

Headlines by Caroline Gibson...

The Benefits of Work Experience

At Hadleigh we encourage our pupils to participate in two weeks of work experience in Year 10. This year it will be from the 18th to the 29th June inclusive.

Education is invaluable; however, work experience offers the benefit of allowing pupils to discover things about themselves that education sometimes can't. It can help pupils determine strengths and weaknesses. By the end of the experience, pupils will be able to answer the following questions.

- Am I a good communicator?
- Do I work well in a team?
- Did I enjoy the work I experienced?
- Is this the type of sector I may wish to consider in my future career?

Some young people do not understand the value of work experience because they think poorly of the jobs that do not have a connection to their future careers. However, working itself can teach many valuable lessons and being in a real work environment can teach young people a great deal about themselves. It helps many people understand the career path they want to take and if it turns out that the job isn't a good fit, then it's beneficial to find out so that alternatives can be considered.

Good work experience should:

- Teach pupils new skills
- Highlight which skills they need to develop
- Let pupils explore a career idea
- Connect pupils to people they could ask for help/advice
- Illuminate how things work in that sector
- Demonstrate pupils' interest in that kind of work
- Show evidence of pupils' motivation for this type of work
- Pupils also receive feedback from the employer which can build confidence.

We are fortunate to have employers in our local area who are willing to offer such opportunities and I would like to thank them for their contribution to children's broader education. If you work in an environment which would be willing to consider offering these types of placement please feel free to contact Mr. Miller – tmiller@hadleighhigh.net.



learn about it / talk about it / deal with it

Is Social Media an Obstacle to my Child's Mental Health?

Children need help to develop skills to manage their lives on social media & limit risks to their mental wellbeing. Follow this link for plenty of great advice and tips on how to support your child. buff.ly/2y6LoIo



Understanding Mental Health – Did You Know?

Today, there's a lot more openness around mental health. Children are taught about it at school. There is, however, still a long way to go before mental illness is treated just the same as physical illness. With that in mind, here are some things you should know about mental health.

Everyone has it

Just as we all have physical health, we all have mental health. Like physical health, sometimes our mental health is good – and sometimes it's not. It's a fact of life, and something that many of us will go through at some point.

Kids can get mental illnesses, too

Don't let anyone tell you you're 'too young' to suffer from depression or anxiety. According to Young Minds, almost a quarter of young people have symptoms of mental ill health, and half of all mental health problems begin by the age of 14. That means you need to take the signs of mental health seriously, in yourself and in your friends. It might be 'just a phase' – but equally, it might be a genuine problem, and getting help quickly could bring it under control before it gets worse.

It's nothing to be ashamed of

Would you feel ashamed if you broke your leg playing football, or if you came down with tonsillitis? There's no need to be ashamed of having a mental health problem, either. About one in four of us will experience a mental illness at some stage of our lives, so you're far from alone. And the more open we are about our struggles, the easier it will become for everyone to talk about mental health.

It's not your fault

If you have a parent who suffers with mental illness, please understand that it's not your fault. They're sick because something has gone wrong in their brain chemistry, not because you forgot to tidy your bedroom or got a D in your maths homework. If you're a young person with mental health problems, that is equally not your fault. You're not bad or flawed or broken; you have an illness that's as real as flu or chickenpox.

People with mental health problems are not scary

We've all read news stories about 'violent psychos' committing hideous offences, and seen bloodthirsty horror movies where the main character has schizophrenia, a personality disorder, or some other shady mental illness. But – news flash – the vast majority of people with mental health problems are far from violent or scary. In fact, they're more likely to be the victims of crime than the perpetrator. So you don't need to shy away from people with mental illnesses, or fear that your own mental health problems could turn you into a psychopath. Illness does not equal evil.

Tact is important

We've all used throwaway comments to refer to things going a bit pear-shaped. You know the sort: 'I've got nothing to do this weekend; it's so depressing,' or, 'did you hear about Miss going schizo in chemistry?' While some people with mental illnesses barely notice this kind of remark, others are sensitive about their diagnosis and feel mocked if terms relating to mental health are slung around. If in doubt, be tactful and find a different expression to use.

You may have already read about our Mental Health Peer Mentoring support in school – watch this space for more information and updates.

Thanks to:

Heather Blacoe, Dylan Hazell, Sophie Knock, Thomas Oxford, Savannah Todd and Phoebe Van Sickle for assisting with interviews this week.

Headteacher's Merits recently awarded to:

Year 7

Sophia Binternagel, Connie Blake, Lucy Cecil, Bethany Goredema, Eloise Hayward, Bethany Herron, Benjamin Hoyle, Alfie Marriott, Owen Pratt, Harmony Scott-Reynolds, Laura Sharp, Sophie Widdowson.

Year 7 'Superstars' and Year 8 'Stars of the Week'

The Year 7 Tutor teams nominate weekly 'Superstars' based on their efforts and attitude across school. The latest winners are:

Rowan Abbott, Bethany Goredema, Benjamin Hoyle, Gracie Sands, Laura Sharp and Phoebe Shinn.

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

The winner of this week's Year 8 'Star of the Week' is:

Cameron Cook

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

SWISS Year 7 Pupil Leadership Conference



On Friday 11th May the twelve Year 7 Transition Coaches (**Ella Bodsworth, Lucy Holdaway, Natalie Condon, Bethany Herron, Bethany Goredema, Milly-Grace Butcher, Rachel Chinnery, Lizzy England, Charlie Miller, Ollie Knuckey, Katie Fisher and Laura Sharp**) went to Ipswich Town Football Club to a Pupil Leadership Conference held for seven local schools.

