



February 2025



Message from Mr Johnson

As we approach the end of another productive term, it is a pleasure to reflect on the last few weeks. The current Year 11 students have worked tirelessly in their mock examinations. The mock results day assembly saw many happy faces but most importantly, everyone saw the importance of the summer examinations and "going the extra mile" in the next few weeks. It is great that so many will have a day of celebration at Alton Towers on the last day of this term. Similarly, Year 13 students are currently working so hard in their mock examinations. Whether University, apprenticeship or gap year, these magnificent students are looking forward to a bright future!

In the last week of term, our Year 9 will begin their guided choices process. As a large school, Springwood is proud to offer our students an outstanding range of courses to choose from. I know Mr Thompson and Mr Levy are looking forward to working with students and their parents to ensure each student gains their favourite subject choices.

I have had the privilege of attending several music events this term. The "Concert Band Spectacular" was truly magnificent. Seeing our students performing so well with Mr Norman's experienced adult musicians was truly superb. Similarly, it was great to see so many Springwood vocal groups performing in the cross trust vocal evening. From year 7 to year 13, everyone had a great time. The last music event of this term is the "Battle of the Bands". I am looking forward to dusting down my drum sticks to perform with my fellow staff members!

Due to staffing shortages, I have been helping to serve dinners in the canteen. Seeing the excellent food being prepared by Sharon and her team is truly inspiring. Feeding delicious hot food to hundreds of hungry students is not easy but I have done my best!

I hope that you all have a wonderful Easter. I will be travelling round delivering chocolate treats to say a massive thank you to all the staff for another hard-working term.

Mr Johnson

Head Teacher









Message from Mrs Davies-Mays Head of Year 7

Another fabulous half term for year 7. They continue to work hard in their lessons and are now staring to enjoy the lovely weather outside at breaks and lunches, it is lovely to hear their joyous laughter and to see them having fun.

There is lots of great work going on with sparx homework and celebrations occur weekly. Please check page 14 and 15 for support available if your child is struggling with their homework.

If you would like to know what your child is studying in class and when please check page 6 it provides a link to the school website that gives an overview of each subject.

We have really encouraged year 7 students to read more this half term, and as with any challenge set they have excelled. We have given out some bronze, silver and gold badges. Please go to page 16 to see some photos and book reviews.

The year team has seen great success in various sporting activities, I look forward to seeing the boys play in the county cup final after the Easter holidays. I will be keeping my fingers crossed for a win. Page 28 has some photos of different teams.

As part of the local Kings Lynn community we would like to highlight some activities that are on offer over the Easter break. Please go to page 35, there are lots of great things available.

I would also like to take this opportunity to remind you of our school uniform and equipment policies, summaries of these can be found on page 43.

Finally, I would like to wish you all a great Easter break, I hope the weather stays nice. And I look forward to seeing year 7 back on Wednesday 23rd April.

Rebecca Davies-Mays – Senior Assistant Head - Head of Year 7



Year 7 Team

Mrs Davies-Mays, Mrs Bunting



School Website www.springwoodhighschool.co.uk



YEAR 7 NEWSLETTER February 2025



CONTACTING THE YEAR 7 OFFICE

Please can you use the following email accounts to make contact with the Year 7 Office Miss R Davies-Mays, Head of Year 7 r.davies@springwoodhighschool.co.uk
Mrs C Isle, Year 7 Manager c.isle@springwoodhighschool.co.uk
General Year email classof2029@springwoodhighshcool.co.uk
The direct dial telephone number 01553 778092

Attendance Information

What should I do if my child is unwell? – If your child is unwell, please call the Year 7 Office on 01553 778092 or email classof2029@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 7 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
Wednesday 23 rd April	Return to school
Monday 3 rd March	Tech and dress rehearsal dance show PHH
Friday 2 nd May	Dance Show
Tuesday 15 th May	WANT Piano Recital MU1 6pm
Friday 23 rd May	End of Term
Monday 2 nd June	Return to school





February 2025



Attendance

Attendance Spring Second Half Term

Despite this being a term of colds and sickness for quite a few students, attendance at the school remains above the national average and considerably above the Norfolk average attendance. So, once again, thank you for supporting your children to attend school regularly.

Please continue to book holidays and medical appointments outside of school time. We realise that some hospital appointments have to take place during the school day, but we thank those parents who are currently still getting that morning registration mark, and then taking their child to the hospital.

A report has recently been released by the Department for Education which studied the link between pupil attendance and earnings later in life. The study took place over the past 18 years and highlighted the following points:

- A student who attended less than 90% of their time (ie missed the equivalent of 1 day a fortnight or more from school) was now earning at least £13000 less a year than someone who attended 95% or more
- One day of absence in years 7 to 11 for a typical student was associated with an approximate £750 loss in future earnings
- A student who attends 95%+ is likely to get 1 grade higher in each of their GCSEs than someone who attends between 90% and 94.9%
- A student who attends less than 90% of the time increase the risk of them suffering anxiety by twofold

The final point is important as school is as much about social interaction as it is about learning about subjects.

