

Dear Parents and Carers,

As the festive season draws near, I want to take this opportunity to reflect on the fantastic achievements of our pupils and share highlights from this term so far. Our school community has once again demonstrated its commitment to excellence. This month saw our Year 10 students engage in successful practice interviews with local professionals, an invaluable step in preparing for their futures. Our Year 9 and 10 students also represented the school at the Royal Society of Chemistry's Top of the Bench competition, impressing with their creativity and teamwork.

In November, we proudly celebrated Anti-Bullying Week under the theme Choose Respect. Assemblies across the school encouraged thoughtful reflection on kindness and the impact of words and actions. Our Rights Respecting ethos was further reinforced on World Children's Day, where pupils explored the importance of protecting children's rights globally.

The Christmas spirit has been well and truly embraced, with pupils rehearsing for the Christmas Celebration Concert, and our inaugural Senior Citizens' Tea Party. Thank you to the many families and local businesses who have supported our Reverse Advent foodbank collection. Your generosity highlights the strength of our community and the values we have.

I hope the pupils have enjoyed the start of term 2 and have a good rest over the long weekend - ready to enjoy the final few weeks of this term.

With warm wishes,

Helen Wood  
Headteacher





## Key Dates - Autumn Term 2024

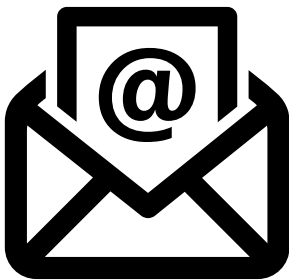
Monday 2nd December	INSET day - school closed to pupils
Wednesday 11th December	Christmas Celebration Concert at 7pm
Wednesday 18th December	Year 7 and 10 Christmas dinner
Thursday 19th December	Year 8 and 9 Christmas dinner
Friday 20th December	End of term. School closes at 12.20pm





## Parent Updates

### Emails



Please note that 12356@bromcomcloud.com needs to be added to your white list/trusted contacts/safe senders list to prevent email communications from school being blocked by your email server or being marked as spam/junk.

# BOXING DAY FUN RUN

Keep the holiday spirit alive this Boxing Day with our annual 5K Fun Run! There will be a prize for the best costume and post-run refreshments available at The Dug Out Cafe.

**26th December 2024**

**Run starts at 10am**

**FREE - All ages welcome**

**Burrows Field, Moored Grove, Cheltenham GL53 0HA**

➤ For more information and to sign up, head to our website.

Hosted by Sportily & Leckhampton Rovers Football Club






For more information contact  
[natalie.burfitt@sportily.org.uk](mailto:natalie.burfitt@sportily.org.uk)

[sportily.org.uk](https://sportily.org.uk)

**sportily**  
 PLAY SPORTS. TALK LIFE



# Safeguarding

## Anti - Bullying

This month our Safeguarding spotlight is focusing on Bullying, following our successful Anti-Bullying week in November.

### Choose Respect

Each year a theme is chosen by The Anti-bullying Alliance which this informs our topics and discussions, and this year's theme for anti-bullying was 'Choose Respect'.

Students from each year group received an assembly throughout the week and were asked to reflect on how they show respect to others in our school community, their peers and to their friends. Students were encouraged to consider their own actions and the impact these have on others, be it online, face to face or indirectly through leaving people out.

A simple message of "You're not them, you don't know how they feel" was relayed to all students to support their understanding on how words and actions can have significant consequences if not used kindly. Students were also reminded that we are a 'telling school' and they were encouraged to talk to a trusted adult about any concerns that they may have with regards to bullying.

As students can have 24/7 contact with friends and peers through the use of phones and social media, it is important that we are all aware of how bullying can occur, and that it is not just face to face, but can often be subtle and insidious.

Below are some tips for spotting the signs of bullying and what to do about it.

**What is bullying?**

Bullying is when one person, or a group of people, deliberately hurts another person, more than once, and it's hard for the person on the receiving end to defend themselves.

It can help to use the acronym STOP to identify a bullying situation. STOP stands for Several Times on Purpose.