First, we had a welcome speech and then we had a communication activity to get to know the people from different schools that were in our groups. Over the course of the day we participated in three different activities based on Empathy, Cooperation and Collaboration and Constructive Criticism. In the Empathy activity we had to find different situations where we could empathise (put our self in someone else's position) with other people from our group. For the Cooperation and Collaboration activity we had to work in groups to try to build the tallest tower we could out of just marshmallows and spaghetti. In the Constructive Criticism activity we had to look at a picture and explain how to draw it to our partner from a different school then give them useful constructive feedback. Then last of all we did a problem solving activity where we had to imagine we were in the situation of a plane crash and we were stranded with only a few basic supplies. In our groups we had to choose a leader and Ella Bodsworth, Bethany Herron and Katie Fisher bravely put their names forward to speak in front of all the groups. We all had a great day out and learnt a lot about leadership skills. *(Written by Ella Bodsworth and Lucy Holdaway)*

Ardeche 2018 Hoodies

Ardeche Hoodies are now available to purchase by following the link below;

<https://www.touchlinestores.co.uk/products/hadleigh-ardeche-hoodie?variant=38929802435>

The PE department also have sample Hoodies available for students to try on to ensure you order the correct size.

All Ardeche Hoodie orders must be placed on or before the 4th June 2018 and will be delivered to the school the week commencing the 18th June 2018.

Year 11 Photographs

We have been advised by Bentley Photographs that they have extended the deadline for Year 11 photographs to **Tuesday 22nd May 2018**. Please follow the link below;

<https://orders.bentleypics.com/bentley/CustomerPanoramicAndGroupOrder?function=View&LP=WQgGUILIECDQgOSVeAQhjAxYBRV44S3wxBxRSXAQHAlhY!!AAEGDVxdVzQiAnEECws6Wk8IRQE2EiMxBS8GBg4EWwEB>

(some email programs stop the link from working, parents can simply copy and paste this link into their browser).

Their preference is for orders to be placed online, but if parents would prefer to order directly with their office, they can contact them directly on 01206 395888, during normal office hours.

To avoid postage to their home address, please place orders **before Tuesday 22nd May 2018** and they will deliver one bulk delivery to our school.

Year 9 – Meningitis/ACWY/Td/IPV Immunisation – Wednesday 13th June 2018

Please remember to return the signed Immunisation form to the School Office by **Monday 4th June 2018**.

Year 11 – Important Dates and Information

12th June – Official leaving day

Pupils will only be expected to attend school when they have a timetabled exam. Please ensure arrival at least 15 minutes before the exam start time.

13th July – Prom Evening

All Manor of Events, Henley. Students to arrive from 7:00pm onwards. The evening is scheduled to end at 11:00pm.

23rd August – GCSE Results Day

GCSE Results will be available for collection from the Dining Hall from 10:00am/12:00pm on Thursday 23rd August 2018. Students who are not available to collect their results will need to give the Exams Officer a letter, signed by the candidate, detailing who will be collecting the results on their behalf, or give the Exams Officer an SAE to allow the results to be posted. This must be received **before the end of the summer term**.

24th August – School Open (10:00am/12:00pm) for Year 11 Parents/Students only re: exam results

Staff will be available to give advice if you have any queries about your results.

22nd November – Year 12 Certificates Evening – 7:00pm/9:00pm

Details will be posted to you in the autumn term. Please ensure we are kept up to date with any change of address.

Please be aware that Certificates will be retained for 12 months only. After this time, you will need to contact the Exam Boards to obtain replacement Certificates and a charge will apply.

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.

Letters recently sent out/emailed via Parentmail:

Year 7 – Film Evening

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 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.

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

14th May / 21st June	-	Year 11 GCSE Exams
22nd May	-	Triple P (Teen) Parenting Programme – 6:00pm/8:00pm
22nd May	-	Year 7 Film Night – 3:00pm/5:30pm
23rd May	-	Year 7 Camp 2018 Parents' Evening – 6:30pm/8:30pm
24th May	-	H Factor – 7:00pm/9:00pm
28th May/1st June	-	<i>HALF TERM HOLIDAY</i>
4th June	-	<i>PUPILS RETURN TO SCHOOL (YELLOW WEEK)</i>
7th June	-	Le Touquet 2018 Parents' Evening – 5:45pm/6:45pm
12th June	-	Year 11's official final day at school
13th June	-	Year 9 - Meningitis/ACWY/Td/IPV Immunisation
18th – 29th June	-	Year 10 Work Experience fortnight
21st – 29th June	-	Ardeche/Med trip 2018
25th – 29th June	-	Year 7 Camp 2018
25th – 29th June	-	Activities Week
28th / 29th June	-	Le Touquet trip 2018
2nd July	-	SEN Year 6 Induction Day
4th / 5th July	-	Duke of Edinburgh Avenue Training group

5th July	-	Duke of Edinburgh Launch to Year 9 Parents – 6:00pm/7:00pm
6th July	-	Year 6 Induction Day
9th July	-	Year 6 Parents’ Evening – 7:30pm/8:30pm
9th /10th / 11th July	-	Duke of Edinburgh Silver Qualifying, Peak District
10th July	-	Year 10 Taster Day at Suffolk One
11th July	-	Preliminary Sports Day
12th July	-	Sports Day
13th July	-	Back up Sports Day
13th July	-	Year 11 Prom at All Manor of Events, Henley – 7:00pm/11:00pm
18th / 19th July	-	Duke of Edinburgh Avenue Qualifying Expedition
19th July	-	Summer Showcase - 7:00pm/9:00pm
20th July	-	<i>LAST DAY OF TERM</i>
23rd August	-	Year 11 Results Day – 10:00am / 12:00pm
24th August	-	School Open for Year 11 students/parents re; their exam results – 10:00am / 12:00pm
5th September	-	<i>PUPILS RETURN TO SCHOOL (BLUE WEEK)</i>