

YEAR 13 AUTUMN 2



Welcome to our latest newsletter. This half-term has seen students completing their first round of PPEs (mock exams). This is an important stepping stone to exam success whereby students and teachers can measure progress and put improvements in place for March PPEs and the all important final exams in May-June.

We are also delighted to share that some students have already received university offers and apprenticeship places. By the end of next term we hope the vast majority of students will have post 18 destinations secured. We are here to help if students need additional support with their decision making on next steps.

If you have any questions about sixth form life please do not hesitate to contact us.

Jess Cuss and Nicky Thompson, Heads of Year 13

A message from our Headteacher



The annual West Norfolk Academies Trust Carol Service, held at St Nicholas's Chapel earlier this month, provided an excellent start to the Festive season. Well done to all the students and staff involved in this flagship event for our schools. I am really looking forward to Springwood's Carol service in the final week of term. This is another "sell out" event for the school in our newly revamped Peter Hopkins Hall. It was a privilege to offer sincere thanks to the Borough Council and our very own Springwood PTFA as we officially opened the excellent new tiered seating and LED stage lighting.

We are proud of our outstanding arts provision and it was wonderful to watch Mr Ellin's production of Alice in Wonderland with such a large talented cast. Similarly, the annual Trust Art Exhibition has been officially opened. The quality of the GCSE

and A level Art students was outstanding. Well done to all Art students and to Mr Eveson and his Art team.

Our Sporting prowess continues and this term our Sixth Form Male Rugby Team won the County Cup! Well Done to all team members and to Ms Lister and our volunteer Coach, Mr Charlesworth. Our students are very appreciative of the huge number of sporting clubs and competitive fixtures available to them. All credit to Mrs Honey, the PE team and the staff who volunteer to support this.

Academic study is at the heart of our school. Year 11, 12 and 13 had a successful set of examinations. Mr Adcock has led our early applicant scheme with record breaking success in terms of interviews for courses at Cambridge, Oxford and Medical Universities. I am sure that our students will gain the places at the elite Universities they deserve.

It has been wonderful to meet our "Aiming for Excellence" students who volunteer to take on additional independent learning in areas of interest. Our intrepid year 7, 8 and 9 students have enjoyed "going the extra mile" in their learning journey at Springwood.

I have to say that this busy term has been so productive for the school. I wish all students, staff and parents a well-deserved break over the festive season.

Merry Christmas and a prosperous New Year!!

Mr A Johnson, Headteacher



Competitive Streak Continues

Year 13 students shone in the inaugural UKMT Mathematical Competition for Girls, with three students earning Distinctions and two receiving Merits.

The competition, designed to challenge and inspire young female mathematicians, featured five tough problem-solving questions. Springwood students also performed strongly in the Mathematical Olympiad for Girls, continuing their impressive run in UK mathematics competitions.

Alumni Promotes Apprenticeships at Palm Paper

Iveta Ruskyte, ex Springwood student and now Energy & Technical Development Engineer at Palm Paper, came to promote upcoming vacancies to students looking for mechanical and electrical engineering apprenticeships.

Palm Paper has a good reputation for delivering high quality apprenticeships and good promotion prospects once apprentices complete their qualifications. A number of current students are now intending to submit their applications.



What we are covering tonight

- ☐ Different levels of apprenticeship
- ☐ Where to look for one
- ☐ Application process
- ☐ Interviews
- ☐ Assessment centres
- ☐ Accepting an apprenticeship - things to consider
- ☐ What students should be doing now
- ☐ What help we are providing

In the coming weeks, a number of employers including Nestle, Mapus-Smith and Lemmon and the RAF are coming into Sixth Form to promote their vacancies.

Apprenticeship Advice for Parents

Parents wishing to support their young person with their apprenticeship search were given top tips at a recent online information evening. The session gave pointers about where to look for vacancies, how to apply and prepare for assessment centres and interviews and how to decide if you should accept an apprenticeship offer.