**Is it bullying?**

**S**everal  
**T**imes  
**O**n  
**P**urpose

KIOSCOPE



# Safeguarding

How to recognise the signs of bullying 

**Physical attributes**

-  Loss of appetite
-  Unexplained cuts & bruises
-  Not sleeping
-  Bed wetting

**Emotional attributes**

-  Anxiety
-  Stress
-  Depression
-  Aggression

**Social attributes**

-  Avoidance of places (school or social activities)
-  Very few friends
-  Isolation
-  Avoidance of social media

- [Family Lives](#) (previously Parentline Plus) 0808 800 2222 – gives support and advice for parents on any aspect of parenting and family life, including bullying.
- [Contact](#) has a helpline for families with disabled children – they can give advice on bullying issues. You can contact them on 0808 808 3555 and visit their website for more information
- [The Child Exploitation and Online Protection Centre \(CEOP\)](#) Provides help and advice on cyberbullying, the Centre maintains a website called Think U Know for children and young people, and parents and carers about staying safe online.
- [Internet Matters](#) Provides regularly refreshed content to support parents and carers with all aspects of e-safety. Includes lots of advice on technology that can help you to protect your child online and helpful content relating to cyberbullying.
- [Kidscape](#) Provide workshops for children that need support with bullying issues as well as a [helpline](#) for parents and carers
- [NSPCC](#) has a free helpline for parents and carers – 0808 800 5000

[https://anti-](https://anti-bullyingalliance.org.uk/sites/default/files/uploads/attachments/ABA_BULLYING_PACK.pdf)

[bullyingalliance.org.uk/sites/default/files/uploads/attachments/ABA\\_BULLYING\\_PACK.pdf](https://anti-bullyingalliance.org.uk/sites/default/files/uploads/attachments/ABA_BULLYING_PACK.pdf)

If you have any concerns about bullying, please get in touch with your child's Tutor, Head of House or Mrs Vaughan, the Designated Safeguarding Lead.



## HSL Senior Citizens Tea Party

We are excited that our first HSL Senior Citizens Tea Party is happening on 10th December. We are looking forward to welcoming members of our local community into the school to spread some festive cheer. Thank you to the 160+ students who wanted to volunteer to help on the day and to the super effort from Mrs Joice's cooking club in preparing refreshments. Congratulations to Caitlin Taylor, Tom Carron and Liberty Rossier whose designs were chosen to decorate our menu and invitations. We hope this will be an exciting event for all involved.

We are hoping to provide each of our guests with a gift which they will receive via a free raffle on the day. Thank you to parents and local businesses who have been incredibly generous with the donations we have received. Mrs Holland has personally thanked people if donations were made and the donor's names we were given. If she hasn't personally thanked you it is because she is unsure who donated - please be assured your donation was gratefully received! If anyone else would like to contribute, please can you let Mrs Holland know by the end of November via email [hih@hsl.gloucs.sch.uk](mailto:hih@hsl.gloucs.sch.uk).

We also have a few spaces left, so if you are aware of any senior citizen who would care to come, please do ask them to get in touch so we can book them a place at the party.



Winning entry by Tom Carron, 9LB



Winning entry by Liberty Rossiter, 7IS1



## ENGAGE Council

On the 6th November we welcomed Chris Johnson to HSL (Youth MP for Cheltenham) and this meeting was then followed by a visit from Max Wilkinson (MP for Cheltenham) on 15th November. A group of students from the ENGAGE council met with both of these representatives to voice concerns students had raised via tutor time discussions about society and the local area. Key issues students mentioned were the destruction of local green spaces, the felling of trees, the need for more pedestrian crossings and bike lanes along with traffic reduction ideas. The cost of living was also a concern along with the provision of mental health support for young people. We hope to work closely with Chris and Max over the coming months to ensure that the voices of HSL students are heard in Westminster and that they can take part in the democratic process. The ENGAGE council members spoke eloquently and maturely, a great demonstration of democracy in action.



Mrs Holland and the RRSA Steering Group have started 'Reverse Advent' for 2024. During the Advent period we would like to encourage students to bring in as many items as they can for our foodbank. These items will then be donated to either the Springbank Community Pantry or the local Trussell Trust Foodbank. It would be really great if, instead of receiving something for every day of Advent, our students could give back - maybe not every day but as often as families could. If every student gave two donations of food/ toiletries a week we would collect 6 items per pupil in December; that would be over 3,000 items we could donate. We understand not every family is in a position to donate, but if you could, it would be appreciated. This would make a huge difference to many peoples' lives at a time where indulgence and materialism is encouraged by the media.

Any small toiletries (like the ones you get in hotels), Mrs Holland will take to Open Doors Cheltenham where they will be put to good use.

The current list of things the Trussell Trust Cheltenham are in need of can be found here:  
<https://cheltenham.foodbank.org.uk/give-help/donate-food/>



# WOW Newsletter

Thank you to everyone who has responded to the WOW newsletters which is now in its 3rd edition. Every month a newsletter is produced and placed on the VLE and displayed around school. This highlights Wonders of the World; showing students amazing facts and cultural events from the world around us. Students have the opportunity to respond to tasks and earn epraises or contribute their one WoW fact to Mrs Holland who might include it in future WOW newsletters.

