



Springwood

High School

Welcome!



Key Stage 3 Team



- Mrs Aviss – Deputy Headteacher
- Mr Scoles – Head of Year 7
- Mrs Smith – Pastoral Manager for Year 7
year7office@springwoodhighschool.co.uk
- Form tutors

Key Staff



- Kaye Bunting – SENCo
- Luke Thurlow – Pupil Premium Manager
- Paul Evans – Student Mentor
- PTFA

Life at Springwood



- Tutoring in year groups
- Transition Leaders
- Pastoral Manager for each year
- House Captains to support and encourage healthy competition

Life at Springwood



- Show my Homework - including tasks to complete in preparation for September
- Diaries/Planners
- Half termly reports
- Parent Gateway and Parent App
- Parent Evenings and Meetings

How you can help us?



- Attendance.
- Uniform.
- Equipment.
- Homework.
- Talk to us!

How you can help us?



Key Dates



- Uniform Collection Days:
- Wednesday 15th August 8am-3pm *or*
- Wednesday 22rd August 11am-6pm
- Uniform Exchange Day is Wednesday 5th September 9am-3pm
- Please call Harriet Penny (01553 773393 Ext 207) to arrange a fitting or Email h.penny@springwoodhighschool.co.uk
- Music Taster Day – Monday 23rd July 3.45-5 in the Drama Studio.
- Year 7 (ONLY!) start on Thursday 6th September 2018

WELCOME TO:



WIDE & VARIED PE CURRICULUM

- **Indoor & Outdoor**
- **Individual & Team**

Athletics (Field)

Athletics (Track)

Basketball

Badminton

Cricket

Cross Country

Dance

Fitness

Football

Handball

Hockey

Gymnastics

Netball

OAA (Problem Solving)

Rugby

Rounders

Softball

Tennis

COMPULSORY PE KIT

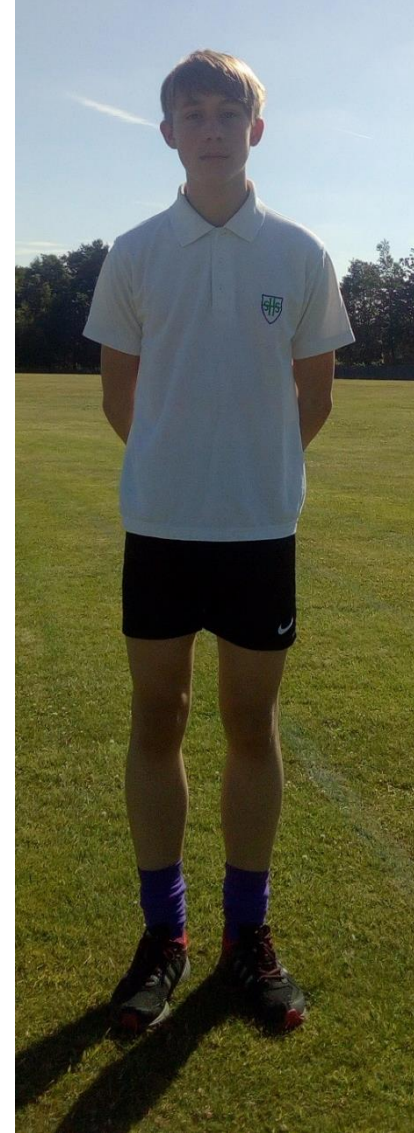


White Springwood
Polo Shirt

Black Shorts

Purple Football
Socks

Trainers



COMPULSORY PE KIT



House Springwood
Rugby Shirt

Black Shorts

Purple Football
Socks

Football Boots



OPTIONAL PE KIT

Black Track Suit/ Jogging Bottoms

Black Leggings
(for gym/dance only)

Mouth Guard
(rugby/hockey)

Shin pads
(football)

