



5th Newsletter

Message from Mr Johnson

Many thanks to all the students this term - they have all really worked their socks off!

Next term we hope for even further reductions in COVID measures on our road back to normality. Our next half term will have a strong focus on standards. We will be conducting a full uniform check in the first week back and monitoring this regularly. May I politely remind students that they should wear a blazer at all times, including when they are in PE kit for the day and also ensure they don't wear their coat whilst in lessons. Similarly, we will continue to stress the importance of punctuality, both at the start of the day and between lessons.

I hope you have a relaxing half term holiday.

Best wishes

Mr A Johnson

Message from Miss Davies

I can't quite believe we are at the end of another half term and it's been a busy one. Year 8 continue to demonstrate how amazing they are. We've had lots of winners for the knowledge organiser competition. We've got 6 students going through to the final of a RAF linked competition, it was a joy to watch all the young ladies take an active part in the hour long session, the skills they gained will help them in all aspects of life. Mr Johnson has launched a new challenge 'doing the right thing'. Any student that makes the week without any behaviour points gets entered into the draw to win a meal of their choice from the 6th form hatch.

The last week has seen year 8 complete assessments in every subject. I am looking forward to getting their results and seeing how well they have all done.

I hope you all have a restful and enjoyable half term holiday. I look forward to the final term and our Springfest celebration at the end of it.



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Highest Achievement Points



Student	Total Achievement Points
Cameron G	200
Ryan L	200
Keira P	202
Milana T	202
Hope G	204
Jared H	205
Lorena L	205
Declan S	207
Emilija B	208
Charlie H	208
Lukas K	208
Lexi L	208
Jaimie S	209
Deyon B	210
Lukas B	210
Theodore M	212
Domantas V	215
Jessica D	216
Joshua F	216
Karolina R	216
Ramunas B	219
Leonii H	221
Kamayshika S	221
Callum P	223
Jessica W	224
Leah C	225
Isabella M	225
Luke U	225
Grace B	226

Student	Total Achievement Points
Milana B	229
Oliver C	231
Ruby G	231
Kevin M	231
Eva R	231
Alfie B	234
Maria O	234
Harvey P	234
Neenu T	236
Evelyn W	236
Julius M	238
Imogen C	239
Blake E	240
Eva K	241
Robbie S	246
Marissa H	255
Kaiden L	257
Gracie C	260
Freya Julleen S	261
Josie D	264
Maddy H	264
Joshua H	287
William T	288
Nikita C	319
Emily L	331
India-Rose B	344
Salma A	349
Oliver O	427



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RAF Challenge Winners

Grace C & Emily L



Ferne T & Lacey P

India-Rose B & Gracie H





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Friday, April 23, 2021 www.yourlocalpaper.co.uk

yourlocalpaper

A brilliant way to help pupils' futures shine

Twelve pupils at a King's school are set to reach for the academic stars after signing up to be part of a programme working with PhD students at Cambridge University.

The Scholars Programme, run nationwide by an education charity called the Brilliant Club, aims to widen access to higher education.

A group of Year 8 pupils from Springwood High School are set to work with a Cambridge postgraduate student on activities pitched just above their current academic level, in a bid to stretch their knowledge and ability.

"Cambridge sets the criteria, so we pick about 20 students who we think meet it, but there are only 12 places available, so to a certain extent getting a place is down to being the quickest to respond," said Rebecca Davies, assistant headteacher.

"What the students do is beyond normal schooling, it's about raising their aspirations and self-belief for the future,



Year 8 pupils will be working with PhD students. Picture: Ian Burt

so that they think of themselves applying to a place like Cambridge.

"It introduces them to a world of which they have no experience, and gives them the self-belief that they can be part of that world."

The current Year 9 class at the

school, which is part of the West Norfolk Academies Trust, were the first ones to have started going through the programme.

Miss Davies added: "Based on what I have seen from other students, they recognise it as a really good opportunity to gain experience and develop skills.

"There is support in place if anyone struggles academically, and students taking part get to attend a couple of university events, to get a taste of what life there is like.

"It's a great opportunity, so I look forward to seeing how they take it."

Do the right thing

For the w/c 17th May 236 students did not receive any behaviour points

One student from this list was randomly chosen to receive a free lunch on the following Friday and our winner was

Charlie-Marie H





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Knowledge Organiser

For fantastic Knowledge Organiser work all the students below were presented with a “Knockin’ Out the Knowledge” pen.

Grace N, Isabella M, Katelyn T, Freddie H, Ferne T, Lexi L, Poppy C, Louie S, Kevin M, Charlie H, Henry D and Joshua F



Junior UKMT maths challenge

Congratulations to all the students who participated in this year's Junior UKMT Maths Challenge!

On Tuesday 27th April, top set students in Year 8 completed 25 challenging questions set by the UK Mathematics Trust, competing with high-achieving students across the UK. The Maths department would like to congratulate the following students for their outstanding scores.

Bronze	Silver	Gold
Ryan B	Angelo A	Alfie T (Best in School)
Milana B	Madeleine B	Julius M
Ben C	Connie C	Noah M
Azaria E	Marissa H	Oliver O
Tom H	Eva K	Robbie S
Madison H	Alexis L	Neenu T
Dominik H	Theodore M	Luke U
Thomas L	Kevin M	
Maria O	Harvey P	
Tilly O	Wilfred P	
Emily P	Ismay R	
William T	Oscar W	
Domantas V		



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Monday 19th July 2021

Springfest 2021 will be a festival style celebration for our Year 8 students.