 <h2 style="margin: 0;">World of Wonders</h2> 		
<p><b><u>I wonder...</u></b></p> <p>Quite a few mountains ranges can be seen from space. The Himalayas covers about 75% of Nepal, and gets its name from Sanskrit: <i>hima</i> means snow and <i>alaya</i> means abode. It's home to the tallest mountain in the world, Mount Everest, roughly 8850 m high. But... who holds the record for summitting Everest the most amount of times? Find out and email <a href="mailto:hih@hsl.gloucs.sch.uk">hih@hsl.gloucs.sch.uk</a> for an epraise.</p> 	<p><b><u>WOW – the first Diwali Barbie</u></b></p> <p>The Barbie Diwali doll is styled wearing a Moonlight Bloom set with a choli top, a floral Koti vest, and a lehenga skirt that's embroidered with a mix of dahlias, jasmine and Indian lotus —symbols of strength and beauty. Why do you think it is important for a variety of cultures to be represented/ reflected in toys? Email <a href="mailto:hih@hsl.gloucs.sch.uk">hih@hsl.gloucs.sch.uk</a> for an epraise.</p> 	<p><b><u>WOW... !</u></b></p> <p>True or false.... The Great Wall of China is held together with sticky rice. Find out and email <a href="mailto:hih@hsl.gloucs.sch.uk">hih@hsl.gloucs.sch.uk</a> for an epraise.</p> 
<p><b><u>Did you know...</u></b></p> <p>Guy Fawkes Day, celebrated on November 5, commemorates the failure of the Gun Power Plot of 1605. The Gunpowder Plot conspirators (one of whom was Guy Fawkes) were Roman Catholics enraged at King James I for refusing to grant greater religious tolerance to Catholics.</p> 	<p><b><u>Wow.... happy Diwali...</u></b></p> <p>Diwali (Diwali) is in November. For Hindus this is a New Year festival lasting from one to five days, during which fireworks are set off and lights are hung out. It is a festival of light, coinciding with the darkest night of the lunar month. What gods/ goddesses/ stories are remembered at Diwali? Find out and email <a href="mailto:hih@hsl.gloucs.sch.uk">hih@hsl.gloucs.sch.uk</a> for an epraise.</p> 	
<p><b><u>Did you know...</u></b></p> <p>On November 5<sup>th</sup> 1935 the Parker Brothers released the Monopoly board game. First developed as "The Landlord's Game" by Elizabeth Magie Phillips, it was intended to be a teaching tool about the pitfalls of capitalism and monopolies. She sold the rights to Parker Brothers for \$500.</p> 	<p><b><u>WOW!!!!</u></b></p> <p>True or false... Earth once had 2 moons. If this is true, find out more about it and email <a href="mailto:hih@hsl.gloucs.sch.uk">hih@hsl.gloucs.sch.uk</a> for an epraise.</p>	
<p>Advent always starts four Sundays before Christmas. This year, in 2024, Advent starts Sunday, December 1. Some people light a candle for each Sunday in Advent – what do the 4 candles represent? Find out and email <a href="mailto:hih@hsl.gloucs.sch.uk">hih@hsl.gloucs.sch.uk</a> for an epraise.</p> 		
<p><b><u>Something to ponder</u></b></p> <p>Is it ever right to break the law?</p> 	<p><b><u>Wow...Happy St Andrews Day!</u></b></p> <p>Happy St Andrews Day! November 30<sup>th</sup>! Saint Andrew - the patron saint of Scotland since the 8th century. Andrew was an apostle and brother of St Peter.</p> 	
<p>Link any of the above to the UNCRC and explain the link in an email to Mrs Holland for RRSA epraise</p>		



## Baroness Hale

On Friday 8th November, a small number of Year 9 students went to a talk given by Baroness Hale. The event was held at the Princess Hall at Cheltenham Ladies College. The talk was about her life experiences and how she became a barrister and her challenging career as the only woman to become President of the Supreme Court. The talk was interesting and inspiring. During her talk, she shared stories about herself and how she went to Cambridge University and became interested in law. We learned about the different cases she worked on, especially those that involved people's rights and equality. Overall, we really enjoyed the experience we got to have.

Eloise Drummond and Adelaide Peplow, 9CH





# World Children's Day

## Marking World Children's Day at HSL

This November, we joined the global celebration of World Children's Day, a day dedicated to promoting awareness of children's rights and the vital work being done to ensure every child has the opportunity to thrive.

