



ASPIRATION



RESPECT



EXCELLENCE

w/c 12 June 2023 Week B

## CALENDAR OF EVENTS

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

### Term 6

- Wed 14 June:** Yr 7 & 8 Junior Kangaroos and Olympiad Maths Challenge
- Yr 7 Athletics Competition
- Thurs 15 June:** Yr 9 Vaccinations HPV
- Yr 10 MFL PPEs
- Fri 16 June:** Yr 9 Vaccinations HPV
- Yr 10 MFL PPE's
- Yr 12 Aiming High Trip to Oxford University

**We're supporting Carers Week!**



Carers Week

5-11 June 2023

## HOUSE POINTS

Caversham	138760
Grove	134495
Mapledurham	137409
Rosehill	135539



Carers Week

5-11 June 2023



Follow us





# YOUNG CARERS



## WHO ARE YOUNG CARERS?

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or uses drugs or alcohol.



## WHAT MIGHT A YOUNG CARER DO?

They may help with:

- Cleaning, cooking, shopping.
- Helping with medication.
- Looking after brothers and sisters.
- Supporting someone emotionally or physically.
- Helping someone communicate.



If you help look after someone at home, don't miss out. Whether you're looking for advice, support or just someone to talk to, get in touch with:



**JENNA HOLDER**  
YOUNG CARERS  
OPERATIONAL LEAD



**MR FRANKS**  
YOUNG CARERS  
SENIOR LEADERSHIP  
TEAM LEAD

## CONTACT INFO

From your school email address  
ONLY, please email:

[star@highdown.reading.sch.uk](mailto:star@highdown.reading.sch.uk)



## SUPPORT FOR YOUNG CARERS AT HIGHDOWN

- One-to-One Mentoring Sessions
- Young Carer Support Group
- Star Centre Drop In: break and lunch times
- Referrals to No 5 Counselling
- Referrals to School Nurse Service

Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for the person they help look after.
- Their rights acknowledged so that they can discuss their need for support.





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 issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

## WHAT ARE THE RISKS?

### HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

### THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

### PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

### UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

## Advice for Parents & Carers

### KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

### SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

### SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

### PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

## Meet Our Expert

A former director of digital learning and currently a deputy headmaster and DSL, Brendan O'Keefe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that the online world remains a useful educational tool rather than a minefield of risks.



**NOS** National Online Safety  
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://tiktok.com/@national_online_safety)

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## 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](#)



## Somewhere Over the Rainbow: A Concert for 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](http://www.teamcharlie.org.uk/events)

**Get your tickets here**



There are two weeks to go to get  
your tickets for Charlie's concert on  
**Saturday, 24 June at 7pm.**

At this special event, pupils from  
Highdown and the Hill Primary  
School, which Charlie previously  
attended, will sing together with  
Reading Phoenix Choir, including  
some of Charlie's favourite songs.  
This is going to be an amazing  
evening and we want to raise lots  
of money for Team Charlie! There  
will be a cash bar in the interval.

Team Charlie has been set up in  
Charlie's memory and the charity  
raises money to provide grants for  
respite, gifts, create positive  
experiences and help make  
memories for families of children  
with brain tumours in Berkshire and  
Oxfordshire.

Book your tickets here!

[www.teamcharlie.org.uk/events](http://www.teamcharlie.org.uk/events)

### International Table Tennis Success for Theo!

Over the final weekend in May, Year 7 student, Theo Kniep, competed in the Youth International Open in Mulhouse, where he achieved a bronze medal in the U13 event.

In the tournament, Theo performed exceptionally well. He defeated England No 2 ranked player at the group stage but unfortunately lost to him in the semi-finals, who went on to win the event. He then beat England No 1 ranked player to secure a bronze medal. Theo is currently ranked No 4 in U12 in England.

Theo and the rest of the England Futures Squad members also helped England to achieve Team of the Tournament!

Well done Theo!

Please click on the link to read the report from Table Tennis England about this event:

<https://www.tabletennisengland.co.uk/england-youngsters-strike-gold-in-france/>



## Year 9 and 10 Trip to Station Hill Construction Site

On Tuesday, as part of our Careers Development Programme, we took a group of Year 9 and 10 students to the Station Hill construction site in Reading. Highdown was chosen to participate as part of a program of events for schools, funded by Reading's Economic and Destination Agency (R.E.D.A.), which was an amazing opportunity and quite a rarity as construction companies rarely offer these sorts of trips to schools. Whilst there, the construction company Midgard Ltd gave students a Station Hill site tour alongside a Q&A session.

