



ASPIRATION



RESPECT



EXCELLENCE

## The weekly newsletter of Highdown School and Sixth Form Centre

w/c 18 December 2023 Week A

### HOUSE POINTS

Mapledurham	66747
Grove	65425
Rosehill	68787
Caversham	66768



Earlier this week, I was proud to present Mrs Elliot, Miss Lobo and Mr Dineley their well-deserved awards for the 2023 Princes Teaching Institute (PTI) Subject Leadership Mark. This is to acknowledge their commitment to promoting challenge within the curriculum, enthusing our students, enhancing teachers' subject knowledge, and raising the profile of their subjects. Over the last year, they have shared their expertise and innovative ideas across the Princes Teaching Institute. Go Team Highdown!



Here we are almost at the end of the Autumn Term, and what a term it has been! There's been drama with our senior school production and theatre visits, sporting highlights, Careers events and Fairs, Learning Conferences, concerts and music recitals, House Weeks, curriculum visits and fieldwork, the Great Litter Pick, disco, open evenings, school tours, Maths challenges, and Pre-public examinations! Not to mention all the fabulous experiences and learning in the classroom! We are also looking forward to celebrating our former Year 11 and Year 13 successes at our Annual Presentation Evening next week. Thank you to staff, students and families for all your support this term.

Wishing everyone a fabulous break over the festive period!

**M A Grantham**  
Head of School



Follow us



## Information

### CALENDAR OF EVENTS

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

#### Term 2

Mon 18 Dec:	Y11 PPEs
Tue 19 Dec:	Y11 PPEs Presentation Evening
Wed 20 Dec:	Y11 PPEs End of Term 2 (Academy closes to students at 12.25pm)

#### Term 3

Wed 3 Jan:	Professional Learning Day 3: Academy closed to students
Thurs 4 Jan:	Start of Term 3

### Problems with Class Charts

If you are experiencing issues with accessing your Class Charts account, please contact [office@highdown.reading.sch.uk](mailto:office@highdown.reading.sch.uk)



### The Highdown Herald

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

### 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>.

### LOST PROPERTY

There are many items of lost property on display in student reception. Please encourage your students to look for any missing items before the end of term, after which they will be donated.

Supporting a Child with ADHD  
The extra session you asked for!



Challenge the stereotypes and get the facts with Jane Keyworth  
**Monday 18th December** (7pm to 9pm) £24  
Available to book now via the website  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

HIGHDOWN DANCE COMPANY  
**AUDITIONS**  
*for the 2024 Company*

Open to Year  
7-13



**THURSDAY 18 JANUARY**  
**2024 - 3.15-4.30PM**

*Location: DR1 - Bring PE Kit/dance kit to  
change into. Any questions see or email Mrs  
Hawkins.*

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 [nationalonlinecollege.com](https://nationalonlinecollege.com) for further guides, hints and tips for adults.

# 12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like ping-pong notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

## CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

## NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

## CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

## WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

## TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

## WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

## WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

## BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

## ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

## SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

## GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

## GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



National Online Safety

#WakeUpWednesday

@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: 13.12.2023

## Accelerated Reader

A huge congratulations to the top three readers for Accelerated Reader since September - and all three are in Year 7!

Well done to **Alex Chinn**, **Charlie Potter** and **Alex Stannard** - these students have read more than anyone else this term, indeed they are 'word millionaires' and have been awarded a certificate and a free book as a well done.

We hope everyone continues to enjoy their reading over the Christmas season.



It has been lovely in the last few weeks to be involved in a review of Year 9 lessons in Science and finding out how the students are approaching the introduction to GCSE Science.

All of the classes visited showed a fantastic working environment and a determination to do their best in these lessons.

We saw groups working together on GCSE Required Practicals and asking probing questions when trying to get to grips with the concept of different stores of energy.

So many students taking a pride in their work.

Well done Year 9 and Team Science.

