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10th June 2022

# Principal's Newsletter

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## Upcoming Events

- ◆ 24th of June - Year 8 HPV Vaccinations
- ◆ 28th of June - Best in Everyone Award
- ◆ 30th June - Year 11 Celebration & Graduation
- ◆ Friday 1st & Monday 4th of July - Inset Days



# Principal's Message

Welcome back one and all!

Term 6 is concerned with End of Year assessments and exams as it is every year. However, there is so much more going on as well. It both a busy and yet incredibly exciting term where students from all year groups are charged with demonstrating their progress through various assessments. The quality teaching and learning that has taken place all year and the support students have received at school and at home come to fruition now, and our task is very much about ensuring all our youngsters have all they need in order to give of their best. Crucial though these assessments are, we know they form only one element of school life. Time spent at Coleridge is about so much more and it is rewarding to see students getting involved in a broad range of activities that give them a very rounded experience.

The GCSE exam season is past the halfway point and the Year 11 students are coping admirably, we have had a lot of smiling faces coming out of the examinations which is always a good sign. I am really grateful to the staff for the support they continue to offer through the revision programme. The impact of these sessions cannot be underestimated, they ensure students are as calm, confident and prepared as they can be when they face each exam paper. I also want to thank the students for the high levels commitment and dedication they have shown to their studies. Keep going is the message, 'you are nearly there...and the longest holiday of your lives is in sight'.

Next week we have the following Year 11 exams:

**Monday, 13 June** am Pearson Maths P3: Calculator (H/F) (1MA1 3H/F)

pm Pearson Business Studies Paper 2 (1BS0 02)

pm Pearson Greek Writing H

**Tuesday, 14 June** am AQA Geography Paper 3 (8035/3)

pm Pearson Italian Writing H

**Wednesday, 15 June** am AQA Combined Sci Trilogy Biology P2 H/F

am AQA Biology Paper 2 Tier H/F

pm Yr10 Maths P2

**Thursday, 16 June** am Pearson History P3: Early Elizabethan (1HIA B4)

pm AQA French Writing Test Tier F (8658/WF)

pm AQA French Writing Test Tier H (8658/WH)

**Friday, 17 June** am AQA Spanish Writing Test Tier F (8698/WF)

am AQA Spanish Writing Test Tier H (8698/WH)

pm Pearson Portuguese Listening and Reading H

pm AQA Polish Listening and Reading H

## Principal's Message

Elsewhere, KS3 and Year 10s are also completing end of year assessments and I have been impressed with the way students have approached this period.

Term 6 is always a great time to celebrate successes of the year as well as to plan for the coming academic year. I am delighted to say that the Music Ambassadors have been awarded Team of the Year at the prestigious Best in Everyone Awards which will be held in Leeds later this month. Well done to Rebecca Lewis for all her hard work and efforts with these students and it is testament to her that the positive relationships she has built and fostered with this group has been recognised. We are immensely proud that two members of our school, Siobhan Bright and Victoria Espley were shortlisted for Inspirational Teacher of the Year and Governor of the Year respectively. United Learning received over 600 nominations this year, reflecting the outstanding staff and student

achievement from over 70 schools across the country. The judging panel, made up of United Learning's Regional Directors and Executive Board, were thoroughly impressed by the nominations so this recognition is a significant accolade for all concerned and all at Coleridge are rightfully proud.

On Tuesday we had a sizing event hosted by Mr Palmer and our brilliant associate staff which was well attended. It was clear that we are all approaching the transition day on the 11th July with a sense of excitement and expectation.

I would like to say congratulations to all the year 7 and 9 athletes that participated in an athletics fixture on Wednesday night at St Bedes. There were some outstanding individual performances, all the more impressive when you consider this is the first event of its kind for two years. Students who participated did themselves proud and thoroughly enjoyed the event. I am extremely appreciative of the efforts of the PE Team for supporting this event. Next week it's the turn of the year 8s and 10s and so I wish both year groups every success and hope they enjoy every second.

As a further feather to our collective cap, the Coleridge Sport Leader's led over 130 primary school students on Thursday in a Quad kids athletics event at Wilberforce Road Athletics arena. There were 13 Primary Schools taking part in sprinting, middle distance and long Jump. Mr Dixon was proud to report that the sport leaders led every event, and that they were huge credit to Coleridge.

