



ASPIRATION



RESPECT



EXCELLENCE

w/c 26 February 2023 Week B

HOUSE POINTS

Mapledurham	97012
Grove	95365
Rosehill	98277
Caversham	97654



I hope students and families had a lovely half-term break last week.

It's been a busy and productive first week of term 4 at Highdown and students have quickly settled back into the routines of school life.

CALENDAR OF EVENTS

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

Term 4

- All Week:** Y11 Core PPE2
- Thurs 29 Feb:** PTA Quiz Planning Meeting (virtual)
Y8 Learning Review Meetings (virtual)

Year 11 students have been preparing for their second round of Pre-Public Exams (PPEs) in English, Mathematics and Science next week. Students have access to a wide range of resources to support their revision and exam preparation, including access to [GCSEPod](#), which I would absolutely recommend they use as part of their study. Our Year 11 students studying GCSE in Design and Technology have also been spending time working towards completing their non-examination assessments (coursework).

Earlier in the week Year 9 students attended their annual Learning Conference. This year the focus was on 'What makes success?' and was delivered by one of our Year 11 students, who spoke so well about his own learning journey to date. The session was informative and engaging, and feedback from our students has been really positive.

Wishing everyone a great weekend.

M A Grantham
Head of School

HIGHDOWN PTA PRESENT

IT'S BACK!! QUIZ & CURRY EVENING

FRIDAY, 22 MARCH, 2024
DOOR OPEN AT 7:00PM
FOR A 7.30PM START



Follow us



School Transport Policy Consultation

BFFC is seeking families' views on [proposed changes to its school transport policy](#). The consultation is open until **Sunday, 17 March 2024** and is related to the following proposals

- That free transport entitlement for pupils attending Maiden Erlegh Chiltern Edge School is removed.
- That travel assistance entitlement for eligible pupils is clarified and means an offer of a bus pass or school bus at a pickup point, with an expectation for active travel as part of a child's healthy development.
- That the policy clarifies the exceptional circumstances required to access any exceptional additional support in addition to travel assistance
- That the policy clarifies that parents are liable for costs incurred by Brighter Futures for Children on behalf of Reading Borough Council if children did not access travel assistance provided.
- That the policy clarifies that students are not entitled to travel assistance post-16 except in appropriately evidenced, exceptional circumstances.

A copy of the [proposed new policy and a summary of changes](#) can be found on the BFFC website, along with a [short series of consultation questions](#).



Problems with Class Charts

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



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>.

Exam Certificate Collection Reminder

If not already collected, certificates can be collected from reception during school hours with prior notification, the candidate will need to bring photo ID. Written permission can be given by letter or email for family or friend to collect with ID on the candidate's behalf. Certificate collection will require a signature.

Alternatively, certificates can be posted with provision of large A4 stamped self-addressed envelope.

Thank you.

Emma Sumbler
Exams Officer

Could you be entitled to Free School Meals (FSM)?

The benefits include:

- A daily allowance for meals in school.
- Financial support to purchase compulsory uniform items.
- Support during the year with the costs of trips and essential equipment



1. Are you eligible?

You might be eligible if you receive a qualifying benefit:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

2. What evidence do I need?

No supporting evidence is needed as we'll confirm your eligibility with the local authority.



3. What details do I need?

On the application form, you will be asked to provide:

- Your personal details incl. national insurance number
- Children's names and dates of birth
- Schools they attend.



4. How do I apply?

You can find more details about FSM and download an application form on our [website](#), or alternatively call into the school to collect a paper application form.

If you need any support with your application, please contact us at finance@highdown.reading.sch.uk or call 0118 9015 809.

When completed, please return your application to the email address above or to the school office for the attention of the Finance Department.





March 2024

Newsletter

FACE it!



Available to book now!

Approved CPD training for anyone who works with children or teenagers.

