



Springwood

High School

Welcome!



- Mr Johnson – Executive Headteacher



Year 7 Team

- Mrs Aviss – Deputy Headteacher
- Mrs Williams – Head of Year 7
- Mrs Saxby – Pastoral Manager for Year 7
- Form tutors



Key Staff

- Kaye Bunting – SENCo
- Luke Thurlow – Pupil Premium Manager
- 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
- Regular reports
- Parent Pay and Parent App
- Parent Evenings and Meetings

Making friends

The taster days are the start of the journey.

Building Memories

High expectations

Excellent attendance

Correct equipment

Correct uniform

Correct behaviour

Kindness and respect

Get involved

Work hard

Making a good impression



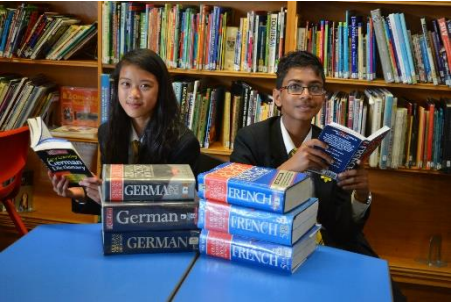
Forming good habits

Over the Summer holidays ...

Get organised

High expectations

- Correct equipment, including:
Pen, pencil, scientific calculator, ruler , colours, notebook
- Correct shoes and uniform
- No new piercings
- Sensible hairstyle in line with school rules
- Do some reading



Prepare



Key Dates

- Uniform Collection Days:
 - Wednesday 14th August 8.00am-3.30pm *and*
 - Wednesday 21st August 11.00am-6.30pm
- Uniform Exchange Day is Tuesday 3rd September 8.00am-3.30pm
- Music Taster Day – Monday 22nd July 3.45-5.15pm in the Sixth Form Social Area.
- Year 7 (ONLY!) start on Wednesday 4th September 2019

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)

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

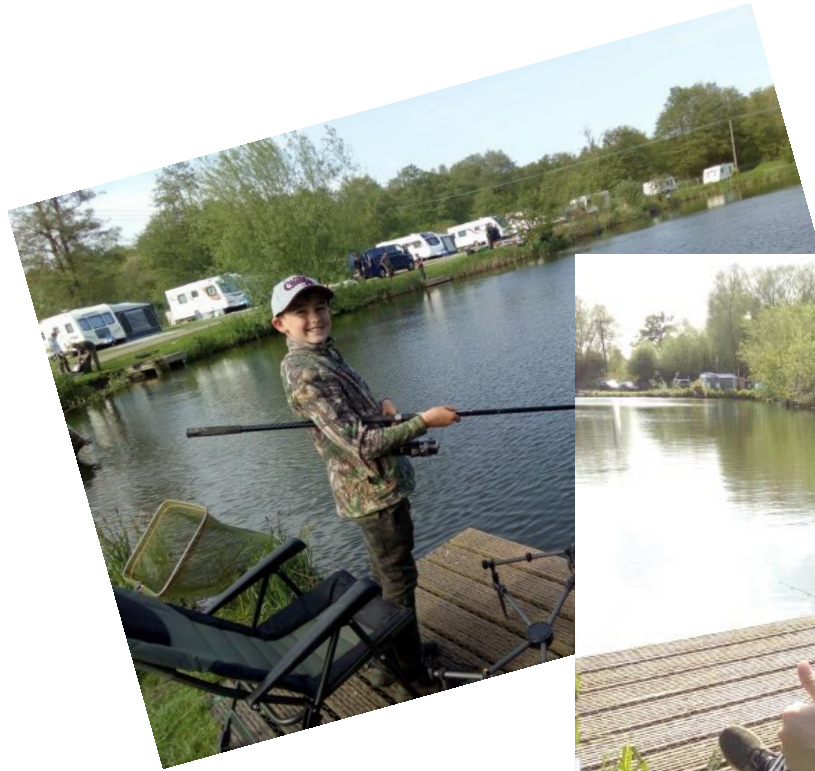
Rounders

Softball

Tennis

MAY 2018 5TH PLACE FROM 6 TEAMS

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



MAY 2019 2 Teams: Both 3rd

MAY 2018
WEST NORFOLK CHAMPIONS
2018

WEST NORFOLK WINNING ATHLETES
- 16 QUALIFIED FOR THE NORFOLK

ATHLETICS CHAMPIONSHIPS @
UEA ATHLETICS TRACK



MAY 2019
WEST NORFOLK CHAMPIONS
2019

17 SPRINGWOOD ATHLETES
represented the district at the
County Championships at the UEA.

- 1st: Yr 8 - George Tipple (300m)**
- 2nd: Yr 9 - Campbell Pick (300m), Yr 10 Mia Moore (200m)**
- 3rd: Yr 10 Will Bradshaw (400m), Poppy Beales (TJ), Joe Williams (LJ), Mia Moore (300m)**



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



2019

WEST NORFOLK SCHOOLS **BASKETBALL** TOURNAMENTS @ KLA

YR 7/8/9 BOYS TEAMS

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

Yr 7 NBA BASKETBALL JUNIOR LEAGUE – 2ND FROM 5: Reached the Play-Offs



JUNE 2019

CRICKET

U13 & U15 LEAGUES

U15 – Won 3 & Lost 1 So Far!..



