# SHENFIELD HIGH SCHOOL NEWSLETTER







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SPRING TERM 1 FEBRUARY 2024

### H SCHOOL



**SPRING TERM 1 - FEBRUARY 2024 NEWSLETTER** 

### News from the Headteacher

Dear Parents and Carers,

This half term has flown by, and it feels like a lot has been packed in at Shenfield High School in the last six weeks.

Our Year 11 students received their results from the mock examinations in November and many were justifiably pleased with the results that their hard work had brought them. For those that were disappointed, they are now clear on what needs to be done in the coming weeks to get them the outcomes they need for their next steps.

The next step for a large proportion of our year 11 is sixth form; all applications for year 12 in September 2024 are now in and combining internal with external applicants, we have had over 600 applications.

Moving from those about to start their post-16 journey to those about to leave.....our year 13 students completed their mock examinations this half term and received their results this week. Again, there is a mixture of delight and disappointment, but I want to reassure all year 11 and year 13 students that it is often in this period to the summer examinations that real gains are made as the revision and exam practise kicks in.

This half term has seen the return of face-to-face parents' evenings at Shenfield High School. For us this is an important step in further strengthening our community of staff, parents and students working together by opening our doors to parents and building partnerships. We were very grateful to receive some very positive feedback from year 7 parents:

I thought the evening was actually really productive and informative. I recommend you think about the sports hall stands to continue. We got a lot from them. Thanks to all teachers we met for their kind, helpful and supportive attitudes.

It was great to be able to meet the other teachers in person but in an informal and relaxed way. I think it also made xxx feel quite proud for us to meet them all.

Friday, 16th February sees the launch of our year 9 KS4 options process with an assembly for our year 9 students. You can read more about this on page 9 of this newsletter but for parents the most important date is March 7th when all the subjects that are on offer to your child will be available for information and questions.

I would like to encourage you all to support our performing arts and music students in the various events that are coming up in the next half term. The first of these is our whole school show on Tuesday the 27th and Wednesday the 28th of February.

The students and staff have put so many hours into the rehearsals for this show and it would be fabulous for them to perform to a full house each night. So, please, whether your child is in the show or not it would be great to see you there supporting the children. If you know someone who would like to come along but cannot access ParentPay, it will be possible to buy tickets on the door.

That just leaves me to wish you all a happy half term break and to wish the staff and students who are off skiing a fun and safe trip; watch out for the updates.

Yours sincerely,

C. Costello

Clare Costello Headteacher

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Football Academy, Panathalon News

Health Education, Wellbeing: Govox, Key dates Spring Term 2

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Please note the email address to use for all attendance matters including enquires, queries and absences is:-

attendance@shenfield.essex.sch.uk

### **Pastoral Team Contacts**

Year	Pastoral Manager
7	Mrs Allen j.allen@shenfield.essex.sch.uk
8	Ms East v.east@shenfield.essex.sch.uk
9	Ms Mannas <u>c.mannas@shenfield.essex.sch.uk</u>
10	Mrs Kalaitzis k.kalaitzis@shenfield.essex.sch.uk
11	Mrs Hodgson-Wild <u>a.hodgson-</u> wild@shenfield.essex.sch.uk
12	Mrs Downey <u>c.downey@shenfield.essex.sch.uk</u>
13	Please contact Head of Year

Year	Head of Year
7	Mr Chapman <u>p.chapman@shenfield.essex.sch.uk</u>
8	Mr Fletcher m.fletcher@shenfield.essex.sch.uk
9	Mrs Toland a.toland@shenfield.essex.sch.uk
10	Miss Emms c.emms@shenfield.essex.sch.uk
11	Miss Arnold <u>t.arnold@shenfield.essex.sch.uk</u>
12	Mr Bishop <u>t.bishop@shenfield.essex.sch.uk</u>
13	Mr Macdonald <u>j.macdonald@shenfield.essex.sch.uk</u>

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Senior Pastoral	Mrs Edwards	
Coordinator	g.edwards@shenfield .essex.sch.uk	
Assistant	Mr Poole Behaviour and Attendance	
Headteacher	t.poole@shenfield.essex.sch.uk	

KS5 Pastoral	Mrs Dunn	
Secretary	j.dunn@shenfield.essex.sch.uk	
Assistant Head of	Mr Macdonald	
Sixth Form	j.macdonald@shenfield.essex.sch.uk	
Head of Sixth	Mr Cooke	
Form	a.cooke@shenfield.essex.sch.uk	

Safeguarding Team	
DSL	Mr Bolitho n.bolitho@shenfield.essex.sch.uk
Deputy DSL	Mrs Edwards g.edwards@shenfield.essex.sch.uk

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### Panathalon Challenge – An Inspirational Story



Year 7 Lucas W appears on Panathalon's website along with his family sharing his experience of representing the school, being competitive and taking on sports leadership roles and the opportunity Panathlon gives students.



