



# Highcliffe School Student Bulletin

## Monday 6<sup>th</sup> -10<sup>th</sup> February 2017: Week A

### General Notices

#### **Year 9 BLITZ Road Show- Friday 10<sup>th</sup> February 2017 (MRD)**

You will be off timetable during period 1-3 ONLY on Friday 10<sup>th</sup> February. Instead of your normal lessons, you will be taking part in a series of PSHE themed workshop connected to drugs and alcohol, anti-social behaviour and the law surrounding it. These workshops will be run by either the Police, Fire Service or EDAS.

The timetable at the end of the bulletin shows you where you will need to go to for each session. Please be prompt.

**If you are in 9.4 or 9.8 please see the group allocations lists that are underneath the timetable.**

See or email Mrs Read if you are unsure about where to go on the day.

#### **Year 10 Mock Interviews (VDN)**

The Year 10s have made an excellent start to their Mock Interview programme. The next day for interviews will be **Wednesday 8<sup>th</sup> February 2017**. The Library will be closed on this day. Thank you to all staff & students for your positive approach and support for these interviews. The feedback from the interviewers has been extremely positive. Well done!

#### **Y10 & 11 BTEC Dancers Workshop Day Wednesday 8th February (AWS)**

Dancers will be out of normal lessons all day to participate in a filmed dance workshop as part of their assessment for their course. They will need to change into their kit during tutor time so that the workshop can commence promptly at 9am. Students should speak to their teachers and ensure that they catch up with any work missed due to this event.

#### **Year 10 Immunisations Tuesday 28th February and Tuesday 7th March (KTN)**

Letters and forms for the Tetanus/Diphtheria/Polio and Meningococcal ACWY Immunisations have been posted home to your parents. Please return them to me in Student Support as soon as possible. If you have any questions, please do not hesitate to come and talk to me. Mrs Thompson.

#### **Student Library Survey (MHY)**

You will find on your 'myhighcliffe' a library survey. To complete this you need to select my data, followed by forms and surveys (in some cases there will be a link in 'my notifications'). By completing the survey, you will contribute to the collective voice of students in the school. The survey is part of the school's self-evaluation to assess the provision we provide for you in the library. Your viewpoint is really important, so thank you in anticipation.

### **Safer Internet Day 2017 (MYP)**

Safer Internet Day takes place this year on Tuesday 7<sup>th</sup> February. The theme is 'Be the change: Unite for a better internet' and in tutor time sessions this week year 7-11 students will be discussing 'The Power of Image' and how this can affect your digital footprint. If you would like to find out more about Safer Internet Day, please visit:

[www.saferinternetday.org.uk](http://www.saferinternetday.org.uk).

For more general advice on internet safety, visit:

<https://www.thinkuknow.co.uk/>



### **A friend for the future ... (DBN)**

Would you like to host a Japanese student? In March 2017, we will be offering an exciting opportunity to learn about another culture and develop a friendship with someone from another country. Fourteen boys from our partner school in Hiroshima will be visiting Highcliffe School. We are looking for families to look after the students. They will be here from Thursday 16<sup>th</sup> March to Sunday 26<sup>th</sup> March (departing 10am). If interested, please let Mr Bryden know by the school office or download the letter from the school website and send in the form. (The letter is also attached to the bulletin notice).

Here is what Jack Ogden, who hosted last year, had to say:

*"I would recommend hosting a Japanese student if you get the opportunity. My family and I agree that this is the best thing we have collectively done. The students are polite, respectful and come with the intention of enjoying themselves. They slot easily into your weekly routine and are enthusiastic about family life. They are excited to go on local trains or simply to enjoy fish and chips on the beach."*

### **World Cancer Day 4<sup>th</sup> February 2017 (LDN)**

Continuing with our charitable efforts, we will be supporting World Cancer Day for Cancer Research UK by selling Unity wristbands in school from now until the 4<sup>th</sup> February. The bands cost £2 and are available from Student Support. There will be a donation pot for the money, therefore please bring in the correct amount of money (or more if you wish to donate more) as change may not be possible.

On the 25th March, we will also be supporting the Christchurch fund-raising group for Cancer Research UK by opening our doors to them for their annual Barn Dance. All members of the community are very welcome to go, please see the news story on our website for the full details. Thank you.

### **Curry Day Monday 20<sup>th</sup> February 2017 (Canteen)**

Monday 20<sup>th</sup> February is 'Curry Day' in the canteen. You will be able to purchase the following dishes at lunchtime.

