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Plymouth High School for Girls

"For life, not school, we learn"

15th May 2026

Dear Parents and Carers,

I hope you are well.

Our Year 11 and 13 students have made such a positive start to their public examinations. They have been upbeat and positive about the papers to come and the papers they have sat and should be congratulated. Teachers are running carefully planned revision classes in their usual lesson slots, and these sessions will help students to refine their approach to assessments and focus their last bits of revision. I encourage students to attend these lessons and make use of the specialist help on offer.

Our Year 7 to 9 groups have been sitting their assessments this week, with students adopting a mature approach to the papers and to their revision. Teachers will start to give feedback on the papers in the coming weeks and parents will receive details of the outcomes in the reports later in the year.

Year 10 will be gearing up to do their mocks before the summer break and will be thinking about what and how to revise key topics. I am hopeful that the Year 10 revision evening proved helpful in supporting students and families to prepare for the mocks, but please do reach out to your child's teacher if you have any concerns or would like advice.



Spotlight on student excellence

Congratulations to the following students who have recently been celebrated for demonstrating commitment to our school values and ethos:

- Group of the week: **Team Hummingbird** for outstanding teamwork and effort at RMB Chivenor to ensure that Hummingbird came 3rd overall and Xantus 6th for kit cars overall. Nominated by Mr Goodchild.
- Class of the week: **9D Biology** for a fantastic effort and continued test improvement. Nominated by Dr Doddrell.

Breakfast club

A reminder that our catering team are running a breakfast club during the examination period. Breakfast is available daily between 8:00am-8:30am until 29th June. There are fluffy pancakes, crispy waffles and delicious bacon or sausage baguettes on offer (items priced from £1.55), it's a great way to start the day – don't forget there is also *free* porridge!



Ten Tors Challenge 2026

Some of our students took part in the recent Ten Tors event. Ten Tors is a gruelling challenge that requires substantial preparation, commitment, and drive. We are so proud of the PHSG students who took part. Please see the post on our website celebrating their achievements: [Plymouth High School for Girls - Ten Tors challenge 2026](#)

5 Ways to Wellbeing

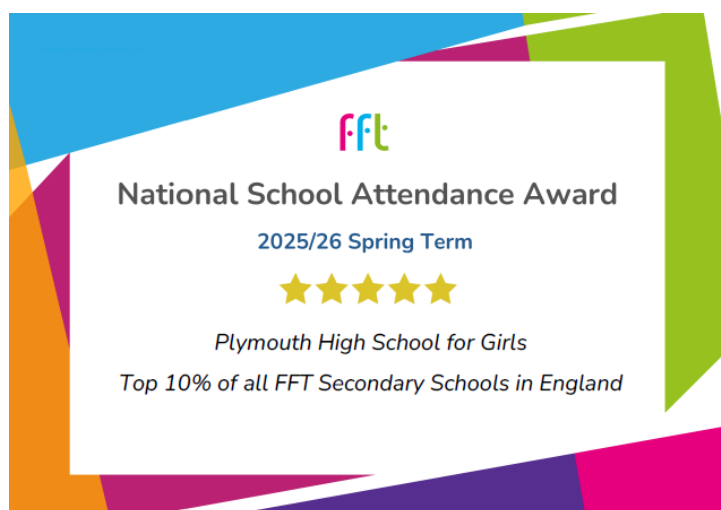
The Charlie Waller Trust (a charity supporting young people's mental health) has provided us with a useful document on the '5 ways to wellbeing'. I think parents and carers may find the document useful and can find it on our website [here](#). As always, please do get in touch with your child's tutor if you have concerns over their wellbeing.

Design a Piano competition

Parents and carers may remember that we have been running a whole school piano design competition. The entries have been judged and the winners selected. Please see the [website article](#) to find out more. This is another example of where the skills and talents of our able young people have shone through.

PHSG wins a National Attendance Award

We are delighted to share that Plymouth High School for Girls has earned a National School Attendance Award for our outstanding attendance during the Spring term 2025/2026. Receiving the award was a fantastic start to the summer half term. In line with most secondary schools in England, PHSG uses Fischer Family Trust data to help us track performance in several key areas.



We are currently ranked within the top 10% of all secondary schools in England for attendance (the top 10% is the highest category that the FFT use for attendance awards). Thank you to all our parents and carers for working with us to maximise attendance every day. Maintaining great attendance is a crucial part of school belonging, academic achievement and wellbeing.

