



Dear Parents & Carers,

At last we have a full school again! It has been lovely to welcome our students back over the course of this week and return to some face-to-face teaching (albeit with face coverings on for the time being). Thank you for supporting this phased return to school. This has helped us to plan and administer the Lateral Flow Tests and get students back to classrooms efficiently, as Mr Longhurst has explained in his letter today. Please do read this letter carefully as it includes important information about the transition to home Lateral Flow testing.

Because of the effectiveness of the distance learning, we are able to continue the sequence of learning but will also be assessing where there may be any gaps or need to revisit aspects of work that was set for students to complete at home. Year 9 students have been spoken with by Dr Wood, Deputy Headteacher, regarding next steps with their Pathways choices for their Key Stage 4 courses. Letters have also been sent to parents of Year 9 students regarding Pathways and another with an invitation to make appointments for a 'virtual' Progress Evening conversation with subject teachers. Year 11 have also been spoken to regarding the Spring Assessments next week.

Next week, we return to school systems as they were before Christmas, with 'normal' timetable for all students, but there will be some disruption to lessons which is unavoidable as eligible students are taken for their next Lateral Flow Tests.

With best wishes for a good weekend

*John Parr*  
*Headteacher*

## **Vaccinations**

The immunisation team will be in school on Wednesday 17th March. They will be delivering the school leaver booster to some of our Year 10 students who missed it in September and the first dose of the HPV vaccine to our Year 8 students.

Thank you

## **Lunches and snacks**

If you would like your child to have schools meals, please can you ensure that you have credited your ParentPay account.



## **Vacancies**

We have vacancies in school for a Higher Level Teaching Assistant; a Janitor and a Mini-bus driver. Please see our website

[www.churchstrettonschool.co.uk](http://www.churchstrettonschool.co.uk) for further details and an application form.

## **Congratulations to last week's winners**

Student: Alfie Dales Yr10

Staff: Mr Clarkson





## Key Stage 3 Student of the Week



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

**Holly Collett** Nominated by Miss Sollars for consistent hard work during lockdown period and excellent contributions.

**Ella Roberts** Nominated by Mr Clarkson for constant and consistent engagement and effort.

**Tyler Edwards** Nominated by Mrs Walker for consistently fabulous effort in Art. Well done!

**Thomas Wright-Smith** Nominated Mrs Scott for outstanding effort and great contributions to class chat.

**Back to Key Stage 4 again next week**

This week's nominations:

Miss Sollars	Grace Christopher	Excellent piece of history work completed
Miss Sollars	Georgina Foster	Excellent piece of history work completed
Miss Sollars	Joe Buckingham	Excellent piece of history work completed
Miss Sollars	Bonnie Innes	Excellent piece of history work completed
Miss Sollars	Poppy Cumberlidge	Excellent piece of history work completed
Miss Sollars	Lewis Kershaw	Effort and engagement with his history lessons
Miss Sollars	Eleni Ward	Outstanding history work produced
Miss Sollars	Martha Wynne	Outstanding history work
Miss Sollars	Ella McFarlane	Excellent piece of history work
Miss Sollars	Siobhan Morris	Excellent piece of history work completed
Miss Sollars	Clara Powis	Excellent piece of history work completed and excellent contributions in lessons
Miss Sollars	Beth Perry	Excellent piece of history work completed
Miss Sollars	Isla Skelly	Excellent piece of history work completed
Miss Sollars	Freddie Westall	Excellent piece of History work completed
Miss Sollars	Maisie White	Excellent piece of History work completed
Miss Sollars	Denis Barker	For consistent hard work during lockdown period
Miss Sollars	Holly Collett	For consistent hard work during lockdown period and excellent contributions
Miss Sollars	Evie Vaughan	For consistent hard work during lockdown period and contributions to class discussion
Miss Sollars	Charlie Warburton	100% on all quizzes set during lockdown period and outstanding work
Mr Roberts	Eve Watkins	Excellent work in English
Mrs Walker	Tyler Edwards	For consistently fabulous effort in Art. Well done!
Mrs Walker	Lily Gibbons	For consistently fabulous effort in Art. Well done!
Mrs Walker	Charlie Gregg	For consistently fabulous effort in Art. Well done!
Mrs Walker	Ashley Holdsworth	For consistently fabulous effort in Art. Well done!
Mrs Walker	Pippa Pledger	For consistently fabulous effort in Art. Well done!
Mrs Walker	Harry Pugh	For consistently fabulous effort in Art. Well done!
Mrs Walker	Hadassa Scurtu	For consistently fabulous effort in Art. Well done!
Mrs Walker	Lily Whitfield Turner	For consistently fabulous effort in Art. Well done!
Mrs Walker	Harley Davis	For consistently fabulous effort in Art. Well done!
Mrs Walker	Aisha Raza	For consistently fabulous effort in Art. Well done!
Mrs Walker	Chloe Walder	For consistently fabulous effort in Art. Well done!
Mrs Scott	Jessica Davies	Outstanding effort and great contributions to class chat.

