



## **Year 9 Newsletter**

### **Friday 14<sup>th</sup> May**

Dear Parents, Carers and Guardians,



#### **Year 9 Parents Evening**

I am very much looking forward to our first virtual Year 9 Parents Evening and I am delighted to see that so many of you have already made your appointments.

If you haven't yet made appointments and you would like to please log onto [www.chsq.parentseveningsystem.co.uk](http://www.chsq.parentseveningsystem.co.uk) (there is also a link on the School's website). You can also reach this site through **the School Gateway app**.

The appointments are very similar to a Teams or Zoom meeting. They last for five minutes per teacher and the booking system moves from one to the next seamlessly. They can be held using a computer or a mobile phone, whichever you find the most convenient. It is recommended to log in earlier on the day to check that the system is responding correctly and you can see a countdown to your first appointment. It is possible to invite a second person from a different location to any appointments you make.

If you have any questions please contact Ms Nadeem at [snadeem@carshaltongirls.org.uk](mailto:snadeem@carshaltongirls.org.uk)

Your daughter has been given a second copy of her progress review report during form time today with a notes section to help you record any concerns or strategies suggested at the consultation evening.



#### **Order Rapid Lateral Flow Test Kits**

If your child needs further testing kits you can request these from the school office by emailing [office@chsq.org.uk](mailto:office@chsq.org.uk)

Please continue to register your test results on the NHS website.

If you have any queries regarding home testing please do not hesitate to contact the school.

#### **Uniform**

As the weather has become significantly warmer, we are sending you this reminder as to how our uniform policy should be applied correctly.

It is worth highlighting the following.

- Sunglasses are **not** permitted in school.
- The Blazer **must** be always worn.
- The school jumper is **optional** and can be left at home if your daughter wishes.
- **Only** religious necklaces should be worn. These must be out of sight, inside a jumper or blouse.

Staff members continue to check the pupil's uniform in the tutor group line-ups from and you should expect your daughter's teachers to check at the start of their lessons as well.

The policy also states that we will confiscate items such as scarves, coats, headwear and sunglasses and they will be kept safe with the Head teacher's PA until collected by a parent. Jewellery that is confiscated is handed back to the students at the end of every half term by the Heads of Year.

Most of our students conform to all aspects of our policy and we are immensely proud of the way that they represent our school both in the community and on the school site. We hope that this gives you as a parent/carer clarity as to our expectations and thank you for your support in this matter.

As part of our changes to the school uniform policy at the start of this academic year we insisted that all students must have a sturdy, practical rucksack that was to be plain black, with no visible logos. Student compliance with this has been exceptional and we thank you for your support in this matter. In addition to this, we stated that it was our intention to phase in a compulsory school bag, with embroidered school logo. From September 2020 this was compulsory for all students in Year 7 and optional for those in Years 8 and 9.

Next academic year this phased introduction will continue. From September 2021, all students in Years 7-10 will need the embroidered school bag and must purchase this from our uniform supplier Trutex at a cost of £25. This rucksack has been chosen for its low price, practicality and comfort. The bag has lumbar support built in to the design, reflective stripes and compartments for your daughter's water bottle, booklets and school equipment.

We are reminding you of this now so that you have sufficient time to purchase the bag ready for this September coming. Trutex currently have enough rucksacks in stock for families to begin purchasing the bag now, if they so wish.

**Mr C James**

**Assistant Headteacher / SENCo (Special Educational Needs Co Ordinator)**

## TRUTEX OF WORCESTER PARK

140 CENTRAL ROAD KT4 8HH

casualschoolwear.co.uk

[worcesterpark@trutex.com](mailto:worcesterpark@trutex.com)

Dear Parent/Carer,

We are your school uniform stockist and look forward to seeing you over the next few months to help you purchase your daughters' uniform.

