



Highest Award for DofE Students



On **Sunday 12th May 2024**, four of our Year 13 students attended the Gold Duke of Edinburgh Celebrations at Buckingham Palace.

Heather Robinson, Emma Nelson, Holly Cooper, and Jess Smith all received their Gold DofE Awards and attended the celebrations at Buckingham Palace on Sunday. Gold is the highest level available from the Duke of Edinburgh's Award and is internationally recognised as a mark of extraordinary perseverance, creativity, and resilience.

His Royal Highness the Duke of Edinburgh welcomed thousands of Gold DofE Award holders to Buckingham Palace Garden, which had been transformed into a festival-style celebration for young people and their loved ones, with giant deckchairs, bunting, garden games and activities. Attendees had the chance to hear from famous DofE Award holders and broadcasting legends, and pick up career advice from actors, presenters, authors, and campaigners, including actor Jason Watkins, Olympian and Rugby World Cup winner Heather Fisher, Heartstopper star Tobie Donovan, racing driver Billy Monger and his sister Bonny, and broadcaster and travel writer Ash Bhardwaj.

All four girls started their DofE journey at Polesworth as Year 9 students. In a group together they started their Bronze Award in September 2020, and did their expeditions under Covid restrictions in 2021. Despite the challenges they faced and these unusual circumstances, they signed up again for the Silver and then the Gold, becoming the first Gold expedition Polesworth School have ever run.

At the celebration, Ruth Marvel, CEO of The Duke of Edinburgh's Award, said: "The young people here today have achieved something exceptional, and it is wonderful to see them celebrating together, sharing their experiences, and hearing their aspirations for the future. DofE is all about proving to yourself just what you are capable of, and the young people here today have showed the world that their potential is limitless. I can't wait to see what they go on to do next."



Highest Award for DofE Students

As the Duke of Edinburgh's Award Coordinator for Polesworth, I second everything that Ruth has said. These four girls have showed incredible dedication to their awards, through their GCSE exams and the Covid pandemic, they found time to train for and complete their expeditions, as well as committing months to their skill, physical, and volunteering elements. It makes me incredibly proud to see their hard work come to fruition and know that they will be finishing their time at Polesworth as members of an elite group of young people. They are truly inspiring role models for our future DofE participants.

When I asked the girls to reflect on what they had achieved they laughed and said; "We had the best time, and it was hard on the expeditions but so much fun as well. We are really proud of doing it, but definitely glad it's done!"

Mrs Favell, Headteacher at Polesworth said; "I am so proud of our students. Their achievement is testament to their hard work, dedication, commitment, resilience and sheer determination. This is a massive achievement. I want to thank all the staff involved for giving up their time to ensure that students get this opportunity. Well done all! Your achievement is richly deserved."

Mrs Harris, their Head of Year said; "Well done all of you for all of your hard work on the Gold, a well deserved visit to the Palace!"

Jess Smith, DofE student said; "Partaking in the DofE, especially at Gold level, was an amazing journey that pushed me beyond my limits, and helped me to develop myself to my fullest potential. From conquering the mountains of South Wales, to embracing new challenges and opportunities, this award scheme allowed me an incredible chance for personal-growth, as I gained lifelong friendships, invaluable skills, and many incredible memories. The Gold DofE expedition was one of the hardest challenges I have ever faced, and anybody thinking of taking on this adventure should know that it definitely won't be easy, but with perseverance and teamwork, you will be immensely proud of yourself, and feel a huge sense of accomplishment on completion. And not to mention the incredible

feeling on entering the palace gardens at your Gold DofE award ceremony. The grounds are so so beautiful and it is a once in a lifetime opportunity that I will never forget. Overall the experience was unparalleled to anything I've ever done before, and I am tremendously thankful that I chose to take on this opportunity, and that I got to experience it with the best group of people supporting me along the way."

Gold Award holders are able to bring a guest with them to their celebrations and all four girls invited their Dads. **Their parents said;** "We're so proud of all the girls have achieved. It was great for them to be the first group to be offered the option to run their Gold through the school. It has taken a lot of hard work but it paid off and they've made memories to last a lifetime."

