

## Year 11 & Year 13 2023 Exams

Dear Parents/Carers,

I hope this message finds you well.

It is hard to believe that we are approaching the final half term of this academic year.

I wanted to take this opportunity to thank you for your ongoing support throughout the year.

We are well into exam season now for both year 11 and year 13. I want to recognise the hard work, commitment, brilliant attitude and overall work ethic of our students. They are exemplary! I am so proud of them and I just want to encourage them to keep going. They have half term next week and then the final push until exams end. I also want to thank all staff for the hard work, time, energy and encouragement they show our students on a daily basis.

I am really looking forward to being able to celebrate with year 11 and year 13 at their respective proms and leaver's days. They have earned this, and I know I speak for all staff when I say that we get a buzz from seeing them succeed and getting ready to move on to the next stage of their education, employment or training.

We look forward to welcoming a large number of year 11 students back into Polesworth Sixth Form in September and we also look forward to hearing how our year 13 students are getting on with their next steps.

I also want to take this opportunity to thank all other year groups for the way they are respecting the exams and keeping noise and traffic to a minimum around exam areas. Thank you!

I never fail to be proud of Polesworth and the staff and students I work with. They are fantastic!

On behalf of all staff I wish year 11 and year 13 students the best of luck and every success as they embark on the final phase of this stage of their education.

If you never give up, you can never fail! You've got this.

All the very best!

Mrs Favell

## Change Makers Healthy Eating Workshops

Our **Year 9 students** took part in healthy eating workshops in April 2023 that were run by **Change Makers**, who are part of the **Warwickshire Health and Wellbeing Service (Compass)** which helps **children and young people live healthier lives**.

They run a range of interventions including **one-to-ones, workshops and lifestyle programmes supporting children, young people and families across Warwickshire**.

The workshops cover a range of topics including **hidden sugars in food and drinks as well as fat content in fast foods, identifying myths and misinformation about nutrition and identifying physical activity requirements**.



# Physical & Mental Health



## Your physical and mental health

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected. Most of us will know what it's like to feel worried, stressed, or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives. This is understandable. So how should we manage when we're having difficult feelings?

There are lots of things you can do to look after your own mental health and wellbeing. It's important to remember that it's okay to ask for help. Sometimes we need the support and advice of others. If you feel like you need more help, please talk to a trusted adult or you can speak with Mrs Asbury, our School Counsellor and Well-being Coordinator by emailing [l.asbury@thepolesworthschool.com](mailto:l.asbury@thepolesworthschool.com) or [help@thepolesworthschool.com](mailto:help@thepolesworthschool.com).

## Parents/guardians- talking to your child about their mental health

Talking to your child about how they are, how their day has been and what's on their mind as part of everyday family life shows your child that you're interested in them and want to listen. It also supports them to practise thinking and talking about their feelings, helping them to get to know themselves and what they need.

But talking isn't always easy. You might feel like you don't know where to start, when a 'good time' is, or how your young person will react. Or you might be worried about making things worse or saying the wrong thing. If this is the case, try to remember that your child doesn't need you to always get it right - they just need to know you're there.

### Top tips:

1. **Listen and observe.** Young people communicate not just with what they say, but what they do.
2. **Avoid trying to fix it!** Often a young person just wants to share and not for you to find the solution.
3. **Doing an activity** whilst chatting can help to take the pressure off.
4. **Validate** their feelings- reassure and let them know their feelings are OK.
5. **Encourage** and praise them for talking.

## Emotional activities to try...

1. **Develop friendships that are supportive** "Being with people who make you feel confident and good about yourself can really boost your mental health. Having a laugh really helps me to feel happier."
2. **Be kind to yourself** "Self-kindness won't necessarily stop your thoughts or feelings from being difficult, but it might provide some small comfort during them."
3. **Write three good things that you did each day** "I enjoy reflecting but often jump too quickly from one thought to another. Writing things down helped me to arrange my thoughts, and now I can go back and reflect on those thoughts."
4. **Talk to a friend about how you are coping** "Ringing for a chat helps you get away from how you're feeling."

## Where to get help



Scan the QR codes for more information!

Kooth.com is a free, confidential, safe and anonymous way for young people aged 11-26 to ask for help and support from a team of highly qualified and experienced counsellors and support workers. Kooth.com is a well-established, award winning online counselling agency and is accredited by Worcestershire County Council and The British Association of Counselling and Psychotherapy (BACP).



