



PLYMOUTH HIGH SCHOOL FOR GIRLS

June Newsletter

Head's Update

5th June 2018

We have had another eventful month with so much to celebrate - it is impossible to discuss it all! Although the exam season is in full swing, it hasn't stopped us offering lots of extra-curricular activities to keep everyone motivated.

Our Year 11 and Year 13 students have now started their exam leave but before they left, they were treated to their Celebration Days. Both of the days were a nostalgic retrospective of their time at Plymouth High - it was clear they were sad to be leaving us, even though most of Year 11 will be back in September! The days were arranged by the students and we had snow storms, paint fights, sumo wrestling, dancing... not a typical day at Plymouth High, but one I hope they will remember and look back fondly on. Please log onto our Facebook page to see some of the excellent photographs from these days and good luck to all of the students taking exams in the coming weeks.

Last month, we hosted many events which showcased the talents of our students and staff. Our 'Night at the Musicals' event was a triumph and allowed the girls to exhibit their talents in singing, dancing and acting. Team Hummingbird took part in a race to test the modifications they have been making to their car in preparation for a race later this term. This was a huge success. Our Go4Set team were awarded 'Best Presentation' for their work focusing on an Eco Hotel - an excellent result which is the product of many months of hard work. As I said at the beginning, there are so many wonderful events happening, it is impossible to discuss all of them but it always impresses me how much we achieve.

As always at Plymouth High, we aim for the best both in and out of the classroom and remain true to our motto of 'for life, not school, we learn'. It is a pleasure to witness the many successes of our students and all that they achieve. The year isn't over yet - I am sure there are many more to come.

Thank you for your continued support.

Mr S Willis
Interim Headteacher

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Departmental News

Maths

UKMT Junior Mathematics Challenge

Question 1

How many pairs of digits (p , q) are there so that the five digit integer ' $p869q$ ' is a multiple of 15?

A 2 B 3 C 4 D 5 E 6

Question 2

A drawer contains 10 identical yellow socks, eight identical blue socks and four identical pink socks.

Amrita picks socks from the drawer without looking.

What is the smallest number of socks she must pick to be sure that she has at least two pairs of matching socks?

A 5 B 6 C 8 D 11 E 13

(Answers at the bottom of this article)

These were two of the questions in this year's Junior Mathematics Challenge paper taken by 20 students from Years 7 and 8. The students had an hour to answer 25 multiple choice questions designed to stretch and challenge mathematical knowledge and skills and apply them to a wide variety of problems.

Congratulations to the students for achieving the following awards:



Abigail Finnie, Ophelia Preece, Cara McVeigh, Maddy Rowland



**Rebecca Rigby-Jones, Ellie Kittle, Milly-Rose Sims,
Isabella Cox, Keisha Tang, Eleanor Nicholson**



Sarah Darwich, Holly Beckman, Florence Cooper. Lara Davies

The girls who achieved the Gold Certificate have been selected to do a further, even more challenging paper in June so we wish them luck with this.

Unfortunately we cannot enter every student for the event but we do use questions from papers in lessons and on assessments. Past question papers and answers can be found on the UKMT website www.ukmt.org.uk If you feel you would like a challenge do have a look – they will make you think!

Mrs Randell

Answers: Question 1 E

Question 2 B

Departmental News

PE

Individual Success

Swimming News

Our swimmers have been competing hard this month during long weekends at the SW Regional Swimming Championships, aiming to get national qualifying times. They have amazed us with their ability to juggle the demands of school and homework with their swimming commitments, plus it was exam week before half term too!

Following the first weekend of the South West Regional Swimming Championships in Bristol; Aimee Brownridge is now the regional 50 Fly champion and runner up in the 100 Fly. The times she posted were both personal bests and likely to gain her entry to the British Championships in July. Well done Aimee.

