

Dear Parents and Carers,

I hope that our first newsletter of the new year finds you well and that you all enjoyed a lovely festive break – although I am sure it seems a long time ago now! As we plough quickly into the new year it has been wonderful to see the pupils returning to school with such enthusiasm. Before we look ahead, I would like to thank parents and friends of the school for your support of the festive events last term - from the wonderful donations for our first community tea party, to the generous monetary donations given at the end of the Christmas celebration, your support continues to make a real difference to the school and is really appreciated by the staff.

As always, there is a lot to look forward to this term, not least the school production of 'Annie' which is less than 3 weeks away now. Needless to say the cast and crew are working hard, rehearsing everyday and on weekends to put on a great show. Please do come along to support them if you can. We have just embarked on the GCSE option process for our current Year 9 pupils – an exciting time to think about their future aspirations. We are also looking forward to seeing how our Year 9 and 10 boys do in the regional hockey finals, having qualified after coming second in the district tournament. This is a fantastic achievement, especially as the Year 10 boys are playing in the U16 category and we wish them the very best of luck!

Winter months can be challenging, with the continuation of dark mornings and cold weather, and I would encourage parents to explore the resources available of The Wellbeing Hub which are designed to support the whole family. I would also like to remind parents to please let your child's tutor or House Head know if you are concerned about your child's wellbeing so that we can work together to support them before problems arise.

I hope you enjoy this edition of our newsletter – there is always a lot to celebrate. In amongst all the interesting articles about the pupils, please can I draw your attention to our new system for managing lost property on page 13- we hope it will mean more lost items find their owners!

Wishing you all a happy, successful 2025.

With warm wishes

Helen Wood





Key Dates - Spring Term 2025

Saturday 1st February	Annie - tech rehearsal
Wednesday 5th February	Year 9 Parents' Evening - in person
Thursday 6th February	Year 9 Parents' Evening - online
Saturday 8th February	Annie - dress rehearsal
Weds 12th-Fri 14th February	Annie - School production
Friday 14th February	Last day of term. 3.35pm finish for pupils






Safeguarding

This month we wanted to remind parents and pupils about how to report any safeguarding concerns at HSL. Please find below the information on how to report concerns but also know that safeguarding is the responsibility of all members of staff at The High School Leckhampton.

How to report a concern?


Speak to a trusted adult, your tutor, the DSL or DDSLs

HSL Safeguarding team




Designated Safeguarding Lead (DSL): Rebecca Vaughan
rkv@hsl.gloucs.sch.uk


Deputy Designated Safeguarding Leads: Heads of House




DDSL: Vicky Bull (Windrush)



DDSL: George Collins (Lilley Brook)



DDSL: Kathrynne Nelmes (Chelt)



DDSL: Laura Pike (Isbourne)

Use the Safeguarding Flag on the VLE page to report anonymously



Hover over the flag on the front screen, it will come up as 'Safeguarding'. Click on the flag and complete the 'Safeguarding Report'.

Safeguarding Report

This is an anonymous form. If you have any concerns about a pupil at HSL please fill this in. We'd like to thank you all for your support with keeping our pupils safe from harm.

* Required

1. What is the name of the pupil you are concerned about? *

2. What is your concern? *



Parent Forum Update - Responding to Feedback

We are delighted to share how the school has acted on the feedback received during the first Parent Forum of the year, held on 15th October 2024. Thank you to all who attended and contributed your thoughts and ideas. Here's a summary of the key issues raised and the steps we've taken to address them:

1. Valuing Homework

What You Raised: Some parents expressed concerns that homework wasn't consistently valued, with variations in how it was set, collected, and marked.

Our Response:

We held discussions with all staff to reinforce the importance of homework and ensure consistency. Teachers have been reminded of the expectations around setting, collecting, and marking homework, so students understand its value as part of their learning. We will continue to monitor this to ensure progress.

2. Accessing the VLE

What You Raised: Parents asked for help accessing the Virtual Learning Environment (VLE), especially if they hadn't logged in for a while.

Our Response:

In the October newsletter, we included a step-by-step guide for parents on logging into the VLE and using the Parent View feature. This guide will remain accessible on the school website, and we are always happy to assist parents who need further support.

3. Tutor Group Reading Books

What You Raised: Parents wanted to know more about the tutor group reading books so they could support discussions at home.