Nominations continued.....

Mrs Scott	Anya Angell	Outstanding effort and great contributions to class chat
Mrs Scott	Jack Thomas	Outstanding effort and great contributions to class chat
Mrs Scott	James Davies	Outstanding effort and great contributions to class chat
Mrs Scott	Matthew Giles	Outstanding effort and great contributions to class chat
Mrs Scott	Rosie Frankel	Outstanding effort and great contributions to class chat
Mrs Scott	Clara Powis	Outstanding effort and great contributions to class chat
Mrs Scott	Daisy Jones	Outstanding effort and great contributions to class chat
Mrs Scott	Sadie Singleton	Outstanding effort and great contributions to class chat
Mrs Scott	Isla Skelly	Outstanding effort and great contributions to class chat
Mr Clarkson	Ella Roberts	Constant and consistent engagement and effort.
Mrs Scott	Thomas Wright-Smith	Outstanding effort and great contributions to class chat
Miss Halliday & Miss Archer	Charlie Warburton	For constantly helping other students and being a positive role model
Miss Sollars	Harrison Giles	Excellent work in history lesson
Miss Sollars	Alisa Kovaleva	Outstanding work during lockdown for history

## Accelerated Reader

Once again well done to the following students for reaching their targets.



### Year 7

Olivia Whiting

### Year 8

Sadie Singleton

Isla Skelly



### Some poetry from our Year 7's

#### Being a cat is fun.

Being a cat is fun,  
Just lying in the glowing sun,  
Every day is much the same  
Just playing a long waiting game  
Waiting for a unexpected mouse  
To come right up to the house.  
My fluffy fur is like a cloud  
So I like to stand up tall and proud.

Emily Kirkwood

#### Crazy Maisie

Her deep brown eyes shine with fear,  
when a larger dog comes near,  
Huffing and puffing,  
Before her tail comes to a stop,  
Mahogany brown ears flop,  
Wrapped up like a burrito ,  
Fluffy as a cloud,  
Her snoring is so loud

Scarlett Hurrell



### School Uniform

We anticipate that, at this point in the year, some of our rapidly growing young people have already outgrown uniform items which will have had less wear than usual.

We hope that if you have any of the listed items below in excellent condition that you/ your child would bring them into school for other students to benefit from.

We are looking for :

**Trousers Skirts School sweatshirts**

Kind regards and thanks in anticipation,  
Su Quye (SENCo and Safeguarding)



We are, as always, very keen to engage with parents and carers to discuss students' progress and the way forward in closing any gaps that may have developed as a result of the lockdown periods. The current Covid restrictions mean that we have been unable to offer the traditional face-to-face Parents' evenings, so we have investigated alternative methods of holding meetings. As there is nothing quite like putting a face to a name, we wanted to find a solution that provided a video conferencing element and decided to trial the School Cloud Parents' evening video conferencing software. We used the software to host the Year 7 Progress day on Thursday 4<sup>th</sup> March, and while there were some teething issues, there were many positives that came out of this trial event. Therefore, we will be hosting the Year 9 Progress evening using this software on Thursday 25<sup>th</sup> March between 3:30 and 6:45pm.

