



# Newsletter

The White Hills Park Federation Trust

Issue 117- 13th January 2017

## Promoting Healthy Lifestyles

Parents of Alderman White students will have received a letter recently from Mrs Caley that described some of the work we are doing to promote healthy lifestyles amongst our students. I would like to reinforce the fact that this is an area we are very keen to support across the whole Federation.

We know that habits and attitudes formed at a young age can persist into adult life and so we all have a responsibility as teachers and parents, to make sure our children are well-informed and able to make good choices about their diet and lifestyle. The range of work we do on healthy lifestyles includes work on diet and nutrition, physical activity, making safe and informed choices in a range of areas including sexual health, and developing positive mental health. We do this work in a number of different ways:

Firstly, within the curriculum we make sure that students are informed and aware of healthy lifestyles, in a range of subjects, including Science, PSHE and Modern Studies, Tutor Time and Assemblies. There is a Healthy Lifestyles unit in each year's PSHE scheme of work, linked to stories that reflect real-life situations, the Science curriculum ensures that students learn how their bodies work and should be looked after, and specific issues are addressed through special events and assemblies.

Secondly, we give opportunities for students to be physically active. I am very proud of the fact that so many of our students walk to school, a much higher proportion than the national average, and we also provide facilities for students who cycle to school. As well as the use of playing fields and outdoor courts at lunch and break, we run a range of extra-curricular sports activities, and have scored some notable successes in competitive sports activities, including outstanding performances in Netball. The involvement in competitive team sports is now spreading to our 6th Form students, and is something we are very keen to promote.

Thirdly, we want to make sure we support our students in making healthy choices in their diet. We make sure there are a range of options for students at lunchtime, including healthy and vegetarian choices, and we try and promote the healthy choices. We also recognise that a healthy and filling breakfast is extremely important and so breakfast is available for students every morning, and we ensure that water is available from the fountains in each school and we encourage students to bring their water bottle to fill in school.

Finally, we promote positive mental health through the raising of awareness of a range of issues, through individual and targeted support by mentors and pastoral staff, and through our counselling service led by Mrs Boot, which works with a range of students across the Federation.

We also work in partnership with local organisations and individuals, including School Nurse, Social Care, healthy living charities and members of local community groups. Since this is such an important part of our work, we want to make sure that we are ensuring the best possible provision for our students, and will continue to review and put into place any measures that will help our students live healthy and fulfilling lives.

*Paul Heery*

Executive Headteacher

## Dates for your Diary

January	FED	AWS	TBS	BC
17th	GCSE Specialism Information Evening 16:00 - 18:30 Bramcote College			
18th	GCSE Specialism Information Evening 16:00 - 18:30 Alderman White School			
18th -20th	Somme Battlefield Trip			
20th	Specialisms Taster Morning			
23rd	Specialisms Taster Morning			
24th	Year 11 Reports issued			
25th	Year 12 & 13 Mock Results Day			
26th	PTA Meeting 18:00 Bramcote College			
26th - 27th	Year 11 German Speaking Exams			
27th	Holocaust Memorial Service 10:00 - 12:00 The Walled Garden, Bramcote Hills Park			
30th	Deadline For Specialisms Choices			
30th - 1st Feb	Year 11 French Speaking Exams			

## February

1st	Year 8 Sutton Scholars Campus Visit The University Of Nottingham
2nd	UKMT Intermediate Maths Challenge
4th	Debating Competition University Of Nottingham
6th - 10th	Geography Field Trip Portugal

Please see our websites or login to our free app to view a full calendar of events and important dates.

## Buildings Survey

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Last week, I wrote about the excellent progress we are making with our new buildings. We are very keen to receive input from our parents and members of the local community. We have a short survey that can be accessed via the Buildings and Improvements pages of our website ([goo.gl/9OY994](http://goo.gl/9OY994)) – we would be very pleased to hear your views.