Niamh Hutchinson competed in 15 events, making the final of 7 of them. She won 4 medals: 2 Bronzes for 200m and 400m free, Silver for the 800m free and was crowned Champion winning GOLD in the 1500m free. She also made the finals in 400 Individual Medley, 100 fly and 200 fly, achieving big personal bests on the way.



Team Success

Well done to the Year 7 and the Year 8/9 Super 8 Athletics teams who have both qualified for the County Finals. They will be representing Plymouth in the Devon School games on the 20th June. The Year 8/9 team finished 2nd in the Plymouth round with the Year 7s doing one better and winning the area round. Both teams joined with the boys from St Boniface to make a mixed team and we wish them luck in the next round.

Karate

Better late than never... Megan Tanner competed in a karate competition in Basildon Essex last month. Normally she practices no contact so she found it a complete surprise to be faced with semi/full contact once in the ring. It was a very long day involving a 4am arrival home on the Monday morning but her club ranked 4th on the table out of 31 clubs and this included the Olympic competitors; which was amazing. Well done Megan, do keep us updated on your progress.

Triathlon

A huge well done to Maddy Skentelbery in Year 12 who won the Exmouth Junior Triathlon this month, completing a 400m swim, 20km bike ride and 5km run in a total time of 1.35.46, we are super proud of you!!



Football

Congratulations to Isla Brumhead whose team played in the Devon FA County Cup Final this month.



Departmental News

Virtual Run for Charity



**Operation
Wallacea**
Conservation research through academic partnerships

Rosie Shepherd, one of our Year 13 students, is raising funds to travel to Madagascar to support wildlife projects out there during the summer. She has organised a virtual run whereby you can complete the distance in one go or in stages and then provide evidence of your completed activity. You can run, walk, cycle and there are medals for every finisher. £5 for a 5K or £10 for a 10K.

If you would like to support this great cause then please either contact Rosie at school or email egoolden@phsg.org for more information.

Sporting Talent At Our School

We love to celebrate the successes of our students in sports and activities they participate in outside of school. Our Year 12 team of mentors run monthly sessions to provide support and advice for our sporty students so do get in touch if you feel you would benefit from some support, or would like us to help you to celebrate your achievements.

Email Mrs Goolden on egoolden@phsg.org

PE Curriculum

It is coming to the time of year again when the Year 9 and 10 students have the opportunity to choose their options for core PE next year. Based on feedback from current and past students we offer a range of offsite activities such as: climbing, rowing, mountain biking, use of a fitness suite and taking part in exercise classes run by external instructors.

This obviously incurs a large cost to the school. To enable us to run this curriculum we are asking for a voluntary contribution if your daughter chooses one of the options including these activities. If this is the case we will send home a letter explaining this in more detail.

Please also read the flyer from sports leaders as this is one of the options your daughter can choose in Year 10 core PE if she would like to develop her leadership skills. We are asking for a contribution towards half of the cost of the course (£11).

There are still options that are free of charge but we aim to continue to offer a broad range of activities that suits everyone's tastes.

A Message from Miss Utton

I am beginning to settle into my retirement and am already enjoying my not so hectic days; where there is time to complete tasks at my own pace, without being called on to make decisions of great weight! However I am so pleased I decided to continue to teach 7A and 7L history for a few weeks. It's so enjoyable, and a reminder of why I decided to be a teacher! My girls are a pleasure to teach and I wouldn't expect anything else.

The garden is already looking tidier and I'm beginning to plan how I wish to change the landscaping by creating a patio area, building raised beds and replanting with greater thought to shape, texture, colour and suitability for a shady patch that gets little sun. The plans for the new kitchen are already underway. It's good to have a project or two to focus on!

I would like to say a very big thank you once again for all the kind words and your generosity on my retirement. My cards and letters are something that I treasure and can return to in the future. The end of spring term was a very emotional occasion for me. So many farewells and reminders of ten happy years as Headteacher of such an exceptional school. The girls' farewell led by our Head Girl Team was particularly memorable. They had all put so much thought into what they wanted to say and, as always, I am so proud of them.

