



ASPIRATION



RESPECT



EXCELLENCE

w/c 20 November 2023 Week A



It has been another varied and busy week at Highdown. On Thursday evening, the main hall was abuzz with our annual Careers Fair. There were many local employers and further/higher education providers present, providing much food for thought. It was great to see and hear our students, and their parents, engaged in conversations about possible future destinations. Thank you to all who supported this event.

In partnership with Thames Valley Police, we have been reminding ourselves how to keep safe in our community. Year 7 students had a presentation on Monday relating to knife crime and over 600 students took part in our safety event on Wednesday, which enabled some good conversations to take place on this topic. Please can I remind parents/carers that students should not bring their own painkillers to school. If needed during the school day, they should see our First Aid team.

We are approaching our Pre-Public Examination period for our Year 11 and Year 13 students, although Year 11 students studying a modern foreign language have started their speaking exams this week. Parents/carers can find resources and guidance to support with their child's revision at home on our website (<https://www.highdown.reading.sch.uk/page/?title=Revision+Techniques&pid=402> and <https://www.highdown.reading.sch.uk/revision>). Students also have access to [GCSEPod](#), an online portal which provides bitesize 'pods' relating to the exam specifications we study here.

M A Grantham
Head of School

HOUSE POINTS

Mapledurham	47999
Grove	46320
Rosehill	50099
Caversham	47709

CALENDAR OF EVENTS

Term dates can be found here: [2023/24](#)

Term 2

All Week:	House Week 2: Communication Y11 MFL Speaking PPEs
Tue 21 Nov:	Y10-13 Drama Senior School Production Rehearsal
Wed 22 Nov:	Drama Senior School Production - 7pm
Thurs 23 Nov:	Drama Senior School Production - 7pm
Fri 24 Nov:	Y12/13 Hazards Conference



Follow us



Information

The Highdown Herald

The latest edition of our student led newspaper, The Highdown Herald is now available to view of our [website](#).

Berkshire Music Trust October Newsletter

Please click [here](#) to read the latest copy of the Berkshire Music Trust Newsletter.



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.

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>.

Problems with Class Charts

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



Brookfields' Christmas Party

A group of Year 12s are holding a party for Brookfields School in December. We are looking for Christmas decorations to decorate the barn with and would be very grateful for any donations of decorations you no longer need or use.

Thank you in advance!

Year 12 Enrichment



Courses for Parents

Online Courses for Parents and Carers - December 2023

Understanding Autism & Anxiety Workshop

6 December 2023, 9.30am - 12.00pm

Free online session via MS Teams

For parents/carers of Reading pupils ages 6 -16.

A 2.5 hour workshop targeted towards parents/carers of children with a diagnosis of autism or those who may be awaiting a diagnosis. It looks at common drivers for anxiety in those with autism, especially in relation to coping with uncertainty and not knowing what might happen. The workshop gives parents a chance to share their experiences and to learn strategies and approaches to manage anxious feelings.

To book or for more information email:

Wilma.Williams@brighterfuturesforchildren.org

Reading Families' Forum



**Preparation for Adulthood
Information and Fun Day**
Sat 18th November 2:30 to 5 pm

For young people with additional needs
aged 12+ and their families.

Find out what options and support are
available when young people with
additional needs leave school and college.

Enjoy fun activities and refreshments

**The Avenue School, Conwy Close, Tilehurst,
RG30 4BZ**

Wheel and Powerchair Accessible.
Changing Place on site.
With support from Reading Borough
Council and Brighter Futures for Children.



Reading Families' Forum

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 devices which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself: from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.

INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.

REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.

UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.

A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.

CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.

Advice for Parents & Carers

MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.

CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.

SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.

CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.

NOS National Online Safety®
#WakeUpWednesday

Twitter: @natonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety TikTok: @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: 15.11.2023

Highdown Rugby News

A BIG thank you to PE staff for giving up time for Pre-School, Lunchtime and Post School Training Sessions.

