



22nd November 2024

Dear Parents and Carers,

I hope this finds you well.

This week, students and staff have been celebrating kindness week where we have been thinking about saying and doing kind acts. We have been posting kind messages in our kindness post box for delivery to recipients on Monday 25th November.

Coats

With the changeable weather, students will want to make appropriate choices about the coat they wear to school to keep warm and dry whilst outside. We are currently holding 17 coats in lost property and encourage students to reclaim theirs at the earliest opportunity.

Nasal flu vaccine

As a reminder, the nasal flu vaccinations will be taking place on Monday 2nd December 2024.

The instruction letter from Kernow Health can be found [here](#), it gives full details on how to register consent.

A reminder that the deadline for consent is 28th November 2024. Any consents received after this date will not be guaranteed a vaccine as the Kernow Health Vaccination team are not able to carry spares.

Change of English Homework Deadline for Years 7, 8, and 9

There is an important change regarding the submission deadlines for English homework in Years 7, 8, and 9.

Currently, English homework deadlines follow a Wednesday to Wednesday schedule. However, we have identified that this arrangement can cause confusion for students, as it overlaps with deadlines set by our online learning platform. To help students better manage their time and avoid unnecessary stress, we will be adjusting the English homework deadlines to a different day of the week.

This change is designed to:

1. **Support students' time management:** Spreading out deadlines ensures students can effectively plan their week and balance their workload across subjects.
2. **Reduce confusion:** A dedicated day for English homework will minimize any overlap or miscommunication about submission expectations.

The new submission day for English homework will be **Monday to Monday** effective from **Monday 25th November**. All students have been told of this change during their lessons this week.

We appreciate your understanding and support in implementing this change, which we believe will benefit our students by promoting better organization and reducing unnecessary challenges.

Should you have any questions or concerns, please do not hesitate to contact the English department who are grateful for your continued support.

If you would like to check your child's homework timetable, we have published them on our website for parents and students to refer to [here](#).

Reading

I hope you are enjoying the reading recommendations we've shared with you. Whether you're diving into thought-provoking non-fiction or staying informed through the latest news, each offers a wealth of knowledge and insight.

Reading non-fiction is crucial for young people because it expands their understanding of the world. It provides factual knowledge, sharpens critical thinking, and helps them to make informed decisions in their daily lives. Whether it's history, science, or personal development, non-fiction teaches us lessons drawn from reality, offering wisdom that fiction cannot always provide.

Similarly, reading the news is vital for staying informed about current events. In an ever-changing world, young people benefit from being aware of global and local

events helping them to stay engaged, shape well-rounded opinions, and contribute meaningfully to conversations and decisions.

Thank you for encouraging your child to read the suggested articles. You may find that looking at them together is an enjoyable and enriching experience.

This week's recommendations are:

Geography [The path of Hurricane Milton - The Day](#)

Computing [Exploding devices, drones and viruses - The Day](#)

Sociology [Growing gulf between genders, academics warn - The Day](#)

CAMP 11th December after school

Miss Roughton has been at it again and below you will find her latest poem to encourage people to join us for Carols and Mince Pies on Wednesday 11th December.

The season is here, with joy in the air,
So come to our evening of festive cheer!

At Plymouth High, we'll gather in song,
With carols and warmth to carry us along.

We'll sing by candlelight, voices raised high,
And share in the joy with each mince pie.

To make this night as sweet as can be,
We need your help with generosity!

If you'd kindly bring a mince pie or two,
Hand them to Reception – we'll be grateful to you!
Mark them "For Miss Roughton's care,"
Your gift will bring smiles and festive flair.

So come one, come all, with family and friends,
For a night of music that never ends.

Let's celebrate together, hearts open wide –
With carols, mince pies, and holiday pride!

Christmas Shoebox appeal for the Ukraine

We are happy to say that for the third year in a row we will be collecting Christmas Shoeboxes that will be delivered to the Ukraine in time for opening on Christmas Day. Our community has been so generous over the last two years donating more than 150 boxes to those in difficult circumstances. If you or your child would like to participate this year, please see the information in the article [here](#), it contains ideas about how to prepare the box. All boxes need to be delivered to school reception by the 11th December. Thank you for your generosity and kindness.

Doctors, Dentist and Vets career pathway update

Year 13 students on the Doctor, Dentist, Vet pathway have started to receive interview dates. This year, there will be two rounds of practice interviews. On Friday 29th November there will be panel interviews with a local GP and Dr Doddrell and students will receive feedback. On Thursday 12th December there will be a Multiple Mini Interview (MMI) morning to practise for this alternative and very popular style of interview.

In the coming days applicants will be given further information on ways to practise for their interview and a selection of very common questions so they can begin to prepare their answers.

Year 12 student applications for MEDSOC Leadership roles are now open and those interested should complete the questionnaire along with a short explanation about their interest in the role and plans for the society.

Year 10 and 11 students have recently been introduced to the question style of the UCAT aptitude test and will continue to be gradually exposed to a wider variety of the areas covered. They performed wonderfully for a first attempt, and it will be great to see them continue this journey.

If any Year 11 students missed the Medical/Dental/Veterinary talk at Sixth Form Open Evening, please encourage them to speak to Dr Doddrell to collect more information.

A note from Mr Law regarding year 11 mocks

We are pleased to inform you that the first week of the mock examinations has gone very well. The students have demonstrated an excellent attitude towards both their revision and the examinations themselves, and we have been really pleased with their behaviour throughout this period. We are incredibly proud of their efforts and hope

they can maintain this positive momentum as we move into the second week of the mocks.

As the examinations continue, we'd like to remind students to maintain good habits for effective preparation and revision. Short, focused study sessions, regular breaks, and techniques like practising past papers or teaching topics to others can help maximise their efforts. Equally important is maintaining a healthy balance - ensuring they take time for:

- **Exercise:** Even a short walk or light activity can help clear the mind.
- **Nutrition:** Eating balanced meals will keep their energy levels up.
- **Sleep:** A consistent sleep schedule is essential for focus and memory.
- **Relaxation:** Taking time to unwind is vital for managing stress effectively.

We would also like to make you aware of a heating fault in one of the examination venues, which means the room may be colder than we would like. To ensure students are comfortable during their examinations, we have informed them that they are permitted to wear an additional layer over their uniform whilst in the examination room.

However, please note that our uniform expectations remain the same around the school and in lessons. So, students should arrive to school in the correct uniform, be in correct uniform in lessons and also arrive to and leave the exam venue in their correct uniform.

Thank you for your continued support during this important time. We look forward to seeing the students finish their mocks strongly, and we will continue to do everything we can to support them.

Very best wishes,



Simon Underdown.
Headteacher.