

## hshore Weekly Newsletter 03/05/2024

Dear Highshore Families,

Our theme for last week was William Shakespeare. It was his birthday on the 23rd of April and in our key stage assemblies, Carousel lesson on Friday and some of our Drama lessons, we learned a little bit about his life and works. He lived about 400 years ago and is considered one of the greatest English playwrights and poets of all time. This assemblies and lessons served as a reminder of the immense impact Shakespeare has had on literature, language, and culture throughout the centuries.

Born in 1564 in Stratford-upon-Avon, England, Shakespeare's works continue to captivate audiences worldwide with their timeless themes, intricate plots, and unforgettable characters. From the star -crossed lovers of "Romeo and Juliet" to the tortured prince of "Hamlet," Shakespeare's plays explore the complexities of the human experience in ways that resonate with people of all ages and backgrounds.

But Shakespeare's influence extends beyond the stage. His contributions to the English language are immeasurable, with countless phrases and expressions from his works still in use today. From "all's well that ends well" to "to be or not to be," Shakespeare's words have become ingrained in our everyday speech, enriching our language and serving as a testament to his enduring legacy.

It is a time not only recognise his extraordinary talent but also reflect on the power of literature to inspire, educate, and unite us. Whether you're a devoted fan or new to Shakespeare's works, there's always something new to discover and appreciate in the timeless creations of the 'Bard'.

This week, we were able to get out on plenty of trips, and it has been a joy to see the young people enjoying their local communities.

Our SaLT sessions for this half-term are already fully booked! It's fantastic to see such incredible commitment and engagement, and we'll be organising more dates in the second half of the term.

A reminder that our doors are open, and we welcome any feedback, questions, or concerns you may have. Please don't hesitate to reach out to us on 0207 708 6790, or the Family support mobile number 07511849450. Or you can email familysupport@highshore.southwark.sch.uk.

Have a great Weekend,

Jeff

DATES FOR Y	OUR [

#### DIARY:

Monday 6th May: May Day Bank holiday.

Tuesday 7th May: INSET Day.

Tuesday 14th May: Parent Coffee Morning (9:20-10:20)

Tuesday 14th May: SaLT Drop in—9:00-12:00

Tuesday 21st May: Careers Fair (Details to follow)

**Tuesday 21st May:** Coffee Morning with Occupational Therapist

(Support with dressing) (9:15)

Tuesday 21st May: SaLT Drop in—12:00-15:00

**Date TBC:** Online Meeting—Safer Schools Officer.

Pupils of the Week	
7A	Leila — For fantastic signing and remembering our model text
7R	Kaleb — For great keyboard work in Music
8R	Lamoy — For working hard in Literacy and producing some very accurate work
<b>8</b> T	Musa — For managing his emotions, following his timetable and having positive interactions with peers and adults
8J	Richard — For excellent work on addition and subtraction within 1,000
9J	$\label{eq:Ayman-Forworking} \mbox{Ayman-For working hard and being creative on his art project}$
9R	Joshua — For working hard to learn the model text for the Queen's hat
100	Amelie — For being very active and verbal in her PE and literacy lessons
10L	Tahira — For her creative maths learning
111	Faith — For her enthusiasm and readiness for PE lessons
11R	Poppy — For doing well in lessons and doing good reading
12C	Max — For being helpful during lesson time and demonstrating a mature attitude to work
12N	Allysha — For being supportive towards students in her class
13/ 14C	Ka Sing — For progressing on his Maths targets using Numbot
Y13	Israa — For an amazing attempts of mental maths calculations
13/ 14L	Anna Kay — For learning new Makaton signs
14K	Teniola — For showing pride in her Literacy and requesting to read her work to the class
14L	Aleasha—For a great attitude at school



Stars of the week



KS3—Tiarna—8J—For a calm and mature approach to her return to Highshore School

KS4—Edie—10O—For coping with a difficult week and being a star walking to the library

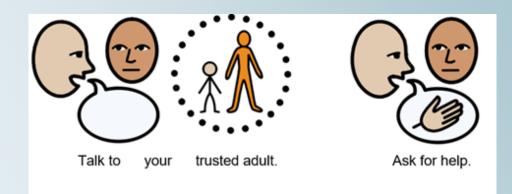
K\$5—Kamari—14L—For coming to an adult for when he needed help

### Here comes the sun!



# Safeguarding Bulletin





### This week's term: Wellbeing

**Wellbeing** is about how we are doing and how we **feel** about ourselves and our lives.

Wellbeing is defined as the state of being **comfortable**, **healthy**, or **happy**. It includes having **good mental health**, feeling that you have a say in the decisions made about your life, feeling confident and having good **self-esteem**. It also includes being able to **manage stress** well. Other factors might include having high life **satisfaction**, a good quality of life (such as having access to enough food, food that is healthy and feeling well cared for) and a sense of meaning or purpose. More generally, wellbeing is just **feeling well**.

Having good mental wellbeing doesn't mean you are always happy; we all have difficult days. But having poor mental wellbeing can make it more difficult to cope with daily life. Low wellbeing has been linked to mental health conditions like depression and anxiety. It can impact our relationships with family and friends and how we feel about and interact with the world around us. For example, we might feel worried about leaving the house or not feel motivated to see our friends, and this might make us isolated or lonely.

If you feel that you have low wellbeing at the moment, you should talk to a trusted adult such as a parent or carer or your teacher and they can try to help you. They might be able to suggest ways for you to begin feeling better, for example by looking after your mental health by doing things that make you feel **calm** and **relaxed**. They might provide practical advice, for example, around friendships or lifestyle choices.