OUR STORE IS NOW OPEN FOR PURCHASES, NO APPOINTMENT NECESSARY

### **OPENING TIMES**

**MONDAY-TUESDAY-FRIDAY-SATURDAY 9.30-5.30 CLOSED 1.30-2pm  
FROM TUESDAY 1<sup>st</sup> JUNE WE WILL BE OPEN MONDAY - SATURDAY**

### **WHEN VISITING OUR STORE**

- **FACE MASKS TO BE WORN BY ALL VISITORS AND SOCIAL DISTANCING WILL STILL BE ADHERED TO HAND SANITIZERS AVAILABLE INSTORE**
- **ONLY ONE ADULT ONE CHILD WILL BE ADMITTED PER VISIT**
- **NO APPOINTMENT NECESSARY TILL THE 16th of JULY**
- **FROM THE 17TH JULY WE WILL BE REVERTING BACK TO APPOINTMENTS ONLY**
- **BOOKINGS CAN BE MADE VIA OUR WEBSITE [casualschoolwear.co.uk](http://casualschoolwear.co.uk) BOOKINGS WILL BE LIVE FROM 24TH JUNE A HOLDING FEE OF \*£5 WILL BE REQUIRED THIS WILL BE DEDUCTED OFF YOUR UNIFORM PURCHASE**

*\*NON-REFUNDABLE IF YOU FAIL TO CANCEL/NOT ATTEND YOUR APPOINTMENT*

### **ONLINE ORDERS One new option we are introducing is,**

EARLY BIRD DISCOUNT FROM 1ST MAY – 30TH JUNE FREE DELIVERY TO YOUR HOME (normal price £10) ORDERS OVER £100 WILL RECEIVE A\* £20 VOUCHER

*\*TO SPEND INSTORE FROM 1ST OCTOBER - 28TH FEBRUARY (SPEND OVER £50)*

OTHER OPTIONS TO PURCHASE YOUR UNIFORM,

MAIL ORDER (£10 SET POSTAGE)

CLICK AND COLLECT

FREE SCHOOL DELIVERY ON A MONDAY (SPEND OVER £25 TERM TIME)

### **CHECK OUT OUR PACKAGE DEAL**

BUY ITEMS 1-12 AND THE BLOUSES ARE FREE

- 1.NAVY EMBROIDERED BLAZER £35-£45**
- 2.JUMPER V-NECK NAVY LOGO £24-£32**
- 3.BLOUSE BLUE CHECK TWIN PACK FREE IN PACKAGE DEAL £35-£40**
- 4. HOUSE COLOUR PINS X3 £6**
- \*5.BOX PLEAT SKIRT/ OR TROUSERS NAVY £15-28**
- \*6. TIGHTS BLACK/OR SHORT SOCKS BLACK £8**
- 7. COMPULSORY EMBROIDERED SCHOOL BAG £25**

## DANCE/PE KIT

8. AKOA POLO TOP NAVY/ CYCLONE BLUE WITH HOUSE COLOUR LOGO

£18-£24

9. AKOA SHORTS NAVY/CYCLONE BLUE £16-£19

10. NAVY-CYCLONE HOODED TOP WITH LOGO £26-£30

11. NAVY TROUSERS WITH LOGO OPTIONAL £25

\*12. NAVY LONG SOCKS £6.50

\* THESE ITEMS AVAILABLE IN OTHER OUTLETS

# 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](mailto:help@nspcc.org.uk).

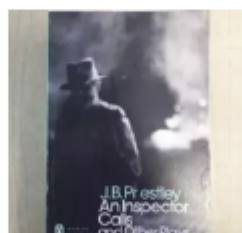
**LockBox; A Year 12 Young Enterprise Start-up has started selling all their revision and text books needed to get great GCSE's.** These books cost a fortune from new, for example the science text books are £30 new and LockBox are selling them for £4-5. The first sale took place this Thursday specifically for Year 9 Students. The young Enterprise made £75. Well done!



# GCSE TEXTBOOKS FOR SALE FOR YEAR 9



AQA GCSE Chemistry  
Textbook



An Inspector Calls



An Inspector Calls Text  
Guide

**Thursday 13th of May 2021 - outside the 6th form  
block at lunch time -**

Bring coins and check out our website for specific prices  
Books range from £0.50 to £4 per book





# Round 2 Cook Off

The next round of the cooking competition will be published next week, information will be given during tutor time, I wonder what delights will be created?

What will round 2 be?

Will it be an invention round with a specific ingredient?

Will it be a sweet or savoury dish?

Will it be a mystery box?

