



ASPIRATION



RESPECT



EXCELLENCE

The weekly newsletter of Highdown School and Sixth Form Centre

w/c 1 May 2023 Week A



READING
PHOENIX
CHOIR



Somewhere Over the Rainbow: A Concert for Charlie

Reading Phoenix Choir featuring The Hill
Primary School and Highdown School.

Raising money for Team Charlie in memory of
Charlie Ilsley, providing gifts to children with
brain tumours across Berkshire and Oxfordshire.

Sat 24th June 2023 7:00PM

Highdown School and Sixth Form
Centre, Emmer Green

U16s £5 / Adults £10

Family concessions available

www.teamcharlie.org.uk/events
Get your tickets here



Please see page 4 for further details of this event.

HOUSE POINTS

Caversham	119743
Grove	117121
Mapledurham	118222
Rosehill	117061

CALENDAR OF EVENTS

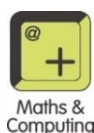
Term dates can be found here: [2022/23](#)

Term 5

Mon 1 May:	Bank Holiday - Academy Closed
Tues 2 May:	Industrial Strike Action
	Y11 MFL Speaking Exams (4 days)
	Y10 PPEs (3 days)
	Y9 Assessment Week (3 days)
	Y11 Photography/Textiles (Gp1) Exams (2 days)
Thurs 4 May:	Y11 Art/Art Graphics/Textiles (Gp2) Exams (2 days)
	Y13 L3PA Unit Exam (2 days)



Follow us



Information

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/>

ParentMail Accounts

We respectfully request all parents and carers regularly check their student's dinner money balances to ensure they are in credit.

At peak times, around mid-morning, it can take up to 2 hours for the monies to show on the account.

Therefore, if you need to top them up, please allow time for these to be processed, we have found topping up in the evenings to be the quickest way to add monies to the account.

Leave of Absence

Applications for leave of absence during term time **must** be made in advance by the parent/carers. Leave will only be authorised in exceptional circumstances and parents will be made aware that taking unauthorised leave of absence could lead to a Fixed Penalty Notice and/or prosecution.

Holiday will not be authorised in term time. Application for Leave of Absence forms can be found here:

<https://www.highdown.reading.sch.uk/absence>.

Please complete and return to the school office.

Safeguarding: National Online Safety Courses for Parents and Carers

We would like to encourage parents/carers to complete one of the following parent courses in National Online Safety, presented by Myleene Klass:

The course takes about 40 minutes and leads you on a journey through a child's digital habits, exploring the type of online world they are experiencing now, what risks they might be exposed to, and looks at what you can do to

[Annual Award in Online Safety for Parents and Carers of Children aged 11-14](#)

[Annual Award in Online Safety for Parents and Carers of Children aged 14-18](#)

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

WIZZ

AGE RESTRICTION
12+

12+ App Store
Teen Google Playstore

WHAT ARE THE RISKS?

Wizz is a networking app which allows users to connect and chat with other people around the world. Its principle is similar to a dating platform: users have a profile with up to three photos, along with optional interests and hobbies tags. This allows other like-minded people to be recommended in searches. If a user likes what they see on someone's profile, they can initiate conversation through the instant message feature; otherwise they swipe on. The app does use age verification technology when an account is created and groups users by age.

OVER-SHARING

Immediately after setting up an account, users start receiving friend requests (mainly from the opposite gender). For many young people, this will be exciting and a boost to their confidence. As young people tend to be more trusting online and may believe what others tell them, however, this can lull them into dropping their guard and revealing personal information to strangers.

CATFISHING AND PREDATORS

Wizz uses Yoti, a digital ID system, to verify users' age. The AI only detects approximate age, though – so an older person who looks younger could be grouped with teens (or vice versa). Also, profile pics on Wizz don't have to match the face of the person who did the initial age verification: it would be fairly easy to create a fake account using another person's photos with a made-up name and age.

EXPLICIT CONTENT

During our research, conversations on Wizz very quickly turned sexual. Users frequently suggested 'taking it to Snapchat' (Snapchat's disappearing image feature can make it conducive to sharing explicit selfies), connecting on other social media, swapping nude or semi-nude pictures, or holding sexual chats. These users created an impression of the platform being sleazy and unsafe for young people.