Some information from this article was taken from: <https://www.dofe.org/thelatest/gold-award-celebration-2024/>

Mrs Stone
Duke of Edinburgh Award Coordinator





Summer Festival



Follow us on Facebook @The Polesworth School- Official for further updates regarding this event and to follow our events page for our Summer Festival.

Saturday 15th June 2024
1:00pm - 4:00pm
Free entry to all!

There will be:

Food and Drinks (cash only), Community Group Stalls, Music, Fairground Games, White Elephant, Grand Raffle, Activities run by and performances from our different departments and so much more!

We are currently looking for donations from students, parents/carers and members of the community to be used as prizes in the Grand Raffle and to sell at the Festival :

- Unwanted gifts
- Tinned food (chocolate, sweets and biscuits that have at least 2 months expiry date)
- Games, puzzles, toys and books in good condition
- Toiletries
- Gift sets

For adults- parents/carers and members of the community: please drop items to our reception including alcohol. Students- please bring your donations to the Maths department in Editha.

If you are interested in having a stall at the Festival, please contact Mrs Phipps at: e.phipps@thepolesworthschool.com





The Polesworth School
ENSURING EXCELLENCE



OPEN EVENING

Wednesday 3rd July 2024
6:00pm - 8:00pm



**Welcome Meetings in the
School Hall**
6:00pm & 7:00pm

All welcome, particularly students
currently in Year 5 looking to join
us in September 2025.

Contact us:

Email:
admin@thepolesworthschool.com

Website:
www.thepolesworthschool.com

Phone:
01827 702205

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



Safeguarding information - Vapes & Illegal Drugs



Keeping young children safe is all of our responsibility – it's essential we work together.

We have all seen the growing phenomenon which is 'vapes' (e-cigarettes). Originally invented to help people quit smoking cigarettes in order to aid a more healthy lifestyle, they have now become more popular than cigarettes with more people using vapes than were smoking.

Vaping is easier and more accessible than smoking. It's hard to detect and has a variety of different tastes, many of which are designed to appeal to children!

Whilst the long-term effects are unknown (just like the impact of smoking was unknown 60 years ago), many vapes contain nicotine and can contain chemicals which many experts claim could cause illness in the future. There is even a study which shows that smoking vapes can potentially cause brain damage to children due to toxins.

There is the industry-wide problem with unregulated vapes which don't meet EU or UK regulations. Often sold 'under the counter', car boot sales, online or at smaller non-specialist shops. These contain above the permitted levels of nicotine as well as unnamed and harmful chemicals.

HOWEVER, there is now the even greater risk posed to young people. Illegal and harmful drugs are now being sold and consumed via vapes. The Police and supporting teams have been in touch to say that they have found young people in our area using the refillable vapes to take Cannabis (in the form of THC). THC itself is the hallucinogen part of Cannabis.

It is being sold in a small bottle which can be added to the refillable vapes. It is close to odourless, easy to hide and is much easier to consume than smoking Weed. Being an illegal substance, the people who sell the THC oil are also adding other harmful chemicals to the oil in-order to 'cut' the product.

Even more alarmingly, Police in the area have found vape oils which are sold as THC to contain Spice and even Heroin. It is widely reported that Heroin as we know it will be rare by the end of 2024 and the majority of the drug in the UK will be dealt and consumed via vapes.

Here is an article we've been asked to share with you:

-Any illicit vapes are very dangerous, and it's important we get the message out to the public that unregulated vape pens can cause serious damage to the health of our young people.

-Licensed, regulated vapes containing nicotine are a useful tool to help adults quit smoking but they should not be used by anyone under 18.

Young people thinking of buying these illicit, home-filled devices online have no idea what has gone into them, and the potential danger they could cause.

THC and Spice are harmful, psychoactive substances that can cause serious health problems and parents and carers need to be vigilant to ensure they do not find their way into the hands of young people.

Safeguarding information - Vapes & Illegal Drugs



Keeping young children safe is all of our responsibility – it's essential we work together.

Ensuring parents and carers get the message loud and clear that these vapes are incredibly dangerous is vital, to help them keep our young people safe.

The legal age to use and purchase vapes is 18, however, we know that they are being sold to young people via social media, and these are then being taken into schools.

Not only is this a health issue, but those possessing and supplying illegal drugs could be committing criminal offences. We are working closely with local schools and partners to share information and intelligence.

We would also urge parents, guardians and anyone with information they may have about those supplying these vapes to call the Police on 101.