The chance to visit a site and hear about employment opportunities within the construction industry was a fantastic opportunity to raise awareness of the multitude of career pathways in this sector and find out more about the development of our town. The students behaved fantastically and asked thoughtful questions throughout.

Mr Lester and Dr Capaldi





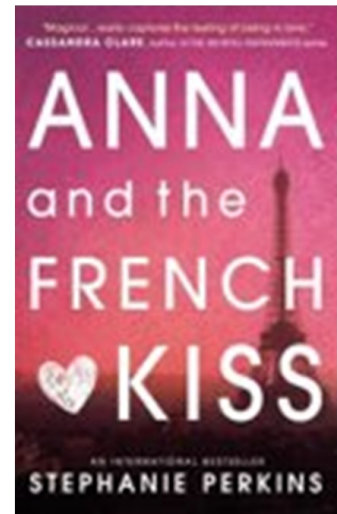
## Book of the Week!

Subject: **French**

### Summary:

Anna is looking forward to her senior year in Atlanta, where she has a great job, a loyal best friend, and a crush on the verge of becoming more. Which is why she is less than thrilled about being shipped off to boarding school in Paris- until she meets Étienne St. Clair. Smart, charming, beautiful, Étienne has it all...including a serious girlfriend.

Age Rating: 14+



## Literacy and Numeracy Challenge

### Literacy

How many ready  
made words can you  
find inside the word

**PHOTOGRAPHY**

?



Hint : There are six

<https://www.nytimes.com/games/wordle/index.html>

### Numeracy

Answer the Following Puzzle.

Which number replaces the question mark?



Sawaal2.com

☐ A) 1

☐ B) 7

☐ C) 3

☐ D) 9



### Get into a series ready for the Summer!

Are you looking for a series to get stuck into? Whether it be fantasy, action and adventure, mystery, historical, a laugh out loud series or real life, the Hive has a series to suit everyone.

#### **Real Life.....**

##### **Casson Family Story Series –Hilary McKay**

When Saffy discovers, quite by accident, that she has been adopted, she is deeply upset, though the others assure her that it makes no difference at all. At Grandad's death he leaves something to each of the four Casson children. To Saffy, it is "her angel," although no one knows its identity. How Saffy discovers what her angel is, with the help of an energetic new friend, lies at the heart of this enchanting story. Unforgettable characters come alive in often deeply humorous and always absorbing events to be treasured for a long, long time.



#### **Horror and Supernatural.....**

##### **Vampire Academy – Richelle Mead (Young Adult series)**

Vampire Academy is a series of young adult paranormal romance novels by American author Richelle Mead. It tells the story of Rosemarie "Rose" Hathaway, a dhampir girl, who is training to be a guardian of her moroi best friend, Vasilisa "Lissa" Dragomir.



## Stars of the Week

7C Jayden Allen  
7D Simion Kacesov  
7E Margot Smith  
7F Emily Mackie  
7G Charlotte Burgess  
7H Jack Shannon  
7J Aston Cargill  
7K Myka Mann  
7L Harrison Sturk

8C Kokoro Yeung  
8D Alfie Dixon  
8E Summer Nicholls  
8F Reilly Buck  
8G Sian Shannon  
8H Callie Wenham  
8J Ellis Lowry  
8K Shaun Sunny  
8L Jacob Pottage

9C Alice Critchfield  
9D Mohamed Idris  
9E Chun Hei Lai  
9F Henry White  
9G Harjovan Mattu  
9H Imogen Rosewell  
9J Oisin Thorne  
9K Lucy Ray  
9L George Chapman

10C Ellie Bloxam  
10D Chrissie Ching  
10E Sophia Ng  
10F Noah Greenfield  
10G Hannah Redhead  
10H Shruthi Surendran  
10J Thivyan Sutharsan  
10K Ruby Tiwana  
10L Henry Beeney  
10M Renae Ifill

### Apprenticeships with the British Army

Amazing Apprenticeships are working in partnership with the British Army to bring you a variety of **exciting resources and information** that will highlight the different **apprenticeship opportunities** available and what **life as an Army apprentice** is like, ranging from:

- An exciting new film
- A podcast feature
- A series of webinars
- Downloadable resources for students and parents/carers

To find out more click on the link below:

<https://amazingapprenticeships.com/apprenticeships-with-the-british-army/>

### Routes into STEM careers

**Are you in Yr 9-10 and enjoying your Tech, Design, Maths or Science subject? Would you like to know what exciting future these subjects could lead to?**

Join EDT on their Routes into STEM virtual experience this summer and find out all about **college, university, apprenticeships and careers in STEM**.

