



PLYMOUTH HIGH SCHOOL FOR GIRLS

May Newsletter

Head's Update

3rd May 2018

What a beautiful start to the summer term - with some sun finally! The term has started in the usual way for the exam season – revision sessions, past papers, coursework completion, last day preparations for Year 11 and 13 and maybe a tiny bit of panic. Year 11/13 tutors are working closely with students to ensure they are keeping the balance. If you have any concerns that your daughter/son is working too hard (or not hard enough), please let us know so we can support from school.

As reported elsewhere in the newsletter, we hosted the CAP programme last week. It was an amazing experience for our students which ensured they consider their safety in our modern world. I am pleased with the maturity of our Year 8 students in their approach to this and thank the PTFA for funding this excellent programme.

This term, we are focusing on how we praise students and looking to increase further the number of achievement points/commendations. Last week we gave out 232 positive achievement points celebrating the success and hard work of our students. Keep up the good work!

We want to hear about the successes of our students outside of school as well. If your daughter/son has something to celebrate, please let her/his tutor know so we can celebrate this!

By the time of our next newsletter, the examination season will have started. Good luck to all students taking exams – I hope your hard work is reflected in your results. You deserve every success.

Thank you, as always, to parents and carers for your support.

Mr S Willis
Interim Headteacher

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Departmental News

Maths

Year 9 Master Classes

Over five Saturday mornings, we had the pleasure of attending the Year 9 Maths Master Classes at the University of Plymouth with 7 of our most able mathematicians.

The Master Classes are run by Jenny Sharp at the University of Plymouth and are part of the Royal Institute's provision for school age students.



The Mathematics Enrichment Programme started in Plymouth in 1996. The aim of the programme is to provide enrichment activities for students with the aim of keeping the students able and interested in mathematics.

We were lucky enough to secure 9 places this year and the students involved took part in the following five sessions.

- ◆ Networks and graphs**
- ◆ Quantum stuff**
- ◆ Non Euclidean geometry**
- ◆ From flowers to art**
- ◆ A Mathematical Medley**

"I found the first Maths Master Class the best because it was the most interesting. She explained to us how the lines were still graphs, even though they aren't on a squared piece of paper. I like the fact she started off with a question, then we were asked to find out the formula ourselves, but we couldn't! Then she explained to us the formula, which was easy really to understand, as we had done the question first. Despite us not being able to finish the booklet, I understood the work much more easily than I did on the other sessions."

Molly Kingwell



Eleanor puzzling over a graph



Maisy producing the Golden Spiral



Evan, Lauren, Molly And Ciara concentrating hard!

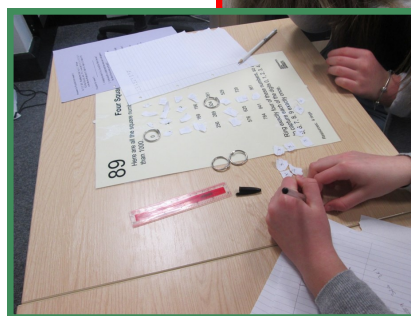
"In the first session of the Maths Master Classes, we investigated graphs and networks. The session was surprisingly interesting, because they weren't normal graphs. The speaker identified how the London Underground was actually a network of train lines. Then, we proceeded to look at Eulerian sequences (where one can travel around to each point once and end up back where you started) and semi-Eulerian sequences (where one could do the same as you would a Eulerian sequence, however you end up at a different place). We applied it to real-world problems and, at the end, we looked at Hamiltonian and semi-Hamiltonian sequences. I really enjoyed this session because the method was quite simple, but it was still interesting."

Lauren Herd

Departmental News

"My favourite Master Class was the 'Quantum Stuff' class. I liked it because it was the most challenging but it did involve some maths I already knew. Firstly, we looked at dimensional analysis which was confusing but very interesting. We looked at calculating wave speed, the period of a pendulum and proving and using Einstein's theory 'E=mc²'. Although all the sessions were very interesting in different ways, this was certainly the most interesting because it was much harder than the others. Overall, I think the Master Classes were a very enjoyable experience and a great expansion on my existing maths knowledge."

