

Headteacher's Letter

Dear all,

We have had many sporting achievements this week to celebrate. Congratulations to Alex in Year 11 and Brandon in Year 9 for being selected to represent Bedfordshire Schools Football Association this season. They will be waking up very early tomorrow morning to head with the team to Suffolk. I am sure you will all join me in wishing them luck. We will update you on their performance next week. We also had 20 Year 10 Sports Leaders involved in organising and running a primary school multi sports festival at the Inspire: Luton Sports Village. We have also had a Basketball bonanza across the week and I am delighted to report that all year groups were victorious in their matches. Well done to all those students who participated and to our wonderful staff for organising and taking our students.



Year 7 also had an exciting week as they had a road safety performance from Performance in Education where they were encouraged to consider how they keep themselves and others safe on their journeys to and from school. This will be even more important as we start to see the evenings becoming darker sooner.

All Year 11 parents and carers should have received their child's reports and a letter inviting them to book appointments for our online Parents' Evening Thursday 4th November. The students are impressing staff with their commitment to attending after school booster sessions and requesting revision lists for the upcoming mock examinations.

Have a wonderful weekend everyone,
Ms Hand



Young people and adults can contact the NSPCC helpline, Report Abuse in Education on: 0800 136 663 or email: help@nspcc.org.uk

NSPCC

Friday 15th Oct 2021



Hands



Face



Space

Term Dates September

Half Term - Monday 25th
October to Friday 29th
October

Term Ends - Friday 17th
December

Spring Term 2022

Term Starts - Tuesday 4th
January - Staff Training

Wednesday 5th January -
Whole school returns



Follow us on Twitter
[@StopsleyHighSch](https://twitter.com/StopsleyHighSch)

Attendance Notice

Can parents/carers please inform the school if your child is unwell as we are monitoring attendance. Parents/carers please report this in the normal way by contacting school attendance number on 01582 870912 or the attendance email address attendance@stopsleyhighschool.co.uk

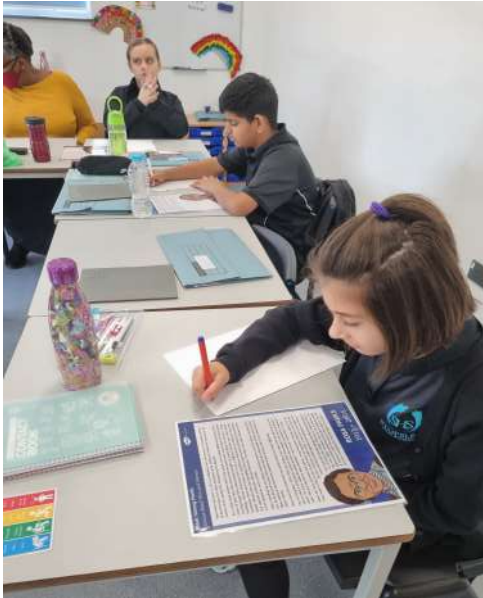
Bedfordshire Schools Football Association

Congratulations to Alex (Yr 11) and Brandon (Yr 9) who have been selected to represent Bedfordshire Schools Football Association this season.



Nurture Centre News - Black History Month

The students in the Nurture Centre have been busy this week engaging in several activities for Black History Month. They have completed their own research on Black role models throughout history. Through PSHE they have been learning about different cultures and beliefs, they have also excelled themselves by cooking a Jamaican Stew during their creative session.



Thank you for coming to our open evening. We hope you enjoyed being part of our stopsley community! We hope to see you soon! Please complete this short form so that we can keep in touch!

Click the image complete the short form



SPOTLIGHT ON COMMUNITY



My child has received a neurodiversity diagnosis (e.g. Autism or ADHD)

Where can I find help and information?



The **DIAGNOSIS SUPPORT PACK** is an online 'one-stop shop' for information, resources and signposting for families.

- Introduction
- Positives of Neuro-diversities
- Holistic Approach
- What to expect at your appointment
- Sleep
- Medication
- Talking about a diagnosis
- Sensory Processing Needs
- Mental Health
- Supporting Social Communication Development
- Best Practice Guide for Professionals
- Contact Information and Resources
- Jargon Buster
- Printable resources and links



www.cambscommunityservices.nhs.uk/dsp

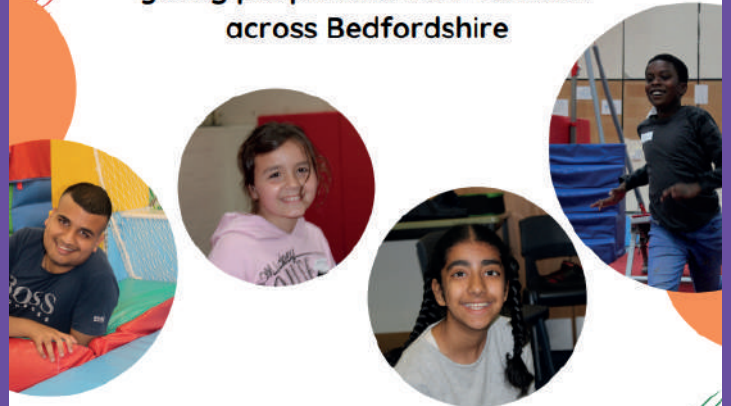
This pack has been co-produced with the help of parents, young people, local Parent Carer Forums, CAMHS, Education Psychology and other key partners.



Autism
BEDFORDSHIRE

Children & Young People's Services

Improving the lives of autistic children, young people and their families across Bedfordshire



Suite B1, 1 Hammond Road, Elms Farm Industrial Estate, Bedford MK41 0UD



enquiries@autismbeds.org



01234 350704 (helpline)
01234 214871 (general enquiries)



www.autismbedfordshire.net



DEPRESSION AND PHYSICAL ACTIVITY IN YOUNG PEOPLE

Depression is reported in around 20% of under 18s. Young people living with depression often delay reaching out for support. There is growing evidence that exercise is a helpful treatment for depression in young people, but larger research studies are needed.

OUR PROGRAMME

READY is a research study looking at physical activity and its effect on young people (aged 13-17) who have feelings of sadness that won't go away, feel overwhelmed or live with depression. Young people will take part in two 60-minute sessions per week for 12 weeks in one of three groups.

THE READY TRIAL

Take part in research aiming to see if physical activity improves the mood of young people with, low mood, feelings of sadness that won't go away or live with depression.



University of Hertfordshire **UH**

THE GROUPS

HIGH INTENSITY

Exercises to really get your heart rate up e.g. circuit training, boxing and HIIT sessions

LOW INTENSITY

Exercises keeping your heart rate at a steady pace e.g. stretching, seated exercises

SOCIAL CONTROL

No exercise here but group activities such as quizzes, games and escape rooms

WANT TO FIND OUT MORE?

WWW.READYTRIAL.CO.UK
 READYTRIAL@HERTS.AC.UK
 @readytrial
 @READYTrial