World Children's Day is celebrated annually on 20th November, marking the anniversary of the adoption of the United Nations Convention on the Rights of the Child (UNCRC). Through marking this important day we continue to promote the values of the Rights Respecting Schools Award (RRSA).

In November, World Children's Day was the focus of our Article of the Month, helping students explore the UNCRC and reflect on the rights that protect them and children everywhere.

To further deepen understanding, we held a week of assemblies led by Mr Doherty and Mrs Cox. These assemblies highlighted the incredible work being done by UNICEF, the organisation that tirelessly advocates for children's rights globally. Students learned about the challenges many children face and the ways UNICEF provides critical support in areas such as education, healthcare, and emergency relief.

Thank you to all students and staff who engaged with this important event.





# Year 10 Practice Interviews

## Year 10 Practice Interviews: Preparing for the Future

On the morning of Tuesday 26th November, our Year 10 students had the opportunity to take part in practice interviews, held in the Main Hall. The event was designed to give students valuable experience in a professional interview setting, helping them to build confidence and refine their skills for the future.

We were fortunate to have 16 members of the local business community volunteer their time to conduct the interviews. Each student had a one-to-one session where they answered questions about their skills, aspirations, and experiences.

Although many students admitted to feeling nervous beforehand, the feedback was overwhelmingly positive. They found the experience incredibly useful, with many saying it helped them to better understand what employers look for and how to present themselves effectively.

We extend our thanks to the local professionals who supported this event, as well as our students for embracing the challenge. This was an invaluable step in preparing Year 10 for future success in education and employment.





# Year 10 Practice Interviews

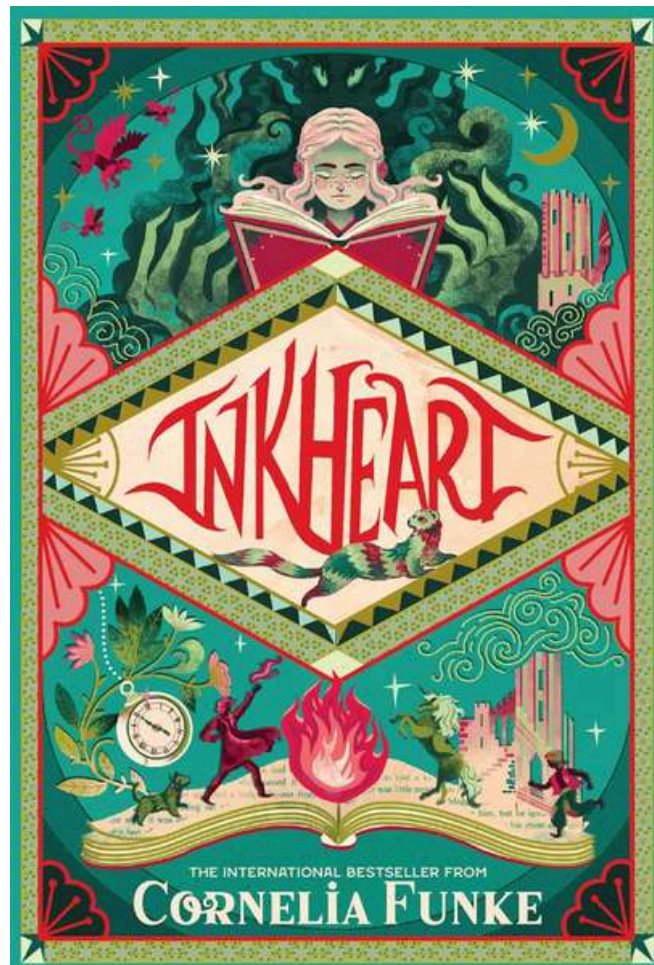




## Book of the Month

This month, we are suggesting that Year 7 pupils read *Inkheart* by Cornelia Funke.

A thrilling adventure about the power, and danger, of stories, *Inkheart* is the story of a man whose voice makes things come to life, and his daughter, who is forced into a desperate quest to change the course of her own story. 12-year-old Meggie and her father, Mo, a bookbinder, both love reading, but since the mysterious disappearance of Meggie's mother, they no longer read together. One night a stranger knocks at their door, prompting Mo to reveal his awful secret: he has the ability to breathe life into stories and literally bring their characters alive. Years ago, he accidentally conjured up a terrible villain called Inkheart, who now threatens to destroy him. Only Meggie can find a way to change the course of the story and save the father she loves, but can she do so in time?

