



The weekly newsletter of

Highdown School and Sixth Form Centre

w/c 3 October 2022 Week A

Latest News

Please download our mobile website app to ensure you receive all the latest news. Click this [link](#) for further information.



Problems with Class Charts

If you are experiencing issues with accessing your Class Charts account, please contact vihamer@highdown.reading.sch.uk

Absence Reporting

Please notify us if your son/daughter is unable to attend either online or onsite lessons due to illness or other reason.

Please report all absences using the Class Charts app, rather than by telephone, email or ParentMail. We hope parents will find this route much more straightforward and efficient. You can find out more here:

<https://www.highdown.reading.sch.uk/attachments/download.asp?file=1803&type=pdf>.

SEND

Please follow this [link to the school website](#) to find out about any SEND information.

Join Us

We currently have a number of support staff positions available. Please follow the link [here](#) to the school website to find out more information.

HOUSE POINTS

Caversham	15733
Grove	15192
Mapledurham	15166
Rosehill	15489

CALENDAR OF EVENTS:

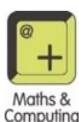
Term dates can be found here:

[2022/23](#)

House week 1: Community

3 Oct	YR7 MidYIS tests for 5 days Open Morning 1
4 Oct	YR12/13 Senior Maths Challenge
5 Oct	YR12 Politics visit to Mayor's office Open Morning 2
7 Oct	YR10/11/12 Theatre Trip to Harry Potter and the Cursed Child Open Morning 3

Follow us



Health, Safety and Wellbeing

Please can we kindly request all parents/carers speak to their child about the importance of being aware of surroundings and potential hazards when walking or cycling to and from school. Students must remember to check it is safe to cross the road and that there is no oncoming traffic before attempting to cross. They must also take care if stepping off the pavement into the road, being mindful of other road users, e.g. cars, bicycles, etc. Thank you for your support.

ChatHealth

The School Nursing service is launching **ChatHealth**, which is an anonymous text messaging service for parents of 5-19 year olds and for 11-19 year olds. They will be able to offer parents/carers advice and support on many topics such as sleep, behaviour, parenting, healthy eating, bedwetting, emotional health and wellbeing and managing medical conditions. For 11-19 year olds, they will offer advice on issues such as relationships, drugs and alcohol, smoking, self-harm, anxiety, stress, bullying, low mood. This service has been well received where it has already been running in different parts of the UK. Student can text a school nurse at 07312 263266. Parents/Carers can text a school nurse at 07312 263194.

 ChatHealth


Berkshire Healthcare
Children, Young People and
Families services

Do you have a 5-19 year old?

We can offer advice and support on many topics like:

- ✓ Sleep
- ✓ Behaviour
- ✓ Bullying
- ✓ Parenting
- ✓ Healthy eating
- ✓ Bedwetting
- ✓ Dealing with medical conditions in school
- ✓ Emotional health & wellbeing





Text a school nurse
for confidential advice and support
07312 263194



cypf.berkshirehealthcare.nhs.uk

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between Mon-Fri 9am-4:30pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.



ChatHealth



Berkshire Healthcare
Children, Young People and
Families services

Aged 11-19? Need some advice?

We can help with all kinds of things like:

Relationships

Healthy eating

Drugs & alcohol

Anxiety

STRESS

Low mood

Bullying

Self-harm

Body changes

SMOKING

Sleep



Text a school nurse
for confidential advice and support

07312 263266



cypf.berkshirehealthcare.nhs.uk



We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will only be seen between Mon-Fri 9am-4.30pm. If you need help before you hear back from us, contact a member of school staff, a trusted adult, or your GP. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Upcoming Annual Oxford Muslim Access Conference (OMAC) for students in Year 11 and 12.

The Oxford University Islamic Society will be hosting OMAC on the **10 December 2022 at Clifford Chance, Canary Wharf, London.**

OMAC aims to facilitate access to higher education for students from underrepresented and disadvantaged backgrounds by:

Addressing realities and misconceptions surrounding Oxford and life as a Muslim student

Providing advice and support on the application process, including entrance exams and personal statements

Delivering tailored subject-specific workshops based on the Oxford tutorial system

Providing an insight into current student experiences at Oxford and a chance to hear from Oxford alumni

Offering advice on scholarships and other forms of financial support

The application form can be found here: <https://ouisoc.org/omac>

Highdown
School and
Sixth Form
Centre

Careers
Fair 2022

Thursday
17th
November
6- 8 p.m.