INTIMATE IMAGES

It's not unheard of for young people to be coaxed into sending suggestive images of themselves over apps of this kind. Given that Wizz connects users with strangers, who may not be honest about their real intentions, a teenager might conceivably be persuaded to share sexually suggestive selfies by someone who they believed they had a trusting relationship with.

NO PARENTAL CONTROLS

The app claims to provide a secure and inclusive environment, but our researcher couldn't find any parental controls or safety features in evidence. If you report another user for inappropriate behaviour, you are offered the option to block them – but there's no indication as to whether the block has actually been successful, and there was no follow-up contact from the developers.

SECRETS AND SUBSCRIPTIONS

Wizz sent our researcher occasional 'mystery' friend requests from a blurred-out profile. To discover the sender's identity, users can either watch a video (usually an ad for a game or app) or take out a monthly subscription. Cynics might suggest this could be a way to exploit young people's curiosity into making them pay for the app, and that the 'secret admirers' are bots rather than real people.

Advice for Parents & Carers

TALK IT OUT

If your child has downloaded Wizz, talk to them about why they like it and who've chatted with. Have they shared any personal details with this person or connected with them on other social media platforms? Refresh your child's memory of the various risks that can arise from engaging with strangers online and get them to consider using a similar app with more robust safety features.

BE SUPPORTIVE

When connecting with strangers on apps like Wizz, seemingly innocent chats can quickly progress to become sexually explicit and lead to nudes being sent. Make sure your child knows to come to you if they're uncomfortable about anything they've been sent or been asked to send. If they've already shared something that they now regret, reassure them that you'll support them no matter what.

EMPHASISE CAUTION

Young people are far more inclined to see the good in others; they often overlook the fact that scammers set up fake accounts on apps like this with the intention of getting money or personal data. Remind them that not everyone online is who they claim to be, how easy it is for someone to create a bogus profile, and why it's vital to think twice about sharing anything on networking apps.

KEEP THINGS TRANSPARENT

It might feel awkward, but regular chats about your child's online life can be beneficial. If they seem suddenly anxious or secretive around their phone or tablet, they may have something they need to get off their chest. You could also consider not allowing digital devices in their bedroom, especially overnight – that's when a lot of the riskier conversations on apps like Wizz tend to take place.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety

#WakeUpWednesday

Source: https://play.google.com/store/apps/details?id=info.wizzapp&hl=en_GB&gl=US | <https://www.met.police.uk/advice-and-information/sexual-offences/sex-tortion/>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 26.04.2023

Somewhere Over The Rainbow: A Concert for Charlie - Tickets now on sale!



The poster has a light blue background with a large rainbow arching across the top. At the top left is the 'Team Charlie' logo (a heart with a cross) and the 'Reading Phoenix Choir' logo (a stylized 'R' with a phoenix). The title 'Somewhere Over the Rainbow: A Concert for Charlie' is written in a cursive font across the rainbow. Below the title, it says 'Reading Phoenix Choir featuring The Hill Primary School and Highdown School.' Further down, it states 'Raising money for Team Charlie in memory of Charlie Ilsley, providing gifts to children with brain tumours across Berkshire and Oxfordshire.' The event details are: 'Sat 24th June 2023 7:00PM', 'Highdown School and Sixth Form Centre, Emmer Green', 'U16s £5 / Adults £10', and 'Family concessions available'. A website link 'www.teamcharlie.org.uk/events' and the text 'Get your tickets here' are provided, along with a QR code. A photo of a young boy, Charlie, wearing a striped beanie and a dark jacket, is shown in the bottom right corner of the poster.

Team Charlie

READING PHOENIX CHOIR

*Somewhere Over the Rainbow:
A Concert for Charlie*

Reading Phoenix Choir featuring The Hill Primary School and Highdown School.

Raising money for Team Charlie in memory of Charlie Ilsley, providing gifts to children with brain tumours across Berkshire and Oxfordshire.

Sat 24th June 2023 7:00PM
Highdown School and Sixth Form Centre, Emmer Green
U16s £5 / Adults £10
Family concessions available

www.teamcharlie.org.uk/events
Get your tickets here



Get your tickets now for this family-friendly concert starting at 7pm on 24 June, at Highdown School. Reading Phoenix Choir is an excellent Berkshire choir which sings a wide range of music, and they will be joined by pupils from the Hill Primary School and Highdown, Charlie's two schools, for a really special evening.