To read Lucas' story, please click below:

#### Lucas' Story



#### **House Points**

C-POINTS and KS4 CREDITS				
А	Н	N	Р	
13,668 13,310		15,551	13,307	
WHOLE SCHOOL - TEAM				
Α	H N P			
10009 10903		11590	10176	
TOP FORM				
4353 4202 4374 41			4196	

#### **OVERALL**

3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	4 <sup>th</sup>
23,677	24,213	27,141	23,483

### Whole School Clubs

To find the list of clubs available now please visit the school website, click on 'About Us' where you will see the sub heading of Clubs, Activities & Assemblies. In here you will be able to see options for all year groups.

<u>Clubs, Activities & Assemblies - Shenfield High</u>





#### Extra Curricular

"The secret of success is to be ready when opportunity comes..."

Please fill in your 'My Extra Curricular Clubs Timetable' in your planners

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### Designated **Safeguarding Lead**

### Mr Bolitho



Safeguarding is the responsibility of everyone in the school community – students, staff, parents, carers, governors and visitors. Therefore it is a privilege to be Shenfield High School's Designated Safeguarding Lead as the Assistant Head teacher for Safeguarding and Inclusion. Having been the Safeguarding Officer here for over two years, I know the students well, and want to develop the culture of safeguarding in the school to enable them to develop and progress further.

Before joining Shenfield High School, I have been the Designated Safeguarding Lead as a member of a Pupil Referral unit's Senior Leadership Team, as a Vocational Centre manager for a school for students with Education, Health and Care Plans and at a Further Education College. This has involved many years of working with students in alternative provision as a senior leader to enable them to engage with education and achieve, where in many cases, they did not think this would be possible.

I look forward to working together with you to provide learning for life for all our students.

**Nigel Bolitho** 

### Head of Year 10

### **Miss Emms**



I graduated from the University of Essex with a Drama degree and then went onto Middlesex University to complete my teacher training, PGCE Drama with English.

When I started my teaching career, I loved being a form tutor and having the responsibility for pastoral care for the tutees which then sparked my interest in becoming a Head of Year. I have moved from St Martin's, where I was a Head of Year for three years and am grateful for the experience and knowledge that has provided me for my role at Shenfield High School.

Shenfield has been extremely welcoming to me; staff and students have presented me with a really positive introduction and I have thoroughly enjoyed my first half term here.

The Year 10 students particularly have been very kind and welcoming and I very much look forward to the next year and half I have with them as their Head of Year.

**Charlotte Emms** 

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#### **Sixth Form**

### Year 13

### **Oxbridge Applications**

We have had five students apply to Oxbridge this year. We would like to congratulate them all on receiving interviews; this in itself is a fantastic achievement. The following students have been offered a place:

Freddie N Millie M

Luke J

Physics and Philosophy at Oxford University

History at Cambridge University

Natural Sciences at Cambridge University

Congratulations to all three students, we are extremely proud of you all.

### Year 12



Parents' Evening



**Mock Exams start** 



### **Sixth Form Politics Trip**

On Tuesday, January 16th, Sixth Formers travelled to London to visit the Houses of Parliament and the Delegation of the European Union to the United Kingdom. Starting with a tour of Parliament's history, students marvelled at Victorian architecture, were surprised by the size of the House of Commons, and were bewildered to see famous politicians passing them by.

Students were then treated to a private Q&A panel with MP Alex Burghart, where they discussed local politics, the day-to-day job of an MP, and the upcoming General Election. Afterwards, students travelled to Europe House, where they learnt about the history of the European Union and its relationship with the UK before role-playing as EU countries debating over policy areas.

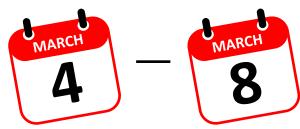
The students and Mr Walmsley would like to thank the Sixth Form Team and Ms Neale for their help in facilitating and organising the trip!