If your child is suffering with anxiety, it is important to keep school attendance high. Support is available from the Just One number (0300 300 0123) or Parent line (07520 631590). Both numbers are 8am-7pm weekdays. We are also lucky to have MAP in town (8, High St) and their number is 0800 0744454, or your child can contact them via map.uk.net.

Please also continue to liaise with your child's year team, or the attendance team at the school, if you have any worries or concerns, so we can continue to work together to keep the attendance of your child high.

Mrs Moss & Miss Taylor











MyChildAtSchool has replaced the ParentApp and ParentPay

Parents can access details about their child at school by using MyChildAtSchool. This can either be an app or your phone or by going to www.mychildatschool.com

Your child can access the student portal by using the Bromcom Student App on their phone, and can also be accessed by going to www.bromcomvle.com/?schoolid=14633

These 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.







Music Events Calendar 2025

Summer Term 2025

Date	Event	Venue	Ticket Prices	Time(s)	Groups Involved (Provisional)
Friday 2nd May '25	House Dance Show	PHH, Springwood High School.	£3.00	7.00pm	-
Thursday 15th May '25	WNAT Piano Recital	Recital Room (Mu1), Springwood High School	Free (with retiring collection)	6.30pm	Piano Solos and Duets from across all Trust Schools (All levels)
Thursday 22nd May'25	Spring Recital Evening	Recital Room (Mu1) Springwood High School	Free (with retiring collection)	6.00pm	Soloists and Small Ensembles from Springwood High School
Wednesday 25th Jun '25 (Prov)	Royal Norfolk Show (tbc)	Norfolk Showground		Daytime	TBC

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

For Ticket Sales nearer the event date please visit

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

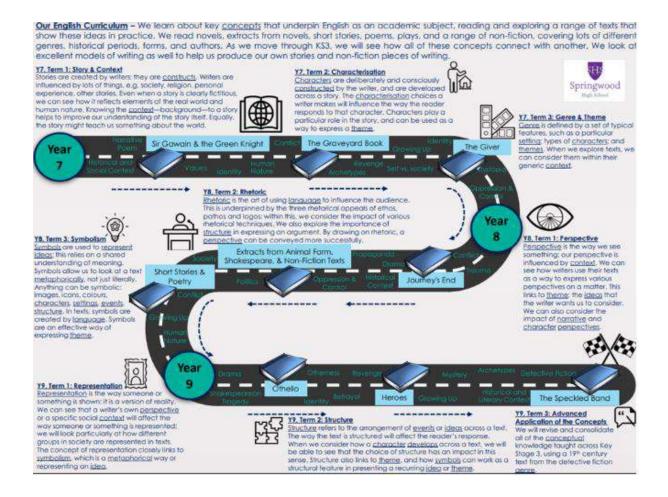






CURRICULUM OVERVIEW

Some parents have indicated that they would like to know more 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.







February 2025



SPARKS MATHS CHAMPIONS

February



March

Sparx Maths

Year 7 Maths sparx champion of the Month









February 2025

SPARXS SCIENCE CHAMPIONS

March

Sparx Maths

Year 7 Science sparx champion of the Month











SPARX READER CHAMPIONS

Year 7 - SPARX Readers for

February

Ajinkya A (17173)

Ethan AS (9448)

Aimy A (7778)

Year 7 - SPARX Readers for March

Ajinkya A (19248)

Ethan AS (16424)

Theo W (7169)





SPARX WINNERS

6th March 2025

Sparx Reader Form Winners

Winning Form 7H2

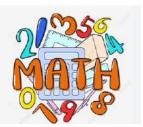
7B1 Emilia-Laci B Vinuja J **7B2** Ajinkya A 7F1 **7F2** Aimy A 7H1 **Kevin J Theodore W** 7H2 701 Dan J 702 Fiel V **7S1 Betsy H 7S2** Delna D

I♥ READING

Sparx Maths Form Winners

Winning Form 7S2

7B1	Adelaide N
7B2	Sana G
7F1	Ajinkya A
7F2	Bella K
7H1	Kevin J
7H2	Ethan AS
701	Dan J
702	Tom P
7S1	Beau H
7S2	Delna D







SPARX WINNERS

20th March 2025

Sparx Reader Form Winners

Winning Form 7H2

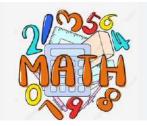
7B1 Camden M Lily A **7B2** Ajinkya A 7F1 7F2 Evie G 7H1 **Kevin J** Ethan AS 7H2 701 Isabella R 702 Elizabeth L **7S1 Betsy H 7S2 Dexter W**

Sparx Maths Form Winners

Winning Form 7B1

7B1	Elizabeth P
7B2	Sana G
7F1	Ajinkya A
7F2	Matas K
7H1	Kevin J
7H2	Ethan AS
701	Dan Jose
702	Mila S
7S1	Betsy H
7S2	Aronas M











SPARX HOMEWORK



All homework's for all subjects are now being put onto my child at school app. You can now see what homework is being set and when it is due. Within 48 hours after the due date, the teacher will change the homework status to "received" for anyone who has completed their homework. If your child has not completed their homework, please encourage them to complete it or attend the support sessions that we run at school.

