



December Newsletter



Message from Mr Johnson

MKM

We are very proud of our Construction learning facility here at Springwood and we are extremely grateful for MKMs support in provide us with PPE (safety boots and overalls) and materials (bricks and breeze blocks). I would like to thank Damian Roach, Branch Director and Matt Cobb, Trade Counter Salesperson who have been working closely with our staff over the past few months. Your support is very much appreciated.

Remembrance

Our Year 7 cohort did us proud when we held our Remembrance Service on Friday 10 th November. The Rev Kyla Sorenson led our service of remembrance and students, who are also cadets, played an active part as well. Well done to them all.

Big Dig Two

Having been previously postponed because of the rain, on Saturday 25 th November we were very lucky the sun shone and we finally got to plant our 420 tree saplings. We all enjoyed the experience; a good time was had by all that attended and a big thank you to the Environment Committee.

U16 Girl Rugby County Cup – Winners

I had the pleasure of meeting with our cup winning Team for a celebration doughnut and a drink. Fantastic result. Well done to you all.

Discos

During this term we have held two discos. The year 8's celebrated with a Halloween themed disco and there were some fabulous costumes on show. Then the year 7's held a Christmas Themed Disco. Thank you to the staff that have made the time to put on these extra events.

Tutor Evenings

During this term we have held Tutor Evenings for our Year 7, 8, 9 and 10 cohorts. It has been lovely to meet so many of our Parents/Guardians during these evenings. I would like to say thank you for supporting your child and the School.

Christmas Fair

On Thursday 14 th December the PTFA held a very successful Christmas Fair raising funds for future projects.

Springwood Christmas Concert

I witnessed first-hand the Springwood Christmas Concert. I think everyone will agree we have some very talented students here at Springwood who did us proud with such a fantastic performance. Well done to everyone that took part and to everyone that works tirelessly behind the scenes.

Christmas Jumper Day

What a fun fabulous way to end the term with so many students and staff wearing their Christmas Jumpers.

Best wishes to you all for your festive break.



Mr Johnson



December Newsletter



Message from Head of Year

As we reach the end of a long autumn term, I am pleased to reflect on all the exciting new experiences our young people have enjoyed.

This half term our careers programme has really taken off, with assemblies from different employers and small group meetings targeted toward specific interests, including discussions with an acting Judge. Careers interviews with a career's advisor are now also taking place with our cohort.

In addition, we look forward to introducing opportunities to work with the Youth Advisory Board and participate in mindfulness sessions after Christmas, promoting interaction with the wider community or helping build resilience in our young people.

I continue to hear fabulous things from our staff about Year 10's start to their GCSE's. This is bolstered by wonderful reports regarding our sports teams, musicians, dancers and successes in external competitions and glowing reports following participation in curriculum visits off site.

Year 10 will continue to be an immensely busy time for our students. To enable you to support students we have included details regarding homework and revision/support sessions in this newsletter. Can I also thank you again, for your continued support regarding punctuality to school in the mornings and to lessons, and for ensuring your child is fully equipped each day with a bag and wearing the correct uniform and in black shoes. Being well prepared, on time and properly dressed allows us to start each day positively and reduce disruptions to lessons that impact everyone in a class.

As they continue to make us proud, I encourage them to take time for themselves over this break. To enjoy the festivities and get themselves fully recharged for the term ahead.

And wish all our students and families a very merry holiday season.

Mrs Mann





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Year Office Contact Details

Year 10 Office direct dial 24/7 – 01553 779408

Year 10 email – classof2025@springwoodhighschool.co.uk

Head of Year Mrs V Mann v.mann@springwoodhighschool.co.uk

Pastoral Year Manager Mrs J Eveson j.eveson@springwoodhighschool.co.uk

School Website www.springwoodhighschool.co.uk

Attendance Information

What should I do if my child is unwell? – If your child is unwell, please call the Year 10 Office on 01553 779408 or email classof2025@springwoodhighschool.co.uk before 8.00am and give the specific reasons and symptoms of the illness. You will need to contact the office EVERY DAY that your child is off. The information you give will be recorded on our official register.