THC is the main psychoactive compound in Cannabis, while Spice is a collection of synthetic Class B drugs which are cheaper to produce and mimic the effects of drugs like Cannabis.

Inhaling Spice through a vaping pen is extremely dangerous for young people and can lead to health problems such as breathing difficulties, chest pains, heart palpitations, seizures, extreme anxiety, paranoia, suicidal thoughts, psychosis, vomiting, diarrhoea and acute kidney injury.

In some cases, a single dose can kill.



If you have any concerns you wish to discuss with school so that we can support, please contact us via email:
help@thepolesworthschool.com



April/May PE Student Success

Well done to the U16 Football Team for winning the District Cup 3-2. Over the last 5 years they have been consistently the strongest team in the district. Their attitudes and style of Football has been a pleasure to watch and illustrated how Football should be played. The PE department wish them all the best in the future and hope they have many more successful years playing Football. Well done to KR for officiating the line with confidence in a highly competitive match.

Team Squad:

HA
DR
SC
RS
MA
KM
ZB
MM
AM
RB
CW
LL
JH
AW
BY



Well done to the Year 10 and Year 11 mixed athletics teams where a number of students qualified to represent the district in the county athletics in June. Well done to all students involved!

Fantastic result for Year 8 and Year 9 mixed athletics teams with some great individual performances and overall winning the competition. Big thanks to all staff involved in selecting, motivating and providing opportunities for the students.

Thank you to all of the parents/carers that recently completed the form sent by the PE department to gather information on sporting achievements students have achieved outside of school.

Here are some of these wonderful achievements!

Well done to the athletes in combined events. Some great individual performances, well done all!

Juniors Team:

RC
JK
AN
HD
IS
MH



Juniors Team:

SS
AM
LW
BS
CS
AH



Inter Team:

EM
EF
GF-D

Well done to all and EM, EF and BS for qualifying for the next round.

Charlotte Allsopp- Year 7, Football, Cottage Farm Rangers, Supporters player last season. Highest goal scorer this season. This is her 2nd season of playing and currently trialing Atherstone Girls for this coming season.

Amelie Goldsmith-Lamming- Year 8, Karate, Amelie is a brown belt level (3rd kyu) at karate, and will be grading for her brown and white belt very soon (2nd kyu). She has trained with Atherstone Karate Club under the Shukokai Karate Association since 2017. She has also received the student of the month award on several occasions, and student of the year. Since achieving brown belt, Amelie now attends senior grade association courses and trains with the chief instructor of the association, as well as teaching new students.

Millie Davis- Year 9, Ice Skating, Millie started skating January 2023 and has already achieved levels 1-8 and is currently working on her silver/gold certificates.

Joshua Rimington- Year 10, Basketball, Joshua has been training and playing basketball with Tamworth Tigers for a few years now. He was in the under 14s national team last year and is now team captain for the under 15s local league team and he hopes to continue playing. Joshua has trials next month for under 17s. He has really developed as a player and is an all round team player.

Daniel Ophide, Year 11, Volleyball, Daniel has been playing volleyball since 2014 when he joined the Tamworth Spartans Junior Academy of Volleyball. This season Daniel has progressed to represent our local club in two Men's teams in regional competitions and has made numerous appearances in the 2023-24 National Junior Competition Grand Prix. His determination and hard work also resulted in his selection for under 17s volleyball team representing West Midlands in inter-regional competitions at the National Volleyball Centre in Kettering on 26th - 27th May.

George Upton, Year 12, Swimming, George swims for City of Coventry Swimming Club. Last year he qualified for the English Summer Nationals where he finished in 4th place in two events. He qualified for the English Winter Nationals last year. This year he has qualified for two events (50 & 100 breaststroke) at British Summer Nationals and one (200 breaststroke) at the English Summer Nationals.

Saul Hulland, Year 13, Motorcross, Saul has ridden in the Acerbis British Nationals in the MX1 class for the last two years. He has finished in the top 8 in the country and also rides in the AMCA.

May PE Student Success

Well done to Laila Heaton's achievements in her latest gymnastics competition. The West Midlands Team are now National Champions 🏆 Laila herself has won the Gold medal for beam and two Bronze medals for her bars and floor routines.