Once the end of year exams are complete, Year 10s will no doubt be looking forward to the week of Work Experience. There are still a small number of students who are looking for a suitable setting so if you feel you are able to support by offering any opportunities, please could I ask you contact Ms Worth or Mrs McKeen so that we can help make arrangements. Please do see the information further on in the newsletter from Mrs McKeen. Year 10s also have the Hills Road Open Evening event to think about and there are details from Ms Worth to follow.

Finally, I would like to mention that the applications for Head Student are open and I eagerly await reading through the contenders and hope they will demonstrate the ways in which they will galvanise and positively lead the student body and ensure the Student Voice forum continues to go from strength to strength.

All that is left is for me to wish you a blissfully sun-filled weekend and I will be back in touch next week with more goings on.

Best wishes,

Richard Shaw Interim Principal



# Key Messages

## **Student Voice**

The student council met today to share feedback from their tutor groups on the following topics:

Lunch time: What is working well? Is there anything else you would change? What else would you like added to lunchtime?

House system: How would you reinvigorate our house system? How can we make the house system a bigger part of our school culture?

Feedback: Please share your positive about life at Coleridge—what do you enjoy about our school? What do you want to see more of? How would you improve our school environment?

Tutor group will then be provided with feedback from SLT on all topics discussed next week during tutor time.

## **Careers event for all**

WOW Fest 2022 - Join us on 30th June 2022 @ 11-2PM & 5-7PM

The Swindon & Wiltshire Careers Hub will be hosting a Learn Live Event for students and parents with interactive chat from all stakeholders involved. This is a FREE virtual event to all our schools and colleges in Swindon & Wiltshire for young people (aged 14+). This is a World of Work Fest to showcase the employers and their industry sectors around the county.

WATCH FOR FREE HERE: <https://learnliveuk.com/wow-fest-2021-2022/>

## **Year 10 WEX**

We are very excited that our year 10 students get to go out and do work experience in person this year. They will be completing this work experience from Monday 11th until Friday 15<sup>th</sup> July. Many of our students have been able to secure a place for this however we have a number of students who are struggling to find a placement. If you would be able to offer a student a work experience placement for this week, let us know. It is always helpful to have an extra pair of hands to support around the work place and I know many of our students would be delighted to fulfil this role. If you can support please email [amberley.mckeen@coleridgecc.org.uk](mailto:amberley.mckeen@coleridgecc.org.uk)

## **Mental health support for parents**

We know that at this time of year with exams taking place and sunshine outside it can be difficult for many. Mental health is just as important to care for as physical health but often we are unsure how to help others. We attach a parent/carers guide to offer some advice.

# Key Messages

## Mental health support for parents

We know that at this time of year with exams taking place and sunshine outside it can be difficult for many. Mental health is just as important to care for as physical health but often we are unsure how to help others. We attach a parent/carers guide to offer some advice.

**MAKE IT COUNT.**  
**MENTAL HEALTH IS NOT EXTRACURRICULAR.**

Mental Health Foundation

**Guide for parents and carers**

**WHAT IS MENTAL HEALTH?**  
 We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage the full range of emotions. These can range from happiness, excitement and curiosity through to less comfortable feelings such as anger, fear or sadness. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.

**MENTAL HEALTH SPECTRUM**  
 Mental health and mental illness are part of a 'spectrum' just as physical health and illness are. Throughout our lives, many different things can lead us to move up and down the spectrum such as the start or end of relationships, getting a new job or being made redundant, changes in physical health and good news or worries about those we are close to. It is important to remember that recovery is possible, even from severe mental ill health, and that people with a mental ill-health diagnosis may be managing their condition well and still experiencing high levels of wellbeing.

**MENTAL HEALTH**

**THE FIVE WAYS TO WELLBEING**  
 It is often life events that are outside our control which can damage our mental health, and this is made worse if we feel powerless to do anything about them. One of the ways we can re-gain a sense of control and nourish our mental health is to remember the 'The Five Ways to Wellbeing' which have been found in research to improve mental wellbeing in children and adults (<http://neweconomics.org/2008/10/five-ways-to-wellbeing-the-evidence/>).

**GIVE TO OTHERS** **CONNECT** **BE AWARE** **BE ACTIVE** **KEEP LEARNING**

**TOP TIPS FOR HOW YOU CAN SUPPORT YOUR CHILD'S MENTAL HEALTH**

Below are some ideas for how you can support your child, as well as some suggestions for where you can get further information.

