



# HIGHSHORE SCHOOL

22nd September 2017

Dear Parents and Carers,

The week has flown by! This morning in assembly we went through what happens in a fire drill. Pupils did really well and we will hold a practise drill next week. The school council meeting which followed was enthusiastic. It was good to meet the new class reps and to listen to their ideas about making our school even better. Members were positive about the changes to the playground. Council members were given their badges which they will wear to school every day.

On Wednesday evening I attended a meeting of Camberwell community council together with Nick, our Business and Community links officer and Ullie and Karen, members of the parent group. The meeting focussed on keeping young people safe in Camberwell. There was a lively discussion and we will be feeding back to colleagues and parents. Nick, Nancy and I met with Trevor Fox our school police officer today to discuss ways forward. As a family school we very much want to support our local community. As Councillor Dora Dixon-Fyle, a great supporter of our school, said at the meeting "it takes a community to raise a child"

After school clubs started again on Monday. Our first film club this school year takes place on Thursday 28th September. We encourage new pupils to try film club which is always very popular.

Eileen

## SCHOOL DIARY DATES

**Monday 25th Sept**

10am to 12pm—Family Fund Meeting

**Thursday 28th Sept**

**Cinema Club—Boss Baby—3.15pm-4.45pm**

**Monday 2nd October**

Flu Vaccinations—please return forms ASAP

Year 7 Parents Evening—3.30pm

**Weds 4th October**

No Pens Day

**Thursday 12th October**

Sixth Form Parents Evening 3.30pm

**Monday 23rd—Friday 27th October**

Half term break



**Cinema Club**

**Boss Baby**

**Thursday 28th Sept**

**3.15pm to 4.45pm**

## Busy Office times

Could we please ask parents to try to avoid calling the school with non emergency calls during the start and end of day. We are very busy with buses and pupils arriving between 8.40 and 9.10, and also 2.50 to 3.10 when they are leaving. This would help the staff in the office very much. Thanks!

## Congratulations!

**There are three classes with 100% attendance this week, they are: 7L, 9 and 13/14L . Well done!**

## Pupils of the Week

7E	Bruno For settling into his school routine well	8/9 L	Takudzwa For excellent behaviour and lovely manners	11A	Abisola For a good start to the school term	13/14 L	Bradley For competence in Work Experience at Just Hospitality
7L	Chidi For being a good friend	8/9 S	Harvey For excellent progress in Maths	11M	Taha For super work finding adjectives for The Hobbit, trolls and elves	14 K	Jack For good communication with others and working well in a team
7S	Bobby For an excellent effort when writing independently	9	Blake For a good start to the term	12/13 C	Elin For working well in her fitness training and remembering her PE kit	 <b>STAR OF THE WEEK</b>  <b>Haley</b> For a great attitude and being very helpful in Fitness Training	
8	Deniz For being a role model to her classmates and a great contribution in all lessons	10L	Brooke For joining in all her classes	12/13 Jo	Sheri For always being ready to learn and always putting 100% into her work no matter the task		
Gar net	Yacub For joining in class group activities	10M	Katherine For good communication and developing her social skills	12/13 Ju	Ebi For really improving her listening and staying in class	 <b>PUPILS OF THE WEEK</b> 	

Dear Parents and Carers.

As a school, Highshore is very much committed to the supporting the well-being of the pupils and staff.

As part of the well-being work we would like to offer you as parents and carers some tips on supporting to keep your young people in good health as far as possible, with a particular look at health and fitness in this week's newsletter.

When thinking about health and fitness you don't have to worry about expensive gym memberships or paying for young people to attend expensive sports clubs.

There are plenty of local free outdoor activities you can do such as visiting the local park for a walk, jog or maybe a bike ride.

If you are thinking of going for a walk why not go together with your young person, as a family perhaps and have a conversation about how their day was at school.

There are many interesting things you can explore together and talk about in a park, for example the size and shape of trees, the many colours of the leaves, especially as it is coming up to autumn. You could perhaps even collect some leaves together and make a collage or leaf print design at home afterwards.

Many local parks have playgrounds which offer opportunities for young people to run, jump, climb and swing (all part of the gymnastics curriculum in school).

Why not organise a healthy eating picnic with other family members or friends who maybe keen on getting out and about, if you have access to sports equipment such as a football, tennis or badminton rackets take and play with young people before and after tucking into your healthy picnic.

If the weather is not so good there are plenty activities which you and your people can access inside.

The borough leisure centres are now run by Everyone Active and they have free gym and swim for residents with disabilities Friday afternoons and all weekend so why not go online and have a look at this option. If you require help and advice on this please don't hesitate to contact me at the school.

If getting to the local leisure centre is still a challenge at times there are plenty of free activity videos which involve young people and adults on social media sites such as You-tube, search for [EXERCISE VIDEOS FOR CHILDREN AND ADULTS](#).

There is a mountain of research to suggest that "A HEALTHY BODY KEEPS A HEALTHY MIND" so please take some time to enjoy a physical activity with your young people as many times per week as you can.

Mike Barrett.

Head of PE