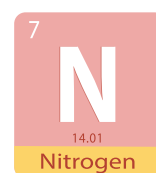
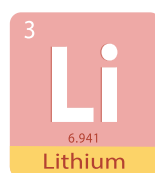
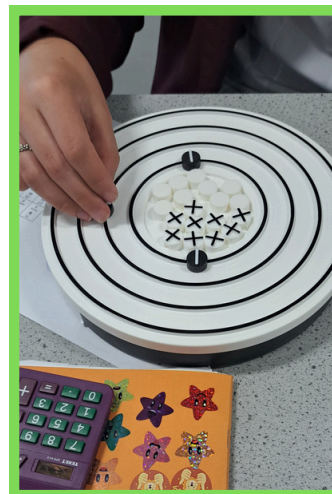
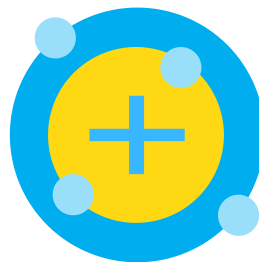


Year 7 Aspire Class

The Aspire Class in Year 7 have been learning about electronic structures.

We have been using our atomic structure kits to build models of the different elements on the periodic table. We have calculated the number of each sub-atomic particle in the element and then added protons and neutrons to the nucleus and used electron shell filling rules to help us work out the electron configuration.

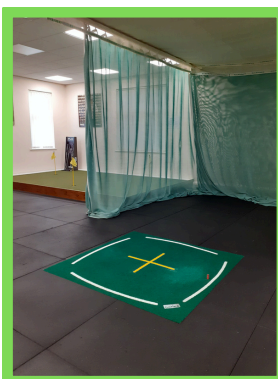
Mrs Broome
Science Teacher



Year 12 Belfry Event

A group of our Year 12 Sixth Form students were fortunate to take part in a two day event with Golf Futures at The Belfry on Thursday 9th and Friday 10th May. Students took part in a careers and business workshop on the first day, whereby they were treated to a business presentation with Jack Cole, who explained the vast roles and business ventures at The Belfry. The world-renowned golf resort benefits from the golf course, driving range, hotel and spa and PGA manufacturing and analysis centre. Students learned about the resort that employs 850 people and their planned growth, through development of a leisure centre. The students then had to create a Golf Tournament, taking into account major sponsors such as Boss, Coca Cola, BMW and British Airways. The students had to plan a tournament, within budget and then present their idea. The presentations were excellent and the business concepts regarding the use of sponsorship for the tournament were inventive and were commended by Jack.

The following day, students returned to The Belfry, along with two other sixth form schools, to take part in a series of events. This involved demonstrations of the Sports Science used in golf, technology to improve performance, golf club manufacturing, ground keeping and spa and hotel management. The students were fortunate to hold the Ryder Cup, learn about the analytical golf resources that professionals use to improve their swing and game, enjoy the driving range, witness the prestigious hotel facilities and listen to the science behind perfect grass for the greens. The sun was shining, students asked imaginative questions which won them accolade, prizes and showed their business acumen. Mr Davis, Mr Hockridge and Mrs Dandy were fortunate to join the sixth formers and were proud of the contribution that Polesworth made in the workshop.



Mental Health Awareness Week

It was **Mental Health Awareness Week, 13th - 19th May 2024** and the school have done a few things to promote this event and positive Mental Health and well-being in schools. The theme for the event this year was **Movement: Moving more for our Mental Health**.

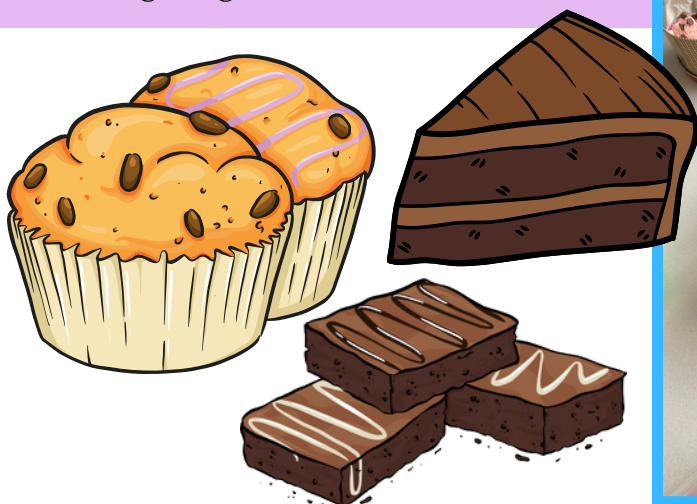
Tutors have promoted this theme by talking to students in tutor time about the importance of movement for our mental health and undertaking different activities such as: creating a mental health chatterbox, taking up a movement challenge as a group or reflecting on what physical activity they do in a week and how they could build upon this if needed.