Main meals:	Extras:
Sri Lankan Chicken Curry	Indian selection
Vegetarian Curry	Bombay potatoes
	Curry take-away pots

## Clubs and Revision Sessions

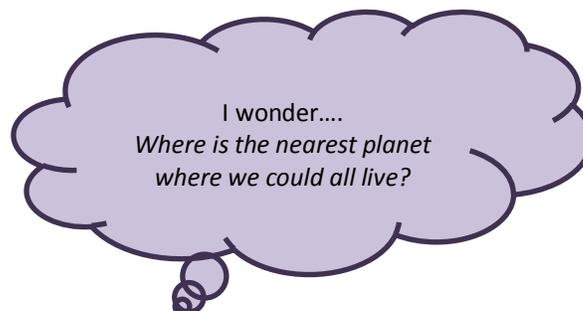
### STEM Tech club

Takes place on Wednesdays each week. The club has started well with 6 teams of students signed up to enter the BP Bright Ideas competition to design a solution to power a city on the south coast in 2050. The students were all working hard to start initial ideas for this challenge which we are aiming to complete just after February half term to be in with a chance of a substantial cash prize! James, Beth and Pat



## PE Notices

FIXTURES/PRACTICES 6 <sup>th</sup> - 10 <sup>th</sup> February		
	LUNCHTIME (1.25-1.55pm)	AFTER SCHOOL (3.05-4.10pm)
Monday	Year 9 Basketball Club (SHM)	6 <sup>th</sup> Form Rugby Academy (JDN)
Tuesday	Years 10 & 11 Basketball Club (NJS)	<b>Year 7 &amp; 8 Netball v Arnewood (H) (HWH)</b> <b>U13 Girls Football Tournament @ Littledown (CFM)</b>
Wednesday	Year 10 Girls Volleyball Club (HWH)	<b>6<sup>th</sup> Form Rugby v QE (H) (JDN)</b> Year 7-10 Netball Club (MWR & HWH) Year 7 and 8 Girls Rugby Club (WES) Year 7 and 8 Girls Cricket Club (CFM)
Thursday	Year 7 Basketball Club (NJS)	<b>U15 Area Netball Tournament @ Talbot Heath Leave @ 1.15pm (MWR &amp; HWH)</b> <b>U13 Girls Indoor Cricket Tournament @ Ferndown Upper School (CFM)</b> Year 7 and 8 Rugby Club (JDN)
Friday	Year 8 Basketball Club (SHM)	<b>Year 7 Football v Winton (H) (SHM) KO 2.15pm</b> Year 11 Volleyball Club (NJS)



### Whole-School Literacy

#### Spelling Focus: Closing the Gap

Here are three words that are commonly misspelled:

environment

government

opportunity

Questions:

1. Where are these words Danger Zones?
2. What strategies would you use to remember the spellings? (There is a different strategy for each spelling.)

Here are some options:

- Learn a rule.
- Find the root word and build from that
- Make a silly sentence or use some other trick to help you remember.
- Sound it out
- Word within a word

Answers:

1. The Danger Zones for the above words are:

environment (sometimes the “n” is missed out)

government (sometimes the “n” is missed out)

opp**o**rtunity (sometimes a “p” is missed out and the “or” part is misspelled.)

2. Here are some strategies:

environment – Look at the root word: **environment**

This is not a very well-known word so you might be better off **sounding it out** in an exaggerated way:  
En-vi-ron-ment

Or look for the word within the word: **Ron** loves the **environment**.

Government – Look at the root word: **government**.

We can all spell “govern”. Well, **government** still keeps the “n”.

3. opportunity

People often get this one wrong. Can you think of a way to remember this?

Let me know and I will give you a commendation!

### BLITZ Student Timetable 2017

TIMINGS	9am – 10am	10am- 11am	11.20am – 12.20am
	PERIOD 1	PERIOD 2	PERIOD 3
<b>GROUP A(9.1 +some of 9.4)</b>	Police 1,Hu3	Shadows , LIBRARY	Fire 1, HU7
<b>GROUP B(9.2 +some of 9.4)</b>	Fire 2, Hu8	Police 2, Hu4	Shadows, LIBRARY
<b>GROUP C(9.3 +some of 9.4)</b>	Fire 1, HU7	Police 1, Hu3	Shadows , LIBRARY
<b>GROUP D(9.5 +some of 9.8)</b>	Police 2, Hu4	Shadows, LIBRARY	Fire 2, Hu8
<b>GROUP E(9.6 +some of 9.8)</b>	Shadows , LIBRARY	Fire 1, HU7	Police 1,Hu3
<b>GROUP F(9.7 + some of 9.8)</b>	Shadows , LIBRARY	Fire 2, Hu8	Police 2, Hu4

