



# High News

Harrogate High School News and Events 5th Edition

May 2015



## Comic Relief - 2015



**Year 13 Sixth Form students** organised a jam-packed day of fundraising with a wide array of events throughout the day. In total, students **raised over £650**. All students were encouraged to donate 50p to wear non-school uniform and make their faces funny for money.



The day started off with **all Year 7 and 8** completing a **one mile run** and raising individual sponsorship for their efforts. The **fastest male** was **Tom Houseman** and the **fastest female** was **Lizzy Watson**. The **top fundraisers** were **Chloe Kitchen** and **Leo Slack**, who both raised over £35 of sponsorship.



**Head Girl (Rebecca Marshall)** were sponged

At break time, **six daring Year 13 boys** raised money by having their legs waxed and the **Head Boy (James Nicholls)** and

by younger students for a donation. There was also a cake sale.



In the last two hours of school **Year 13 students** got buckets and sponges out to do a car wash for staff and Sixth Form drivers. Finally, students stayed after school to take-part in **staff vs. students** sports including football and netball. The staff ran out winners in both matches winning the netball 18-9 and the football 7-6.



**Head of Sixth Form, Rickie Wilson** said: *"We are really keen to see our own students taking the leading in organising fundraising activities and I am really proud of the Year 13 students this year who have led the whole day and done an amazing job."*

**IN THIS ISSUE:** \* Comic Relief \* Science Week \* Music Department  
\* 3 school trips \* Focus on healthy eating



## *A message from the Executive Principal*

May 2015

Dear Parents / Carers

I would like to share my concerns regarding the funding of schools and academies over the coming years.

Perhaps you have heard in the press about school funding being protected since 2010. This has meant that the funding rate per student has remained static and has not kept pace with rising costs and inflation. There are further and very significant rises in costs for the coming academic year, resulting from national increases in employment costs which will put even more pressure on school budgets. For those schools which have sixth forms, the cuts in funding at this level have already been significant over the past four years and have started to bite. This has affected the curriculum and learning hours provided by schools across the country.

The impact of these financial constraints will inevitably affect our school's capacity to maintain the current service. Longer term we are indeed fortunate to be moving to a new school building that will be more efficient to run and maintain compared

to the cost of our current building. However, we also want to provide some additional facilities as we move into the new building and there's a reducing opportunity to do so on current budget predictions.

As your Executive Principal I am taking the unprecedented step of writing to parents and to ask you to be understanding but, please rest assured that the quality of education won't be allowed to suffer and we will continue to provide the best possible education for all the students in our school.

Yours faithfully

Andrew Bayston

Executive Principal





## Health Matters—Eating healthy

As well as recommending that everyone eats 5 portions of fruit and vegetables a day, government advice for a healthy **balanced diet** also focuses on the **'eatwell plate'**.

The picture of the 'eatwell plate' shows how different foods contribute towards a healthy, balanced diet, and the proportions that they should be eaten in, to give healthy adults or children over 5 years old the nutrients they need.

The **eatwell plate** also comes with general advice to eat:

- Plenty of **fruit and vegetables**
- Plenty of **bread, rice, potatoes, pasta** and other starchy foods, choosing **wholegrain** varieties where possible
- Some **milk and dairy** foods
- Some **meat, fish, eggs, beans** and other non-dairy sources of protein. Eating **2 portions of fish a week** is recommended, one of them should be oily fish
- Just a small amount of foods and drinks high in fat and/or sugar.



Read the information page overleaf to check out the “at-a-glance guide to sugar swaps” to help you to reduce the amount of sugar you consume. Challenge yourself to make small changes - they can make a big difference!

### Healthy alternatives to sweet snacks

Try these ideas and see if you can chuck the choccie!

- Chunks of melon, strawberries, grapes, or whatever fruit you have to hand.
- Dried – how about just a few pieces of mango, banana, pineapple, cranberries or raisins? Don't forget, a small handful is about the right amount of dried fruit for kids.
  - Low fat fruit yoghurt.
  - A handful of dry, reduced sugar cereal with a few raisins or sultanas.

