



















Prom Fashion Show









Just a reminder that tickets for the **Year 11 Prom 2024** are available on ParentPay. The cost per ticket is £35.00 payable by instalments or as one payment. Further details regarding paying by instalments can be accessed via ParentPay.

Prom will be taking place at **Statfold Barn Railway** on **Thursday 4th July 2024**, arrival from 6:30pm and finish time 11pm.







History Club

Thursday 3-4pm in N4

Well done to our History Club members who have been exploring Ancient Greece and Ancient Rome.

For Year 7, 8 and 9 students:
Do you love exploring the past?
Come along to History Club for a chance to find out more about historical events, people and places. With debates, quizzes and more...

History Stars of November

Year 7

TB
ES
AP
IK
SB
HL
LC
EM
MH
TD

Year 8
CL
AS
SD
HN
TDB
ES
CR
SS
AT
EWF
MT
WF
AP
LJ
AH

Year	9
MS	
ZR	
AS	
FV	
EC	
FB	
EB	
JF	
LJ	
LW	
AT	
KB	

Year 10	Y
AL	
CN	
JS	
NE	
GB	
LW	
FG	
CD	
LD	

ear 11

EC

IW

PW

EV

KO

LF

JD

History Year 12 MO DN DS

> Politics Year 12 FG NH

History Year 13
MG
JF
KS
RS

Politics Year 13 RS JJ

History Club Members

Well done to our History Club members:

AW in Year 7 RG in Year 7 GM in Year 7 JL in Year 7 ES in Year 7 SC in Year 8 IR in Year 8 JC in Year 8



History News

Exam Dates 2024

Date:	Exam topic:	Exam length:
15th May 2024	History around us (Raglan Castle)	1 hour
4th June 2024	The People's Health and The Elizabethans	1 hour 45 minutes
11th June 2024	Making of America and Living under Nazi Rule	1 hour 45 minutes

GCSE History

GCSE History students are currently studying 'The Elizabethans' unit. This will be followed by their final unit focusing on 'The People's Health' in January. Students should now be revising the previous units that they have studied. Students should also be using the revision material outside of lessons which include the revision booklets provided through their teacher and the Seneca website. Please see your teacher if you are missing a revision guide.

Seneca Learning

Seneca is a free website/app that allows pupils to access a range of online revision material.

Seneca Learning:

https://senecalearning.com/en-GB/

BBC Bitesize

We are with the OCR B exam board for GCSE History.

BBC Bitesize has a number of our units on the website which includes information, short videos and quizzes. The Elizabethans, 1580-1603

Raglan Castle

Topics to Revise

Living under Nazi Rule, 1933-45

The Making of America (MOA) 1789-1900 The People's Health, 1250-present



Every year the Historical Association holds a competition to test students' ability to deliver a speech in a public forum against peers from other schools and in front of an audience and a panel of judges. The question being posed this year was: which historical place or person from your local area deserves greater recognition? The HA wanted young people to explore the local history of their area or region in all of its diversity or singularity to identify a person or place that has contributed to the world that we live in today and should be better known.

This year The Polesworth School had two entrants: James Fulford and Livvie Couchman. They both delivered pre-prepared speeches on Sir Robert Peel and Æthelflæd. James said 'I chose Peel because of my passion for Politics and my desire to see political figures remembered for their actions and not for their words.' Both speeches were excellently researched and offered an insight into why their person deserves greater recognition. Livvie spoke on the difficulties in accessing Æthelflæd, 'The Lady of the Mercians', who ruled Anglo-Saxon Mercia from 911 to her death because she was often attached to the male figures in her life, in spite of having great success independently.

As well as our own students advocating on behalf of important figures local to Tamworth, other students from Midland schools such as Leicester Grammar School and the Henry VIII School in Coventry, delivered speeches on individuals or places as varied as the first female pharmacist and Good Hope Hospital. After having delivered their speeches, all of the students were questioned about their respective choice and had to use their research to respond to the judges.