The 2023 Results

U12 Mr S Thompson Played 7 Won 0 Drew 0 Lost 7 Points for 36 Points against 87

Used 45 players

Most Valuable Player: Fletcher Jenkins Most Improved Player: Jasper Gilchrist Team Player: Bence Bardos

U13 Mr A Patten Played 5 Won 5 Drew 0 Lost 0 Points for 47 Points against 18

Promoted from Division 2 to Division 1

Won Wallingford 7s

Most Valuable Player: Lewis Bridge Most Improved Player: Munahid Mohamed Team Player: Xav Carter

U14 Dr T Browne Played 6 Won 6 Drew 0 Lost 1 Points for 88 Points against 18

Finalist Beat Bohunt School 15-12 Lost to The Forest School 12-15 in Final Runners Up

Development players: Samuel Franklin, Ethan James

Wallingford 7s Runners Up (2nd)

Most Valuable Player: Bailey Lamden Most Improved Player: Harry Davies Team Player: Euan Boarder

U15 Mr A Gordan Played 7 Won 5 Drew 0 Lost 2 Points for 54 Points against 34

Finalist 3rd Position

Most Valuable Player: Max Negro-Halpin Most Improved Player: Charlie Baker Team Player: Luke Vickery

U16 Dr T Browne Played 10 Won 10 Drew 0 Lost 0 Points for 114 Points against 25

Champions Semi Finals beat The Willink School 7-21 Finals beat St Crispin's School 0-12

Development Players, Ben Bridge, Julius Hormigo, Marlowe Rundle

Wallingford 7s Runners Up (2nd)

Most Valuable Player: Marlowe Rundle Most Improved Player: Zain MacDonald Team Player: Ollie Dew

Next year we hope to extend the season by playing teams outside the Reading League, look at more tournaments and the possibility of tour games, pre-season skills and positional clinics.

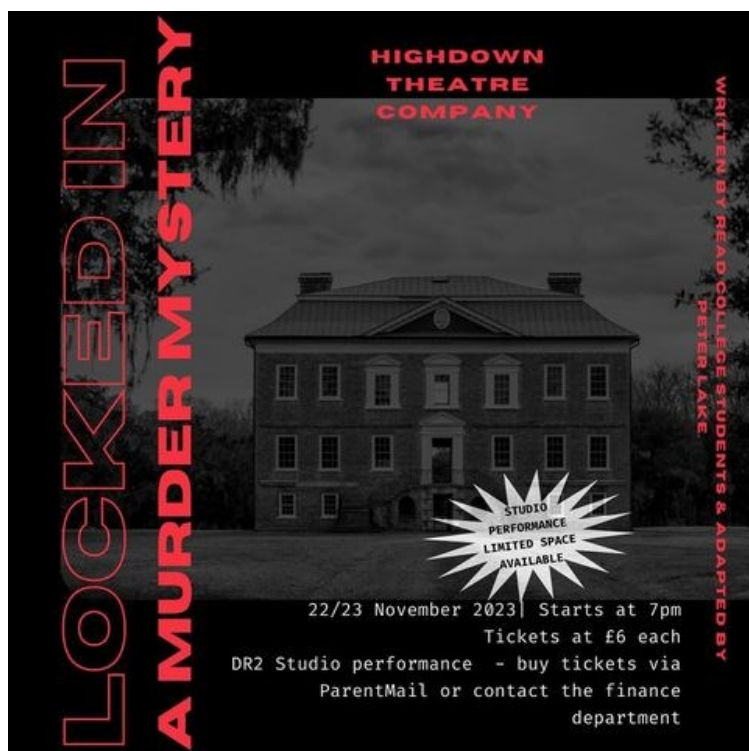
Finals with society referees, certificates for 4th Place, medals 1-3, presentation in clubhouse.

Note: **New playing strip photographs** for all squad members to be arranged within the next few weeks, playing record and all team squad names recorded.

Winter Training: Fitness training Tuesday before school, skills training Thursday before school.

Many **THANKS** to the many parents for continually supporting the different age group teams and arranging transport to games and training throughout the year.

Highdown Theatre Company Presents.....



Don't miss Highdown Theatre Company's latest performance this coming Wednesday and Thursday evening, 22 and 23 November at 7pm!

