

FRIDAY 6TH OCTOBER 2023

PARENT & STUDENT NEWSLETTER

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WOPLD



MENTAL HEALTH DAY 10th OCTOBER

See page 3



Friday 6th October 2023

Dear Parents and Students,

Good afternoon.

I hope this newsletter finds you well. It has been a busy week here as Year 11 and Year 13 pupils prepare for their LP Mock examinations. These take place from Monday 16th October (Year 11) and from 6th November (Year 13). Please look inside for information relating to both of these, including the Year 11 timetable.

Next week is World Mental Health Day; there will be a real focus on talking to students about the importance of looking after their mental health and wellbeing. Events are planned for form time, in assemblies and in lessons throughout the week about this and about how to access support when needed. More information is on pages 3 and 4 inside.

Looking ahead, we have three more weeks in school before our autumn half term break. This half term is flying by and our new Year 7s are well and truly 'at home' now. They have made a fabulous start.

Have a lovely weekend.

Mrs Thorogood, Headteacher.



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NEXT WEEK FOLLOWS THE WEEK B TIMETABLE MONDAY TUESDAY Wednesday World Mental Health Day Year 11 English Unseen Poetry Seminar FRIDAY



NEWS THIS WEEK

PARENT OPEN MORNING

Wednesday 18th October

Our Parent Open Morning will take place between 9:30-11:30am on Wednesday 18th October.

This is an opportunity for parents to make an appointment to see a member of the Senior Leadership Team regarding any aspect of school life or concerns they may have regarding their child.

Please email loraine.potter@rainhillhigh.org.uk to book an appointment.

POLITE REMINDER - COLDER MONTHS

Now we are coming into the colder, wetter months, please ensure your child brings a coat into school each day. We also ask you to ensure your child takes any necessary medication before they come to school and is equipped with their inhaler if needed.

STUDENT GOOD NEWS

At the end of last week, we took a call from a local resident who wanted to pass over her compliments to the pupils of the school. The resident advised that whilst she was at the local shop, the children were extremely well behaved, displayed excellent manners and are a testament to the school - Thank you for your kind words.

WORLD MENTAL HEALTH DAY

Tuesday 10th October 2023

We will be marking World Mental Health Day next week by talking to students about the importance of looking after their mental health and wellbeing in assemblies, tutorial sessions and lessons. We take the mental health and wellbeing of our pupils and staff very importantly. Please see the A-Z of Mental Health poster below for quick tips which can help manage your own, and your children's mental health.

We will be talking to students in assemblies about how to access support this week.

If you feel like you need to talk to someone there are lots of ways you can do this:

- Speak to your form tutor during form time or at break, lunch or after school- they are there to support you.
- Find your YSM on duty in your dining room at break or lunch time- they are a font of knowledge on accessing the correct support for you.
- Go to Kooth.com. Kooth is a mental health and wellbeing website which has trained counsellors available to talk over anonymous chat as well as lots of advice and guidance. There are also some real-life case studies from other young people who may have been through similar experiences in their life which can both reassure and motivate you.



A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.



ASK FOR HELP You are not alone, so reach out and ask for help



BREATHE Focus on your breath to find a



CONNECT Connect with friends, family and trusted adults



DETOX Unplug from social media and other distractions



EMOTIONS
Observe how you feel and label your emotions



Go to a place where you feel safe and at ease



Focus on the things you're grateful for



Create a balanced routine with healthy habits



INQUIRE

Pause and ask
yourself, 'how do I
feel right now?'



