



Hadleigh High School

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Headlines by Caroline Gibson...

Reviewing Learning

The new curriculum is rigorous and requires students to revisit their work and develop their knowledge. Quality revision enables students to make the best use of the time available to them to reinforce their learning. Whilst this applies very much to Year 11 currently it is a skill that all our pupils should be developing.

Reading through notes with music playing in the background, the television or games console on, and a mobile phone in a person's possession is not recommended for revision. Putting these distractions aside has been proven to be more purposeful according to all research. By having the self-discipline to avoid distractions, learners will create a more focused environment, thereby being much more likely to succeed.

The following strategies are recommended to improve memory, mood and concentration;

- Place a mobile phone out of sight and ideally in another room. In a recent study researchers found that even seeing a phone was enough to reduce a person's ability to concentrate on the task at hand.
- Eat regularly and don't skip meals. Research indicates that skipping breakfast significantly reduces concentration and the ability to recall key information
- Self-testing. One of the most effective ways to develop memory recall is by testing yourself. Making effective use of subject audits and practice papers highlights gaps in knowledge. Alongside this, learners should quiz themselves after each session of revision.
- Teaching someone else requires a thorough understanding of the material learnt. This has been proven as a successful way to help aid memory and recall.
- Exercise and fresh air are beneficial. You cannot work all day, every day. Exercise reduces anxiety and allows people to deal more effectively with stress.
- Having adequate sleep is important but especially when the need to concentrate is heightened. A regular bedtime and the discipline to not be on a mobile phone in bed will improve the quality of sleep.

Tips for Year 11 Parents/ Carers

I am sometimes asked, by parents, how they can support their child as they work towards their GCSE examinations. The following guidance suggests:

- Show interest in what your youngster is doing. Look to praise them for their efforts. Ask what is going well and what they are having problems with.
- Encourage and support your youngster to make a plan. By making a revision plan, a good balance between work and personal time can be achieved. Short 20 minute bursts of high quality revision work best.
- Expect outburst and mood swings due to their examination anxieties. Some people will cope better than others but all youngsters need to know they have support from you.
- Parental/Carer engagement is proven to be one of the key factors in securing higher achievement for youngsters and your support during the examination period will benefit your child.

Fundraising

This week our students have been very busy organising a range of fund raising activities. 70 undertook a highly successful bake sale in aid of sports relief raising over a £100! Students from other forms also supported this by donating cakes as well as buying them!

Thanks to **Milly-Grace Butcher, Katy Davis, Katie Fisher, Rebecca Fox, Bethany Herron, Caitlin Mitchell, Natalia Osiowy** and **Tanisha Scourfield**.



Easter Tree Competition

As Easter approaches our Year 8 House competition of decorating an Easter Tree was judged today. The standard was very high and pupils had found innovative and creative ways in which to personalise their tree for their House. First place went to 8O, second to 8G, third to 8A, fourth to 8M and fifth to 8D. Each entry will gain House points which will go towards the House Cup which is presented at the end of each academic year.

Primary Sports Festival

Our Sports Prefects also supported primary students to participate in our latest Sports Festival this week. Feedback from visitors was very positive and our students gain a great deal by developing their leadership skills.

Well done to all our pupils for their efforts!

Message from the Chair of Governors

Over the past two days a robust and rigorous process has taken place to appoint a new Headteacher for our school. Unfortunately it has not been possible to appoint to this post at this time.

With this in mind, we will immediately place a national advert for a Headteacher to help us ensure that we meet the needs of the school and the wider community. You will be kept informed as plans progress.

Yours sincerely

Dave Smyth

Chair of Governors



learn about it / talk about it / deal with it

Can you separate the fact from the fiction?

A new interactive BBC iReporter game - aimed at youngsters aged 11 to 18 - gives you the chance to take on the role of a journalist in the BBC newsroom. Follow this link and challenge your son/daughter to spot "fake news", maybe even see how good you are? buff.ly/2FHS7ck

Thanks to:

Megan Banks, Tyler Chammings, Eleanor Chaplin, Eric Clark, Oliver Cross, Denis Dragomir, Charlotte Graham, Kara Meldrum, Caitlin Millman, Ava O'Halloran, Kara O'Keefe, James Preedy, Mya Quinton, Sony Tene and Nathan Woolacott-Crow for their assistance with interviews this week.