If you were unable to attend the session, the presentation slides and a recording of the event can be found on our website [here](#).

THERE ARE FOUR LEVELS OF APPRENTICESHIPS

INTERMEDIATE	ADVANCED	HIGHER	DEGREE
LEVEL 2	LEVEL 3	LEVELS 4, 5, 6 & 7	LEVELS 6, 7
Equivalent to 5 GCSE's grade A* - C/4	Equivalent to 2 A'Levels	Equivalent to a Foundation Degree or above	Equivalent to a Bachelor's/ Masters Degree

Duke of Edinburgh Gold Awards Presentations

Students completing their DoE Gold Award had to complete their hardest challenge yet - presenting to over 200 peers in an assembly!

Their presentations included a review of their expedition, the highs and lows and funny anecdotes, and also the results of any research backed up by photos.

Two groups had investigated the various fungi, plants and trees they discovered on the Yorkshire Moors, another gave us a photo diary of their experiences. Needless to say, none of them were looking forward to standing at the front of the room and delivering these presentations but all of them successfully completed this final hurdle!



Year 13 Musicians Eye Musical Careers

Springwood High School was recently nominated for the Music Mark Recognition for Ambition and Quality Award by the Norfolk and Suffolk Music Hub, in appreciation of the breadth of the school's involvement in music.

"It is a recognition of commitment to Music Education, and also, for us, a recognition at a regional level of the work that we undertake not just in school, but in the wider community," said our Head of Music, Robin Norman.



But that's not all, music has also inspired some of our Year 13s to pursue it as a career. Amelie H, front left, is hoping to go to Cambridge to study music and eventually become a Music Teacher, Emily P, back centre, is hoping to study musical theatre and Reggie J has ambitions to go into music production.

Year 13s also appeared front and centre in the latest theatre production, Alice in Wonderland, which featured Kira C (pictured) and Grace B.



PSHE Focus on Drug and Alcohol Awareness



At this time of year, when young people might be invited out to parties or big celebrations with friends, we included drug and alcohol awareness into our PSHE programme. The Matthew Project is a local charity which helps young people and adults to overcome drugs, alcohol, and mental health issues so they can live their lives more fully.

Students were signposted to website resources and watched an assembly video produced by the charity which focuses on the consequences of drug and alcohol abuse. This was supplemented by a drop-in session by a senior practitioner from The Matthew Project who distributed information and was available for confidential chats with students.

Parents concerned about drug and alcohol use can find very helpful information and support through dedicated pages on the website:

<https://www.matthewprojectyoungpeople.org/parent-info>



Rugby Champions

Congratulations to the 6th Form Boys Rugby team who recently won the State school Rugby County Cup. Year 13 players: Lukas M, Callum B, Rocky D, Will H, Thomas L, Theo M and Ben T did a fantastic job and we are very proud of how they have conducted themselves over the last 18 months. Chloe Lister said,

“School competitions play an important role in strengthening the school community and advancing student development in multiple ways. First, they serve as a unifying force by bringing different schools together to compete in a spirit of healthy rivalry. These events attract

an enthusiastic audience—parents, staff, and students—whose shared interest in the contest helps create a lively atmosphere that fosters school pride and community engagement. The energy generated by these gatherings bolsters a sense of belonging among attendees and reinforces ties between schools in the same region.

Competitions also contribute to raising the sport's overall profile. High-profile events—whether international fixtures like the Six Nations and Autumn Internationals or well-run domestic tournaments—garner media attention and public interest. This heightened visibility helps promote the sport beyond local or national boundaries, inspiring younger players and encouraging broader community support. When school-level events connect with or mirror the excitement of elite competitions, they help cultivate a pathway for aspiring athletes and build a stronger sporting culture.”