Evan Wiffill



The final session of the Master Classes saw the girls take part in a maths medley. This involved them working with a student from another school on 50 different activities. From building a city scape with multilink cubes given certain criteria about views to working out the shortest distance a postman can walk to deliver all his post.

Parents were invited to come along and hear about the work the students have been working on over the previous five sessions.

All those who attended received a certificate and an invite to the residential when they are in Year 10.

As ever the girls represented the school at its best. All of the girls were enthusiastic, eagerly answering and asking questions during each of the sessions. During the last sessions, our students worked very well with students from other schools on the various maths medley activities.

It is always a joy to see our students enjoying mathematics and these Master Classes were no exception.

Miss D Roughton
Head of Maths



Back row: Eleanor Lakin, Lauren Herd, Maisy Staples

Front Row: Poppy Edwards, Molly Kingwell, Evan Wiffill, Ciara Schingen Robins

Not pictured : Caitlin Hine, Caitlyn Aherne

Departmental News

PE

Indoor Rowing news

The following students participated in the West Region Indoor Rowing Competition at Marjons on the 18th April in a combined team with DHSB. The team rowed spectacularly well and achieved some excellent top 3 places individually along with a raft of personal bests. They also won the team races, coming 1st and 2nd by over 100m! We came away with an overall win and have a shield to display for the year. Well done to all girls!

Taylor Wassall Y11 4th
Ellie Childs Y11 2nd
Jenna Kempster-Taylor Y10 1st
Caitlin Hine Y9 5th
Lucy Hall y9 9th
Maisy Staples Y9 2nd
Ella Sice Y9 3rd
Janea Oligan y8 2nd
Klara Evans Y8 10th
Aleena Joshy Y7 3rd
Helen Sandhu Y7 5th

Swimming News

Good luck to all of our swimmers who have a particularly busy month preparing for the nationals, we know you are working very hard to balance swimming with school and look forward to hearing how you get on.

Erin Powell competed in the National Arena League on the 22nd April and her team came 1st. Individually she came 2nd in the relay and 4th in the 50m free. Brilliant results Erin.

Cara McVeigh competed in a swimming gala recently at Millfield. She won gold in the 200 fly and silver in the 100 fly (coming 2nd to a girl ranked 8th in Britain) and narrowly missed bronze by 0.05 seconds in the 50 fly. Brilliant effort Cara.

Netball

Well done to Alice Bickley who is currently the co-captain of Plymouth regional U14 league team, who have finished second in the league, just losing out to Team Bath. She also has Bath Netball trials coming up in July which we wish her lots of luck for.

Dressage

Scarlett went to Hartpury College two weeks ago to compete at The British National Dressage Championships having qualified in two previous rounds to get to this point. She gained a very decent 19th placing from a huge class of competitors at one of the biggest events this country holds.

This weekend she was at the British Riding Club Championships held in Buckinghamshire, again she had to previously qualify for this and we are delighted to say she was reserve champion. Wonderful news Scarlett!



Departmental News

Diving

Summer Radcliffe competed in a national diving competition coming 4th in 1m and 7th and then unfortunately damaging her ankle before her favourite 3m event and so not competing. We hope you recover quickly from your injury.

Trampolining

Congratulations to Libby Weddle who competed in the Spring Trampoline event in Telford this weekend. It is her first year in nationals and she came 12th in the country for her age group in DMT. She missed qualification for the British championships by 0.2 points but has a second chance in Sheffield in May. We wish you every luck Libby.



Athletics

Congratulations to Mali Heard and Janea Oligan who competed in the Devon Open Athletics Competition at the end of April. Mali achieved a 1st in the U13 100m sprint and Janea achieved 13.8 secs in the U15 100m which is 0.2 secs off her personal best. Well done girls.

PE Kit Donations

If your daughter is in Year 11 and will no longer need her PHSB PE kit please consider donating it to the PE department. We are always in need of spare kit to lend to students if they forget their own for lessons. We are also grateful for any trainers once students grow out of them. Please send them into reception or ask your daughter to bring to the PE office.