**DAY TO DAY . . .**  
 Our everyday habits are important to our mental health, just as they are to our physical health. Here are a few suggestions to help your child develop good habits.

**THINK ABOUT THE FIVE WAYS TO WELLBEING**  
 Are there things you can encourage them to do, or do together, each day?

**TALK OPENLY ABOUT MENTAL HEALTH**  
 Just as you might encourage them to eat fruit and veg to keep their bodies healthy (and model this behaviour yourself!), talk openly about, for example, staying connected with others or being physically active in order to take care of our minds.

**MODEL GOOD HABITS**  
 Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.

**THINK ABOUT PHONE USAGE - BOTH THEIRS AND YOURS**  
 We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health. We're also more likely to listen to one another if we're not distracted by technology.

**NOTICE ANY CHANGES IN YOUR CHILD'S BEHAVIOUR**  
 Young people tell us how they're feeling in many ways, not always verbally. Learning what is normal for your child makes it easier to notice when things change, and if this might be a sign that they're struggling.

**WHEN TIMES GET TOUGH . . .**

Sometimes you might worry about your child's mental health. Whilst you might need to speak to a member of school staff or your GP for advice, here are a few things you can do if you're worried.

**LET YOUR CHILD KNOW THAT YOU'RE CONCERNED**  
 Explain why you feel that way, e.g. if you've noticed they haven't been interested in activities they usually enjoy.

**USE ACTIVITIES THAT YOU DO TOGETHER TO HAVE CONVERSATIONS ABOUT HOW THEY ARE FEELING**  
 Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.

**LET THEM KNOW THAT STRUGGLING SOMETIMES IS NORMAL AND NOTHING TO BE ASHAMED OF**  
 Tell them about the mental health spectrum and that we all, including you, go up and down the scale throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.

**LISTEN AND EMPATHISE**  
 Often the first step to feeling better is feeling connected and knowing that someone is alongside you. Empathy helps young people (and adults) connect. Empathy involves acknowledging what your child is feeling, trying to understand things from their point of view and avoiding judgement. Empathy is usually more helpful than giving advice or trying to 'fix' their problem.

**IF YOU'RE STILL WORRIED**  
 Talk to a trusted member of school staff or your GP who can point you towards sources of help.

**FIND OUT MORE . . .**

Use the resources below to find out more about mental health and wellbeing:

The **Mental Health Foundation** website has a useful A-Z of key mental health topics: <https://www.mentalhealth.org.uk/a-to-z>

**Mind** have a whole range of information and support information for children and parents on their website: <https://www.mind.org.uk/information-support/>

**Young Minds** provide useful information for young people and their parents about mental health, seeking treatment and the mental health system: <https://youngminds.org.uk/shop/publications/c-23/c-70/>

The **NHS** website is a useful place to find out about all kinds of illnesses, including mental health problems: <http://www.nhs.uk/livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

**Mind Ed for Families** is a site developed by Health Education England and the Department of Education to help families understand and support their children, from parenting tips to getting help in a crisis. <https://www.minded.org.uk/families/index.html/#/>

**Headspace** has some useful audio and video clips about different conditions and people's experiences, as well as some mindfulness resources. Here are a couple:

**Anxiety:** <https://www.youtube.com/watch?v=QuTEPtpSFE>

**Depression:** <https://www.youtube.com/watch?v=LL0fQa6GaQ>

# House Points Update



25443



27702



24880



27655

## Recognitions

### Top House Points of the Week:

Year 7: Tayyib Ali - 17 Points

Year 8: Lucas O'Dell - 27 Points

Year 9: Alice McGerty - 103 Points

Year 10: Jamie Scholefield - 18 Points

Year 11: Tanzida Mia - 10 Points

## House Competition



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## House Challenge 10<sup>th</sup> June

### Riddles challenge

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What is full of holes but still holds water?
4. What question can you never answer yes to?
5. What is always in front of you but can't be seen?



### Prizes and Rewards:

1 House point for each correct answer

Send answers to  
[melanie.cole@coleridgecc.org.uk](mailto:melanie.cole@coleridgecc.org.uk)  
all entries need to be in by  
17<sup>th</sup> June

We are ambitious

We are caring

We have integrity

We contribute

We are CCC, where values matter