

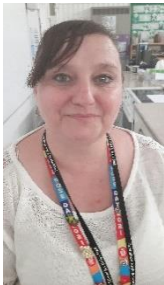
Mrs Brice
Deputy
Head of
Year

**Mrs
Devaney**
Head of
Year

Mrs Baker
Pastoral
Support
Officer

Year 9 Newsletter

Friday 18th June



Dear Parents, Carers and Guardians,

Year 9 Exams week

This has been a really busy week for Year 9 students with Year 9 Examination Week. They have been working incredibly hard to show how much that they have learned despite this most unusual and challenging year.

The exams have taken place in the hall or gym to give the students a real feel for formal exams and they have risen to the challenge; following instructions to the letter and always trying their very hardest. I couldn't be prouder of them.



Year 11 and Year 13 Leavers Celebrations

Last week we said a fond farewell to our wonderful Year 11 and Year 13 students. The celebrations were fantastic and more than 1 tear was shed. Fantastic students each and every one of them. We wish them the absolute best for their futures as they continue their journeys, many of them starting jobs, college, university.

Good luck, girls!





[Order Rapid Lateral Flow Test Kits](#)

If your child needs further testing kits you can request these from the school office by emailing office@chsg.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.

A reminder about 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 as students move around the site. In hot weather the students can remove their blazers once in lessons
- 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 and you should expect your daughter's teachers to check at the start of their lessons as well.

On the whole the Year 9 students look fantastic.

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.

Yours sincerely,

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

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 1st 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 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*

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

Schools Diversity Week

Carshalton High School for Girls is joining thousands of other schools across the UK to celebrate Diversity week 21st- 25th June.

Teaching students to respect diversity is key in helping them gain a knowledge and understanding that can help them to improve relationships and helps to tackle prejudice. This understanding of our diverse community can help them make positive decisions when acknowledging and celebrating their own identities.

The Charity, Just Like us, encourages schools to celebrate the diversity within the school and the local community. During this week in school all students will spend time in their tutor groups exploring and celebrating a range of areas of diversity including looking at different cultures and communities. Heads of Year have worked with our Events Co-Ordinator to prepare a range of activities and conversation starters to highlight the themes. There is also an art competition underway and the LRC has a feature area and recommending reading.

Keep an eye on the school's social media outlets for details and photos of the week.



How parents and carers can support children's mental health and wellbeing



In a guest blog, Place2Be Trustee Professor Stephen Scott CBE writes about the role parents and carers can play in supporting their children's mental health. Stephen is Professor of Child Health and Behaviour at King's College London's Institute of Psychiatry, Psychology and Neuroscience.

For better or worse, the way we are brought up makes a profound difference to who we are and how we get on in life. Think back to your own childhood and the influence your parents had. This might be good, with happy recollections of warmth and your mother or father (or both!) engaging with you in fun activities. And being there for you when you were upset, so you could talk through important issues in your life. And teaching you through example good values such as kindness and respect for other people, working hard and seeing tasks through to the end, and coping with setbacks by cheerfully bouncing back.

Moving forward, how should we be confident about the right way to bring up our children and support them? Times change, and what might have been good enough in our own upbringing may not meet our children's needs now. Maybe you're lucky enough to instinctively know how to do it, but actually, there is quite a good deal of skill to this. Unlike washing machines and wireless headphones, children do not come with a manual!

The good news is there are thousands of research studies with real-life parents and children showing what parenting styles maximise the chances of good outcomes, and hundreds of trials of parenting classes showing what

works. The take-home message is that children and young people need **love** and **limits**.

By **love** I mean getting properly involved with your children for 20 or 30 minutes a day. It doesn't have to be longer, we are all busy. But if you can spend this special time, it will be a good investment. Responding sensitively to your child's signals with concern and interest will help them learn that you are there for them. Try to make lots of encouraging comments and praise their efforts, and you will see them continue persisting in what they're doing and playing in a more imaginative way. These skills can be deployed in many everyday situations, turning chores like cooking and washing-up into enjoyable, bonding activities. My own research shows that parents who do this, have children who are more securely attached to them, and more confident in new situations with other people and at school.

By **limits** I mean setting calm, clear boundaries. It is so easy when you are tired and busy to give in now and again, allowing your child to stay up late or have an extra biscuit. And if they start whingeing when you don't, but you eventually let them have their way, you are inadvertently teaching them that if they complain, they get what they want! Result: they will try complaining very loudly next time, since they have learned that it works! Keeping the tone calm really makes a difference to children. For example you can turn away from minor irritating behaviour and ignore them, they won't like this, but as soon as they are behaving half reasonably, turn back and make a positive comment. It is surprisingly effective. But if they are being more difficult, giving them a consequence, such as less screen time, or no bedtime story, or withdrawal of something else they want. Rather than shouting at them for more major annoying behaviour and rule-breaking, such as them having a major tantrum, create a quiet place to take them to (so-called "time out" or "time to calm down").

