

THE LINK

Edition 20 10th February 2023



Dear Parents & Carers,

Welcome to another edition of The Link as we reach the end of another busy week.

It was lovely to see so many parents/carers of year 7 pupils who came to the Progress Evening yesterday. We hope that talking directly with subject teachers about what is going well and what could be further improved was useful.

Also yesterday, we hosted the year 6 Tag Rugby competition, expertly organised my Ms Dillon and supported by Joe Evans, Tate Crippin and Freddie Westall, some our fabulous year 10 sports leaders. Congratulations to St Laurence Primary School, Ludlow who were overall winners and well done to the other finalists from St Lawrence Primary School, Bishops Castle Primary School and Wistanstow Primary School.

The work of the sports leaders is just one example of opportunities for our pupils to get involved in the wider life of the school. We are pleased to be able to offer a healthy range of extra-curricular clubs, including sign language, Dungeons & Dragons and running club to name a few; we have pupils representing their peers through the House and School Council; Prefects, Bus Captains and House/Sports Captains make a significant contribution to the daily life of school and our student Health Champions get an opportunity to raise awareness of healthy bodies and healthy minds. A busy school indeed!

Enjoy the weekend!

John Parr Headteacher

Year 8 HPV Vaccinations

Consent forms have been sent out this week to year 8 students to receive a HPV vaccination. Please can all forms be returned by Monday 27th February.

Thank you.

Next week will be

WEEK A

After half term we are looking forward to welcoming the Shrewsbury Town Foundation into school to work with our year 7 and 9 students on a wellbeing project. They will all have six sessions during PSHE lessons that will cover the following:

- 1. An introduction to Mental Health and Wellbeing Diary's
- 2. Becoming more confident, building resilience and facing fears
- 3. Dealing with stress, anxiety and adopting health habits
- 4. Yoga and Mediation
- 5. Dealing with emotions, building a positive environment and healthy relationships. Nature and Arts therapy

The four key objectives for these sessions will be promote, prevent, prepare and positivity;

- <u>Promote</u> positive mental health and awareness amongst young people
- <u>Preventing</u> Low mental health in our young people
- <u>Prepare</u> Young people with healthy knowledge, tools and techniques on how look after theirs and others mental health and wellbeing.

<u>Positivity</u> Making young people feel more positive, empowered and in charge of their mental health.

I am sure that it will be a worthwhile project for all students who will develop some new skills and techniques.

Upcoming Events

20th - 24th - Half Term - Return to school on Monday
27th Feb

Thurs 2nd March - World Book Day

Mon 6th March - Year 8 HPV vaccinations

Thurs 9th March - Pathways Evening, 5-7pm

Whole School Attendance

from 30th Jan - 3rd Feb

Caradoc 90.8% Hazler 91.9%

Ragleth 93.1% Lawley 90.2%

Dangers of Vaping

I am sure you will be aware of the use of vapes in society. Whilst it is of course the prerogative for adults to choose to engage in vaping, for children, the law clearly states it is illegal to purchase or use a vape if under the age of 18.

The reason I am writing this article is to share some quite stark and worrying information so that you are aware and can support our work in school. Ultimately, to ensure children are not doing potentially significant harm to their body and mind through use of vapes.

In the pictures below are two vapes, these are the most common types of vapes that are seemingly available to children. The one on the left shows a 'Gummy Bear' flavoured vape specifically marketed towards youngsters, which contains the nicotine of approximately 40 cigarettes (2 packs). These are readily available locally at 2 for £5.

The picture on the right is a vape which contains 200 cigarettes (10 packs) worth of nicotine (sold illegally in this country and locally for around £10) and I am aware that these invariably only last a couple of days if used excessively. The realisation that some of our children are potentially imbibing incredible amounts of nicotine is a serious concern to us at present.

