



ASPIRATION



RESPECT



EXCELLENCE

w/c 15 May 2023 Week A

**PERFORMING
ARTS
LEVEL 3
Showcase**

Annika Ryan Beau Brown Ella Boswell Ciara Patrick

19 MAY 2023

DONATIONS WELCOME 7PM

pahawkins@highdown.reading.sch.uk DR2

HOUSE POINTS

Caversham	125589
Grove	122861
Mapledurham	124053
Rosehill	122670

CALENDAR OF EVENTS

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

Term 5

Mon 15 May:	Y12 Textiles PPE (3 days)
	Y11 Public Exams Start
Thurs 18 May:	KS3 Music Concert (7pm)
Fri 19 May:	Y9 & 10 Athletics Event
	Y13 Leavers' Garden Party (2pm)
	Y13 Performing Arts Showcase (7pm)



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

TELEGRAM

AGE RESTRICTION
17+

WHAT ARE THE RISKS?

LACK OF AGE RESTRICTION

Telegram has a 16+ age restriction on using the service, while someone is required to be over 17 to actually download the app. Once that's accomplished, however, there's no need to provide further identification. That means there's no guarantee that under 17s aren't using the app – and no way to confidently verify that any other user actually is who they say they are.

POSSIBLE CYBERBULLYING

If your child uses Telegram, they could well be in a group with friends and peers on the app. These groups are managed by admins who can remove the option to post replies – possibly leading to instances of cyberbullying in which the victim has no ability to respond. Messages can be forwarded from groups, too, which potentially opens up images and text being seen by people they weren't intended for.

UNMODERATED CONTENT

Because Telegram relies on users' self-moderation, it can sporadically become a hotbed for illegal or inappropriate content. In the past, the circulation of this material has led to its temporary removal from the App Store. In fairness, the same can be said of several messaging platforms, but Telegram's features (Secret Chats, for instance) certainly present more issues than the likes of WhatsApp.

17+

PREMIUM COSTS

Telegram is free to use, but it also offers a premium membership (£4.99 per month or £35.99 a year) which increases download speeds, adds translation features, and increases channel and account limits. If your child has access to your Apple ID or Google Pay details, they may be able to sign up for the premium package without your knowledge.

UNAUTHORISED ACCESS

One of Telegram's major selling points is that it's accessible across multiple platforms. Once the app's been downloaded, users can log in from a phone, tablet or computer. This multi-device availability means increased opportunities for someone else to gain unauthorised access (if your child leaves a computer or tablet at school logged into their Telegram account, for instance).

SECRET CHATS

Telegram offers a feature called Secret Chats, which allows for messages which self-delete after a specified period of time. There are instances where this can be useful (journalists often use Telegram to protect their sources, for example), but for young people it can make it extremely difficult to prove that someone has been abusive or inappropriate towards them on the app.

Advice for Parents & Carers

PRVACY CONTROLS

If your child wants to use Telegram, we'd strongly suggest using the app's built-in privacy settings to restrict who can see when they were last online, their profile photo, and their phone number. This can be set to 'everybody', 'my contacts' or 'nobody'; we'd recommend either the second or third options, depending on how locked down you want the platform to be.

DISCUSS SECURITY

It's important that your child understands the merits of strong passwords and logging out of devices when they're finished – and the benefits of protecting their personal data in general. This could range from relaxed chats and simple tips like 'don't send your bank details' to how to set up passcodes for Telegram so your child's chats stay secure when they step away from their screen.

REPORT UNSAFE CONTENT

If your child receives private messages which include content that could be considered illegal, unsafe or upsetting, they can of course block the account responsible within the app itself. Be aware, however, that Telegram won't necessarily take any further action if unless this offensive content involved a user-created channel, bot or sticker.

USE THE BLOCK FUNCTION

Users can block spam, abusive, or imposter accounts within the app. Blocking stops that account from messaging your child, or viewing their profile and activity. If the user in question is one of your child's peers or friendship circle, it may be worth bringing it to the attention of their school. Also bear in mind that your child can also voluntarily leave a Telegram group at any point if they wish.