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### Year 11 Maths, Science and MFL PPEs

Some year 11 students will be having their final round of mock examinations, commencing on the 4th of March. These exams will only focus on certain subjects, to test content or skills that have not previously been tested, and to allow departments to decide entries for higher or foundation examinations.



Date	Session	Duration (mins)	Subject
Mon 4 Mar	9am	90	Maths Paper 1 Foundation (non calc)
Mon 4 Mar	9am	90	Maths Paper 1 Higher (non calc)
Mon 4 Mar	11:20am	80	Spanish Writing
Mon 4 Mar	11:20am	90	Maths Paper 1 Foundation (non calc) Sixth Form RESITS
Mon 4 Mar	2pm	60	French Reading
Tue 5 Mar	9am	90	Computer Science Paper 1
Tue 5 Mar	11:20am	105	Biology Triple - Foundation & Higher
Tue 5 Mar	11:20am	75	Biology Combined Trilogy - Foundation & Higher
Wed 6 Mar	9am	90	Maths Paper 2 Foundation (calc)
Wed 6 Mar	9am	90	Maths Paper 2 Higher (calc)
Wed 6 Mar	11:20am	105	Chemistry Triple - Foundation & Higher
Wed 6 Mar	11:20am	75	Chemistry Combined Trilogy - Foundation & Higher
Wed 6 Mar	2pm	50	French Listening
Thu 7 Mar	9am	105	Physics Triple - Foundation & Higher
Thu 7 Mar	9am	75	Physics Combined Trilogy - Foundation & Higher
Thu 7 Mar	11:20am	60	Spanish Reading
Thu 7 Mar	11:20am	90	Maths Paper 2 Foundation (calc) Sixth Form RESITS
Thu 7 Mar	2pm	50	Spanish Listening
Fri 8 Mar	9am	90	Maths Paper 3 Foundation (calc)
Fri 8 Mar	9am	90	Maths Paper 3 Higher (calc)
Fri 8 Mar	11:20am	90	Maths Paper 3 Foundation (calc) Sixth Form RESITS
Fri 8 Mar	11:20am	80	French Writing
Fri 8 Mar	11:20am	90	Computer Science Paper 2





If you have any queries then please contact Miss Arnold, Head of Year 11, on the following email address:-



t.arnold@shenfield.essex.sch.uk

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Year 9 Options Launch 2024

If you have questions about Options or the process, please email Mr Clifford at:

b.clifford@shenfield.essex.sch.uk

The Spring term is always a busy and exciting time of the year, but for Year 9, things are about to get even more interesting.

On Friday 16th February, all Year 9 pupils will have an assembly about their option choices for 2024 – 2026. Pupils will learn about the Option process and about the subjects they can take at Key Stage 4. Each pupil will also receive a hard copy of the Options Booklet and an electronic copy will be made available on the school's website.



Following on from the official launch, Options Evening will take place on Thursday 7th March. This is a fantastic opportunity to come into the school and find out more about the exciting courses we offer at Key Stage 4. Bookings for Options Evening will open on Edulink after the half term.

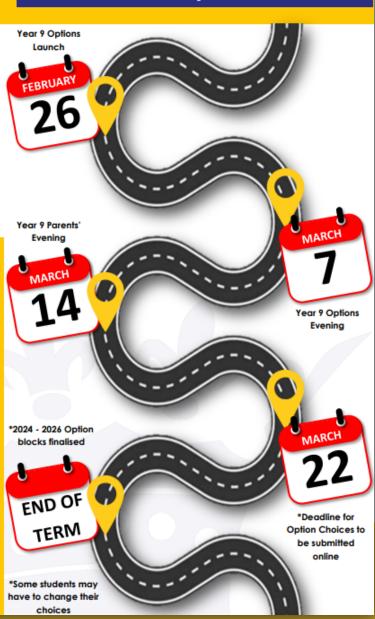
All Option choices will need to be submitted to Edulink by Friday 22nd March.