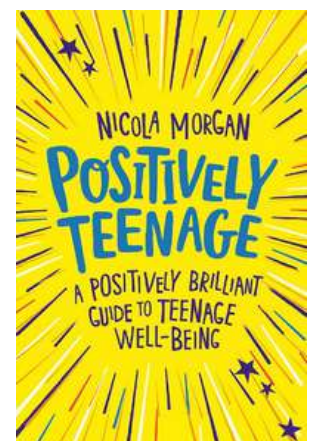




## LRC Update

Thank you to those who have donated books to the LRC. We have received over 220 books donated from the libraries at Balcarras and Cheltenham Ladies College and the shelves are bursting with stories waiting to be read! Thank you to Mrs Kelly and Mrs Crough for your help.

We are delighted to see increasing numbers of students spending their lunchtimes reading in our LRC and borrowing books to read at home. The Year 7 mini-librarians continue to work hard to stamp our new books and order them onto the shelves alphabetically. All students and teachers are members of our library and are always welcome to read, borrow books and make suggestions. We have ordered several new books, all recommended by our keen readers. Here is a selection:





## Macrame Club


Macrame club is in full Christmas swing (but no Christmas songs have been played... yet). Mrs Holland and the macrame club have been making key chains and have just completed festive snowflakes. After the long weekend we will begin on making santa gnomes and then flowerpot holders in the new year.





# RSC Top of the Bench 2024 - Digital poster


We are very proud of Year 9 and 10 pupils Lachie Hart, Zac Litman, Elsa O'Neill and Ninon Finet for producing an entry for the Royal Society of Chemistry's annual 'Top of the Bench' competition. The task was to complete a digital poster on a chosen Science/Chemistry related topic and the pupils chose 'Food security and sustainable global food production' as their topic. We wish them the best of luck with their entry; stayed tuned!



The High School  
Leckhampton

## FOOD SECURITY







How do we sustainably feed the world and protect our planet?





**ROYAL SOCIETY OF CHEMISTRY**

**Top of the Bench 2024**

### How does our food get to us?



<p><b>Raw material production:</b> Plants, animals, and other raw materials are used to make food products. Most of the raw materials come from plants and live stock.</p>	
<p><b>Processing:</b> Raw materials are transported into factories which are then turned into food products.</p>	
<p><b>Packaging:</b> Goods are prepared for transportation and sale. There are many different kinds of packaging that accommodate different food producers.</p>	
<p><b>Distribution:</b> food products are distributed to wholesalers, retailers and restaurants. food distribution circuits.</p>	
<p><b>Transport:</b> Food products are transported using a variety of methods, including air, sea, rail, and trucking.</p>	
<p><b>Sale:</b> products are sold to end consumers in local or online stores restaurants and markets</p>	

### Modern farming techniques



<p>-Hydroponic farming: farming that uses a water-based nutrient solution, instead of soil to grow crops.</p>	<p>-Irrigation farming: farming that enables crops to grow in hot and dry conditions because of advanced water technology.</p>
	
<div style="border: 1px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> <p>Modern Farming Techniques:</p> </div>	
<p>-Vertical farming: farming that grows crops on top of each other rather than in traditional horizontal rows.</p>	<p>What is soil quality? -soil quality refers to the condition of soil, based on its capacity to perform ecosystem services that meet the needs of human and non-human life.</p>

### What is the future of food?

**Hinges on developing sustainable agricultural practices, advancing technology, and addressing the impacts of climate change**

**Grow plants without soil by using nutrient-rich water, supporting efficient, sustainable, and controlled farming systems.**

**Equitable access to nutritious food for a growing global population**

**Innovations like vertical farming, lab-grown proteins, and AI-driven crop management offer hope for resilient food systems despite increasing environmental and social-economic challenges.**


### What is the problem with meat?

Top 3 most annually consumed meats are:  
1. Pork, 2. Chicken, 3. Beef.

Some available alternatives you can get, that will give you the same amount of protein are tofu, beans, and lentils.

Currently the country with the largest annual meat consumption is USA – it makes up a large part of their diet. One of the main issues with rapid beef production is that too many cows are being bred to be made into beef, however cows produce methane which is a threatening greenhouse gas.

**DID YOU KNOW?** Places have started doing lab grown meat. This is made by growing muscle tissue out of a small number of animal cells.



This will mean that as many animals won't be needed or slaughtered. By having less livestock there is less methane, making it better for the atmosphere.

