



Highdown Bulletin

w/c 15 July 2024 Week A



Follow us

HEAD OF SCHOOL ROUND UP



Unbelievably we're at the end of our penultimate week of the school year already! How has that happened so quickly!!? However, we've not slowed down as we draw to the end of the term.

That's certainly true for our athletes in yesterday's track events at our Sports Day, who left the blocks at an impressive pace! After a false start earlier in the week with some wet weather, we were delighted to be able to hold our annual event yesterday. All the athletes were amazing. We saw great skill, great competitiveness, but also great support for each other – the Highdown Way! The rest of the school looked on cheering for their House representatives and also for the other competitors. It was an honour to award the winning students their certificates and medals. The overall results will be shared on our last day of term but I know, going into the track events, there were not many House Points separating our four Houses, so it was all to play for! Many thanks to the PE department for organising another fantastic Sports Day!

On Monday, I was delighted to celebrate with our Year 7 and 8 Word Millionaires, who were awarded their certificates recognising their achievement and reaching an amazing milestone. They have all read books this year with the number of words totalling at least one million. As Dr Suess (Ted Geisel) once stated 'The more you read, the more things you will know. The more that you learn, the more places you'll go'. Congratulations to all!

Wednesday brought our annual Year 5 Day and our Year 10 'Sixth Form Unwrapped' events – two great opportunities for students to think about their futures. We were delighted to welcome 350 students in Year 5 to spend the day experiencing life and lessons as a Highdowner. They had a great day and we hope to see all visit us again at our Open Evening on Thursday 26 September. Our Year 10s spent the day as Sixth Formers. They opted for subjects to study during the day to get a sense of what post-16 lessons are like and also took advantage of buying snacks and lunch from Café6, which is a dedicated food outlet for our Sixth Formers and staff. I hope to see our Year 11s at our Sixth Form Subject Fair on Thursday 07 November to talk to teachers and current sixth formers to find out more about our Sixth Form offers as they make decisions about their post-16 plans.

Wishing all families a lovely weekend.

M A Grantham
Head of School

WORD MILLIONAIRES



"I wanted to write a quick email to express how fantastic yesterday (Year 5 Day) was. My daughter, absolutely loved the whole experience and can't stop talking about how great Highdown is.

I did the 1pm tour yesterday and was also very impressed. Your school has such a wonderful culture that you can feel when you are there."

Year 5 Parent



**YEAR 10 ENJOYING
AN OUTDOOR
BIOLOGY LESSON**

**DENNIS THE
THERAPY DOG
DELIGHTING
OUR YEAR 5
GUESTS**



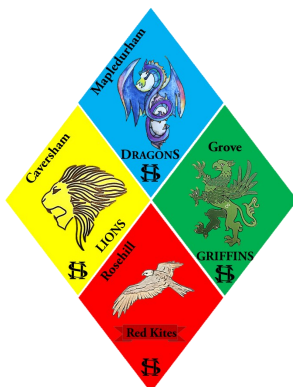


THIS WEEK (A)

Tues 16 July	Highdown Literary Festival
Tues 16 July	Year 7/8 Tennis Fixture—Away
Thurs 18 July	Student Leadership Litter Pick with Keep Caversham Tidy
Thurs 18 July	Year 8 STEAM Fair
Thurs 18 July	House Litter Pick
Fri 19 July	Last Day of Term—12:25pm finish

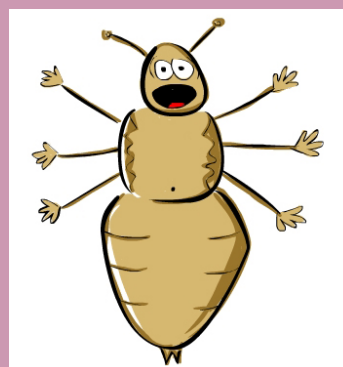
HOUSE POINTS

Mapledurham	157,053
Grove	158,531
Rosehill	157,742
Caversham	160,707



Bugs love the summer months!

During this time we are reminded by our School Nurse Team to ensure parents are aware of how to treat headlice. Please see the guidance for the NHS by following the link [HERE](#).





