

Year 10 Newsletter 14th May

Dear Parents and Carers,

I hope this newsletter finds you all well. We have had another busy fortnight here in Year 10 with students working extremely hard in lessons. The Year 10 team always enjoy popping into lessons and finding out what the students have been up to. It has been lovely to see them all focused and engaging well in lessons.

Next week we will be sending out the year 10's latest progress reports. These will be sent out by email and you can also view your daughters progress on the school Gateway App. More details about the school Gateway App can be found on the school website. This will be a great opportunity for you to discuss your daughter's progress with them and create clear goals in preparation for their year 10 mock exams.

Wishing you all a wonderful weekend,

Miss Marshall, Mrs Johnson and the Year 10 Team

Dates for your diary

- The Year 10 Parents' Evening will take place online on **16th June**. More information about how to book appointments and how the evening will run will be sent to parents/carers soon.
- Year 10 Exams will take place from **21st June**. More information about what students need to be revising will be shared with students by their subject teachers in lessons over the next few weeks.

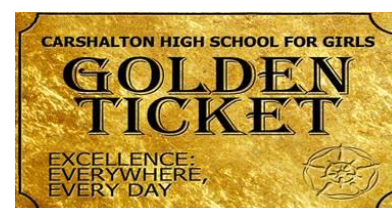


Golden Tickets

Congratulations to our top Golden Ticket winner from the last fortnight:

Aneeqa A 10RD2 with 3 tickets

A big well done also to all 76 of our Golden Ticket winners over the last fortnight in Year 10 - we are incredibly proud of your hard work, engagement and focus in lessons.



House Achievement points winners

Big congratulations to the following student for achieving the most *above and beyond* points in their lessons last week! Keep up your excellent work!

Haviyaa S

Big congratulations to the following students for achieving the most *effort and attainment* points in their lessons last week! Keep up the hard work it will be well worth it at the end!

Maryam K
Summer L
Subeetshana P
Jayda T
Kalina W

House Points this week

Holmes (Blue) 815

Pankhurst (Red) 465

Roddick (Green) 609

Rowling – Yellow 463

Lateral Flow Test Kits- how to request more

If your daughter was tested in school in the week of the 8th March then you are entitled to receive further lateral flow test kits through the school.

We have now received our next delivery of test kits and these will be given out during tutor time.

If your daughter requires further test kits please email the **school office**: office@chsg.org.uk. We are aware that previous correspondence about this said to email the Head of Year, however this has now changed and emails need to go to the school office.

If your daughter isn't eligible to receive test kits through school, or you have run out and cannot wait for the school's delivery to arrive, then you can still order test kits through the community testing schemes. Visit <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>



Uniform update

TRUTEX OF WORCESTER PARK

140 Central Road, Worcester Park, Surrey KT4 8HH



Email: worcesterpark@trutex.com

Dear Parent/Carer,

When your daughter enters Year 11 she will be able to wear a school cardigan instead of her blazer. To purchase this cardigan will cost £30. This is exclusive to Year 11 only.

This year due to the Covid situation we will not be coming to the school as in previous years. We are therefore offering these for sale in our shop during the week

SATURDAY 29th MAY - SATURDAY 5th JUNE - no appointment necessary

Please take advantage of this as we cannot guarantee to have any stock after this date.

Please read the procedure for visiting our store and opening hours on our website

www.casualschoolwear.co.uk

IF YOU HAVE ANY QUERIES PLEASE USE OUR CONTACT FORM ON OUR WEBSITE
OR EMAIL ME AT

worcesterpark@trutex.com

Yours Sincerely,

Lynn Wheeler

Safeguarding

Peer on Peer Abuse

Peer-on-peer abuse can take various forms and include serious bullying, relationship abuse, domestic violence, child sexual exploitation, harmful sexual behaviour, and/or gender-based violence. This form of abuse occurs when there is any kind of physical, sexual, emotional or financial abuse or coercive control exercised between children. It includes bullying, cyberbullying, sexual violence, harassment and sexting.

It should be recognised that the behaviour in question is harmful to both the perpetrator (who is a child) and the victim. Behaviour may be intimate or non-intimate.

Spotting the Signs and Symptoms

- Absence from school or disengagement from school activities
- Physical injuries
- Mental or emotional health issues
- Becoming withdrawn - lack of self esteem
- Lack of sleep
- Alcohol or substance misuse
- Changes in behaviour
- Inappropriate behaviour for age
- Abusive towards others

At Carshalton High School for Girls

Students are taught about safeguarding and keeping themselves safe. This learning takes place through a range of activities and in a range of subjects. During our PSHE Learning for Life days, skills in keeping safe and understanding some of the key issues of safeguarding will be covered specifically.

During the Autumn and Spring Terms students will have covered issues around: self-esteem, bullying behaviours and HBT bullying depending on their year groups and later in the year students will be looking at signs of unhealthy relationships.

Reporting Concerns

We encourage students to report any concerns or worries they experience in and out of school and always take these seriously. They can talk to any adult in the school and all of our staff have safeguarding training. Students also have access to an online reporting system: Sharp, which can be accessed via the school website

All concerns will be investigated, discussed with parents and any other relevant agencies which could include, Police and Social care. Emotional and Pastoral Support is available to all students.

Outside of school students can report any worries and concerns to ChildLine or the NSPCC



Call us
08088005000 or
email help@nspcc.org.uk.