Year 8 'Stars of the Week'

The winners of this week's Year 8's '**Stars of the Week**' are:
Brin Feagan and Sonnie Randall-Hood

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

Spring Showcase 2018

Tickets are now available for our Spring Showcase, being held on Wednesday 28th March (7pm/9pm), from www.ticketor.com/HadleighHighSchool

(see poster at the end of this newsletter)

Design and Technology Dept.

Our Design and Technology Department has signed up to a '*Rocket Fund*' to raise money for equipment to use in our workshops. The link below has all the information on how to support our DT fund.

<https://spsr.me/5hJs>

Work Experience Placements Wanted Urgently

Do you know of an employer, specifically office/admin, practical/outdoors 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 Mrs Emmerson, Work Experience Administrator at Hadleigh High School, telephone (01473) 823496 or email cemmerson@hadleighhigh.net if you think you may be in a position to help.

Anglian Water Road Closures affecting Aldham, Elmsett and Whatfield

We have been advised by Anglian Water that there will be road closures from **Monday 19th March until Sunday 11th November 2018**, which will be affecting bus routes to and from school. Please contact the bus company if you have any questions or queries relating to the route that the school buses will be taking. Below is the link that advises of the road closures that will be effected during this period.

<https://anglian-water.sharefile.com/d/beb45eeaacd145b4>

At the end of this Newsletter is a spreadsheet, also advising you of the road closures, for your information.

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

Absence Telephone Number/ParentMail

If your child is away from school, please telephone the school on the morning your child is absent. **There is a dedicated telephone line for you to leave a message regarding your child's absence, the number is (01473) 820940 or you can register your child's absence via ParentMail.**

If possible, please indicate how long you think your child is likely to be absent. To support and help you in keeping a check on attendance, we will telephone or text you each day your child is away from school, if we have not heard from you.

If your child arrives late to registration a text will be sent to parents.

If we have not been able to make contact with you regarding your child's absence, you will need to send a note in to your child's Form Tutor, otherwise the absence will be recorded as "Unauthorised" and considered as truancy.

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 – contains hazelnut.

Milka chocolate – this has no signs of nuts on the packaging, but it is made with hazelnut.

Pesto - contains pine nuts, although these are not nuts, they could potentially be as dangerous as nuts to someone with a serious nut allergy, so for this reason, we kindly ask you not to take any risks.

Marzipan – contains almonds.

Nougat - contains nuts.

Peanut butter - and all other **nut butters**; "Speculoos" (the Belgian biscuit spread - available in most supermarkets) is an ideal replacement for peanut butter, it has a similar texture.

The majority of **breakfast / energy bars** contain nuts.

Granola – breakfast cereal and bars.

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

Coconut is absolutely fine – this is not classed as a nut.

Thank you for your support.

Parents' Evenings

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

Year 7 – Peer Support letter

All Years – Roll out of Universal Credit (free school meals)

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

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 playgroups in and around Hadleigh. The event is being held at the Ansell Centre, Market Place, Hadleigh IP7 5DL on Saturday 24th March from 10am/3pm. The Friends of Kersey Primary School will be running a café on the day to include lunchtime refreshments.

School Lunch Menus

Please click on the following link www.vertas.co.uk/catering/Vive to download the Vive lunchtime menus provided by Vertas Catering.

There is a three week rotation and the dates are at the top of each menu. 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. 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.