Child Assault Prevention Programme

We recently hosted the Child Assault Prevention programme, delivering a workshop to Year 8 on staying safe. They have covered:

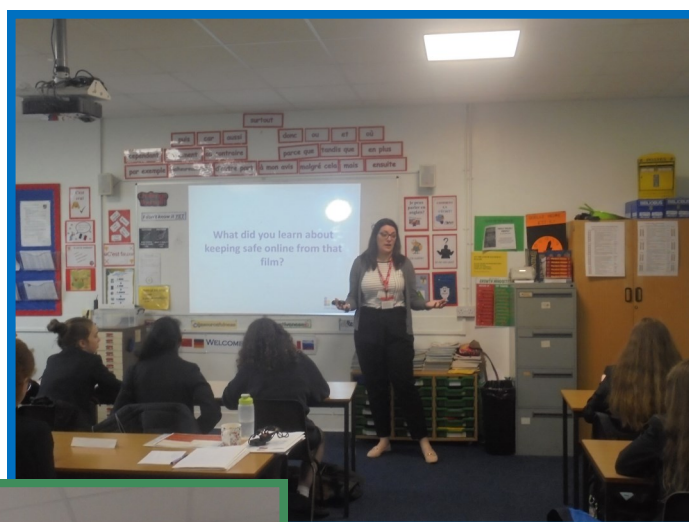
- ◆ Rights to safety, strength and freedom
- ◆ Keeping safe around peers
- ◆ Cyberbullying, sexting
- ◆ Keeping safe online and around strangers
- ◆ Small amount of self-defence taught and a safety yell
- ◆ Exploration of healthy/unhealthy relationships
- ◆ Power and control dynamics, coercion, exploitation, discussion around consent
- ◆ Child Sexual Exploitation

The students really engaged and enjoyed the workshop commenting that they had "learnt what to do in different situations", "how to protect ourselves" and "where you can get help".

We are very grateful to the PTFA who kindly funded this highly worthwhile workshop.

Miss Banks

Head of PSHE and Citizenship



Year 12 Visit to TEDx Exeter University

Miss Boyle and Miss Bishop took 11 Year 12 students to Exeter University for the TEDxExeter 2018 day; the theme this year being Connect. This event is streamed live across the world and is the 4th most streamed event they do. TED stands for Technology, Education and Design and is a programme developed and aimed at sharing ideas in a collection of small talks which can be watched around the world.

The students were able to watch the live event from the auditorium next door and met the speakers during the breaks. They also visited a number of stands set up in the 'Great Hall' which was a collection of sponsors and activists.

In total, 16 talks were presented by inspiring people covering a range of topics. Highlights included:

Tom Chapman – a barber who is helping others in the industry by setting up the Lions Barber Collective, which trains barbers on how to pick up on the mental health of their young male clients who are at the biggest risk of suicide and signpost them towards services which can help them.

Dexter Dias QC – A human rights lawyer who started to wonder why people do terrible things to other humans and wrote a book about The Ten Types of Human. He now works hard on FGM cases and protecting girls around the world.

Vicki Culpin – Author of "The Business of Sleep". Vicki highlighted that being awake for 17 hours is equivalent to being at the drink drive limit. Less than 6 hours of sleep a night can reduce your life expectancy by 10 years! Lack of sleep costs the UK economy £36 billion.



Other standout speakers were: Bonya Ahmed, whose husband was killed by the Taliban for being an open writer and blogger in Bangladesh. Rebekah Afari who signed her talk in BSL, highlighted the lack of support and opportunities for the deaf community. Dawn Webster, who suffers from locked in syndrome, is studying for a PHD by communicating via the blinking of her left eye at the rate of one word per minute. She wrote her talk about not giving up which was read by Dexter Dias QC. She is the first person in the world with locked in syndrome to study for a doctorate.