Both performed fantastically well in a very competitive field and we are delighted to say that Livvie was awarded the Runners-Up spot, which means she will go forward to the National Semi-Finals in 2024 as the reserve for the region. Livvie said 'It was an amazing experience. I would recommend that anyone to do it. You feel a sense of pride when you are doing it as this is something you have worked on and tried hard for. I felt especially proud as I spoke about a woman who I found did more than she is given credit for. I think its once in a life time chance and you should really do it.' Well done to both!









Bereavement Group

On Wednesday 13th and Wednesday 20th December 2023, Mrs Asbury our School Counsellor and Wellbeing Coordinator held a bereavement group in our art block at break and tutor times for any students that wished to attend.

Many of the students decorated Christmas tree baubles and wooden shaped decorations in memory of someone they had lost.

There were some truly wonderful decorations created at this group which students were able to keep and take home.

Thank you to all of the students that took the time to come to this group.













Bereavement Group

10 ways for coping with grief at Christmas

- 1. Talk as a family to understand how everyone is feeling.
- 2. Some families find it useful to continue old family traditions, whereas others may choose to create a new family tradition e.g. baking a special Christmas cake together.
- 3. It may be important to mark the memory of the person that has died by doing something special. This could be visiting a special place, lighting a candle, or buying a new special decoration for the tree.
- 4. It might be important to visit the grave or the place where the ashes were scattered and place a Christmas card there.
- 5. You could ask friends and family to write special messages to your loved one on star-shaped cut-outs and hang these up on ribbon around the home or on a tree.
- 6. Ask other people for their memories of the person who died and begin to compile their 'life story'.
- 7. You could choose to eat their favourite meal fish and chips? Curry? Egg on toast?
- 8. Listen to their favourite music, or their favourite Christmas music.
- 9. Make and bake salt dough shapes to hang on the tree. You could decorate them with things important to the person who died.
- 10. On Christmas Day itself, remember to look after yourself, if things become a bit too much, you could always find a way to take a breather. Give yourself permission to not be ok and, equally, to have fun and smile.

Useful links

Winston's Wishhttps://www.winstonswish.org/

Guy's Gifthttps://www.guysgift.co.uk/









AH Year 8

Resilience towards learning and respect shown for other classmates. Much improved confidence within his PE. Well done.

AN

Year 7 Great attitude to PE. Has developed and demonstrated Social ME on a regular basis, volunteering to demonstrate and lead his peers in a warm-up. Supports others in the group.

<u>IR</u> Year 8

A fantastic approach to learning and is always keen to improve and challenge herself when learning more complex skills. Her energy and commitment in lessons is always of a high level.

Year 7

Excellent attitude to PE. Eager to get started every lesson and is always enthusiastic. Helps and encourages others. Brilliant extra curricular attendance.

<u>EC</u>

Year 7 Excellent attitude and approach to all lessons. Works hard to improve skills and apply these in a game situation. Encourages others to do their best also. An excellent leader and role model

RLM Year 7

Excellent attitude and approach to all lessons. Works hard to improve skills and apply these in a game situation. Encourages others to do their best also.

Year 10 & 11

MP and HM Year 10

Outstanding attitude. Always ready, respectful and responsible. Uses initiative. Helps others. Always gives her best. A great role model.

MW

Year 10

Outstanding attitude. Always ready, respectful and responsible. Uses initiative. Helps others. Always gives her best. A great role model.

SH

Year 10

Respectful to staff and other students. Demonstrates a consistently positive attitude. Excellent effort in Couch to 5K and Health Related Fitness.

LM

Year 11

Respectful, shows good sportsmanship. Attitude shows competitiveness with nice balance of empathy for other players. Well done.

Year 10

Maximum effort in core PE and has even improved his coaching. He has coached lower aility peers and made an incredible difference to the quality of the group.

HL and BH

Year 10 Excellent effort and commitment. Huge progess made so far this year. Growing in confidence.

ES

Year 11

Respectful, helps others, worked with students and improved others ability and confidence. Always puts in best effort and challenges herself to improve, even if finding it tough.



Celebration Brunches

WELL DONE!

We held two Celebration Brunches this term in our School Hall on **Thursday 14th and Friday 15th December 2023** for students in Year 7 - 11 that were nominated by teachers for a variety of different reasons such as showing exemplary behaviour and work they have done in classes/after school clubs to name just a few.