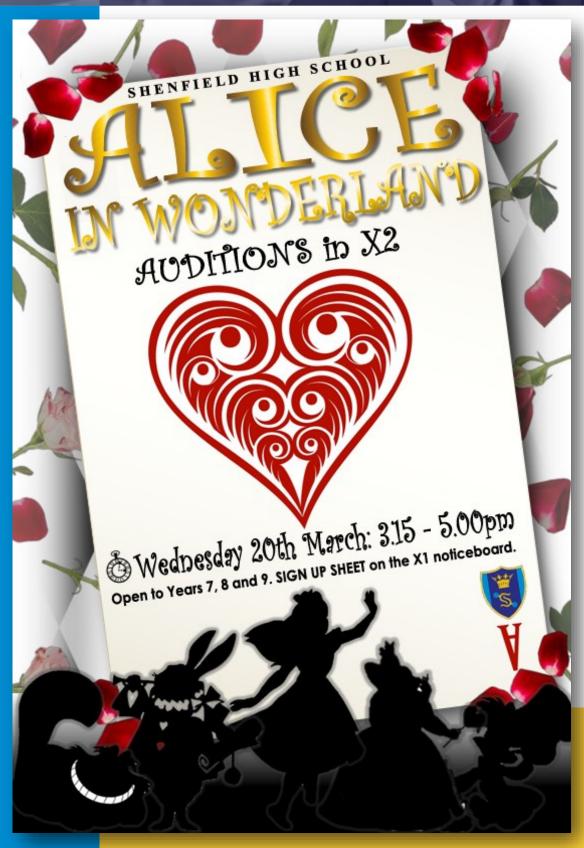
SHENFIELD HIGH SCHOOL

**Timeline of Option Process** 

# IMELINE OF OPTION PROCESS



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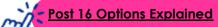
### Careers Information

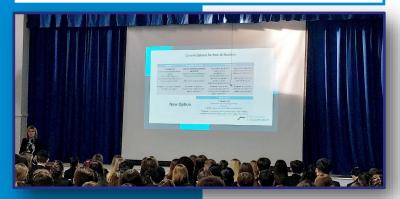
### **Year 9 South Essex College**

Year 9 students were joined in assembly by Nicki Kelly, Southend City College Principal at South Essex College. Nicki took our students through the opportunities available to them with South Essex plus an impartial explanation of apprenticeships, BTECs and T-Levels.

Please click below for the presentation should you wish to view or contact South Essex College direct.







### Year 7 Soft Employability Skills Workshop

Four classes of Year 7 students were visited by Axis Group in the main hall for their Employability Soft Skills workshop. Axis took our students through team work skills, gave an overview of the five key soft skills, 'CV analysis' and interactive do's and don'ts of a CV.

Students were able to clarify they had learnt their overview of the five key soft skills, examples of how they are using soft skills currently, and how they can be transferred into the workplace. What makes a good and a bad CV.

### First Intuition Accountancy Careers and Apprenticeship

Shelly Tweed from First Intuition came to speak to our students in KS4 and KS5 with an interest in Accountancy and a career within the industry. Shelly took our students through her own personal careers route and mapped out their options. With a short introduction to First Intuition, Shelly was able to explain the Apprenticeship Route in depth. Accountancy Summer School is free and open to Years 11, 12 and 13 on 10th and 11th July 2024 at their Chelmsford branch. Please click below should you wish to revisit the presentation.



Accountancy and Apprenticeship



### Joseph Gill Data Scientist

Data Scientist Joseph Gill joined students from KS4 and KS5 who were interested in learning more about Data Science, AI and Technology during a careers insight talk. The data and technology sector is among the world's most rapidly growing industries, offering excellent career opportunities for students at SHS. During the presentation, Joseph discussed his personal journey in this field and offered guidance on how you can establish a successful career in this area.



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### **Careers Information**

### What has the Careers Department got coming up?

### Y12 Work Experience

Y12 Block Work Experience takes place in July 2024.

Please click below for parent/guardian letters and other documentation to support with the 26th February 2024 deadline.



Year 12 Work Experience

### What is the Careers Department in the process of organising?

- Y8 Careers insight workshops 2024
- KS4/KS5 careers talks and insight in:
- RICS (Royal institute of Chartered Surveyors) assembly
- Y9 and Y10 Employer Engagement Day
- Y9 Work Taster Day
- Y9 and Y10 Direction workshops in Social Science for Post 16 information
- Higher Education Fair Y12

### **Careers Bulletin**

All Students that leave Shenfield High School at the end of Year 11 and 12 are entitled to a suitable offer of learning. If you are unsure about your next steps, please speak with Ms Kadem, Head of Careers and Work Related Learning in the C53 office.

Each week Mrs Utton makes sure that current careers information is available to students in form tutor notices via Weekly careers bulletins. Please click here for:





#### **Careers Interviews**

#### Y10-13

Please click below and complete the careers interview request form, should you wish to be put on the wait list to be seen by our impartial Careers Advisor Mrs Doman. All careers interviews are booked by Mrs Utton, Careers Administrator for a full hour in school time, Wed/Thurs each week.