Mrs Elliot

Weight.

Ex - aluminium and Gallium  
From the gaps Mendeleev left, he could confidently predict the properties of the element that would eventually fill it.  
He did this with Gallium, but as it had

Wednesday 11th October 2023

periodic table and electronic structure

An atom is the smallest part of an element.  
An element is a substance made up of one type of atom.  
A compound is a substance made of 2 or more different, chemically bonded together.  
A mixture is a substance made up of 2 or more elements or compounds not chemically bonded together.  
An ion is a charged particle produced by the gain or loss of electrons.  
An isotope is an atom with the same number of protons, but a different number of neutrons (same atomic number, different mass number).

the 3 noble gases - helium, argon, neon.

Solid, liquid, gas

All the groups

The modern periodic table is arranged in order of atomic number.  
The group number tells us how many electrons are in the outermost shell.  
The period number tells us how many levels an atom has.

Wednesday 13th December

Kinetic and elastic potential energy

① State the equation to calculate the kinetic energy.  
-  $GPE = \text{mass} \times \text{gravity} \times \text{height}$

② State the equation to calculate the work done.  
-  $\text{work done} = \text{force} \times \text{distance}$

③ Rearrange the equation to find the distance traveled.  
-  $\frac{\text{work done}}{\text{force}} = \text{distance}$  (w.d ÷ f = d)

④ Calculate the distance traveled by an object when a force of 23N.

The energy an object has because of its motion is called the kinetic energy. The kinetic energy depends on the object's mass and its speed (velocity).

Kinetic energy (Joules, J)  $E_k = \frac{1}{2}mv^2$  mass (kilograms, kg) speed (meters per second, m/s)

Thursday 5th October 2023

History of the atom

1803 - Dalton  
1869 - Mendeleev  
1909 - Thomson  
1911 - Rutherford  
1927 - Bohr  
1928 - de Broglie  
1932 - Chadwick  
1935 - Heisenberg  
1945 - Schrodinger  
1953 - Watson and Crick  
1954 - Pauli  
1964 - Gell-Mann  
1969 - Quark model  
1971 - Standard Model  
1981 - Higgs  
1989 - CERN  
1995 - LHC  
2012 - Higgs boson

Tuesday 10th October 2023

development of the periodic table

Dalton Thompson Rutherford  
atom electron Nucleus

John John Newlands. Also ordered the elements in terms of atomic weight, but noticed there was a pattern.  
Every eighth element had similar chemical properties.  
But he made a mistake! He assumed that all of the elements had been discovered, so he filled his table completely.  
It was noticed that the pattern in properties was consistent only until calcium (20) then the pattern broke down - his ideas were dismissed by the Scientific community.

1869 - Dmitri Mendeleev. Mendeleev combined both Dalton and Newlands' ideas.  
He, again, arranged the elements by atomic weight, and then by periodic pattern.  
When the pattern in properties did not fit, HE LEFT A GAP and assumed the element had not been discovered yet.

Iodine and Tellurium.  
Mendeleev found a problem - The positions of iodine and tellurium by atomic weight were correct, but they had the wrong properties for the groups they were in. He simply swapped their properties as it was more important that the properties were similar than atomic weight.

Wednesday 13th December 2023

Kinetic and elastic potential energy

1. to calculate work done: Force x distance  
2. to rearrange the equation to find distance travelled:  $WD = F \times d$   
3. to calculate GPE:  $m \times g \times h$

The energy an object has because of its motion is called the kinetic energy. The kinetic energy depends on the object's mass and its speed (velocity).

