



ASPIRATION



RESPECT



EXCELLENCE

The weekly newsletter of

Highdown School and Sixth Form Centre

w/c 03 June 2024 Week A

And that's another busy term drawn to a close! It's certainly been an active and varied six weeks since our Easter break. We've had stories from the trips to Iceland and China at the end of last term, rain, the Big Sleep Out, practical and creative assessments, teas of Summer, a KS3 Music Concert, Rugby 7s tournament, Junior Maths Challenge, athletics championships, theatre visits, early morning rugby training in the fog, GCSE and A-Level examinations, and so much more! Thank you to all parents and carers for your support over the term.

As always, it was great to award some of our younger students with their PiXL Edge awards this week. Recognising and celebrating their commitment to developing their LORIC skills – leadership, organisation, resilience, initiative and communication, by completing a series of challenges, both in and out of school.

Our examination groups have been really impressive in how they have approached their first

round of GCSE, A-Level and technical examinations over the last few weeks. I hope they make good use of next week to prepare for the remainder of their exams, but also build in 'downtime' too so they are fully refreshed, ready for their remaining exams in June.

Wishing all our students, and families, a good break next week.

M A Grantham
Head of School



CALENDAR OF EVENTS

Term dates can be found here:

[2023/24](#)

Mon 03 June	Back to School— Term 6
Mon 03 June	Year 8 Assessments Week
Thurs 06 June 3:15-4:15pm	Mapledurham Student Leadership Meeting
Fri 07 June	Year 12 Tower of London Trip



HOUSE POINTS

Mapledurham	137,878
Grove	137,509
Rosehill	138,258
Caversham	141,672



Follow us

PODIUM FOR HIGHDOWN STUDENT

Huge congratulations to student Flick Cairns (Year 12) who recently took part in the Swim England Summer Championships. Flick competed in the 200M Butterfly and the 50M Breaststroke and placed an impressive 2nd and 3rd respectively. Flick has also stepped up her training programme as she attempts to improve her time in a bid to make nationals and we wish her the best of luck!



CREATIVE CAREERS WEBINAR

We are delighted to partner with the Discover! Creative Careers programme, led by ScreenSkills and supported by employers from across the creative sector. To find out more about the opportunities coming up in the Autumn term, book a place on our virtual open evening on Tuesday 25 June, 18:30-19:30. This informative webinar is open to both educators and parents/carers of students.

You [book your place here!](#)



THE WORLD DISSOLVED IN FLAMES—9G



This term, Year 9 have been working hard on completing their latest history homework projects.

The project is called, 'The World Dissolved in Flames', and it covers the main events of World War Two.

The project documented the main turning points of WWII and included research into Dunkirk, Battle of Britain, the invasion of the USSR, Pearl Harbour, D Day and the dropping of the atomic bomb.

All the students in 9G produced thorough and detailed work. They have shown a great understanding of the events that occurred during WWII, and how these events were significant turning points during the war.



It was also with great pleasure that I received Ivan's project this week. Ivan produced a remarkable project which incorporated history, technology and art. Such a fantastic effort. Well done Ivan!

YEAR 7

WALK TO SCHOOL WEEK



This week has been Walk to School Week, and to mark this, Mrs Bonnet arranged for every Year 7 student to be given a water bottle, kindly donated by Bovis Homes. With some of our students walking a long way to and from school, up and down lots of hills, they can now be sure to be well hydrated!!



SCHOOL MENU

See what the Gallery are cooking up for us this term by viewing their menus on the school website

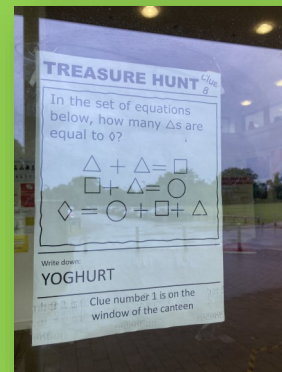
[HERE](#)



NATIONAL NUMERACY DAY

MATHEMATICAL TREASURE HUNT

Students were running around the school site this week, looking for clues whilst participating in a mathematical treasure hunt to mark National Numeracy Day. Thank you to Mr Davison for putting on the event and for providing the chocolate treats to the first 30 students to complete the treasure hunt!!