JOURNAL Use a journal to express your thoughts and feelings



KINDNESS

Be kind and compassionate to yourself and others



LET GO! Feel more energised, by moving your body



MEMORIES Visualise three things you are proud of



NATURE Improve your mood by exploring the great outdoors



OPENNESS

Be open to new activities and notice what happens



PATIENCE It's okay to not be okay, so give yourself time



QUIET
Take quiet
moments every
day to reflect



REST Be mindful, rest often and get plenty of sleep



Stand in the Superhero Pose for two minutes every day



THOUGHTS

Track your thoughts in a journal, and notice any themes



UNIQUE You are unique, and so is your mental health



VOLUNTEER

Boost your
self-esteem by giving back to others



WORRY TIME Schedule 'worry time' to help solve practical



Do more of the things that bring you joy and excitement



and your feelings



Practise calming activities like yoga and meditation Find out more about how Optimus Education can help boost your wellbeing at healthinschoolsuk.com





BOOK FAIR

We had a fantastic time at the book fair last week, with our students and open evening guests both having the opportunity to grab some great value books.

We also managed to buy some new books for the library, so come on down to check them out.



This unputdownable, hilarious historical romp sees a whip-smart princess and a duke-to-be who hate each other join forces as their best-kept secrets are at risk of exploding into the open.



A sassy romantic comedy finds two very different girls strangely drawn to each other.



Big-hearted and deeply moving, this beautifully written novel of love, grief and getting a second chance to say goodbye has become a much-loved TikTok phenomenon.



Combining poetry and prose to startling effect, McLeod's powerful debut revolves around a girl imprisoned in a forest made from her own Afro as she comes of age amidst the temptations and opportunities of the inner-city.



A funny, heartbreaking story about life and loss, and making every second count. Eric's best friend, Finn Jones, was the world's biggest prankster. Now Eric can't believe Finn's not here anymore. ...Or is he?

Library book reminder!

Some parents have received a message about overdue library books this week, which is just to let them know that their child may have an overdue book.

To keep our library well-stocked, we need our books returned within their two-week loan period. Please remind your child to help us keep our library nice.

Thank you.

Miss Dugdale, School Librarian.



YEAR 11 LP1 PREPARATION

We have the LP's coming up very soon and a chance for pupils to really show how far they have come in Year 11 already. I have recently sent a synergy message to my Maths class in Year 11. At heart I am a Maths teacher by trade, but really enjoy the complexities and joys that come with being their YPL.

Could I ask for all of your support in ensuring pupils are ready for the upcoming LP's:

- Pupils need to complete all homework to the best of their abilities as this supports the work done in school and helps to cement knowledge.
- If they have been identified to attend an intervention session, then they need to attend. Teachers are putting on sessions in their own time to support students in the understanding of key topics.
- Can you encourage them to be on time to school in the morning, and as punctual as possible to lessons. Any lost learning time at this point is detrimental to their progress.
- They need to be fully equipped. This includes a calculator. Most pupils own one of these, however they need to be bringing them into school to aid in lessons, especially Maths. If they do not own one, this would be a positive investment and will support their learning. This is more important for the upcoming Maths LP as it will be a calculator paper.
- K2S files. These need to come into school every day, they are used in Year 11 to store any revision or work given to them during the day. Could you please remind them that this is the case and that they are part of daily equipment.

Moreover, it is sometimes hard to remember that all of our Year 11 pupils are still young people as well. Please encourage them to socialise and wind down as well.

If you have any concerns, then please feel free to contact me.

Thanks again.

Mr Barry, Year 11 Progress Lead.