Kinetic energy (Joules, J)  $E_k = \frac{1}{2}mv^2$  mass (kilograms, kg) speed (meters per second, m/s)

mass = 2 kg, speed = 10 m/s, answer  $\frac{1}{2} \times 2 \times 10^2 = 100$   
mass = 12 kg, speed = 15 m/s, answer

Thursday 5th October 2023

History of the atom

1803 - Dalton  
1869 - Mendeleev  
1909 - Thomson  
1911 - Rutherford  
1927 - Bohr  
1928 - de Broglie  
1932 - Chadwick  
1935 - Heisenberg  
1945 - Schrodinger  
1953 - Watson and Crick  
1954 - Pauli  
1964 - Gell-Mann  
1969 - Quark model  
1971 - Standard Model  
1981 - Higgs  
1989 - CERN  
1995 - LHC  
2012 - Higgs boson

Tuesday 10th October 2023

development of the periodic table

Dalton Thompson Rutherford  
atom electron Nucleus

John John Newlands. Also ordered the elements in terms of atomic weight, but noticed there was a pattern.  
Every eighth element had similar chemical properties.  
But he made a mistake! He assumed that all of the elements had been discovered, so he filled his table completely.  
It was noticed that the pattern in properties was consistent only until calcium (20) then the pattern broke down - his ideas were dismissed by the Scientific community.

1869 - Dmitri Mendeleev. Mendeleev combined both Dalton and Newlands' ideas.  
He, again, arranged the elements by atomic weight, and then by periodic pattern.  
When the pattern in properties did not fit, HE LEFT A GAP and assumed the element had not been discovered yet.

Iodine and Tellurium.  
Mendeleev found a problem - The positions of iodine and tellurium by atomic weight were correct, but they had the wrong properties for the groups they were in. He simply swapped their properties as it was more important that the properties were similar than atomic weight.

## Year 11

It has been lovely to see how well the whole year group has conducted themselves during this busy PPE period. They have been a real credit to themselves, and I have been very proud of them.

All students will receive their PPE results in a special assembly on Monday, 15 January and I hope that all their hard work will be reflected in their results.

Student reports will then be sent home the following day on Tuesday, 16 January and the booking system to make appointments for the Year 11 virtual Learning Review Evening opens on Thursday, 18 January.

I hope all Year 11s have a restful and relaxing festive period and recuperate from this intense PPE period.

I wish you all a Merry Christmas and look forward to seeing you in 2024.

Miss Clark

## Year 12

Imperial College  
London

Are you in Year 12?

Looking to study a STEM  
(science, technology,  
engineering and maths)  
subject at university?



# LEVELLING UP

The Levelling Up programme supports you with your Chemistry or Physics A-levels and prepares you for the transition to university through:

- ✓ regular tutorials with an Imperial student,
- ✓ information sessions on topics like student finance,
- ✓ personal statement support and guidance,
- ✓ and more!



Find out more on our website or scan the QR code: [bit.ly/applyforlevellingup2023](https://bit.ly/applyforlevellingup2023)