To give some context; nicotine is a naturally produced alkaloid in the nightshade family of plants and is widely used recreationally as a stimulant and anxiolytic. Nicotine is highly addictive and withdrawal symptoms include depressed mood, stress, anxiety, irritability, difficulty concentrating, and sleep disturbances. I am sure that you will agree, these symptoms will have an effect on children both in and out of school.



In school we inform students of the dangers of vaping in both assemblies and during PSHE lessons. It has also been reinforced to students that the school site is a non-smoking/vaping site for both staff and students. Students are aware that they will be suspended if caught in possession of or using a vape (or smoking paraphernalia) in school.

Please use this information to discuss the dangers of vaping with your child. We will remain vigilant in and around school in order to discourage our students from experimenting, using and ultimately becoming dependent upon the nicotine contained in vapes.

Thank you as always for your support.

Thank you for your support as always,

Mr Longhurst

Assistant Headteacher

Sporting News

PE Extra Curricular Timetable can be found here

The PE timetable can be found here

Please can students collect lunch passes for their PE lunch time clubs from the PE office at the start of the week. Students can then show this pass to enter the queue on first calling.

A reminder that students who cannot take part in PE should always bring <u>a note</u> and <u>their PE kit</u> to take part in other roles.

Last weeks sporting results

"Church Stretton took the KS3 boys rugby team over to Ludlow for a district competition on Wednesday. Although relatively inexperienced, the boys put up strong competition but lost their first game against Lacon Childe by 1 try. Moving into the second game, we fought hard and came out victorious against a strong Ludlow side. The last game saw us beat Bishop's Castle by a large margin. The standout performers were Harry with a hattrick of tries, Tristan leading the team from scrumhalf, and Denis for some massive tackles! Special mention to Charlie for scoring on his debut for the school."

Upcoming Fixtures:

15th Feb - U13 County Netball

27th Feb - U13 Boys hockey

Shropshire School Cross Country Championships 2023

A team of 8 represented Church Stretton school in the county championships at Oswestry school last Saturday. The weather was cold, dry with a chilly breeze. The Year 7 girls saw a convincing win for Megan Buckingham and with fellow teammates Katy Preece, Evie Perry and Elin White they secured a fabulous second place in the team competition. Christoph Wilderer was the sole representative in the year 7 boys after a conservative start, he picked up the pace and finished in fine style.

In the year 10/11 boys Thomas Wright-Smith (year 10) showed great determination to finish a tough course having had disrupted training due to illness. He will still be in the same age-group next year.

The final race had two school representatives in the girls year8/9 race. Elsa Lovelock (Yr 9) started the race with blistering pace on the uphill start and spread the field instantly. Ruby Wright-Smith (yr 8) had a more conservative start but after the first lap was comfortably in the top 10 and looking strong. Elsa and another runner continued to pull away and Ruby made excellent progress through the field. Coming into the final 400m Elsa was secure in second place and Ruby had progressed into third with a small gap to those behind. Elsa claimed a great second place and Ruby third both girls have qualified for the English Schools Cross Country Champs in Nottingham in March.

A fantastic team effort by all students involved and parents who came to support. Hopefully in 2024 we can get more runners and teams out representing the school.



Sports Leadership News

Yesterday we hosted the Tag rugby final for South Shropshire's primary schools, after competing against 20 teams, the top 4 schools came together to play for their place to represent the yellow army in the county finals next month. Well done to Wistanstow, Bishops Castle, St Laurence, and St Lawrence. I am delighted to say that St Lawrence and St Laurence will go on to represent us.

Tate, Joe and Freddie were the leaders selected to Ref the games – they were amazing, having to uphold and control some challenging decisions they did so with confidence and maturity. They made me very proud! Well done. See photos

Sports Leadership Photos













Student of the Week

Winners and nominees for this week are listed below....

KS4 Winner

Charlie Aimson Nominated by Mr Balmer - Consistently hard-working in all lessons.