As many parents and students will know, Charlie Ilsley was a pupil at Highdown until he tragically died of a brain tumour in December 2020 at the age of 13. His family has recently set up a new charity, Team Charlie, set up in his memory. The charity is raising money for children in Berkshire and Oxfordshire who have brain tumours, giving grants for respite, providing gifts or treats, and making memories or a last wish come true.

As Charlie died in the midst of lockdowns and Covid it was difficult for the community to come together in his memory. This concert is an opportunity to do this as well as raise money for this amazing charity and support Charlie's family.

It will be a really special event, remembering Charlie's life through music. We would love to have lots of students, parents and members of the community there for an uplifting evening of great music, raising money for an even greater cause.

Below is a link to Charlie's Story from Stand Up To Cancer, last shown on Channel 4 on Easter Sunday.

<https://www.youtube.com/watch?v=8hZDwzaKi0M>

See you there - book your tickets now!

PERFORMING ARTS LEVEL 3 Showcase

**Annika
Ryan**

**Beau
Brown**

**Ella
Boswell**

**Ciara
Patrick**

19 MAY 2023

DONATIONS WELCOME

pahawkins@highdown.reading.sch.uk

**7PM
DR2**

Join Us

We currently have the following support staff vacancies. Please follow the link [here](#) to the school website to find out more information.



1560 on roll
11-18 mixed comprehensive
Headteacher: Ms Rachel Cave, BSc, NPQH

HIGHDOWN SCHOOL AND SIXTH FORM CENTRE

EXAMINATIONS INVIGILATOR

- £10.79 per hour
- Flexible hours

We are looking to expand our team of Invigilators to support the running of external and internal examinations at Highdown.

You should enjoy working as part of a team and an interest in working in a school environment is essential. This will ideally suit responsible, punctual, calm, organised and approachable individuals.

Full training will be provided.

For details and an application form visit our website: www.highdown.reading.sch.uk. Please return your completed application form to Miss Nicci Burns, Headteacher's PA, in the post or by email on hnb@highdown.reading.sch.uk

Highdown School is committed to safeguarding and promoting the welfare of young people and expects all staff to share this commitment. We are also trained in safer recruitment and the successful applicant will be subject to an enhanced DBS check and a 'Prohibition from Teaching' check.



1560 on roll
11-18 mixed comprehensive
Headteacher: Ms Rachel Cave, BSc, NPQH

HIGHDOWN SCHOOL AND SIXTH FORM CENTRE

ADMINISTRATIVE ASSISTANT

30 hours a week, 9.00am – 3.30pm
Term time, plus 5 x staff training days and two weeks in the school holidays.
(NJC P5-6) Actual Salary: £15,701 - £15,918pa.

Highdown is looking to appoint a hardworking, enthusiastic, flexible and cheerful Administrative Assistant to join our friendly school office team. The successful applicant will have a positive and professional approach, be able to use their initiative and have excellent interpersonal and communication skills.

The role involves taking responsibility for the effective organisation of the school office, dealing with parental, staff, governor and student enquiries, providing a high level of customer care and general administration and reception duties.

Experience in school office procedures would be an advantage together with a good knowledge of Microsoft Office and confident in the use of other operating systems.

Closing date: 9am, Tuesday 2nd May 2023

For details and an application form visit our website: www.highdown.reading.sch.uk. Please return your completed application form to Miss Nicci Burns, Headteacher's PA, by email on hnb@highdown.reading.sch.uk

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1560 on roll
11-18 mixed comprehensive
Headteacher: Ms Rachel Cave, BSc, NPQH

HIGHDOWN SCHOOL AND SIXTH FORM CENTRE

COVER SUPERVISOR

Salary: £17,622 - £18,618pa (NJC P14-P17).

30 hours per week, Term time plus 5 staff training days. Part time position considered.

Highdown School and Sixth Form Centre is a very popular, oversubscribed and successful school set in 32 acres of parkland in Caversham to the north of Reading.