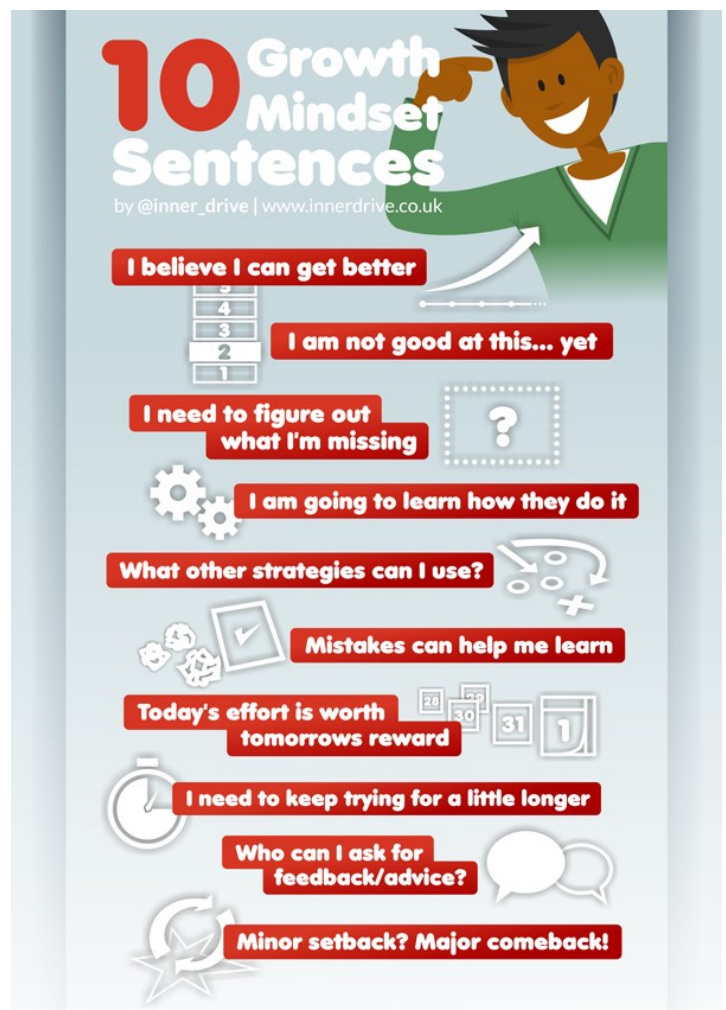
LEVELLING  
UP

## Top tips for helping your child succeed in their learning

During this series of tips and advice there have been many strategies that you can use to help engage your child with, both in their PPE revision, as well as during their studies, as they go into the new year.

Over the Christmas season, whilst we await the results, they may be feeling nervous and need to relax. Now is the ideal opportunity for us to help nurture their growth mindset instead of a fixed one. Studies have proven that if students are **praised for their effort**, rather than attainment alone, they will achieve higher marks overall.

The growth mindset is all about effort, the idea of trying again instead of giving up and knowing that this is a stage designed to help them achieve in the future. See the images for ideas about how to develop that mindset even further.



## Girls' Football

### Reading Schools Girls' Football League Terms 1 and 2, 2023

#### U16 Girls' Squad

A strong team who had a great start to the season, having played 6 out of 8 matches and winning 4, drawing 1 and losing 1. Unfortunately, the team ended up in 6<sup>th</sup> place out of 12 teams as they were not able to replay 2 cancelled matches, so had to miss out on vital points which would have definitely meant they could have reached the semis. Great team play and determination, the following players should be congratulated on superb effort and skilful play.

Well done to Katelyn Broadley, Anabelle Gratrix, Alice Jolley, Ellie Perkins, Maddie Chandler, Charlotte Smith, Ava Sherfield, Maisie Kirk, Esme Hasell, Demi Urquhart, Ruby Bonnett, Ella Matthews, Eva McCarthy, Ruby Riddington, Riley Chandler and Chloe Gritten.

#### U14 Girls' Squad

A very successful season from this team, not dropping a single game in the league, winning 7 matches and drawing 1 match in the last game of the league to final winners Denefield School, in torrential, sheet rain. This still brought us to the top of the U14 league with the semis and final still to play. We won on penalties in the 1<sup>st</sup> semi against Bohunt School and then through to the final against Denefield School. A very even, nail biting match which again ended in a draw, then going to extra time and finished in penalties. Unfortunately, the end result was again close, but Highdown conceded a goal to Denefield 2-3, coming an excellent 2<sup>nd</sup> place overall.

The squad must be applauded for their resilience, fine attacking and defensive play and excellent goal scoring.

Well done to Imogen Acteson, Georgie Barnbrook, Tabby Bradbury, Aishah Brown, Brooke Elton, Ava Friday, Erin King, Anubhuti Vancheeswar, Sonia Vetsko, Lola Wilde, Margot Smith, Charlotte Mackie, Cressida King and Lara Giboire-Snell.

Mrs Sadler

## Chef Manager of the Year Award



A big congratulations to Hubert, who won the Chef Manager of the year award!