KS3 Winner

Oliver Regan Nominated by Mrs Quye - Outstanding pen observational drawing of an insect.

This week's nominations



KS4 Nominations

Nominated by	Students Name	Reason for Nomination
Mr Balmer	Thomas Dryden	Absolutely brilliant work in class with regular contributions to the lesson
Miss Evans	Katie Pateman	New to the school and is catching up on the study of Macbeth independently as part of extra curricular. Amazing commitment- doing so at home and with me at break/lunch
Mr Williams	Ruby Williams	Brilliant independent work for maths
Mr Wise	Macauley Williams	Cooking great practical skill and recipe development

KS3 Nominations

Nominated by	Students Name	Reason for Nomination
Mr Balmer	Molly Bell	An excellent attitude to learning
Mr Balmer	Oliver Griffiths	Excellent subject knowledge and contributions to classroom discussion
Mrs Pugh	George Prosser	Excellent answers in class
Mrs Pugh	Charlie Hatton	100% commitment in lessons with fantastic ideas
Mrs Quye	Beau Salisbury	Top marks in knowledge of "The Tempest" assessment
Mrs Quye	Eddy Beedles	Amazing reading
Mrs Quye	Elsie Morgan	Amazing reading
Mrs Quye	Amber Laban	Outstanding pen observational drawing of an insect
Mrs Quye	Oliver Regan	Outstanding pen observational drawing of an insect
Mrs Quye	Rudy-Rae Elson	Scraffito sketch of an insect
Mr Williams	Holly Collett	Brilliant work in maths!
Mr Barham	Harry Pugh	Excellent display at rugby on Wednesday!
Mr Barham	Dennis Barker	Excellent display at rugby on Wednesday!
Mr Barham	Tristan Davies	Excellent display at rugby on Wednesday!
Mr Wise	Amelia Pearson	Developing resilience in drama and for learning lines excellently

Yr 11 Leavers Hoodie 2023

ORDERS NOW BEING TAKEN



Please click on this link to go to your login page https://www.schoolleaverscompany.co.uk/leavers-hoodies-login . Or alternatively go to our website and click on "Login" at the top of our home page.

Login details have been emailed to parents and students in Year 11

The hoodies will cost £23.32 (There will be an additional cost of £4.95 if you opt for a nickname to be added)

You can order and pay for your hoodies online. You will need to choose your colour, size and nickname (if required)

For help with sizing see our sizing help and size guide: https://www.schoolleaverscompany.co.uk/leavers-hoodies

The shop will close on the 01/03/23

PE EX	CTRA CURRICULAR TIMETABLE	Meeting Point - Make sure you are at the designated meet point by 12.20(lunch or 3.20pm (afterschool)
Mon Lunch	KS3 Netball (HAH)	PE Office
	Girls Rugby ALL YEARS (HAH)	Changing Rooms by drama
	Hockey ALL YEARS (MW)	Sports Hall Changing Rooms
Mon After School	Boys Rugby ALL YEARS (RB)	Changing Rooms by drama
	Table Tennis (HAH)	PE Office
Tues Lunch	Fitness Club/Gym (RB)	PE Office
	Years 9, 10 & 11 Boys Football (RB)	
Tues After School	X Country Running Club (YG +HAH)	Changing Rooms by drama
	KS4 Netball (HAH)	
Weds Lunch	Basketball squad training (RB)	PE Office
Weds After school	Year 7 & 8 Boys Football (MN)	Changing Rooms by drama
	Badminton KS3 (PW)	PE Office
Thurs Lunch	Leadership Training Session- invite only (ABE)	PE Office
Thurs After School	Basketball all years (RB)	PE Office
Fri Lunch	Badminton KS4 (PW)	PE Office
Fri After School		

Joining a club can help you: Improve skills, fitness & social skills. If you have any questions, please see Mrs Hodnett or Mr Barham.