The experience provides a guided learning for you to work through the content flexibly during the course dates; you will also have a selection of tailor-made STEM projects and activities at your fingertips. A variety of live sessions will give you an opportunity to ask questions to the panels of experts, students and apprentices.

You will have a unique opportunity to access content from universities, colleges and workshops delivered by companies.

To find out more please click on the following link:

<https://www.etrust.org.uk/routes-into-stem-read-more>

### Webinars

**14 June, 4pm**

**For teachers/careers advisers and parents/carers**

Explore the apprenticeship opportunities available with the British Army and how to support your students/child to apply.

**7 November, 4pm**

**For young people and those supporting them**

Find out more about AFC Harrogate and how the college helps 16-17 year olds prepare for a career in the Army and gain valuable skills.

To register click [here](#)

### Premed Projects' Healthcare Work Experience Course

For all students aged 14-18 we have a weekly healthcare work experience course which runs every Monday evening at 7.30pm, live and online.

Students can learn all about the application process for medicine and gain work experience in different medical topics each week too. Students also receive a certificate for their work experience that they can use in their university applications.

All the sessions are available to watch for 30 days afterwards so if students can't make it on the day they can still watch back the sessions and obtain their certification.

Sessions are every Monday evening, every week of the year. For students to obtain a free 1st month they just need to visit [www.theweeklysurgery.com](http://www.theweeklysurgery.com) and use code WEEKLYFREE



### FSP Academy Apprenticeship Roles and Webinar

FSP Academy offers exciting internships, placements and graduate opportunities for ambitious talent seeking a stepping stone into IT consulting.

We are hiring for three different roles:

- Apprentice Business Consultant
- Apprentice Data Analyst
- Apprentice Software Developer

These will lead to a level 3 qualification within 13 months.

We're also hosting a webinar on Tuesday, 13 June for students to get a flavour of what FSP is like.

For further details please click on the link:

<https://fsp.co/fsp-academy/>

### International Women in Engineering Day Virtual Event

**Tuesday, 20 June, 5pm-7.30pm**

This online event is an excellent opportunity to expand your horizons, gain practical insights, and connect with like-minded individuals who share your passion for technology and engineering. It's a chance for us to celebrate **International Women in Engineering Day** together and foster a supportive community that empowers all aspiring engineers.

**Sign up now:** <https://www.surveymonkey.co.uk/r/INWEDSpectrisTechGirlz>

### 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](http://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](mailto: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](http://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](mailto: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](http://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](mailto: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](http://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](mailto: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.



### **Emmer Green 5K & 10K and Mini-oak Challenge – Sunday, 25 June 2023**

The Emmer Green 10K run will take place on Sunday, 25 June. New for 2023 is a 5K distance, which is open to runners aged 12 and over (those under 16 must be accompanied by a running adult).

Starting at 10am, the races start and finish at Emmer Green Primary School, looping out into the beautiful Oxfordshire countryside, along quiet country lanes and footpaths. All runners will receive a medal and a slice of the legendary flapjack!

As per previous years, children under 12 can take part in the mini-oak challenge, running (or walking) laps of the school field (up to a maximum of 33 laps).

The events are organised by the Emmer Green PTFA to raise vital funds for the primary school.

To register please visit:

<https://www.emmergreen10k.org.uk/>

If you do not want to run but would like to volunteer to help with this local fundraising event please get in touch with the organisers

at: [emmergreen10k@outlook.com](mailto:emmergreen10k@outlook.com)

### **Volunteers wanted for summer reading challenge:**

Reading Libraries is looking for young people aged 14-18 who can encourage children to take part in this year's summer reading challenge - Ready, Set, Read! Tasks will include discussing the books younger children have been reading and suggesting books they might like and assisting library staff with reading challenge events and craft activities. The library will provide training, supervision and support and it is a great opportunity to develop new skills and experience.

The summer reading challenge will run between 8 July – 2 September in all Reading libraries and volunteers will need to commit to a minimum of six sessions during that time. The closing date for applications is 21 July.

For more information, and to apply,

visit: [Volunteering for our Summer Reading Challenge – Ready, Set, Read! - Reading Borough Council](#)

**Answer to Numeracy Puzzle**

B) 7