We are delighted to announce the return of our annual Careers Fair for students in Years 9-13 and their families. This is a key event in our careers development programme and we are extremely grateful to all the employers and organisations for all their support.

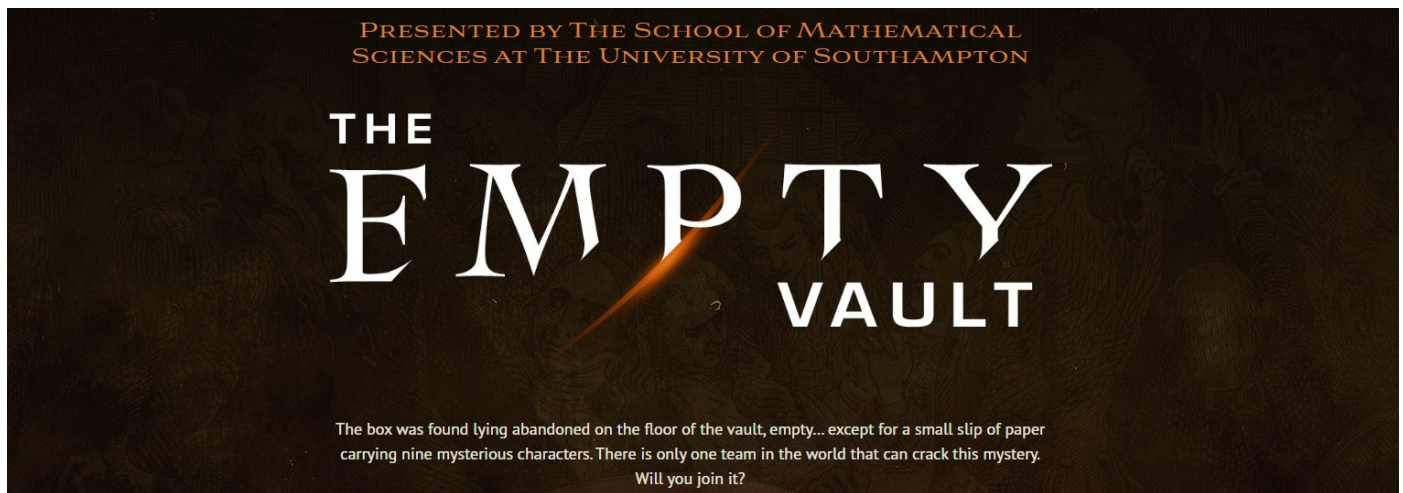
A wide range of organisations will be available to talk to students about their careers, qualifications and pathways.

There will be something for everyone including advice and guidance on progressing to university, further education, apprenticeships and traineeships. There will also be presentations on volunteering and gap years.

If you or your organisation would like to book a stand at this event, please contact the team at: careers@highdown.reading.sch.uk or simply fill in this form: <https://forms.office.com/r/G1v11YcYrX>

CAREERS





Southampton University will be running their annual National Cipher Challenge starting on the 6 October.

This is a fantastic opportunity for problem solving with the codes and ciphers increasing in difficulty as you progress through the Challenges. Students can sign up individually or work together as part of a team.

Further details and registration can be found here <https://www.cipherchallenge.org/>

The website also includes lots of resources to help with breaking the codes and ciphers.