Year 7 are currently receiving weekly Maths and English homework on Sparx. After Christmas, they will also receive fortnightly homework's from Science, Geography, History and Languages.

The following homework support is available;

Maths

- Breaktimes and lunchtimes in b11
- Tuesdays, Wednesdays and Thursdays in B11 3.30pm 4.30pm

English

• Breaktimes in F12 on Tuesdays, Wednesdays and Thursdays

All subjects

- Homework club in F10 3.30pm 4.30pm
- LRC before school, breaktimes, lunchtimes and after school

Achievement points will be awarded for completion of homework but more achievement points may also be awarded for meeting certain criteria.

If you have any further questions, please do not hesitate to contact me directly c.loizou@springwoodhighschool.co.uk









Sparx Reader Sparx Maths Sparx Science

YEAR

Your homework day is Friday

Maths Support

- Breaktimes in B11
- 12:40pm 1pm in B11
- After school sparx in B11 on Tuesdays, Wednesdays and Thursdays
- Fmail
- · LRC before school, break, lunch and after school
- · Homework club after school in F10 (Monday Thursday)

English Support

- Breaktimes in F12 on Tuesdays, Wednesdays and Thursdays
- · LRC before school, break, lunch and after school
- · Homework club after school in F10 (Monday Thursday)

Science Support

- · LRC before school, break, lunch and after school
- · Homework club after school in F10 (Monday Thursday)

Sparx Reader Sparx Maths Sparx Science

Year 7 have been receiving Sparx Maths and English homework's every Friday.

They will also receive fortnightly homework's from Science, Languages, History and geography.

Below is a summary of the homework's they will receive and the days they will be set. All homework will be set and tracked on my child at school app





February 2025

HOMEWORK INFORMATION

			What is it	
Cubicat	How	What day is it being set?	being set	Support on offer
Subject	often?	Set?	on?	Support on offer
Maths	Weekly	Friday	Sparx Maths	Breaktimes in B11 12:40pm -1pm in B11 After school sparx in B11 on Tuesdays, Wednesdays and Thursdays Email LRC - before school, break, lunch and after school Homework club after school in F10 (Monday -
English	Weekly	Friday	Sparx Reader	Thursday) Breaktimes in F12 on Tuesdays, Wednesdays and Thursdays LRC - before school, break, lunch and after school Homework club after school in F10 (Monday - Thursday)
Science	Fortnightly	Friday Week 2	Sparx Science	LRC - before school, break, lunch and after school Homework club after school in F10 (Monday - Thursday)
Geography	Fortnightly	Tuesday week 1	Google quiz	LRC - before school, break, lunch and after school Homework club after school in F10 (Monday - Thursday)
History	Fortnightly	Monday week 1	Google quiz/Seneca	LRC - before school, break, lunch and after school Homework club after school in F10 (Monday - Thursday)
Languages	Fortnightly	7B1F - Monday week 2 7B2 - Friday week 1 Y7H1 - Tuesday week 1 7H2/De - Wednesday week 1 7F1 - Friday week 1 Y7O1 - Tuesday week 1 7O2D - Monday week 2 Y7S1 - Tuesday week 1 7S2D - Monday week	All-In	LRC - before school, break, lunch and after school Homework club after school in F10 (Monday - Thursday)







READING PASSPORT









Silver Reading Passport

Bronze Reading Passport







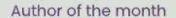
February 2025



READING



Reading Update





David Walliams

BOOKS IN THE LRC BY **OUR AUTHOR OF THE** MONTH

- Robodog
- The Blanders
- The World's Worst Pets
- Billionaire Boy
- Midnight Gang
- · The World's Worst Children
- Ratburger













702 are currently the winning form on the AHERO tracker with the most book reviews completed! Well done 702 - Can another form beat them in our next newsletter?





Did you know that the longest sentence ever printed consists of 832 words?