### Healthier savoury snack ideas

Instead of crisps and biscuits which can all be high in salt and fat, try:

- Baked crisps
- Small handful of unsalted mixed nuts
- Pitta and lower fat dips like salsa or reduced fat hummus
- Rice cakes with lower fat cream cheese and cucumber
- Celery sticks filled with lower fat cream cheese

Visit [Change for Life](http://www.changeforlife.org.uk) to find out more top tips to staying fit and healthy!!!



You matter most

## Universal Healthy Child Service

**NORTH YORKSHIRE**  
**HEALTHY CHILD PROGRAMME**  
*Growing up healthy in North Yorkshire*

Harrogate and District Foundation Trust Children's Services 5-19 Healthy Child Programme

14 April 2015

Dear Parents and Carers,

We would like to introduce you to our new 5-19 Healthy Child Service which has been established for all children and young people within North Yorkshire. This service will work in universal and community settings such as in schools, youth venues and in the family home. The Healthy Child Team will conduct health checks on children entering school and on transfer to secondary schools. We will be the first point of contact for schools where there may be concerns about a child's health and wellbeing, we will offer advice and information to parents and work directly with children and young people. The service will have a named nurse linked to each GP practice in your area. This service will also be responsible for measuring and weighing children as part of the National Child Measurement Programme and will undertake immunisation and vaccinations and help improve their health and wellbeing.

The Service is resourced with a range of health care professionals with the skills and competencies required to deliver an accessible and professional service. This will include:

- Specialist Community Public Health Nurses (SCPHN); Known previously as School Nurses
- Healthy Child Nurses(HCP);
- Assistant Practitioners (AP)
- Screening Technicians and Administrators

We work closely with our colleagues within the Prevention Service, Compass REACH, and the Healthy Lifestyle Service so that Children, Young People and Families receive consistent information about all services available and do not experience a disjointed relationship with either the Healthy Child providers or the Prevention Service.

During the year you will receive on going communication and information from us and we will be developing our website information on the schools and NYCC websites. We look forward to working with you and your families and please don't hesitate to contact us on the number or email below if you need any more information about the Healthy child service or have any health concerns regarding your child

HDFT Healthy child Service can be contacted by emailing [hhc-tr.5-19admin@nhs.net](mailto:hhc-tr.5-19admin@nhs.net) or by telephoning 01423 557711

Yours Sincerely

Rachel Wigin

Professional Clinical Lead 5-19 Healthy Child Service



- Emotional Health, Psychological Wellbeing & Mental Health.
- Transition between CAMHS & AMH Sexual Health.
- Support for Parents & Careers
- Immunisations
- Referral to Local Specialist Substance Misuse Services
- Smoking Cessation
- Targeted approach
- Support Transition of young people leaving care
- Support for young parents
- Looked after Children Reviews



**Transition into Adult Hood**

**16 – 19 Years**

**11 – 16 Years**

**5-11 Years**

**4 – 5 Years**

- Health Review at School transition
- Emotional Wellbeing & Health
- Self Harm
- NCMP
- Promoting Healthy Weight
- Long Term Conditions
- Childhood Immunisations
- Teenage Pregnancy & Sexual Health
- Teacher Training Sessions
- Care Plans
- Contenance Care
- Promote a Healthy Lifestyle
- Smoking Cessation
- Drugs & alcohol
- Support to Parent & Carers
- Behaviour Management
- Safeguarding

- Safeguarding
- Behaviour Support
- Identification of Targeted Intervention
- Emotional Wellbeing & Health
- Vision & Hearing
- Looked After Children Reviews
- Promoting Healthy Weight
- National Child Measurement Programme
- Long Term Conditions
- Contenance Care
- Immunisations & Vaccination's
- Support for Parents & Carers

- Transition into school
- Liaison with HV
- School Entry Assessment
- Identification of Targeted Health Needs
- Contenance Care
- Behaviour Support
- Safeguarding





## Science week at Harrogate High

**Monday 16 March** marked a week where discussions about Science took taking place in all classrooms at Harrogate High School. To mark British Science Week, a series of challenges were set for students and staff to participate in. They included an **'Invention and Discoveries Scientist Quiz'**, a **joint staff and A Level students** quiz and a VMG **'Inventions that have changed the world'** project.

