

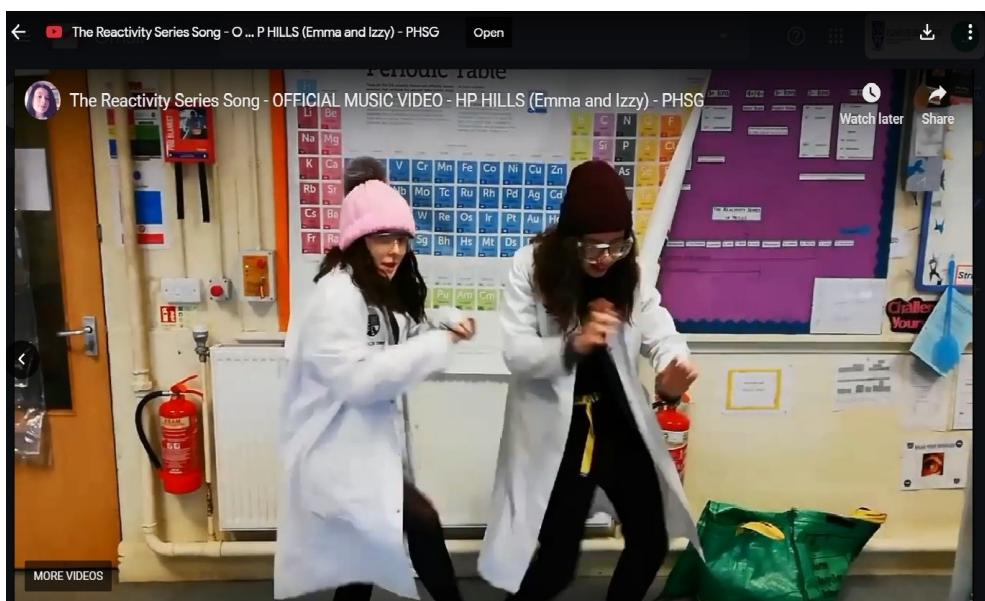
Department News

Art



Following a visit to the Theatre Royal to view Jo Beer's exhibition "On the Face of It" we were delighted to welcome Jo to school where she gave a brilliant and informative workshop to our Year 12 cohort, introducing oil paints.

Chemistry



Royal Society of Chemistry
@RoySocChem

Have you seen this funky chemistry song made by Izzy and her friends?

Great use of creativity and knowledge of [#Chemistry](#) [#IYPT2019](#) How are you celebrating [#ChemWeek2019](#)?

As part of their learning and consolidation, two Year 10 students, Isabelle and Emma decided to get creative! They wrote, filmed and edited a Chemistry music video about metals and their reactivity. They roped in a few of their friends and successfully demonstrated a required practical whilst singing the chemistry facts. It has been a very successful video, in fact The Royal Society of Chemistry saw it and shared it online via their Social Media platforms!

<https://youtu.be/fm1tihl6on0>

Careers



Registered Professional



At Plymouth High, we place a high priority on ensuring we offer students a wide range of support to help them explore future career options and to enable them to fulfil their ambitions.

We are already ahead of the game in implementing new Government rules aimed at ensuring all students have the opportunity to have career guidance interviews with a qualified careers advisor. The new guidance, called the Gatsby Benchmarks, states careers advisors who are members of school staff must have completed appropriate training by the end of next year. Our careers advisor, Heather Longford, completed her Level 6 Careers Guidance and Development Qualification in October 2019 and is now a registered professional member of the Careers Development Institute.

Mr Underdown is delighted with our careers provision: 'For life, not school, we learn' encompasses all we strive towards at Plymouth High. Not all schools are fortunate enough to have such a well-qualified careers advisor as a permanent member of staff. Heather's commitment to her continued professional development means that we are one of a very small number of schools who have an in-house qualified careers advisor.'

Heather offers impartial careers advice and follows the Career Development Institute's Code of Ethics. Any student wishing to meet with Mrs Longford should email hlongford@phsg.org

This Month's Hot Jobs



WEB DEVELOPER

Web developers design, build & maintain websites & website applications.



Salary*
£22,000
to £50,000



Subjects
A great job if you
love computing.



Jobs
3% more jobs
nationally by 2023



Skills

- ability to use your initiative
- flexible and open to change
- be thorough, with attention to detail
- analytical thinking

Interested?

Find out more about this job & lots more at:

CAREERPILOT.ORG.UK

* In 2018 the national average salary was £29,000. Remember, this figure will go up or down, depending on where you live.



Careers Cont.,

Many thanks to representatives from: the Army, the Navy, The RAF, University of Plymouth, Anritsu, MOD, Plymouth Marjon University, Wolferstans, Babcock, Devon & Cornwall Police, STEM Ambassadors and school Governors for participating in our recent Year 11 Interview Day.



Introducing the launch of our Careers, Education, Information, Advice and Guidance (CEIAG) offer on the Plymouth High website which will go live in early December. The school community will be able to access the provision for every year group which in turn will enable both students and parents to see how the programme is developed throughout a student's time at Plymouth High.

