. Our experts will answer all your inquiries about career paths, RAF lifestyle, sports opportunities, benefits, and how to embark on your RAF journey.

**CLICK HERE TO BOOK
YOUR FREE TICKET NOW!**



BOSTON JUNIOR YOUTH CLUB

Ages 8 - 12

Tuesdays 5pm to 6.30pm during school term-time

Carlton Road Youth Centre
Unit 5, The Carlton Centre,
Carlton Road, Boston, PE21 8LN
Tel: 01205 311794

What's on offer

Arts & Crafts, Sports, Pool Table, Football Table, PS4, Xbox, Cooking, and All New Scalextric Racing!

FREE ENTRY

Future4Me Lincolnshire COUNTY COUNCIL
Working for a better future

Find out more: F4Minterventions@lincolnshire.gov.uk

BOSTON SENIOR YOUTH CLUB

Ages 13 - 18

Thursdays 6.30pm to 8.30pm during school term-time

Carlton Road Youth Centre
Unit 5, The Carlton Centre,
Carlton Road, Boston, PE21 8LN
Tel: 01205 311794

What's on offer

Pool Table, Football Table, PS5, Xbox, Cooking, Music, and All New Remote Control Buggy Racing!

FREE ENTRY

Future4Me Lincolnshire COUNTY COUNCIL
Working for a better future

Find out more: F4Minterventions@lincolnshire.gov.uk