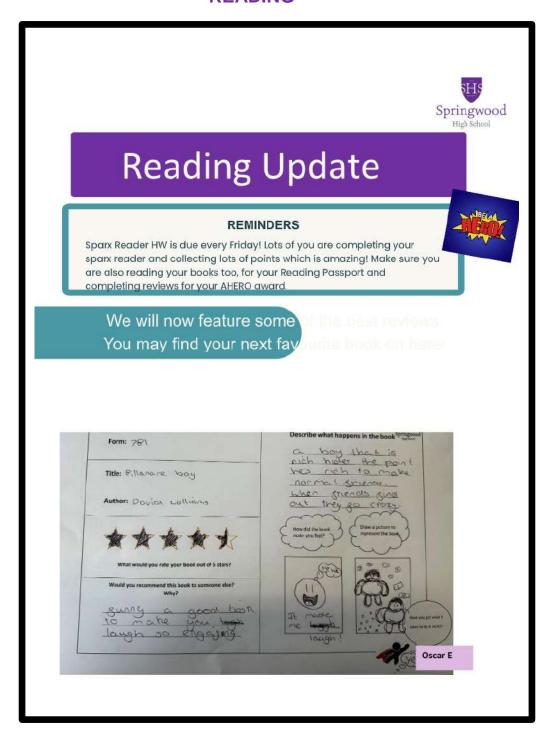




February 2025



READING

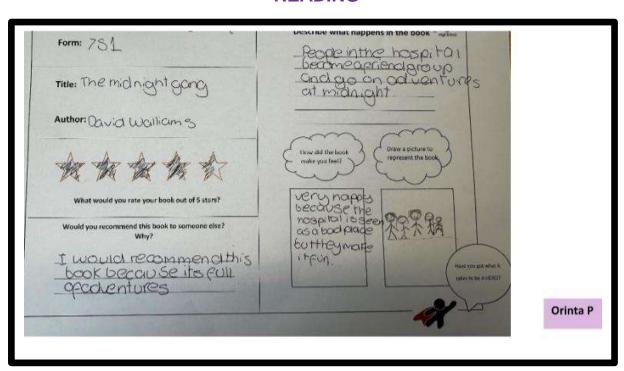


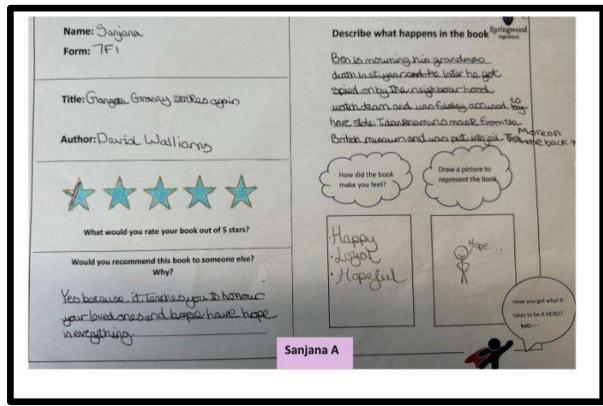






READING



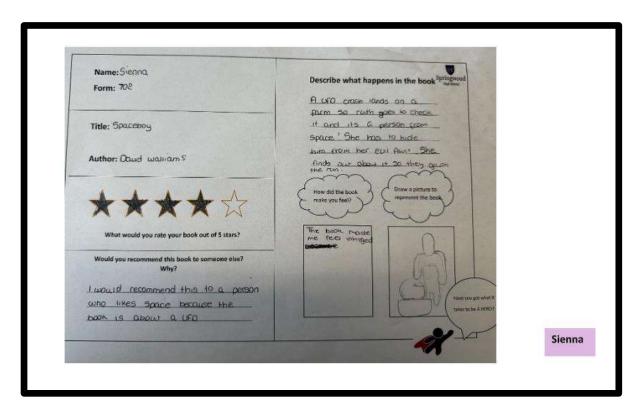


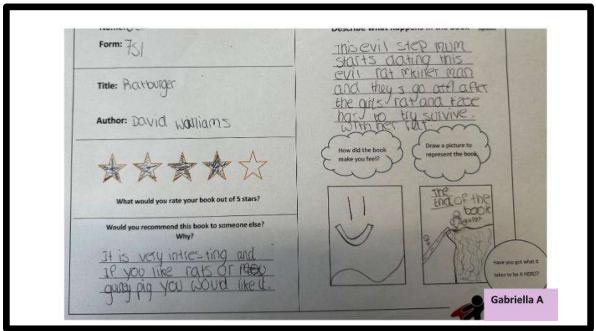






READING











YOUNG CARERS

We celebrated the National Young Carers Day and the adoption of the Young Carers Agreement at Springwood that the group has worked on over the last few weeks. This sets out the support on offer at Springwood to Young Carers and where they can access that help. We have also launched a new page on our school website with all this information for everyone to see.

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 <u>Extracurricular timetable</u>. We have lots of new activities that are starting after Easter.

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 Mrs Davies-Mays at

r.davies-mays@springwoodhighschool.co.uk







ATTENDANCE

Students were set Attendance Challenges to help them improve their attendance and coming to school

These students achieved this very successfully and have been recognised for their efforts





Deividas and Daija



100% ATTENDANCE WINNERS







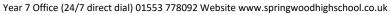












Head of Year 7 email <u>r.davies@springwoodhighschool.co.uk</u> Year 7 Pastoral Manager email <u>c.isle@springwoodhighschool.co.uk</u> General Year Email classof2029@springwoodhighschool.co.uk







COMPUTER SCIENCE COMPETITION



The main goal of this project was to build a programmed car

We had 4 team members and we used our team work, programming trust and skills

Firstly, we came up with a car. We started to build the mechanics then the outer layer of the car.

We put a lot of effort into this project

The end result was kind of successful because it stayed on the track but also did break a little.

We have learned that next time we need to make the functions simpler.