The change from a Progress day back to a Progress evening has been taken as a result of Parental feedback gathered following the Year 7 Progress day, which indicated that the traditional timings allowed more Parents to attend meetings. We also found that some parents/carers, and Teachers, were unfortunately greeted by a blank screen when some meetings were due to start and this was very frustrating for both parties! The issue was not caused by either party not signing in, School Cloud have suggested that it could have been caused by the web page timing out and can be rectified by both parties refreshing the webpage. If a meeting does fail to load after following these steps, we will do all that we can to provide parents/carers with written feedback and if you are affected please email the school on [admin@csschool.co.uk](mailto:admin@csschool.co.uk).

There are a number of excellent how to and help guides for parents on the [School Cloud website](#) if you would like to know more about how the system works and we look forward to seeing you via the School Cloud system in the future.



## Chromebook loan device return

Now that we have returned to face-to-face learning, we would be grateful if the Chromebook devices, that were loaned out to facilitate students being able to access distance learning activities, could be returned by Friday 19<sup>th</sup> March. This will allow us to carry out necessary updates; we can then make them available for students to use in school to support their learning and help close any gaps that may have developed during the periods of lockdown. The devices can be handed back to either Mr Bird or Mr Morgan at the start of the school day. Many thanks for all of the donations of devices and funds, which have allowed us to purchase additional devices to loan out.

6<sup>th</sup> Annual  
Biomedical Conference



SHREWSBURY  
HIGH SCHOOL

GDST  
HELP FOR FUTURE LEADERS



# So you want a career in medicine?

*Everything you need to know about applying for Medicine*

**A free online event on MS Teams for pupils in Year 10  
and above who have an interest in careers in medicine.**

**Saturday 13th March 2021**  
9:00am until 12:30pm

*Register and find out more at:*

Eventbrite or [outreach@shr.gdst.net](mailto:outreach@shr.gdst.net)

01743 494000

[outreach@shr.gdst.net](mailto:outreach@shr.gdst.net)

32 Town Walls, Shrewsbury, SY1 1TN

## AGENDA

### MORNING SESSION

- 09.00am **Welcome Address**  
Ms J Sharrock (*Head, Shrewsbury High School*)
- 09.10am **Studying Medicine and problem based learning** – Dr Nicola Phillips  
(Teaching Fellow and Admissions Tutor, Lancaster Medical School)
- 09.50am **Life as a medical student** - Jack Lyon, Year 5/6 (Manchester), Louisa Jeffries, Year 2 (Hull York Medical School), Tori Ainsworth, Year 1 (Sheffield)
- 10.30am **How to apply for Medicine at Lancaster incl. Personal Statements** –  
Dr Nicola Phillips (Teaching Fellow and Admissions Tutor, Lancaster Medical School)
- 11.00am **Break**
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- 11.10am **The Medical School Interview** - Dr Adam Arshad (Step 2 Med)
- 12.00pm **Preparing for the BMAT** – Dr Nicola Phillips (Teaching Fellow and Admissions Tutor, Lancaster Medical School)
- 12.30pm **Closing address** - Mr D Payne (Deputy Head, Academic, Shrewsbury High School)

Virtual Careers Live – Monday 15 March 2021, 6 – 7pm

[Careers & job advice for School pupils & students \(scg.ac.uk\)](https://scg.ac.uk)

Take part in an online event packed with career ideas and gain access to our series of live employer talks. At 6pm you can join a live presentation explaining how to get the most from visiting the exhibition hall and get started with career planning. This will be followed by a live Q&A session where you can get your questions answered instantly by our team of experts.

### Stretton Pool Action Spending Survey

Stretton Pool Action are seeking the views of the community on how best they can use their funds. Help them by completing the short survey online at: <https://forms.gle/T1RR9Rq8PdWu2vNWA>



# ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

## NHS Every Mind Matters

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

## Kooth

[www.kooth.com](http://www.kooth.com)

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

## Childline

[www.childline.org.uk](http://www.childline.org.uk)

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

## Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

## Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

## Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

## Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

## Stem4

[www.stem4.org.uk](http://www.stem4.org.uk)

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

## YoungMinds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

## Samaritans

[www.samaritans.org](http://www.samaritans.org)

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) 24/7.

## Child Bereavement UK

[www.childbereavementuk.org/young-people](http://www.childbereavementuk.org/young-people)

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

## Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

## Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

## Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