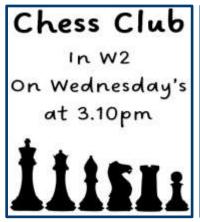
HOMEWORK

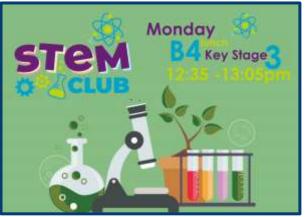
CLUB

In W1

3.10pm to 4.10pm

Every Tuesday

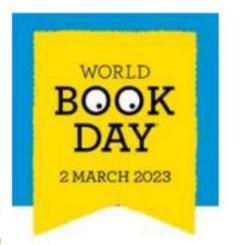




World Book Day 2023!

I'm really pleased to inform you that **World Book Day** is upon us, which is due to take place on **Thursday 2nd March**. Its purpose is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own.

This year, we will have a non-uniform day for charity. Should students wish to come to school in non-uniform and meet the minimum donation of £1, we know that we can raise a significant figure that will contribute towards good causes. The English Department would love it if students, from across the school community, were able to come to school dressed as their favourite literary character. I know that in



previous years the school has been wowed by the effort, time and care that students have put into their costumes. Prizes will be given on the day and celebrated in our school community.

Design a National Book Token Competition

Next week, form tutors will provide students with the template to take part in the competition to design a National Book Token. There are fantastic prizes on offer, and we'd love to celebrate the entries in school as well. More details can be found by clicking here

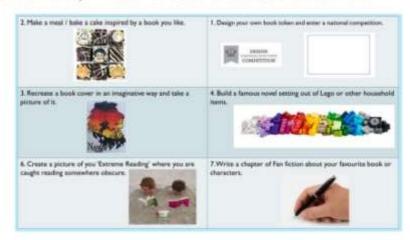
The Church Stretton World Book Day Challenge

Finally, we will be running our World Book Day Challenge again this year. It's a great way for students to engage with their reading and have some fun!

How it works:

Students can choose from one of 6 reading challenges. They must complete the activity before Monday 27th February and submit to euan.balmer@csschool.co.uk. Include: Your name, your Year group and your House name.

For the top 3 entries picked: 1st place = 10 House Points and a £10 Book Token; 2nd place = 5 House Points and a £10 Book Token; 3nd Place = 5 House Points and a £10 Book Token!



I hope that this notice reaches you far enough in advance for you to be able to discuss World Book Day with your child and, if you have time, talk about a costume, or take on a challenge, so that we can all embrace the spirit of the event together as a community. Either way, we look forward to celebrating the world of books with you!

Kind regards,

Mr Balmer

(Head of English)

Year 7 Reading Habit Challenge

Reading Habit Challenge

They say it takes 21 days to form a habit.

Set yourself a challenge to read for at least 10 minutes a day for 3 weeks!

Completed forms can be handed into your English teacher and entered into a prize draw!

MIX IT UP!

Try an
audiobook on a
walk or a
graphic novel!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
13.2.23	Signed:	Signed:	Signed:	Signed:	Signed:
Week 2					
20.2.23	Signed:	Signed:	Signed:	Signed:	Signed:
Week 3					
27.2.23	Signed:	Signed:	Signed:	Signed:	Signed:

We're challenging Year 7 to read for at least 10 minutes every day for 21 days! Year 7s will have been given their reading challenge card this week, so support their reading and sign it after they have completed 10 minutes of reading. In three weeks' time, we will celebrate our readers and give out prizes!

Kind regards,

Mr Balmer

(Head of English)

Valentine's Day Lunch

Tuesday 14th February

Join us in the dining room for...