Free, safe and anonymous online counselling and support

**"I don't think I could've spoken
to someone face-to-face."**



Chat to our
friendly counsellors



Read articles written
by young people



Join live
moderated forums

kooth

www.kooth.com

Student Corner-

Thank you to everyone who contributed.

Quote of the week:

“Their limits must be your starting points.”



Riddle of the week

“You throw away my outside, eat what’s inside, and then throw away the inside. What am I?” (*answer on the last page.*)

As Ramadhan comes to an end many Muslims across the globe come together to celebrate Eid-ul-fitr. In the Qur’an fasting has been prescribed from dawn to sunset in the lunar month of Ramadhan. It is a discipline which promotes righteousness and makes it easier for a seeker to scale spiritual heights. One who is fasting becomes aware of all divine bounties, and fasting thus helps one to employ them beneficially. In the last 10 days of Ramadhan, one night comes that is known as Laylat al-Qadr which may translate into The Night of Decree, in one of these nights, Allah lays their special focus and attention to his sincere followers who perform the Taraweeh prayer at night, when they reach a heightened spiritual condition, they are able to witness an extraordinary experience of Allah’s nearness. On the day of Eid we go to pray at our mosque in the morning then after that we go to celebrate it by meeting up with family and give and receive presents as well as having a fully stocked lunch and dinner.

My personal experience with fasting is that I was able to be and think in the shoes of people who are less fortunate than me, this Ramadhan I didn’t just learn how to have self-control but how I and many others may take the lives we live in for granted sometimes, realising how simple everyday items and services may be in high need for some countries. I became grateful of the people I have in my life, the roof above my head and the food placed on my plate.

Sarwat. 10RW1

Here is how Kaynat celebrates Eid:

“Eid, which is Arabic for “feast” or “festival” is celebrated by all Muslims (including myself). It marks the end of the month of Ramadhan, it is the first day after fasting for 30 days where Muslims do not fast as we believe that on the day of Eid Satan fasts. On Eid, I go to the mosque to pray then listen to lecture. I like to take time out to reflect on how I have changed as a person and how I’ve been becoming spiritually stronger. I thank Allah for providing me with this beautiful month in which I can become a better person. I then go to spend time with my family and have delicious meals. Another thing I enjoy doing is henna with my sister which my mother is really good at I’d like to wish everyone reading this a happy Eid, stay blessed.”

Kaynat. 10HL1

We all have our mocks coming up which may make us all feel uneasy at the word, however, here is some advice and help.

As most of us are aware, mock season is nearly among us meaning that more of us are frantically rushing around trying to figure out how to work out a maths equation or reminding our teachers to give us checklists to aid in our revision process slowly increasing the amount of weight and stress leading us to procrastination or feeling restlessness as we try to retain the content we review almost a year ago.

Does this sound like you? Well the best thing we can do to lift some of the weight off your shoulders is assisting you or recommending various techniques or methods that are best for revision to ensure you can get the best grades possible. 'But where do you start?' 'The best place to start is by asking what context will be covered in what exam. You could find this out by asking your teachers or head of department for a checklist or a brief overview of what is expected in your exam.

'I know what context will be covered but what do I do with this information?' Simply you can start by finding out the best method of revision is for you. If you are an auditory learner, a kinaesthetic learner or a visual learner. By figuring out what type of learner you are you can find a method that suits you or the subject best. For example Auditory learners might want to listen to an audio book or listen to videos on a certain topic, Kinaesthetic learners might draw a diagram of an important person/object for a topic or to touch an object that might trigger your long term memory or Visual learners might spend their time making mind maps or diagrams of what they want to learn.

The key thing to remember is to try not to stress. Having a build-up of stress and tension will obstruct your abilities to focus. Try taking a walk once and a while or going and exercise to release endorphins to increase your mood and therefore your focus.

Jessica. 10RD2

Exams are important but your wellbeing is too, here are some tips on how you can stay focused and calm during exam season.

With exams around the corner and school back in full swing, lots of people are feeling the stress. Balancing revision, homework, clubs, self-care and regular exercise might leave you feeling overworked and hectic, which is completely understandable given that we've been at home for the past year.

It's important that we all relearn how to manage and prioritize our time, including following a flexible revision plan, keeping track of our daily exercise and allowing ourselves a full 8 -10 hours of sleep.

We still have plenty of time before our end of year exams, but it's always a good idea to get a head start on revision. This gives you a far better chance of transferring information from your short to long term memory and retaining the information for next year.

A good schedule to work at is revising for 20 mins and resting for 5 mins, continuing for as long as it takes you to cover the content. You could allocate each of these slots to different topics within a subject, or spend them all on a topic you find particularly difficult, whatever works best for you.

We also need to be keeping track of our exercise routines. Exercise releases serotonin, a 'happy' hormone proven to increase your mood. It also relieves stress and reduces the risk of developing a stress related illness, such as anxiety. It even improves your focus and

motivation, encouraging productivity. Lots of people will say they simply don't like to exercise, but there's always something you can try. The recommended amount of exercise for our age group is 30-60 mins for around 4 days a week.

Finally, sleep is extremely important. We need between 8-10 hours of sleep a night, and as teens this is even more than a younger child. The majority of us will probably be getting too little, considering we would need to go to bed at 8:00pm to get up at 6:00am to have 10 hours of sleep. You will have heard before that the light from your phone screen will affect your eyes and prevent sleep, but it's important that we really consider this. Think about how much more productive you could be if you were balancing sleep, exercise and revision more effectively!

Lily 10RD2

**Riddle answer:
Corn on the cob!**