PROTECT PAYMENT METHODS

Apple and Google's storefronts offer family sharing options, but it's also worth double-checking your settings to ensure that a password or two-factor authentication option is set up to prevent any unexpected purchases. If your child does pay for a premium Telegram subscription without your consent, Apple and Google have been known to issue refunds in some cases.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including ION and Techradar.



Source: <https://www.telegram.org/> | <https://www.engadget.com/telegram-explained-2022-163035068.html>



@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: 10.05.2023



No5

Vote for No5 Young People so we can support 300 more young people



You'll be helping us support 300 more young people over the next 12 months, through:

- 1:1 counselling
- Group support
- Creative expressive outreach work



Vote now

No5 Young People have been nominated as one of the contenders for the National Lottery's "People's Project" and will be featured on ITV. From Monday, 15 May 2023 for two weeks, there will be a public vote that could mean they will be awarded up to £70,000 in funding if they are the winner for this ITV region. This is a game changing amount of money and could support up to 300 young people with counselling.

Voting starts on Monday, 15 May!

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>

A dose of Health & Wellbeing

NHS
Berkshire Healthcare
Children, Young People and
Families services

Your bitesize guide to a healthier lifestyle from the school nursing team for parents of secondary school students

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

Student Review: School Trip to Harmonielehre

Voke Orife's experience of the Half Six Fix school trip to London to listen to Harmonielehre by John Adams

Firstly, the experience was amazing and very well organised which leads me onto thanking all the teachers that accompanied us, we are all very grateful. Also, I must thank all of the previous A level Music students who raised the money to finance our trip.

The performance itself was breath taking and extremely informative. The conductor showed us his favourite parts of the 3 movements and explained them in detail. For example, there was a section where the double basses really drove the piece with an interesting, yet simple rhythm. He also gave us some useful context like what the inspiration behind the piece was (which was one of John Adams' dreams, about a tank in water and it slowly rising above it, I believe). The uncut version of the piece was an incredible experience, every section played to perfection and all of it together was fabulous.

In short, the trip to the Barbican was great and we all would love to be able to do a trip like that again in the future.





Good luck & best wishes to Year 11 who start their written examinations on Monday.

It has been an incredible 5 years working with all the Year 11 students. Supporting them on their academic journey from the first day in school on 4 September 2018, all the way through to the present day. I am proud of every student. It hasn't always been a smooth ride, but they have always been amazing and given it their best shot. Thank you for all your hard work and determination over the years. Best Wishes & Good Luck

Mrs Bonnett & the Year 11 pastoral team



GCSEPod: GCSE Learning and Revision Resource

A reminder that Year 11 students have access to GCSEPod for almost all subjects to help them revise. These are bite-sized videos for a wide range of aspects for each course. They can be viewed or just listened to.

If students need help accessing their account, please email Mr Grantham via:

office@highdown.reading.sch.uk

Highdown Literary Festival

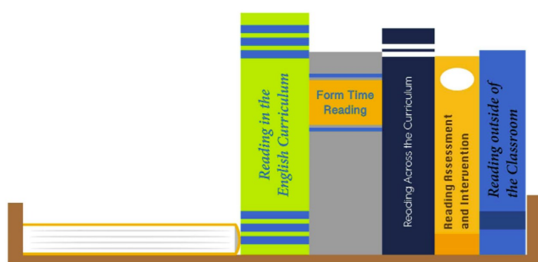
We are absolutely delighted to announce that our annual **Highdown Literary Festival** will be held on Monday 17 July.

We are planning already and are very excited about having two authors visiting this year - they are Iszi Lawrence and Dean Atta! We can't wait to hear them talk about their writing with our fantastic students.



HIGHDOWN SCHOOL
AND SIXTH FORM CENTRE

Highdown School's Reading Strategy *The Five Strands of 'Read and Succeed'*



Reading Excellence Across the School

It is also a fitting time to highlight the ways we are promoting reading at Highdown, as you may have noticed our continual drive for reading excellence!