Young Minds the UK's leading charity fighting for children and young people's mental health.  
Parent helpline – 0808 802 5544



Every Mind Matters has a range of support material for students on self-care and how to look after your own mental health. You can take the mind plan and get tips dedicated to you on how to cope.

# The Polesworth School Open Evening



Wednesday 28th June 2023  
6.00pm - 8.00pm

Welcome meetings in the School Hall  
6.00pm & 7.00pm

The event is open to everyone, particularly students currently in Year 5 looking to join us in September 2024.

You are invited to tour the school with our student guides.

- See our facilities
- View our displays of work
- See demonstrations
- Talk to our staff & students about life at Polesworth

**We look forward to meeting you!**



Contact us for more information.

01827 702205

[admin@thepolesworthschool.com](mailto:admin@thepolesworthschool.com)

[www.thepolesworthschool.com](http://www.thepolesworthschool.com)

The Polesworth School  
ENSURING EXCELLENCE

The Polesworth School, Dordon Road, Dordon, Tamworth, Staffs, B78 1QT



## Local Sporting Facilities

### Where can YOU access sport?

Staying active is really important which is why we have put together an easy to use table of local sporting clubs/organisations. All you need to do is scan the QR code below using a mobile phone which will take you to the table where you can scan the individual QR codes for the relevant sport/activity for further details. The table will be updated from time to time with new clubs and activities available so please keep a look out!



## Year 11 Prom 2023

Tickets for the **Year 11 Prom** are available to **purchase on ParentPay!**

The **Prom** will take place on **Thursday 6th July 2023** at the **Tower Suite, Drayton Manor Resort- 7pm to 11pm.**



If your **child wishes to attend** then please ensure that your **payment** has been made by the **deadline- Friday 2nd June** as we cannot accept any payments after this date.

## Key Dates

**Friday 26th May**

Break up for half-term

**Saturday 27th - Sunday 28th May**

Duke of Edinburgh- Silver Practice

**Monday 5th June**

Back to school

**Friday 9th June**

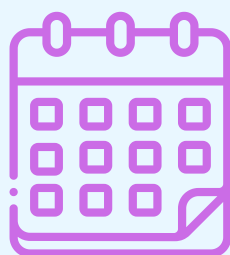
Year 11s' Last Day

**Friday 16th June**

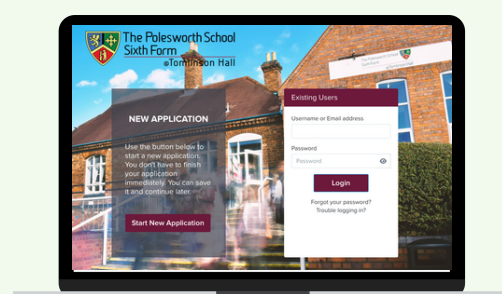
Theatre Trip for all years to see 'SIX'

**Saturday 24th - Sunday 25th June**

Duke of Edinburgh- Bronze Qualifying



## Sixth Form

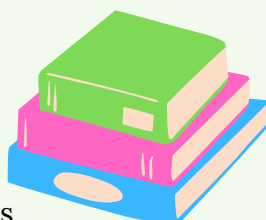


**To apply to our Sixth Form** and for details on **subjects available**, **entry requirements** and to **access the online application form**, please follow this link:  
**<https://tomlinsonhall.com>**

# Reading Challenge

Our **Reading Challenge** launched on World Book Day- **Thursday 2nd March**, to help inspire a love of reading for pleasure and to engage students in **Y7, Y8 and Y9** in reading a short story once a fortnight with a family member so that they can discuss their thoughts and ideas about what they have read at home.

Each fortnight, there will be a letter available on My Child, a short story and a link to a **questionnaire** to guide discussions about the short story. There are no right or wrong answers to the questionnaire and as a further incentive, **any student who completes the questionnaire will be entered into a raffle to win a £5 Amazon e-voucher and will receive 10 merits.** There will be **two winners** drawn at the end of each fortnight after the short story has been issued.



Congratulations to the two winners of the raffle for our **third Reading Challenge: ZO in Year 7 and AB in Year 8.**

The **link to the questionnaire and this fortnight's short story The Street That Got Mislaid by Patrick Waddington is now available on My Child** and the **deadline for merits and entry into the £5 raffle is Thursday 8th June.**

We do hope that you will enjoy reading the **short stories and discussing ideas** about them with your child and we look forward to reading your ideas.

