
Welcome to our new 'phone friendly' layout of Hadleigh Times – your feedback is welcome

Headlines by Caroline Gibson

The Art of Effective Revision

On Thursday evening this week we were delighted to welcome Year 10 and 11 parents to an evening of practical revision strategies and ways in which parents can support children's wellbeing as they undertake their preparation for GCSEs. The aim was to teach a range of approaches which students currently employ to revise and enable parents to support their child by understanding how different strategies can improve memory. The evening also enable parents to enhance their memory skills! Feedback indicated that parents found the sessions useful and welcomed the opportunity to trial the techniques. A cross section of comments are included below:

- *A lot of information condensed into a relatively short space of time – especially good explanation of revision methods. Thank you!*
- *The different ways to revise, didn't last too long, clear focus*
- *Very informative especially the mind mapping which proved we could remember all the 20 words in the test! I hadn't really considered food, drink and sleep during this time so good to be reminded. Thanks!*
- *We found this evening very helpful and useful. With all the information given we can manage and help during GCSEs.*
- *Helpful memory tasks to help our child. Lots of useful advice, just the right length of time and correct approach for parents. It was easy to understand, and showed a caring approach.*
- *The revision activities, the interactive presentation on mind mapping and the house activity to remember key words were really useful.*

In addition, details of the range of on-line revision resources to support pupils as well as a range of booster sessions available on Saturdays and during the holidays will be shared with parents as pupils approach the final run-up to the examinations. We adjusted the content from last year's feedback and the new enhanced format appears to have been a hit.

Thank you to all Year 10 and Year 11 families who attended! The presentation and guide will be emailed to all parents with children studying for their GCSEs.



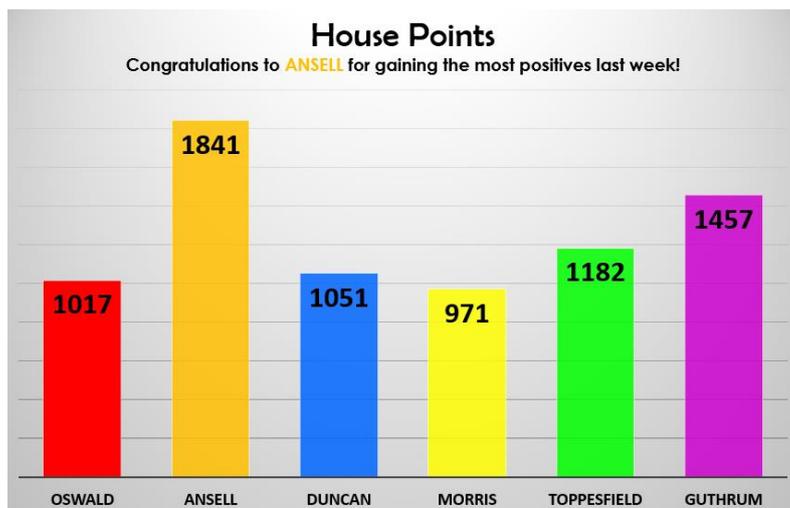
Livestreaming – what is it?

Social networks are constantly bringing out new tools, such as video chat, messaging and the ability to livestream. If you're a parent, you need to understand the risks to children of livestreaming. The National Crime Agency has warned that sex offenders are increasingly using them to exploit children and there's an urgent need to educate children about the dangers. Follow this link to find out about the advantages and the dangers of Facebook Live and Instagram Live Video buff.ly/2yIf2mP

IMPORTANT Notice: Suffolk County Council's Free School Meals Service

Message from Suffolk County Council Free School Meals Service: Please note that from the 1st January 2018 SCC will no longer be accepting paper applications, only online applications. Please apply online at www.suffolk.gov.uk/freeschoolmeals.

House Points



Year 7's 'Superstars' and Year 8 'Star of the Week'

The Year 7 Tutor teams nominate a weekly '**Superstar**' based on their efforts and attitude across school. This week's winners are:

Jayden Guyton (7A)
Natalie Condon (7D)

They have had the honour of wearing a '**Superstar**' badge which has given them priority serving at lunchtime.