National Standards CPD accredited with certificate

Thursday
21 March
19:00 - 20:00
FREE



FREE SESSION
Understanding Addictive Behaviour - Screens, gaming, drugs and more

Tuesday
19 March
19:00 - 21:00
£24



What is ACT?
An introduction to Acceptance and Commitment Therapy

Thursday
28 March
19:00 - 21:00
£24



Supporting a child with ADHD
challenging the stereotypes and giving practical advice

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Addictive Behaviour

FREE



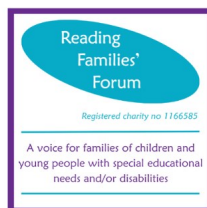
FREE

21st March (7pm to 8pm)

Available to book now via the website facefamilyadvice.co.uk on the PARENT page



RFF's Annual SEND conference: children's social care



**Tuesday 5th March 9:30-14:30: The Pavilion, 143-145
Oxford Rd, Reading, RG1 7UY**

For parents and carers of children with additional needs and
service providers.

Guest speakers to be announced.

An opportunity to find out more about children's social care and
ask questions!

To book, please email kira@readingfamiliesforum.co.uk

Reading Families' Forum are pleased to announce that Sumbai Wasiq, the Service Manager for the Children and Young People's Disabilities Service will be speaking at the conference on 5 March alongside the short breaks service, Cressingham, Occupational Health and Family Help.

The event is free and snacks will be provided. Please mention any dietary requirements you may have when emailing.

Workshop Sessions for Parents and Carers

February 2024

Understanding Autism & Anxiety Workshop – 27 February 2024, 9.30 - 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

PLEASE NOTE:

This is an interactive workshop and whilst we encourage attendees to participate in discussions this is of course optional. There will however be an expectation that cameras are on during the workshop and just to make you aware at the beginning we would like you to introduce yourself to the group and your child, giving a brief idea of what you would like to gain from the course.

The team at Arlington Business Park invite the local community to attend a

CHILDNET INTERNET SAFETY WORKSHOP

Tuesday 26th March

5:30pm - 7pm

Arlington Business Park, Theale, RG7 4SA

ARLINGTON
BUSINESS
PARK 35
YEARS
1989-2024

Arlington Business Park is more than just a place to work. It links its community of companies together, connecting them through a series of outstanding on-site amenities and an extensive events programme with many such as this, engaging the local community.

We invite you to attend this FREE Internet Safety session which will cover an overview of the key areas of online risk, whilst offering practical tips and advice that can be implemented at home. This workshop will cover key issues including digital wellbeing, online friendships, bullying, adult content and more. This is a must for any parent or carer, grandparents may also find it beneficial.

[CLICK HERE to reserve your space](#)



For further information please contact: events@arlingtonbusinesspark.co.uk

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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Year 9 Learning Conference: What makes success?

As Year 9 are at a pivotal stage in their school life, having chosen their GCSE options but not yet knowing which subjects they have, it is an ideal time to talk to them about how they can make their next steps successful.

To this aim, on Wednesday this week, all Yr 9 gathered in the hall to listen to a Yr11 student who talked about his experiences of embarking on his GCSEs, his appreciation of Yr9 lessons being the stepping stones for GCSE and the consistency of effort needed throughout.

Why not have a chat to your Yr9 child – what can they do to create success?



Year 9 PiXL Edge Project

Through Spring, Year 9 are working on their PiXL Edge tasks. After a successful debate in Year 8, we have launched a mini election where each mentor group has made their own political party for a new island. This ties in with their CCC learning on political parties, manifestos, and elections pre-half-term.

Over coming weeks, Year 9 will be writing their manifestos and will have the opportunity to canvas across the Year group. Best of luck to all our Year 9 parties, I am really impressed with your work so far.

9C		9D		9E	
9F		9G		9H	
9J		9K		9L	

Year 11



Congratulations to Kenny P, 11J on becoming a PixL Edge Graduate!