If you would like to know more about our reading strategy and our five strands of 'Read and Succeed', learn how to help support your child reading at home, or you would like to read a book together with your child, please see our website here for ideas and suggestions: <https://www.highdown.reading.sch.uk/literacy>

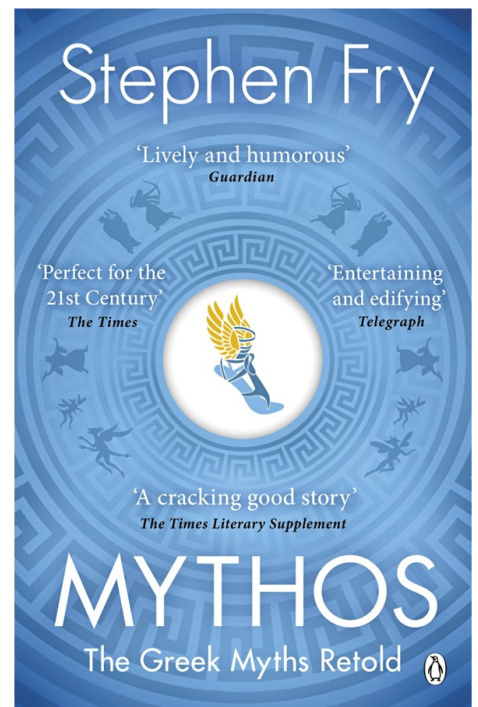
Book of the Week!

Subject: **English**

Summary:


Mythos by Stephen Fry is a humorous retelling of the Greek myths—if that seems possible given all the atrocities constantly being committed by the the gods, goddesses, and titans.

Age Rating: PG



Literacy and Numeracy Challenge

How many words can you make using 5 or more letters in this grid? Use any letters in any order, but only once in a word.



S	T	E
R	A	L
O	N	B

Find the Missing Number

44	14	48
12	51	30
56	??	78

Stars of the Week

7C Milo Jones
7D Chris Callander
7E Jude Boardley
7F Brandon Clark
7G Megan Brooks
7H Finn Hemmant
7J Beau Perry
7K James Taylor
7L Flora Eaton

8C Georgie Barnbrook
8D Hazel Ho
8E Dylan Griffin
8F Greti Gal-Stefan
8G Tanaya Coultress
8H William Fuller
8J Rafael Andrade
8K Shaun Sunny
8L Jannath Khan

9C Sean Curtayne
9D Fraser Harrison
9E Belle Lundberg
9F Oscar Squires
9G Luke Vickery
9H Tsz Kiu Chan
9J Tia Strudley -Smith
9K Liliana Orywal-Sykes
9L Nicholas McEvoy

10C Jazmine Cole
10D Emmi Tong
10E Evan Smith
10F Rose Weakley
10G Muayad Mohamed
10H Fleur Smith
10J Maisie Hackett
10K Amarni McDonald
10L Joshua Ford
10M Alfie Gill

Y11 Stars

Star of the term

11C Max Hooper / Sasha Monovskaya

11D Matei Corbu

11E All of them!

11F Mwango Mubanga

11G Max Hartin

11H Benedek Nagy

11J All of them!

11K Dipa Ahmed

11L Toby King

Kindness Award

11C Rohan Janjuha / Charley Launchbury

11D Celian Karki

11E Miriam White

11F Sophie Cleave

11G Jessica Nothnagel

11H Natalie Benham

11J Olivia Hussey

11K Evan Harte

11L Elizabeth Lam

Most Improved

11C Joshua Wise / Savannah Bacon

11D Zsombor Lovaszi

11E Ollie Collins

11F Tommy West

11G Holly Long

11H Poppy Masri

11J Mark Ngailo

11K Jessica Mullally

11L Renee Robinson



EUROVISION CONTEST IN THE HIVE

**WHICH ONE GETS YOUR VOTE AND
WHICH WILL GET NUL POINTS?**

Come and see the Eurovision display in the Hive. Books have been linked with some of the countries taking part in the contest and a video of their Eurovision song is available via a QR code on the bookmark.