**Mr P Heery**

## Safeguarding and Social Media - A Film About Kayleigh Haywood

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Kayleigh's Love Story depicts the last 13 days of the life of 15 year old Kayleigh Haywood who was groomed online by a man she had never met, before being raped and murdered by his next door neighbour.

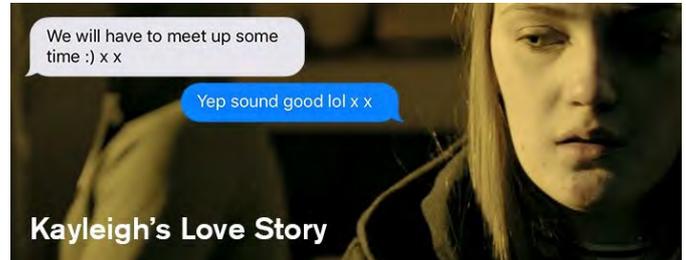
With the support of Kayleigh's family, Leicestershire Police have made a film about aspects of the last two weeks of her life.

The film will be shown to Years 11, 12 and 13 within the Federation.

If it were to be screened at a cinema, it would carry a 15 certificate.

As parents/carers you may wish to watch this yourselves, and you may decide it is appropriate for children younger than 15 to watch it. In Leicestershire it has been shown to children aged 11 onwards.

The film is a warning to young people, both girls and boys, about the dangers of speaking to people they don't know online. It highlights just how quick and easy it can be for children to be groomed online without them or those around them knowing it is happening. Its purpose is to protect children now and in the future and to stop another family losing a child in this way.



### Why should young people see it?

It's vital that young people understand the importance of staying safe online and parents can spot the signs that may indicate their child is being groomed. There is a [fact sheet](#) for parents that contains information about online grooming and the tell-tale signs and behaviours.

### Facts about the film

The film lasts around five minutes and was shot in various locations across Leicestershire and in Nottingham. If it were to be screened at a cinema, it would carry a 15 certificate.

The film has also been released to every police force in the country for them to show to schoolchildren in their own areas.

### What can you do to help?

Everyone can play their part by making a commitment that such abuse and exploitation of children will not be tolerated and help spot the signs to prevent young people coming to harm.

The film, which we have already shared via our Facebook and Twitter accounts, plus the fact sheet and more information can be accessed via the Leicestershire Police website: [leics.police.uk/kayleighslovestory](http://leics.police.uk/kayleighslovestory)

**Mr P Broadley, Ms S Plimmer, Mr J Macdonald**

**Designated Safeguarding Leads within the White Hills Park Federation Trust**

## Legal Rights For Young People

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Coram Children's Legal Centre's Child Law Advice Service has launched a new website which helps children and young people find out about their legal rights.

[Lawstuff.org.uk](http://Lawstuff.org.uk) is funded by The Queen's Trust, and provides information about children's rights in the following areas:

Police and Law	Home and Family	Sex health and drugs
Children's Services	Abuse and bullying	At what age can I...
Education	Not from the UK	My rights
Online safety		

The website also hosts the popular publication *At what age can I?*, where young people can find out what activities they can do at certain ages such as, "when can I learn to drive?", "when can I babysit?" and "when can I leave home?"

Young people who have specific enquiries which are not covered on the site can contact the Child Law Advice Service, contact details can be found at [childlawadvice.org.uk](http://childlawadvice.org.uk).

## Student Data Collection Forms

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Today, students should be bringing home confidential information sheets containing all the personal and contact information we hold on our system.

Please check these forms, add any missing information and make any corrections, and return to reception by Tuesday 24th January. It's important the information we hold for you and your children is up-to-date and accurate.

**Ms K Dalton**

## Goals For Life!

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Well done to all our students who took part in our first session with two Notts County players this week.



The programme runs for 10 weeks and helps to improve confidence and fitness; health and positivity. A fantastic opportunity!

**Mrs S Neal**

## Support Our Choir In Waitrose

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Each month, every Waitrose branch donates £1,000 between 3 local good causes chosen by shoppers. This month, the Waitrose branch in Wollaton has chosen our Federation Community Choir as one of the worthy local causes for the scheme.