Our Response:

We published an article in the October newsletter listing the texts being read by each tutor group. This helps parents stay informed and engage with their children about what they are reading in school.

Thank You for Your Feedback

We greatly appreciate the input from our Parent Forum attendees. Your suggestions help us improve the experience we provide for both students and families. We encourage all parents to attend future forums to share their ideas and help shape the future of our school, our next meeting is on Wednesday 26th February.

Mrs Cox



Winter Wellbeing: Supporting Our School

The wellbeing of our students is of paramount importance to us.

Already ably supported by our strong PSHE curriculum and the tutor programme, our focus is on equipping students with the tools they need to thrive. We are also constantly looking to strengthen our collaboration with the wider school community to ensure everyone feels supported in maintaining good wellbeing.

This term, we're delighted to reflect on the progress we've made in promoting wellbeing through The Wellbeing Hub, which has become a valuable resource for parents, students, and staff alike.

The Hub offers a wealth of resources, advice, and activities designed to support mental health and emotional resilience.

We've been delighted to see more parents engaging with the Wellbeing Hub, taking the opportunity to explore its resources and discover practical ways to support their children at home.

Meanwhile, our students have been actively involved in connecting with the Hub. During tutor times, they have been registering or renewing their logins, ensuring they can access the many tools and strategies available to help them prioritise self-care and stay healthy and positive, particularly during the winter months. These sessions also serve as a great opportunity to emphasise the importance of wellbeing and share tips for managing stress and building resilience.

If you haven't already accessed the Wellbeing Hub, we warmly encourage you to explore it. Whether you're seeking advice on handling challenges, fun activities to enjoy as a family, or a quiet moment of mindfulness, the Hub has something for everyone.

Please see below for information on what is on offer to students, and opportunities for parents, via the Hub in the next few months.

The Wellbeing Hub Content Line-up - Staff/Parents Spring Term 2025 -

April - Neurodiversity

Weds 02.04 Webinar: Adolescent issues for autistic teenagers with Prof. Tony Attwood, International best-selling Author and Clinical Psychologist specialising in Autism Spectrum Disorders

W/c 07.04 Podcast: ADHD tendencies and how to prevent associated mental ill-health and addiction later in life with Henrietta Wynne Finch, Psychotherapist

W/c 14.04 Podcast: How to support your child in the lead up to and following an educational psychologist assessment: advice for parents and carers with Dr Olivia Kessel, Founder of SEND Parenting

W/c 21.04 Act for Autism Course: The 3C pathway, sensory challenges, communication strategies, autism in girls, teenagers and lots more by Tessa Morton, Founder of Act for Autism

W/c 28.04 Blog: When self-regulation looks like bad behaviour by Hannah Rapp, Child and Adolescent Psychotherapeutic Counsellor

The Wellbeing Hub Pupil Content Line-up - Spring Term 2025 -

January - Social media

W/c 04.01 Guide: The illusion of social media: Understanding the unreal world of online editing by The Wellbeing Hub (3+)

W/c 13.01 Podcast: Student perspectives on social media with Pinewood School (10+)

W/c 20.01 Podcast: The connection between self-esteem and social media with Tracy Moxley, Executive Director of Schools for New Century Education (10+)

W/c 27.01 Guide: Positive influencers created by Natasha Devon MBE Author, Presenter and Activist (13+)

Bonus Q&A videos: TikTok skin trends to avoid and skincare myths explained by Dr Emma Amofo-Mensah, Consultant Dermatologist and Coo(s) Skincare (13+)

February - Friendships and relationships

W/c 03.02 Video: How friendship affects your brain and ways to make new friends by The Wellbeing Hub (10+)

W/c 10.02 Podcast: 'What makes a good friend?' with pupils in The Wellbeing Hub (10+)

W/c 17.02 Blog: Why friendships are so important and what to do when they go wrong by Alicia Drummond, Therapist (13+)

W/c 24.02 Blog: Navigating conflict in friendships by Kitty Thomas, Development and Transition Coach at Pegasus Coaching and Maja Trachonitis, Assistant Head of Wellbeing, Sutton Valence School (13+)

Bonus: Guide: Your friendship questions answered by The Wellbeing Hub (10+) (13+)

March - Addiction

W/c 03.03 Guide: How to spot the signs of addiction by The Wellbeing Hub (13+)

W/c 10.03 Guide: Video: Five reasons why it's hard to quit gaming by Cam Adair (10+)