A Special Valentine's Day Menu

Meal Deal £2.60

Spaghetti & Meatballs or Quorn

Meatballs (v) with Garlic Bread

Marinated Chicken with Spicy Wedges & Salad

Sweet & Sour Hot Wok Noodles with

Spring Rolls & Prawn Crackers (v)

Chocolate Cake & A Selection of Desserts







Science Book Club

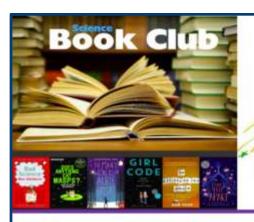
Recap: The science department is increasing the science literature available to students by growing the number of science books in the school library.

Therefore, we are requesting students who would be happy to read some of the new books on offer and write us a book report to inform others... As a thank-you, you can keep the book and a copy of it will be placed in the library for others to enjoy.

Following the successful launch of Science Book Club last term, we are happy to announce our next instalment of books are now available:

- The Long Shot by Kate Bingham & Tim Hames
- Blood, Bullets and Bones by Bridget Heos
- Every Line of You by Naomi Gibson
- Beyond The Sky by Dara O'Briain
- Rude Science by Stefan Gates
- The Joy of Science by Jim Al-Khalili

Please see Mrs Carr for further details. We look forward to you joining the club.

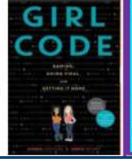


Girl Code:

Gaming, going viral, and getting it done by Andrea Gonzales & Sophie Houser.



Amazing and inspiring. Girl code shows you that you can change the world when you are a teenager. It shows you not to be ashamed of who you are because of the taboo, It screams how you can do anything you want to and follow your dreams.



Congratulations to Rose Lovelock

Congratulations Rose has secured her copy of 'Girl Code: Gaming, going viral, and getting it done, to keep. She read this book before Christmas and has written a review of the book for other, so they know what to expect (see left). There is a copy of the book back in the library and is available for others to now take out and read.

Two other books are currently out on loan and being

- * Five feet apart Rachel Lippincott
- * The disappearing spoon Sam Kean

More books are being added to the list. Watch this space!

Please see Mrs Carr to sign up or for further details. We look forward to you joining the club.





Clara (Year 10) made a stunning puff pastry sausage roll circle!

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Yr 7/8 STEM Club (YG) 84 SCHOOL CHOIR – ALL YEARS KS3 Netball (HAH) Yr 11 Further maths Club (LSC) R7 Debate Club	DT catch up Y5/Y6. Table Tennis (HAH) Fitness Club (RB) Year 8 and 9 Drama Club	French Club (NP) G6 KS3 Coding Club (DC) B8 Film Club (PW) W5 KS4 Netball (HAH) Squad Basketball (RB) Rock band (TR) Music	Sports Leadership club (AB) Badminton KS3 (PW) Year 7 Drama Club Art Workshop B10	Y11 GCSE Spanish Listening Practice Badminton KS4 (PW) Sign Language Club Li W6
After school 3.20 start	Monday night noise (Rock band) Rugby Club (RB) All years Girls Rugby (HAH)	Homework Club (JG) W1 Years 9, 10 & 11 Boys Football (RB) Running Club All Years (YG)	Chess Club (EH) W2 Years 7 + 8 Boys Football (MN)	Homework Club (JG) W1 Dungeons & Dragons Club Y1 KS4 Drama Workshop Basketball all years (RB)	KS4 Art Portfolio Workshop TBC KS4 Drama Rehearsa

SCHOOL ATTENDANCE MATTERS



INCREDIBLE!

You have missed very little learning and stand the best possible change of success. 97-100%

How much school will you have missed in a year?

> Fewer than 5 days

GOOD!

You have met our school target – well done. 96%

6 days missed

NEARLY THERE

This is almost 2 weeks of school missed. That's 50 lessons! 95%

9 days missed

IMPROVEMENT NEEDED

55 lessons missed across the year. 94%

11 days missed

CONCERN

This is known as persistent absence and will involve school action. It is the same as missing half a day of school every week. 90%

20 days missed

SIGNIFICANT

This is the same as missing a day of school a week. If you have 80% from years 7-12, you will have missed ONE YEAR of school.

