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# Plymouth High School for Girls

*"For life, not school, we learn"*

28 November 2025

Dear Parents and Carers,

I hope this finds you well. Year 11 students are probably feeling relieved that the majority of their mock examinations are now complete. Teachers are currently reviewing the papers, and we will share the grade outcomes with students at the Mock Results Event on 20th January, along with a report for parents and carers. This event marks the end of the whole mock process – from revision and timetables to sitting the papers and receiving results.

Year 13 students are now preparing for their own mocks, which begin after Christmas. Thank you for supporting your children with their revision strategies at home. As a reminder, extra revision support is available on our website in the Revision Hub [here](#).

## AI

Artificial Intelligence (AI) is becoming part of everyday life, and tools like ChatGPT are already being used by many young people. These technologies can help with learning and creativity, but they also raise important questions about how children use them safely, responsibly, and effectively.

To help parents understand what ChatGPT is and what it means for children, Parent Zone has created a clear and practical guide. You can read it here: [ChatGPT and AI: a parent guide | Parent Zone](#).

We encourage you to take a look – it explains the opportunities and challenges AI brings, and how families can support young people in developing the skills they need for the future. Over the coming weeks, I'll also share short snippets of useful information to keep you updated on AI and digital learning.



## Learning – Building Knowledge Through Connections

Students learn best when new information connects to what they already know. This process, called *schema development*, works like a mental filing cabinet: each new idea is “filed” alongside related knowledge, making it easier to find, use, and build on later.

At the start of lessons, pupils take part in short retrieval practice tasks, recalling knowledge from memory rather than just re-reading it. This strengthens their “files,” helping them remember key ideas for longer and apply learning more confidently.

At PHSG, we encourage pupils to think about what they already know before starting a task, notice links as they work, and review or quiz themselves afterwards. These habits make learning more meaningful and long-lasting, supporting our motto: *For life, not school, we learn.*

## Pre-Loved Uniform

We’re pleased to remind you that our Pre-Loved Uniform Shop will be open in school on:

- Tuesday 2nd December, 1.30 – 2:00pm in the Drama Studio
- Tuesday 9th December, 1.30 – 2:00pm in the Drama Studio

Available items include:

- Blazers
- Skirts
- Jumpers
- PE tops
- Shorts
- Leggings

Prices:

- £5 or £3 per item
- Special Offer: Buy two items and get one free!

Payment can be made by cash or via Arbor Pay. This is a great opportunity to stock up on uniform at a reduced cost while supporting sustainability.

## Online Safety

While tech companies work to comply with the Online Safety Act (see the link here for an [online safety act explainer](#)), there's a lot of focus on their safety features — and sometimes their failures — in the media. Safety settings aren't perfect, but they are important and exist for a reason. Thank you for having open conversations with your child about the importance of online privacy and security.

Here are some useful links to help you navigate the online world with your child:

[Discord app settings](#)

[TikTok parental controls](#)

[Snapchat parental controls](#)

[Instagram parental controls](#)

[Pinterest privacy and safety settings](#)

[FaceTime privacy and safety settings](#)

[WhatsApp privacy guide](#)

## Festive Food

Take a look at our Festive Food poster on the website found [here](#). We hope students enjoy it.

## CAMP Countdown

Just two weeks to go! The stage is set, the choir is ready — now we just need your mince pies. Final call for donations — thank you for your support so far. Mince pie donations can be left at reception.

Miss Roughton's Limerick of the Week:

*The tables were laden with care,  
With mince pies and joy to spare.  
The carols rang true,  
In red, green, and blue,  
Spreading warmth through the winter air!*

Tickets can be bought [here](#)

## Lunch Menu

Please see the link here for our refectory menu for next week along with a price list:  
[Lunch menu for w/c 1st December \(Autumn Term - Week 3\)](#)

## Uniform and Phones Reminder

Thank you to our wonderfully supportive parents and carers for reinforcing our uniform expectations. As a reminder:

- The blazer is compulsory for all students in Years 7 to 11.
- Students may wear the school jumper in addition to their blazer if they wish, but jumpers are not compulsory.

Some students have started bringing in blankets to sit on outside and this is fine. However, some students have started to wear them around school instead of coats and this is not part of the uniform. We have reminded students about the uniform expectations and confirmed that blankets should not be worn around school.

Thank you for supporting our phones policy. As a reminder, student's phones must always be switched off and kept in bags during school hours. Sixth Form students may use their phones in the Sixth Form Study Centre, but nowhere else. Thank you for helping us create a healthier learning environment.

## School phone line

We can no longer receive calls or retrieve voicemails via the old 01752 school number. To contact the school, please use **0333 3602 230**.

If you are unsure whether you have the correct number, the correct automated message features a female voice and offers the following 3 options:

- **Press 1** for Attendance
- **Press 2** for Sixth Form
- **Press 3** for Main School Reception

Very best wishes,



**Simon Underdown**  
**Headteacher**

Keep up to date with our latest news by clicking [here](#)

## Dates for your diary:

### All years

10<sup>th</sup> December. CAMP after school on site

18<sup>th</sup> December. Drama Festival. Non-uniform day, no contribution necessary.  
Normal school day timings.

19<sup>th</sup> December. Carol service and final assembly. Students finish at 12.30pm.