SPORT & PE @ SPRINGWOOD

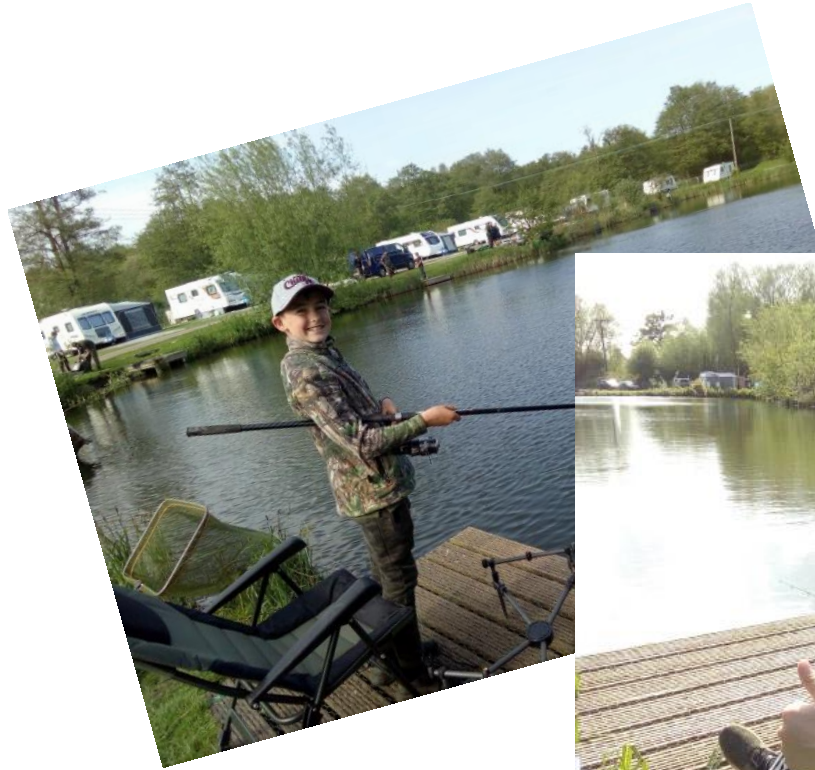
A-Z GUIDE



A

MAY 2018

WEST NORFOLK SCHOOLS **ANGLING** CHAMPIONSHIPS @ NARBOROUGH TROUT LAKES



**5TH PLACE
FROM 6 TEAMS**

MAY 2018

WEST NORFOLK **ATHLETICS** CHAMPIONSHIPS

1ST: YR 7, YR 8, YR 9, YR 10

OVERALL **WEST NORFOLK CHAMPIONS 2018**

WEST NORFOLK WINNING ATHLETES- 16 QUALIFIED FOR THE NORFOLK **ATHLETICS** CHAMPIONSHIPS @ UEA ATHLETICS TRACK



B

JANUARY 2018

WEST NORFOLK SCHOOLS

BADMINTON

TOURNAMENT @ ST CLEMENTS:

KEY STAGE 3 (BOYS & GIRLS)

KEY STAGE 4 (BOYS AND GIRLS)

WINNERS KEY STAGE 4 GIRLS



2018

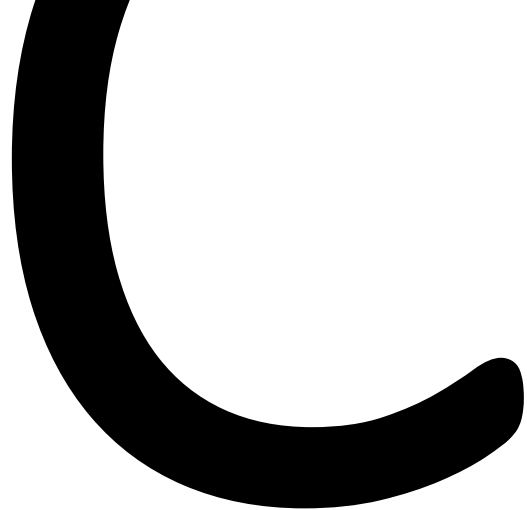
WEST NORFOLK SCHOOLS **BASKETBALL** TOURNAMENTS @ KLA