W/c 17.03 Video: Three activities to try to reduce your gaming time by Cam Adair (10+)

W/c 24.03 Factsheet series: 'what you need to know about addiction' created by The Wellbeing Hub and The DSM foundation (13+)

Bonus Video: The hit your brain takes when gaming by The Wellbeing Hub (13+)

hub@teentips.co.uk  (+44) 01273 093 940

The Wellbeing Hub Content Line-up - Staff/Parents Spring Term 2025 -

January - Social media and mental health

W/c 06.01 Podcast: The effect of social media on children and young people's attention spans with Elizabeth Mikovick, Lawyer and E-safety Consultant

Tues 14.01 Webinar: The relationship between social media, health 'influencers', and body image with Natasha Devon MBE, Author, Presenter and Activist

W/c 20.01 Podcast: The connection between self-esteem and social media with Tracy Moxley, Executive Director of Schools for New Century Education

W/c 27.01 Podcast: The healthy selfie: how to like your self in the digital age with Dr Suzie Davies, Author and Founder of PARAYA (Parents against phone addiction in young adolescents)

February - Friendships and relationships

W/c 03.02 Blog: Friendships in the early years by Dr Amanda Gummer, child development expert and Founder of The Good Play Guide

Weds 12.02 Webinar: Healthy masculinity and relationships with Fredi Beard, Director of Operations at Voicebox, an organisation tackling unhealthy masculinity

W/c 17.02 Podcast: Supporting boys' friendships with Fredi Beard, Director of Operations at Voicebox

W/c 24.02 Podcast: Friendships in the early years with Dr Amanda Gummer, child development expert and Founder of The Good Play Guide

Bonus: Blog: Friendships at school by Dr Vonesha Mitchell, Assistant Head Pastoral, The Arbor School Dubai

March - Addiction

W/c 03.03 Podcast: Vaping addiction with Zoe Shuttleworth, Director of It Happens Education

W/c 10.03 Podcast: Strategies for tackling tricky issues: compulsive gaming, obsessive phone use, and anxiety with Anita Cleare, Director of Positive Parenting Project and Alicia Drummond, Therapist and Founder of The Wellbeing Hub

Tues 18.03 Webinar: Be curious not judgmental: teens and drugs, what to know, when to worry and what to say with Prof. Adam Winstock, Director of Staying Safer

W/c 24.03 Video: How to spot the signs of addiction by The Wellbeing Hub

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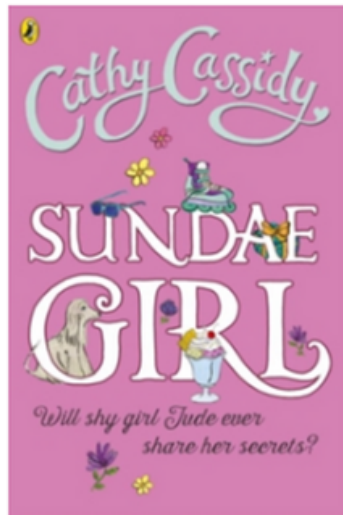


LRC update

The Mini Librarians have been busy adding our new books onto the shelves. Thank you to those who have donated books! It is much appreciated. If you are having a declutter and have any suitable books to give away, please remember us. A donation box is in the library.

I have been really impressed with the hard work and commitment of the Year 9 students who volunteer in the LRC during one lunchtime per week as part of their Duke of Edinburgh award. They have put inserts into books so we can stamp on the return date for our borrowers and are writing book recommendations to share their love of reading. The library continues to be a peaceful place where students can immerse themselves in stories – what a treat.

Here is a small selection of our new books:





Thick Jumper Day for WaterAid

What your funds become



Your fundraising will have a lasting impact, providing clean water, decent toilets and good hygiene to people who need them most. Here are some examples of what your fundraising can achieve:

For every £1 given:

• 74p is spent helping provide people with safe water, toilets & hygiene essentials/ 26p is spent on fundraising

74p

26p

£6

A bag of cement

£12

A squat toilet slab



£36

A school handwashing station

£60

A school class on period hygiene by a specialist



£120

Install a new well

▶ The new well under construction at the women's market garden in the village of Zabendela, Burkina Faso, May 2019.



On Friday 17th January, all students and staff were invited to wear a thick jumper to raise money for WaterAid UK.

Students voted WaterAid last term as one of our chosen charities to support this academic year. The Eco-Committee gave out sustainable prizes to the student with the best thick jumper in each year group.