Australia:



Italy:



Germany:



Poland:



Iceland:



Spain:



Ireland:



Sweden:



United Kingdom:



Work Experience Opportunity with KPMG—Global Professional Service Firm

For: Year 10 students and above

When: Tuesday 30 May 2023 from 10am-4pm

Where: Online via Zoom

The day will include employability skills workshops, such as how to communicate your message and build your personal brand; Q&A sessions with the KPMG colleagues and also work-style challenges. Participants will receive a certificate of completion too.

This work experience day is a fantastic opportunity for you to gain valuable insights into the world of work and build your professional network, not to mention a great addition to your CV. Plus, you can join us from anywhere in the country, as the event will be held on Zoom.

Sign-up link: <https://www.surveymonkey.co.uk/r/XV2HSGP>

Medical Work Experience this Summer

Students don't just get access to the latest medical facilities, hands-on work experience, NHS Doctors, and all the other bits I mentioned. They also get support with all these (all included as part of the programme):

- 1 x UCAT Crash Course (full day course)
- 1 x UCAT Masterclass (full day course)
- 1 x BMAT Course (full day course)
- 1 x Mock MMI
- 1 x Personal statement review

All those courses are included as part of the [Aspiring Medics Programme](#). And as a partner school your students are still eligible for 15% off with code: PARTNERSCHOOL15.

OPEN DAY

COME AND VISIT US AT QUEST PROFESSIONAL
AND FAST-TRACK YOUR CAREER!



GUIDED TOURS

MEET THE STUDENTS & STAFF

CLASSROOM ACTIVITIES

TUESDAY
30 MAY, 2023

BOOK YOUR SLOT:

11am - 1pm

2pm - 3.30pm



**97% OF QUEST
STUDENTS SECURE
EMPLOYMENT AFTER
COMPLETING A
COURSE WITH US**

COURSES AVAILABLE:

Professional Diploma ✓
Graduate Training Programmer ✓

Book your tickets now on Eventbrite using the
QR code above or visit: :
<https://www.eventbrite.co.uk/e/626932531077>


QuestProfessional
Training and Recruiting for Business

VISIT OUR WEBSITE: 
www.questprofessional.co.uk

77 Gloucester Road, London SW7 4SS
Email: info@questprofessional.co.uk
Tel: 020 7233 5957

Quest Professional are a business college based in the heart of London and a fantastic alternative to university. We upskill our students to ensure they are prepared for any workplace and guide them into their first job. Quest is a very hands-on learning experience, and we pride ourselves on our interactive learning and inclusivity. We have very strong connections with lots of different types of business and 97% of our students leave with a job.

[Quest Professional Open Day](#)
[Tuesday 30th May 2023](#)
[Tickets, Multiple Dates |](#)
[Eventbrite](#)

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

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

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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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The Active Medicine Programme is a CPD accredited educational programme delivered by Get Berkshire Active, Leap, and Active Oxfordshire with the aim of equipping professionals with the knowledge, skills and confidence to promote physical activity through everyday conversations.

BOOK YOUR FREE WORKSHOP

16 May 2023, 1.00-2.00pm
Helping Families Become More Active
Hosted by Active Oxfordshire
✉ nataliedaviseactiveoxfordshire.org



SCAN ME!

20 June 2023, 10.00-11.00am
Helping People Become More Active
Hosted by Get Berkshire Active
✉ kirsty.heath@getberkshireactive.org



SCAN ME!

14 September 2023, 12.00-1.00pm
Helping Families Become More Active
Hosted by Leap
✉ cgregory@leapwithus.org.uk



SCAN ME!

17 October 2023, 10.00-11.00pm
Helping People Become More Active
Hosted by Active Oxfordshire
✉ nataliedaviseactiveoxfordshire.org



SCAN ME!