We are seeking to appoint a Cover Supervisor to cover lessons for absent teaching staff. Applicants should be confident, supportive and possess good interpersonal and communication skills.

We are keen to appoint a proactive and passionate individual with a strong classroom presence with excellent classroom and behaviour management skills. The ideal candidate will have experience of working in a similar environment.

You will be linked with a curriculum area and will undertake administrative tasks when you are not required for cover.

Why Highdown School?

- We are committed to staff professional learning and leadership development for all staff, at all levels
- We are conveniently located for quick and easy access to London, the rest of Berkshire and Oxfordshire
- Staff have subsidised access to Highdown Sport and Leisure facilities
- Staff have free access to Westfield Health advice and support service

Closing date: Applications considered on receipt.

For details and an application form visit our website: www.highdown.reading.sch.uk. Please return your completed application form to Miss Nicci Burns, Headteacher's PA, by email on hnb@highdown.reading.sch.uk

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1650 on roll
11-18 mixed comprehensive
Headteacher: Ms Rachel Cave, BSc, NPQH

HIGHDOWN SCHOOL AND SIXTH FORM CENTRE

LEARNING SUPPORT ASSISTANT

Full time, term time only plus 2 staff training days (NJC P3-4) Actual Salary: £14,968pa.

8.30am to 3.15pm.

We require enthusiastic and committed candidates, who have experience working with children, to join our hardworking and successful team. You will need a high level of interpersonal skills, be well motivated and enthusiastic about working alongside young people. You will also have an excellent standard of literacy and numeracy.

Funding is available for further training to obtain Qualified Teacher Status.

Closing date: Applications considered on receipt

For details and an application form visit our website: www.highdown.reading.sch.uk. Please return your completed application form to Miss Nicci Burns, Headteacher's PA, by email on hnb@highdown.reading.sch.uk

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1560 on roll
11-18 mixed comprehensive
Headteacher: Ms Rachel Cave, BSc, NPQH

HIGHDOWN SCHOOL AND SIXTH FORM CENTRE

CLEANER/HOUSEKEEPING TEAM

- £10.79 per hour.
- 15 hours per week. Monday to Friday 3pm to 6pm. Morning shifts also available.

Come and join our Housekeeping team. Duties include; cleaning classrooms and offices, toilets, emptying bins, vacuuming, mopping floors helping to create a safe and welcoming environment to promote learning for our students

The successful candidate will be conscientious and reliable with a friendly and pro-active attitude. Experience is desirable, but training will be provided.

Applications considered on receipt.

For details and an application form visit our website: www.highdown.reading.sch.uk. Please return your completed application form to Miss Nicci Burns, Headteacher's PA, by email on hnb@highdown.reading.sch.uk

Highdown School is committed to safeguarding and promoting the welfare of young people and expects all staff to share this commitment. We are also trained in safer recruitment and the successful applicant will be subject to an enhanced DBS check and a 'Prohibition from Teaching' check.

Extra Curricular Clubs

Year 7 and 8 Science Club

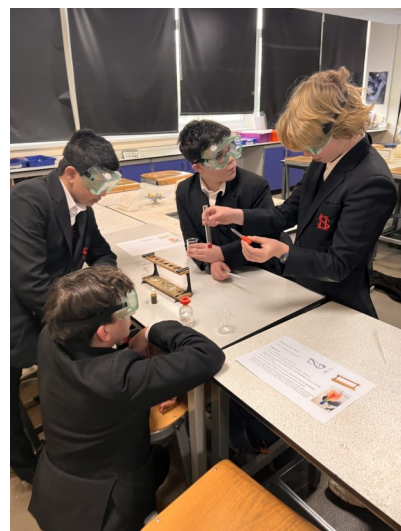
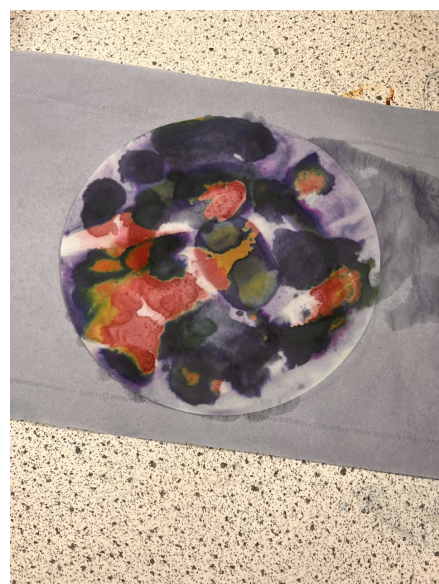
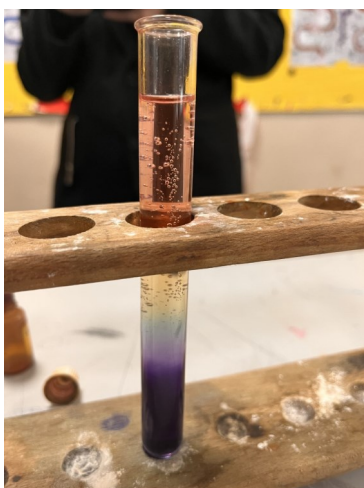
Science Club was bursting with colour this week as students from Years 7 and 8 explored acids and alkalis and liquid density! The students showed determination through trial and error, using skilful scientific techniques to make spectacularly effervescent rainbow fizzies and neutralisation circles.