Stay updated on our **school social media pages, Facebook, Instagram and Twitter** for the next fortnightly reading challenge post!

## PE Success

### Tuesday 9th May

Results from the **Year 10 and Year 11 Athletics** at The Pingles Stadium in Nuneaton:

#### Team scores:

Boys - 1st  
Girls - 3rd

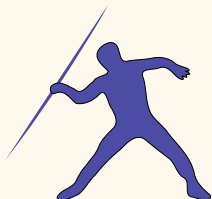
#### Overall scores:

Polesworth 1st - 256 points  
Higham Lane 2nd - 251 points  
St Thomas More 3rd - 165 points

#### Performances of individuals in top 3 places:

##### Boys:

HT - 2nd 100m  
SHH- 3rd 200m  
MA- 2nd 400m  
JC- 3rd 400m  
SHH- 2nd 800m  
JD- 1st Shot Put  
HB- 3rd Shot Put  
LS- 2nd Discus and Javelin  
EC- 1st High Jump  
CM- 3rd High Jump  
HT- 1st Long Jump  
JD- 1st Triple Jump  
EC- 2nd Triple Jump  
Boys Relay came 3rd  
**Girls:**  
SH- 1st 1500m  
FH- 3rd 1500m  
TG- 1st High Jump



### Tuesday 16th May

Results from the Year 8 and Year 9 **Junior District Athletics competition** at The Pingles Stadium:

#### Team scores:

Girls - 2nd  
Boys - 2nd

#### Overall scores:

Higham Lane 1st - 329 points  
Polesworth 2nd - 292 points  
St Thomas More 3rd - 222 points

#### Performances of individuals in top 3 places:

##### Girls:

LH - 2nd 200m  
EF - 1st 800m  
GFD - 2nd 1500m  
EM - 3rd 1500m  
EM - 1st Hurdles  
LH - 3rd Hurdles  
EM - 1st High Jump  
EF - 2nd High Jump  
MW - 3rd Triple Jump  
Girls won Relay  
**Boys:**  
MJ - 2nd 100m  
CS - 2nd 300m  
JS - 2nd 800m  
JP - 2nd 500m  
KS - 2nd Hurdles  
CB - 3rd Discus  
TL - 1st High Jump  
MJ - 2nd Long Jump  
JS - 2nd Triple Jump  
Boys Relay came 3rd



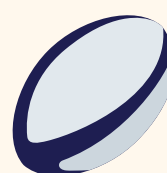
Well done to TDB in **Year 7** who went on tour with his **rugby team- Lichfield RUFC** in which they finished **second in the tournament!**

### Wednesday 17th May

**U15 Rounders-** well done to the girls involved who played 4 competitive matches at Higham Lane where they: won 1 against Etone, drew 2 against St Thomas More & Higham Lane and lost 1 against Twycross. Excellent attitude and a very enjoyable afternoon.



Well done to MJ in **Year 9** for **qualifying for the County Combined Events Team** in athletics.



Congratulations to JP in **Year 9** who has qualified for the **Nationals in swimming** for three events.



Well done to CT and LO in **Year 7** who came **second** in an **international tournament** with **Burton Albion FC**, fantastic achievement! LO has also been given a **two year contract** with Burton Albion FC, congratulations!

# Transition Events

## Meet & Greet Drop-In Sessions for Parents/Guardians in June

Wednesday 7th June 2023	School Hall	3:30pm - 5pm
Monday 12th June 2023	School Hall	3:30pm - 5pm
Thursday 22nd June 2023	School Hall	3:30pm - 5pm



## Out of Catchment Events in June

Tuesday 27th June 2023- Out of catchment event for pupils.	School Hall	9am - 10:30am
Thursday 29th June 2023- Out of catchment meeting for parents/guardians.	School Hall	4pm - 5:30pm