YEAR 11 LP1 TIMETABLE

Monday 16th October – Wednesday 25th October 2023

| | Monday 16 th October | Tuesday 17 th October | Wednesday 18 th October | Thursday 19 th October | Friday 20 th October |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Period 1 | English Language Paper 1 2 hours | Science – Paper 1 Biology (Separate) 1hr 45 mins Biology (Trilogy) 1hr 15 mins | Maths Paper 1 1 hour 30 mins | Science – Paper 2 Chemistry (Separate) 1hr 45 mins Chemistry (Trilogy) 1hr 15 mins | English Literature Paper 1 1 hour 45 mins |
| Period 2 | Exams continuing into Period 2 | Exams continuing into Period 2 | Exams continuing into Period 2 | Exams continuing into Period 2 | Exams continuing into Period 2 |
| | | | BREAK | | |
| Period 3 | Lessons as normal | Lessons as normal | Lessons as normal | Lessons as normal | Lessons as normal |
| | | | LUNCH | | |
| Period 4 | All French Listening & Reading Higher Listening – 45 mins Foundation Listening – 35 mins Higher Reading – 75 mins Higher Listening – 60 mins | BOX A Computer Science – 1 hour 30 mins Drama – 1 hour 30 mins Geography – 1 hour 30 mins Food Preparation & Nutrition – 1 hour 45 mins RE – 1 hour 45 mins History – 2 hours | All German Listening & Reading Higher Listening – 45 mins Foundation Listening – 35 mins Higher Reading – 75 mins Higher Listening – 60 mins | All Spanish Listening & Reading Higher Listening — 45 mins Foundation Listening — 35 mins Higher Reading — 75 mins Higher Listening — 60 mins | All French, German & Spanish Written Paper Higher – 75 mins Foundation – 60 minutes |
| Period 5 | | Exams continuing into Period 5 | Exams continuing into Period 5 | Exams continuing into Period 5 | Exams continuing into Period 5 |

| | Monday 23 rd October | Tuesday 24th October | Wednesday 25 th October | | |
|--------|---------------------------------------|--------------------------------|------------------------------------|--|--|
| | BOX B | Science – Paper 3 | All Computer Science | | |
| | Construction – 1 hour | Physics (Separate) | Paper 2 – 1 hour 30 mins | | |
| Period | Product Design – 1 hour | 1hr 45mins | | | |
| 1 | iMedia – 1 hour 30 mins | | | | |
| | Drama – 1 hour 30 mins | Physics (Trilogy) | | | |
| | Geography – 1 hour 30 mins | 1hr 15mins | | | |
| | History – 2 hours | | | | |
| Period | Exams continuing into Period 2 | Exams continuing into Period 2 | Exams continuing into Period 2 | | |
| 2 | | | | | |
| | BREAK | | | | |
| Period | Lessons as normal | Lessons as normal | Lessons as normal | | |
| 3 | | | | | |
| | | LUNCH | | | |
| | BOX D | BOX C | Lessons as normal | | |
| Period | GCSE PE – 1 hour | Product Design – 1 hour | | | |
| 4 | Computer Science – 1 hour 30 mins | Geography – 1 hour 30 minutes | | | |
| | Food Preparation & Nutrition – 1 hour | iMedia – 1 hour 30 minutes | | | |
| | 45 mins | History – 2 hours | | | |
| | RE – 1 hour 45 mins | | | | |
| Period | Exams continuing into Period 5 | Exams continuing into Period 5 | Exams continuing into Period 5 | | |
| 5 | | | | | |

Students MUST report to the Sports Hall (SPH) promptly at 8.50am and 12:50 pm. Lessons run as normal which means pupil attendance is compulsory



YEAR 13 PREPARATION FOR LP1

Y13 LP1 exams are planned for the week commencing 6th November 2023. A full timetable will follow next week. However, it is important to consider your revision now and start planning for when you will complete it.

During tutorial you have spent some time considering how to use your time more productively through time-blocking. This important skill you will now use to put a revision planner in place.

Making a revision timetable that actually works

A solid study planner is the key to making sure you cover everything you need to in time for the exam. It also has the added benefit of breaking everything down into more manageable chunks – revision suddenly feels much less daunting!

Once you start getting everything out on paper or screen, you will have a proper idea of the task ahead. The ideal revision timetable will be prepared far enough in advance that you can keep a good study/life balance and do not burn yourself out.

Start your revision timetable using this very simple model:

- Work out how many revision days you have left until your exams
- Decide how much time you will spend revising on each day

then

- Make a list of all the exams you need to revise for
- Share the available revision time around each subject and/or exam

Once you have got the basic timetable in place, you can start breaking those subject timings down into topics. You might then tweak it to suit your own study style (for instance, focusing more on one specific subject and less on another). More on that below.