Many of our young people have 100% attendance across the year and most have over 95% attendance. Well done to every student who makes a super effort to maximise their attendance every day.

And because we love a bit of healthy competition, here are the top tutor groups in each year for attendance so far:

7T	98.51%
8L	96.08%
9T	94.74%
10A	97.69%
11A	95.12%

Let's see which groups can push those numbers even higher as we head into the final week of this half-term!

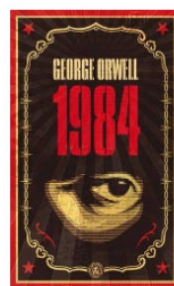
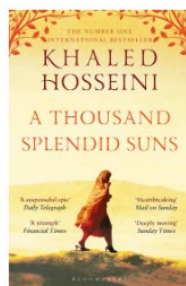
My Bookshelf – Spotlight on Zara (12L), Head Student team (Inclusivity & Diversity)

“I’ve always liked books that reflect real life, even when they’re a bit uncomfortable. For me, reading isn’t just about escaping, it’s about understanding people a bit better.

If I want something that really makes me think, I go back to *1984* by George Orwell. The idea of “thoughtcrime” and Winston trying to hold onto his own thoughts is really powerful, and it makes you think about how important it is to have your own voice.

But when I want something more emotional and beautifully written, I turn to Khaled Hosseini. *A Thousand Splendid Suns* is one I couldn’t put down, it’s sad, but also really powerful. The relationship between Laila and Mariam is so moving, and it shows how strong people can be for each other even in really difficult situations.

Once I find an author I like, I usually end up reading everything they’ve written. There’s something really comforting about a familiar writing style, even when the stories are completely different.”



HST support mental health awareness

Head Student, Ellen, and her Head Student Team have been supporting mental health awareness this week by giving students the opportunity to share their thoughts and positive messages with one another in a creative and collaborative way. Ellen said it

was lovely to see people sitting around the table talking to each other whilst making something meaningful to put a smile on someone's face.

The Head Student team feel that raising awareness about mental health is important because people can sometimes feel alone. HST would encourage students to talk to a teacher, friends or family about their feelings. Raising awareness is not only important this week, but always! HST have listed some support organisations that they feel can make a difference:

- [Kooth](#)
- [Childline](#)
- [Samaritans](#)
- [NSPCC](#)
- [NHS](#)
- [The Zone](#)
- [Young Minds](#)
- [Papyrus](#)
- [Intercom Trust](#)
- [Proud 2 Be](#)

Thinking Food – Our Trust food team

Thinking Food would like to thank parents and carers for their insights during the previous survey round, they were extremely valuable. Parent and carer responses helped Thinking Food to understand what is most important to our pupils and enabled them to challenge our catering providers to improve the quality and consistency of the service. As we move into this next phase, your continued feedback would be helpful: [Survey link: Parents/Carers, we want to hear from you!](#)

The survey window is open from today until **Friday 22nd May**. The more responses we receive, the better we can assess how well the new menu is working and identify any areas that may require further refinement.

Thinking Food aim to share the results with us early next term.

Immunisation vaccines – “mop up”

The Devon Immunisation Team will be re- visiting the school on **19th June 2026** to see anyone who previously missed the opportunity for their vaccination. This will be the last opportunity for your child to have any of these vaccines in school, this academic year.

If you previously missed the deadline to consent to your Year 8 child having the HPV vaccine or your Year 9 child having the DTP & Men ACWY vaccine, you can now access the links again or call us on 01392 342678 where we will complete a consent over the phone.

If you have already completed a consent form earlier this year or in a previous year you do not need to complete the form again. If you are unsure, please check your emails for a confirmation email or call them to check.

Please note: The HPV vaccine is one dose first offered those in Year 8, and the DTP & MenACWY vaccine is first offered to those in Year 9.

School Code: DV148369

HPV Consent - www.kernowimmunisations.co.uk/Forms/HPV.aspx

DTP & MenACWY Consent - www.kernowimmunisations.co.uk/Forms/DTP.aspx

(Links close on 18th June)

If you have a child in Years 8, 9, or 10 and you think they have missed any of these vaccinations, please call the team so they can check and advise.

As always, many thanks for your support and encouragement as we continue to support our young people to be their best selves.

Very best wishes,



Simon Underdown
Headteacher

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

Dates for your diary:

All Years

11 th – 22 nd May	GCSE and A level examinations
22 nd May	Last day of school before the May holiday
1 st June	First day back after the May holiday