Any questions, please contact Mr Dineley at widineley@highdown.reading.sch.uk

Extra Curricular Activities

Extra-Curricular Clubs Sept 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School					KS4 Breakfast Club
KS3 Break					
KS4 Break					
KS3 Lunch	Ukulele 12.25-1.05pm MU1 / A Jeffries	KS3 Drama Club 12.25-1.05pm DR1 / O Holmes	Junior Choir 12.25-1.05pm MU1 / G Beale	Year 7/8 Geography Club H11 Environmental issues & sustainability. Please bring a drink and lunch.	
KS4 Lunch	Barbershop 1.25-2.05pm MU3 / H Santer		Funk and Soul 1.25-2.05pm MU3 / H Santer	Senior Choir 1.25-2.05pm MU1 / K Reid	
Afterschool	KS4 Art/Graphics/Photography 3.15-4.15pm Drop in	KS3 play rehearsals 3.15-4.30pm DR2 / S Lake & P Hawkins Show Band 3.05-4.05pm MU1 / A Jeffries Production Singers 3.05-4.05pm Mu2 / G Beale (Nov onwards) KS4 Art/Graphics/Photography 3.15-4.15pm Drop in	Orchestra 3.05-3.50pm MU1 / K Reid A Level Music Tech coursework sessions 3.05-5.05pm MU3 / H Santer YR 9/10 Improvisation club 3.15-4.15pm DR2 / O Holmes KS3 Writing Club E1 / E Beale KS3 Art Club (from 12 October – details to follow from E Garner) KS4 Art/Graphics/Photography 3.15-4.15pm (Drop in)	Senior Play rehearsals 3.15-4.30pm S Lake KS3 Book Club E6 / H Eveleigh YR7 History Club (from Oct half term) GCSE Geography Club 3.10-4pm KS4 Art/Graphics/Photography 3.15-4.15pm Drop in	

Further details to follow



EXTRA-CURRICULAR ACTIVITIES TERMS 1 + 2

LUNCH-TIME ACTIVITIES		TUESDAY	
MON	Girls Beginner's swimming	HOCKEY	CROSS COUNTRY
WED	Year 10/11 Boys fitness suite	10/11/Sixth form girls	girls
THURS	Year 9 Boys & Girls fitness suite	RUGBY	year 7 boys
WEDNESDAY		THURSDAY	
FOOTBALL	RUGBY	RUGBY	HOCKEY
girls	Boys 10/11	Boys 8/9	7/8/9 girls

We held our AGM on Monday; our Committee for the 2022/23 Academic year is as follows:



Left to right: Secretary - Alex Humphreys; Chairperson - Laura Harmsworth; PTA Teacher Liaison - Mr A Franks; Treasurer - Hayley Rumble; and Vice Chairperson - Alisa Scott

The minutes of the AGM will be available on the PTA page of the school website in due course.

Join us

We are in need of more parents on the PTA.

If you are able to join us or offer time to assist at events, please email us at Highdown_PTA@outlook.com

Upcoming Events

Year 7 and 8 Disco

Friday 21 October

Tickets can be purchased here www.pta-events.co.uk/highdown . See poster on the next page for details.

The Big PTA November Quiz

Friday 11 November

Details to go out next week, keep an eye on the newsletter and Class Charts!

HIGHDOWN SCHOOL PTA



DISCO

21 October 2022

MAIN HALL

YEARS 7 AND 8

6:30 - 8PM

PRICE £4 ONLINE (closes 16 Oct) / £5 ON THE DOOR

BUY TICKETS: www.pta-events.co.uk/highdown

BRING CASH FOR TUCK SHOP

All queries to highdown_pta@outlook.com

Parentkind
Member Association

NATIONAL— CURRY WEEK



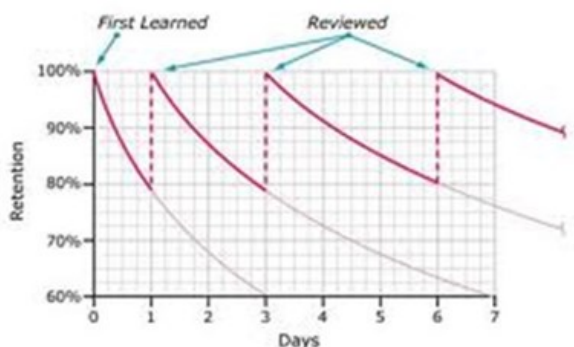
FOOD THEME DAYS 2022

3RD - 7TH
OCT

Look out for information on our special Halloween theme later in the Month!

Yr11 Learning Conference: Building Success

All Year 11s took part in one of our very first Learning Conferences on Wednesday this week. They learnt about the most recent and proven scientific ways to learn and that, if they start now, even with a small change – it will make a big difference in the summer. If you have a child in Year 11, why don't you ask them about the forgetting curve? Or the importance of interleaving their work? Or even see what small change they are going to make now, to ensure a big difference in the summer?



Massed presentation





Spaced and interleaved presentation



Year 11 Science



Year 11 students building on their practical skills by carrying out different experiments to determine whether they are exothermic or endothermic reactions.