The winners of this week's Year 8's '**Stars of the Week**' are:

Connor Kingston (8O)
Brin Feagan (8D)

We are extremely proud of your attitude to learning and hope to see this continue! Well done to you all.

Headteacher's Merits recently awarded to:

Year 7

Violet Auld, Ella Bodsworth, Charlie Botwright, Lily Crisp, Tyler Curtis, Deacon Cutt, Bethany Herron, Jason Keeble, Isobel Kellett, Becky King, Charlie Miller, Natalia Osioy, Callum Pritchett, Charlie Sanderson, Gracie Sands, Lewis Watson, Finlay Wilson, Samuel Wright.

Well done to Beth Maskell (11D)

Beth has won Junior Member of the Year for Suffolk Young Farms Association, as well as for the Eastern Area, subsequently went on to compete at National level where she came 4th in the Country – an amazing achievement.

HHS' School Production 'High School Musical' 2018

Tickets are now available for our School Production 'High School Musical' being held on Tuesday 6th, Wednesday 7th and Thursday 8th February at 7pm, from www.ticketor.com/HadleighHighSchool
Prices £5 Adult and £2 under 18.

Year 8 Trip to Le Touquet June 2018

Please remember that the second payment is due by Wednesday 31st January 2018. Payments via **+Pay on ParentMail** – an online payment service which allows you to pay for school items quickly and easily on your smartphone, tablet or computer.

Year 7 Languages and Culture Passport

In our most recent passport task students thoroughly enjoyed getting to know the works of art of French and German speaking artists. Many students went to great efforts sketching their own version of works of art and wrote super descriptions of why they had chosen those art works.

The next topic is Classical Music. Students can again research their own French and German speaking composers, living or dead and should listen to a selection of their pieces. We would like to know which pieces they liked or disliked and why. Students may choose any composers, but here are 3 ideas to get you started:

French:

1. Saint-Saëns
2. Debussy
3. Bizet

German:

1. Bach
2. Beethoven
3. Schubert

Work Experience Placements Wanted Urgently

Do you know of an employer, specifically office/admin, who may be willing to participate in taking a Year 10 student for 2 weeks commencing Monday 18th June to Friday 29th June 2018. Please contact Miss Curzon, Work Experience Co-ordinator at Hadleigh High School, telephone (01473) 823496 or email leurzon@hadleighhigh.net if you think you may be in a position to help.

Health and Safety Allergies

Allergies in society are always on the increase, and in school we are constantly making sure that we protect our students and staff who are susceptible to reactions with certain food types. In order to further protect the wellbeing of our school community, we have made the school a **nut-free zone** and would like to thank you for your support in this matter by not allowing your child to bring in items of food which contain nuts. We have provided, for your information, a list of popular items to be aware of. For some items the link with nuts may be obvious but for others it may be less clear!

Nutella (hazelnuts)

Milka chocolate that has no signs of nuts on the packaging but is made with hazelnut.

Pesto (pine nuts - not always officially classed as a nut, however many also contain cashew nuts, so let's not risk it).

Marzipan (almonds)

Nougat also contains nuts.

If anyone is in the habit of buying tins of chocolates as gifts these should be checked carefully.

Peanut butter - and also all the other **nut butters**. If you can't live without peanut butter, some people with nut allergies find that "Speculoos" (the Belgian biscuit spread - available in most supermarkets) is a reasonable replacement - similar texture and at least equal quantity of calories.

The majority of **breakfast / energy bars** contain nuts **Granola** - in case people bring in breakfast.

Coconut is absolutely fine. Not classed as a nut.

Thank you.

Parents' Evenings

Year 9 – 1st February 4:30pm/7:30pm

Year 8 – 22nd February 4:30pm/7:30pm

Year 10 – 19th April 4:30pm/7:30pm

Year 6 – 9th July 7:30pm/8:30pm

Please look out for our School Governors at Parents' Evenings. They look forward to meeting the parents and are very happy to discuss any issues you may have.