Aronas M 7S2

Kevin J, Senchayan T Aronas M







100+ achievement points

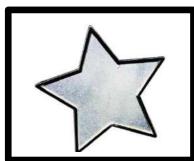
ACHIEVEMENT BADGE WINNERS





SILVER ACHIEVEMENT BADGE WINNERS





250 + Achievement points





February 2025





100% ATTENDANCE

Emmanuel B Senchayan T Tyler R

Henry E Ethan AS Harry S

Camden M Teja P Dexter W

Huxley P David P

Barney G Jan S

Isabella M Thomas B

Mohammed A Rodolfo F

Sophia D Esme H

Jasper H Chukwuebuka N

Abel JJ Evelyn A

Matas P Alyssa H

Bella W Amelia K

Marc A Verity OC

Edward M Inesa P

Emmauel A Farshad A

Bradley L Maddie C

George S Anieshka D









YEAR 7 NETBALL V HAMMONDS



Year 7 Netball won 6-3

Player of the Match was Eleanor D

She shot/ scored 5 goals, Bridie got 1

Well done all







YEAR 7 NETBALL







YEAR 7 NETBALL TOURNAMENT AT GRESHAMS

All played very well no wins unfortunately but a full day of netball and smiles all round

Well done girls: Ellie D, Inesa P, Orinta P, Maddie C, Isabelle M, Frances H, Liza S, Elizabeth L, Liyandra L, Anieshka D

Mrs Evans







YEAR 7 FOOTBALL

County Cup



What a game the boys played, 2-0 down at halftime, to pull it back to 2-2 and into extra time. Still no change from that, so penalties it was, coming out on top 4-1 and into the final!!

The boys were fantastic!!

Mr Pightling







YEAR 7 RUGBY



The Year 7 Boys made the short journey across to KLA to play rugby.

It was a magnificent performance from start to finish, the boys played with great confidence while running with the ball and also in defence with some superb tackles.

The tries were very spread around with many of the boys scoring tries, it was great to see the sustained levels of commitment and enjoyment maintained throughout the whole game even when the boys were fully on top in the game.

It was a great game with lots of positives for the boys to build on in the future.

Mr Singh







GYMNASTICS -ALYSSA H







On Sunday 2 March, Alyssa competed in the Norfolk Level 1 General Gymnastics Apparatus Championship 2025 in Beam, Floor, Vault and Bars in the female age 12 to 13 category.

She achieved a Bronze medal for her Vault and Gold medals for both Beam and Floor.

As a result, she has now qualified to compete in the regional championship in Ipswich on the 25th of May on vault, beam and floor.

WELL DONE Alyssa

Good Luck at Regionals







YEAR 7 AFTER SCHOOL CLUBS

onday	Lunchtime: Maths Homework Club - 11:20 to 11:35 and 12:40 to 13:00 - B11 Kingsmen - Miss Ashby - 12:50 to 13:20 - MU1 Keyboard Club (all abilities) - Mr Howell - 12:50 to 13:20 - MU3 After School: Drama Club - DR2 3.30pm - 4.30pm Sinfonia (strings grade 2+) - Mrs Sargent - 15:30 to 16:30 - MU1 Tennis - Mr Bird - 15:25 to 16:30 - Tennis Courts/Astro Warhammer Club - Miss Jay - 15:25 to 16:30 - BA3
Tuesday	Lunchtime: Maths Homework Club - 11:20 to 11:35 and 12:40 to 13:00 - B11 Senior Woodwind (grades 3+ flute/clarinet/bassoon) - 12:50 to 13:20 - MU1 Junior Woodwind (grades 1-3 woodwind) - Mrs Garford - 12:50 to 13:20 - MU2 Music Theory (all abilities) - Mr Howell - 12:50 to 13:20 - MU3 Pokemon Club - 12:50 to 13:20 - B13 After School: Maths Club - Miss Cook/Miss McEvoy/Miss Yeldham - 15:30 to 16:30 - B8/B11 'Joseph' Small Groups - Mr Norman/Mr Quinn - 15:30 to 16:30 - MU1 Boys Football - Mr Pightling - 15:25 to 16:30 - Field Girls Netball - Mrs Evans - 15:25 to 16:30 - Astro
Wednesday	Lunchtime: Maths Homework Club - 11:20 to 11:35 and 12:40 to 13:00 - B11 Environmental Club - Mrs Munns - 12:40 to 13:20 - BL1 Languages Games Club - Miss Andrews/Miss Skipper/Mr Fernandez - 12:40 to 13:20 - F4 Kingsmen - Miss Ashby - 12:50 to 13:20 - MU1 Percussion Ensemble (percussion/drumming) - Mr Westbrook - 12:50 to 13:20 - MU2/MU5 After School: Maths Club - Miss Cook/Miss McEvoy/Miss Yeldham - 15:30 to 16:30 - B8/B11 Transition Strings (years 7&8, up to grade 2) - Mr Quinn/Mrs Sargent - 15:45 to 16:45 - Sixth Form Hub Transition Band (years 7&8, up to grade 2 Wind/Brass/Percussion) - Miss Ashby/Mr Wilson - 15:45 to 16:45 - MU1
	Soul Band (by invitation) - Mr Norman/Mr Cuss - 15:30 to 16:30 - MU2 Cooking Club (week 1) - Miss Hoare - 15:30 to 16:30 - T5 Photography Club - Miss Garner - 15:40 to 16:40 - B12 STEM Club - Mrs Mann/Miss Colley - 15:30 to 16:30 - JL11 Boys Rugby - Mr Singh - 15:25 to 16:30 - Field Art Club - Miss Jay - 15:25 to 16:30 - BA3
Thursday	Lunchtime: Maths Homework Club - 11:20 to 11:35 and 12:40 to 13:00 - B11 Brass Ensemble (brass grade 2+) - Mr Maddison - 12:50 to 13:20 - MU2 Lego Club - 12:40 to 13:20 - B13