**SHS Careers Area** 

#### Well done Maisie!

So proud of Maisie. Presented with her England shirt at St George's Park. They made her feel especially at home with a photo of her and her Shenfield High School team mates during their U12 National Cup final win.





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### Health and Social Care

### Visits and Talks

On Friday 2nd February 2024, the Bluebird Care Organisation came into Shenfield High School to deliver a very informative talk into the care industry. They spoke with a number of students from Years 10, 11 and 12 and got them engaging in some practical activities as well as giving lots of information about what it is like to be a carer and also about the people that they care for. It was a great insight into a day in the life of a carer. They were also able to offer work experience placements to some of our Year 12 students who are required to undertake work experience in a health and social care setting this summer.





**Katy Strudwick** 

Neuroscience at Evelina London Children's Hospital, part of Guy's and St Thomas' NHS Foundation Trust. Katy does research in Allied Health Science, Neurodevelopment and Paediatrics. Katy was kind enough to give up some of her precious time at the end of 2023 to join the BTEC Level 3 Extended Diploma Health and Social Care students for a zoom call, where she explained what her role entailed and how she got into it. She explained what her degree consisted of and what her current day to day duties are. This was a fascinating insight into the profession of occupational therapy, and she was inspirational with her talk. We certainly learned a lot from this for both personal and assignment-based information. Students had prepared a long list of questions that Katy expertly answered

fulfilling their thirst for knowledge within this field.

Thank you Katy.

Katy Strudwick currently works at the Department of Children's

### **MFL Success Stories**

After a half term of assessment across all Key Stages, it is great to be able to highlight some real success stories!

Year 13 student Spencer E has shown great improvement through taking on feedback in A Level Spanish, leading to a solid result in his mock examinations. Onwards and upwards from here!

Special mention for Hosanna N, who in a class of absolute superstars in Year 10 Spanish has produced one of the best performances seen in a speaking assessment for many years, eclipsing some native speakers – a real example of going above and beyond in languages!

Year 9 student Phoebe B has shown how hardworking and motivated she is to produce another great set of assessments in French and Spanish, with a lesson in resilience as she promised herself that she would conquer her nerves in the speaking assessment, and more than delivered! Well done Phoebe!

Congratulations to all three students, and well done to all students across all year groups who have studied hard and given a great account of themselves, despite the nerves! It just shows what a great attitude to learning and trying your best at all times can lead to.

### **Shenfield Alumni**



If you or someone you know would like to be part of the Shenfield High School Alumni, please email details to:-



<u>alumni@shenfield.essex.sch.uk</u>

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### **Shenfield Combined Cadet Force (CCF)**

#### First Aid

First Aid is a vital skill for anybody to have, and the ability to perhaps save a life or stabilise a medical situation is an ability which can be transferred with just a small amount of training. Even so, according to figures compiled by St John's Ambulance, 59% of people wouldn't feel confident in saving a life and 24% of people would do nothing and wait for an ambulance or hope someone else steps in to administer First Aid, or indeed attempt to save a life!

During the first two terms of joining cadets at Shenfield High School all cadets undergo a comprehensive training regime that equips them to deal with incidents requiring immediate and urgent basic medical attention, whilst the emergency services are contacted. This training ranges from supporting simple sprains and grazes to more complicated situations like loss of consciousness to heart failure as they progress through the cadet first aid syllabus. This dedicated aspect of cadet life ensures 100% of our cadets will have learnt the basic skills that enable them to save a life if the need should arise.

In order to create a 'real life' feel to dealing with injuries requiring immediately attention, we at Shenfield CCF create various realistic scenarios, whereby cadets are required to enter a room or location, assess the immediate risk to their own safety, and then react to the apparent injury sustained by one of our senior cadet injured role players.

It was impressive and encouraging to see how well the cadets coped in these realistic scenarios, though we hope that they'll never have to implement these skills in such a situation. If they do, at least we will be confident they would be in safe and knowledgeable hands.

Thankfully all our 'injury' victims survived and are once again happy and healthy senior cadets!!!













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### Junior Performing Arts Academy

This half term the JPA have been hard at work preparing for our 2024 Musical 'Bring It On'.

The JPA members are working hard in their various roles as principles, dance crew members, dance captains, advanced singers, support roles and ensemble members and their level of commitment to the show process has been outstanding.