Letters recently sent out/emailed via ParentMail

All Years - Staffing

School Lunch Menus

Our School Menus and information on Nutrition/ Allergan can be accessed via the catering company, Vertas, who provides our school catering. Click here to open the link www.vertas.co.uk/catering/Vive.

This lists all the weeks' menus and the dates they are available. The cost of a meal deal is £2.30.

School Uniform Supplier Coes of Ipswich

Coes of Ipswich now stock our School uniform. Click here for their website www.coes.co.uk.

We are happy to confirm that we are only changing the supplier of the uniform and amending the PE kit, **not changing** the School day uniform.

Please be assured that any change in uniform would always involve a consultation with our stakeholders and, any such changes would have a lengthy phase-in period and plenty of notice. Governors have said that

any change will take two years to become uniform so if you have PE kit that you wish to pass down to younger children they can continue to wear it until September 2019.

'The Great Big Hadleigh Toy Sale' – Friends of Kersey Primary School

The Friends of Kersey Primary School would like to invite you to their 'The Great Big Hadleigh Toy Sale' – a joint fundraising initiative for schools and playgrounds in and around Hadleigh. The event is being held at The Ansell Centre, Market Place, Hadleigh, IP7 5DL on Saturday 24th March from 10:00am until 3:00pm. The Friends of Kersey Primary School will be running a café on the day to include lunchtime refreshments.

ONE presents 'The King and I' performance

ONE (previously known as Suffolk ONE) will be performing 'The King and I' from Tuesday 30th January to Friday 2nd February at 7pm. Ticket prices; Adult £11, Child £10, and group ticket (x4) £36 are available from www.ticketsource.co.uk/suffolkone.

Forthcoming Dates

- 27th Jan.** - **Production Rehearsal – 9:00am/1:00pm**
- 30th Jan.** - **Year 10 Art trip to Aldeburgh/Snape**
- 31st Jan.** - **Year 10 Drama Monologue Evening – 6:30pm/7:30pm**
- 1st Feb.** - **Year 9 Parents' Evening – 4:30pm/7:30pm**
- 3rd Feb.** - **Anglian Counties Championships at RHS**
- 3rd Feb.** - **Production Rehearsal – 9:00am/1:00pm**
- 6th/7th / 8th Feb.** - **School Production – 7:00pm/9:30pm**
- 8th Feb.** - **Years 8 and 9 HPV Immunisation**
- 9th /17th Feb.** - **Ski Trip to Austria**
- 12th / 16th Feb.** - **HALF TERM HOLIDAY**
- 19th Feb.** - **PUPILS RETURN TO SCHOOL (YELLOW WEEK)**
- 22nd Feb.** - **Year 8 Parents' Evening – 4:30pm/7:30pm**
- 24th Feb.** - **Suffolk New College Taster Event – 10:00am/12:00pm**



The banner features a blue header with the text 'EXCEPTIONAL STUDENT EXPERIENCE' in white. Below this, the words 'Taster Event' are written in large, bold, black letters. To the right of 'Taster Event' is a colorful graphic of a rainbow. Further right is the Suffolk New College logo, which includes a stylized 'S' and the text 'Suffolk New College' along with social media icons for Twitter and Facebook. Below the main text, a yellow box contains the date and time: 'Sat 24 February, 9.30am - 12pm'. At the bottom, a black bar contains the phone number '01473 382200', the email 'info@suffolk.ac.uk', and the text 'To book your place click here'.

**Paediatric Speech and Language Therapy team
invite you to attend our...**

‘Career as a Speech and Language Therapist’ workshop

This workshop is an opportunity to:

- ◆ Learn more about Speech and Language Therapy as a career
- ◆ Meet members of a Paediatric (Children’s) Speech and Language Therapy team
- ◆ Find out how to become a Speech and Language Therapist
- ◆ Ask any questions

Date:

Friday 16th February 2018 —9:30am -12:15pm

Venue:

Violet Hill House, Violet Hill Road, Stowmarket, IP14 1NL

How to book a place:

Contact the Speech and Language Therapy department on 01473 321225 to book.