Highdown Bulletin



Time/Period	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KS3 Break	KS3 Book Crew Club Mrs Robinson Yr8/9 HIVE			Year 7 Book Club Mrs Robinson HIVE	
Lunch	Girls Fitness Suite Yr 9-11 Miss Clarke	KS4/5 Photography Lunch Miss	Badminton Year 7 & 8 - Mrs Sadler	KS3 Women in Stem DT8 Maddie	Boy's Badminton - Mr Potter
	Barbershop Group Mr Santer Mu3	Reptile Club - Dr Love, S7	Voice Club Ms Pickaver - CR5 - all years	Basketball (Gym) - Mr Gordon	KS4/5 Photography Miss Woronkowicz A4
		Cipher Challenge Maddie and Beni CR4	Funk & Soul Group Mr Santer Mu3	Reptile Club - Dr Love, S7	Fitness Club Year in Fitness Suite - KS4 Mr Patten
			KS4 Photography Lunch (ANW A4)	KS4 Photography Miss Woronkowicz A4	
			String Ensemble - all years Mrs Reid MU1	Junior Choir - KS3 Mrs Reid MU1	
After School - 4:14pm		Year 11 GCSE PEP Coursework & Revision CR7 - Mr Potter	All years Cricket Training - AG & TB	All Years Girl's Athletics Training - Miss Clarke and Mrs Sadler	Quiz Club (M5) Mr Hutchinson
		KS4/5 Photography Miss Woronkowicz A4	KS4/5 Photography Miss Woronkowicz A4	KS4/5 Photography Miss Woronkowicz A4	
		All Years Boys Athletics Training - Mr Patten & Mr Colvin	KS3 Art Club - (A3/A2)	The Medic Society (S5)	
		House Drama Mrs Lake - DR2	Excellence Club - (CR1) Lisa Pattison	All Years Tennis Training - Mr Thompson	
		Physics Revision - S5	Orchestra - all years 3.10-3.50pm Mrs Reid MU1	Knit and Natter - Ms Lobo - DT3	
		Excellence Club - (CR1) Miss Pattison	Textiles club Miss Cutler DT4	Excellence Club - (CR1) Miss Pattison	
			All Years Rounders Training - Miss Clarke and Mrs Sadler	History Club H15 KS3 Mr Lilley	
				Highdown Dance Company DR1 Mrs Hawkins (Jan-July)	



Year 7

- 7C Oliver Hicks
- 7D Aaradhya Satpute
- 7E Smruti Gadre
- 7F Joseph Kingswood
- 7G Didi Goma
- 7H Hayley Roberts
- 7J Jessica Kingham
- 7K Amelia Wilson
- 7L Amelia Murrant

Year 8

- 8C Sienna Ellmer
- 8D Rohan Skilling
- 8E Adarsh George
- 8F Oscar Williams
- 8G Libby Hassel
- 8H Annie Compton
- 8J Kaja Colyer
- 8K Myka Mann
- 8L Matt Turay

Year 9

- 9C Malo Finet
- 9D Aryan Desour
- 9E Euan Boarder
- 9F Libby
- 9G Sian Shannon
- 9H Callie Wenham
- 9J Maya Mieczkowska Ma
- 9K Max Etherington and Harry Davies
- 9L Olivia Adeyeba
- Miss Robinson
- Aaryan Desour

Year 10

- 10C Charlie Baker
- 10D Hollie Martin
- 10E Liyanna Rahman
- 10F Oscar Squires
- 10G Lewis Harte
- 10H Arran Morris
- 10J Callum Potter
- 10K Isabella Macias Rodriguez
- 10L Inigo Wrottesley