Parent webinar

Year 11: Post 16 options

A webinar for Parents/Carers and Students to have the opportunity to discuss Post 16 options including A Levels, T Levels, BTECs, College, 6th Form and Apprenticeships.

Run by our qualified careers advisers via Zoom.

Wednesday 5th October 2022


6 - 7pm

Please book via the Adviza Portal under 'Events' or scan the QR code below.

Cost: FREE | Suitable for Year 11 students

For more information please email careersguidance@adviza.org.uk

0118 402 7050 | www.adviza.org.uk



The webinar will cover:

A explanation of education levels, including A Levels, T Levels, BTEC's , College, 6th Form and Apprenticeships.

What comes after GCSEs-a look at all the possible options.

Time line and next steps

How to research options

The webinar can be accessed via Zoom from the comfort of your home. You will not be seen or heard, you can just listen but you will have the opportunity to ask questions via the chat box.

The webinar can be booked online [via the Adviza Portal](#). You only need to book one place per family.

Year 13

Many thanks to those of you who attended our Pathways Presentation webinar last Thursday, and thank you to those of you who got in touch to say how useful you found it.

As there was a lot of information during the four presentations, the presenters have kindly agreed to share their slides and these can now be found on this area of the school website

<https://www.highdown.reading.sch.uk/page/?title=Year+13+Pathways+Evening&pid=420>

Students can catch up on the recording of the webinar via their Microsoft Teams account.

Stars of the Week

YEAR 7

7C Jayden Allen
7D Vedant Jaiman
7E Finn McLenahan
7F Harry Friday
7G Caitlyn Wong
7H Ed Martin
7J Sam Escott
7K James Taylor
7L Rex Bingley

YEAR 8

8C Kobe Pattison
8D Hazel Ho
8E Isabel Varming
8F Connor James
8G Zita Kingswood
8H Ella Jones
8J Darcey Ray
8K Faye Graham
8L James Mee

YEAR 9

9C Eliza-Louise Davis
9D Jazmine Mlangila
9E Belle Lundberg
9F Amaan Ijaz
9G Karen Alexy
9H Charlie Harvey
9J Thomas Grenz
9K Lucy Foulkes
9L Elsa Patterson

YEAR 10

10C Voke Orife
10D Ollie Dew
10E Isla Reynolds
10F Nina Fargus
10G Amelie Beard
10H Millie Fitzpatrick
10J Nancy Lowther
10K Valentina Robinson
10L Libby Parker
10M Sam Hayes

YEAR 11

11C Seth Sharpe
11D Darshan Wilkes
11E Kaira Ford-Bollen
11F Annieka Zaheer-Sheikh
11G Gracie Coleman
11H Joey Ross
11J Joshua Ng
11K Sophie Budd
11L Leif Williams

House Week

Week commencing 3 October is House Week and the theme is Community.

A big thank you to all students and families for their support of our House events and fundraising efforts throughout the year.

We are pleased to report the totals raised by each house last year for their charities, as follows:

Mapledurham

£994.90

Alzheimer's Research UK

Rosehill

£1122.04

Alexander Devine Children's
Hospice Service

Grove

£1292.13

Launchpad

Caversham

£1401.53

Young Minds

Literacy and Numeracy

Word of the Week: Turbulent

ADJECTIVE

characterized by conflict, disorder, or confusion; not stable or calm:

Literacy Challenge

Use the 9 letters in the grid to create as many words as you can.

You can only use each letter as many times as it appears in the grid!

l	t	a
y	s	e
e	p	c

Numeracy Challenge

Can you work out the missing number?

6	5	12
12	15	36
36	60	144
144	300	?



Give a little back this Christmas

WITH SPOTLIGHT UK

Dear Parents, do you work for a Company that would be willing to help?

We are very aware that the need for support this year at Christmas is rising fast and we here at Spotlight UK want to be able to do our Christmas toy appeal and also continue to provide the fun activities that create new memories for children as well as the emotional and practical support we offer for families.