A big achievement and well done on behalf of everyone at Highdown.

## Inspiring Young Minds Through Outdoor Adventures

Running the Rhos-Y-Gwaliau trip is always hard work, but I strongly believe it (along with the Duke of Edinburgh's Award) provides our students with an incredible opportunity to experience the great outdoors and grow as an individual. I've witnessed firsthand the profound impact that outdoor adventures can have on shaping confident, well-rounded individuals. Participants develop invaluable skills like teamwork, leadership, problem-solving and resilience – core values that we hold dear at Highdown.

Driven by my personal passion for running and a desire to give back, I've decided to embark on an exhilarating challenge: running the 2024 TCS London Marathon in support of The Outward Bound Trust. This incredible charity aligns with my deep-seated belief that every child deserves the opportunity to experience the transformative power of outdoor adventures.

The Outward Bound Trust is an educational beacon, dedicated to unlocking the potential of young people aged 9-25 through immersive learning experiences in the wild. They instil in their participants the unwavering spirit to persevere, the resilience to adapt, and the unwavering belief in their own capabilities – lessons that resonate far beyond the trails and mountains.

Their residential courses empower young people with a stronger sense of self-belief, equipping them with the tools to navigate challenges, build positive relationships, and make meaningful contributions to their communities. These experiences foster the attitudes, skills, and behaviours that young people need to thrive in an ever-changing world.

With a fundraising goal of £2500, my mission is to support disadvantaged young people in accessing these life-changing programs. Your generous donations will directly impact the lives of those who need it most, creating ripples of positive change that extend far beyond the finish line.

Join me in empowering young people to discover their true potential. Together, let's make a lasting impact on the lives of future generations. To contribute to my fundraising journey, please visit: <https://shorturl.at/csBE0>

Mr D Stephenson  
Curriculum Leader for Computing and ICT  
Duke of Edinburgh Coordinator

## Stars of the Week

7D Isabella Parlour  
7F Charis Salisbury  
7G Jack Perona  
7H Betsy Bramley  
7J William Barden  
7K Mya Monovskaya  
7L Logan Wadsworth

8C Jack Chambers  
8D Jacob Scott  
8E Isabelle Bonnett  
8F Chloe Bennett  
8G Ellie Ford  
8H Adam Wood  
8J Riley Stace  
8K Joe Aspin  
8L Dylan Crook

9C Maisy Hawkins  
9D Jordan Jobin  
9E Isaac Higham  
9F Betty Nowicki-Wallace  
9G Karisa Ip  
9H William Fuller  
9J Zach Cross/Samuel Musker  
9K Aaditya Dasari  
9L Nik Wong

Miss Robinson's Bonus:

9K Lily Gander

10C Ryan Chung  
10D Amir Karimi  
10E Noah Hinchmore  
10F Oscar Squires  
10G Eva McCarthy  
10H Saba Prins-Mills  
10J Oisin Thorne  
10K Luca McDonald  
10L Alicia Trott

11C Holly Williams  
11D Harry Ellis  
11E Josh Horn  
11F Annabel Moore  
11G Prior O'Reilly  
11H Gemma Owen  
11J Luke Gough  
11K Erin Roberts  
11L Ruby Drew  
11M Alfie Gill

## Numeracy Puzzle

- Behind the boxes are numbers.
- Same colour boxes have the same number behind.
- What is the blue number?

$$\begin{array}{r}
 \begin{array}{|c|c|} \hline \text{Green} & \text{Red} \\ \hline \text{Red} & \text{Green} \\ \hline \end{array} \\
 \hline
 \begin{array}{|c|} \hline \text{Blue} \\ \hline \end{array}
 \end{array}
 \begin{array}{r}
 \\
 \\
 6
 \end{array}$$

The answer can be found on the back page.

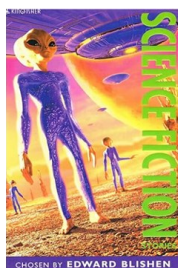
# Snow is falling and books are calling...

