



31st January 2025

Dear Parents and Carers,

I hope this finds you well.

Immunisations

Parents and carers will know that Kernow Health delivers the school-age immunisation programme in Cornwall and Devon on behalf of NHS England. We will be offering immunisations for year 9 (and a year 10 & 11 catch-up clinic) against Tetanus/Diphtheria/Polio and Meningitis ACWY at PHSG on 24th February 2025. The immunisation team will also be offering a drop in session for Sixth Form students on the 11th February 2025.

Year 11

As we move further into the academic year, our Year 11 students are settling back into their routines, balancing lessons with revision and reflecting on their mock examination performances. Looking ahead towards the end of the school year, there are some significant dates for parents and carers to be aware of.

Year 11 celebration day, 7th May: To mark the last bit of year 11 before study leave begins, we will be hosting a special celebration morning on Tuesday, 7th May. Students will take part in activities on the courts and in the gym, with light refreshments provided. They will also have the chance to share a final breaktime with staff to say informal goodbyes before leaving the site by 12pm. More details regarding study leave will follow, but we encourage students to use the remainder of the day for focused revision, as some will have examinations the following day.

Year 11 Prom, 1st July: We are delighted to confirm that the Year 11 Prom will take place on Tuesday, 1st July. This is a fantastic opportunity for students to celebrate their hard work and

time at Plymouth High. A payment option will be made available on ParentPay in due course, along with consent forms for attendance.

We look forward to celebrating these important milestones with our students, firstly at the celebration day on 7th May and later at the Prom on 1st July.



Time to **rethink** mental health.

Next week, we are excited to launch our **Week of Thinking**, a celebration of the Thinking School approach that underpins our students' learning. Throughout the week, we will be showcasing our Thinking Toolkit—including Thinking Hats, Thinking Maps, and Thinker's Keys—while also encouraging important conversations about mental health.

Too often, people feel afraid to speak openly about mental health due to stigma. That's why, as part of our **Week of Thinking**, we will also be observing **Time To Talk Day**—a national initiative led by the mental health charities **Mind** and **Rethink Mental Illness**. Where better than a Thinking School to begin rethinking mental illness?

How will students be involved?

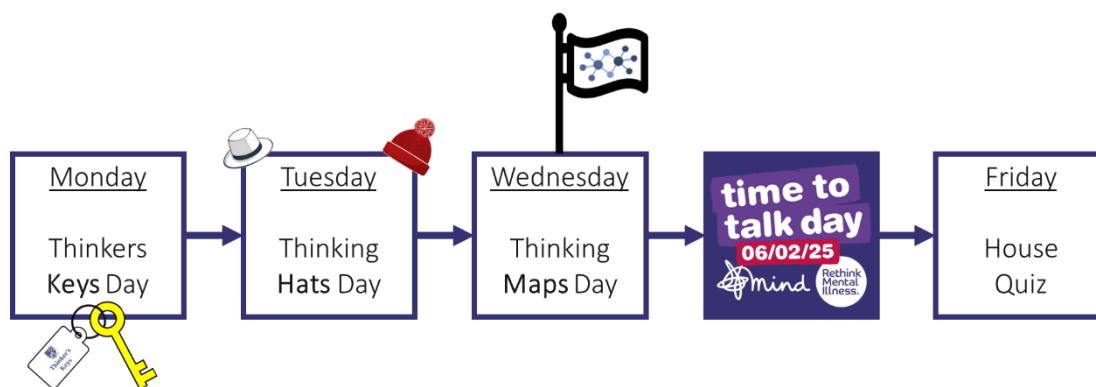
From Monday to Wednesday, our teaching staff will highlight different thinking tools in lessons, and we will be running whole-school competitions where students will:

- Use the "**What If**" key to explore how society might change if we treated mental illnesses the same way as physical illnesses.
- Create a **Double Bubble Map** to compare the benefits of talking about mental health with a trusted friend versus a professional.
- Apply "**White Hat**" thinking to uncover interesting facts and data about mental health.

On Thursday morning, students will take part in mental health-focused activities in their tutor groups (Friday for Sixth Form), encouraging open discussions and reflection. To round off the week, we will be hosting a fun, voluntary quiz on Friday.

By engaging students in these discussions, we hope to challenge stigma, encourage openness, and equip students with valuable thinking tools for both their education and their well-being.

Thank you for your support in making this an impactful and meaningful week for our students.



Academic reading

Here are this week's academic reading suggestions. Thank you for your support in encouraging your child to read these academic texts, they really do support our young people by building critical thinking, enhancing subject knowledge, and developing advanced reading and comprehension skills. It exposes them to structured arguments, evidence-based reasoning, and diverse perspectives, preparing them for exams and higher education. Academic texts also cultivate discipline and improve the ability to synthesize complex ideas.

Try these recommendations from The Day

English [How wonderful words can be utterly pointless - The Day](#)

Physics [Review of the year: health and science - The Day](#)

PSHE [Revealed! the careers that will survive AI - The Day](#)

School website latest news page.

This is where we celebrate student achievements and promote school related news. Please click [here](#) to read our latest news.

Dates for your diary.

All years

Week beginning 3rd February – week of thinking

Wednesday 5th February staff training afternoon. Students leave school at 1.15pm. Bus and train times are unchanged.

Tuesday 11th Feb to Thursday 13th Feb, school production of Frozen Jr

Friday 14th February, last day of half term

Monday 24th February, first day back after half term holiday, normal school day

Year 13

Thursday 6th February. Year 13 mock results event. Mock results published to students and parents.

Year 12

Thursday 27th February, yr12 Parents evening, online

Very best wishes,



Simon Underdown.
Headteacher.