Leave of Absence – There may be exceptional circumstances where you need to request a leave of absence for your child. You will need to submit a “Leave of Absence Form.” These can be found on the school website or we have a paper copy in the office. This form needs handing into the Year 10 office. You will then receive a phone call, email or SIMS message stating if your request has been granted or denied.

Year Group Key Dates

Date	Event
February 27-29 th 2024	Beauty and the Beast Musical 6.30pm in PHH
Week commencing 18 th March 2024	Year 10 Initial Assessments (in class)
7 th March 2024	Belgium/France trip
March 28 th 2024	Super Learning Day



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Attendance Message

Attendance at school is key to your child's success in the future. Students with high school attendance is twice as likely to pass their English and Maths GCSEs as those who do not. In fact, data shows that only 10% of students with an attendance of 85% or less will achieve 5 GCSEs at grade 4 or above, with one third of the students attending less than 85% achieving no GCSEs at all.

Missing just one day each week is the equivalent of losing 2 years of education, by the time a student reaches year 11. Even an attendance of 90% (missing on average half a day week) amounts to half a years teaching lost during the 5 years at secondary school. Every year at school is as important as another. Although years 10 and 11 are focussed on GCSE and exam work, years 7, 8 and 9 are key to having the building blocks in place in each of the subjects to be able to be successful in the later years.

Good attendance at school is not just about lessons and exams though. Being at school helps your child develop social skills and friendships, and allows them to interact more successfully within society. Good routines are important – be it going to bed or getting up, taking exercise and just spending time with the family. Talk to your child about their school day: showing an interest in how things are going shows that you value school too.

Students should continue to attend school with minor illnesses; if you could go to work with that illness then your child should attend school. Thank you to all of those parents who do this already.

As you know, we will contact you if your child does become too ill to be at school.

Punctuality to school is also key to good habits. Tutor time is just as important as any other lesson in school and therefore all children must be onsite by the time the warning bell sounds, at 8:45am, please, to ensure they are not late to these lessons.

If you need additional support with attendance, please contact the school at attendance@springwoodhighschool.co.uk or use the following website:

www.justonenorfolk.nhs.uk/attendance



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Music Events Calendar 2023-2024

Spring Term

Date	Event	Venue	Ticket Prices	Time(s)
Thursday 1 st Feb '24	WNAT Vocal Evening	Recital Room (Mu1), Springwood High School	Free (with retiring collection)	6.30pm
Thursday 15 th Feb '24	Rock and Pop Evening (<i>Battle of the Bands</i>)	Drama Studio, Springwood High School	£3.00 Under 18's Free	6.30pm
Tuesday 27 th Feb '24	Beauty and the Beast (School Musical)	PHH, Springwood High School.	Adults £8 Under 18s £4 Under 5 years free*	6.30pm
Wednesday 28 th Feb '24	Beauty and the Beast (School Musical)	PHH, Springwood High School.	Adults £8 Under 18s £4 Under 5 years free*	6.30pm
Thursday 29 th Feb '24	Beauty and the Beast (School Musical)	PHH, Springwood High School.	Adults £8 Under 18s £4 Under 5 years free*	6.30pm
Friday 1 st Mar '24	Spring Concert (MFY Groups)	PHH, Springwood High School.	£3.00 Under 18's Free	6.30pm
Sunday 3 rd Mar '24	Music For Youth Regional Festival	PHH, Springwood High School.	Free	8.30am-5.30pm
Tuesday 19 th Mar '24	Schools Make Music Concert	Corn Exchange	Corn Exchange Box Office	6.00pm

* Under 5s Free of Charge - if they do not require their own seat
(i.e. if they are able to sit on their parents' lap)

For Ticket Sales nearer the event date please visit

<https://www.ticketsource.co.uk/springwood-high-school-music-department>



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A review of Norfolk Youth Against Bullying Conference 2023

This year's conference took place on the 16th November at the Carnegie, Thetford. It was a long but very enjoyable day!