NOVEMBER 2017 & 2018

WEST NORFOLK **CROSS-COUNTRY** CHAMPIONS

– 15 represented the District

Campbell Pick – represented Norfolk in the

Anglian Cross Country Championships



FESTIVALS

THIS GIRL CAN @ LYNNSPORT



2019 FOOTBALL

Yr 7, Yr 8, Yr 9, Yr 10, Yr 11 LEAGUES

Yr 11 – WINNERS OF WEST NORFOLK TOURNAMNENT

Yr 7 – WINNERS OF THE PLOWRIGHT CUP



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!



U16 TEAM – WEST NORFOLK LEAGUE

HANDBALL – Yr 7: 2nd WEST NORFOLK TOURNAMENT

LIVE SPORTING EVENTS

2019

TWICKENHAM: 6 NATIONS RUGBY

- Guard of Honour @ England v Scotland



2018

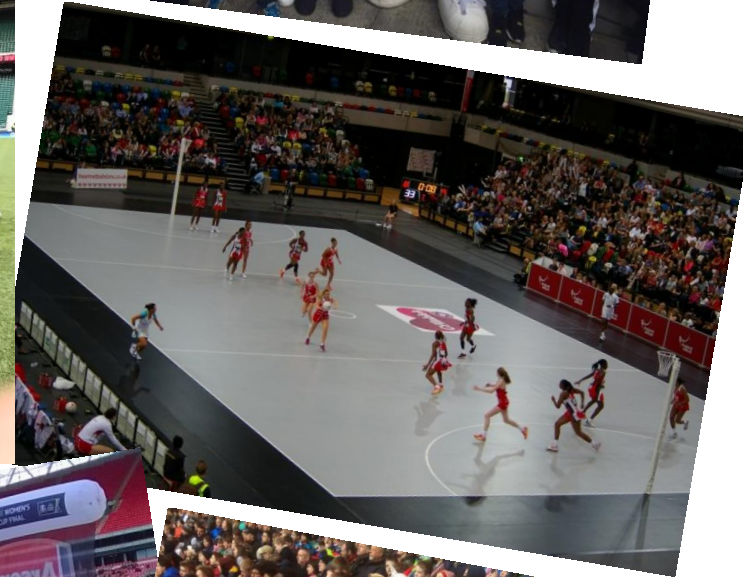
O2: BBL FINALS



2017

**TWICKENHAM: RUGBY
NORTHAMPTONSHIRE
COUNTY CRICKET CLUB**

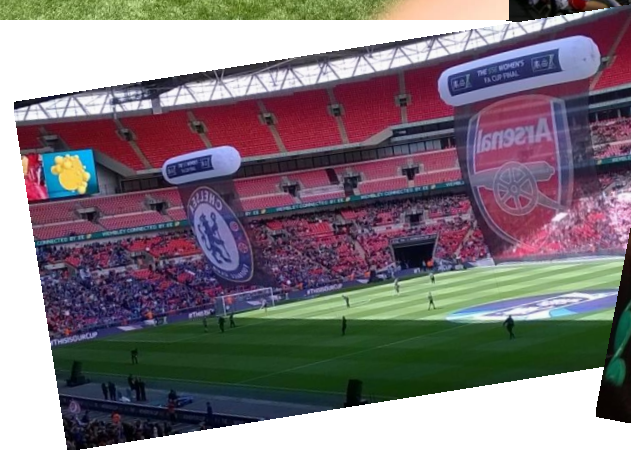
O2: BBL FINALS



2016

COPPER BOX: NETBALL

WEMBLEY: WOMEN'S FA CUP FINAL



2015

WIMBLEDON: TENNIS



LEADERSHIP

SPORTS LEADERS

- West Norfolk Primary Cluster Events ie Tri Golf, Cricket...
- Primary Schools
- Norfolk Primary School Events eg Tri Golf @ UEA
- Yr 6 Taster Days
- Community Events ie the GEAR



2018 - 2019

NETBALL

YR7, YR 8, YR 10 FRIENDLY FIXTURES

YR 9 & YR 10- WEST NORFOLK LEAGUES

BOTH TEAMS WINNERS OF WEST NORFOLK LEAGUES & TOURNAMENT TITLE HOLDERS

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



ROUNDERS - YR 7, YR 8, YR 9, YR 10 LEAGUES

YR 7 UNDEFEATED IN THE LEAGUE



GIRLS RUGBY

U13 & U15 TEAMS

U13 – CAMBRIDGESHIRE TOURNAMENT WINNERS

U15 – UNBEATEN

TWICKENHAM – PRE- ENGLAND V SCOTLAND
MATCHES V SOHAM

GUARD OF HONOUR



RUGBY

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

Yr 8 – Unbeaten

Yr 10 – Runners Up in
THE COUNTY CUP



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



DECEMBER 2017 - 2019
NORFOLK SCHOOLS CHRISTMAS
SHOW JUMPING EVENT
@LIME KILN EQUESTRIAN CENTRE
(THURSFORD).



JANUARY 2018

YRS 7 -10

SWIMMING GALA

WINNERS



JANUARY 2019

YRS 7-10

WEST NORFOLK SWIMMING GALA WINNERS