	After School: Maths Club - Miss Cook/Miss McEvoy/Miss Yeldham - 15:30 to 16:30 - B8/B11 History Club - Mr Harrison - 15:30 to 16:30 - S7 Concert Band (wind/brass/strings/percussion grade 3+) - Mr Norman/Mr Quinn - 15:30 to
	17:00 - Sixth Form Hub Year 7 Choir - Mrs Saintierney - 15:30 to 16:30 - MU1 Rock Club (beginner guitar/bass/drums/vocals) - Mr Benefer - 15:30 to 16:30 - MU2 Basketball - Mr Singh - 15:25 to 16:30 - East Gym Girls Football - Mr Baxter - 15:25 to 16:30 - Field Chess Club - Mr Wisniewski - 15:25 to 16:30 - LRC
Friday	Lunchtime: Maths Homework Club - 11:20 to 11:35 and 12:40 to 13:00 - B11 Guitar Group - Mr Maddison - 12:50 to 13:20 - MU1 Sax Choir (by invitation) - 12:50 to 13:20 - MU2
	After School: Big Band (by invitation) - 15:30 to 16:30 - Sixth Form Hub 'Joseph' Full Cast - Mr Norman/Mr Quinn/Mr Burt - 15:30 to 17:00 - MU1 Girls Rugby - Mr Singh - 15:25 to 16:30 – Field Dance Club - Mrs Paulo - 15:30 to 16:30 - West Gym

Please note Dance club will now be on Fridays after school rather than Wednesdays

Extracurricular at Springwood High School

We are exceptionally proud of our extracurricular offering at Springwood high school. All the clubs that are being offered can be found here Extracurricular timetable.

https://www.springwoodhighschool.co.uk/_site/data/files/users/2/clubs/C1EDF5CC77 AC60E6690A7EB770B733D7.pdf

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 Mrs Davies-Mays at:

r.davies-mays@springwoodhighschool.co.uk







EASTER ACTIVITIES



For all activities click on the link below

https://www.alivewestnorfolk.co.uk/activities/holiday-activities/







NETBALL OUTSIDE OF SCHOOL



JUNIOR NETBALL

TUESDAYS 5.45PM-6.45PM KES ACADEMY MUGA

£35 FOR 5 WEEKS 22ND APRIL - 20TH MAY

AGE: SCHOOL YEAR 5+

EMAIL

KLJUNIORNETBALLCLUB@GMAIL.COM

OR MESSAGE JADE: 07787 404139

LED BY



QUALIFIED ENGLAND NETBALL COACHES RUBY CIRCLE COACHING





February 2025



SANDRINGHAM EVENTS OVER EASTER HOLIDAYS













NORWICH COURT OPEN DAY

Norwich Courts - Open Day

Thursday 17th April 10am-3pm

- Explore the courts and cells
- Observe mock trials (potentially play a role)
- · Speak to Judges, barristers and other legal professional
- Find out about other areas of the justice system
- Experience a video link and meet a sniffer dog









INTERESTED IN LAW OR THE JUSTICE SYSTEM - THIS MAY BE FOR YOU

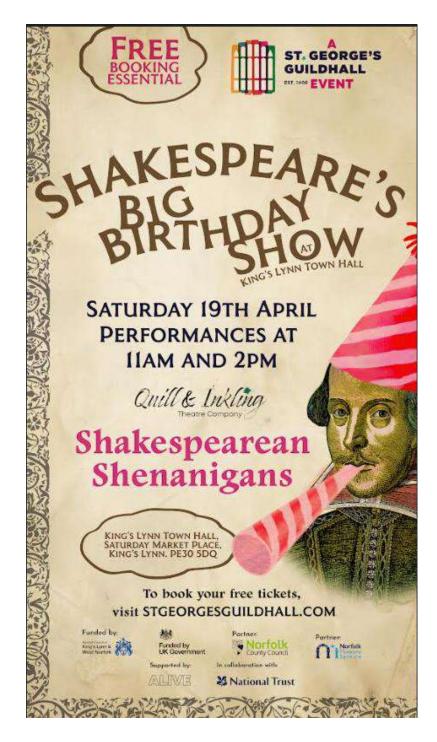
witnesses and defendants for mock trials and sentences, some need to give evidence for a few minutes (scripted), others just need to sit in the dock and look guilty! We also need volunteers to do other things: man, the court doors to assist people going in and out of court between activities, direct the public to where they want to go, count people coming in at the main door (using a hand-held automatic counter)