**Can you help with:-
Fundraising, donation/borrow equipment/supply equipment
Do you have any contacts that might be of any use to us.
If so,
We would love to hear from you**

The Year 8 1st reports are able to view. If you haven't got the Parent app please email data@springwoodhighschool.co.uk

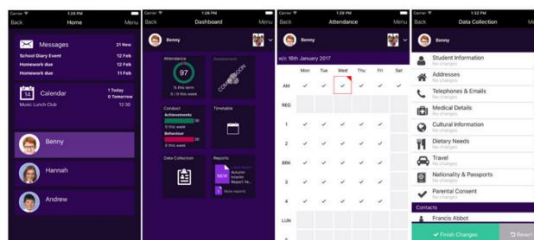


Parent app

The Parent app enables you to access achievement, progress, attendance and assessment information. You can also update personal information about your child using the data collection link. As a school this will enable us to improve how we engage with you and to assist you in supporting your child's progress.

Registering for the Parent app

If you are not registered/have not received an email for the Parent app please complete email : data@springwoodhighschool.co.uk



Year 8 Office (direct dial) 01553 778092

Website <https://www.springwoodhighschool.co.uk/page/?title=Year+8&pid=144>

Email r.saxby@springwoodhighschool.co.uk



5th Newsletter



Human Papilloma Virus (HPV) Vaccination

Dear Parent/Carer

Human Papilloma Virus (HPV) Vaccine - for boys and girls

The Human Papilloma Virus (HPV) vaccine is available to all students, both boys and girls, in **year 8** and is free on the NHS.

By having this vaccination, your child will be protected against the commonest causes of cervical, genital and head and neck cancers. The vaccine also offers protection from the two types of HPV that cause the majority of genital warts. In order to get the best protection, it is essential that your child receives both vaccinations.

**If you haven't completed the online Consent Form
please follow the link below to do so :**

<https://tinyurl.com/yajeu6w9>

Session Date: September 2021

The consent form portal: is currently open

There is an option to decline the vaccination.

If you do not submit a consent form, we will contact you in order to confirm that you do not wish your child to receive the vaccine. If students are absent on the day of vaccinations, a further attempt will be made to offer the vaccine at a later date. Please enter a valid mobile number and email address on the online form so that we can contact you if necessary.

THE FORM MUST BE SIGNED BY SOMEONE WITH LEGAL PARENTAL RESPONSIBILITY FOR THE YOUNG PERSON.

Please contact the Immunisation Team on: [0300 555 5055](tel:03005555055).

Alternatively, email: ccs.norfolk.immunisationteam@nhs.net

Further information can be found online: [HPV Vaccine](#) and the [Patient Information Leaflet](#)
We provide this service to help protect the health of your child as part of our public task as a health service provider. [Privacy Notice](#) Your child's school has provided us with your contact details. We will update your child's electronic health record and/or notify your GP of the immunisation. Your consent to vaccination will be valid for the duration of the HPV course.

We may contact you via SMS; if you do not wish to be contacted via text, please let us know.

Yours faithfully

Schools Immunisation and Screening Lead Childrens and Young People's Health Services

Cambridgeshire Community Services NHS Trust: delivering excellence in children and young people's health services



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Practical quick tips to help manage anxiety in children and young people

Is your child or teen suffering from anxiety?

Children and young people have had to cope with significant change at school and in their social lives over the past year and they may be struggling. Try these practical tips to help when your child is feeling anxious or worried. Every child and situation is different and you know them best so pick one you think might work with them. If a child or young person is especially distressed **just focus on keeping them safe.**

There's lots of support and help available for parents and for children and young people at (www.justonenorfolk.nhs.uk/schoolworries). There are also free webinar courses for parents on helping children manage anxiety, visit **Family learning courses - Norfolk County Council**, email adultlearning@norfolk.gov.uk or call **0344 800 8020 option 5.**

1. Give them space
- sometimes trying to do anything can make them more anxious, they may need space to calm down

2. 7/11 Breathing
- breath in through your nose for 7 and out through your mouth for 11 seconds



3. Hug them tightly, or ask them to self-hug



4. Push your palms together, hold tight, release and then repeat or squeeze your fists together as tight as possible and then relax

5. Validate their feelings
- It is ok not to feel ok



6. Have a drink or snack
(cold water is good)



7. Give them positive attention



8. 5 - 4 - 3 - 2 - 1 Challenge.
Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste.



9. Squeeze a stress ball/ fidget toy/ play dough



10. Describe your own feelings and model or talk about what works for you



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Daily Reminders

Remember to put your **Knowledge Organiser** into your school bag every day.



Name: _____ Form: _____
West Norfolk Academies Trust



Remember to bring a **drink** to school with your lunch, ideally this should be water, squash or juice.

Remember to wear your **face mask**. Spare masks are available from the Year Office if you need one.



Diary Dates

Monday 24 th May 2021 – 1 week	Year 8 Assessments (classroom)
Monday 28 th June 2021	Year 8 2 nd Report
Thursday 1 st July 2021	Year 8 Parents' Evening 4pm – 7pm
Monday 19 th July	Springfest 2021
September 2021	HPV Vaccination