#### **Drama focus**

The Academy members have started working on an ensemble scripted piece 'The Mobile Phone Show' by Jim Cartwright. They are working on extracts from the comical and slightly surreal play that is about teenagers and the relationships they have with their phones!

The students will be exploring the use of ensemble work, physical theatre, and heightened characterisation, to bring this fast-paced story to life.



#### **Dance Focus**

Following the success of the last Primary Dance Festival at Christmas, our JPA members are about to start preparations for the next local Primary and Secondary collaboration as we welcome local KS2 students to take part in a 'Disney' focused festival in March. We cannot wait to bring together our local Year 1 and 2 students with our Performing Arts Leaders for some dance magic!

#### **Singing Focus**

Acting through song sessions, our JPA members having been working on new Musical Theatre ensemble pieces from musicals Newsies, Rent and Come from Away. They have been working on vocal technique, harmonies, blocking and movement, as well as Musical Theatre delivery and musicality. These pieces, along with the dance and drama numbers that students have been working on in JPA sessions will be performed in their end of year showcase and awards evening in May.



### Sixth Form Theatre Academy

We have been hard at work, rehearsing for our upcoming National Theatre "Connections" festival. We are rehearsing a brand new play, commissioned by The National Theatre, called "Kiss/Marry/Push Off Cliff" by Josh Azouz. Students will perform a 'taster' performance in school before the professional version transferring to the Queen's Theatre in April! Tickets for April will be on sale direct from the Queen's Theatre.





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Not long to go until opening night of our whole school musical. So grab a ticket, bring your poms poms and we look forward to seeing you in the audience! Tickets on sale now, from ParentPay. If you know someone who would like to come along but cannot access ParentPay, it will be possible to buy tickets on the door.



Tickets on sale via ParentPay £8.50

THE MUSICAL

Libretto by Jeff Whitty
Music by Tom Kitt & Lin-Manuel Miranda
Lyrics by Lin-Manuel Miranda
Inspired by the Motion Picture Bring It On
Written by Jessica Bendinger
This amateur production is presented by
arrangement with Music The atre Internation





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### Year 12 KEGS Commedia Dell'Arte Workshop

Our Year 12 Theatre Studies students were given the fantastic opportunity to take part in a Commedia Dell'Arte workshop alongside the Year 12 and 13 KEGS students. Students took part in this three hour workshop exploring this historical theatre style that their set exam text 'A Servant to Two Masters' features.

The students worked hard honing the new skills required to perform in this highly physical style, and acted as incredible ambassadors for the school and department throughout the workshop process.



### Year 11 GCSE Drama

Year 11 students have been rehearsing for their upcoming Component 3 Scripted examination – which concludes with final examination performances on 28th March. This component is worth 20% of their final GCSE grade.

Pupils have been able to select their own scripts, based on their own interests and have selected an elective range of plays – from "Frankenstein" to "Girls Like That".

The year 11s have shown creativity and resilience whist rehearsing for this practical examination and we are sure they will be very successful in the final examination!

#### Year 10 GCSE Drama

Year 10 students have been rehearsing hard on their Component 2 Devising examination – which concludes with final examination performances on 15th February.

This component is worth 40% of their final GCSE grade and we are incredibly proud of how hard our pupils have been working. Their pieces cover a wide range of topics including families, mental health and social media.

### **Upcoming Events**

Date	Event
27 - 28.02.24	'Bring It On' Whole school Musical
06.03.24	JPA 'Everybody's Talking About Jamie' Workshop and Trip
20.03.24—2pm	Sixth Form Academy "Home" Connections
19.04.24—7pm	Sixth Form Academy "Partner Theatre" Connections performance, Queen's Theatre
08.05.24—6.30pm	JPA Showcase
July (TBC)	Lower School Play

### **Engineering Club:** Wednesday T25

Progress on the mini quad bike has the brakes on at the moment.....or not as the case may be! Some issues with the calliper has but things back a bit but we shall persevere.

The rings are also taking shape....mostly round, but there have been some variations.









### GH SCHOOL

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### PARENT AND TEACHER ASSOCIATION Everyone Welcome

The Shenfield Parents Association (PTA) is a voluntary organisation made up of parents of children at Shenfield High School whose main aim is to assist the school by helping out at school events and raising money for a variety of projects.

The PTA have sponsored classroom redecoration, purchased two new trampolines and lots more. They have also paid for various items of equipment needed in school such as interactive whiteboards, benches for the playground, IT equipment and other items that benefit the school.