**References:**

1. "https://assets.publishing.service.gov.uk/media/61ba0b1bd3bf7f055d72d831/2.1.11dFishImports.svg" alt="United Kingdom Food Security - 18<sup>th</sup> November 2024
2. [Top 10 Most Consumed Meats In The World \(Updated 2023\)](#) - 19th November 2024
3. BBC News – 19th November 2024
4. [Lab-grown meat: How it's made, sustainability and nutrition | Live Science](#) - 19th November 2024

**The High School Leckhampton – RSC 'Top of the Bench' 2024 Team: Ninon Finet, Elsa O'Neill, Lachie Hart, Zac Litman**

PRORSUM SEMPER



## Science updates

### Conservation Work on Leckhampton Hill

On Friday 15th November, a group of Eco-Committee members and other HSL students walking up and joined Cheltenham Borough Council's Green Space Development Team and FOLK (Friends of Leckhampton Hill and Charlton Kings Common) volunteers on Leckhampton Hill to carry out conservation work.

The weather was glorious and the students had a fantastic time cutting back and burning gorse and tracking the cows roaming around the hill. Despite walking up the hill and back with no toilet access all day, following the cows down some steep descents, and having to cut through some very stubborn, thick gorse roots, there were no complaints and the volunteers were very impressed with how much our students achieved and enjoyed the experience.

Please see the feedback below from some students who came on the trip:

This trip was incredible! Cutting down gorse was so much fun and it was crazy seeing the amount we cut down. The walk we went on was very interesting and I enjoyed hearing about all these things on the hill. Overall it was fantastic and I loved the trip so much.  
Eva Brunwin 7CH

I really loved going on the trip! I did things on that day that I had never done before and I thought we helped our hill quite a bit. Thank you Miss Kennedy. Ninon Finet 9IS

Thanks so much for arranging this trip. I especially enjoyed cutting the gorse bushes so wild grass and flowers like orchids could grow. I was also reminded that gorse flowers twice a year! Raffy Betts 7IS1

Thank you so much for the trip, I loved it! I learnt loads about the area of Leckhampton Hill and I loved seeing Devil's Chimney. Noah Slatter 7WI2

I thought the trip was really informative. Even if you had already been on Leckhampton Hill you learnt a lot more than you already knew about it. My favourite part was chopping down the gorse because it was so much fun! Thank you Miss Kennedy for organising it. Joe Harris 7IS1



# Science updates





# Science updates





## Science updates

### Let's Go Zero Climate Action Advisor Visit

Here at HSL we are committed to ensuring that we look after our environment and build a sustainable future for all. To demonstrate our commitment, we have signed up to the Let's Go Zero campaign, pledging to be zero carbon by 2030.

On Monday 18th November we had our first visit from our Let's Go Zero Climate Action Advisor - Paula Malone. Paula spent most of the day speaking to various staff and our Eco-Committee about what we do at HSL to protect our environment. Paula said she really enjoyed learning about how HSL is so sustainable in everything it does and is now going to prepare a report from her visit detailing what we're doing well and some ideas for what we could be doing next to meet our aims. We look forward to working with Paula next term to write our Climate Action Plan for how we are going to become zero carbon by 2030.





## Science updates

### InterClimate Network Climate Conference

On Tuesday 19th November, five of our HSL ChangeMakers attended the InterClimate Network Climate Conference (modelled on the COP29 of the United Nations) which took place in the actual Council Chamber in the Municipal Offices in Cheltenham.

HSL represented Nigeria during the global negotiations. Molly Hannaford-George 9IS prepared and read our delegation's opening speech, and Henry Taylor 10WI represented our views and directed key questions towards the delegations from other countries. Almost every school in the Cheltenham Education Partnership attended and the event even featured as an item during the BBC Points West Evening News.

The second part of the conference saw our HSL ChangeMakers showcasing their Eco-Committee project work from last academic year in a Climate Action Fair and then taking part in a Climate Question Time with local decision-makers, including Raechel Kelly (Sustainability Consultant who helped to coordinate our Eco Enrichment Day in February) and Councillor Iain Dobie (Cabinet Member for Climate Change and getting to Net Zero).

Our ChangeMakers had this to say about the event:

We really enjoyed the experience! It was informative and gave us a view of real world global negotiation experience. We got to learn about other countries and what they are doing to combat climate change. We also got to learn about different businesses in the community that are combating climate change and asked them some questions. It gives us an insight into how decisions that affect our lives are made.





# Science updates

## Severn Wye Energy Agency Advice

Severn Wye Energy Agency is a non-profit company and registered charity that provide impartial, expert advice to help people save energy, reduce carbon and create a more sustainable future.