During lockdown with many children having to stay at home, of course it was harder all-round to stay calm, for both adults and children who were cooped up inside and not seeing friends. Now we have slightly more freedom try keeping clear routines, and both adults and children should try to engage in one each of **PACE** activities per day:

- **Physical** - going outside, or even doing a Joe Wicks type video exercise at home together promotes well-being, releases endorphins and reduces cortisol and other stress hormones.
- **Achieve** - doing something that leads to sense of achievement, be it for the child completing homework, or for the parent tidying a room. It is important to name the activity before and congratulate each other on getting it done.
- **Connect** - planning and then chatting to somebody important, even if it is online. Yes, it is not the same as being face-to-face but it does make everybody feel better.
- **Enjoyment** - do something that you really like, and it doesn't have to be virtuous, it could be eating a slice of your favourite cake! Again, celebrating that you have done it is important.

All of these activities will take effort. Sometimes we may fail, so we shouldn't be too harsh on ourselves!



The good news is if we can implement the strategies described above, it will help our children's general well-being and also reduce their risks for developing more serious mental health difficulties, such as feeling depressed or developing persistent behaviour problems. Onwards and upwards!

Student Leadership Opportunities at CHSG

The current Year 12 have been involved in the Head Student Leaders application process during the last few weeks. The field was really strong and Miss Bevan, Mrs Norman and Mr Devenney were all really impressed with the standard of applications. The interviews took place on Tuesday 8th June, below is the outcome.



Head Student Leaders

Lexi M
Neesbah A

Deputy Student Leaders

Sara D
Amy H
Aliyah K
Daniella K
Ada M

Student Council

Suzanna W
Soha U



The new team were all introduced to Year 7 at the Year 13 Leavers Ceremony on Friday 11th June when they took over from the current team. A big thank you to Anzelika and Shardae who were the current Student Leaders. The current Year 10s will be invited to apply for Head Girl and Deputy this term.

Global Citizens

In September we will be forming a Global Citizens group (Combining the Green Prefects and Global Citizenship groups) and following the Sustainable Development Goals, this would give us more scope to raise awareness in all areas including period poverty & girls education.

<https://www.globalcitizen.org/en/>



Global Citizen

Our mission is to end extreme poverty worldwide by 2030.

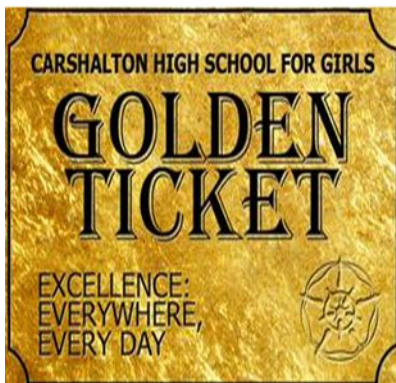
www.globalcitizen.org

Our Deputy Student Leader- Ada M will lead on this and work with Mrs Stangroom.

As a school, we would also like the return of the Big Battery Hunt for Year 7 in Spring.

July is 'Plastic Free July' – more to follow, and September 23rd is recycle week in we will introduce the blue recycling bins properly so everyone knows what we can recycle in school

We will have 2 Global Citizen leaders from Years 8-13 from September. If your daughter would like to be considered for this role, more details will be shared at the next student council meeting on June 22nd.



Our Golden Ticket Certificate winners are:-

- Mya K – 9PK1
- Aleisha – 9PK1
- Andzelika – 9RD2
- Christine – 9RW2
- Thanika - 9RW2

Summer Well being

Summer is the perfect time to work on your mental well-being, the sun is out and it's easy to get out and about. When we talk about **summer wellbeing**, we are focusing on a happy body and mind. This means paying attention to five things:

- 1) What we eat
- 2) How we move our body
- 3) How much sleep we have
- 4) How we relate to others
- 5) How we deal with stress.

Below are 5 steps which might help to inspire you:

1. Connect with the people around you: your family, friends and neighbours. Spend time developing these relationships – maybe by spending the day together. Taking time to strengthen and broaden relationships is good for your wellbeing, and good for the wellbeing of the other people involved.
2. You don't have to go to the gym to be active. Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your routine. Summer is perfect for swimming or playing tennis in the park.
3. Learning new skills can give you a sense of achievement and a new confidence.
4. Even the smallest act of generosity can count - whether it's a smile, a thank you or a kind word can improve your mental wellbeing.
5. Be more aware of the present moment. Some people call this awareness "mindfulness", and it can positively change the way you feel about life and how you approach challenges.

Enjoy the sun!

Now the warmer weather is here finally we need to make sure we stay safe and look after ourselves whilst enjoying the sunshine.

Here are now top advice tips -

Drink regularly even if you do not feel thirsty – water or fruit juice are best.

Put a loose, cotton, damp cloth or scarf on the back of the neck

Spray or splash your face with cold water frequently to help keep your body cool

Hello
Sunshine!



Dressing for the weather may sound obvious, but clothes can make a real difference to how our bodies handle heat. Avoid the temptation to strip off, because you may be at greater risk of sunburn, which can affect your body's ability to cool itself.

Wear light colours and loose garments that can allow air to get in. Hats with ventilation will help.

At night, fabric is critical again. Lightweight materials for bedding and nightwear can help you keep cool.

Have cool showers or baths

Keep your room cool by keeping the curtains closed during the day

Although it may not be what you fancy on sweaty days, scientific research suggests spicy and hot foods can actually help cool you down

Try to avoid large, heavy meals laden with carbohydrates and protein because they take more digesting, which in turn produces more body heat

Eat foods with a high-water content such as strawberries, cucumber, lettuce, celery and melon as these can help you stay hydrated.