Art Exhibition Showcases Final Pieces



Year 13 Fine Artists showcased their portfolios at the Chequers House Gallery in King's Lynn as part of the West Norfolk Academies Trust's annual exhibition. Open to the public on Wednesday – Sunday, from 11am to 5pm from December 13th until 28th December 2025, the Thread Exhibition features the artwork of secondary school students from across the West Norfolk Academies Trust, including Springwood High School in King's Lynn, Smithdon High School

in Hunstanton, Marshland High School in West Walton, and St Clement's High School in Terrington St Clement. Over 60 Year 11 and Year 13 students are exhibiting their creative work, which encompasses a wide range of media from paintings and drawing, to sculpture, digital art and photography.



Christmas Food Drive



Head Students set out their agenda for Year 13 and stated their intention to get Sixth Formers more involved in community service. First up was a Christmas Food Drive to collect donations for the King's Lynn food bank.

Zoe Wilson, Chair of the Head Student Panel, said "We know that some students in Year 13 are already involved in supporting local charities, including the food banks, but we wanted to mobilise the whole Year group. We have been delighted by the response and hope

that we have helped some local families to have some festive treats over the holiday season."



Extracurricular at Springwood High School

We are exceptionally proud of the free extracurricular offerings we have at Springwood high school. All the clubs that are being offered can be found here [Extracurricular timetable](#). This half term has seen a large number of students getting involved in a variety of different clubs.

If there is something your child would like to do that is not offered, or if you know someone that would be willing to come and run a club after school that we currently don't offer please contact extracurricular@springwoodhighschool.co.uk

Thank you to everyone that has responded to the extracurricular outside of school form that has been sent out. Please do keep the relevant year office updated with any new achievements that your child accomplishes outside of school so we can celebrate it.

Providing a Curriculum Overview

It is important that parents have an understanding about the curriculum being followed for each of the subjects and what students are studying at different points in the year. Please log on to our website to see the curriculum overview and subject plans, here you will find learning journeys for each subject from KS3 through to KS5 and curriculum plans that give more detail on what will be taught [Curriculum and overview plans link](#)

Attendance December 2025

Along with the rest of the country, Springwood was hit a few weeks ago by a flu like illness which saw our attendance drop a little below National figures for the first time in a couple of years. Already, though, attendance has once again picked up and so hopefully in the New Year our positive attendance patterns will return. Thank you once again for your support with this. If your child is ill with sickness, diarrhoea or a temperature, please keep them at home until they are well. If their temperature responds to medication they can return to school later in the day. If your child does require medication, please remember that this can be safely stored in the year office for later use. If you are uncertain whether to send your child into school or not please consult the NHS website:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Independent Study and Support

Sixth Form students are expected to work independently to consolidate their learning and apply their knowledge in the different ways they are assessed for their subjects e.g. through examinations, coursework or other assessments. Please see below, the list of tasks being set by subject teachers and the additional support students can access including after school revision sessions and use of websites such as Uplearn.

Subject	Task	Support
Art	Coursework is completed at home as it is worth 90%. Set tasks are given weekly and marked by staff weekly. Feedback is given using feedback sheets	
Biology	Weekly uplearn. An exam paper is set fortnightly. Homework could also include research tasks and pre-reading	