DONATE OUTGROWN UNIFORM



Did you know that our PTA runs a secondhand uniform “shop” selling Highdown uniform including blazers, jumpers and PE kit from as little as £3 for some items?

For any enquiries please email:

alinapetito@yahoo.co.uk

We will gladly accept donations of outgrown uniform at the school reception—all funds raised go to the school PTA!!!

YEAR 8, 9 & 10 ATHLETICS TOWN CHAMPIONSHIPS



Friday 17th May saw two minibuses full of athletes head down to Palmer Park to take part in the U17 (Year 10) and U15 (Year 8 & 9) Reading Schools Athletics Town Championships. The weather was kind and all members of the teams put in incredible performances across all the different athletic events.

On the girl's team, special mention must go to the medal winners, Lillian Moore who finished 3rd in the 300m, Hagne Chiu who finished 2nd in the 800m, Margot Smith who finished 2nd in the long jump, Madison Elton who finished 2nd in the shot and Elsie Vugler who finished 3rd in the javelin.

On the boy's team, special mention must go to the medal winners Josh Allen who finished 2nd in the 300M, Adam Pazi who finished 3rd in the long jump, David Sarkodie who won the 100m and Afonso Basto De Lima who finished 2nd in the javelin.

Following on from their success the following students have been selected to represent Reading in the County Championship on Saturday 8th June, Hagne Chiu, Margot Smith, Madison Elton, Jayden Allen and David Sarkodie

We wish them the very best of luck.

Miss Clark and Mr Patten

21st June 2024

THE GREAT GET TOGETHER CULTURE DAY

Coming together to explore and celebrate Highdown's diverse community.

This year, The Great Get Together is a celebration of Highdown's diverse culture! During our Culture Day, students will have a culture themed celebration during the school day, followed by an after school event in our Walled Garden (friends and family welcome). To register your interest in having a stall at this event (for example to share cultural foods, clothing, crafts and more!), please complete the form [HERE](#) and a member of our Sixth Form will be in contact with you.

The after school event will run from 3:15pm - 4:30pm in the Barn and Walled Garden...see you there!

REPTILE CLUB

We are very lucky to have a reptile club here at Highdown, which is very well attended, there is always room for new attendees though!

Here, students get to know our unusual and fascinating residents, holding, feeding and weighing them to make sure they are happy and healthy as well as fostering a love and respect for wildlife.



Reptile Club
Every Tuesday
and Thursday
Lunchtime in
S7

CALL FOR
DONATIONS

Do you have anything reptile related you could donate to help keep down the costs of Reptile Club, such as bedding? Do you have a vivarium that you no longer use? We will gladly take these items off your hands.

Please contact Dr Love at anlove@highdown.reading.sch.uk if you think you can help.



20.05-24.05

Weekly Attendance

Highest attended day of the week...

Friday

Year groups with best attendance in order:

Year 7, Year 8, Year 10, Year 9, Year 11

House positions for highest term 4 attendance

1st

Caversham

2nd

Mapledurham

3rd

Grove

4th

Rosehill

Top two highest attending mentor groups in each year:

7L

7J

8C

8F

9G

9F

10F

10D

11L

11C



Did you know, over the course of a full academic year, a student with 90% attendance will have actually missed a total of 3.5 weeks of school - that's 90 lessons!!

Thank you to all our students and families for your continued efforts in supporting attendance!