15th April, 6th May, 3rd June, 24th June, 15th July

Week 1

Summer Menu

Mon	Tue	Wed	Thu	Fri
	MASALA MOMENTS	SOUTH AMERICAN CARNIVAL		FISH & CHIP SHOP
Kung Pao Chilli Pork Stir Fry with Peppers (G,So,Mu,Ce) and Noodles (G)	Keralan Chicken Curry	Pulled Chicken Tinga	Classic Italian Slow Cooked Beef Lasagne (G,Mk,E) Served with Chef's Seasonal Salad and Garlic Bread (G,Mk,So)	Battered Fish Fillet (G,F) Cheese and Onion Pastie (G,So,Mk)
Steamed Rice	West Indian Spiced Tofu and Aubergine Curry (G,So,Mk)	Tortilla with Sour Cream (G,Su,Mu,Mk,E)		"Chip Butty" (G,Se,Mk)
Garlic and Chilli Roasted Greens	Potato, Pea and Cauliflower Roti (G)	Chilli Beef Empanadas (G,Mk,E,Ce)		Jumbo Sausage (G,Su)
	Spicy Indian Rice	Feijoada Brazilian Black Bean Stew (Su)		Fish Fingers (G,F,E)
	Onion Bhaji (G) Or Vegetable Samosa (G)	Pepper, Lime and Spring Onion Rice		Oven Baked Chips
Kung Pao Quorn Chilli Stir Fry with Pepper (G,So,Mu,E,Ce) and Noodles (E)	Torn Parathas (G)	Cajun Corn (Mu)	Mediterranean Roasted Vegetable Lasagne (G,Mk,E) Served with Chef's Seasonal Salad and Garlic Bread (G,Mk,So)	Garden Peas Baked Bean Curry Sauce (Mk)
Steamed Rice	Mango Chutney	Collard Greens		Chunky Tartare Sauce (Su,E) Ketchup and Lemon
Garlic and Chilli Roasted Greens	Green Coriander Chutney (Mk)			



From £2.20 GLOBAL EATS

- MONDAY**
Jumbo Hot Dog with BBQ Sauce and Sweet Potato Crisps (G,Su,Se,Mu)
- TUESDAY**
Bombay Burrito with Indian Chicken (G,Mu,Mk,E)
- WEDNESDAY**
Chicken Pad Thai with Sweet Chilli Sauce (E)
- THURSDAY**
Wrap with Buffalo Chicken (G)
- FRIDAY**
Fish and Chip Shop

From £2.25 PASTA BAR

- SERVED EVERYDAY**
- Freshly Cooked Pasta:
- Slow Cooked Beef Bolognese (G)
- Tomato and Basil (G) or Mac 'n' Cheese (G,Mk)
- Served with: Home baked Garlic Bread (G,So,Mk) Pesto (Mk) Cheese (Mk)

From £1.15 DESSERT

Selection of home bakes, flapjacks, cookies, sponges, jelly and fruit pots

deliciously good food.
At the heart of everything we do is our love of good, fresh and healthy food, prepared by a team who cares!

every week!
Look out for our **Theme Bars**

JACKET POTATOES
WITH ALL THE BEST TOPPING!

SALAD BAR
Fresh every day packed with tasty choices!

MEAL DEAL
Check out what's on offer today!
Available for Free School Meals

ALLERGENS
we're allergy aware!

Ce = Celery Ma = Molluscs
Cr = Crustacean Mu = Mustard
E = Eggs N = Nuts
F = Fish P = Peanuts
G = Cereals Se = Sesame Seeds
containing Gluten So = Soya
L = Lupin Su = Sulphur Dioxide
MK = Milk

Speak to one of our chefs if you have any allergies.



Get Into a Series This Summer

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

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

There are many book series in the Hive and on ePlatform for you to get into this summer.

Here are some recommendations:

The Last Dragon Chronicles – Chris D'Lacey

When David Rain moves in with Liz and Lucy, he discovers a collection of handcrafted clay dragons that come to life and have magical powers. David even gets his own personalized dragon, Gadzooks, who can forecast the future. As David explores the dragon world, he finds himself drawn down a path from which there is no going back ... to the very heart of the legend of dragons and the mysterious ancient secret of the Icefire.



A Silent Voice – Yoshitoki Oima - Manga

Shoya is a bully. When Shoko, a girl who can't hear, enters his elementary school class, she becomes their favorite target, and Shoya and his friends goad each other into devising new tortures for her. But the children's cruelty goes too far. Shoko is forced to leave the school, and Shoya ends up shouldering all the blame. Six years later, the two meet again. Can Shoya make up for his past mistakes, or is it too late?



Heist Society Series - Ally Carter

When Katarina Bishop was three, her parents took her to the Louvre...to case it. For her seventh birthday, Katarina and her Uncle Eddie travelled to Austria...to steal the crown jewels. When Kat turned fifteen, she planned a con of her own - scamming her way into the best boarding school in the country, determined to leave the family business behind. But now her dad's life is on the line, and Kat must go back to the world she tried so hard to escape...