As part of our commitment to reduce our carbon footprint on our journey to be zero carbon by 2030, we also took part in WWF's "Turn down one degree" challenge by turning down the heating on the same day. To find out more about WWF's "Turn down one degree" challenge so you can also take part at home please see their website: <https://www.wwf.org.uk/challenges/turn-down-one-degree>.

In total we raised £330 for WaterAid which will help bring clean water, decent toilets and hygiene knowledge to people who don't yet have access to them. Thank you to all students and staff who donated and we look forward to seeing more fantastic thick jumpers next year.

To find out more about the work of WaterAid please see their website: <https://www.wateraid.org/uk/>



HSL ChangeMakers Bid for Funding

On Thursday 23rd January, six of our ChangeMakers attended a workshop at Cheltenham Ladies College organised by the Cheltenham Education Partnership (CEP).

Earlier this month our ChangeMakers submitted a bid for £1000 from Cheltenham Borough Council to purchase air quality monitors to monitor and raise awareness of the air quality around our school. As part of the workshop our ChangeMakers were given 5

minutes to present their bids to a panel of four sustainability stakeholders in Cheltenham and answer questions from each individual. The panel was composed of:

Councillor Iain Dobie – Cabinet member for Climate Emergency, CBC

Louise Forey – Climate Team Engagement Lead, CBC

Raechel Kelly – Project Coordinator, Planet Cheltenham

Paul Vare – University of Gloucestershire, Senior Lecturer in Education

Our ChangeMakers impressed the panel with their presentation and emphasis on how their air quality project would not just improve the environment but also the health of our school community as a result. They spoke confidently in front of ChangeMakers from many other local schools, most of whom were sixth formers.

We eagerly await the result of our bid and hope that we have been successful!