Year 7

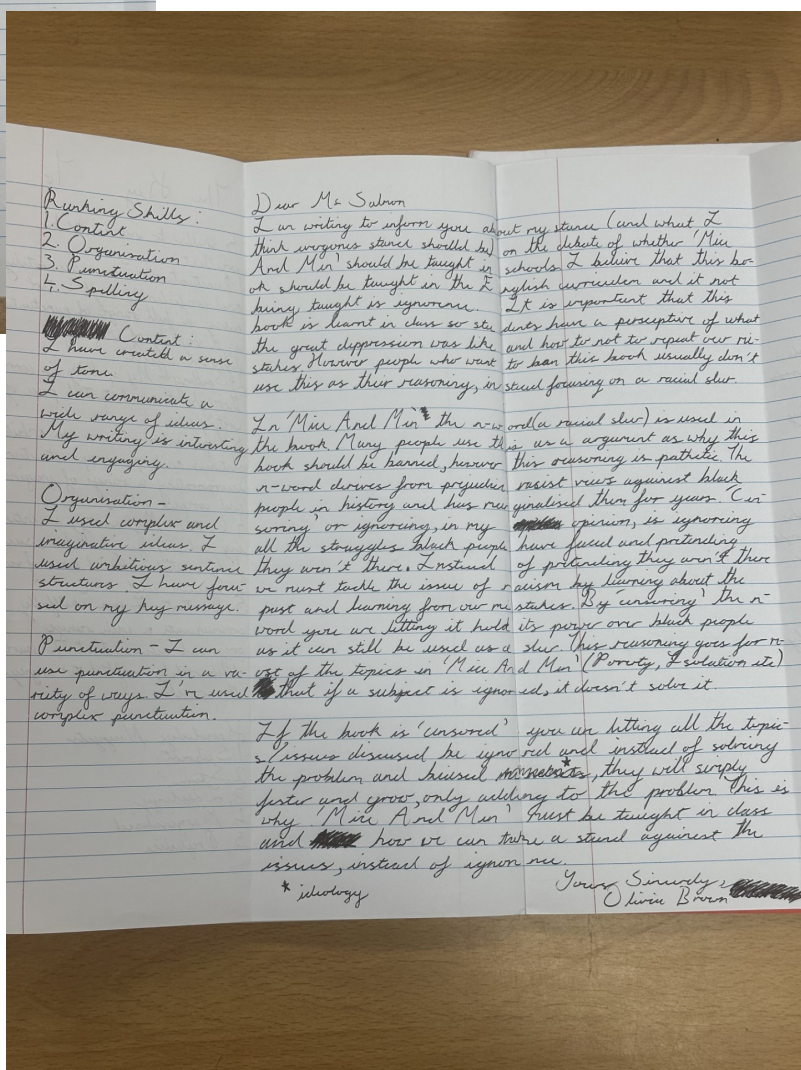
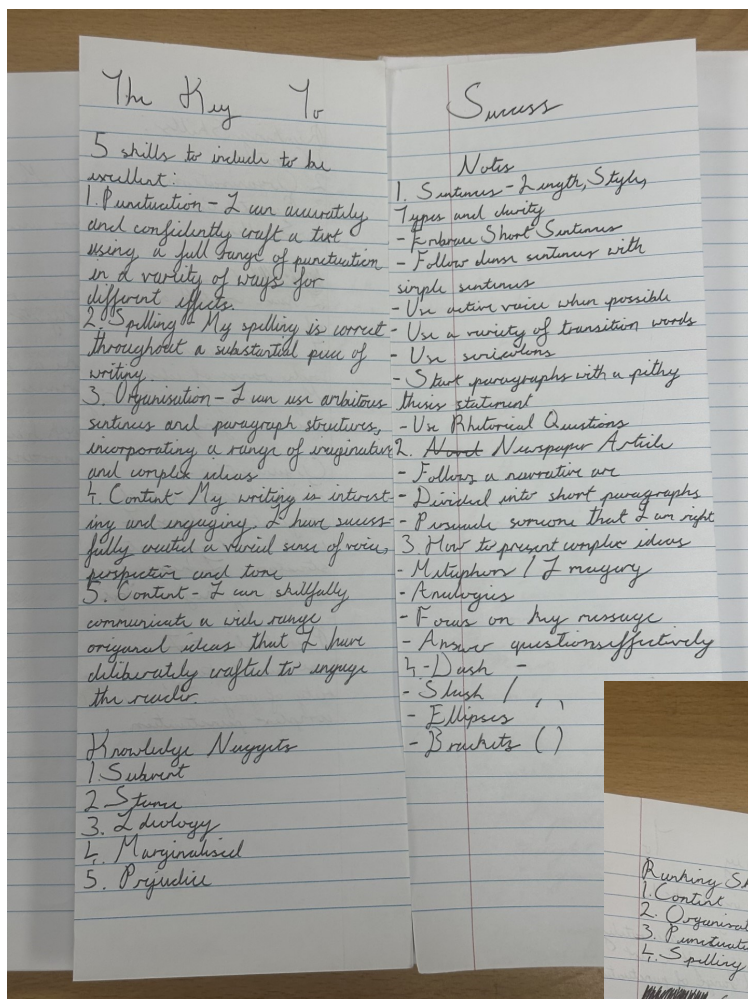
Year7 Learning Conference: Becoming Independent