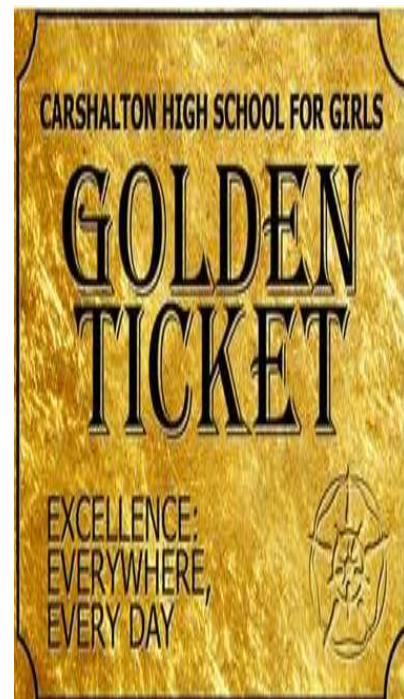


Our Golden Ticket winners are –

Ceren – PK1 – 3 Golden Tickets

- Lacey – HL1
- Izabelle – HL1
- Charlseena – HL1
- Frankie – HL2
- Neve – HL2
- Carmen – HL2
- Aaliya-Mai - HL2
- Zara – PK1
- Leora – PK1
- Lucie – PK2
- Luxiga - PK2
- Megan – PK2
- Josie – RD2
- Aleisha – RW1
- Millie - RW2

2 Golden Tickets



# 5 Ways to Wellbeing

10-16 May 2021

#MentalHealthAwarenessWeek

## The Five Ways to Wellbeing are:

### Connect

Connection is about relating to one and other and feeling understood. Speak to the people in your life, be it friends, family, colleagues or neighbours. Build new connections to expand your circles – this could be at work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Developing these connections will support and enrich you every day.



### Be Active

Engaging in regular physical activity is known to go hand in hand with lower rates of depression and anxiety across all age groups. Not everyone needs to be a fitness fanatic to boost your wellness through activity. Simply step outside, exercise your green fingers or organise a games night. You could go for a walk or run, cycle or dance. Exercise releases hormones that make you feel good. Most importantly, being active is about discovering a physical activity you enjoy and that suits your level of mobility and fitness.



### Take notice

Take stock of your surroundings, be curious, catch sight of the beautiful. Being in a state of 'mindfulness' has been shown to be associated with a positive mental state. Greater awareness of the world around us helps us see the unusual and notice simple pleasures like the changing seasons. Savour the moment, whether you're walking to work, eating lunch or talking to friends. Be present to your feelings and environment. Reflecting on your experiences will help you appreciate what matters to you.



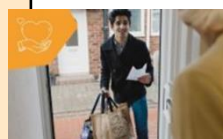
### Keep learning

Learning something new is good for your brain and often exciting for the learner. Trying something different, rediscovering an old interest or signing up for that course you've always wanted to do can also improve our confidence and widen our skillset. Take on a new responsibility at work, do some arts and crafts or pick up an untried recipe. The challenge and enjoyment of learning new things gives a sense of fulfilment that is second to none.



### Give

Giving encapsulates many things – from showing goodwill and generosity of spirit to giving presents and giving up our time. Evidence suggests that 'giving back' or helping others promotes wellbeing for all ages. Why not do something nice for a friend, or a stranger. Thank someone. You could even volunteer your time with a charity or join an online community to give and receive peer support in equal measure. The key to giving is to look outwards, as well as inwards. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.







The theme for this year's event is 'nature'. As we enter spring and the nation eases out of lockdown, Mental Health UK are inviting us to reconnect with nature and the environment.

They teamed up with award-winning artist Paul Cummins MBE on a campaign to spring into action! The tulip has a colourful past. Having withstood a virus, it flourished brightly against all odds and flowers each spring. The tulip is a timely emblem of hope and rebirth through adversity.

During the week, Mental Health UK would like you to download the tulip or draw your own, colour it in blue and stick it in your window as a symbol of mental health awareness. As well as to use the tulip to act as a starting point for a conversation about the '5 Ways to Wellbeing'. Whether that's with family, friends, a neighbour or a colleague – each conversation counts.

We at CHSG would love to see your tulips in the windows at home, so please take a picture and email us so we can see them.



I'm planting a tulip in my window for Mental Health Awareness Week



[www.mentalhealth-uk.org/mhaw](http://www.mentalhealth-uk.org/mhaw) Artwork donated by Paul Cummins MBE

<https://mhukcdn.s3.eu-west-2.amazonaws.com/wp-content/uploads/2021/03/23135855/Mental-Health-UK-MHAW-Tulip->