To coincide with Winter Solace **December 21** is **National Short Story Day** so, this week in the Hive we are celebrating short stories



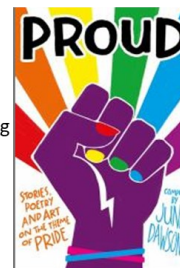
## Science Fiction – Stories by Arthur C. Clarke, H. G. Wells and Jules Verne, Ray Bradbury and Ursula Le Guin

Travel through time, tackle alien invaders, explore distant galaxies and go beyond the possible in this incredible collection. Stunning, imaginative illustrations make the far-fetched become reality. This collection will broaden your horizons.



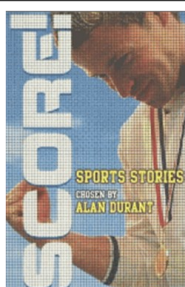
## Proud – Stories by Juno Dawson, caroline Bird, Saffa Khan, Dean Atta, Alice Oseman and lots more

A stirring, bold and moving anthology of stories and poetry by top LGBTQ+ YA authors and new talent, giving their unique responses to the broad theme of pride. Each story has an illustration by an artist identifying as part of the LGBTQ+ community.



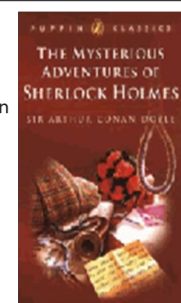
## Score! – Sports stories by Tom Tully, Enid Bagnold, Thomas J. Dygard, P. G. Wodehouse, Will Weaver, John Branfield, Malorie Blackman, Alan Durant and more.

From swimmers to cyclists, soccer strikers to slamdunk stars, all kinds of athletes strive for victory in this fast-paced collection. Sure to get the adrenaline racing, these exhilarating stories take readers through all the highs and lows of competition. Sports fans will be hooked until the final whistle



## Mysterious Adventures of Sherlock Holmes – Arthur Conan Doyle

Eight classic adventures from the world's most famous private detective. Through the foggy streets of Victorian London to the deepest countryside, Sherlock Holmes and Doctor Watson embark on eight thrilling investigations. In some of his best-known cases, including 'The Speckled Band' and 'The Reigate Puzzle', Holmes brings his unique powers of deduction to bear on the most challenging mysteries.



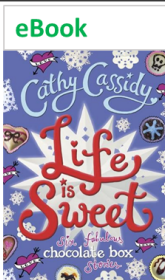
Below is a small selection of the short stories available as eBooks and Audiobooks through <https://highdown.eplatform.co/>

.....All you need is your Highdown log-in!



## Life is Sweet: A Chocolate Box Short Story Collection – Cathy Cassidy

This fantastic collection of stories includes Cathy Cassidy's four e-shorts, available in print for the very first time: Chocolates and Flowers, Hopes and Dreams, Moon and Stars and Snowflakes and Wishes. These delicious stories follow some of your favourite characters from the series: Alfie, Jodie, Finch and Lawrie. A must-have for all fans of the Chocolate Box Girls!



## Warrior Number One - Andy Briggs

One short story - Carl is determined to become Warrior Number One in the online game 'Barbarians'. He must face the Dark Lord and his five-headed dragon. But if you think that's the end of the story, then you're in for a big surprise...



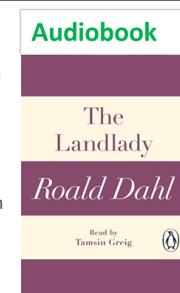
## Classic Crime Short Stories

A spine-tingling selection of detective stories including contributions from Edgar Wallace, Conan Doyle and G. K. Chesterton.