Drama Production

HS
Highdown School
and Sixth Form Centre

**LITTLE
SHOP of
HORRORS**

Tuesday 12 March - 7pm
Wednesday 13 March - 7pm
Thursday 14 March - 7pm

*Tickets will be available to purchase at the end of
February.*

The poster features a stylized red logo for Highdown School and Sixth Form Centre. The main title "LITTLE SHOP of HORRORS" is written in a mix of green and red fonts, with the word "HORRORS" in large, dripping red letters. The background is black with green leaves and a purple, toothy plant character. The showtimes are listed in white text, and a note at the bottom indicates that tickets will be available at the end of February.

Highdown Book Clubs

This term the Year 7 and Year 8 book clubs are reading books from the Berkshire Book Awards Shortlist. Each club will read books from one of the groups of books below and then, in April, students will get to vote for their favourite. The winner of the Berkshire Book Awards, voted by students across Berkshire, will be announced on 8 May. <https://www.berkshirebookaward.org.uk/>

Year 7s meet at breaktimes on Thursdays and Year 8s meet on Monday breaktimes. If there is interest from Year 9s or KS4 then additional book clubs can be run. If you would like to join us, please come and see me in the Hive to find out more – Mrs Robinson, Librarian



Highdown Book Swap

4 March—8 March



To celebrate World Book Day (7 March) we will be running a book swap in the Hive during the week beginning 4 March.

We are asking students to bring in books, that they would like to swap, from now until the 4 March when they will be able to choose a book to take home. So, if you have books that are gathering dust on the bookshelf and are thinking of having a clear-out over half term please consider donating them to our book swap — all we ask is that books are in a good, readable condition and suitable for ages 11 – 18.

Books can be dropped off at the school office (labelled with student name) between school hours or students can bring the books into the Hive between 8.30am and 4.00pm.

Any student bringing a book/s to swap before 4 March will have their name recorded on a list so that they can come during the book swap week to choose a book.

If you have any questions please email: librarian@highdown.reading.sch.uk

PwC—Virtual Insight Programme 29-31 July

The Student Recruitment team at PwC are delighted to announce that applications are now open for their Virtual Insight Programme 2024.

The Virtual Insight Programme, running from 29-31 July, is a three-day experience designed to give students in Years 11-12 an insight into PwC: their lines of service, their culture, the work they do and how you can join them as a school leaver. You will have the opportunity to engage with PwC people and ask questions so that you can make informed decisions about your next steps. PwC will provide application insight and guidance too, equipping you with the skills you need to thrive in the workplace.

Further information, including full eligibility criteria and application link can be found in the job description here: <https://pwcukcareers.com/47OLOj8>

Stars of the Week

Year 7

7D Jerome Jones
7E Eden Whittington
7F Alice Loar
7G Grace Hilden
7H Betsy Bramley
7J Amaan Mohammad
7K Evie Webster
7L Freya Cooke

Year 8

8C Nate Bubb
8D Jayden Allen
8E Margot Smith
8F Oscar Williams
8G Conor Allen
8H Finn Hemmant
8J Sophie Ashworth
8K Oscar McCarthy
8L Elyon Eghdamian

Year 9

9C Abigail Mann
9D Noah Smith
9E Balazs Nagy
9F Sam Smith
9G Imogen Hayes
9H Fletcher Bramley
9J Bessie Riches
9K Faye Graham
9L James Mee

Miss Robinson's Bonus:

9C Rowan Harris

Year 10

10C Ryan Chung
10D Cara Fothergill
10E Lucy Green
10F Joe Mountford
10G Lewis Harte
10H Magnus Gunning
10J Tommy Veal
10K Alice Clifford
10L Patryk Solus Natividade

Year 11

11C Jazmine Cole
11D Theo Turay
11E Leo Hunt
11F Rebecca Shepherd
11G Alamin Khan
11H Joey Burke
11J Finley Crabb
11K Holly Traynor
11L Hugo To
11M Lawrencina Oteng

Work With Us

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](#).