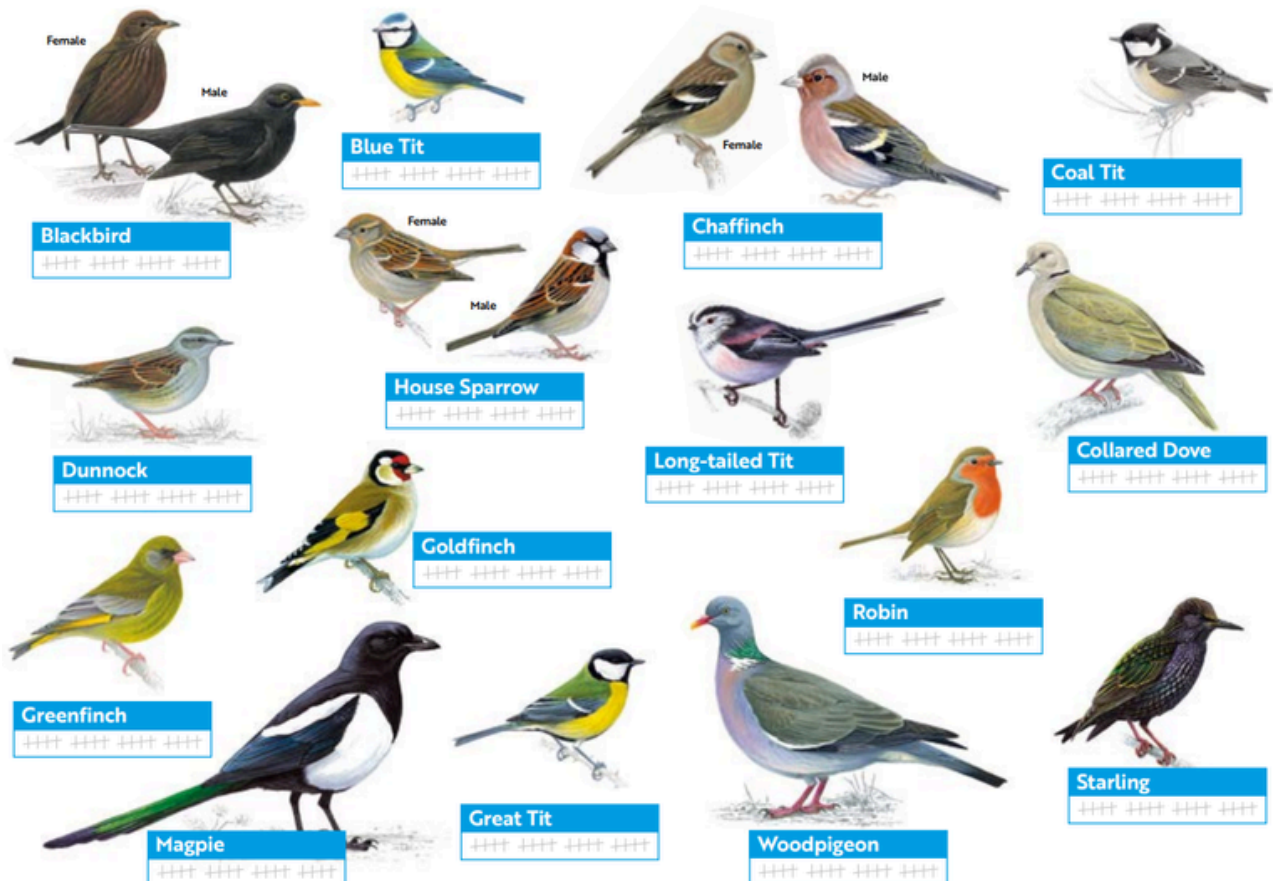


Big Garden Birdwatch 2025

On Friday 24th January HSL took part in the world's largest wildlife survey to help the Royal Society for the Protection of Birds (RSPB) build a picture of how garden birds are faring.

Eco-Committee members and other students spent a sunny and very windy lunchtime in our nature area, watching for and recording any birds we saw that landed on our site using the tally chart below. We submitted the results of the birdwatch online and are looking forward to when the national results are released later this year.

Miss Kennedy would like to thank the students that took part, including any HSL families that carried out their own birdwatch over the weekend and submitted their results.





Annie

Annie Rehearsals in Full Swing!

We're thrilled to announce that rehearsals for Annie are going brilliantly! Our talented cast and crew are working hard to bring this much-loved musical to life, and it's shaping up to be a spectacular show.

Tickets are now on sale—don't miss your chance to see the performance! Click the link below to secure your seats. We can't wait to see you there!



<https://www.trybooking.com/uk/events/landing/75207>



HSL Book of the Month

Where the river runs gold by Sita Brahmachari

In a time when the bees have long gone and artificial pollination prevails, two children must risk everything to expose the truth. The freedom of a nation and the future of the natural world depend on it...

A powerful and timely story of hope, love, friendship and the importance of protecting our natural world.

Recommended to Year 7 and 8.





Lost Property

We will be trialling a new lost property system, to try to re-unite unnamed lost property with owners.

We regularly have a huge collection of lost property. Pupils are told if their named item is in lost property so they can collect it from Reception promptly. However, several items are not named. Please can we remind parents/carers to name EVERY item, with your child's name, clearly written - including lunch boxes, pencil cases and drinks bottles.

Towards the end of each month on a Tuesday, Wednesday and Thursday, lost property will be displayed on the sports hall balcony for pupils to view during school hours and parents are welcome to come in and check for their child's missing items between 5-9pm when the sports hall is open to the community for lettings.

On a monthly basis, after the collection days, any unclaimed items will be either donated to the PTFA (to be re-sold as pre-loved), used by the PE Department (PE Kit), or disposed of.

The dates for this academic year are:

FEBRUARY 2025

Tues 25th

Wed 26th

Thurs 27th

MARCH 2025

Tues 25th

Wed 26th

Thurs 27th

APRIL/MAY 2025

Tues 29th

Wed 30th

Thurs 1st

MAY 2025

Tues 20th

Wed 21st

Thurs 22nd

JUNE 2025

Tues 24th

Wed 25th

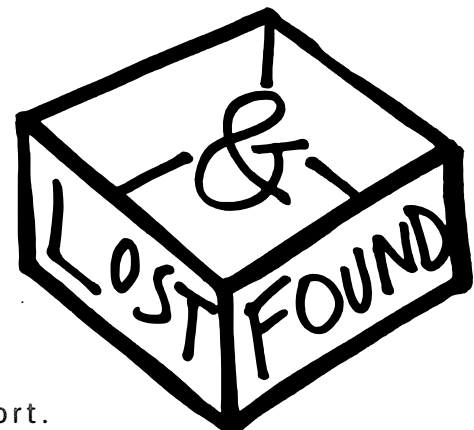
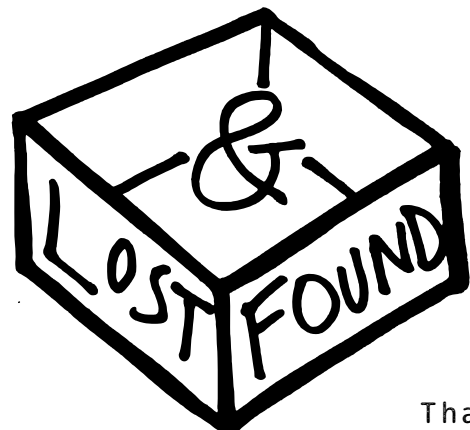
Thurs 26th