Join us after school next Wednesday, 3.15-4.15pm, for some physics-themed fun in S1! To sign up, head to this link:

<https://forms.office.com/e/inexRmcumz> or scan the QR code.

Miss Gunn and Mr Gillespie

Science Club - Wednesdays (Term 5: April-May)



Year 8

Biology

As part of the current Year 8 Biology topic on Genes, 8G has been learning about preserving biodiversity through genetics, captive breeding and conservation. Having previously worked in wildlife conservation, Miss Gunn was able to arrange a live classroom link-up to Blue Iguana Conservation, a programme managed by the National Trust for the Cayman Islands, where she worked as a Field Research and Education Officer for several years before moving into teaching.

Iguana warden, Mr Dillen Douglas, gave the class a tour of the conservation breeding facility that currently houses over 250 blue iguanas, an endangered species that are only found on the island of Grand Cayman. In 2002, there were only 10-25 individuals living in the wild and major efforts have been undertaken to increase this number to currently around 1100.

The students were highly engaged and had some great questions for the team throughout the tour. Miss Gunn plans to do more live link ups to other conservation programmes she has been involved in across the world, to help Highdown students link their classroom learning with conservation in action and inspire them to get involved in making a difference.



Check out the programme @blueiguanaconservation and download the E-guana app for more information!

Year 11

Springboard to Success Challenge

We have continued our Springboard to Success challenge in Term 5, focusing on attendance, praise points and revision session attendance.

Since the start of term, Year 11 students have been awarded 2,099 praise points and attended a total of 122 revision sessions. We also have 144 students who have achieved 100% attendance since our return.

We would like to congratulate the following students:

- Holly Long and Cian Murray for attending the most revisions sessions last week.
- Savannah Bacon for receiving the most praise points last week.
- Anna Bailey for winning the 100% attendance raffle.

Well done to everyone in Year 11 for their continued commitment to learning this term! We know how hard they have been working for their GCSEs.

Year 11 Pastoral Team

Highdown vs Little Heath Match Report

It was a thrilling match between Highdown and Little Heath in the football tournament. Both teams played with great passion and skill, but Highdown were dominant. Highdown were 1-0 up within 15 minutes by a great header from Lucas.

At the start of the second half, Highdown was still in control although Little Heath came out strong chasing the game, but Highdown's passion and desire held, maintaining the lead until the last minute of the game when a penalty was given against Highdown and Little Heath scored to take it to penalties.

The penalty shootout was tense and exciting, with both teams taking their shots confidently. However, as the shootout went on, the tension began to mount.

In the end, it all came down to the final penalty. Alex had to score to win. The score was tied at 8-8, and the next penalty would decide the game. The player stepped up to the spot, took a deep breath, and struck the ball with all his might. The ball flew past the goalkeeper and into the back of the net, and the Highdown team rushed over to Alex to bundle him.

Highdown had done it! They had won the match in a dramatic shootout. It was a well-deserved victory, and the players celebrated with joy and relief. The match will be remembered for years to come and a reminder of the thrill and excitement of football!