All challenges involved researching the work of scientists and focussing on inventions and discoveries that have made a significant impact to modern day life. Students were able to work alone, in pairs and in VMG groups. Staff involvement in the Daily A Level Quiz quickly showed that there are many staff who are 'secret' scientists and very knowledgeable. The success of VMG groups was also highlighted with excellent team work across year groups showcasing amongst others, projects on the light bulb, the computer and contraception.

The week helped students to see more clearly why enquiry, research and experimental work are so important in science. It has also highlighted the role of scientists as fundamental in leading discoveries and creating inventions that impact on all aspects of our daily lives.

Congratulations to the following winners; Cloe Waite & Kezia Hurdon for winning the **'Discoveries and Inventions Quiz'**, the **British Solomon Islands** for winning the VMG project, **Morocco** for winning the VMG quiz, **Todd Newband** and **Ms Grainger** for winning the joint staff and student A Level quiz. As always, many thanks to the **Science Ambassadors** who were key to ensuring that all of these activities were well prepared and resourced as well as promoting them.

We look forward to another Science takeover very soon!



## Science Week Winners

### A Level Quiz Leader boards

Student Name	Points
Todd Newband	8
Alia Khalid	5
Rebecca Marshall Shannon Brice	3
Aimee Cunliffe	1

Staff Name	Points
Ms Grainger	5
Ms Contreras	3
Miss Potts	2
Mrs Cocker Mrs Merson	1



**VMG  
'Celebrity  
Quiz'  
Winners:  
Morocco**



**Science Week  
Challenge Winners  
Cloe Waite  
Kezia Hurdon**

### VMG 'Inventions that have changed the world' project





We have had yet another busy half term with numerous concerts and events taking place. As always in the music department, our feet never touch the ground and that is the way we like it!

The first event within the calendar was our **annual High Factor competition**. This is the third year of it running and it becomes more popular each year. We had a staggering amount of singers audition just to be in the final competition. We may have to look at having a semi-final programme next year as the school is quickly providing some outstanding singers throughout all key stages.

The competition was presented by our very own **Dermot O'Leary in the form of Mrs Southern**. She was accompanied by the judges **Mr Richards aka Simon Cowell, Mrs Moss-Blundell aka Cheryl Fernandez-Versini and Mr Wilson aka Louis Walsh**.

The evening was divided into four categories – KS3, KS4, KS5 and Groups. The standard was extremely high this year with a larger number of KS3 and KS4 students performing than in previous years. **Caitlin Smith and Amy Wilson** sang with great confidence “Not About Angles” by Birdie to win their category at KS3.

KS4 was won by the popular **Caitlin Gott** singing “Valerie” by Amy Winehouse. KS5 was very close with only a couple of marks between them. The dark horse of the competition **Alicia Fox** who took the win here.

In the groups, **Niomi Webb and Joel Broadbent** won, again a very close score. It was noted that all the groups performed acoustic sets with their instruments. **Ben Wharton and Jordan Howell** even performed their own composition. This year, the judges chose the final winner and they voted for **Alicia Fox** to take the title of **High Factor 2015**. **Well done to Alicia!**



On **Thursday 12 March**, Harrogate High welcomed the **Great Yorkshire Dance Orchestra** to school for a day full of workshops concluding with an evening's concert. The Great Yorkshire Dance Orchestra is an authentic 1920s jazz band, whose entire repertoire consists of transcriptions of original scores and recordings from the art deco era. Playing on vintage instruments of the time, this new ensemble takes a step back to an age where dance halls brimmed with luxury and glamour, and the celebrities were the stars of the silver screen. The 11 musicians from the band spent the day working alongside instrumentalists and singers from both **Harrogate High School and King James' School, Knaresborough**. They delivered bespoke master classes in drums, reed, brass, keys and vocals. Over 50 students took part and the quality of the music making was outstanding.