Forthcoming Dates

24th March	-	Year 11 Maths Revision Session (Foundation) 9:00am/11:00am
28th March	-	Spring Showcase – 7:00pm/9:00pm
29th March	-	LAST DAY OF TERM
30th March/13th April	-	EASTER HOLIDAYS
2nd / 3rd April	-	Duke of Edinburgh Bronze Practice (Sizewell)
11th /12th /13th April	-	Duke of Edinburgh Silver Practice (Peak District)
16th April	-	PUPILS RETURN TO SCHOOL (YELLOW WEEK)
17th April	-	Trip to New Wolsey Theatre – 6:30pm/8:30pm
17th April	-	Triple P (Teen) Parenting Programme – 6:00pm/8:00pm
19th April	-	Year 10 Parents' Evening – 4:30pm/7:30pm
24th April	-	Triple P (Teen) Parenting Programme – 6:00pm/8:00pm
28th / 29th April	-	Duke of Edinburgh Bronze Qualifying 1 – Sizewell
1st May	-	Triple P (Teen) Parenting Programme – 6:00pm/8:00pm
2nd May	-	H Factor Junior – 6:30pm/8:00pm
7th May	-	SCHOOL CLOSED – MAY BANK HOLIDAY
8th May	-	Triple P (Teen) Parenting Programme – 6:00pm/8:00pm
8th / 9th May	-	Duke of Edinburgh Avenue Group



Hadleigh High School's

Spring HOWcase

Wednesday 28th March 2018
 Sports Barn, Hadleigh High School
 7pm-9pm

Tickets available at
www.ticketor.com/HadleighHighSchool



Final Open Event
 For 2018-19 Applications

Join us at our final open event for this academic year:

Wednesday 28th March 2018

5pm-7pm

For More Information Visit:
WWW.SUFFOLKONE.AC.UK

Book your ticket:
www.eventbrite.co.uk/e/open-event-tickets-44138354005

one
 SIXTH FORM COLLEGE

Anglian Water Road Closures affecting Aldham, Elmsett and Whatfield From Monday 19th March to Sunday 11th November 2018

WAT-06745MS1	19/03/2018	23/03/2018	Road Closure	Ch8	Junc of Road from 8407 to C724 (The Street)	Red Hill	Aldham	Suffolk
WAT-06745MS2	02/04/2018	22/04/2018	Road Closure	Ch8	Junc of Red Hill to junc of Church Lane	Road from 8407 to C724	Aldham	Suffolk
WAT-06745MS3	02/04/2018	22/04/2017	Road Closure	Ch8	Junc of Church Lane to Clay Hill Cottage	The Street	Ashill	Suffolk
WAT-06745MS4	23/04/2018	20/05/2018	Road Closure	Ch8	Outside The Brambles to the junc of Elmsett Rd	The Street	Ashill	Suffolk
WAT-06745MS5	21/05/2018	03/06/2018	Road Closure	Ch8	Junc of Elmsett Rd to junc of Priory Rd	Ipswich Road	Aldham	Suffolk
WAT-06745MS6	04/06/2018	24/06/2018	Road Closure	Ch8	Junc of The Street & Ipswich Rd to the boundary of Aldham End	Elmsett Road	Aldham	Suffolk
WAT-06745MS7	25/06/2018	29/07/2018	Road Closure	Ch8	Outside Willowmere to the junc of The Street & Whatfield Road	Hadleigh Road	Elmsett	Suffolk
WAT-06745MS8	30/07/2018	26/08/2018	Road Closure	Ch8	Junc of Hadleigh Rd to junc of Manor Rd	The Street	Elmsett	Suffolk
WAT-06745MS9	27/08/2018	09/09/2018	Road Closure	Ch8	Junc of The Street for 100m	Manor Road	Elmsett	Suffolk
WAT-06745MS10	10/09/2018	14/10/2018	Road Closure	Ch8	Outside Manor Hall Bungalow to Rookery Farm Bungalow	Manor Road	Elmsett	Suffolk
WAT-06745MS11	15/10/2018	28/10/2018	Road Closure	Ch8	Junc of Access track from C725 to Fourneaux Farm to junc of Elmsett Rd	Naughton Road	Whatfield	Suffolk
WAT-06745MS12	29/10/2018	11/11/2018	Road Closure	Ch8	Junc of Elmsett Rd to junc Chuch Lane	The Street	Whatfield	Suffolk