YR 7/8/9 BOYS TEAMS

YR 7, 8/9, 10/11 GIRLS TEAMS

YR 11 GIRLS WINNERS





MAY 2018

U13 & U15 LEAGUES

U13 CRICKET TEAM

15th MAY: FIRST WIN OF THE SEASON

Vs LITCHAM



NOVEMBER 2017

WEST NORFOLK CROSS-COUNTRY CHAMPIONSHIPS: WINNING SCHOOL

U13 GIRLS: 1ST

U13 BOYS: 1ST

JUNIOR GIRLS: 2ND

JUNIOR BOYS: 1ST

INTER GIRLS: 1ST

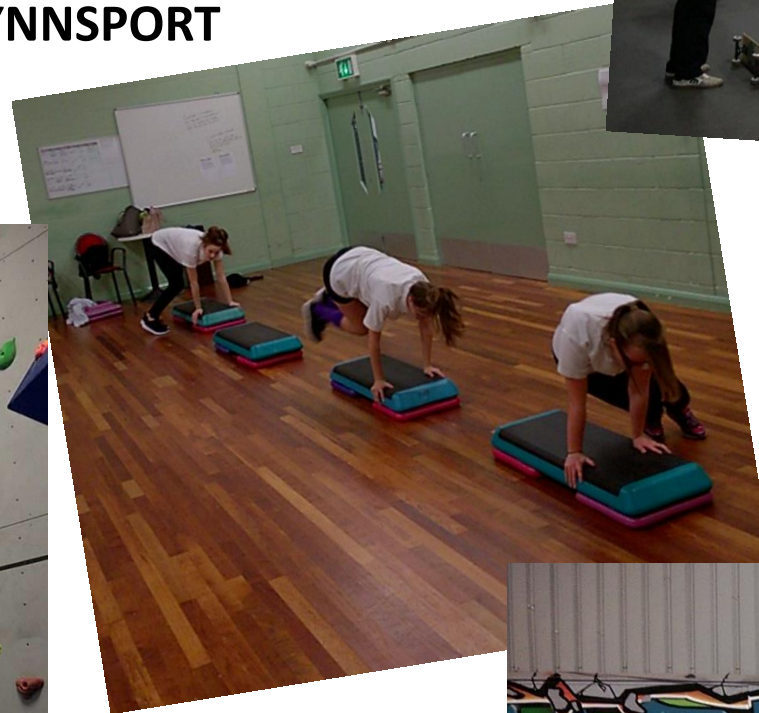
INTER BOYS: 1ST

F

FESTIVALS

NOVEMBER 2017

12 girls involved in:
THIS GIRL CAN @ LYNNSPORT



2017-18

FOOTBALL

**NORFOLK GIRLS 5-A-SIDE TOURNAMENT @ FDC (NORWICH)
3RD PLACE**

U13 GIRLS TEAMS – COUNTY CUP FIXTURE: LOST 1ST ROUND



YR 7



BOYS LEAGUE, COUNTY & NATIONAL CUP FIXTURES YR 7, YR 8, YR 9, YR 10, YR 11 BOYS TEAMS

	LEAGUE	COUNTY CUP	NATIONAL CUP
7	tba	2 nd round	1 st round
8	1st	5 th round	3 rd round
9	1st	Quarter -final	2 nd round
10	x	2 rd round	3 rd round
11	1ST	Quarter - final	1 st round

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OCTOBER 2017

WINNERS OF
WEST NORFOLK TOURNAMENT—

WENT ONTO NORFOLK SCHOOLS

HOCKEY TOURNAMENT

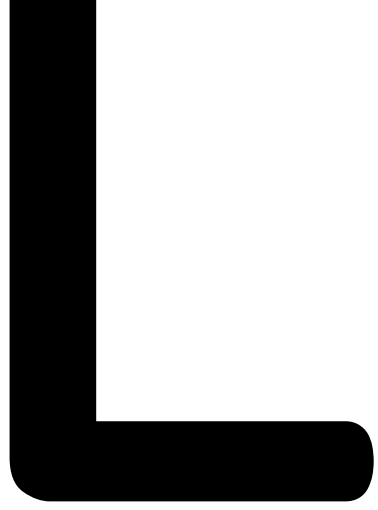
@ GRESHAMS SCHOOL

Springwood tops the Norfolk
State Schools!

U14 Girls Hockey team:

3rd in County!