The money that you have so kindly gifted to me means that I am able to present the school with something I've always thought it should have, and that is a display cabinet in which students' 3D work can be presented and our archive material exhibited. I have therefore decided on a glass display cabinet that will sit in the space between the main stairs and the Maths corridor. It will have glass front, back and top so that the light can still penetrate from the stair windows down through to the corridor and, though of modern design, will have a wooden frame and therefore be in keeping with our Victorian school.

I will of course stay in touch with the school. Once a Plymouth High girl, always a Plymouth High girl. I therefore look forward to meeting some of you at Presentation Evenings and school events.

Once again many thanks for all your support over the years. I wish you all the very best and will be thinking of my girls for a very long time.

Mary Utton
Retired Headteacher



Plymouth High Charity Walk Across Dartmoor



Staff at PHSG are gearing themselves up for a huge challenge (and a bit of an adventure) by attempting to walk across the length of Dartmoor in a day. The 30 mile route from Belstone in the North to Ivybridge in the South will be a demanding day of trekking over some of the most beautiful wild landscape we have in the South West.

In doing so the group hope to raise awareness and also funds for the Charity the Multiple Sclerosis Society.



Multiple sclerosis (MS) is a condition which can affect the brain and/or spinal cord, causing a wide range of potential symptoms. It's a lifelong condition that can sometimes cause serious disability.

It's estimated that there are more than 100,000 people diagnosed with MS in the UK. It's most commonly diagnosed in people in their 20s and 30s, although it can develop at any age. It's about two to three times more common in women than men.

We often get students involved in their D of E and watch them walk miles and miles of wonderful coastal paths with heavy packs, and I think it's only right and proper that we the staff take a leaf from their book and set ourselves a real challenge! It's a charity that's very close to my heart and I wanted to not only do something positive to help those that suffer from this, but to also do a challenge that would hopefully bring staff from different backgrounds together over a love of the outdoors.

It certainly will be a challenging day out, with a 5am start and 13 hours of walking over some pretty uneven ground. The group have a charity JustGiving site and would love for any donation big or small to help them reach their target of raising a £1000 for the charity.

<https://www.justgiving.com/fundraising/dartmoorinaday>

The link can also be found on our school facebook page.

Thank you from the whole team for all support.

Mr Graves
Head of Geography

Chinese Club

中文俱乐部



Following the success of last year's fundraising event for Chinese Children's Hospices our Chinese Club confidently held another event during lunchtime on 24th April. This fun event included sampling authentic Chinese food, lantern making, chopstick challenge, a quiz, green tea tasting and traditional Chinese games.

The girls from Years 7 to 11 enjoyed the Chinese food, especially prepared by Mrs Liu and her Chinese helpers Chen Jin and Sylvania. During the celebration, the girls also experienced Chinese dresses and touching the fortune game.



The Chinese Club raised £81 for Chinese children's charity Butterfly Hospices.

We also received thanks badges from Lynn — CEO of Butterfly Hospices which have been awarded to all the helpers such as: Tatiana Rock, Josie Bailey and more from Years 8 and 9 for their amazing work and enthusiasm to make the event so successful. Our girls are very proudly wearing the lovely butterfly badges.



Year 8 Rebecca Rigby-Jones won the Chinese quiz getting 10 out of 15. She was awarded a cute Chinese style portable stapler.



PTFA

A Huge thank you to the PTFA who have been so busy fundraising for new Chromebooks for the school. We now have 96 up and running around the school!