80%

38 days missed



Medical Futures Conference

Saturday 4th March 2023, 9am - 5.30pm

Considering a career in Medicine?

Our annual conference is free to all Year 11-12 students in the West Midlands and Welsh Borders. The day will cover all aspects of the highly selective admissions process to enable you to make a competitive application to medical school. In addition to this there will be opportunities to talk to practising doctors, medical students and experts in the admissions field. There will also be many workshops and short talks covering hands-on clinical skills, medical technology, admission tests, work experience and interviews.

Due the popularity of the event in past years we are offering two booking options:

- · Online through Microsoft Teams giving access to all morning lectures and the keynote speech
- In-person attend all day, including free lunch and transport from Shrewsbury to the college

There are limited places for both options and priority will be given to students in Year 12 attending state schools, but we hope to accommodate as many as possible either in person or online.



MEDICAL Keynote Speaker:
Tom Warrender (Medical Mavericks)

A whirlwind trip through the NHS to discover some of the amazing careers you never knew existed! Tom's highly engaging stage show includes jaw dropping video footage of the many medical tests he has been through, exciting live demos and audience participation for the bravest students!







INGS

College

LIVERPOOL



















MORNING PROGRAMME

9am - Registration

LECTURES

- How to succeed in your medical school application
- Excelling in your medical school personal statement
- · Choosing the right medical school





AFTERNOON PROGRAMME

Go free-range and build your own programme by selecting from a range of activities:

- 'Meet the Professionals' speak to junior doctors, GPS and consultants from a range of specialities.
- 'Meet the Medical Students' speak to current students to learn about life at medical school.
- 'Meet the Universities' admissions and recruitment advisors can guide you through how to apply and provide prospectuses.
- Short talks and interactive workshops on UCAT and BMAT admissions tests, interviews, work experience and careers, plus fun hands-on clinical skills. Try your hand at suturing, tying surgical knots or inserting a canula. There will also be a range of medical technology to investigate.
- Reading Room an opportunity to chill out, have a hot drink and browse a huge range of background reading options to enhance your insight into medicine.

Concord College Medical Society has nearly 200 members and supports over 40 medical applicants every year with a weekly programme of workshops, presentations and peer-led sessions, plus monthly lectures and focus days on key aspects such as UCAT, BMAT, interview practice and medical ethics.



We support applicants in gaining work experience and are a key partner in the William Farr Academy, working in partnership with the Royal Shrewsbury Hospital and Keele University Medical School to provide expert advice and guidance to talented Shropshire pupils from eligible schools to become outstanding doctors of the future.

Participation in the day will give you access to a huge range of support materials from the society. In addition to this you will also be invited to further support events running later in the year on interview preparation, work experience and special interest lectures.

Booking

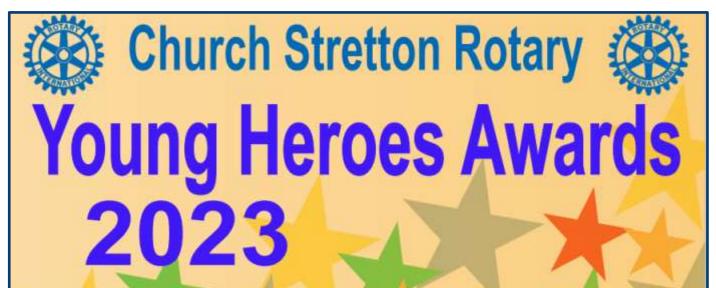
To apply for your free place at the conference please follow the link on our website to the booking form: https://concordcollegeuk.com/news/concord-medical-futures-conference-2023/

If you have any queries, please email Barry Brown (Head of Science) at: b.brown@concordcollege.org.uk









Do you know a young person

aged between 6 and 18, living in South Shropshire, who has made a significant contribution to their community, individual or family member through a single act of selflessness, bravery or sustained effort,

over the last 18 months?