Stars of the Week

Year 7

7C - Emilia Bartel
7D - George Brett
7E - Destiny Knight
7F - Charlie Perchard
7G - Noah Clements
7H - Josie Fox
7J - Hayson Wong
7K - Phoebe Corringham
7L - Louie Jennings

Year 8

8C - Zeynep Guleryuz
8D - Lucas Huynh
8E - Sheron Sunny
8F - Leo Clark
8G - Conor Allen
8H - Harper Rolfe
8J - Max Parr
8K - Ellie Naylor
8L - Noah Flint

Year 9

9C - Kokoro Yeung
9D - Luke Bloxam
9E - Stella Steinfeld
9F - Charlie Seymour
9G - Karisa Ip
9H - Erin King
9J - Zach Cross
9K - Aaditya Dasari
9L - Joshua Lam

Miss Robinson Bonus -
Tabby Bradbury

Year 10

10C - Charlie Baker
10D - Freya Clements
10E - Ashlynnne Kingshott
10F - Alvin Karki
10G - Leslie Antwi
10H - Evelyn Hunt
10J - Romy Partington
10K - Freya Carter
10L - Grace Hemsworth-Fowler




REDUCE TEST ANXIETY

This week, as exams are underway, I'd like to look at ways we can work together to **reduce any test anxiety**. We all know the nervous flutter of our stomach when we have an important interview or test, but do our young people realise part of this is a normal response (and sometimes a helpful one) to keep us on our toes, ready for whichever questions pop up. Here are some ways you can help reduce some test anxiety at home.

- One strategy I like is simply lining up pens in height order when you are sat in the exam hall – focusing on something small helps distract and calm the brain.
- Another technique is just to lean back in your chair, put your pen down and breathe, be conscious of your breathing and wait 2 mins – then, when you are calmer, return to your paper.
- Something else to remember is that whilst this is an exam, in the hall, it is a practice run – whatever happens will not be the end of the world, reframe it – it is ONLY a piece of paper where we want you to show off everything you know.
- We, parents and teachers, are always there to help and we know our young people, like us, are only human and make mistakes – no-one is asking for perfection.

I'd also like to show you **14 questions you could ask your learner** at home, because they will be at a stage in their revision where they could be expanding ideas. If they are – here are some questions to ask – their answers may well be fascinating!



14 QUESTIONS TO ASK WHILST STUDYING
by @inner_drive | www.innerdrive.co.uk

Improve your learning by asking yourself...

- 01 Why does it make sense that...?
- 02 Why is this true?
- 03 What is the main point being made here?
- 04 Why would this fact be true for X and not for Y?
- 05 What are the similarities between X and Y?
- 06 What are the main differences between X and Y?
- 07 What would have happened if X did not occur?
- 08 Why does X cause Y to happen?
- 09 How does this link to what I learnt last week?
- 10 What part of this topic do I still not understand?
- 11 Do I agree with X's opinion (and why)?
- 12 How would I argue against what Y said?
- 13 What solutions or strategies would fix this situation?
- 14 What might have been going through their mind when they said that?



6 SESSIONS TO REDUCE TEST ANXIETY
by @inner_drive | www.innerdrive.co.uk

SESSION 1 HELP STUDENTS TO IDENTIFY SIGNS AND TRIGGERS THAT LEAD TO TEST ANXIETY.	SESSION 4 TEACH STUDENTS EFFECTIVE STUDY AND TEST TAKING SKILLS.
SESSION 2 GIVE STUDENTS METHODS TO REPLACE NEGATIVE SELF-TALK WITH POSITIVE SELF-TALK.	SESSION 5 ENCOURAGE STUDENTS TO SET THEMSELVES CHALLENGING, YET REALISTIC GOALS.
SESSION 3 OFFER STUDENTS RELAXATION TECHNIQUES, SUCH AS TAKING A FEW DEEP BREATHS, WHICH THEY CAN USE BEFORE AN EXAM TO CALM THEIR NERVES.	SESSION 6 OFFER STUDENTS THE CHANCE TO REFLECT ON WHAT WENT WELL AND WHAT COULD BE IMPROVED UPON.

