



THINKING
SCHOOLS
ACADEMY TRUST

Plymouth High School for Girls

"For life, not school, we learn"

21st March 2025

Dear Parents and Carers,

I hope this finds you well.

Only three updates from me this week.

Making online viewing safer for children

There is so much amazing content online for children and young people, but as we all know, some of that content is not suitable for younger eyes and ears. Research shows that much of the most serious and concerning content is being viewed and consumed at home, often in the child's bedroom. It is vital that parents and carers know there is plenty of help and support available to them, including from organisations such as Internet Matters who have a fantastic advice guide to make online viewing safer for children. Please use the following link to help you make online viewing as safe and happy as possible. [Making online viewing safer for children - Internet Matters](#)

Parent coffee morning

Please see the attachment to this message which gives details of the parent coffee morning on 1st April to meet with the Neurodiversity Wellbeing Team. The session is open to parents from Plymouth High and Plympton Academy and will be hosted at Plympton Academy. The meeting starts at 10am on Tuesday 1st April and there will also be the opportunity to talk with colleagues from the mental health support team. If you wish to attend, there is a link in the letter asking parents to reply by 24th March to confirm their attendance.



Reading

We know that reading has many benefits and contributes significantly to positive development. We know that reading;

- Strengthens the brain
- Increases empathy
- Builds vocabulary
- Prevents cognitive decline
- Reduces stress
- Aids sleep
- Alleviates depression
- Lengthens lifespan

Perhaps have a look at the following links with your child, I think you will find them informative and interesting. Each of our suggestions are linked to subjects that are taught at PHSG.

Chemistry [TikTok's 'Sephora kids' take over beauty aisles - The Day](#)

Music [The weird Swift theory driving America crazy - The Day](#)

French [Jimmy Carter : leçons d'un président centenaire - The Day](#)

School website latest news page.

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

Dates for your diary

All years

1st April 10am Parent coffee morning to meet with the Neurodiversity Wellbeing Team, hosted at Plympton Academy

4th April last day of term and Gym and Dance Festival. Non uniform day, no contribution necessary, normal school day timings

22nd April first day back for all students after the Easter break, normal day, full uniform

Year 12

Year 12 mocks begin after the Easter break

Years 7 to 9

Week beginning 19th May, end of year assessments

Best Wishes



Simon Underdown
Headteacher