The day began with us young commissioners having a team brief from the head youth worker and learning more about what our jobs for the day entailed. Following a quick breakfast, the public began to arrive and we got started. After helping people sign up for workshops, we got everyone seated in the main hall for the first sessions. The first thing that happened was young people (including myself) went up on stage to read our personal experiences of bullying. It was really moving to hear everyone's experiences.

The first main session focused on the link between neurodivergent people and bullying. It was delivered by a headteacher of a school for children and young people with additional needs. The main thing I picked up during this session was how they effectively use safe spaces within the school to enable people to calm down and have headspace. I also really noticed how she has banned certain words within the school to create a nicer environment and how it made the pupils feel safe and happy. Within Springwood, I think a dedicated safe space would be particularly useful - not just for those who are neurodivergent, but for others who may just need some time out, away from other people in a space that is calming and adaptable.

The second main talk focused on self-esteem and how we can encourage others to build it. This mainly focused on encouraging people to do clubs that interest them, and finding other ways of building themselves up. Ways mentioned included finding a hobby they enjoy, creating a good network of friendships, and learning how to talk positively about yourself. I also noticed how he mentioned how self-critical we are as people, and that if we are given a compliment, we will try to ignore it and tear it down, creating a negative self-image, which in turn affects our self-esteem.

The first chosen workshop I did in the afternoon was delivered by the London bus theatre company. This company goes into school to deliver theatrical workshops focusing on the raw truth of bullying. These are honest and straight to the point. The workshop started with a confidence exercise, then creating our own short pieces of drama. We ended the session watching the trailer for the film the company has created.

My second chosen workshop focused on the power of words, and was delivered by youth in mind. This focused again on how people talk to us and how we talk to ourselves. We did some icebreaker questions, and then focused on some questions to get us thinking about our own positive and negative experiences with words. After this, we then created some small pieces of art with empowering words on them.

At the end of the workshops, everyone came back into the hall for a performance from Degs, and we heard the song that the people in the song writing workshop had written. It was then time for goodie bags and shirt signing by Degs (and the other young commissioners!)

Overall, it was a really insightful day and I learnt a lot and will be going back next year!

By Melody Allison 10B2



Melody's participation in this confidence is part of her work with the Youth Advisory Board (YAB). We are pleased to confirm that YAB will be joining year 10 regularly this year to offer them similar opportunities. Making them part of a group who are effecting change in West Norfolk. After a really positive introductory meeting, we are pleased to have lots of students wanting to be involved.





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100% Attendance

Charleigh	B
Kornelija	C
Iris	D S
Kristian	D
Sofia	E
Ilia	F
Sophie	G
Lacie	G
Lin	H
Charlie	H
Shannen	H
Akhil	J
Pijus	J
Denis	J
Sarah	K
Ellyza	L
Tomin	L
Nicholas	L-T
Thomas	L
Harley	L
Tino	M
Lewis	M
Kalea	M-K
Ava	M
Daniel	M

Aksa	N
Poppy	P
Alona	R
Fearne	R
Rachel	S
Ramin	S
Annabel	S
Joshua	S
Ethan	S
Thomas	S
Rhys	S
Patryk	S
Paula	T
Lacie	T-G
Emily	U
Harry	W
Sarah	W



Top Conduct Points

Nicholas	L-T
Lin	H
Lois	B
Sofia	E
Ty	S
Emily	D
Gabija	P
Lily-Rose	T

Mia	D
Poppy	P
Jaycen	K
Danny	P
Nigel	S
Kalea	M-K
Megan	A
Mia	D



GCSE Option's

Construction looking good in their new uniforms. Thanks to MKM



GCSE Food trip to NCFM -
Looking at Apprenticeships and taking part in food testing



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Navy Careers and Ready Steady Cook Day

On the 12th December 2023 the Navy was in for the whole day working with our Year 10's at Springwood.