LOCAL SERVICES



Free Food Services in Reading 1.04.24 (v33)
Ramadan Kareem


Services followed by this symbol will end after Ramadan. Snacks & drinks only are available at services followed by ***. Download as a printable A4 document: <https://bit.ly/ReadingServices>

MON	Weller Centre, 110 Amersham Rd, 9.30 am - 12.30 noon (food surplus) Whitley CDA, 252-260 Northumberland Ave, 10 am - 1 pm (food surplus) New Beginnings, All Day Cafe, 11 am - 3 pm CIRDC*, Berkeley Ave, 10 am - 1.30 pm Providence Chapel, Oxford Rd, 5 - 8 pm Food Parcels, Corner of Hosier St & St Mary's Butt, 6.15 - 6.45 pm
TUE	Weller Centre, 110 Amersham Rd, 9.30 am - 12.30 noon (food surplus) Whitley CDA, 252-260 Northumberland Ave, 10 am - 1 pm (food surplus) CIRDC*, Berkeley Ave, 10 am - 1.30 pm New Beginnings, Queens Arms, Gt Knollys St, 6 - 7 pm (sit-down meal) Food Parcels, Corner of Hosier St & St Mary's Butt, 6.15 - 6.45 pm Faith Christian Group, St Mary Church, Chain St, 7.30 - 8.30 pm
WED	Weller Centre, 110 Amersham Rd, 9.30 am - 12.30 noon (food surplus) Whitley CDA, 252-260 Northumberland Ave, 10 am - 1 pm (food surplus) Abbey Wellbeing Cafe**, 11 am - 12 noon New Beginnings, Queens Arms, Gt Knollys St, 12 noon - 1 pm CCA drop-in, Caversham Baptist Church, 12 noon - 2 pm Whitley CDA, 252-260 Northumberland Ave, 12 noon - 2.30 pm (over 50s only) Dee Caf, 12 Spey Rd, Tilehurst RG30 4DG, 2 - 2.30 pm (food surplus) Food Parcels, Corner of Hosier St & St Mary's Butt, 6.15 - 6.45 pm Faith Christian Group, St Mary Church, Chain St, 7.30 - 8.30 pm SWAT, Town Hall, 7 - 7.50 pm
THU	Weller Centre, 110 Amersham Rd, 9.30 am - 12.30 noon (food surplus) Whitley CDA, 252-260 Northumberland Ave, 10 am - 1 pm (food surplus) New Beginnings, All Day Cafe, 11 am - 3 pm New Beginnings, Queens Arms, Gt Knollys St, 6 - 7 pm Food Parcels, Corner of Hosier St & St Mary's Butt, 6.15 - 6.45 pm Faith Soup Run, St Mary Church, Chain St, 7.30 - 8.30 pm Foodshare at Wycliffe** (Baptist Church), 233 Kings Rd, from 8 pm
FRI	Weller Centre, 110 Amersham Rd, 9.30 am - 12.30 noon (food surplus) Welcome Cafe***, Caversham Baptist Church, RG4 8HY, 9.30 - 11.30 am Whitley CDA, 252-260 Northumberland Ave, 10 am - 1 pm (food surplus) CIRDC*, Berkeley Ave, 10 am - 1.30 pm The Way Ministry, 553 Oxford Rd, 12 noon - 1 pm New Beginnings, Queens Arms, Gt Knollys St, 6 - 7 pm Food Parcels, Corner of Hosier St & St Mary's Butt, 6.15 - 6.45 pm Faith Soup Run, St Mary Church, Chain St, 7.30 - 8.30 pm
SAT	Coffee on the Steps at LifeSpring Church***, 143-145 Oxford Rd, 10 am - 12 noon The Globe Community, 12 Portman Rd, RG30 1EA, 11.30 am - 12.30 noon, every other week on 3/04, 27/04, 11/05, 25/05, 8/06, 22/06, 6/07, 20/07, 3/08 Sadaka, Fairview Centre, Gt Knollys St, 11.45 am - 12.45 noon (sit-down meal) Food Parcels, Corner of Hosier St & St Mary's Butt, 6.15 - 6.45 pm Providence Chapel, Oxford Rd, from 6.30 pm Foodshare at Wycliffe** (Baptist Church), 233 Kings Rd, from 8 pm
SUN	CIRDC*, Berkeley Ave, 9 - 10 am (sit-down meal) The Way Ministry, All Nations Christian Center, opposite CIRDC, 4.30 - 6 pm (sit-down meal) SWAT, Town Hall, 6 - 6.50 pm Faith Christian Group, Hosier St, 5.30 - 6.30 pm (not on the 1st Sunday of the month) Food Parcels, Corner of Hosier St & St Mary's Butt, 6.15 - 6.45 pm Foodshare at Wycliffe** (Baptist Church), 233 Kings Rd, from 8 pm