## Music department continued



The cabaret style evening performance included each band performing their own set concluding with a collaborative set from all the bands. The evening's music included classic numbers such as "Moonlight Serenade", "In the Mood", "Mini the Moocher" and "I Wanna Be Like You". The evening was a resounding success. It was a great to see our students so inspired and thrilled with their performance. **Watch this space as there will be more collaborative events taking place with this band in the future!**



Easter is always a busy time for the music department as we have taken part in the **Harrogate International Youth Festival** for the past **42 years** and we are proud to be the only school to have done so. **The Big Band and Jazz** night took place at the Crown Hotel and is always one of the highlights of the festival. **High Jazz** joined forces once again with **Riverside Jazz** from **King James's School** and performed as **River High**. The students

performed a great set and held their own against students from Germany, Canada and St Aidan's.



On the Tuesday of the Easter holidays, we took **High Choir** to the wonderful Ripon Cathedral to take part in the choral and orchestral concert. They saved the best till last and after seven excellent choirs, **came High Choir!** We wowed the audience with our very different choice of repertoire and many comments were received about the outstanding progress the choir has made over the last two years. The Festival closed with the finale concert where our **Jazz Band** performed two numbers as well as perform in a massed band of 200 musicians from around he world.



**We would like to thank all our students who took part in all these events. We are very proud of you!**

Our next half term will be focusing on performance exams for our students A Level and GCSE exams.







## School trip - Harrogate

### Students practice their culinary skills at Pizza Express!

As part of the **KS4 Foundation Learning** course, students were treated to a cookery workshop at **Pizza Express** with **Miss Askew, Mrs Lee and Miss Reeve**. Each student made their own pizza from scratch whilst being led through each stage of the preparation process by the finest Italian chefs at the restaurant.



Students were able to use the food preparation skills and techniques learnt in their Foundation Learning lessons whilst preparing their pizza toppings. It was great to see the students using healthy option toppings and trying out foods that they hadn't tasted before. They were exposed to a new way of cooking and the experience of making their own food.



Throughout the workshop students were eager to learn more about the variety of Italian style pizzas, the role of a chef and discussed career progression and opportunities within the company.



After such a fun filled morning, the students were able to bring their pizzas back to eat in the school Bistro and indulge in their creations! The day was superb and we all had such an enjoyable and interactive experience.



**Michal Balog**, a Year 9 student who attended the cookery workshop, said ***'It was so much fun and the people leading the workshop were so friendly. I'd like to think I could be a chef one day!'***



## School trip – Paris



March 2015

Our trip to Paris started as it meant to go on, with a **compliment to our students**, from the coach driver saying that Harrogate High School is the first school that has ever been ready to leave before departure time, which was no mean feat as the designated time was 2.15 am!!

As a result we also arrived early at our destination, **Le Château de Grande Romaine**, which is 20 miles west of the centre of Paris. This gave us the time to be shown round the amazing grounds and beautiful stately home that was to be our accommodation for the next 3 nights, before having our first French meal in the spacious dining room. The meals were certainly one of the successes of the trip as almost all the students were able to tuck into something they enjoyed in the wide choice provided at breakfast and dinner. And as everyone made their own packed lunches in a well-equipped canteen, we were rewarded by seeing everyone devouring these with gusto! Some of us even tried a snail or two!