Please note spaces are limited and will be offered on a first come first served basis.



Sparkle & Fizz

The ultimate Party, Prom and Wedding event

Come and join us for information and inspiration on:

- *Caterers, cakes and coffee*
- *Selecting wines and sommeliers*
- *Millinery, jewellery and jewelled hair pieces*
- *Dresses and makeup*

Also including an alternative fashion show.

Treat yourself to a glass of Prosecco or indulge yourself in an afternoon tea.

We can help you make your occasion just FIZZ.

When:

Saturday 3rd March 2018, 10am – 5pm

Where:

*Hadleigh Town Hall, The Guildhall
Market Place, HADLEIGH. IP7 5ND*

Tickets: Adults £3 each

Group (4 adults) £9

16 years and under free

On sale from 26 January

Available from:

Adnams

Cutters

Hadleigh Thrift

Hintlesham Barns

Simply Splendid

V. C. News

*Free glass of bubbly for
the first 200
tickets sold !!!*

Suits by Coes

Prom dresses by Simply Splendid

All monies raised will go to local charities

Further information: 01473 828335

Small changes,
big differences.



Teen Triple P Group for Parents of Young People (10-17)
Thomas Gainsborough School, Great Cornard, January 2018

- Triple P allows parents to choose techniques that work best for them and their families. We provide the information, but you choose the ideas to use and that will work!
- Triple P gives parents proven tips and suggestions about handling common behavioural and developmental issues in their children and young people.
- Triple P involves emphasising positive communication, and planning ahead to prevent a range of issues

PRESENTER:

Sally Losasso, Parenting Group Facilitator



COURSE DATES:

1. **Group 1** Wednesday 17 January 6 pm – 8 pm
2. **Group 2** Wednesday 24th January 6 pm – 8 pm
3. **Group 3** Wednesday 31st January 6 pm – 8 pm
4. **Group 4** Wednesday 7th February 6 pm – 8 pm
5. **Phone Session 1** Week/beg 13th February **NO GROUP**
6. **Phone Session 2** Week/beg 20th February **NO GROUP**
7. **Group 5** Wednesday 28th February 6 pm – 8 pm

VENUE: Thomas Gainsborough School, Wells Hall Rd, Great Cornard Sudbury CO10 0NH

Contact details: Sally Losasso 0771 309 4347

Email bookings and enquiries to parenting@suffolk.gov.uk

"This group has been **fantastic** for us as a family. We have **seen a lot of changes** at home. Our son has been a lot happier lately." "Extremely good course." "Received **really useful advice over the weeks.**" "Very helpful."

www.triplep.net

**WHAT'S
ON YOUR
MIND TODAY?**

**What to cook
for dinner?**

**Where did I
park my car?**

**Should I be
worried about
my child???**

**IF YOU'RE WORRIED ABOUT YOUR CHILD'S
EMOTIONAL WELLBEING YOU CAN NOW ACCESS
THESE FREE TRAINING COURSES:**

HEADS UP

3.5-hour workshop available for groups of parents and carers, and school staff, who support a child with potential mental health issues, and would like to know more about pressures affecting children and young people, and their impact on mental health. **Please contact: Gaynor.Schofield@suffolk.gov.uk to organise a group session.**

SUFFOLK'S NEEDS MET

3.5-hour workshop for anyone who wants to know about what it means to be emotionally healthy - why it's important to spot the risks to your mental health. **Please book online.**

MENTAL HEALTH FIRST AID LITE

1 x half day workshop to help identify common mental health issues and how they affect family life. **Please book online.**

**Children &
Young People's
Emotional
Wellbeing Plan**

**Information
for Parents
& Carers**

**VISIT: [HTTP://PARENTING.SUFFOLKCPD.CO.UK](http://parenting.suffolkcpd.co.uk)
For help registering to book your place call: 01473 260464**