Electra Brown Series – Helen Bailey

Electra's family is falling apart. Her dad's moving out, her mum's given in to her daytime TV addiction, and her little brother (aka The Little Runt) has just been caught shoplifting. Even the guinea-pig's gone mental. And all Electra can think about is whether green eyeliner compliments or clashes with blue eyes. Where can a girl turn in her hour of need? To her best friends, of course. Together, they think up a plan: persuading the class geek to stalk her dad seemed like a good idea at the time ...



Recall of Overdue Library books - Please return any overdue library books to the Hive before the summer break.

Don't forget you can still access ebooks and audiobooks over the summer holidays here:

<https://highdown.eplatform.co/> All you need is your Highdown log in

Highdowner Book Recommendations

Highdowner: Mr Baker

What books did you enjoy reading when you were a teenager?

As a teenager I enjoyed books by Terry Pratchett, such as Discworld, The Bromeliad Trilogy (Nomes)

What books/genre do you like reading now?

The same as when I was a teenager :-)

Who is your favourite author or what is your all-time favourite book?

My all-time favourite books are Terry Pratchett's Truckers, Diggers and Wings - The Bromeliad Trilogy (Nomes)





Parents and Carers:

Helping our children stay out of harm's way

STAY TRUE
TO YOU

Workshop Details

Where?

Online via Zoom (link at bottom of flyer)

When?

Wednesday 24th July
6:30pm-8:30pm

How Much?

FREE!

Topics Include:

- The current stresses for young people, including fear, violence, knife crime and exploitation.
- Online harms, social media, drill music
- How to have meaningful conversations with our children
- Empowering our children to stay safe

Informative and Empowering

Parenting children and young adults is hard, sometimes it can be scary and overwhelming with news stories and social media influencing how safe we feel our children are and the risks they may face in today's climate.

Book your space using the link below:



<https://benkinsellatrust.beaconforms.com/form/297211e0>

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

SUPPORT FOR YOUNG CARERS

- One-to-One Mentoring
- Star Centre Drop In at break and lunch times
- Referrals to No.5 Counselling
- Referrals to School Nurse Service
- Referrals to Excellence Club (homework support)
- Young Carers Forum

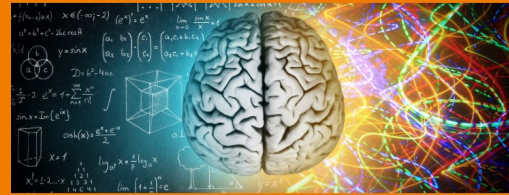
CONTACT US

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.

Are you aware of teenage brain development and how it impacts on behaviour?



Understanding the Teenage Brain

"Every parent and teacher should hear this...."

Mr Mead, Headteacher at Lytchett Minster School, Dorset



Two-hour online talk **Monday 15th July 7-9pm**

Book Now £24

facefamilyadvice.co.uk

Free School Meals

Are you entitled?

Reading Canoe Club Summer Camps 2024

Reading Canoe Club are running Beginner and Development Summer Camps in Kayaking.

Camps are aimed at 10-16 year olds and will run in small groups, maximum of 10 participants to build confidence and skill.

Beginners will be a week of fun, learning to kayak on the River Thames and exploring the different disciplines canoeing has to offer. The cost for the 5 days, including all equipment is £100.

Camp will run on the following dates:

- 5th August to 9th August

Camp will be 5 days (Monday - Friday) and participants can choose to come either:

- Morning Session - 10am to 12 noon
OR
- Afternoon Session 1pm to 3pm

Development will be building on the beginners week, developing skills and technique, and progressing into faster racing boats. The cost for the 4 days, including all equipment is £140.

Camp will on the following dates:

- 12th August to 15th August

Camp will be 4 days and run 10am to 2pm

There are a limited number of spaces, sign up now to avoid disappointment.

Spaces for both camps will be allocated on a first come first served basis. To sign up, please scan the QR code or email coaching@reading-canoe.org.uk

Website: reading-canoe.org.uk/

Reading Canoe Club, The Warren, Caversham, Reading, Berkshire, RG4 7TH