We held a bake sale on Wednesday 15th May and raised a fantastic £121.91 for the Mental Health Foundation. This money will help the foundation continue to fund projects across the UK that support young people and adults with their well-being and mental health.

The school supported WIGD - Wear It Green Day by asking staff to wear something green. It was great that so many staff took part. Green ribbon stickers were also handed out to students and staff on the day to further promote the importance of mental health.

Congratulations to HM and MP in Year 10 and AT in Year 8 who are the first of the newly appointed Well-Being Ambassadors at The Polesworth School.

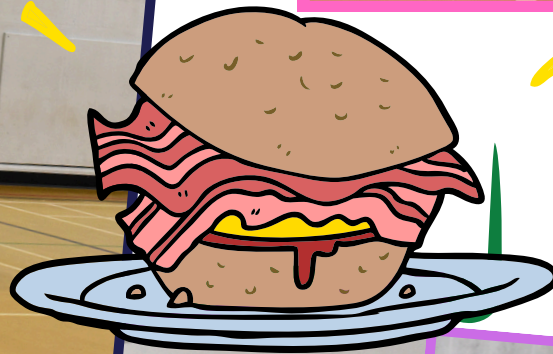
HM and MP made a fantastic start with their role by helping out for Mental Health Awareness week. The girls helped to organise and run the bake sale as well as handing out green ribbon stickers.



Year 13 Leaving Event

On Wednesday 15th May 2024, we held a Year 13 Leavers' Picnic to say goodbye to our Y13 students as they start their study leave. The rain halted our attempt to be out in the sunshine on the field, but it did not stop the enthusiasm of our students in their Rounders game in the sports hall! Students enjoyed bacon/sausage baps whilst listening to music and supporting the Rounders. Mrs Harris, Head of Y13, joined in with the Rounders while Mr Cairns, Head of Y12, umpired and our spectators scored. Staff members joined to wish our students the best of luck in their exams and future endeavours. All the very best Y13, see you at Prom!

Mrs Harris - Head of Year 13



**BEST
OF LUCK**



Year 11 Prom Tickets

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

If you have not purchased a ticket yet, here are some details:

The cost per ticket is £35.00 payable by instalments or as one payment via ParentPay. Further details regarding paying by instalments can be accessed via ParentPay.



Year 11 Leavers Hoodie

ORDER NOW

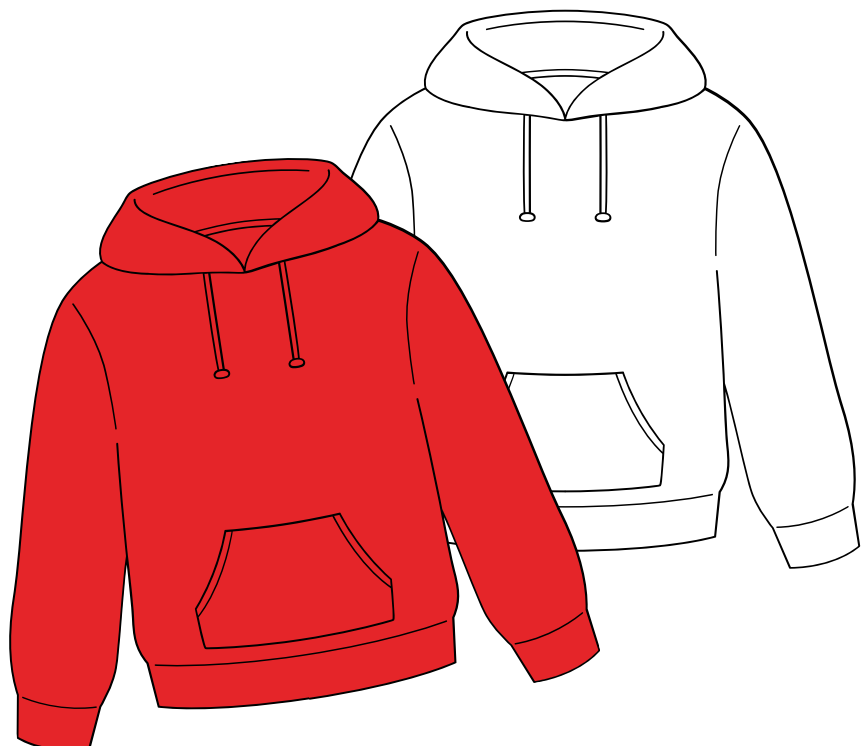
For current Year 11 parents/carers:

