

Weekly Newsletter

Dear parents and carers,

We had good attendance from parents in Key Stages 4 & 5 at our virtual RSE meeting on Wednesday. We hope that the meeting answered your questions. We held our Year 11 parents evening on Monday evening via zoom.

We've had a positive response to our afterschool clubs pilot offer. Clubs will re start week commencing **8th November**. Mike Barrett will be in touch with you after half term.

Letters went out yesterday to parents re COVID vaccination of pupils aged between 12 and 15 years. Please do follow the instructions on the letter. If you are unsure how to reply please speak to Nick Clark our Admin and Facilities manager.

Parents of pupils receiving free school meals were contacted earlier this week re vouchers which the local authority is again providing for those pupils.

Our building project is almost complete and we hope will be usable after half term. The project gives us another disabled toilet, a break out room for 11A and a work experience space and office. We'll share photos after half term.

Our library continues to receive donations and is a very popular space. Work on our new fitness suite will take place over half term. We hope that the space will be useable from late November.

We break up for half term today. Pupils return on Monday 1st November at the usual time.

As COVID numbers continue to rise please do stay safe over the holiday,

Eileen

Pupils of the Week

7J	Alisha—For her excellent Autumn Simile Poem in Literacy
7R	James - For staying positive when faced with something new
8A	Precious - For consistent hard work across all subjects, making particular progress in maths and singing
8L	Precious - For improved interaction with other pupils this week
9R	Faith—For always being so kind
Y9	James—For starting to read short books
10C	Reggie—For researching animation characters in art
10L	Donnell - For always being kind to his friends
11A	Omar—For fantastic independent work in Literacy
11L	Christopher—For settling down quickly each day, improving at following instructions and working hard
Y11	Seraphin - For his good work in all subjects and being a good friend
12K	Lili—For her improved attendance
12V	Deniz—For helping and supporting her classmates
13L	Stephane—For trying out new swimming strokes
13S	David - For his mature and kind remarks to his peers and adults
14J	Francis—For reading his book quietly and independently during Library
14L	Angel—For excellent work and listening skills in Enterprise

Pupils Back to School

Autumn 2

Monday 1st November

Have a good break!

★ **Star of the Week** ★

Abdul (11A) — For doing his best to remain calm in a challenging situation and showing maturity from the beginning of the year

Staying Healthy and Exercising over Half term

Dear Parents and Carers

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

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.

When thinking about health and fitness 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 and talk about the many interesting things you can explore in a local park, the size and shape of trees, colours of the leaves. Why not take a healthy picnic.

If the weather is not so good, there plenty of activities which you and your young people can do inside.

The borough leisure centres are now run by Everyone Active and the have free gym and swim for residents with disabilities. If you require help and advice on this please don't hesitate to contact me at the school.

There are lots of free activity videos on Youtube, search for **EXERCISE VIDEOS FOR CHILDREN AND ADULTS**.



Check out the Highshore website for online PE videos, moving and mindful minutes.

Lots of research agrees that "A HEALTHY BODY KEEPS A HEALTHY MIND"

Mike Barrett

Assistant Head Teacher

<http://highshoreschool.co.uk/yoga-and-mindfulness/>

Southwark Healthy Lifestyle Hub: <https://southwark.everyonehealth.co.uk/>