The Church Stretton Rotary would like to hear from you!



To nominate your candidate fill in the online form by scanning the QR Code

Or contact Rtn. Peter Burt on 07789952000 or youngheroes.rccs@gmail.com Winners will receive a financial reward

Closing Date for nominations 19th March 2023



Rotary Club of Church Stretton - Registered Charity No. 1028512

Autism West Midlands Professionals Update

Reminder No diagnosis is needed to access the AWM Shropshire service and there is no formal referral route – parents/carers can self-refer by booking an advice appointment or contacting us directly. Details for both below...

Autism and anxiety - Friday 17th March

https://autismwestmidlands.org.uk/events/autism-and-anxiety-webinar-west-midlands-17mar/

February Half Term events!

• Teens Meet – Monday 20th February 10.30am-1.30pm Shrewsbury (All In Short Breaks opportunity, young people need to be registered with All In to attend)

https://autismwestmidlands.org.uk/events/teens-meet-shropshire-20th-february-2023/

• Family Fun Afternoon – Monday 20th February 1.30pm – 3.15pm Shrewsbury

https://autismwestmidlands.org.uk/events/family-fun-afternoon-shropshire-20th-february-2023/

Teens online club

Teams Together – Teens online meet up 1st March 6pm-7pm

https://autismwestmidlands.org.uk/events/teams-together-fun-sessions-for-shropshire-youngsters-1feb/

• WEEKLY Teams Advice slots – every Tuesday, Wednesday and Thursday

For those would like some online advice we are offering this virtually via video appointments. Teams works well on mobile phones. To book a 45 min advice appointment with a specialist autism advisor please book via our shop

https://shop.autismwestmidlands.org.uk/collections/events/products/online-autism-advice-and-consultation-sessions-shropshire-county

IMPORTANT – WE EMAIL YOUR TEAMS LINK TO YOU THE WEEK BEFORE YOUR SLOT, MAKE SURE YOU CHECK YOUR INBOX INCLUDING SPAM/JUNK TO GET YOUR LINK

Virtual Support Group for Parents - Wednesday Mornings 10am-11am & Wednesday Evenings 8pm-9pm –
 1st and 3rd Weds of each month (term time)

Our online support groups meet twice a month via Zoom. This is an opportunity to talk with other parents, share ideas, and offer support.

Please email: shropshire@autismwestmidlands.org.uk

Dad's Group – Monthly on a Thursday 7pm-8pm

This is an opportunity for dads to meet online, share ideas, celebrate their children's achievement's and offer support to each other with a member of Autism West Midlands present.

https://autismwestmidlands.org.uk/events/virtual-dads-support-group-west-midlands-mar31/

Advice and support

We also offer advice and support over the phone and via email. Parents/carers and professionals can contact our small team directly to arrange an appointment including face-to-face if preferable.

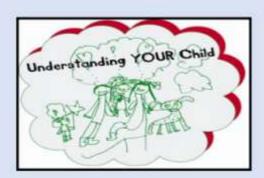
Shropshire office - 01952 454156 Email shropshire@autismwestmidlands.org.uk

Weds, Thu, Fri - Emma Hegenbarth 07881109480
Tue, Wed, Thu - Dawn Lewis 07706309382

Thu - Nicola King Helpline 0121 450 7575



If you would like to find out about other services the Parenting Team offers please email Parenting.team@shropshire.gov.uk or call us on 01743 250950



PARENTING HELPLINE

available on Tuesdays and Thursdays from 9.00am to 12.30pm Call us on 01743 250950

Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. Shropshire Council's Parenting Team is here to support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around child development and parenting?

Why not call our Parenting Helpline where one of our trained

Parenting Practitioners will be ready to listen.

(Please note the Parenting Helpline will not operate between Christmas & New Year)

If you have concerns about a child's safety or well-being please call

First Point of Contact 0345 678 9021