A weekend in Paris may sound short but we managed to pack an enormous amount into the time we were away. Not a moment was wasted on Saturday when we went into the centre of Paris; as we managed to climb **the Eiffel Tower** (most of us to the top!), cruise on the river **Seine** from where we had panoramic views of Paris, make a whistle-stop tour of the **Sacré Coeur Cathedral** and stroll around **Montmartre** market (in our red caps so that we could all spot each other easily). All of which was well organised and humorously explained by our PGL guide, Ryo.

Sunday was the highlight for most, though, as we spent the day **in Disneyland**, enjoying various types of attractions according to everyone's different tastes and buying food and gifts for those at home.



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## School trip – Paris continued

Not only did we have exciting trips during the day, but each evening there was a fun activity led by PGL instructor, Charlie, who kept us engaged and entertained until bedtime. We all enjoyed the crêpe making and quizzes, and most people threw some serious shapes at the disco. But we all agreed that the best activity was the hilarious bin bag fashion show in which some students totally surprised us on the catwalk (mentioning no names, **Sam & Daniella!**). **Both Ryo and Charlie complemented HHS students on their behaviour and enthusiasm during every activity undertaken. HHS staff felt very proud of our students!**



On Monday everyone was very sad to say goodbye to our instructors and many photos and selfies were taken! But before arriving at the ferry we had 2 more stops.

The first was at **Vimy Ridge**, a World War 1 war memorial site, where we were able to walk through the restored and preserved trenches and visit the beautiful memorial to the 60,000 Canadians who gave their lives in



France to help us win the war. It was a very moving experience and we were very grateful to our fantastic coach driver, Neil, who shared his great knowledge and expertise with us, about Vimy Ridge and in fact France in general. Our next brief stop was at a chocolate shop where we stocked up with delicious French and Belgian chocolate for the journey home. And eventually onto the ferry from Calais to Dover and one final stop in services on the A1 where we surprised the MacDonal's staff by ordering 41 meals and drinks!

Everyone agrees that it was a fantastic trip and the MFL department are now planning the next trip which is likely to be in 2017 to Spain. Watch this space.....





## Going Wild!



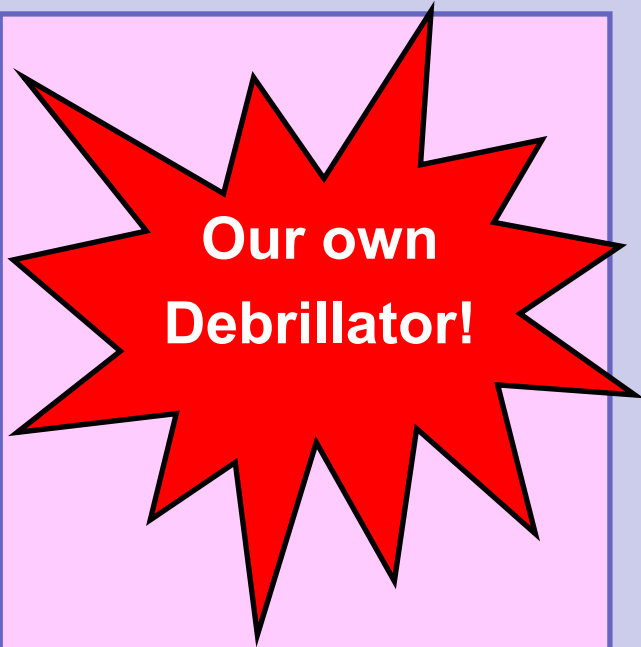
In March, Year 7 enjoyed a 'wild' time at the Yorkshire Wildlife Park in Doncaster. As part of the English department's 'Design a Zoo' scheme, the students were able to take in the atmosphere and first-hand experience of how wildlife parks are operated.

With animals ranging from polar bears, lions, giraffes, monkeys and meerkats, there were plenty of exciting animals on show. We were also fortunate enough to catch a sneaky peak of the developing new polar bear enclosure known as the 'Polar Experience.'



Many students enjoyed the extra special experience of being able to walk around within some of the enclosures and see the animals (such as wallaby's and lemurs) extremely close up.