All Year 7s gathered for their turn for a Learning Conference in the hall today and heard from a Year11 student who talked about the skills they need to develop their independence including developing their marginal gains; whether that be to ensure they do the home learning when it is set, to get their bag ready the night before or to plug their laptop in so it's ready for lessons.

Why not have a chat to your Year7 child – what marginal gains can they make?



In Miss Johnson's English class, 9SIL have been working hard on looking at what skills are required to be excellent prior to writing a checkpoint. Once the work was completed, students were then asked to identify where they had met those skills. Olivia Brown's work was excellent as she identified what skills she needed and researched what these skills might look like.



THE ONE ABOUT SPACING AND INTERLEAVING

@inner_drive | www.innerdrive.co.uk

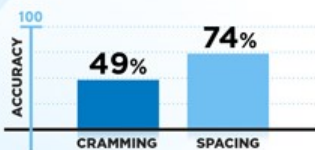
THE STUDY

How much impact does the order and timing of questions that students answer have on how well they learn the material? Is spacing, which is doing little and often, better than cramming? Does interleaving, which is mixing up the type of problems, help more than blocking?

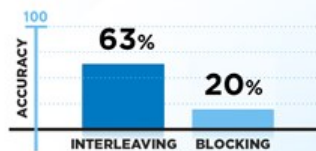
In the first study, researchers explored the difference between spacing out maths revision sessions over the course of a week, compared to doing them all in one sitting. In their second study they also measured the impact of working on the same sort of maths problems for the whole session against mixing up the type of questions the students had to answer.

THE MAIN FINDINGS

1 In the final test, students who spaced out their revision sessions got an average mark of 74%, whereas those who crammed their revision got 49%.



2 One week after their revision, students who interleaved the type of questions they answered got an average of 63% whilst those that had answered the same sort of problem (i.e. blocking) got on average 20%.



Ref: Rohrer and Taylor, 2007, *Instructional Science*

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Top tips for helping your child succeed in their learning

As the Year 11 and Year 13 PPEs approach, you may be wondering what you can do to help your child succeed.

Last week's newsletter had links to advice and guidance about different methods of revision.

This week I would like to share the scientific findings about spacing and interleaving your child's revision. Little and often really does work, even if it is the same time studying – someone who spreads that time out will gain a higher grade than someone who does it all in one attempt.