Business	<p>Weekly homework is set.</p> <p>Seneca is set fortnightly.</p> <p>Students will be set an essay homework fortnightly.</p> <p>Exam papers will be set as homework towards end of 13</p>	
Chemistry	<p>120XP a week on Uplearn and a 40 mark exam questions set fortnightly and As exam papers.</p> <p>From Easter, students will be set A2 papers fortnightly</p> <p>Students will be given the mark scheme and will be expected to self-assess using a red pen. Students are expected to bring the completed papers to the lesson marked so that staff can check through them.</p> <p>Individual or whole-class feedback is given</p>	
Computer Science	<p>Independent study could include the completion of coursework which is worth 40% or E-revision. Exam questions will be given from February.</p>	
Criminology	<p>Unit 3: Fortnightly practice brief and questions, half termly summary sheets</p> <p>Unit 4: Half termly exam question booklet which is marked using whole class feedback/live marking each fortnight</p>	
Dance	<p>Homework will be weekly. The course is NEA based so every piece of homework will directly relate to completing one of their 7 units.</p>	
Drama	<p>Autumn 1 - Performance rehearsals and NEA + completing portfolio (Comp 12)</p> <p>Autumn 2 - Comp 46 - low stakes questions will be set but students will still be completing NEA.</p> <p>Spring 1 and 2 - Comp 21 - practical exam so rehearsal out of hours and coursework which is 100% homework.</p> <p>Summer 1 - Weekly exam questions</p>	
Economics	<p>Weekly homework. Students will be set work on Uplearn fortnightly.</p> <p>They will receive a fortnightly essay homework. Exam papers will be set as homework towards end of 13</p>	

English Lit	<p>Weekly homeworks which could include any of the following;</p> <ul style="list-style-type: none"> * pre-lesson reading/note-taking * watching a lecture and making notes * creating flashcards of key knowledge * pre-lesson annotation of a text * essay plan * wider reading * contextual research * mini-essay * full essay <p>Once a fortnight, students can expect to complete a more extended written response to facilitate the honing of their essay-writing skills.</p>	
English Lit and Lang	<p>Weekly homeworks which could include any of the following;</p> <ul style="list-style-type: none"> * pre-lesson reading/note-taking * watching a lecture and making notes * creating flashcards of key knowledge * pre-lesson annotation of a text * essay plan * wider reading * contextual research * mini-essay * full essay <p>Once a fortnight, students can expect to complete a more extended written response to facilitate the honing of their essay-writing skills.</p>	
Fashion & Textiles	<p>Controlled assessments for BTEC units and the independent study directly links to this. It could consist of;</p> <ul style="list-style-type: none"> - Completing/continuing with creative tasks 	

	<ul style="list-style-type: none"> - Moodboards, - Artist/designer research. - Evaluations and production plans - Designs and annotations. - Textile & fashion construction samples. - Cutting and drafting patterns. 	
French	<p>Homework is set weekly and can consist of the following;</p> <ul style="list-style-type: none"> - Vocab learning - Grammar work - Topic work - worksheets/research etc. - Preparation for speaking lessons - Reading and comprehension from the course novel/appropriate work on the course film. - Essays on the novel or film - News story research for class discussion - Revision for assessments each half term. 	
Further maths	<p>Homework could consist of Dr Frost, Uplearn or textbook exercise or exam papers.</p> <p>Pure - Homework from this part of the course is set weekly</p> <p>Decision - Homework from this side of the course is set fortnightly</p>	<p>After school revision on Tuesdays, Wednesdays and Thursdays in B7</p> <p>Padlet: https://padlet.com/cloizou/ks5-revision-resources-rvdio7zycltic2hi</p> <p>Email staff</p> <p>Break/Lunch/before school</p>
Geography	<p>Students will complete fortnightly GeoResearch tasks set on rotation between topics. Additional homework tasks include essay practice and research. In Year 13, students will prioritise their NEA until the deadline.</p>	
German	<p>Homework is set weekly and can consist of the following;</p> <ul style="list-style-type: none"> - Vocab learning - Grammar work 	