Check with providers before bringing children. Follow public health guidelines.

All welcome but services marked * are for the most disadvantaged only. Services marked ** give priority to people who have not collected any food from this service in that same week. Services with *** only serve hot drinks and snacks but no hot meal.

Sadaka: sadaka@sadakagives.org.uk or via Sadaka social media pages

Parent Carer Health Engagement Day
For Wokingham, Reading & West Berkshire parent carers


- Find out about Ordinarily Available Health Services you can access without referrals or diagnoses
- Feedback your experiences on key SEND health services

Thursday 6th June, 10am - 2.30pm
at Lagoona Park, Pingewood Rd South, Reading RG30 3UH

There will be 4 Feedback Sessions during the day:

- Neurodiversity (autism & ADHD) pathways (11.30 & 1.30)
- Early Help to meet mental health needs (10.30 & 12.30)
- Therapies – Speech & Language, Occupational Therapies, Physio (11.30 and 1.30)
- Preparing for Adulthood – moving from children to adult health services (10.30 & 12.30)

Tickets available on [Ticketsource](https://www.ticketsource.co.uk/whats-on/reading/lagoona-park/parent-carer-health-engagement-day/2024-06-06/10:00t-yakidzj):
<https://www.ticketsource.co.uk/whats-on/reading/lagoona-park/parent-carer-health-engagement-day/2024-06-06/10:00t-yakidzj>
or scan the QR code here



For more information visit: www.sendvoiceswokingham.org.uk or email: info@sendvoiceswokingham.org.uk

GETTING ACTIVE

Emmer Green 5 & 10k & Mini Oak Challenge 2024

Sunday 30th June 2024 - 10am

ENTRY
 10k: £20 (£23 on day)
 5k: £15 (£19 on day)
 Mini-Oak: £7.50 (Includes race t-shirt)

The 5 & 10k runs follow a multi-terrain course along quiet country lanes and footpaths with chip timing.

Mini-Oak Challenge
 Children run (or walk) the school playing field as many times as they like (up to 33 laps).

Scan the QR code for more information and to register or go to:
emmergreen10k.org.uk
 Thank you to our proud sponsors

Sponsors: BLACK & WHITE, Mr Clutch Autocentres, toca.io, RES FIRE, PEPPARD, Sunstrong, OXONA, savills, Gamma Works, DMZ, MBC Fencing, CHROMA, DELLOW ASSOCIATES, true food co-op, Sport In Mind

Raising funds for Emmer Green Primary School

WE NEED YOU!!

WARGRAVE WOMEN & GIRLS FC

U14 Wargrave Girls are recruiting players for 2024/25 (U16) season. We play in the Berkshire County Girls Football League and train on Wednesday evening. We are a friendly club with qualified coaches that want players to have fun and develop their skills. If you are interested in attending our training sessions for a taster please contact Dominique or Andy

TEL: 07833 390845/07411 967774
 E: OLLY.POLLY@NTLWORLD.COM

Reading **FREE!**

Sport In Mind

Registered Charity 1161323

Youth Activities for Mental Wellbeing

Sport In Mind provides free sport and physical activity opportunities for children and young people to help build confidence and self esteem, meet new people and support low mood and other mental health challenges.