In addition, we have developed a page for parents which will provide you with useful websites and information to help you support your child as they explore their future careers.

If you or your employer are able to offer valuable work experience placements for our students or if you have any feedback on the careers provision at Plymouth High, please contact our Careers Leader; Heather Longford hlongford@phsg.org

Five Ways to Boost Resilience in Children

"While some of us crumble in the face of adversity, and struggle to recover, others quickly bounce back from even serious trauma. Psychological resilience is undeniably important in all kinds of areas of life, so understanding what underpins it, and how to train it – particularly in children – is of intense interest to psychologists". *Emma Young—Award winning science and health journalist and author*

Below are five ways to boost resilience in children. Please see the flyer attached to this newsletter for further information for each item:

- 😊 **Watch your Language**
- 😊 **Engage in "strength based" parenting**
- 😊 **Don't shield them from stress**
- 😊 **Teach self regulation skills**
- 😊 **Focus on quality time and group activities**

First News....

Have you heard of FirstNews? Its an independent, weekly newspaper for 7 to 14 year olds. It explains the big stories from an unbiased perspective to help children understand the world they're growing up in. From serious stories to fun facts and puzzles, every issue has so much to keep inquisitive minds busy.

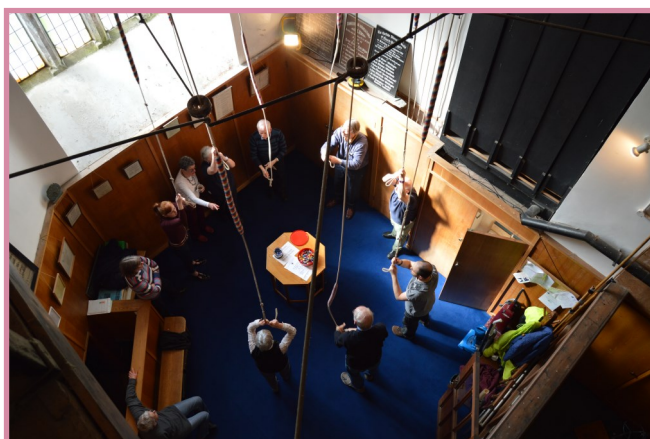
FirstNews are offering 6 issues free with a £2 donation to PHSG for every paid subscription, so why not visit their website by clicking on the picture and find out more. Or visit them at

<https://schools.firstnews.co.uk/>



Church Bell Ringing Opportunity

We have been contacted by a local Church bell ringing club to see if students, parents or staff might be interested in getting involved. The club is not an official PHSG club and will not be run by the school, although the person who runs the club is a colleague at PHSG. The activities take place outside of school time at a local Church. If you are interested please contact Elena Brake at ebrake@phsg.org



The Christmas Fayre will take place on Thursday 19th December. The theme for the Christmas Fayre is THE GREAT OUTDOORS. Students can wear mufti on this day and the £1 donation will be given to the school's charity for 2019—The Head Girl Team

Notices

Year 11 Last Day

The last official day for Year 11 will be Thursday 7th May 2020. From Monday 11th May, subject teachers will be in their usual teaching rooms at the usual lesson time to support students with their revision and preparation. Teachers will provide this support until the last examination in their subject. Year 11 students are encouraged to make use of the support on offer and attend whenever their examination timetable permits.

Home School Communication

Students may contact staff if they have queries, firstly by visiting them in their department area, and only contacting them using school email system if they really can't see them in person.

Parents may wish to contact staff. The following outlines what the Headteacher regards as important considerations regarding home/school communication, particularly by email:

- ♦ All communication must respect the dignity of the recipient.
- ♦ Within 48 hours: receipt of an email will be acknowledged by school either by the person contacted, or the most appropriate person able to deal with the issue (term time only, not after 5pm nor over a weekend).
- ♦ Within 5 working days: school will provide a response to the email by telephone or in writing, or e-mail. This may include informing the sender that more time is required to provide a full response. If this is the case, staff should indicate a time frame for a response.
- ♦ Staff will not be expected to monitor or respond to emails outside their normal working hours (nor at weekends and published school holidays).

Whilst this is extremely rare, if a member of staff receives an e-mail or call which is of an aggressive tone, sets unreasonable demands or could otherwise be interpreted as harassing, they will refer this to a senior line manager in the school, who will decide if consideration needs to be given to dealing with further communication under our Complaints Policy.

Is Your Child Eligible For Free School Meals?

The school also benefits if your child is eligible for free school meals so please check the criteria below – if you meet any of these you can register by going online at:

www.democracy.plymouth.gov.uk or call into the school if you are unsure.