The brunches included soft drinks and sweet and savoury snacks for the students to enjoy in their tutor or break time. Well done to all of the students that were nominated!



Applying to our Sixth Form

If you are currently in Year 11 and are interested in joining our Sixth Form next year, further information regarding courses available, their entry requirements and how to access our online application form can be found on the Sixth Form section of our website by following this link: www.tomlinsonhall.com

Please note applications should be received by Friday 8th March 2024. Late applications will be considered but some courses may already be full.





We have launched a new employer engagement activity called "Career shorts" which has been introduced into the career's education programme this month to all year groups across the school during tutorial time.

Career shorts involves a guest speaker being interviewed via teams by myself or Miss Haines to give the students a brief insight into what that person's job involves, how they got into it, what a typical average day looks like, what they like best about it and what skills they need to do this role with time at the end for students to ask any questions to the visitor about their role or industry.

This is an initiative Miss Haines developed at her previous school which was a great success and she introduced it to Polesworth school this Autumn term.

We have heard from a variety of different job roles, an Insights Manager from a Media production company, a Museum Events Co-ordinator, a Solicitor, a Designer, a Pilot, Aerospace engineer, a Gas plumber and a Travel agent manager to name a few of the visiting speakers who have so far contributed and with each one students have got involved and have asked a good number of questions.

The live interviews are conducted over teams and this enables coverage across whole year groups with their tutors facilitating student questions.

Employer engagement is so important for students to raise their awareness of different careers and it is good to expose them to people's job roles. As a school this helps us meet one of the key Gatsby benchmarks number 5 encounters with employees and employers.

Thank you to Miss Haines for introducing Career shorts into school and hopefully this will prove a worthy addition to the PSHE and Careers programme at school.

Mr Davis Careers department

Boys Badminton

Well done to the 2 boys badminton teams who played against Twycross.

The results are as follows:

U14 A with 7 - 1 win U14 B with 8 - 0 win.

Well done to all those involved!

Dodgeball

Well done to those who were involved in the dodgeball performances at County finals where they played 6 games and won 5.

Great self belief, determination, honesty, passion and respect.

The results are as follows:

U14 boys A won 6 - 2

U14 boys B won 7 - 1

U16 girls won 7 - 1

U16 boys won 8 - 0

Well done to all involved and a great start to the badminton season!

PE Lessons

Improving Fitness

We have had an excellent start to the year with the students enjoying the challenge of improving their fitness whilst completing their unit of jogging with the aim of trying to run a further distance showing they've made an improvement; most students have been following the NHS Couch to 5K app on their phones and we hope this continues. The students have now started their 3rd rotation in their activity programme for this academic year. All the PE staff have been really impressed with the attitude of the students and their commitment to improvement throughout this term.

Injured or Ill

We need a note from parents if short term or medical note if long term. However, we always look on the positive and try to get the students involved so they are expected to still have their kit. This is so they are part of the lesson but may take on a less active role or coaching role.