LIVE SPORTING EVENTS

2018

O2: BBL FINALS

2017

TWICKENHAM: RUGBY

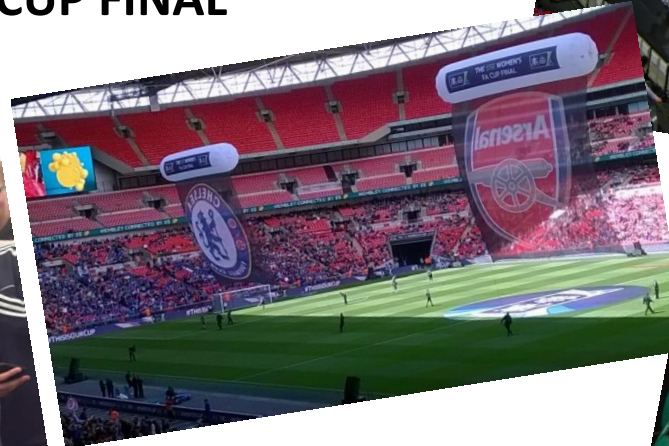
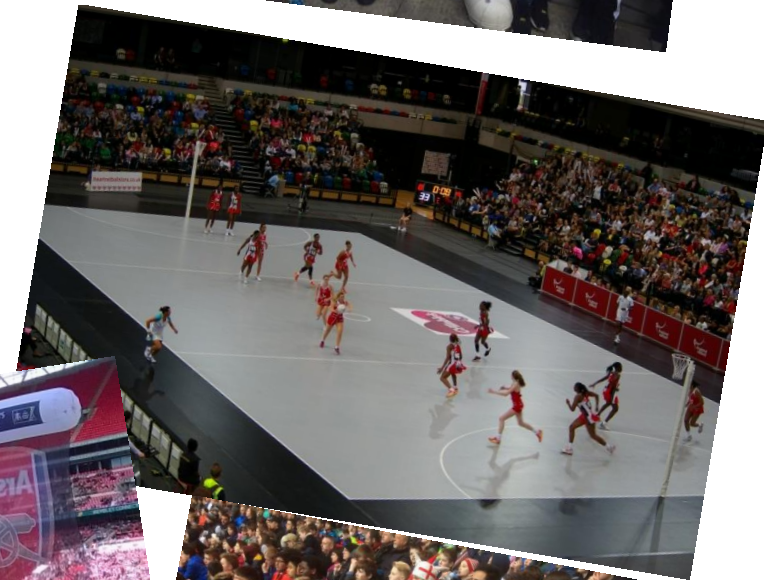
NORTHAMPTONSHIRE COUNTY CRICKET CLUB

O2: BBL FINALS

2016

COPPER BOX: NETBALL

WEMBLEY: WOMEN'S FA CUP FINAL



N

2018

NETBALL

YR7, YR 8, YR 10 FRIENDLY FIXTURES

YR 9 & YR 11- WEST NORFOLK LEAGUES

**BOTH TEAMS WINNERS OF WEST NORFOLK LEAGUES
& R/UPS/WINNERS OF TOURNAMENTS**

6th FORM TEAM:
WEST NORFOLK LADIES LEAGUE
Tuesday Evenings @ KES



R

ROUNDERS - YR 7, YR8, YR 9, YR 10 UNDEFEATED IN THE LEAGUES

RUGBY TEAMS

YR 7, YR 8, YR 9, YR 10 BOYS TEAMS

U13 GIRLS TEAM - UNDEFEATED



ANNUAL YR 8 BARBICANS V WEST NORFOLK FIXTURE @ WEST NORFOLK RUGBY CLUB



S

DECEMBER 2017

NORFOLK SCHOOLS CHRISTMAS

SHOW JUMPING EVENT

@LIME KILN EQUESTRIAN CENTRE
(THURSFORD).

The 3 girls achieved:

- 3rd Team 80cm class,
- 3rd Individual 80cm class
- 1st Pairs 80cm Pairs class
- 1st Individual 90cm class



JANUARY 2018

YRS 7 -10

SWIMMING GALA

WINNERS