We welcome any assistance that you can give however, the greatest support is to take part in our fund-raising events such as quiz nights, raffles, recycling clear out day, car treasure hunt to

### Interested in joining us?

We attend school events and would love to speak to you about the amazing things we do for our school and how to get involved. You can also get more details by contacting the PA on:

shspa@shenfield.essex.sch.uk

### SHENFIELD HIGH SCHOOL



PARENT AND TEACHER ASSOCIATION



Your Parents' Association have set up an account with EasyFundraising.org. If you shop online you can earn commission for us by accessing your usual shopping sites via EasyFundraising.

It doesn't cost you anything, or anymore, than your usual on-line shopping and we won't be able to see what you have bought. Over 2000 popular retailers have signed up to EasyFundraising, let's help them to give something back!

Whether you are doing your weekly grocery shop, booking a holiday, ordering flowers or anything else you can help us to help your child's school.

If you order for business please do it via the EasyFundraising site, flights, hotels, equipment,

#### https://www.easyfundraising.org.uk/causes/ shenfieldhighschoolparentsassociation

Just log onto the above address, register and shop away – it is that easy. Or if you prefer just search for Easy Fundraising, find us there and register.

We are able to offer discounted vouchers to Southend's Adventure Island, Golf and Sealife Centre. Please email shspa@shenfield.essex.sch.uk for more details.



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### National College -National Online Safety



Shenfield High School is a member of The National College – a multi-award-winning online training provider for staff and parents.

What does this mean for you?

As part of our membership, The National College provides dedicated training and resources for parents and carers – particularly, around online safety and keeping children safe online.



#### @natonlinesafety



Online safety advice on any topic

Of course, staff will continue to teach children about the risks online. But with the internet so readily accessible, the most effective approach to online safety needs everyone involved, including parents and carers.

That is why you have now got access to hundreds of courses, explainer videos and online safety guides to support your awareness of the online world. Topics range from understanding apps like TikTok and Instagram to recognising the signs of online harm and what you can do to help.

Sign up is easy

Signing up to the platform is simple. Just follow <a href="https://nationalcollege.com/enrol/shenfield-high-school">https://nationalcollege.com/enrol/shenfield-high-school</a> and complete your details. Once you are set up, you will be able to choose 'Parent/Carer' as your user type and get instant access to all training and resources.



#### National College Sign Up

#### Download the app for free

Another fantastic benefit of The National College is its National Online Safety app, which you can download for free. It gives you access to all their parent and carer resources on the go, whenever you want.

You can download the National Online Safety app using the links below:

App store







#### They're always here to help

The National College has a brilliant support team if you have any questions. Their help centre provides a comprehensive bank of answers to most FAQs, but if you still can not find the answer you are looking for, you can always get in contact with them.

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### **Shenfield Athletics**

Our Year 7 boys and girls athletics teams attended the Lea Valley Indoor Competition recently and performed very impressively. We had two Year 7 boys athletics teams and a girls team and all three teams finished inside the top eight teams (from 23 schools) to qualify for the semi-finals of this elite competition. The girls managed to finish second despite having two of their strong athletes playing football on the same day for our U13 girls side in the National Cup. The athletes competed in hurdles, long jump, high jump and shott putt as well as 60m sprint, 200m, 800m and 4 x 200m relay with some of them participating in these events for the first time. Even more remarkable that they did so well against many of the best athletics schools in the south-east of England.



### **Cross Country**

Congratulations to the following runners who were selected to run for Mid Essex at the recent Essex Cross-Country Championships after their excellent performances at the Mid Essex Schools races in October at Hylands Park.

Zac T, William H, Alf C, Elsie K, Ryan C

Huge respect to each of these students who competed so well on a freezing Saturday morning in January. Indeed, every one of them finished inside the top 20 in their race so were selected to run for Essex at the inter-counties race.

#### **Shenfield Cricket**

Having won the U15 girls Essex Cricket title last year, our new crop of U15 girls were entered into this year's competition with the hope of defending that title. However, many of our current U15 girls squad are not members of external cricket clubs and were drawn against New Hall, Chigwell private schools and Robert Clack in the first round which was always going to be a real challenge.