If you can access your timetable on the go (using something such as Google Docs or an app – see some app ideas below) you'll have more flexibility over where you can study.

Prioritising your revision

Spend some time working out which subjects and topics need more of your revision time. You can then focus on these in your study planner.

A few things to think about:

- Y12 LP3 results. These might have flagged areas you need to work on
- Uni offers. You might need to work harder to achieve certain parts of your offer
- Teacher feedback. Ask your teacher if they think there are certain areas where you need to focus
- Course specification. You can download the specification for each of your subjects. It will list everything that you're expected to know, so you can then check your revision plan is covering all it needs to

Do not forget to make time for your stronger subjects too.

Regular refreshers

If you possibly can, try to make time to revise topics more than once - especially the ones you find tricky. Ideally you will have a plan that covers all the topics and then has refresher sessions for each. In this way, your understanding of each topic will stay fresh.

Past papers

There is really no way to exaggerate the usefulness of past papers. Looking back at exams from previous





years will help you get in the zone. You can get used to how questions are worded and set yourself the challenge of taking them against the clock. Plug time into your revision timetable to go through past papers regularly.

Here are links to the exam board pages where you can find past papers:

- AQA (All Levels)
- OCR (All Levels)
- Pearson Edexcel (All levels)
- Edugas (All levels)

Revision timetable apps

These three popular apps can help you structure and plan your revision schedule. They offer study timetable templates to start from, along with other features to help you stay focused.

My Study Life: an app to use throughout the year, not just during your revision period. Track homework and assignments and organise your daily and weekly schedule. Everything is stored in the Cloud for easy access on multiple devices. Available on: <u>Play Store</u>, <u>iTunes</u>

SQA My Study Plan: created by the Scottish Qualification Authority for Scottish students, the app creates a personalised study plan based on when your exams are – you can import your exam timetable directly from SQA MyExams. Available on: <u>Play Store</u>, <u>iTunes</u>

Timetable: if you're an Android-head, Timetable is one way to manage school life across your devices. The app even mutes your phone during lessons, in case you forget... Available on: Play Store

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PRINCE'S TRUST

Starting 18th September 2023 Prescot Fire Station Contact Phil- 07719056242 Caroline- 07842027756



PRINCE'S TRUST

A unique opportunity for 16-25 year olds to develop new skills & experience



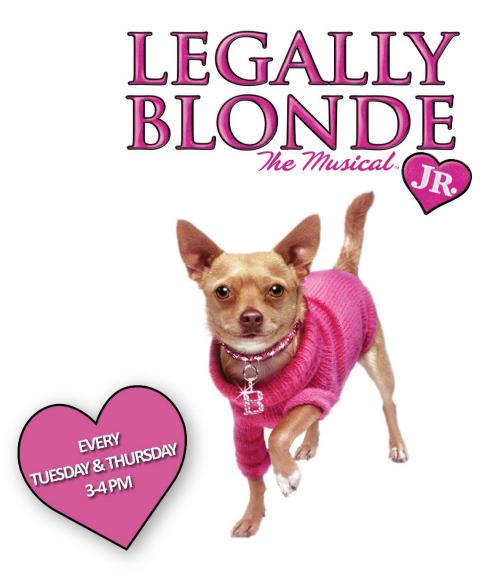
- EMPLOYMENT SKILLS TEAM BUILDING
 WORK EXPERIENCE RESIDENTIAL
 RECOGNISED QUALIFICATION
- Develop key social & practical skills by problem solving & working with others
- Access career advice & improve job prospects
- Give something back by taking part in a community project
- Make new friends, boost confidence & self esteem

WE HAVE **FREE** COURSES STARTING REGULARLY ACROSS MERSEYSIDE.