	<ul style="list-style-type: none"> - Topic work - worksheets/research etc. - Preparation for speaking lessons - Reading and comprehension from the course novel/appropriate work on the course film. - Essays on the novel or film - News story research for class discussion - Revision for assessments each half term. 	
Government and politics	<p>Weekly homework which could consist of</p> <ul style="list-style-type: none"> - Seneca - Essay writing preparation - Reading with comprehension questions <p>It is also expected that you listen or watch the news every day and a journal needs to be kept. You need to be ready to show this journal in lessons and discuss events in class</p>	
Hairdressing	Weekly homework includes handouts or research to be completed. Exam papers are expected to be completed fortnightly	
Health and social care	<p>Weekly homework includes</p> <ul style="list-style-type: none"> - The completion of coursework. Coursework is worth 2/3 of final mark. - Research tasks - Glossary creation - Revision sheets - eRevision - Exam questions in the approach to exams 	
History	<p>Homework is set weekly and will consist of any of the following;</p> <ul style="list-style-type: none"> - Essay preparation - reading with comprehension questions - seneca - Coursework completion 	Email + Teachers

Maths	<p>Homework could consist of Dr Frost, Uplearn or textbook exercise or exam papers.</p> <p>Pure - Homework from this part of the course is set weekly</p> <p>Applied - Homework from this side of the course is set fortnightly</p>	<p>After school revision on Tuesdays, Wednesdays and Thursdays in B7</p> <p>Padlet: https://padlet.com/cloizou/ks5-revision-resources-rvdio7zyltic2hi </p> <p>Email staff</p> <p>Break/Lunch/before school</p>
Media Studies	<p>Weekly homework which could include one or more of the following;</p> <ul style="list-style-type: none"> - NEA production - Additional research/ completing work / weekly depending on need - Knowledge check/ assessment questions (towards end of topics) - Essay plans 	<p>After school NEA support on Wednesdays 3.30pm - 4.30pm in J1</p>
Medical science	<p>Homework is set weekly and could consist of coursework completion, textbook exercises or exam questions</p>	
Music	<p>Weekly homework which could include practising their instrument/singing and working on composition tasks to support their NEA. They will receive exam style questions at the end of topics.</p>	<p>Free copies of the software</p>
Music Tech	<p>Weekly homework set which could include composition tasks or multi track recording. They will receive exam style questions at the end of topics.</p>	<p>If MU4 is free, students can use this room.</p>
PE	<p>Weekly homework could consist of;</p> <ul style="list-style-type: none"> - TheEverLearner educational platform - Quizzes, Practice tests, Checkpoints - Exam questions or booklet - Completion of NEA Coursework - Google Drive document shared with students. (this is towards the end of year 12) 	<p>After school revision/coursework support on Tuesdays in F13</p> <p>Padlet: https://padlet.com/thoney1/ks5-a-level-pe-ttmukjrv22kvbhjiw </p> <p>Email staff</p> <p>Before school/Break/Lunch</p>

Photography	Homework will be the completion of coursework tasks that are set weekly and are worth 90% of the final grade	
Physics	<p>Uplearn + 40 mark exam questions set fortnightly and exam papers</p> <p>Feedback: Self marked, feedback given fortnightly in lesson. Weekly after school sessions are available if students want detailed feedback or support.</p>	Weekly after school sessions are available if students want detailed feedback or support.
Psychology	1 hour per week on UpLearn (after Christmas, this will be exam sections). In addition to this, students are expected to complete an essay every fortnight.	
RE	<p>Homework is set for each of these sections.</p> <p>Buddhism- Google quizzes, an essay per half term, reading and questions to answer.</p> <p>Philosophy - Google quizzes, an essay per half term, watching a video and answering questions on this, booklets/tasks for each unit</p> <p>Ethics - Google quizzes, an essay per half term, watching a video and answering questions on this</p>	S2/S3 at lunchtime
Sociology	Fortnightly essays to be completed on a Google form. Feedback is given back through this as well. You will also be set additional tasks from lessons. This could include additional research on Ao2 examples covered in the lessons, extra exam questions, and finishing off activities from the lessons.	
Spanish	<p>Homework is set weekly and can consist of the following;</p> <ul style="list-style-type: none"> - Vocab learning - Grammar work - Topic work - worksheets/research etc. - Preparation for speaking lessons - Reading and comprehension from the course novel/appropriate work on the course film. - Essays on the novel or film - News story research for class discussion - Revision for assessments each half term. 	