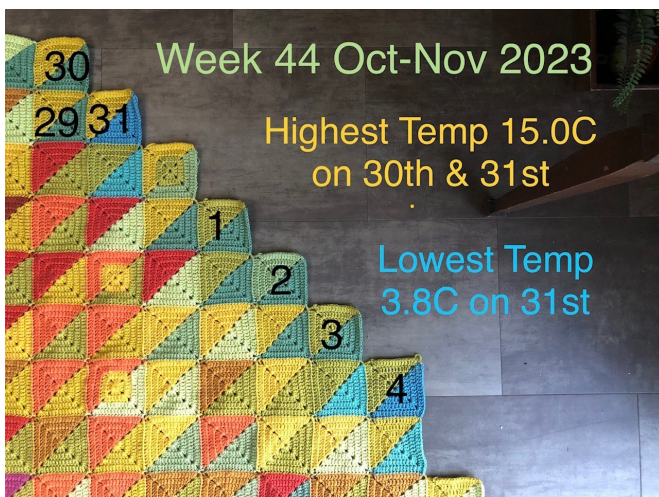
Living in Reading, you will be aware of the Climate Stripes developed by Professor Ed Hawkins at The University of Reading which are a powerful visual representation of how the Earth has been heating up over the last century. But did you know that the Climate Stripes were inspired by a temperature blanket being made by one of Ed's colleagues? Our Governor, Caroline Foulkes works at Reading University and is also a keen crafter and she is passionate about cross curricular education and linking art and science. Since January she has been monitoring the temperature in Reading – using data from The University Meteorology Department and making her own temperature blanket. Each square shows the daily maximum and minimum temperatures

using a colour scale to represent a 2C interval.

Pinks are hots and blues are cold, and it shows the temperatures increasing from winter into Spring and Summer and now cooling down again. She said:

'it has been a fascinating journey – I never realised that there were so many weekly fluctuations in daily temperatures or how much cloud cover will affect the lowest overnight temperatures. I love the beauty of the blanket and letting nature choose the next colours. I've been trying to keep up with it weekly. Each square takes 20 – 30 mins and I tend to complete a week at a time over the weekend.'

Instagram: [#caroline_craft_and_plants](#)



Highdown School Parent Governor Election Results - welcome to Elizabeth McCrum



"I have a son in Year 9 and another in Year 6 who I hope will join his brother at Highdown next year. I am an experienced school governor of primary and secondary schools, mostly recently having spent 9 years as a governor at Thameside Primary School, the last 4 years as Chair. I have an understanding of educational issues and experience of strategic leadership through my work. I am a Professor of Education and am on the leadership team of the University of Reading where I am responsible for teaching, learning and student experience. I look forward to representing parents on the Governing Body of Highdown. I am really committed to and enthusiastic about the role."

Stars of the Week

7C Emielia Lenon
 7D Harry Devanny
 7E D'Anna Lafayette
 7F Matt Kiely
 7G Jack Perona
 7H Josie Fox
 7J Ava Carrington
 7K Lenny Rogers
 7L Pip Cresswell

8C Jayden Allen
 8D Milo Mandry
 8E Ranith Liyanage
 8F Jack Curtayne
 8G Edward White
 8H Ed Martin
 8J Dylan Fallon
 8K Amelia Rogers
 8L Maya Birru

9C Bernard Mendy
 9D Ava Friday
 9E Lola Wilde
 9F Ashis Tamang
 9G Brooke Dimmock
 9H Ella Jones
 9J Maja Mieczkowska MA
 9K Daniel Rogers
 9L Jannath Khan

10C Jemima West
 10D Aisha Alizada
 10E Maud Hawkins
 10F Ashton Potter
 10G Luke Vickery
 10H Charlie Staples
 10J Lucas Jones
 10K Freya Carter
 10L Emma Eighteen

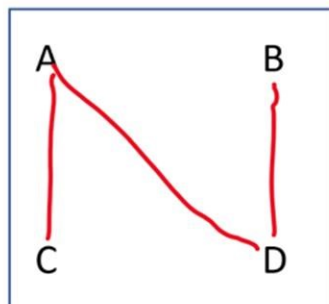
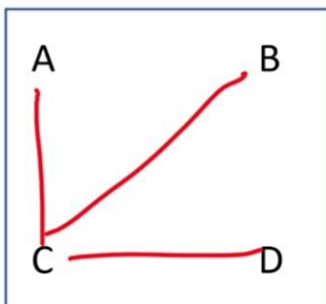
11C Enrico Vellani
 11D Isaac Davis
 11E Alfie Makepeace
 11F Nina Fargus
 11G Ellie Perkins
 11H Megan Ray
 11J Fleur Smith
 11K Ellie Hughes
 11L Henry Beeny
 11M James Kingham

Numeracy Puzzle

There are 4 towns. (A, B, C, D)

You need to connect them with 3 roads,
 each road goes from one town to another.