Guildhall's FREE family event to celebrate Shakespeare's Birthday







February 2025



Alice in Wonderland Holiday Sessions at the Guildhall



















February 2025



PHOTOGRAPHIC COMPETITION





King's Lynn & District Camera Club

Photographic Competition 2025

KLDCC in conjunction with WNAT would like to invite entries to the annual photographic competition The competition is open to Key stages 2,3,4,5 and Staff

The theme for this year's competition is



'MY COMMUNITY'





Photographs can be taken on any imaging device including mobile phones tablets or cameras

The theme 'My Community' covers a wide range of subjects, such as local land/seascapes, people, farming, wildlife, and culture found in and around your own local communities

So go out and be creative!

Images should be submitted to e.pearman@wnat.co.uk in Jpeg format and be no larger than A4 or 300 x 200mm

Images will initially be assessed by the Trust who will choose the finalists from each group to go forward for final Judging by the KLDCC on 30th June 2025 at Springwood High School

> Prizes will be awarded to each age group for first place The overall winner will recieve the Dave Ashfield Cup All finalists will recieve a mounted print of their entry

Entries close at 9am on Monday 2nd June 2025

Take a look at the KLDCC tips and tricks to help make the best pictures







PHOTOGRAPHY

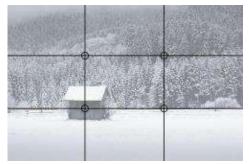


A brief guide to Photography

To take more interesting photographs, concentrate on basic principles like understanding the "rule of thirds" for composition, paying attention to lighting, keeping your subject in focus, considering the background, and experimenting with different angles and perspectives. Also, be mindful of the moment and try to capture interesting details or expressions.

Key elements to consider:

- Composition:
 - Rule of thirds: Divide your frame into thirds horizontally and vertically.
 Place your subject on one of the intersecting lines, or along the lines, for a balanced composition.



• Leading lines: Use natural lines in the scene to guide the viewer's eye

towards your subject.



 Negative space: Leave some empty space around your subject to provide breathing room and focus, or allow moving objects an area to move into.









Lighting:

- Natural light: Shoot during the golden hour (early morning or late evening) for soft, flattering light.
- Avoid harsh, direct sunlight: Try to shade your subject or shoot at an angle to reduce harsh shadows. This is especially true during the middle of a sunny day.
- Fill flash: Use a flash to fill in shadows on your subject in bright light, but be careful that it doesn't overpower the subject or create red eye.

• Focus:

- Sharp focus: Ensure your main subject is clearly focused, and if the subject has eyes, ensure these are as sharp as possible - this is where the viewer will be drawn to.
- Depth of field: If your camera can, experiment with aperture settings to control how much of the scene is in focus (wide aperture for shallow depth of field, narrow aperture for large depth of field). Some phone cameras can simulate this, check the phone's camera settings.
- Subject and Background:
- Choose your subject: Identify the most interesting element in the scene to focus on.
 - Mind the background: Be aware of distracting elements in the background and around the edges of the image. Try to keep it simple.

• Other tips:

• **Shoot from different angles:** Try taking photos from high, low, or side angles to add variety.







- Capture moments: Look for interesting expressions, actions, or interactions to make your photos more dynamic.
 - Try and tell a story: What kind of emotions are you trying to convey?
- Experiment with settings: If your camera has them, learn how to adjust the settings (ISO, shutter speed, aperture) to control exposure and creative effects. Again, if you are using a phone camera, check the phone's camera settings.
- © King's Lynn & District Camera Club 2025 2
 - Edit your photos: Use photo editing software to enhance your images by adjusting brightness, contrast, and colours. There are many free pieces of software for use on your phone or PC.
 - **Have fun:**Often if you are enjoying what you are taking pictures of, itis reflected in the image.







February 2025

School Term Dates

First Day of Term	Last Day of Term	
Wednesday 4 th September 2024	Thursday 24 th October 2024	
Monday 4 th November 2024	Friday 20 th December 2024	
Tuesday 7 th January 2025	Friday 14 th February 2025	
Monday 3 rd March 2025	Friday 4 th April 2025	
Tuesday 23 rd April 2025	Friday 23 rd May 2025	
Monday 2 nd June 2025	Tuesday 22 nd July 2025	

Training Days & Bank Holidays

Training Day – 2nd and 3rd September, 25th October 2024, 6th January 2025

Good Friday – 18th April 2025

Bank Holiday – 5th May and 26th May 2025



We have now moved over to Bromcom.

If you have not signed up or experiencing difficulties, please go onto the school website and click the Bromcom tab. There are instructions for logging in and an email address for help.