# Transition Events

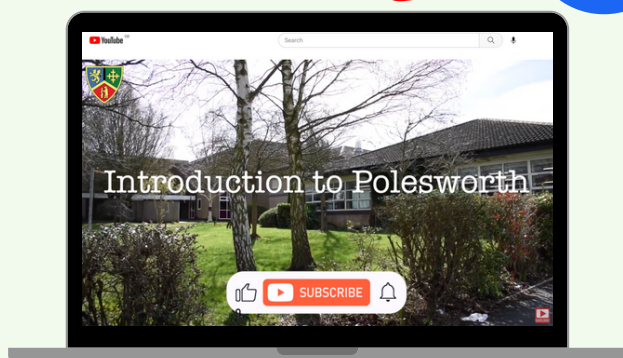
## July Events

<p>Wednesday 5th July 2023 -</p> <ul style="list-style-type: none"> <li>• Year 6 Induction Day</li> <li>• Year 6 Parents Evening</li> </ul>	<p>Year 6 Induction Day- School Year 6 Parents Evening- School Hall</p>	<p>Induction Day - 8:25am - 2:40pm Year 6 Parents Evening - 6pm - 8pm</p>
<p>Monday and Tuesday 10th and 11th July 2023 -</p> <ul style="list-style-type: none"> <li>• Year 6 Language Induction Days (half the year group each day)</li> </ul>	<p>School</p>	<p>8:25am - 2:40pm</p>
<p>Wednesday 12th July 2023 -</p> <ul style="list-style-type: none"> <li>• Live Q&amp;A session for parents/guardians- via social media.</li> </ul>	<p>Facebook: The Polesworth School - Official YouTube:@ThePolesworthSchool YT Twitter: @PolesworthSchl</p>	<p>6pm - 7pm</p>

## YouTube Transition Video

Watch our **brand-new YouTube video** by following the **link below** for an **introduction to The Polesworth School** and a warm welcome to **Year 6 students** who will be starting with us this **September 2023!**

[https://bit.ly/Introduction-to-Polesworth\\_Transition2023](https://bit.ly/Introduction-to-Polesworth_Transition2023)



## Job Vacancy

We are looking to appoint a **Teacher of RS**, which is **being advertised via our School Portal on the TES website to start from September 2023:**  
<https://www.tes.com>

**The closing date for applications is Tuesday 6th June at 9:00am** however please note, applications will be assessed as they are received and interviews may take place before the closing date.





# Music & Drama

## Shoebox Theatre

On **Thursday 27th April 2023**, students at our after-school drama club created 'shoebox theatres' using a recorded webinar with Sam Beal- a professional set designer.



## Songwriting Competition

**Our songwriting competition is back!**

This time for **Year 7, 8 and 9**. **Students are free to compose in any of these 4 areas:** Original Song, Lyric Writing, BandLab Composition, Re-mix or Mash up and in any style of music. **The rules will be explained in your music lessons** however, if you have any questions, pop by the music office in Inigo or see your music teacher. You can **access BandLab Education** at home **over half-term**. So get creating, **you have until Friday 30th June** and there will be prizes available including a **£50 voucher for 1st prize**.

The competition will be judged by two past students who studied music at University after leaving Polesworth. They now work at Playground Games (Forza 5) and Sony Music in London.

## Music lessons ready for September 2023

Our **visiting music teachers** are preparing their time with us starting September 2023.

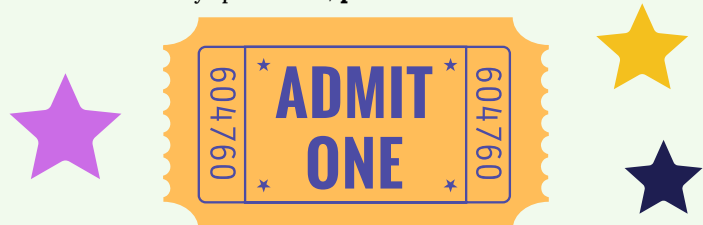
If you have a child who will be starting with us in Year 7 this September, or you have a student currently in school and they want to start instrumental lessons, then please get in touch with **Mrs Glover** by email: [s.glover@thepolesworthschool.com](mailto:s.glover@thepolesworthschool.com) for further details.

## Polesworth Talent Show



It is back...the **Polesworth Talent Show** will be on **Thursday 13th July** in our **School Hall**. **Doors open at 6:30pm**. **Tickets are available on ParentPay**, £4.00 for adults and £3.00 for students. The **deadline to purchase tickets** is **Friday 7th July**.

**Students, if you are interested in taking part in the talent show** or have any questions, **please see Mrs Glover**.



## Polesworth Pulse

**Polesworth Pulse radio:** For all students- Interested in having a go? Want to know what it is all about? See or email **Mrs Glover** for more details: [s.glover@thepolesworthschool.com](mailto:s.glover@thepolesworthschool.com)

## Social Media

Follow us on **Instagram** for the latest news and celebration of student work for music, drama and our school radio- Polesworth Pulse.

Drama and music:  
**polesworth\_performing\_arts**  
School radio:  
**polesworthpuleradio**



Instagram