Despite the strength of our opponents our girls were well led by Rachel P who helped to inspire our team to a comfortable win over Robert Clack, before a last ball thrilling win against an experienced New Hall side. Poppy H was the star of the show with the bat before Ruby A came in at the end to hit the winning runs off of the last ball. In the final game our girls were excellent with the ball, dismissing Chigwell for just 20 runs and won comfortably to seal their place in the county finals in March.





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#### **Shenfield Football**

Remarkably we still have nine Shenfield Teams in the ESFA National Cup at the quarter final stage. This is unprecedented, even by Shenfield standards!

U12 boys, U13 boys, U14 boys Elite and U16 boys B

U12, U13, U14, U15 and U18 girls

With an average of 500 hundred schools entering each of these competitions it is a superb achievement to have so many teams down to the last eight schools in England. Last year the school reached four National cup finals (winning the U13 boys Elite and narrowly losing the other three finals). This year every one of the nine teams left will be working very hard to be as prepared as possible to not only make it to a National final, but also be able to add to the school's long list of National titles.

Congratulations to all the students who have represented our school in these competitions across the football season. Shenfield's nationwide reputation for success in football is built on their dedication and commitment. Best of luck to all of them for the big games after February half term.

Also a big thank you to the Shenfield army of parent supporters whose backing is crucial in making the level of progress we have seen this year possible.



**Under 14 Football National Cup Quarter Finals** 



**Under 13 Football** 



### **Shenfield Football Academy News**

### National Cup Success for the U18 Girls Academy

The U18 girls have made it to the last four in the country for the second time in the last three years. They have had a great cup run beating SIGMA 10-3, Redbourne 4-1 and recently winning the quarter final 4-3 at Kingsdale. This was an incredible win with the girls going 3-1 behind before an incredible second half display for them to come through the game as 4-1 winners! We play Blenheim in the semi final with a chance to go to West Brom in the national finals potentially.



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### **Shenfield Football Academy News**

### Mid Season Update

The SFA boys have had a very good season with some notable cup runs. The boys reached the last 16 (round 5) nationally in the English Colleges National Cup before losing 2-0 vs FAB Academy. The first team boys also reached the Essex Open Cup semi final narrowly losing 2-1 to Barking Abbey. The second team have also reached the Essex Coomer Cup semi final and wait to play Harris Academy.

Hopefully at least one cup final to look forward to this season!





### Panathalon Swimming Champions

A group of key stage three students had the opportunity to represent our school in a Panathalon Swimming Competition at The London Aquatics Centre in Stratford, this half term.

Our amazing team came second overall and showed great teamwork, competing in relays together and supporting one another in their individual races. Well done to all students who took part!





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### **Health Education**

Learning more about our health is a crucial element of our PSHE lessons in the school. We would like to make you aware of two online resources which are really user friendly and enable all of us to be more aware of how we could help in an emergency.

The first is an app from the Red Cross which can be placed on your phone and then is there for useful advice should a situation arise.



#### **British Red Cross**

The second is a short interactive training course which you can do on your phone and takes about 15 minutes. It is called RevivR, it is produced by the British Heart Foundation and is specifically about learning CPR and how to use a defibrillator.



**British Heart Foundation** 



### Wellbeing: 6 govox

Govox is a proactive wellbeing and engagement platform, crafted to nurture healthier and more productive environments in both educational institutions and workplaces. This is something all students have access to via their school emails and will give us a great insight into the wellbeing needs of our student body.

Students have all had access to the survey in the last 3 weeks and many have completed it and received feedback direct to their emails. Please refer to the 'how to access your emails' at home guide that was sent by Mrs Edwards as this will enable you to support your child in accessing the feedback at home.

Please click below to access resource packs from Kooth that you may find useful at home over the break. Kooth is an online platform with helpful articles, self-help activities and community support.



Parents/Carers resource pack



Please keep up to date with school events by visiting our website at:-



### **Key dates Spring Term 2**

Date	Event
19.02 - 23.02.24	Half Term
26.02.24	Spring Term 2 starts - Week B
27 - 28.02.24	'Bring It On' Whole School Musical
29.02.24	Year 8 Parents' Evening
04 - 08.03.24	Year 11 Maths, Science and MFL PPEs
04 - 08.03.24	World Book Week
07.03.24	Year 9 Options Evening
08.03.24	International Women's Day
14.03.24	Year 9 Parents' Evening
21.03.24	Easter Music Concert
22.03.24	Deadline for Online Year 9 Options
	Applications
28.03.24	Last day of Spring Term
29.03 - 12.04.24	Easter Holiday



Wishing everyone a wonderful half term.