**Our own  
Debrillator!**

After our students have raised money, plus a grant from the British Heart Foundation, our defibrillator has arrived.

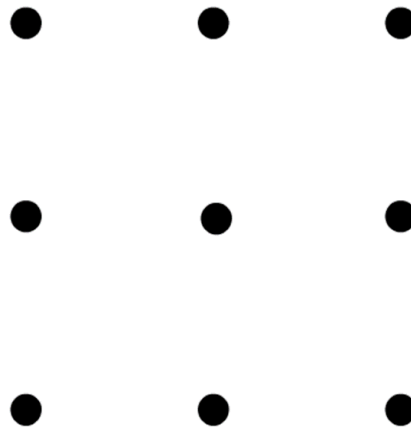
A big thank you to all our students for their generosity!



## Maths Puzzle



Copy this diagram. Can you draw 4 straight lines that go through all the dots without lifting your pencil off the paper?



All correct solutions handed in at the Maths Office before the next High News will be entered into a prize draw for 50 VIVOs.





*Lifeguard course available to Years 11 and 13 only*



ROYAL  
LIFE SAVING  
SOCIETY UK

NATIONAL POOL LIFEGUARD QUALIFICATION

[www.rlss.org.uk](http://www.rlss.org.uk)

# the lifeguard

**About the NPLQ**

The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification in the United Kingdom and Ireland. The NPLQ course duration is a minimum of 36 hours and course content covers: The Lifeguard, Swimming Pool and Supervision. Intervention, Rescue and Emergency Action Plan. Cardiopulmonary Resuscitation, AED and First Aid.



**Course Dates:**

29 June-3 July 2015  
6 July-10 July 2015 inclusive  
Time: 0845-1430

**Course Cost:**

Free of charge. Candidates will be expected to give some time to the PE department.

**For further information:** ([application form](#))

This intensive 2 week course is open to students from Year 11 and Year 13 only.

To book a place or for more information email Mrs Contreras:

[pac@harrogatehighschool.co.uk](mailto:pac@harrogatehighschool.co.uk)

Guarding Lives Saving Lives



**WELCOMING  
ALL PARENTS AND PUPILS  
IN YRS 4 AND 5  
PLUS SIBLINGS**

# **SUPER LEARNING EVENT**



**WEDNESDAY  
17 JUNE 2015**

**3.15-5.30PM  
MAIN HALL**



**TALK TO THE  
STUDENTS**

**TAKE PART IN ACTIVE  
LEARNING HUBS**

**MEET THE  
STAFF**



**COME SEE THE PLANS FOR OUR  
NEW SCHOOL OPENING AUGUST 2016!**





## Important Information



### Diary Dates

<b>Monday 11 May</b>	Summer examination season begins
<b>Thursday 14 May</b>	Year 8 trip to Shine
<b>Monday 18 May</b>	100 day session Attendance Challenge ends
<b>Friday 22 May</b>	Year 11 Celebration Assembly P5 Non Uniform Day £1—Children in Need Break up for half term 2.30pm
<b>Monday 1 June</b>	School reopens 8.20am
<b>Wednesday 10 June</b>	Parents' Forum 6.45pm LRC
<b>Wednesday 17 June</b>	Super Learning Event for parents/children in years 4 and 5 3.15pm—5.30pm

### Noticeboard

### DID YOU KNOW?

We have an excellent range of facilities for hire including a **Sports Hall, Gymnasia, Dance Studio, Teaching Kitchen, Learning Resource Centre and - of course - classrooms.**

If you are looking to **run an adult education course**, we can provide classrooms or, for larger courses, a **modern Learning Resource Centre with PCs and plenary/break-out areas.** For a more relaxed environment, we can offer you our **Sixth Form study area and common room.**

Contact Mrs A Hague on **01423 554084** or [adh@harrogatehighschool.co.uk](mailto:adh@harrogatehighschool.co.uk) for more details.