They started the morning with a careers drive explaining the amazing opportunities of signing up for the Navy including the discounts for shopping, holidays, the time given to playing favourite sport and being paid to do so and even representing team GB if good enough, as well as the different roles there are in the Navy. They were informed they could sign up from the age of 15 yrs. and 9 months old with parental consent and the experience of travelling the world, learning a trade and being paid to do so... I mean who wouldn't want to?

Also, when you have served your 3 years the Navy would then help to train you up for the field of your choice to move onto. The Navy would also help with passing your GCSEs, going to college or even university qualifications during your probation during enrolment. Kat, Jason and Mike, part of the specialist Attraction Team, talked through logistics and focused on the catering/chef element through running the ready steady cook session, but also explained there are over 100+roles within the Navy such as being a Nurse, engineering, pilot and being on a submarine, and these roles belong to different branches within the Navy. I mean who knew if you worked in catering in the Navy you would also learn the role of a firefighter?

After the careers drive which lasted 15 minutes the Year 10's were split into 3 different teams and were challenged with the task of making a sticky toffee pudding and chicken pie from scratch ready to serve to the experts within 1 hour and 15 minutes. A feast fit for the Royals and superstars....

Year 10 has taken much away from this day, not only have they learnt about Career options with the Navy but they have also had some hands-on experience of cooking 2 high skill dishes that will help prepare them for their GCSE in Food and Nutrition. They were all surprised at how good it tasted and that they had made it!! Well done Year 10 you have done us proud we salute you...

Mrs H Hoare

More information regarding the Navy and enrolment can be found at the website below:

<https://www.royalnavy.mod.uk/careers/joining-options>





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KLA Rotary Club Technology and DT competition



Runners up in 2nd place. Well done.
Lily-Rose, Lois, Ilja and Finley.



WNAT Music Prefects

A massive well done to our Year 10 music prefects who will be representing the school at Trust wide events.

Chantelle V
Lewis M
Emily D



Jon Egging Trust Space Workshop

As a conclusion to our work with The Jon Egging Trust students participated in a space and rocket workshop.

This was greatly enjoyed by those involved.
Well done Lily and Alyssa who were the winning rocket team.

Community Carolling

Some of our Kingsman choir went with Mrs Betts to Woodlands Residential home to sing some Christmas songs and talk with the residents. This was part of the school's wellbeing initiative and the work we want to do in the wider community post-Covid. The boys represented themselves and the school wonderfully and we were really impressed with how confident they were in talking to the residents.





Extra-Curricular Activities

PE News



England Women's football trip to Wembley Stadium



Y10 Rugby County Cup Championship day 5TH Overall – well done everyone

**Yr 10 Boys Rugby v Dereham N
52 – 0 WIN**

- **Yr 10 Girls Basketball 3RD OVERALL**

- **Yr 10 Football @ Reepham 3 – 0
WIN into QF**





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Under 16 Girls Rugby County Cup - WINNERS!!!! Amazing well done everyone.



Afterschool Revision

Media - Wednesday's in J1

Spanish – Wednesday's in F8

Maths – Tuesday, Wednesday and Thursday in B8

Science – Tuesday's in O7

Year 10 Homework

Subject	Homework platform	Frequency
English	GCSEpod	
Science	SENECA	Fortnightly
Maths	SPARXS	Weekly
RE	Google Classroom	Fortnightly
Languages	Google Classroom	Fortnightly
History	SENECA/Google Classroom	
Food/D&T	Show My Homework/Google Classroom	Fortnightly
PE	The Everlearner Platform	2-3 weeks
Dance	Google Classroom	Fortnightly
Sociology	SENECA/Google Classroom	Fortnightly plus exam question booklet per half-term
Geography	Google Classroom/In class	Fortnightly
Art/Photography	Google Classroom	Weekly tasks – photos to be taken for Photography often
Construction	Google Classroom	
ICT	Google Classroom	
Drama	Google Classroom	Weekly
Business	GCSEpod	
Economics	Workbook set in class	Fortnightly
Hair & Beauty	Show my Homework/In class	
Health and Social	Google Classroom	Fortnightly and continuous coursework
Media Studies	Google classroom	
Music	Google Classroom and instrumental practice	Weekly