LEGALLY BLONDE THE MUSICAL

RAINHILL HIGH SCHOOL PERFORMING ARTS DEPARTMENT PROUDLY PRESENT



REHEARSALS

Arts Theatre

PERFORMANCE MONDAY 26TH FEBRUARY AT THEATRE ROYAL ST HELENS

Music and Lyrics by Laurence O'Keefe and Nell Benjamin

Book by Heather Hach

Based on the novel by Amanda Brown and the Metro-Goldwyn-Mayer motion picture

This amateur production is presented by arrangement with Music Theatre International

All authorised performance materials are also supplied by MTI

www.mtishows.co.uk



BECOME A SCHOOL PARENT GOVERNOR

We have a Parent Governor Vacancy coming up. If you would like to nominate yourself/someone else, please refer to the letter sent out today via Synergy. Come and join us.





UPDATED ENRICHMENT TIMETABLE

Please <u>click here</u> to see our updated Enrichment Timetable.

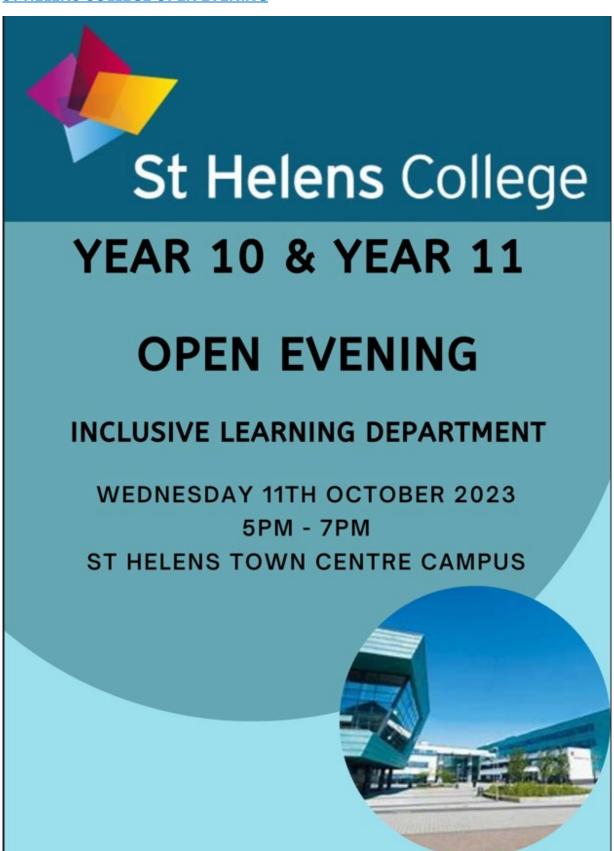
PE EXTRA-CURRICULAR TIMETABLE

| WINTER EXTRA CURRICULAR TIMETABLE 2023/24 | | | |
|-------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|--|
| 15:10 -16:00 | GIRLS | BOYS | |
| MONDAY | MEETINGS | | |
| TUESDAY | Football: All Years Trampolining: Y7- 3-3:30 Y8-11 – 3:30-4:00 | Rugby: Y7 and Y8 Trampolining: Y7- 3-3:30 Y8-11 - 3:30-4:00 | |
| WEDNESDAY | Netball: Y7 and Y8 (Boys welcome) | Football: Y7 Rugby: Y9 | |
| THURSDAY | Netball: Y9 – Y11 (Boys welcome) | Football: Y8 and Y9 Basketball: All Years | |
| FRIDAY | Girls Rugby: All Years Badminton and Table Tennis: All Years | | |

Please note, all clubs are subject to **fixture/facility clashes**, **appropriate and safe weather**, and **appropriate pupil participation**. We aim to give notice to pupils as early as possible when this is the case. Pupils, please speak to staff if you are unsure.