Cleaners/Housekeeping Team

£11.79 per hour

Are you local and looking to earn some extra money?

Up to 15 hours per week, ideally 6.30 -8.30am and/or 3 - 6pm.

Flexibility around these hours will be considered.

We also offer an excellent pension scheme, a friendly team and training and equipment will be provided.

If you are conscientious, reliable, with a friendly pro-active attitude, then we would love to hear from you.

Closing date: Applications considered on receipt

For details and an application form, please visit 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](#).

Examinations Invigilator

£11.79 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](#).

Science Technician

**NJC P5-P6 (£23,500-£23,893)
(Actual salary: £18,057-£18,359)**

**34 hours per week (flexible hours possible). Term time only.
September 2024 start (or earlier).**

We are seeking a Technician to join a well-resourced Science Department. The role will include assisting in the lab, preparing for lessons and experiments, ensuring all apparatus and chemicals are put away correctly and adhering to health and safety standards.

The ideal applicant will have previous experience of working in a school science lab, but full training will be provided. You will be happy to work alone as well as part of a team of experienced Technicians. All science backgrounds welcome.

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



**OPEN
EVENTS**

**ACTIVATE
LEARNING**

@ Reading College

Wednesday 28th February 4.30 - 7.30pm
Wednesday 1st May 4.30 - 7.30pm

@ Bracknell and Wokingham College

Wednesday 6th March 4.30 - 7.30pm
Wednesday 8th May 4.30 - 7.30pm

ACTIVATE YOUR FUTURE,
REGISTER NOW:



LIVE FOR THE MOVEMENT

Sign up today for **FREE**
weekly fitness classes

Calling all girls aged 11-16! Check
out our new **MOVE TOGETHER**
FITNESS CLASSES.

Good for both body and mind
our specially designed classes
will help you to build strength,
confidence and get you moving.
It's the perfect opportunity to
have fun with friends.

MOVE TOGETHER

Join our next class at...

Time: 4-4.45pm

Date: Every Tuesday

Location: Nuffield Health, RG2 6UL

nuffieldhealth.com/movetogether



British Cycling Talent Identification

British Cycling are once again looking for the next crop of talented track sprinters to take to the boards and continue the international success of British Olympic medallists Jason Kenny, Jack Carlin and Becky James.

This Talent ID Programme will be looking to identify young people with sprint potential **born in 2009/2010** from across England with those successful going on to join British Cycling's Talent Development and Performance Pathways.

For full details please see our website by clicking the link below.
Applications to be completed by Friday, 23 February 2024.

Link to Application:

<https://www.britishcycling.org.uk/about/article/20240126-about-bc-news-British-Cycling-announces-call-out-for-track-sprinters-of-the-future-at-start-of-Olympic-year-0>

DOES YOUR CHILD HAVE SICKLE CELL?

Cianna's Smile is a Thames Valley based charity raising awareness and supporting families affected by Sickle Cell

What support do we provide?

- Free Days Out
- Respite Breaks
- Hospital Care Packages
- Contribution Towards Travel Costs for Hospital Appointments
- Youth Advocacy campaigns
- Art Workshops
- Virtual Coffee Mornings
- In Person Coffee Mornings
- Carers lunches
- Youth Workshops
- Resources and more

Register Now!

www.ciannasmile.co.uk
info@ciannasmile.co.uk

WHY DO WE NEED MORE BLACK BLOOD DONORS?

YOU ARE INVITED TO OUR OPEN DISCUSSION ON SICKLE CELL AND BLOOD DONATION
HOSTED BY CIANNA'S SMILE AND THE READING AFRO-CARRIBBEAN SOCIETY

Guest speakers

MATTHEW BURKE
HAYLEY KING

Free lunch and refreshments included

On: Thursday 29th of February
From: 12 pm to 3 pm
Where: The Mondial Room, University of Reading's Whiteknights Campus.
Book your space on Eventbrite today!

Email: admin@ciannasmile.co.uk for more information