Reading Sessions (Summer term)

Day	Time	Activity	Age	Venue
Mon	5:00 - 6:00pm	Football	10-14 years	Palmer Park 3C pitch
Tue	4:15 - 5:15pm	Tennis	10-14 years	Meadway Sports Centre (inside)
Tue	5:00 - 6:00pm	Sport & games	10-14 years	Bulmershe leisure centre
Wed	4:45 - 5:45pm	Football	10-14 years	Prospect Park 3C pitch
Thur	4:15 - 5:15pm	Sport & Games	10 - 14 years	South Reading Leisure Centre - Outside courts
Fri	4:30-5:30pm	Sport & Games	9-13 years	Morgan Centre Queen Anne's School

Sessions restart from Monday 15th April and run weekly excluding school holidays

Working in partnership with:
 MNR, BETTER, NHS Berkshire Healthcare Children, Young People and Families services

Henley Rowing Club

Rowing Taster Sessions

Wed 29th May from 2pm

Come and try rowing for yourself:

- Free of charge
- No experience necessary

Applicants should ideally be:

- in Years 7-9 currently
- over 170cm (f) or 180cm (m)

For info or to apply, email ben.reed@britishrowing.org

GROUP FOOTBALL COACHING WITH READING FC LEGEND DAVE KITSON

JUNE GROUPS

4 - 6 MIXED | 7 - 9 MIXED
 10 - 12 BOYS ONLY | 10 - 12 GIRLS ONLY
 13 - 15 GIRLS ONLY | 13 - 15 BOYS ONLY

SATURDAYS & WEDNESDAYS | ONLY £50 FOR 4 SESSIONS
 TO BOOK, EMAIL: MARK@DAVEKITSONACADEMY.CO.UK

Kayak on the River!

Come and try it out!

Reading Canoe Club

Monday 27th and Tuesday 28th May
reading-canoe.org.uk/taster

Taster Sessions

just £5 per child

Sessions times each day:
 10-11.15am
 11.45-1pm
 1.45-3pm

Ages 9-16 years
 10 places per session
Booking essential

To book a place, scan the QR code below or go to reading-canoe.org.uk/taster and fill in the form.

LOCAL EVENTS



For more information go to:
<https://greenerhenley.org.uk/great-big-green-week-2024>

Come and pick up a beautiful bargain

PROMWEAR Sale

at
 Maiden Erlegh Chiltern Edge
 Sonning Common, RG4 9LN

150 prom dresses in stock from £5-£70
 Dress sizes 4-22 with 8 changing rooms
 Plus shoes, accessories and suits

Cash and card accepted
 SATURDAY 20 APRIL
 SATURDAY 11 MAY
 SATURDAY 08 JUNE
 FROM 10AM-1PM

All funds raised go to Chiltern Edge School Association (CESA)

BOOK ONLINE £10 PER CHILD

You're Invited

FOR A FAMILY FUN DAY AT: VIRTUELAND

FRI 31 MAY
1:00PM - 2:30PM

www.virtuemovement.co.uk | RG50 6HW

**SUITABLE FOR CHILDREN UNDER 10
 PARENTS MUST STAY WITH CHILDREN
 PLEASE BRING SMALL CHANGE
 OPEN TO MEMBERS AND NON MEMBERS**

PRICES INCLUDES: OPEN GYM, TREASURES HUNT WITH PRIZE, ARTS AND CRAFTS, ADDITIONAL EXTRAS: FUN STALLS AND GAMES, TICKET SHIRT.

INCLUSION

YOUNG CARERS AT HIGHDOWN

WHO ARE YOUNG CARERS?

- Are you under the age of 18?
- Do you help look after someone?
- They could be ill, elderly, have a learning or physical disability, substance or alcohol misuse or a mental health condition.