#### 9.8 BLITZ Group Allocations

			Group
Ruby	Blackmore	9.8(MAE)	D
Harry	Burnham	9.8(MAE)	D
Millie	Cains	9.8(MAE)	D
Eve	Callaghan	9.8(MAE)	D
Benjamin	Cliff	9.8(MAE)	D
Terry	Farmer	9.8(MAE)	D
Adam	Hall	9.8(MAE)	D
Brandon	Hatch	9.8(MAE)	D
George	Haynes	9.8(MAE)	E
Aiden	Hayward	9.8(MAE)	E
Nathan	Heasman	9.8(MAE)	E
Benjamin	Keith	9.8(MAE)	E
Naomi	May	9.8(MAE)	E
Lauren	McPartland	9.8(MAE)	E
Kate	Mullins	9.8(MAE)	E
Jamie	Nicol	9.8(MAE)	E
Alesha	Nobbs	9.8(MAE)	F
Shannon	Packard	9.8(MAE)	F
Jasmine	Palmer	9.8(MAE)	F
James	Rafferty	9.8(MAE)	F
Toby	Taylor	9.8(MAE)	F
Joseph	Walker	9.8(MAE)	F
Rhys	Worden	9.8(MAE)	F
Emily	Wright	9.8(MAE)	F

#### 9.4 Group Allocation

			<b>GROUP</b>
Katherine	Angel	9.4(MMS)	A
Liam	Arkle	9.4(MMS)	A
Samantha	Arkley	9.4(MMS)	A
Natalie	Bailey	9.4(MMS)	A
Christopher	Carr	9.4(MMS)	A
Sophie	Carter	9.4(MMS)	A
Oliver	Desjonqueres	9.4(MMS)	A
Rachel	Fleming Pugh	9.4(MMS)	A
Abigail	Hefferan	9.4(MMS)	A
Callum	Hockton	9.4(MMS)	B
Daisy	Howe	9.4(MMS)	B
James	Martin	9.4(MMS)	B
Jai	Nash	9.4(MMS)	B
Emily	Needle	9.4(MMS)	B
Keely	Smith	9.4(MMS)	B
Toby	Solway	9.4(MMS)	B
Mia-Lou	Stephenson	9.4(MMS)	B
Jake	Strutt	9.4(MMS)	C
Kelsey	Symonds	9.4(MMS)	C
Holly	Taylor	9.4(MMS)	C
Isaac	Theis	9.4(MMS)	C
Jordan	Thompson	9.4(MMS)	C
Erick	Tolozza	9.4(MMS)	C
Robert	Young	9.4(MMS)	C

# A MINDFULNESS Journey for Teachers & Parents

**Ballard are excited to be hosting their second 8 week  
Mindfulness Foundation Course**

**On Thursdays, 5.15pm-6.45pm**

**2nd - 23rd March 20th April - 11th May**

**Cost £170 per person**

Across the UK, there's a growing concern about the well-being of children. Pressured by exams, their peers, social media and other factors, children are feeling the strain: the latest research shows that 1 in 10 of 5-16 year olds have a diagnosable mental health problem.

The good news is that the Ballard community, healthcare and educational professionals are working together to help reduce stress and improve well-being in school and at home. Collaboratively, we are introducing a Mindfulness Foundation course for both teachers & parents.

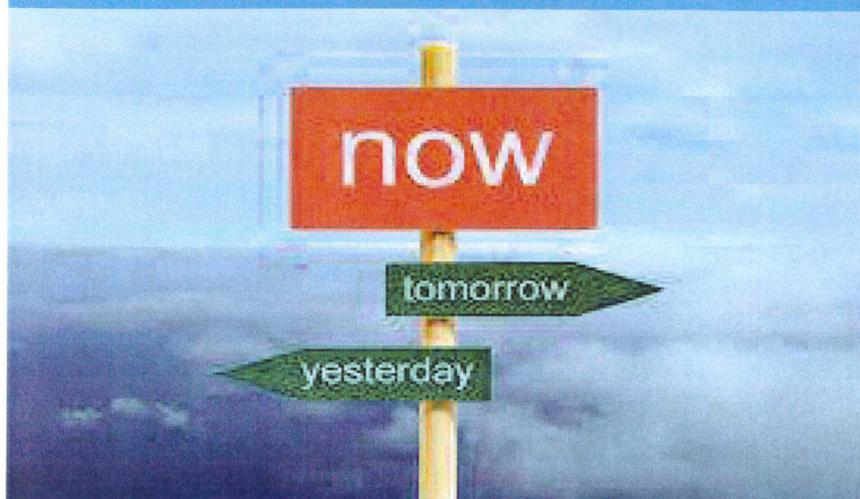
This course will enable you to learn tools and strategies to flourish in life, providing really useful resources for both yourself and your children. Benefits: reduced anxiety, better focus, improved self esteem and motivation.

**Course run by:**

Annie Davison - Counsellor and Mindfulness in Schools Project Teacher & Ambassador

Jane Kilpatrick - Director of MindSculpt & Educational Performance Practitioner

**Spaces are limited to 15 people per session so please do book in early. For more information or to book a place please email [jane@mindsculpt.co.uk](mailto:jane@mindsculpt.co.uk)**



**Ballard  School**



**MindSculpt**

unlocking your mind

**01202 751866**

[www.mindsculpt.co.uk](http://www.mindsculpt.co.uk)

[www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)