ST HELENS COLLEGE OPEN EVENING





SINGING LESSONS





IMPORTANT INFORMATION

SANITARY PRODUCTS FOR STUDENTS

We currently have a grant from the Government which enables us as a school to provide free sanitary products to our students for school or home use. If any student would like to take advantage of this incentive, please contact your Year Student Manager who will be able to help you further.

REPORTING ABSENCES/LATE TO SCHOOL/FORTHCOMING APPOINTMENTS/UNEXPLAINED ABSENCES VIA ABSENCE TAB ON SYNERGY

Synergy is the primary source of communication from school to all parents in relation to your child.

Synergy also enables daily attendance alerts to be sent to parents and allows you to:

- report your child's absence from school
- query if your child has an unexplained absence mark
- inform the school if your child is going to be late
- let us know of any forthcoming medical appointments for your child
- reply to the Attendance Team if you have received an attendance alert

<u>Please use Synergy to report absences in the first instance</u>. This can be actioned by accessing the contact school option from the home screen, followed by the absence option.

ANNUAL FLU IMMUNISATION PROGRAMME 2023

<u>Important Information from St Helens Immunisation Team - Annual Flu Vaccination</u> Years 7, 8, 9, 10 and 11

Dear Parent/Carer,

Your child's annual flu vaccination is now due.

This vaccination is recommended to help protect your child against flu.

Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.

The vaccination is free and is a quick and simple spray up the nose. Even if your child had it last year, it is recommended to have the flu vaccine again this year. The immunisation team will be coming into school to deliver on Tuesday, 5th December 2023.

Please visit the below link to access further information and complete your child's consent form even if you don't want them to receive their flu spray as this will avoid further communications from our service.

https://econsent.merseycare.nhs.uk/

If you are unable to complete the online form, please contact our team who will be happy to help. If after completing your child's form you attend the GP and your child receives the flu nasal spray or wish to amend their form you must contact the immunisation team directly and not your child's school.

Yours faithfully,

St Helens School Immunisation Services 01744 415 645



HELP AND SUPPORT

CURRICULUM QUERIES

Heads of Department

| English | Ms Dickman | Philosophy & Ethics | Mr Ernest |
|-------------------------------|---------------|-----------------------|--------------|
| Mathematics | Mrs Hughes | Social Sciences | Mr Bunby |
| | Mr Rimmer | Computer Science | Miss Johnson |
| Science | Mr Flynn | Art Design Technology | Mr Bennett |
| Biology | Dr Gordon | Languages | Miss D'Anna |
| Chemistry | Miss Hesketh | Food Studies | Mrs Bolland |
| Physics | Mr Hurst | Performing Arts | Mrs McCann |
| History & Politics | Mr Fairclough | PE | Mr Rachi |
| Geography | Mrs Parkinson | Life Skills | Mr East |
| | | (PSHE/Citizenship) | |

PASTORAL QUERIES

| Stage 1 | Form Tutor | |
|---------|-------------------------------------|---------------------------------|
| Stage 2 | Year Student Manager/Progress Coach | |
| Stage 3 | Year Progress Leader/Director RH6 | |
| Stage 4 | Deputy Headteachers | Mrs Munro/Mrs Segal/Mr McKeegan |
| Stage 5 | Headteacher | Mrs Thorogood |

Pastoral Structure

| Y7 Student Manager | Mr Heron | Y7 Progress Leader | Mr Shoebridge |
|----------------------|----------------------|---------------------------|---------------|
| Y8 Student Manager | Miss Hill | Y8 Progress Leader | Mr Webster |
| Y9 Student Manager | Mr Moran | Y9 Progress Leader | Mrs Haselden |
| Y10 Student Manager | Mrs Jackson | Y10 Progress Leader | Mr Giles |
| Y11 Student Manager | Miss Gordon | Y11 Progress Leader | Mr Barry |
| RH6 Progress Coaches | Mrs Duffy/Mrs Nugent | Director RH6 | Mr Cunningham |

Communications Policy

Please <u>click here</u> to view our new communications policy.