## The Landlady – Roald Dahl

In The Landlady, Roald Dahl tells a sinister story about the darker side of human nature. Here, a young man in need of room meets a most accommodating landlady. The Landlady features the wife who pawns the mink coat from her lover with unexpected results; the priceless piece of furniture that is the subject of a deceitful bargain; a wronged woman taking revenge on her dead husband, and others.



### Teacher of English

**Main Scale, Full and Part time positions for September 2024 start**

We are looking for an outstanding, passionate and dynamic practitioner to join our highly successful and well-resourced English department of 12 staff. This post would be suitable for either an ECT or an experienced teacher. A willingness to teach across all years and abilities is essential.

You should be a highly motivated and successful individual who is willing to contribute to all aspects of the school vision and the many enrichment activities that the department offers.

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

### Teacher of Maths

**Main Scale, Full and Part time positions for September 2024 start**

We are looking for an outstanding, passionate and dynamic practitioner to join our highly successful and well-resourced Maths department of 12 staff. A willingness to teach across all years and abilities is essential. Maths and Further Maths are very popular subjects at A level. We welcome applications from ECTs, for whom we have a superb induction programme.

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](#).

### 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](#).

### 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 evenings 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](#).

### Springpod

#### Free Work Experience Programmes

Students can apply for Springpod's upcoming February programmes and many On-Demand programmes.

Springpod have many great programmes with industry-leading employers such as:

- [JLR: Drive Your Future](#)
- [Vodafone Innovators](#)
- [Siemens Energy](#)
- [The World of The British Library](#)
- [Routes into Rail](#)
- [Hospitality Virtual Work Experience with Pret](#)
- [Aerospace Work Experience](#)

- [Early Careers with Wagamama](#)
- [Business & Professional Careers](#)
- [Construction with Inspiring Worcestershire](#)

You can view all of Springpod's programmes [here](#).

As always, each programme is free, involves around 10 hours of commitment, and rewards students with a certificate for CV's and Personal Statements upon completion.

#### University Experience (Subject Spotlights)

If you're not aware of our Subject Spotlights - they're mini lecture series delivered by top academic professors on a certain topic designed to give your students a chance to experience realistic university-style learning before they have to apply for courses.

It forms another stage of their exploratory journey with Springpod in an engaging, episodic Netflix-style format. This makes them ideal for exploring during school holidays!

We have some great Spotlight's available for students to explore, in a complete range of subject areas:

- [Law with the University of Sunderland](#)
- [Computer Science with Anglia Ruskin University](#)
- [Psychology with the University of Bradford](#)
- [Medicine with the University of Sunderland](#)
- [Sports Science with Anglia Ruskin University](#)
- [Criminology with Canterbury Christ Church University](#)

[You can access all of our Spotlights here.](#)

# Explore careers across unexpected dimensions

CBRE



## Our apprenticeship applications for 2024 are now open!

Why join CBRE?

Property makes up the building blocks of where we live, work, and have fun. Every building you enter has been directly affected by someone working in the property industry. There are a wide range of career paths and opportunities that await students in this industry, which is focused on people above everything else.

## Courses For Students Aged 14-18 Considering Careers In Healthcare

### Online Medicine Work Experience Week

**18 – 22 December, 7.30pm each day Monday - Friday**

Students can gain certification for 10 hours of medical work experience all delivered by doctors online.

<https://www.premedprojects.co.uk/course/virtual-medicine-work-experience-week>

### Inside The Dissection Room

**Saturday, 16 December, 10am at Kings College London**

In person course where students are able to enter the dissection room to gain work experience and learn all about the human body.

<https://www.premedprojects.co.uk/course/medicine-work-experience-day-event>

### Invitation to Reading Football Club's 3rd Schools and Grassroots fixture of 2023-24

#### When?

Reading vs Leyton Orient

Saturday 27 January, 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**

**65 and over: £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.**

#### Answer to the Numeracy Puzzle

There are lots of possibilities for red and blue.

51-15. 62-26. 73-37.

They all give 36 as answers.

So the blue box is 3