How many ways are there to use 3 roads?
 For example, here are two ways to do it:



We're keen to get some competition going!
 Try this numeracy problem at home, if you
 think you have an answer, submit it to us
 using the given link or QR code!
 We'll post a leaderboard in the next
 newsletter.

<https://forms.office.com/e/jX1H1N3pii>

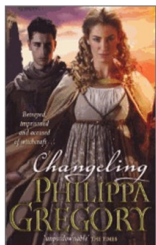


Historical Fiction recommendations from the Hive



Changeling – Philippa Gregory

The year is 1453, and all signs point to it being the end of the world. Accused of heresy and expelled from his monastery, handsome seventeen-year-old, Luca Vero, is recruited by a mysterious stranger to record the end of times across Europe. Commanded by sealed orders, Luca is sent to map the fears of Christendom, and travel to the very frontier of good and evil. Seventeen-year-old Isolde, a Lady Abbess, is trapped in a nunnery to prevent her claiming her rich inheritance. As the nuns in her care are driven mad by strange visions, walking in their sleep, and showing bleeding wounds, Luca is sent to investigate and all the evidence points to Isolde's criminal guilt. Outside in the yard they are building a pyre to burn her for witchcraft...



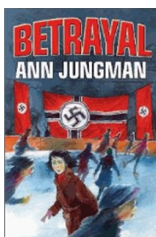
Anglo-Saxon Boy – Tony Bradman

The story of one Anglo-Saxon boy's journey to the Battle of Hastings in 1066: Key Stage 2 History brought to life as battle-packed adventure. 1065: Magnus is the son of Harold Godwinson, lord of the Southern Saxons and ruthlessly ambitious claimant to the throne of England. Overnight, Magnus finds himself cast centre-stage in the blood-soaked family feud that led to one of history's most famous battles. This is the family tragedy behind 1066: live it with Magnus, as the wolves of history close in on his Anglo-Saxon boyhood.



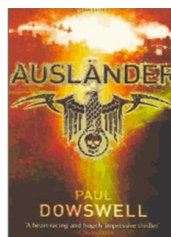
Betrayal – Ann Jungman

It's 1930s Germany. Hannah is Jewish. Inge's family are Nazis. Can they keep their promise to be best friends forever - or will Inge betray Hannah? This title is powerful and moving. Barrington Stoke specialises in books for reluctant, struggling and dyslexic readers.



Auslander – Paul Dowswell

It is 1940. As the Second World War escalates and London becomes a target for German bombs, Dodo and her horse-mad little brother Wolfie are evacuated to the country, away from everything they know. After weeks of homesick loneliness, they come across an orphaned foal. They name the horse Hero for surviving against the odds and together they raise him, train him, and learn to ride. Their days are suddenly full of life and excitement again, but the shadow of war looms over their peaceful existence, and soon Hero must live up to his name ...



PTA Quiz Night November 2023



Thank you to the wonderful attendees of the PTA Quiz and of course a massive thanks to the PTA for organising such a lovely evening. It's always fantastic to get together as a community and raise money towards worthwhile causes.

Mr Hutchinson and Mr Fasham

Careers within the UK Government / Civil Service with AWE—The Atomic Weapons Establishment

Tuesday 21 November, 5pm-6pm

For students in Years 11, 12 and 13

This virtual insight event with the Atomic Weapons Company, AWE (a Government / Civil Service Agency) will provide students with the opportunity to hear from one of the most top-secret and highly secure agencies that are part of the UK Government's Ministry of Defence arm. Students will also have the opportunity to take part in a hands-on top-secret workshop. AWE will also be launching some brand new apprenticeships.

Through their strong-armed forces and in partnership with allies, AWE help ensure the nation's security, support our national interests and safeguard the UK's prosperity. School leavers can join them straight from school on one of their student programmes.

Places for this insight event are strictly limited due to the workshop element, so if you would like to apply, please do so ASAP.



Application Link:

<https://www.surveymonkey.co.uk/r/5FPQYM3>

Courses for Medical School Applications

For students in Years 10 -13

Premed Projects are hosting a few courses created by NHS doctors for students interested in careers in medicine. Courses as follows:

1) **Saturday, 16 December students can enter the dissection room at a hospital in London** (Students must be aged 14-18) where they will be tutored in brain anatomy and biology using medically donated cadavers. Click [here](#) for further details. Interested students should confirm as soon as possible.