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Springwood High School Extracurricular Activities Monday

Monday	Kingsmen - Lunchtime - MU1 Keyboard Club - Lunchtime - MU3 Senior Cantabene - 3:30pm to 5:00pm - 6th Form Hub Junior Woodwind (Woodwind Grades 1-3) 3:30pm to 4:30pm - MU1
Tuesday	Music Theory - Lunchtime - MU3 Senior Woodwind (Flute/Clarinet/Bassoon Grade 3+) - Lunchtime - MU1 Art Club – 3:25pm to 4:30pm – BA3 KS4 Maths – 3:25pm to 4:30pm – B8 Year 10 Football – 3:25pm to 4:30pm – Sports Field Concert Band (Wind/Brass/Strings/Percussion Grade 3+) - 3:30pm to 5:00pm - 6th Form Hub
Wednesday	Kingsmen - Lunchtime - MU1 KS4 Maths – 3:25pm to 4:30pm – B8 Year 10/11 Rugby – 3:25pm to 4:30pm – Sports Field Year 10 Netball – 3:25pm to 4:30pm – Astro Turf Girls Rugby – 3:25pm to 4:30pm – Sports Field Sinfonia (Strings Grade2+) - 3:30pm - 4:30pm - MU1 Brass Ensemble (Brass Grade2+) - 3:30pm to 4:30pm - MU2
Thursday	History Club - 3:30pm to 4:30pm - S7 KS4 Maths – 3:25pm to 4:30pm – B8 STEMM (CanSat) – 3:30pm to 4:30pm – JL12 School Musical (By Audition) - 3:30pm to 5:00pm - DS&MU1 Rock Club - 3:30pm to 4:30pm - MU2 Walkmen (Student Led) - 3:30pm to 4:30pm - MU4 Chess Club - 3:25pm to 4:30pm - LRC
Friday	Guitar Group (Beginner to Grade2) - Lunchtime - MU1 Sax Choir (By Invitation) - Lunchtime - MU2 All Years Fitness Club – 3:25pm to 4:30pm – Sports Field School Musical (By Audition) - 3:30pm to 5:00pm - PHH Big Band (By Invitation) - 3:30pm to 5:00pm - 6th Form Hub



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School Term Dates

First Day of Term	Last Day of Term
Thursday 4 th January 2024	Friday 16 th February 2024
Monday 26 th February 2024	Thursday 28 th March 2024
Monday 15 th April 2024	Friday 24 th May 2024
Monday 3 rd June 2024	Friday 19 th July 2024

Training Days & Bank Holidays

Training Day - Wednesday 3 rd January 2024
Good Friday - 29 th March 2024
Bank Holiday – Monday 6 th May 2024

Useful Email Addresses



Parent App: enables you to access achievement, progress, attendance and assessment information.

For enquiries please email:
data@springwoodhighschool.co.uk



Parent Pay: allows you to make payments to the school via a secure online account.

