



HIGHSHORE SCHOOL

4th May 2018

SCHOOL DIARY DATES

Monday 7th May

Bank Holiday Monday

Tuesday 8th May

INSET DAY—No pupils in School

Monday 14th May

10.00am Parents' Resource Group

From 8.45am Scholastic Book Fair

Tuesday 15th May

Green Spaces London Day—Whole school outing

Friday 18th May

1.30pm Royal Wedding Street Party

Monday 21st May

10.00am Parent Group Meeting

Thursday 24th May

3.15 to 4.45pm Cinema Club

Nut Job 2

Monday 28th May to 1st June

HALF TERM BREAK

Dear Parents and Carers,

Please note that next Monday is a bank holiday and Tuesday is a training day so pupils will return to school on Wednesday 9th May. Thank you for your support. In assembly today we all got moving when Mike led us in 5 a day. Do read his report on the back of this week's newsletter. We are working on our fitness across the school. Lunchtime activities have a high uptake. We continue to participate in tournaments, yesterday 8/9L took part in a tennis tournament in Bromley.

You have received information this week about the Scholastic Book Fair on Monday 14th May. Please do come along and support the school. The National Youth Theatre spent the day with us again yesterday and the London Philharmonic continued their project with 10M on Wednesday. Sixth form pupils were selling soap and bath salts earlier in the week as part of their enterprise projects. We are all looking forward to our Royal wedding event on Friday 18th May. This will be a red, white and blue day! Please support us by ensuring that your son / daughter dresses in any combination of the colours.

Wishing you all an enjoyable bank holiday weekend,

Eileen

There are 4 classes with 100% attendance this week and they are 8, 8/9L, 10L & 12/13H

**INSET Day
Tuesday 8th May**

The day after the Bank Holiday
Monday 7th May is an INSET Day

Pupils of the Week

7E	Ali For being an excellent role model	8/9 L	Caroline For always being helpful to others	11 A	Abisola For being helpful and kind to others	13/14 L	John For getting very good feedback from his Work Experience
7L	Ashea For an excellent and positive week	8/9 S	Renell For his best work so far in English	11 M	Temi For a great first week back at school	14 K	Malachi For improved self care
7S	Ashlyn For being kind and helpful to our Year 6 pupils	9	Mohamed UK For taking the initiative to organise the classroom	12/13 C	Mark Very enthusiastic in all lessons and an excellent attitude	 STAR OF THE WEEK	
8	Alfie For fantastic and independent work on his multiplication skills in Maths and a much more positive attitude towards his peers	10L	Francis For excellent writing, great literacy lessons and using his little voice more.	12/13 H	Emmanuel For great engagement during form time	 Ryley For much improved attendance and behaviour	
Gar net	Leo For excellent coin recognition and marking the correct answer	10 M	Banji For being helpful and always doing the right thing	12/13 Ju	Brandon For talking in a loud voice and good signing	 WELL DONE!!!! PUPILS OF THE WEEK	

Dear Parents and Carers.

In our last PE section to the newsletter I wrote about the commitment of Highshore School in supporting the well-being of the pupils and staff. I would also like to extend this commitment through our termly bulletins to you as families and carers to help your young people to stay active and healthy when they are not in school.

This half-term, in particular, we are encouraging trying new sporting activities through more structured lunchtime activities such as tennis, hockey, football, cricket and the ever popular fitness club.

The pupils have been taking part in fitness testing during the first week of term to baseline their physical ability in cardio-vascular fitness, strength and flexibility.

We will measure their progress at regular intervals. Their core PE is coupled with the lunchtime activities, targeted individual and group programmes to aid their progress. The staff group are also being encouraged to get classes moving during lessons through short exercise activities such as the 5-a-day programme, Zumba and other short but intense bursts of activity designed to stimulate body and mind.

The recommended daily activity time for children is 60 minutes per day. The young people at Highshore take part in lots of activity during their school day but it does not always amount to 60 minutes.

You as a parent and carer group can help with this by asking your young people to show you what you they have done in terms of physical activity at school that day, do a family activity before or after dinner perhaps.

You could discuss healthy eating and perhaps even cook something healthy together.

I have included a FIT 4 LIFE LEAFLET with this news letter to give you ideas to share with your young people on how to stay healthy through activity and diet.

Already this term Jo, our Greenhouse coach, has been hard at work grading the pupils who swim for their Swim England Certificates.

A group of very dedicated Year 11 and 6th form students attended a training ride at the Olympic Velodrome for their Prudential Ride London event in July. They attended lectures on personal goals and achievements, bike care and nutrition. These young people represented Highshore with the utmost integrity and modesty. They met Dame Kelly Holmes, a double Olympic gold medallist, who spent a considerable amount of time talking to them.

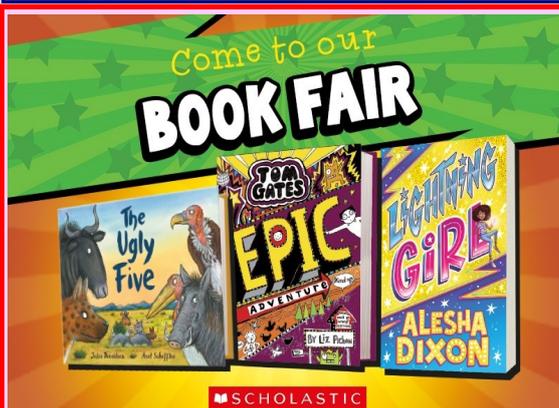
Boys and girls football teams from Years 7, 8 and 9 represented Highshore at an event at the Millwall FC Lions Centre. The girls were fortunate enough to make it through to represent Southwark at the London Youth Games later this month.

8/9L also enjoyed a day at the South London School Games Tennis event at the Bromley Tennis centre this week.

Thank you once again for supporting the well-being of all the young people of Highshore.

Mike Barrett.

Head of PE



Scholastic Book Fair

Monday 14th May 8.45am to 4.30pm

In the School Foyer

There are over 200 titles for you and your child to choose from, and with prices starting from only £2.99, up to about £10.00 there's sure to be a book for everyone. You can either come along yourself or give your son/daughter money to spend – please put this in an envelope marked 'book fair'. Don't forget that every book you buy can help to get FREE BOOKS for our school library! Reading is a key feature of the Curriculum and the progress of pupils.

The stall will be manned by the Parents Group throughout the day.