Student Achievements

Student of the Week

11th May 2018

Individual: Madeleine Harper 10LUS for: *"Supporting a student very maturely and professionally. The police were really impressed with how Madeleine handled the situation".*
- Mrs Banks

Group: Student Librarians - Grace Dobbie, Lara Brinsden, Millie Clench and Zoe Christie - for *"helping with the half price book fair and doing a fantastic job."* - Miss Harris

18th May 2018

Individual: Jazmin-Jaimes Dunstan 10STA for: *"Jazmin has been dedicating so much time and effort to her artwork - it is amazing - working in lunchtimes and after school - whenever the Department is open! At every opportunity, in every activity Jazmin is pushing herself 100%.Amazing mindset."* - Mr Varrall

Group: Ruth McCulloch 12EAL and Amina Marshall 12LWN for: *"Delivering a 45 minute lesson to two Year 9 classes on their visit to Auschwitz. Both students acted as excellent role models and had a significant impact on the students who listened."* - Mr Mallard

25th May 2018

Individual: Erin Auld 9CRO for: *"Volunteering to, and leading an entire revision lesson. She made her own resources and the sweets as rewards proved popular."* Miss Brownbridge

E-Safety

We all know how much time teenagers spend on their phones and computers, on social media or "researching". In school we regularly discuss e-safety with students but we are aware that parents often question what they can do. If you are interested in learning more, have a look at www.internetmatters.org

which has lots of good advice and links to support parents.

<https://www.internetmatters.org/advice/14plus/>



At the end of this newsletter you will see a poster from Snapchat. We have been given some information about an app called 'Sarahah' where students can receive anonymous messages of inappropriate content.

Please discuss social media use with your daughters; we discuss this in school but it is always useful to have this supported at home.

Important Notices

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.



MUSIC TUITION

It would be most helpful if parents/carers of students who currently have instrumental or singing lessons could let us know if their daughters are going to continue or not in September. Regrettably there are still instances of lessons being arranged for students who have decided to stop without informing the school; the teacher who has come in for the lesson still has to be paid on these occasions. Please write in or email me on rlemin@phsg.org

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.

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

Term Dates

TERM DATES 2017-2018

Summer Term:

Monday 16th April 2018 – Friday 20th July 2018

May Day - Monday 7th May

Half term: Monday 28th May – Friday 1st June

Curriculum Enrichment Week

Monday 9th July – Friday 13th July 2018

Non-pupil days are:

Monday 23rd July 2018

Tuesday 24th July 2018

(These 2 days are commuted for staff into evening training sessions)

TERM DATES 2018-2019

Autumn Term:

Wednesday 5th September 2018 – Wednesday 19th December 2018

Wednesday 5th September - Years 7, 11 and 13 return with Year 12 as required

Thursday 6th September - Whole School returns

Half term: Monday 22nd October – Friday 26th October 2018

Spring Term:

Tuesday 8th January 2019 – Friday 5th April 2019

Half term: Monday 18th February – Friday 22nd February 2019

Summer Term:

Tuesday 23rd April 2019 – Wednesday 24th July 2019

May Day: Monday 6th May

Half term: Monday 27th May – Friday 31st May 2019

Curriculum Enrichment Week

Monday 8th July – Friday 12th July 2019

The five non-pupil days are:

Tuesday 4th September 2018

Friday 19th October 2018

Monday 7th January 2019

Fourth and Fifth day (20th & 21st December) to be commuted to twilight sessions

Dates for your Diary

Year 10 and Year 12 exams	Monday 4 th June – Wednesday 13 th June 2018
Duke of Edinburgh Practice	Friday 15 th June – Sunday 17 th June 2018
Year 5 Open Evening	Thursday 21 st June 2018 (2pm and 6pm)
Year 8 Parents Evening	Tuesday 26 th June 2018
Years 7, 8 and 9 Reports Home	Friday 29 th June 2018
Year 7 Parents Evening	Tuesday 3 rd July 2018
Curriculum Enrichment Week	Monday 9 th July – Friday 13 th July 2018
Years 10 and 12 Reports Home	Wednesday 18 th July 2018
Duke of Edinburgh Practice	Thursday 19 th July – Friday 20 th July 2018
Music Festival/End of Term	Friday 20 th July 2018



**PLYMOUTH HIGH
SCHOOL for GIRLS**

OPEN DAY

**for prospective Year 7 students
Year 4 and 5 students welcome**

**Thursday 21st June 2018
Talks start at 2.00pm and 6.00pm
01752 208308 | www.phsg.org**



Sports Leaders UK have delivered high quality leadership qualifications to over **1 million young people** and we want your child to be part of the next million.