WHAT MIGHT A YOUNG CARER DO?

You may help with:

- Cleaning, cooking, shopping
- Managing medicines or money
- Providing personal care
- Supporting someone emotionally or physically
- Helping someone communicate

If you help look after someone, you may be a young carer. We are here to help. Please speak with your Head Of Achievement or contact:

JENNA HOLDER
YOUNG CARERS CHAMPION

MR CLAWSON
ASSISTANT HEADTEACHER

CONTACT US

From your school email address ONLY, please email:
star@highdown.reading.sch.uk

VISIT US

Visit the Star Centre during break or lunch time for more information about being a young carer.

HEALTHY FRIENDSHIPS

At The National College, our wellbeing technology guides empower and equip parents, carers and educators with the confidence and practical skills to be able to help informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and personal change. Forward supported by National Crime Agency, these guides have access to social logins and forums. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These 10 tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

- 1 GRANT FRIENDSHIP OPPORTUNITIES**
Encouraging children and young people to join clubs and activities can foster healthy friendships by providing shared interests and common ground. Encouraging them to be presenters of their own ideas can also help them to understand the social pressures of knowing what others think and how to navigate these situations.
- 2 LEAD BY EXAMPLE**
Children and young people in our lives see how we behave and how we interact with others. When we model healthy friendships, we can inspire them to do the same. Try to understand when healthy friendships looks like and how to encourage them.
- 3 HELP THEM LOVE THEMSELVES**
Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For every self-worth, it's important for a child to have the support and belief that comes with a positive and healthy self-image. We can help them to build this self-image through positive affirmations and self-love exercises.
- 4 MONITOR SCREEN TIME**
Too much screen time can affect a child's ability to connect with others. It can also lead to a lack of social skills. Encourage children and young people to use social media responsibly and to take breaks from screens. Encourage them to engage in offline activities that can help them to build positive relationships.
- 5 TEACH PROBLEM-SOLVING**
Healthy friendships can run into problems. Encourage children and young people to work through any difficulties that arise. Encourage them to communicate and try to find these issues for themselves. Encourage them to seek help from adults if they need it. Encourage them to find solutions for themselves that help them create strong friendships.
- 6 EMPOWER THE CHILD**
When we give children and young people the confidence to choose their friends, challenge negative social boundaries and control from their own perspective, we can help them to form healthy friendships that work. When young people feel confident in their own choices, they can make positive choices and remain aware of the signs of a negative relationship.
- 7 TEACH EMPATHY**
Healthy friendships aren't always easy. When we teach children and young people to be empathetic, we can help them to understand the needs of others. Encourage them to be kind and to listen. Encourage them to be understanding and to be supportive. Encourage them to be helpful and to be kind.
- 8 BE OPEN TO QUESTIONS**
Talking to young people about their friendships, when they have the chance, can help them to work out the best to questions if they have any. Encourage them to ask questions and to be open to the answers. Encourage them to be open to the answers. Encourage them to be open to the answers.
- 9 UNDERSTAND BOUNDARIES**
One of the keys to a healthy friendship is understanding boundaries. This can include things like not sharing secrets, not being too close, and being open to compromise. Encourage children and young people to understand their own boundaries and to respect the boundaries of others. Encourage them to be open to the answers.
- 10 SPOT THE SIGNS**
We don't always experience young people's friendships. However, it's important to consider any signs of a negative relationship. Encourage children and young people to be open to the answers. Encourage them to be open to the answers. Encourage them to be open to the answers.

Meet Our Expert
 Macky Downes is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them. Macky has a focus on mental health, wellbeing and skills around mental health, wellbeing and self-empowerment.