Please see below for their Eight Energy Wins To Save You Money and their Top 10 Tips for saving energy in the home.

### EIGHT ENERGY WINS TO SAVE YOU MONEY

**When you move to a new place give some energy to your energy: these easy actions will help lower your bills and your carbon footprint everywhere you live from now on.**

**Make yourself accountable**  
If you pay the bills ask your landlord for supplier details and set up an account (switch if you find a better deal). Take a picture of the meter's the day you move in, submit readings regularly and pay by direct debit to get a small discount.

**Wrap it up**  
Putting on an extra layer is always cheaper than heating the room. Put hot water bottles and electric blankets on your Christmas list.

**Heating is central**  
Once you're layered up, turn your thermostat down: 21°C is fine for a living room and 18°C everywhere else. Shut doors behind you to keep heat in and turn radi low in rooms that aren't being used.

**Call time on the spa**  
A 10-minute shower is expensive (especially if you have electric showers) and makes you late for lectures. Aim for four minutes.

**Hell's kitchen?**  
Kitchens can be money pits so keep lids on pans, batch cook, and use a microwave to reheat food or slow cooker to cook meals more cheaply.

**It's curtains for cold nights**  
Close your curtains at night and tuck them behind radiators. If you have single-glazing, this you can buy a special plastic film that's easy to fix and really makes a difference.

**The hot wash is history**  
Washing a full load on 30°C is the way to go and dry laundry outside or use a clothes dryer and open a window. Never put clothes on a radiator, that's a recipe for...

**... damp and mould: a note on ventilation**  
Mould can mark paintwork, ruin clothes and cause or worsen conditions like asthma. So close kitchen and bathroom doors when in use, use extractor fans or better - and cheaper - open some windows; it takes at least 20 minutes for vapour to escape.

**If you can tick these off you've gained top marks in home energy efficiency whatever else happens this year. Good luck!**

**SAVE MONEY, SAVE THE PLANET**

severn wye | Check out more energy saving tips here: | @Severn\_Wye

Severn Wye Energy Agency is a non-profit company (no. 1030946) and registered charity (no. 1054112) to provide people with impartial advice on how to save energy. We are a charity and operate a range of services for you.

## Top 10 tips for saving energy in the home

- 1 Turn your boiler flow temperature to 55–60°C for maximum efficiency.
- 2 Turn your thermostat down just 1°C – you could cut 10% off your heating bill.
- 3 Install a CO alarm to protect against carbon monoxide in your home.
- 4 Get a free smart meter to see in real time what you're using and how much it's costing.
- 5 Wash laundry at 30–40°C and a full load whenever possible.
- 6 Block external draughts – remember keyholes and letterboxes.
- 7 Use thermal curtains; close them at night and open in the day to let in the sun.
- 8 Ventilate to prevent damp: put lids on pans, dry laundry near an open window if it can't go outside.
- 9 Slow cookers, air fryers and microwaves are cheaper to run than an oven.
- 10 Turn electrical items off when not using – don't forget game consoles and chargers.

Free home visits are available with our friendly community-based energy advisers who can help whether you're struggling to pay bills or need energy saving advice.

☎ 0800 170 1432  
 ✉ [communityadvice@severnwye.org.uk](mailto:communityadvice@severnwye.org.uk)  
 🌐 [www.severnwye.org.uk/communityadvice](http://www.severnwye.org.uk/communityadvice)





# Science Updates

## Forest Green Rovers Ambassador Scheme

Introducing Forest Green Rovers (FGR) - described by FIFA in 2017 as the greenest football club in the world - where sustainability is core to everything they do.

Forest Green Rovers are looking for two HSL students who love football and care deeply about the environment to become this year's FGR Ambassadors.

Every year, FGR recruit a team of young ambassadors to spread the word about what it's like supporting FGR and all the great things they do on and off the pitch. It's an exciting role, and a great way to get involved with the football club.

Members of the FGR Ambassadors Scheme get to go behind the scenes at the club, see how sustainability works in practice at FGR and learn about how the players train and prepare for matches.

FGR Ambassadors get a free shirt to wear with pride and free tickets to matches, as well as the opportunity to complete a programme of activities during the season including writing FGR match reports, attending away trips and inviting an FGR player to HSL to talk about their career and experience at the club.

As an ambassador, you would be encouraged to promote Forest Green Rovers and share your experiences at school, as well as attending an awards ceremony on the pitch at the end of the season where ambassadors are thanked for their hard work and commitment over the year.

Could you be our next FGR Ambassador?