- ♦ Income Support
- ♦ Income-based Job Seeker's Allowance
- ♦ Income-related Employment and Support Alliance
- ♦ Guaranteed element of pension credit
- ♦ Child Tax Credit, (most recent award notice—with no Working Tax Credit **AND** annual income that does not exceed £16,190)
- ♦ Universal Credit—from 1st April 2018 provided you have an annual net earned income of no more than £7,400 as assessed by earnings from up to three of your most recent assessment periods

Please Note: Eligibility for Free School Meals cannot be determined until you have received your first Universal Credit statement or entitlement letter. We have been Informed by DWP that they may take up to 6 weeks to process your first/new claim

- ♦ Support under part VI of the Immigration and Asylum Act

Notices

STUDENTS LEAVING SCHOOL DURING THE SCHOOL DAY

For safety reasons if your daughter has to leave school during the school day, and you are unable to collect her, she must have a note in her planner with clear instructions that you give permission for her to leave unaccompanied. Without your express instructions to this effect we will not allow any students to leave school unless they are collected by an adult from reception.

PARKING

Out of respect for our neighbours and for health and safety reasons there is NO PARKING on the school site or for collecting/dropping off students on the double yellow lines outside our school gates.



NUT ALLERGY

Please be aware that we have students who are severely allergic to nuts and we would, therefore, appreciate where possible that you try to avoid putting nuts into packed lunches.

Although we are not going completely nut free, we have stopped selling packets of nuts as snacks in the canteen to try to reduce the risk to them and appreciate your support.



Many thanks.

SCHOOL NURSE DROP IN

Don't forget for our students, the School Nurse visits school to provide a "drop in" clinic on Friday Week A at lunchtime. Just pop along to the Counselling Room.

YikYak



Ask.fm



Kik Messenger



Whisper



Omega



After School



Tik Tok



SOCIAL MEDIA

Our Children are spending more and more time on their mobile phones. Making them aware of the dangers of social media, and protecting them from these dangers can be very challenging. These are some of the better known sites that pose risks to children—are they on your child's phone home screen?

To help safeguard your child please regularly take the time to talk to them about the way they use their social media apps:

Do they always know who they are engaging with?

Do they share their passwords?

Do they feel comfortable with what they are seeing and doing?

Do they feel pressure from "friends" to do/say things they don't want to?

Term Dates

TERM DATES 2019-2020

Autumn Term:

Monday 2nd September 2019 – Friday 20th December 2019

Wednesday 4th September - Years 7/12 return

Thursday 5th September—Whole School return

Half term: Monday 21st October – Friday 25th October 2019

Spring Term:

Monday 6th January 2020 – Friday 27th March 2020

Students return 7th January 2020

Half term: Monday 17th February – Friday 21st February 2020

Summer Term:

Tuesday 14th April 2020 – Friday 17th July 2020

May Day: Updated to Friday 8th May

Half term: Monday 25th May – Friday 29th May 2020

Curriculum Enrichment Week

Monday 6th July—10th July 2020

The non-pupil days are:

Monday 2nd September 2019

Tuesday 3rd September 2019

Friday 18th October 2019

Monday 6th January 2020

TERM DATES 2020-2021

Autumn Term:

Thursday 3rd September 2020 – Friday 18th December 2020

Half term: Monday 26th October – Monday 2nd November 2020

Spring Term:

Monday 4th January 2021 – Thursday 1st April 2021

Half term: Friday 12th February – Friday 19th February 2021

Summer Term:

Monday 19th April 2021 – Friday 23rd July 2021

May Day: Monday 3rd May 2021

Half term: Monday 31st May – Friday 4th June 2021

Curriculum Enrichment Week

Monday 5th July—9th July 2021

The non-pupil days are:

Tuesday 1st September 2020 (staff inset)

Wednesday 2nd September 2020 (staff inset)

Friday 25th September 2020 (staff inset)

Friday 23rd October 2020 (staff inset)

Monday 2nd November 2020 (commuted holiday)

Friday 12th February 2021(commuted holiday)

Date in June tbc 2021 (staff inset)

TERM DATES 2021-2022

Autumn Term:

Tuesday 7th September 2021 – Friday 17th December 2021

Half term: Monday 25th October – Friday 29th October 2021

Spring Term:

Tuesday 4th January 2022 – Friday 8th April 2022

Half term: Monday 21st February – Friday 25th February 2022

Summer Term:

Monday 25th April 2022 – Friday 22nd July 2022

May Day: Monday 2nd May 2022

Half term: Monday 30th May – Friday 3rd June 2022

Curriculum Enrichment Week

Monday 4th July–8th July 2022

The non-pupil days are:

Monday 6th September 2021 (staff inset)

Friday 22nd October 2019 (staff inset)

Date in June tbc 2022 (staff inset)

Monday 25th July 2022 (staff inset – commuted to twilight sessions)

Tuesday 26th July 2022 (staff inset – commuted to twilight sessions)

Dates for your Diary

Wednesday 4th December 2019	Carols & Mince Pies Evening
Thursday 19th December 2019	GCSE/A Level Awards Presentation Evening
Friday 20th December 2019	End of Term
Monday 6th January 2020	Inset Day
Tuesday 7th January 2020	Students Return to School
Wednesday 29th January 2020	Year 9 Options Evening
Wednesday 5th February 2020	Year 7 Enterprise Day
Friday 7th February 2020	Return of Year 9 Options Form Deadline
Thursday 13th February 2020	Year 10 Parents Evening
Monday 17th February 2020	Half Term
Monday 24th February 2020	Term Starts