Aghi and Jay

Year 11



Reading Youth Council – Annual Conference

On Monday, a delegation of Highdown's student leaders, along with Mr Clawson, attended a conference at St. Joseph's College to learn more about the work of Reading Youth Council. It was an eye-opening experience where we learnt how to make an active difference in our community by leading campaigns, as well as how to take on a leadership role within the council.

The event started with an address from our Mayor, Cllr Rachel Eden. The conference was enjoyable and included many events, including journalling, where we made scrapbooks that represent us. This was followed by a speech from the Vice Chair of the Reading-Dusseldorf Association in which we learnt about the many exchange programs they have offered in the past and how to get involved.

The afternoon was just as eventful, where we formed different political parties and ran in mock elections. The final activity of the day was to take part in debates on many relevant topics like our stance on lowering the voting age to 16 and censorship in the media.

The day was wrapped up by another mention of how to become a Reading Youth Council member, including an address from Reading's MYP (Member of Youth Parliament), an opportunity I will definitely take up!

Advit

Junior Chair
Rosehill House



Stars of the Week

7C Mia Evans
7D Elsa Ferguson
7E Brody Inskip
7F Millie Waterman
7G Ava Smith
7H Natalie Littlewood
7J Theo Collins
7K Oscar McCarthy
7L Etta Bamber

8C Amba Walsh
8D Mia Gallagher
8E Aisha Brown
8F Mazin Shokry
8G Brooke Dimmock
8H Asha Chowdhury
8J Ralphy McKenna
8K Aaditya Dasari
8L James Mee

9C Jasrah Msalali
9D Aisha Alizada
9E Noah Hinchmore
9F Gabe Bell
9G Harley Bell
9H Imogen Rosewell
9J Thomas Grenz
9K Karma Gurung
9L Gracie Paudel

10C Hannah Naylor
10D Nicola Nadworna-Jada
10E Lily Mayo
10F Rose Weakley
10G Olivia Yearwood
10H Jack Hogarth
10J Omar Altounji
10K Petra Bartusz
10L Farzan Moin
10M Caleb Fox

11C Jake Wilde
11D Gemma Lewis
11E Alice Harvey
11F Sophie Cleave
11G Max Prins-Mills
11H Poppy Masri
11J George Boulton
11K Leo Nanayakkara
11L Giulia Bellofatto

Get into a Series ready for the Summer

There is a series for everyone – come
to the Hive and find yours!



The Hive is open:

Breaks and Lunchtimes Monday - Friday

PTA News

Welcome back for the new term! The PTA would like to thank all the staff, parents and 6th form students who assisted with the quiz before end of term. It was a wonderful night, thanks to your support, we raised £2295.99 for the school!

The PTA are appealing to all parents for your participation in the PTA. Our core trustee group is losing 2 members in July and our Chairperson cannot serve another year. We therefore must replace our Treasurer and Secretary next year and appoint a new Chair.

The time demands are not as much as you would think. We only hold 4 events a year, a meeting for the planning of each event; 3 fund reviews, around 45 minutes each, and the AGM. It is a great team, and it's lovely to get to know the staff and parents in our school. **If we do not have sufficient uptake, we will have to dissolve the PTA and we will not be able to fund projects for the school.**

Please email highdown_pta@outlook.com if you would be interested in joining us!

Free Revision Masterclass!

Have you got your A-level and GCSE exams on the horizon?

Come to our online Revision Masterclass with Liverpool John Moores University and:

- Create a personalised revision timetable
- Learn the most effective revision techniques
- Enhance your study skills.

On: 10 May 2023 at 6.30 - 7.30pm

For: Students and parents of those in Years 10 to 13

Register here: [Microsoft Virtual Events Powered by Teams](#)

Berkshire Healthcare's Psychological Therapies careers information event

It's only 2 weeks to go until bookings close for Berkshire Healthcare NHS Foundation Trust's next 'Meet a Psychological Therapist' virtual event. This **free information event**, taking place on **Wednesday 24 May from 10:00am – 12:00noon**, will explore the different career pathways within the NHS and the field of Psychological Therapies, discuss the roles and qualifications required, and allow you to meet with a professional currently working within the field.