27 November 2023, 12.00-1.00pm
Helping Families Become More Active
Hosted by Get Berkshire Active
✉ cathy.carre@getberkshireactive.org



SCAN ME!

8 February 2024, 12.30-1.30pm
Helping People Become More Active
Hosted by Leap
✉ cgregory@leapwithus.org.uk



SCAN ME!

We also offer bespoke team sessions and a 5-hr course covering motivational interviewing techniques. Please scan here to complete the 'Expression of Interest' form and we'll get back to you to discuss further.

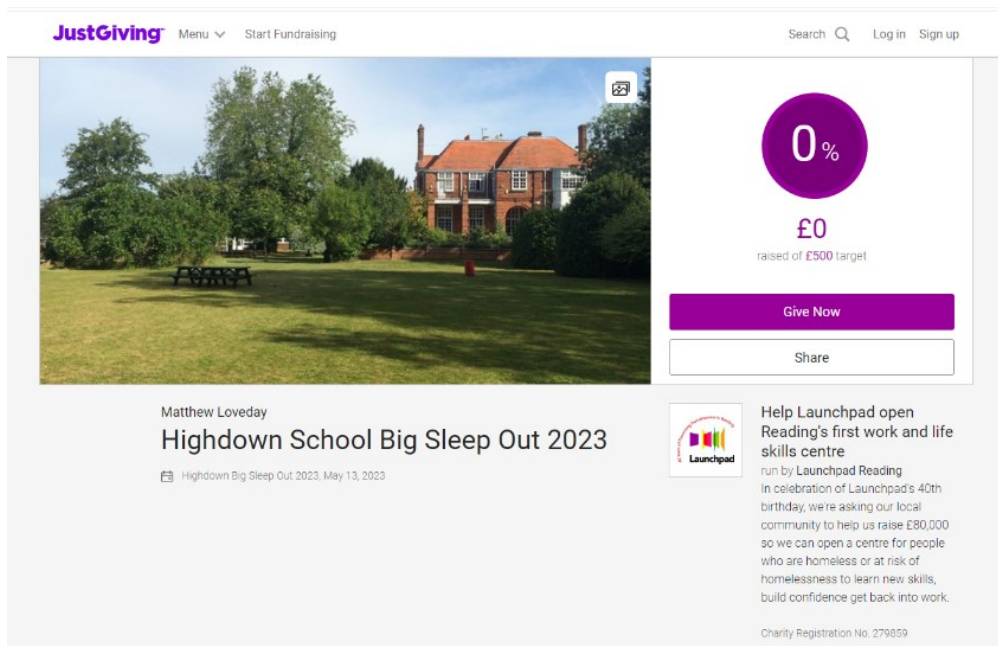
#ActiveMedicine



SCAN ME



Highdown School Big Sleep Out 2023



JustGiving Menu Start Fundraising Search Log in Sign up

Matthew Loveday
Highdown School Big Sleep Out 2023
Highdown Big Sleep Out 2023, May 13, 2023

0%
£0
raised of £500 target

Give Now
Share

Launchpad
Help Launchpad open Reading's first work and life skills centre
run by Launchpad Reading
In celebration of Launchpad's 40th birthday, we're asking our local community to help us raise £80,000 so we can open a centre for people who are homeless or at risk of homelessness to learn new skills, build confidence get back into work.
Charity Registration No. 279059

Some of Highdown's Year 12 students are taking part in the Big Sleep Out this **Saturday, 13 May**, where they will spend a night sleeping on the school fields in order to raise awareness of what the homeless go through on a daily basis.

If you would like to donate, the link to the Just Giving page for donations can be found here:

www.justgiving.com/page/highdown

All money raised will go to the charity, Launchpad.

Answer to Numeracy Puzzle

Consider the columns.

That is,

$$44 + 12 = 56$$

Similarly,

$$48 + 30 = 78$$

$$\text{Hence, } 14 + 51 = 65.$$

The missing number in the given puzzle = 65.



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

QR Code

Photo of a young boy wearing a beanie.