At the end of your shop, you'll receive a green token to place in a box of the cause you'd most like to support. Please consider dropping your token into the slot for our Choir, which relies entirely on donations and performs throughout the year at local events.

The more tokens a cause gets, the bigger the donation they receive.

At the end of January, the choir will be replaced by another cause, so any support over the next couple of weeks would be greatly appreciated.



## PTA News

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The PTAs at Alderman White School (including Bramcote College) and The Bramcote School are in need of tombola and raffle items. If you have any unwanted Christmas gifts that you would be willing to re-gift to us we would be delighted and appreciative. Please drop off any donations at main reception on the relevant site.



Attention Alderman White parents - the PTA needs your support!

We will be meeting next on **Tuesday 7th February** at 6.30pm in the Meeting Room (behind the reception area) in school to plan the Summer Fair.

If you signed up at the Year 6 evening in the summer term please come along, even if this is the one and only meeting you can make. Those of you who have never signed up or thought about contributing before but would like to offer some input or support, please do come along. Our small team of parents have been working tirelessly to raise funds to enrich the opportunities available to your son/daughter: funding external visitors to lessons, rewards, two outdoor basketball hoops, chairs for our school hall, and much more. Please help to appreciate what we do by offering your support.



The next meeting of The Bramcote School PTA is **Thursday 26th January**, at 6pm on the Bramcote College site. New members are always welcome, so feel free to come along and help us support the school.

For more information on either of the PTA groups, please contact Julie Francis ([Julie.francis@whpfederatoin.org](mailto:Julie.francis@whpfederatoin.org))

**Miss J Francis**

## Keep Up-to-Date, Follow Us Online

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Don't forget that for more news as it's happening you can follow and like our accounts on Twitter and Facebook. You can also download our free App to quickly receive messages we send out, for easy access to our upcoming events, latest news, absence reporting and more. Use the links below or search your app store for 'MySchoolApp'.



[AldermanWhite](#)  
[TheBramcoteSch](#)  
[BC6F](#)  
[WHPFederation](#)



[Alderman White School](#)  
[The Bramcote School](#)  
[Bramcote College](#)



## Subject Specialists - Helping Year 9 Choose Their GCSE Subjects

Year 9s are now well into the process of choosing their specialisms for Key Stage 4. Next week sees the Information Evenings for both schools and the start of the Taster Sessions.

Having received Specialisms Booklets before the Christmas break, Wednesday this week saw the Year 9s attending the Subject Specialists events where they had the chance to discuss GCSE courses with Year 10 students and get their point of view on the subjects on offer

The Year 10 Specialists talked about what a typical lesson was like, what they are learning, and anything they thought was important to know about a subject before choosing it. They also showed examples of their work.



Students also chose between a range of 'new' subjects for their upcoming taster mornings, at Alderman White School on Friday 20th and at The Bramcote School on Monday 23rd. We are also very much looking forward to meeting Year 9s and their parents at our Specialisms Information evenings: Tuesday 17th January (4:00-6:30pm) at Bramcote College for The Bramcote School students, and Wednesday 18th January (4:00-6:30pm) at Alderman White School.

A big well done and thanks to all the KS4 students for their hard work and excellent attitude in explaining their subjects, and to the Year 9s for the way they approached the event.

Miss J Cooper / Ms C Welch

## AquaStars Shine at Synchro Nationals!

A number of our students from Alderman White School are members of the Bramcote Swimming Club AquaStars synchronised swimming team. Last Saturday, their successes at the ASA National Synchronised Swimming Competition in Gloucester on 3rd December were highlighted at the BSC annual presentation evening. All the girls – in teams Zombie, Love and Matilda – did really well in their respective groups, with Team Love reaching 8th place in the 13-14 age group category. So congratulations to Beth Sullivan (Year 11), Kirsty McCabe and Scarlet Sanders (Year 9), Evie Heathfield (Year 8) and May Williams, Niamh Tunney and Meg Clements (Year 7) for their fantastic achievement.