Parents can access details about their child at school by using the MyChildAtSchool (MCAS) app. Your child can access the student portal by using the Bromcom Student App. These apps contain real time information about student timetables, attendance, reports, messages, homework, achievement/behaviour and paying for school trips and dinners. The apps are both available from Google Play and the Apple AppStore.

A basic user guide, along with other support materials can be found at <https://docs.bromcom.com/article-categories/for-parents/>

If you forget your password please click on the Reset Password link on the App, or, using your web browser, go to the relevant website and click on the Reset Password link. You must use the email address that you have given the school. Should you experience any issues with your MCAS or Bromcom Student account please contact us for support via the following options:

Tel: 01553 773393

email: office@springwoodhighschool.co.uk

When emailing, please provide as much detail about your issue so we can make sure we allocate the right department. Please also provide your full name, school and return phone Number. MCAS: www.mychildatschool.com Bromcom: www.bromcomvle.com/?schoolid=14633

PTFA News

This half term in the lead up to Christmas has been another busy one with a number of events and our second '100 Club' lottery draw. Since the students returned after the October half term break, we have run or helped at the following school events:

Bingo – 21 November

Christmas Craft Fair – 28 November

Community Carol Service – 3 December

Alice in Wonderland – 10 & 11 December



We are also proud to have supported a community event on two dates in November (15 and 22) by selling refreshments. 'The Nativity and the stolen Christmas Elves' was a production run by the Why Not Us Theatre Company, which is made up largely of young people with neurodiverse conditions such as ADHD and autism.

One of the biggest events of our PTFA calendar is the annual Christmas Craft Fair and this year, our third year did not disappoint. We raised just over £1000 for the school with 30 stalls run by local businesses, PTFA raffles and

refreshments and a large number of Springwood students running activities including a human fruit machine and other festive games. Thank you to everyone who came and supported the event and a special thank you to those local businesses who generously donated raffle prizes. This included:

Kinkz hairdressers	KL basketball club
Timbos	Denny's Fish & Chips
Reffley Fish Bar	Adrian Flux
KL Rink Hockey Club	Sandringham Estate
Bawsey Estate	Heather & Bear
Copeman Construction	Javik Laser Ltd
Tesco Hardwick	Tesco Gaywood
Asda South Wootton	Majestic Cinema
West Norfolk Electrical Ltd	Morrisons

We're also thrilled to announce the 100 Club winners for the draw that took place on Wednesday 10 December as follows:

1st prize of £51.30 - Number 43 - Mr R Howell

2nd prize of £30.78 - Number 5 - Mrs Carley Bird

3rd prize of £20.52 - Number 34 - Mrs Heidi Barlow

With £125.40 going to the PTFA fundraising pot.

Congratulations to you all. Payments will be winging their way to your bank accounts within the next few days.

There are still another 4 draws to go this academic year, so if you fancy getting in on the action, you can. Applications are now open for the remaining draws at a cost of £16 (£4 per draw), Full details of the lottery, how to apply and the application form are on the PTFA pages of the school website:

<https://www.springwoodhighschool.co.uk/page/?title=PTFA&pid=137>.

The more people that join, the bigger the cash prizes!

Upcoming events in the New Year include:

Year 7 New Year's Disco – January date tbc

Third '100 Club' lottery draw – 4 February

Bingo - tbc

Full details of all events can be found on the [Springwood High School website](https://www.springwoodhighschool.co.uk/page/?title=PTFA&pid=137) and our [Facebook page](#).

And finally, if you have any unwanted Christmas presents you do not know what to do with, please think of the PTFA. We would gladly take them off your hands for future fundraising opportunities. Please contact us via our Facebook page or email ptfa@springwoodhighschool.co.uk. Any donation (big or small) is greatly appreciated.

The PTFA wishes you all a very Merry Christmas and a Happy and Healthy New Year.