You will be able to choose up to three professions to meet with: one in each time slot (10:00 - 10:30, 10:45 - 11:15, and 11:30 - 12:00). **Please only book one talk per time slot.**

Booking:

Before attending the event, please ensure you have viewed our leaflets, presentations and videos [here](#)

- Choose 3 professions you would like to hear more about
- Book on to the event [here](#) and choose the 3 professions you would like to hear more about, selecting the timeslots that suit you

Bookings close on Wednesday 10 May.

Surgery Live - Operating Theatre Surgical Work Experience



In this exciting full-day course, students will gain insight into the world of Surgery and learn what it's like to be a surgeon. The online interactive course combines real-life surgical cases with real-time surgical theatre simulations and guest doctors from varied specialities to share an insight into their lives. And lastly, the most popular session with students is the live suturing demonstration. Students will be sent a full medical suturing kit through the post to learn to suture under the guidance of practising NHS surgeons.

The next SurgeryLive virtual course will be held on **Saturday, 24 June 2023**. We have received excellent feedback from previous courses and are thrilled to be able to offer this opportunity to more students. The cost of the full-day course, including a full medical suture kit, access to recordings and course certificate, is £87.

More information and enrolment can be found on our website at:

www.doctorslive.co.uk/surgerylive

Please note, places are usually oversubscribed and are offered on a first come, first served basis.

Community

The header for the 'A dose of Health & Wellbeing' newsletter. It has a blue background with white text. On the right, there is the NHS logo and the text 'Berkshire Healthcare Children, Young People and Families services'. Below the main title, it says 'Your bitesize guide to a healthier lifestyle from the school nursing team for parents of secondary school students' and 'April 2023'.

Hello and welcome

This newsletter aims to provide you with some useful information, hints and tips from the School Nursing team for keeping your child healthy.



In this issue

- Exams
- Getting your child to be active
- Avoiding ticks
- Eating disorders
- Hayfever
- Epilepsy
- Adrenalin pens
- Immunisations
- Low mood/depression
- Sleep
- Leaving school after exams
- How to contact a school nurse

Please see our website to read the latest parent newsletter from Berkshire Healthcare in full or click on the following link:

<https://www.highdown.reading.sch.uk/parents/medical>

Come join the next weekly social group!

EVERY WEEK EITHER:
MONDAY (5:00-7:00PM - IN-PERSON) OR
TUESDAY (6:00-7:00PM - ONLINE)

MEET OTHER
LGBTQ+ PEOPLE!

WHATEVER YOU WANT
TO BRING, WE'LL
SUPPORT!

Ages 13-19

LGBT+ SUPPORT U

YOUTH GROUP

PLAY GAMES,
CHAT, SOCIALISE

GET A FREE SOFT
DRINK ON US!

NEURODIVERSE
FRIENDLY

SIGN UP NOW!
WWW.SUPPORTU.ORG.UK/CONTACT-US
OR CALL:
0118 321 9111

(ALL IN-PERSON SESSIONS
ARE HOSTED IN READING)

Support U
diversity matters

The charity organisation, Support U, aims to provide a safe and inclusive space for young people who identify as LGBTQQIAA+ to connect, socialise, and receive support from peers and mentors. We believe that having a supportive community can make a huge difference in the lives of LGBTQQIAA+ youth, especially during a time when they may be experiencing confusion or discrimination.



Kingfisher Table Tennis Academy FREE Open Day

Come & Join
the fun on:

Sat 13 May 2023
Sun 14 May 2023

9:00am - 4:00pm

Waingels College | Waingels
Road | Reading | RG5 4RF



All children ages 12-16 welcome



Book your 1 hour slot
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Table Tennis is an excellent activity for children to develop hand-eye coordination, improve fitness, and have fun. We invite you to come and experience table tennis with your child. Our experienced coaches will be available to answer any questions, and your child can play some table tennis. We hope your child enjoys it and wants to come back for more!

We are offering a **FREE** table tennis bat worth £30 if you sign up to our programme prior to the open day.
Can't make it, you can join one of our taster sessions.



Contact **Raj Patel** on Tel: 07879 150 339 or
Email: coaching@kingfishertabletennisacademy.com
Web: www.kingfishertabletennisacademy.com

Progress Youth Theatre Summer Workshops

August 2023 sees the return of our Youth Theatre Summer Workshops led by our highly experienced Progress Youth Theatre facilitators and LAMDA tutors.