Student Achievements

Student of the Week

20th April 2018

Individual: Nicole Kewish Year 10 "For perseverance in PE". Mrs Alford

Group: Junior House Captains "For helping with the Year 6 Music Day - being independent, mature and showing true leadership qualities". Mrs Wright/Mrs Straker

27th April 2018

Individual: Madeleine Harris 11BOY "for producing a brilliant final piece for GCSE Textiles which has been noticed by Julie Boyd and featured in her magazine and on her website as an example of great practice in DT". Miss Westaway

Group: Youth Speaks Team - Harriet Gill, Hope Anderson and Elizabeth Tunnicliffe "for their performance in the regional competition held in Shaftesbury last Saturday. Although they didn't win, they performed magnificently against very stiff opposition." Mrs Hoyte

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.

Some Revision Tips

As the examination season is approaching here are a few useful revision and exam tips. Remember there is also helpful information in the student planner and we recently emailed via Parentpay a revision guide for our key stage 3 students.

Look after yourself

Eat well, exercise, get enough sleep and leave time for activities that help you relax.



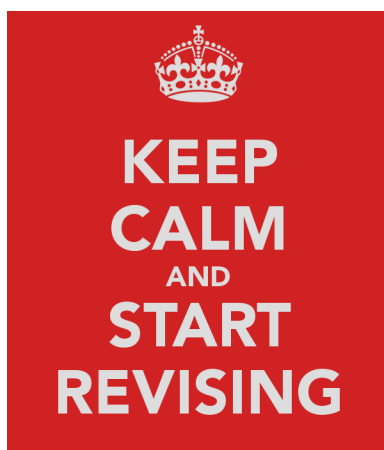
Take regular study breaks

Do you feel stressed, tired and that no new information is entering your head? There is no point forcing yourself to study for hours upon hours as this will not result in a positive outcome. Taking regular study breaks and exercising is proven to engage your brain in studying and improve your exam performance in the long-run. Exercise is a powerful enabler which boosts your brain's ability to be productive so don't underestimate how important it is to take the stairs rather than the lift!

Read the exam paper carefully

Read the questions slowly and carefully. This ensures that you see the question that is there, not one you might have been expecting on the paper.

Building a revision timetable This can add structure to your revision techniques and help you identify which subjects you need to prioritise to get better marks. Creating a revision timetable is a great way to organise your study time, plus it also helps boost your motivation to revise for your exams. Recognising a need for a revision timetable means that you have already made a great start to combatting exam stress.



Put your phone away

This should be an obvious one, but for many it isn't. Phones can be distracting; they are linked to fomo (fear of missing out), and evidence shows that students who spend more time texting and using social media get lower grades. In another fascinating study, researchers found that the mere sight of a phone was enough to reduce a person's ability to focus. The implication couldn't be clearer: out of sight really is out of mind.



Revision aids

Use diagrams, colour, bullet points, numbering and key words to make your notes clear, accessible and more motivating to revise from.

Practice, Practice, Practice

One of the biggest recommendations that past students suggest is to practice questions by doing as many past papers as you can. Practising past papers will help you get familiar with the:

Exam format

Question style

Time pressure

Retrieve information quicker

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

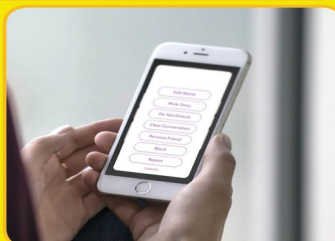
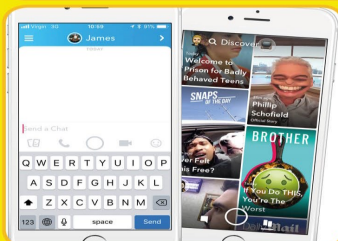
May Bank Holiday	Monday 7 th May 2018
Year 11 & Year 13 Reports Home	Friday 11 th May 2018
Key Stage 3 Exams	Tuesday 22 nd May – Friday 25 th May 2018
Year 10 and Year 12 exams	Monday 4 th June – Wednesday 13 th June 2018
Duke of Edinburgh Practice	Friday 15 th June – Sunday 17 th June 2018
Year 5 Open Evening	Thursday 21 st June 2018 (2pm and 6pm)
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
Year 8 Parents Evening	Tuesday 17 th July 2018 <i>TBC</i>
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



Mrs Banks and students proudly showing off our recent award of the Healthy Child Quality Mark Status



Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images for a limited number of seconds, chat with users before messages disappear, and share images with their friends list through a 'story'.