For enquiries please email:
finance@westnorfolkacademiestrust.co.uk

Latest News



For all the very latest Springwood School news please follow @SHSKingsLynn

For all the latest Sport & PE news please follow @SHSS_PE



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School Uniform & Sports Kit Checklist

*Blazer

White, stiff collar school shirt

*House colour school tie

**Plain black tailored trousers

*School skirt

*School shorts

*School jumper

Plain black tights or plain black socks that must at least cover the whole ankle
(Trainer socks, and footless tights or leggings are not allowed)

Plain black (leather or leather-like) shoes

(no boots, black trainers, stilettos, ballet pumps, sling backs or toeless)

Plain coat (no logos or other markings) long enough to cover blazer properly

PE KIT

Compulsory:

*Springwood PE shirt

Black Shorts

Black Socks

Trainers (non-marking sole with grip)

Football Boots

Optional:

*Springwood sweatshirt

Black Track Suit Bottoms

Plain Black leggings

Plain Black 'skin' can be worn under PE shirt

Shin pads and gumshields

Items marked * can only be bought through the school website from Price & Buckland

**Trousers deemed appropriate by Springwood High School are available for purchase via our website. School trousers can be purchased from other suppliers. However, if the trousers worn by a student are considered unsuitable or inappropriate and a suitable alternative cannot be sourced from elsewhere, parents/carers will be directed to buy the trousers we have available through our website. The school reserves the right to make the final decision on the suitability and/or appropriateness of the school trousers worn by Springwood students.

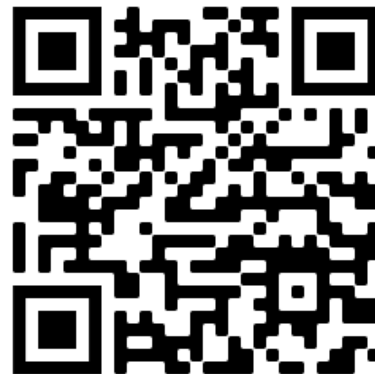
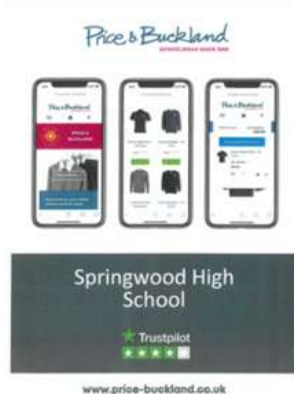


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To view your online shop visit:

<https://www.pbuniform-online.co.uk/springwoodhigh>



Equipment Checklist

All students should have the following with them every day –
School bag, Knowledge Organiser, Pencil Case (Pens x 2, Red pen,
Pencil x 2, Ruler, Calculator, Rubber)

Failure to have the correct equipment after being reminded once will result
in a 2-week EQUIPMENT REPORT.

All students need to be prepared daily.

THANK YOU





December Newsletter



Parent, Teacher & Friends Association

The Springwood Parent, Teacher, Friends Association or PTFA has recently been reformed as we feel it is an excellent way to bring together parents, teachers and the local community, to raise money and help support the school.

It provides an opportunity for everyone to work together to:

- Raise funds to help the school provide resources and extra for the pupils.
- Provide support for school trips and outings and other special events.

All parents, teachers and school staff can get involved even if they only have a small amount of time available. You may wish to join the committee and be involved in the organisation, or just be available to serve teas and coffees at PTFA events - you may even just like to provide the odd cake here and there!

Whatever your preferred commitment, large or small, the Springwood PTFA would be very grateful for your help.

Please email to ptfa@springwoodhighschool.co.uk for further information or to express an interest or ask for an expression of interest form.

You can keep up-to-date with all the latest news from Springwood High School
on the School's Website or on X

www.springwoodhighschool.co.uk



December Newsletter



ALIVE

Festive Fun *at Alive!*

**Thursday 21 December –
Wednesday 3 January 2024**

**Lynnsport, St James Pool,
Downham Leisure & Oasis**

Join in the festive fun with Holiday Clubs, Roller Skating, Tennis, Christmas Climbing, Skateboard Skillz and more! PLUS our Christmas Extravaganza is back, bigger & bouncier than before!

Booking is advisable for all activities
allivestnorfolk.co.uk



Borough Council for
King's Lynn &
West Norfolk