JULY 2025

Tues 15th

Wed 16th

Thurs 17th



Thank you for your cooperation and support.



Sports Teams updates

Y7 Boys Football District League Fixture vs Winchcombe

A great 4-2 victory to start the year with a positive result. We started incredibly well in the first half with goals shared around the team. Charlie H, Oscar S and Theo A were devastating in attack and defensively Theo M and Will H were controlling their forward players comfortably.

We showed some great teamwork and exciting attacking football. Winchcombe did pull two goals back after half time making it a much closer game.

Y7 Boys Football District League Fixture vs Pittville

The Y7s played their second game of the league phase against a determined Pittville team, whose goalkeeper was on form.

We started strongly again and took an early lead, quickly backing that up with a second goal. We remained focussed during the second half and added three further goals to our tally to win 5-0. A really strong performance from all the players involved puts us on 6 points from two games and means we are sat nicely at the top of the group. Well done Team!

Y8 Boys Football District League Fixture vs Pittville

The Year 8 football team played well-drilled Pittville School and while the final score was 7-0 to Pittville, the scoreline didn't tell the whole story. Our team played really well, especially in the first half, and gave it their all. The match started off evenly, and our players put in a solid performance in the first half. We managed to keep Pittville from scoring for a while, with strong defending and some great saves from our goalkeeper. Our midfielders worked hard to push forward when they could, and we even had a few decent chances of our own. Even though we lost 7-0, there's a lot of positives to take from this game. The first half was really promising, and with a bit more consistency and fitness, the team can definitely build on this performance.





Sports Teams updates

Y8 Boys Football – B Team Futsal Festival

We took ten Y8 footballers across to Tewkesbury School to participate in the annual boys futsal event. Our first game was a battle against Cleeve. We were defensively organised but just couldn't find a way to take on of the few chances we created. We drew 0-0 and gained a point for our efforts. The second match was another 0-0 draw vs Chosen Hill. It was another defensive masterclass, not allowing Chosen any sight of our goal. Luke Z, Mars and Charles were all rocks at the back. Our final game was a 1-0 victory against All Saints Academy. We finished 5th out of 11 schools which is a fantastic effort. Well done to the team.

Y9 Boys Football – B Team Futsal Festival

The Year 9 boys football B team impressed with skill and composure at the Tewkesbury tournament this year! A solid defensive display from Nate, Lucas and Alex made sure that Charlie didn't have many saves to make during the group stages. Losing narrowly to Cleeve in the first match 2-1, spurred the boys on to success in the final two group matches. Beating Chosen Hill 1-0 and then unleashing the goals against Tewkesbury, with an incredible performance from our attacking players: Henry, Gustavo, Ethan, Louis, Lucas and Jacob. Louis top class finishing got him 2 goals in the 7-0 win! This put the HSL team top of the group and through to play Balcarras in the Semi-Final. A hard fought match with HSL having most of the possession and chances, finished with a 1-0 win to Balcarras, who then went on to win the whole tournament!





Sports Teams updates

Y9 Basketball vs Chosen Hill

The Year 9 basketball team played an exciting and close match against Chosen Hill School with HSL eventually losing by 2 points. It was a competitive game, with both teams going back and forth, and the Year 9 squad did an excellent job of staying in the game. The match was tight from start to finish, with the Year 9 team always staying close to Chosen Hill in terms of scoring. The team played really well, showing good technical skills in both offense and defence. The ball handling was solid, with players making some nice passes and shooting under pressure. The players showed a lot of fight and determination throughout the game and that was reflected in such a close finish!