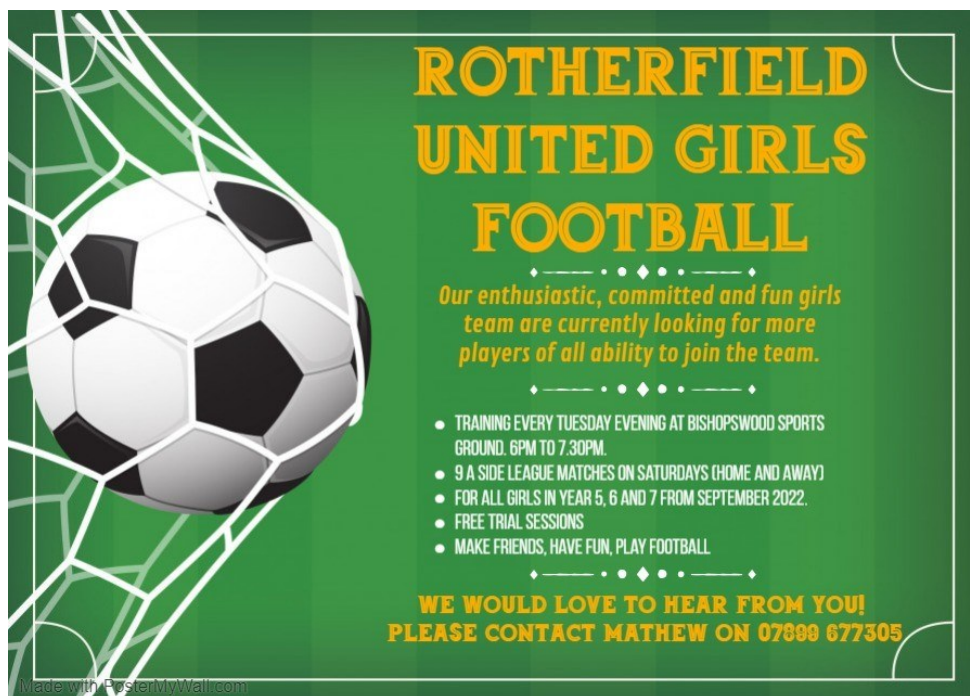
Last year we supported 3000 children with Christmas Presents.

We are looking for any businesses who could potentially help with this appeal!

Whether that is by donating Christmas presents, or by doing in house fundraising, making donations through your companies corporate responsibility programme, or through your companies signing up for the local community lottery as part of a syndicate to help support Spotlight Uk.

FOR MORE INFO: <https://spotlightuk.org/> Email: Michaela@spotlightuk.org Call: 01256 242330

Spotlight UK registered charity 1129258



ROTHERFIELD UNITED GIRLS FOOTBALL

Our enthusiastic, committed and fun girls team are currently looking for more players of all ability to join the team.

- TRAINING EVERY TUESDAY EVENING AT BISHOPSWOOD SPORTS GROUND. 6PM TO 7.30PM.
- 9 A SIDE LEAGUE MATCHES ON SATURDAYS (HOME AND AWAY)
- FOR ALL GIRLS IN YEAR 5, 6 AND 7 FROM SEPTEMBER 2022.
- FREE TRIAL SESSIONS
- MAKE FRIENDS, HAVE FUN, PLAY FOOTBALL

**WE WOULD LOVE TO HEAR FROM YOU!
PLEASE CONTACT MATHEW ON 07898 677305**

Made with PosterMyWall.com

Rotherfield United Girls are looking for Players to join their U11 and U12 girls' teams.

For more details please contact Mathew direct on 07899 677305

Starlight Hike 2022

Celebrate the memory of your loved one this October and walk 5k under the stars while supporting Sue Ryder

Saturday 22 October 2022
Pangbourne College,
Pangbourne Rd, Reading
RG8 8LA

Sign up now
visit: sue Ryder.org/starlightthamesvalley
email: thamesvalley.fundraising@sue Ryder.org
call: 0118 9550 433



Registered with FUNDRAISING REGULATOR



Scan here
for more
information



palliative,
neurological
and bereavement
support

Sue Ryder is a charity registered in England and Wales (1105201) and in Scotland (SC008176).
Ref No: 1216116 © Sue Ryder May 2022

The Starlight Hike is taking place on 22 October 2022 and is the first Sue Ryder event since the pandemic. It is a 5k evening walk which is supporting both Sue Ryder South Oxfordshire and Sue Ryder Duchess of Kent.

Numeracy puzzle answer: 720

Why?

$$6 \times 12 = 12$$

$$12 \times 3 = 36$$

$$36 \times 4 = 144$$

$$144 \times 5 = 720$$

HAPPY WEEKEND