We are excited to announce you can order your child's Year 11 Leavers Hoodie using the link below:

<https://pws.ace-online.co.uk/catalogue>

Orders and payments are made directly through the website - you just need to select the style and colour your child would like. **Orders are to be placed by Sunday 16th June 2024.**

Hoodies will be delivered in to school at the end of June.



A Collection of Award-Winning Books

Available for students in our school library!



“These are books to empower young readers, and for some will provide validation and refuge; stories of courage, of characters thriving to find themselves and their place in the world, often in difficult or dangerous situations.”

**-The Chair of Judges,
Yoto Carnegies 2024**

The UK's longest-running book awards for young people, the Yoto Carnegies

Key Dates



Friday 24th May

Year 11 Study Leave

Break up for May Half-Term

Friday 24th May - Friday 21st June

Year 11 Exams

Monday 27th May - Sunday 2nd June

May Half-Term

Monday 3rd June

Return to School

Thursday 6th June

Meet and Greet Drop-In Session for Year 6 Guardians

Thursday 6th June - Friday 7th June

Year 10 GCSE Pre-Public Exams

Wednesday 12th June

Meet and Greet Drop-In Session for Year 6 Guardians

Monday 17th June

Meet and Greet Drop-In Session for Year 6 Guardians

Tuesday 18th June - Tuesday 25th June

Year 12 Pre-Public Exams

Wednesday 19th June

SEND Coffee Afternoon

Thursday 20th June

Sports Day

Thursday 27th June

Meet and Greet Drop-In Session for Year 6 Guardians

Year 13 Prom

Thursday 27th June - Friday 28th June

Year 6 Languages Induction Day (half of the year each day)



Mental Health in Schools Team Tips For Wellness



Stress awareness

Stress is a normal feeling that most of us experience from time to time when we feel overwhelmed, out of control, or under pressure. Stress is mostly triggered by environmental factors and once the issue is resolved, the stress usually reduces. When we feel stressed, we may also feel anxious and frustrated, as well as experience changes in our body (e.g., tiredness, muscle aches and chest pains). Different situations can make us feel stressed, such as having lots of homework to do, friendship problems, or difficulties at home with family members...it could even be a combination of things!

Some stress can be good, but too much can cause us to feel anxious or depressed, which might affect our sleeping, eating habits and general wellbeing. If stress is going on for a long time, we may also experience 'burnout', which is when our body is exhausted and has not had a chance to rest. There are things we can do to help our body recharge and reduce stress...

Our tips for managing stress:

1. **Stress bucket activity** – follow the QR codes to complete your own stress bucket. This may help you to see what is contributing to your stress, as well as what helps you to feel calmer.
2. **Create a calming toolbox** - draw a box, jar, bag or any kind of container on a piece of paper and draw all your self-soothing objects in this box. Look at this when you are feeling stressed to help remind you of what you can do to feel calmer. You could even make a real toolbox at home!
3. **Practise problem-solving** - with a friend, imagine a stressful situation that might come up and discuss how you would solve this. You could use a real problem that you are stressed about too! Remember to break the problem down into smaller steps, to help you think about what you would need to do, when you will do it, how you will do it and if you need anyone to help you. Follow the QR code for support.



Stress bucket activity



Stress bucket video



Problem-solving activity

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars 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.

ATTENDANCE



Education is the passport to the future, and attendance is the stamp that gets you there.

Time waits for no one, but it rewards those who honour it.

Punctuality is the art of showing respect, to yourself and to others.
Be on time!



ATTENDANCE