To find out more please see the task on the VLE and upload your letter of application to the VLE task by the 9am deadline on Monday 9th December.





Forest Green Rovers' fully sustainable kits

# Could YOU be HSL's next FGR Ambassador?



Jamille Matt (FGR) rises highest against Bristol Rovers FC winning promotion to League One.

FGR are looking for footballers and fans to tell our story about being the greenest football club in the world to their schools and teams. Find out about our partnership with the Premier League for the big Green Football Weekend. Get free tickets to home matches for you and your friends. Win one of the latest sustainable football shirts which are not on sale yet. Find out about 'Eco Park', the largest sustainable football stadium in the world, designed by Zaha Hadid and due to be made 100% out of wood next year. Go on a tour of our organic pitch, robot lawnmower and taste some of our award-winning vegan food.



See the VLE task for more information and how to apply.



## PE Updates

### FOOTBALL

Our football season has started for some of our year groups this half-term with teams facing Cleeve and Winchcombe.

Y7 Girls came up against a very strong and energetic Cleeve side who beat us quite convincingly. The most pleasing aspect of the game is that our heads didn't drop and we kept battling to try and find a way through. Defensively, we were kept very busy and Liv made some superb saves during the game. The girls have been working hard in training to be ready for upcoming tournaments and league fixtures.

The Y8 Girls lost narrowly (2-1). The game could have gone either way with Cleeve just being that little bit more clinical in front of the goal. We played really well with some standout performances from Cam and Hetty.

Our Y9 boys travelled over to Winchcombe looking to build on a successful campaign last season. We raced into an early lead showcasing our dynamic attacking abilities. Oli was making a huge contribution from the left wing, where most of our attacks came from. The game was extremely open with goals being scored by both teams. A thoroughly enjoyable game of football that we came away victorious in with a 4-3 victory.

Our Y9 boys also played in their first basketball match of the season. Another tough learning experience for the group in a game that we scored 29 points. Our next game is coming up very quickly so lots of chances to improve on our previous result.

As always, our football lunchtime clubs have been full to the brim with pupils. It is so great to see such enthusiasm to be active and burning off steam at lunch.

In next month's newsletter we will inform you about our recent successes at the Girl's District Football tournament. Stay tuned!





## PE Updates

### RUGBY

Our Year 7 Boys rugby A & B Teams played against Pate's Grammar school on Friday. We had over 30 students taking part, with the support of the Old Pats coaching team. Our A Team narrowly lost 5-4 but put on an impressive team performance, moving the ball well and supporting each other to success. The B's were triumphant and won 7-4! An outstanding performance that they should all be very proud of!

### EXTRA CURRICULAR CLUB SPOTLIGHT -

#### Year 7 Strength and Conditioning Club

The Year 7 Strength and Conditioning Club, held every Friday morning at 8:00 am, has been a tremendous success so far. With 45 pupils signed up, the club has become a hub of enthusiasm and hard work. Each session is full of pupils eager to learn about self-care and how to enhance their athletic performance.

The pupils have engaged in a variety of strength and conditioning activities and have been given guidance on how to design their own training programs which they perform during the sessions but also commit to completing at home. Alongside this, they have enjoyed competitive speed and agility challenges, which add an exciting element to the sessions.

Miss Pike is incredibly impressed with the pupils' commitment and work ethic, and she looks forward to seeing their progress continue throughout the year.





# House Sports



This month has been an exciting and action-packed time for House Rugby and House Netball, with a dedicated week filled with competitive and thrilling matches. Mixed-gender teams took to the courts and pitches, displaying outstanding sportsmanship and determination. The energy from both players and supporters contributed to a vibrant and supportive atmosphere that made the events even more special. The PE department would like to express a heartfelt thank you to everyone involved, particularly the pupils who played key roles in organising teams as Sports Captains, as well as those who volunteered to umpire some of the games. Your dedication was crucial to the success of the events. It was truly a wonderful sight to witness, and we are immensely proud of the spirit and camaraderie shown throughout.

## OVERALL RESULTS Rugby

Final Standings	House
1 <sup>st</sup>	WI (11 POINTS)
2 <sup>nd</sup>	CH & LB (10 POINTS)
3 <sup>rd</sup>	-
4 <sup>th</sup>	IS (8 POINTS)

## OVERALL RESULTS Netball

Final Standings	House
1 <sup>st</sup>	WI (12 POINTS)
2 <sup>nd</sup>	LB (11 POINTS)
3 <sup>rd</sup>	IS (10 POINTS)
4 <sup>th</sup>	CH (7 POINTS)



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