2) **Saturday, 18 November - Online Emergency Medicine Live course.**

Learn about the treatment and management of major trauma and medical emergencies, with insights into pre-hospital and emergency medicine. Click [here](#) for further details.

3) **Saturday, 9 September - Surgery Work Experience Live Course.** This interactive day is designed to give students a meaningful insight into careers in medicine and surgery. Students join a patient on their journey from initial presentation to diagnosis and treatment. The doctors will guide you through how they

would conduct a surgical consultation, interpret signs and manage patients. Click [here](#) for further information.

4) **Saturday, 13 January 2024, 2pm - Medical Ethics Live.**

To attend the course click [here](#).

All courses have been created by NHS doctors and provide outstanding work experience for you to use in your applications to medicine. If you can, we'd love to see you there.

Teacher of Geography

Main Scale, Full time/Part time

Required for January 2024

We are looking for an outstanding, passionate and dynamic practitioner to join our highly successful and well-resourced Geography department of 6 staff.

A willingness to teach across all years and abilities is essential. We welcome applications from ECTs, for whom we have a superb induction programme.

Applications will be considered on receipt.

Full details and an application form can be accessed via our [website](#).

Teacher of Physical Education

Main Scale Full time/part-time.

Required for January 2024

This is an excellent opportunity for an enthusiastic and well-qualified teacher of Physical Education to join a successful department with excellent resources and facilities. A willingness to teach across all years and abilities is essential. We welcome applications from ECTs, for whom we have a superb induction programme.

The successful candidate should be a highly motivated and successful practitioner who is willing to contribute to all aspects of the school vision and the many extra-curricular activities that the department offers.

Full details and an application form can be accessed via our [website](#).

Senior Leisure Attendant

Part-time position, evenings and weekends

Up to £11.50ph dependent on experience and qualifications.

We are seeking to appoint a Senior Leisure Attendant to join our dedicated team. You will have level 2 fitness instructing or preferably level 3 personal training, working mainly weekends and some evening during the week.

You will have responsibility for supervising the use of the sports centre facilities whilst maintaining high standards of cleanliness and customer service. No previous experience is necessary as training will be provided, but an interest in fitness is an advantage.

Full details can be accessed on our [website](#).

Learning Support Assistant

Full time, term time only plus 2 staff training days, 8.30am-3.15pm

(NJC P3-4) Actual salary £14,968pa

Part time hours would be considered.

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.

For more information please click [here](#).

Examinations Invigilator

£10.79 per hour, Flexible hours

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

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

Full details and an application form can be accessed via our [website](#).



Fun, free and inclusive weekly fitness classes for girls aged 11-16

Move Together provides a safe, inclusive and welcoming environment with our very own fitness instructors, where young girls can enjoy physical activity.

To sign up click this [link](#).

Students aged 11-12 will require a parent/guardian to register on their behalf. Students aged 13-16 can complete their own registration.

Registration opens **26 June** with weekly classes starting **3 July**.

Fitness classes are taking place at **Studio 2, Nuffield Health, Green Park, RG2 6UL**

Invitation to Reading Football Club's 2nd Schools and Grassroots fixture of 2023-24

When?

Reading vs Barnsley

Saturday 9 December, 3pm

Where?

Select Car Leasing Stadium

As part of the invitation, we would like to offer the following discounted prices:

12 and Under: £1

17 and Under: £3

18 to 24: £5

Adult: £10

To redeem, please visit <https://ticketing.readingfc.co.uk> and enter the unique coupon code: **#HighdownSchool** in the basket, once you have logged in and selected your tickets. There is no limit on the number of tickets you can buy using your unique code. For every ticket which is purchased you will receive one entry in a prize draw for a chance to win a series of 'money can't buy experience' prizes!

Important! This offer applies to tickets in the Eamonn Dolan Stand blocks and Y19/Y20 of the Sir John Madejski Stand. Coupon codes are valid up until 4 hours before kick-off.