Why should your child take this course?

When we spoke to the parents and guardians of our Leaders, we found that their two biggest worries were the future prospects and the health & well-being of their children. Our awards and qualifications ensure that young people develop vital employability skills that will help them gain employment, as well as teaching and demonstrating the importance of health and wellbeing.

Qualifications from Sports Leaders UK use the mediums of sport, dance and lowland expedition, or maths, English & science to help young people develop and master vital leadership skills that will **help them flourish** across all subjects, through to their next destination and in the future workplace.

By learning organisation and team work skills, young people will develop their communication skills and gain a **boost in confidence**, whilst developing their character and resilience. These skills are practically applied and put into practise through volunteering opportunities where they will lead activities with their peers, younger people and in the community – **this looks great on a CV and with university or job applications.**

Our Level 3 qualification also carries UCAS points which can help your child get into university if that's the path they choose. As we are an official awarding organisation and have helped create over 1 million leaders, our awards and qualifications are **nationally recognised** by educational organisations and employers alike.



The qualifications your child will receive will help them become more employable, confident and keep them fit and healthy. Here's some feedback from our existing Sports Leaders:

- 94% believed they were more employable
- 78% said it helped them get their first job
- 98% improved their communication skills
- 96% learnt to work in a team
- 98% felt they could lead others
- 87% felt inspired to get more people active
- 83% wanted to do more in the community
- 68% improved their attainment across other subjects

Why should you financially support this qualification for your child?

Schools and colleges hugely value our leadership qualifications and awards by offering them alongside the curriculum or as an extra-curricular option, but with education budgets incredibly tight, they often require support on top of their own investment to be able to give your child these opportunities.

For more information about our range of leadership qualifications and how they can benefit young people, visit:

sportsleaders.org



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TORQUAY BOYS' GRAMMAR SCHOOL

Headteacher: P. LAWRENCE B.Sc PGCE
Shiphay Manor Drive, TORQUAY, Devon TQ2 7EL
Tel: (01803) 615501 Fax: (01803) 614613
Company Registration Number: 7394671

May 2018

Dear Parent/Carer

FAMILY SUPPORT & EMOTIONAL WELLBEING INFORMATION EVENING

Wednesday 11th July 2018

'Enabling families to flourish'

May I warmly invite you to a Family Support & Emotional Well-being Parents' Evening, the aim of which is to provide information and advice to parents.

We recognise that families are the key shareholders in their child's success and together with schools, support agencies and organisations we can help to maximise the potential for young people and their families to flourish.

Both the emotional and physical wellbeing of children are equally important. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults. The society in which our young people live is rapidly changing and filled with pressures that simply did not exist previously. The impact of social media, the nature of relationships and the economic climate that increases pressure on young people to 'achieve' are just a few examples of areas that impact on families and the emotional wellbeing and mental health of young people today.

The event has kindly been sponsored by Wollen Michelmores LLP, who will also be one of the keynote speakers. There will also be a talk from Chris Evans whose son, Jake attended Torquay Boys' Grammar School; an exceptional student who achieved straight A's and A*'s at A-level. Very sadly, Jake died from an accidental drug overdose at the age of 22. Chris now regularly gives talks on the subject and will be sharing her story and thoughts about the pressure and impact of drugs on young people today. Our third key note speaker will discuss online safety; providing practical tips and advice on helping your family to stay safe online.

The event will be supported by a range of 'market stalls' of specialist agencies and health professionals who work with young people and families in a range of areas including relationships, drugs, alcohol, online safety, family support, eating disorders, community engagement, to name a few. We are expecting over 20 agencies to attend, and they will be on hand to offer advice and support.