Latest News



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

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



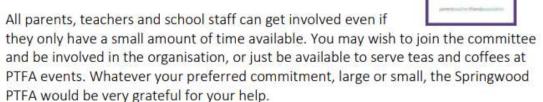




Springwood

The PTFA need you!

We are always on the lookout for new members.



To get in touch, please email ptfa@springwoodhighschool.co.uk. We would love to hear from you.

Lost Property

If your child loses any property during the school day, they can check in the following places –

- Year Office
- Lost Property basket in the canteen near the music rooms
- Lost property basket in the LRC near the teacher's desk
- Go to reception and ask if anything has been handed in

If they do not find it, please tell them to ask the Year Office to send an email to the Lost Property email address

TIES TO ORDER

You are now able to order ties from your MCAS app. If you click on 'store' you will see ties are available to buy for £7.95. They will be available to collect from the Finance/Admin office. The child will get a note when they are ready to collect.





February 2025



School Uniform Policy

We are proud of our uniform at Springwood, it promotes the ethos of Springwood, provides a sense of belonging and identity for the students and sets an appropriate tone for education. We therefore ask that students wear their uniform correctly and with pride

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.







Price & Buckland Update

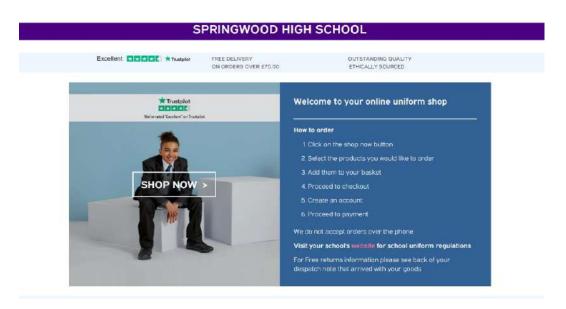
Price and Buckland are updating their uniform shop for parents.

The new website will give parents the following benefits:

- Parents with children at different schools will be able to order from multiple schools with ease.
- Parents will be able to spread payment across 3 months through Klarna.
- Parents will be prompted how close they are to the free delivery threshold.
- Parents will have more payment options with the introduction of Apple Pay and Google Pay.

Parents who have ordered from them previously will need to reset their password and they can use the same password as before. Parents, who are new to Price & Buckland, will need to register as usual.

It goes live on the 11th February and the school website link is updated.









EQUIPMENT

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











The PTFA is pleased to report another busy second half to the spring term. Our main event was a Bingo night on Friday 28th February. Approaching 100 people came along to play and we raised an amazing £1298.75. A huge thank you to everyone that came along to support us in this event and we cannot wait to host the next one (details below).

On March 13th we supported the music department by selling refreshments at the Concert Band Spectacular. We have also worked in collaboration with the local community theatre group 'King's Lynn Players' selling refreshments at their four date run of The Curious Incident of the Dog in the Night (19th-22nd March). This is a great example of the school/PTFA working with the local community and we've even had a mention this week on the Radio West Norfolk website in relation to helping to fund improvements to the drama studio lighting - New Space For Shows | Radio West Norfolk .

As always, we are always looking for additional support and help. Whether you're a parent, student, family member or a local business, you can contribute in a variety of ways, big or small:

Perhaps you can give us some time as a volunteer/helping hand at one of our future events?

Do you run a local business and would be happy to donate a raffle/bingo prize in return for a 'shout out' for your business?

Are you a student/parent/family member that could donate a prize for a future event? This could be anything from an unwanted gift, box of chocolates, bottle of wine etc.

And more importantly, can you come and support our future events by participating in a quiz or a game of bingo or attending our annual Christmas Craft Fair? The more support we get, the more money we raise for the students and the school – plus having fun at the same time. What's not to love?







We have two fantastic events coming up in May. The first is on Wednesday 7th May and is our first ever 'Race Night', raising money for the sixth form. The second is our popular Bingo night which is taking place on Friday 9th May. Please pop the dates in your diary and spread the word. Full details are shown below:





We're also running two more discos for the lower years. There will be a year 8 disco on Friday 20th June, 5.30-7pm in the Drama Studio. Year 7 also have a disco booked for Friday 4 July. Further details for both will be made available after the Easter break.

Finally, do not forget we have a dedicated Facebook page (<u>Springwood High School PTFA</u>) where you can keep up-to-date with all of our events and activities. Please give us a 'like' and a 'follow' and feel free to spread the word. Full details of all events can be also be found on the <u>Springwood High School website</u>.







Our current PTFA committee members are shown below:

Chair	Vice Chair	Secretary	Treasurer
Fez Williams	Emma Norris	Rachel Curtis	Geoff Martin
		7	
Member	Member	Member	Teacher
Laura Farr	Suzi Pimlott	Leena Prins	Richard Thompson
		Picture not available	
Member	Member	Member	
Gem Coady	Jody Bunting	James Hoyland	







HAPPY EASTER

SEE YOU ALL BACK TO SCHOOL ON WEDNESDAY 23rd APRIL 2025