WakeUp Wednesday | **The National College**

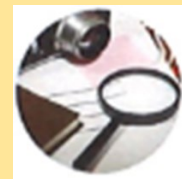
[@wake_up_weds](https://twitter.com/wake_up_weds) | www.thenationalcollege.com | www.instagram.com/wakeupwednesday | www.facebook.com/wakeupweds

Some of the guides do not have their own dedicated page. The link is intended to be a general overview of the content of the guides. © 2024

LIBRARY RECOMMENDATIONS

To honour Sherlock Holmes Day which is actually Sir Arthur Conan Doyle's birthday, coming up on 22 May, we are looking at book recommendations from the Mystery & Crime section in the Hive.

Mystery & Crime books have this sticker on their spine



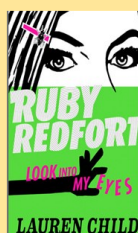
eBooks and Audiobooks are available to all Highdowners at:

<https://www.highdown.reading.sch.uk/library>

<https://highdown.eplatform.co/>

Ruby Redfort: Look into my Eyes – Lauren Child

What would you do if you were a thirteen-year-old kid and a secret agency asked you to become their ace code-cracker? Panic? Panic will freeze your brain. Tell all your friends? You'd be out on your ear Bozo! Could you keep it zipped? Well, could you, buster? Lucky for Ruby Redfort, she's not your average kid. She's never going to crack. She's super smart, she's always cool and she can keep her mouth shut - can't she?



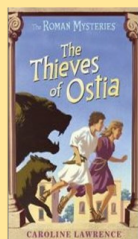
Model Under Cover – Carina Axelsson

Introducing Axelle Anderson: fashion's most stylish detective. Despite her long legs and fashion-obsessed family, all Axelle wants to do is solve mysteries. So when star designer Belle La Lune vanishes, Axelle seizes the chance to go undercover as a model to crack the case - even if it means being tortured with eyelash-curlers and teetering on sky-high heels. Aided by the distractingly gorgeous Sebastian, Axelle races against the clock to solve the mystery at the heart of Paris Fashion Week...



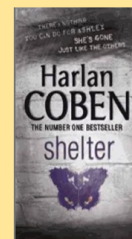
The Thieves of Ostia – Caroline Lawrence

Flavia Gemina is brilliant at finding things, so it's natural for her to solve mysteries. The daughter of a ship's captain living in Ostia, the port of Rome, in AD79, she acquires a gang of three friends who help her. There is Jonathan, the Jewish boy (and secretly a Christian); Nubia, the African slave girl; and Lupus, a mute beggar boy. Together they work out who severed the heads of the watchdogs that guard people's homes, and why he did it. A whodunnit, with lots of twist and cliffhangers and a mystery for the reader to solve.



Shelter – Harlan Coban – YA

Harlan's very first young adult project will link in with the storylines in his up-and-coming adult thrillers as Myron Bolitar discovers that his mysterious tearaway younger brother, Brad, has a son - now teenaged. When our series hero's father, Brad, dies in a mysterious accident in South America, Myron is his closest, albeit estranged, relative left and is assigned to be his legal guardian. Will uncle and nephew be able to live with one another? And will our hero be able to resist getting involved in solving a mystery disappearance at his new high school?



Pretty Little Liars – Sara Shepherd – eBook

A companion novel to the #1 New York Times bestselling series that inspired the hit ABC Family TV show Pretty Little Liars. Taking place between books four and five in the Pretty Little Liars series, Unbelievable and Wicked, Pretty Little Secrets is a very special Pretty Little Liars tale revealing the liars' never-before-seen misadventures over their junior-year winter break.



The June Boys – Jack Heath – eBook

For nearly a decade the Gemini Thief, a serial kidnapper who abducts three boys on June 1st, has terrorized Tennessee. The June Boys being held captive endure thirteen months of being stolen, hidden, observed, and fed before they are released, unharmed, by their masked captor. The Thief is a pro, managing to elude authorities while abducting over twelve boys over the past ten years. No one knows why—but they do know they don't want to be next. Now Thea Delacroix has reason to believe the Gemini Thief has taken a thirteenth victim: her cousin, Aulus. But the twisted game begins to change: one of the kidnapped boys turns up dead.



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