The information evening will be held at 6 p.m. on the 11th July at Torquay Boys' Grammar School. It is open to parents of students from all primary and secondary schools in the local area. The hope is to provide a consistent and shared message to help your children and their peers stay safe, healthy and happy. We feel that it is important that parents are provided with further information on the pressures faced by their children and are able to use the content of this evening to have conversations at home about potentially sensitive issues in the knowledge that a consistent message of 'making informed choices' is being conveyed.

If you would like to attend the evening or would like any more information, please email Rhys Davies at rdavies@tbgs.torbay.sch.uk

I do hope that you can join us.

Yours sincerely

Mr R Davies
Teacher of Philosophy & Applied Ethics,
Head of Ralegh House,
PSHE Coordinator.

Mrs S E Walker
Pastoral Support Liaison Officer
School Counsellor
Safeguarding Team

If you require this letter in a different format, please contact the school

Torquay Boys' Grammar School is committed to safeguarding and promoting the welfare of children and young people.

Families, Schools, Agencies, Organisations, Health Professionals and Councillors coming together to enable Families to Flourish

Torquay Boys' Grammar School, with the support and sponsorship of Wollen Michelmore LLP solicitors are hosting a free event on 11th July 2018 that will bring together Families, Schools, Agencies, Organisations, Health Professionals and Councillors with a view to address the issues facing young people and their families today. The focus will be on Family Support & Emotional Well-Being – recognising that families are the key shareholders in their child's success and together we can be a robust support network. Over 20 agencies and organisations will be represented covering a huge range of issues from Drugs, Sex and Relationships, Online-safety, The Law, Emotional wellbeing to Community Sport and Activities. There will also be 3 key-note speakers providing insight, support and guidance:

Wollen Michelmore LLP will give a talk on parental rights and working with authorities.

A Parent of a former student of TBGS who devastatingly lost his life to an accidental drug overdose speaking and providing her thoughts.

And there will be advice and guidance on staying safe online with resources provided by the NSPCC, supported by O2.

The event is open to all Parents of Primary and Secondary schools across South Devon. This is a rare opportunity to have a cross-section of support for families in one room alongside the ability to network with other families.

The event fits in with the recent publication of the Transforming Children and Young People's Mental Health: Green Paper highlighting the increasing need to support the young people in our community, and at a time of economic difficulties for families and education alike it is imperative that we do all we can to offer advice and support to young people.

Health and Wellbeing Boards for South Devon & Torbay have ratified the local transformation plan to develop Child and Adolescent Mental Health Services. At Torquay Boys' Grammar School we wholeheartedly support the plan, and support our partner agencies in their initiatives to drive this forward. Over 20 local partner agencies have been invited to attend as 'market stalls' around the large Centenary Hall at Torquay Boys' Grammar School. The partner agencies are on hand to offer advice and support to families. Parents/delegates will be given time to wander around these stalls in-between the talks from the key-note speakers to get information and chat informally with agencies for advice and support.

The event will be held at 6 p.m. on the 11th July at Torquay Boys' Grammar School.

The hope is to provide a consistent and shared message to help children and their peers stay safe, healthy and happy. We feel that it is important that families are provided with further information on the pressures faced by their children and are able to use the content of this evening to have conversations at home about potentially sensitive issues in the knowledge that a consistent message of 'making informed choices' is being conveyed.

Anyone wanting to attend the FREE evening can email Rhys Davies at rdavies@tbgs.torbay.sch.uk.



Torquay Boys'
Grammar School

Wollen Michelmore
SOLICITORS



TBGS
Promoting
STUDENT
Well-Being

Family Support

and

Well Being Forum

Enabling families to flourish

By bringing together schools, families, professionals and students we hope to tackle some of the challenges faced by young people today.

- Family Law
- Drugs & Alcohol
- Online Safety
- Relationships
- Mental Health
- Community Sport
- + many more

11 July 2018

6:00pm

Torquay Boys' Grammar School



Refreshments
will be provided

Sponsored by

Wollen Michelmores
SOLICITORS

O₂ ☺ NSPCC
Let's keep kids safe online