Mags Heathfield

The Bramcote School  
A member of The White Hills Park Federation Trust

# FASHION SHOW AND CLOTHES SALE

FRIDAY 5<sup>TH</sup> MAY  
SHOW STARTS 7PM  
DOORS OPEN 6:30PM  
LICENSED BAR | SOFT DRINKS | TOMBOLA

ADULTS	CHILDREN (UNDER 16)
£3 IN ADVANCE FROM RECEPTION	£2
£4 ON THE DOOR	£3

DEBENHAMS  
next **White Stuff** M&S  
MONSOON oasis wallis  
PURPLISH LONDON NEW LOOK DOROTHY PERKINS

# Breakfast Club



The Bramcote School  
**Breakfast Club!**  
8:00am - 8:30am every day  
Taking place outside the canteen

Toast - 10p
Fresh Fruit - 20p
Hot Chocolate - 50p
Tea/Coffee - 50p
Orange Juice - 20p



## Business Breakfast Update

Last term saw our first combined Key Skills event and Careers Fair. The event allowed Year 12 students the opportunity to develop employability skills such as interview skills, CV development and how to make yourself stand out from others.

The day began with Chair of 'Nottingham Means Business' Simon Gray, Entrepreneur Adam Bird, and James Veness of 'School Energy Efficiency' giving inspiring talks on Resilience, Managed Risk and Luck.

The Careers Fair aimed at Years 10 to 13 saw our young people speak with university providers and other representatives from a range of backgrounds, which enables them to plan their next steps.

Our next Business Breakfast is planned for Tuesday the 7th of February from 7.45am-9.00am at Bramcote College. The speakers attending are:

Groundwork Nottinghamshire,

NHS Apprenticeships,

Health Watch and Federation Ambassadors.

If you would like to attend, please get in touch by email on [mel.lancley@whpfederation.org](mailto:mel.lancley@whpfederation.org) to book a place.

**Dr M Lancley**



## Autumn Term 100% Attendance Awards



Student awards for 100% attendance during the autumn term at The Bramcote School are below.

First prize was a £20 Victoria Centre Voucher, 2nd prize was a £10 Victoria Centre Voucher. Well done to all our winners.

### First Prize

<b>Year 7</b>	Abigail - 7MAL
<b>Year 8</b>	Richard - 8CRO
<b>Year 9</b>	Liam - 9REM
<b>Year 10</b>	Holly - 10ZEE
<b>Year 11</b>	Oliver - 11BAN

### Second Prize

Rebecca - 7MOR
Daniel - 8REU
Joseph - 9HLL
Hannah - 10BAR
Ma-Quayne - 11HUN

Tutor groups with the best attendance for 2nd half of Autumn term, therefore winning the trophy are as follows:

7MOR, 8NOA, 9SUO, 10ZEE, 11HUN

The Bramcote School would like to thank Vision for Education for providing pizza to the KS3 and KS4 tutor groups with the best attendance in 2nd half of autumn term. The lucky winners were 8NOA and 10ZEE.



At Alderman White School, two separate draws for KS3 and KS4 were made, with prizes including an iPad, Virtual Reality headsets, and selection boxes up for grabs.

The winners are as follows:

**iPad Winners:** **KS3** Edward Garner

**KS4** Robyn Nix

**VR Headsets:** **KS3** Leah Gibson, Jason Gunn, Jessie Priestnall, Axel Fowler

**KS4** Sam Daykin, Joel McKenna, Leon Paterson-Stephens, Joshua Good

**Selection Boxes:** **KS3** Owen Pierce, Tia Thomas, Caitlin Turnbull, Kerrie Smith

**KS4** Abigail Smart, Alex Wickens, Cherise Perkins, Shannon Gilbert

Well done to all the lucky winners.

**Mrs R Bosley / Mrs L Philpot**