Y10 Basketball vs Cotswold

The Year 10 Boys Basketball team welcomed The Cotswold School. A strong start from Cotswold put them 10 points ahead in no time at all. The HSL team soon jumped into gear, and responded with some great shots from Zac, Henry and Ted. A notable mention must go out to Harry Francis, who was injured and unable to play, but refereed and supported the HSL team with some great coaching points. The Cotswold team dominated through some impressive lay-ups and individual dribbling techniques. But the HSL team did not give up fighting. A strong defensive unit of Ben, Jake and Oliver allowed the more attacking players more space and time, with a huge 3 pointer from Finn to finish the game, Cotswold winning with a lead of 16 points.





Parent Update



February Half Term Bikeability Courses

Bikeability courses give children and young people the skills and confidence to make journeys by bike.

Tuesday 18th to Friday 21st February 2025

Skillzone, Tuffley Lane, Gloucester, GL4 0AS

Courses delivered by friendly, experienced and fully qualified Cycling Instructors

Small group sizes

£8 for a 4-hour course

Ages 9 to 14 (Level 1, 2 & 3 Bikeability available)

For a booking form and further information please email thinktravel@gloucestershire.gov.uk



**Gloucestershire
Fire and Rescue Service**
Working together for a safer Gloucestershire



Parent Update

Looking for a recipe that can get your children to eat more vegetables?

At Beezee Families, we work with hundreds of families who want to eat healthier, but struggle to find dishes with vegetables their children will eat. Sounds familiar?

Check out our Mexican traybake below for a taste of our recipe selection!



Ingredients:

- 1 large red onion
 - 3 cloves of garlic (2 tsp pre-minced)
 - 1 can sweetcorn
 - 1 can black beans (drained and rinsed)
 - 1 can chopped tomatoes
 - 320g frozen spinach
 - 100g uncooked red lentils
 - 250g brown rice
 - 600ml veggie stock
 - 120g low-fat cheddar/mozzarella
- Spices: 2 tsp paprika, 1.5 tsp cumin, 1.5 tsp coriander, 1 tsp oregano, ½ tsp chili powder (or none if you don't like spice).



Method:

1. Pre-heat your oven to 200 degrees/ gas mark 6.
2. Dice the onions and garlic (if using fresh) and add them to a large baking tray or dish.
3. Add your brown rice and lentils, along with the spinach, corn and chopped tomatoes.
4. Add all your spices to the tray. Make the stock, then pour slowly into the tray and mix everything together.
5. Pop into the oven for 45 minutes. Take the tray out, add beans and mix well, then top with grated cheese. Return to oven for 10 minutes.
6. Leave to cool for 5 minutes and then enjoy!

Want more help with recipes?

We run FREE healthy lifestyle programmes to help families like yours make healthy habits, and have fun while doing so! Secure your spot today.

Our courses are designed for families with children aged 4 and up.

Scan the code

...or click here to find out more

Sign up today!



glo.maximusuk.co.uk



PTFA News

The High School Leckhampton Parents
Teachers & Friends Association



VOLUNTEERS NEEDED

for the School Production

12th, 13th 14th February 2025

Could you spare an hour or so to help set-up, prepare drink orders or tidy up? Scan the QR code to sign-up - **THANK YOU!**



School Uniform Donations

We have a fantastic selection of pre-loved uniform available, kindly donated by other parents and carers. If you would like to buy any of the items, please email:

uniform@hslptfa.org.uk



Our amazing uniform team will let you know if your requested items are available and arrange payment and collection. **ALL MONEY RAISED GOES TO THE SCHOOL.**



THANK YOU to everyone who helped raise over

£200

by donating at the Christmas Celebration on 11th December 2024.

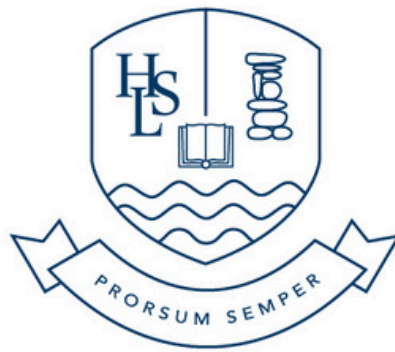
THANK YOU to local businesses who kindly donated raffle prizes:

Bar & Wok Boyd Farm
Fox's Kiln Distillery
Neals Yard Olive
Chiropractic Paddy & Bear Sparkology by Ellen



LOOK OUT FOR DETAILS OF OUR EVER POPULAR
QUIZ & CHIPS NIGHT - MAY 2025!





The High School
Leckhampton



www.hsl.gloucs.sch.uk



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