Full details are available on the website: <https://progresstheatre.co.uk/2023-youth-workshops>

Please complete the Google Form to confirm your interest: <https://forms.gle/75vnNHR6JpRHbXCW8>

THEATRE SKILLS

£40
(£35)

- One-day workshop.
- 10am - 3pm.
- Monday 14th August and Monday 21st August.
- For students aged approx. 7 - 10 years.
- At the end of the day family will be able to come and see what the participants have been working on.
- Participants are welcome to sign up for both one-day workshops.

These creative and engaging sessions have been specially designed for young actors in school years 3, 4, and 5. We will encourage imaginative storytelling, learn about creating characters, and explore improvisation. Through fun games and acting exercises, we aim to develop theatre skills and build confidence. Young participants can enjoy exploring their creativity in a welcoming and friendly environment, and will be encouraged to share their work with friends and family members at the end of the day.

Approximate Timings

Rough daily structure :

- o 10 - 11am - intro, warm up and ensemble game
- o 11 - 11:10 - break
- o 11:10 - 12 - storytelling
- o 12 - 12:30 - character building
- o 12:30 - 1 - lunch
- o 1 - 2 - improvisation
- o 2 - 3 - open workshop for parents to watch; with games, improv exercises and option to perform a story solo

AUDITION MASTERCLASS

£120
(£105)

- Three-day workshop.
- 10am - 4pm.
- Wednesday 16th - Friday 18th August 2023.
- For students aged approx. 14 - 18 years.
- Students will work on monologue and audition skills presenting their work on Friday evening.
- All participants will need to prepare a monologue to be performed on the first day.

Auditions can be a daunting experience, that's why at PYT, we are offering a three-day masterclass to build confidence, advance theatrical skill, and aid your audition preparation. Participants will prepare a contemporary monologue in advance of the workshop and over the course of the three days, we will develop the presentation of this and begin work on an additional monologue suggested by the tutor. Mock-audition workshops will involve improvisation exercises and group devising tasks which will provide the opportunity to explore creativity. In a friendly and supportive environment, participants with any level of experience can enjoy developing their acting skills, preparing for auditions, and making friends! This valuable experience will culminate in an informal sharing for family and friends on Friday evening.

Approximate Timings

- Wednesday + Thursday 10am - 4pm
 - Friday 12pm - 8pm (Sharing to Friends and Family at 7pm)
- Rough daily structure:
- o 10 - 11am - vocal and physical warm up and group exercise
 - o 11 - 11:10 - break
 - o 11:10 - 12pm - talk and exercises about focus for that day i.e. breath, subtext
 - o 12 - 12:45 - lunch
 - o 12:45 - 2:30 - individual rehearsals plus a 1:1 with Kate
 - o 2:30 - 2:45 - break
 - o 2.45 - 3.30 - Mock-audition workshop
 - o 3.30 - 4 - Discussion/debrief and game.

A PLAY IN A WEEK

£150
(£135)

- Five-day workshop.
- 10am - 4pm.
- Monday 7th - Friday 11th August 2023.
- For students aged approx 10 - 16 years.
- Across the week, students will workshop and learn a play to perform on the Friday Evening for friends and family.

Young theatre makers: we have an exciting opportunity for you! Young people from school years 6 - 11 will have the chance to work together to stage a production in five days! Through games, acting exercises, and a dynamic rehearsal process, we will develop theatre skills and build confidence in performing. Creativity and kindness go hand in hand at Progress Youth Theatre, and we encourage young people with any level of experience who would like to learn, create and perform in a friendly and supportive atmosphere, to get involved! Friends and family are invited to come along to see the culmination of the participants' work on Friday evening.

Approximate Timings

- Rough daily structure :
 - o 10 - 11am - warm up and ensemble building
 - o 11 - 11:10 - break
 - o 11:10 - 12:30 - rehearsal
 - o 12:30 - 1 - lunch
 - o 1 - 2:30 - rehearsal
 - o 2:30 - 3 - game
- On Friday, the participant will need to be collected at 3 and returned to the theatre at 5pm for warm-up. The foyer will be open for family to wait during final rehearsals. Refreshments will be available. The performance will begin at 6pm.