In every PE lesson we look for the students to demonstrate the following –

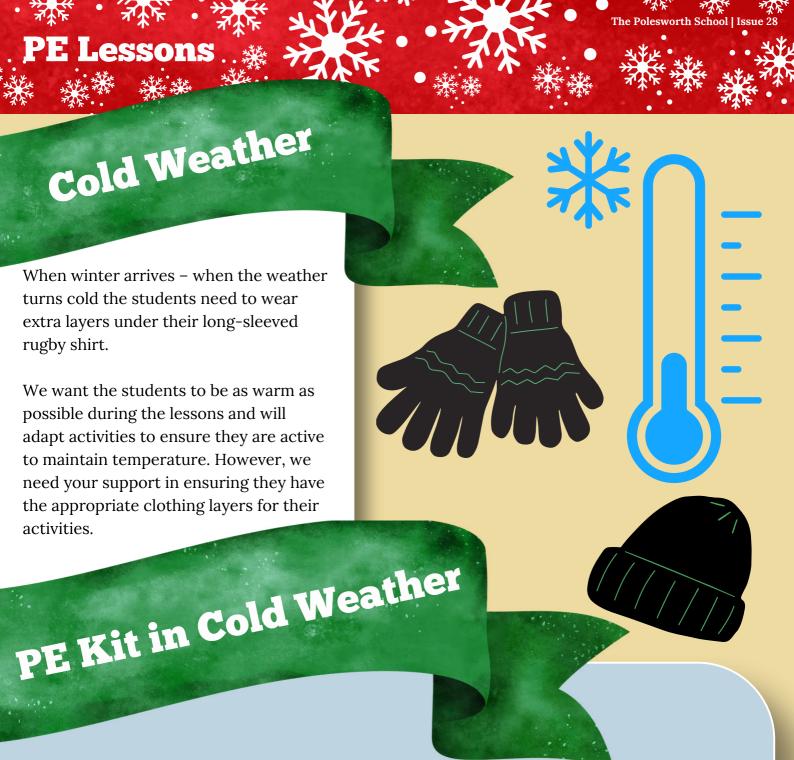
Three Rs

Ready for their lessons – this starts by having the correct kit or a suitable replacement for all lessons. No jewellery and hair tied back. Students PE timetables will be put on Teams showing when they rotate their activities and the kit needed.

Responsible for their learning – this is shown by effort and doing their best.

Respectful to themselves, peers and staff.

We expect students to do their best and show a positive attitude towards their development.



They are regularly reminded and encouraged to wear the following -

- **Plain black** base layers / leggings (<u>no logos</u>) under their shorts and their football socks or plain black equivalent.
- **Plain black** thermals (<u>no logos</u>) under their polo shirt and / or their rugby shirt. However, if they have their rugby shirt on, they can wear any number of layers and any colour of layers underneath the rugby shirt only.
- Appropriate warm gloves, woolly hat and neck warmer.
- They are **not** allowed to wear hoodies under their school PE kit.
- Bring a plastic bag for dirty kit and towel if they need it.
- If your child does not have PE kit for any reason as it may be misplaced / being washed, then they are required to bring a suitable replacement. During these infrequent circumstances it does not have to be regulation PE kit. For example, the black socks may be in the wash, so the student has a yellow pair. This is fine and encouraged.



To attend a club, you just need to turn up and get sports clothing on for the activity. You sign up on arrival by scanning the QR codes outside the changing rooms, any problems with this just ask and we will help or your friend can do it for you on their phone. You will need your school email address or be logged in to your school account already.

You don't always need to be a player but may want to coach or learn to become an official.

Local Sports Clubs



We try to promote a pathway for students to carry on their sport after school and at weekends. Here is a QR code that will take you to a table of local clubs. Your child can also scan the QR codes outside the changing rooms to see individual clubs whilst at school.



Key Bi

Friday 22nd December 2023

Christmas Jumper Day Break up for Christmas

Tuesday 9th January 2023

Back to School

Monday 22nd January 2023

Year 8 HPV Vaccinations

Monday 22nd January - Friday 2nd February 2023

Year 13 Pre-Public Exams

Tuesday 23rd January 2023

Year 10 Science Trip to University of Warwick MFL GCSE Evening

Wednesday 24th January 2023

Year 11 Mock Results Day

Thursday 25th January 2023

Theatre trip for Year 12 and Year 13 to see Metamorphosis



Mental Health in Schools Team (MHST) Tips For Wellness:

BOUNCING BACK

Bouncing back is all about 'having another go' after we are faced with challenges, this is also called **resilience!** We will all need to bounce back at times, so it is important to maintain a growth mindset and practise how we can be more resilient.

Our tips for bouncing back:

1- Watch this short video on 'bouncebackability' and how to build resilience. Scan the QR code to load the video and other lesson resources.



2- Practise problem solving as a strategy to overcome practical difficulties and help you bounce back! Follow the steps below:

> **1.**What is the problem? **2.**How does it make you feel? **3.**What are the possible solutions? **4.**What are the positives and negatives of each solution? **5.**Select the best solution and make a plan to try out!

- **3-** Think about a time when you have faced a challenge in the past...how did you overcome it? Would you do anything differently if you came across the same challenge again? You could discuss this with a friend to share ideas.
- **4-** Build your **support network**. Having people that you trust around you through difficult times can help you to bounce back! Try to share how you are feeling with friends, family, teachers and other trusted adults in your life.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.