What parents need to know about **SNAPCHAT**

SNAP MAP

In 2017, Snapchat introduced a new feature called 'Snap Map', which allows users to see the EXACT location of the people on their friends list in real-time and watch stories from around the world. Users can view a map called a 'Snap Map'. This feature completely exposes your child's location and users can potentially follow your child from their home to their school.

'SNAP STREAKS'

'Streaks' tell users how many days in a row they have spoken or sent 'snaps' to one another. What's dangerous about this? It forces young people into putting a false sense of importance on a superficial number to the extent that it becomes something that can make or break a friendship. For example, if a person forgets to message or send a picture to their friend, breaking their 200-day streak, this could cause a confrontation between the friends. This can put an incredible amount of pressure on children to keep streaks.



SCREENSHOTS

While Snapchat's gimmick is that all photos, videos and text disappear after a maximum of 10 seconds, users can still screenshot or save them. Users may sometimes forget that screenshotting is a possibility in the app and send an image to someone they trust.



SEXTING

Due to 'Snaps' disappearing soon after they're received, (users can even send a one second photo or video), Snapchat has become the chosen platform for sending sexually explicit images or 'selfies' to someone. The short amount of time gives children the confidence to send the pictures.

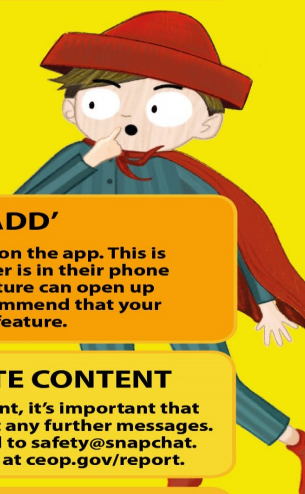
Once a photo/video has been screenshotted, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves.

However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but that taking formal action isn't in the public interest.



**National
Online
Safety**

Top Tips for Parents



THINK BEFORE YOU SNAP

Ensure that your child knows that 'Snaps' can be screenshotted and teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences, as if the message lasted forever.

TURN OFF 'QUICK ADD'

'Quick add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature.

EDUCATE ABOUT RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, then it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks prior to using Snapchat.

REPORTING INAPPROPRIATE CONTENT

If your child is receiving inappropriate content, it's important that you report it. First block the sender to prevent any further messages. You can then report this by sending an email to safety@snapchat.com. If the problem persists, contact CEOP at ceop.gov/report.

RESTRICT WHO CAN VIEW THEIR STORY

Your child can add videos and images to their 'Story' throughout the day which last for 24 hours. By default, anyone in their friends list can see their story. We recommend that children only have their close friends and family on the app.

THINK BEFORE YOU SNAP

Ensure that your child knows that 'Snaps' can be screenshotted and teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences, as if the message lasted forever.

ENTER 'GHOST' MODE ON SNAP MAPS

We highly recommend enabling Ghost Mode on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change your settings to 'Ghost Mode'.

HOW TO DEACTIVATE SNAPCHAT

If your child wanted to delete their Snapchat account, simply deleting the app from their phone is not enough. To deactivate the account, users will have to log in to their account on desktop or on their mobile device (not through the app). Here, you:

- 1) Go to support.snapchat.com/delete-account
- 2) Here, click on 'Delete my account'
- 3) You will then be asked to enter your username and password again

DISAPPEARING ILLEGAL CONTENT

Snapchat 'deletes' by default which means every opened snap image or video is automatically deleted. If your child has seen criminal activity on Snapchat, you should report it immediately - See 'Reporting Inappropriate Content' above.

Sources: <http://home.bt.com/tech-gadgets/internet/social-media/what-is-snapchat-a-safety-guide-for-parents-11364052742537> <http://www.independent.co.uk/life-style/gadgets-and-tech/news/snapchat-snap-map-latest-news-parents-protect-privacy-children-safety-grooming-messaging-videos-a7823521.html> <https://natsniety.net/snapchat-parent-review/> <https://support.snapchat.com/en-US>