

Welcome back to all students – we hope you had a restful Christmas break!

A reminder to parents and carers about the importance of taking and reporting Lateral Flow Test results

We continue to strongly encourage all our community to test twice weekly at home and to report all the results to us in school and the NHS. This is designed to catch any possible cases of Covid-19 at the earliest stage and reduce the chances of transmission in school. The report login can be found [here](#).

Government update to self-isolation period for positive cases

Since Mr Lanckham's letter at the start of the week, the Government have updated the rules on self-isolation and testing. Individuals may now take LFD tests on day 6 and day 7 of their self-isolation period and may be able to end the self-isolation period before the end of the 10 full days. You can take an LFD test from 6 days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day (day 7). The second LFD test should be taken at least 24 hours after the first. If both of these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result and return to your normal routine. Anyone who is unable to take LFD tests will need to complete the full 10 day period of self-isolation.

Face Coverings



As per the Government guidance, students (except those who are exempt) are required to wear face coverings in corridors, communal areas and during lessons. This is to help reduce the chances of transmission of the virus in our community. Students who use public transport to and from school should also wear a face covering.

Guidance for parents and carers on online sexual harassment and keeping children safe online

The DFE have asked that all schools share the below information.

The Children's Commissioner has launched [a guide for parents and carers on online sexual harassment and how they can support children to stay safe online](#).

"The things I wish my parents had known" draws together advice from 16 to 21 year olds on how parents should manage tricky conversations around sexual harassment and access to inappropriate content, including pornography. The Commissioner's office began a programme of work focussing on peer-on-peer abuse following the avalanche of testimonies on the [Everyone's Invited](#) website, which laid bare an epidemic of sexual violence among teens. This was picked up in [Ofsted's June 2021 review of sexual harassment in schools and colleges](#).

A surprising but overriding message from young people is that parents should start these challenging conversations early. They suggest broaching topics before a child is given a phone or a social media account, which is often around the age of 9 or 10.

Year 7 Parents' Evening – Wednesday 12 January 2022

Unfortunately we are unable to hold our parent evening as a face to face meeting as normal, so we will run the evening via video appointments using a system called School Cloud. This is a web based system and does not require an App to be downloaded. Parents will be invited to make an appointment and then will join a video call with the member of staff on the evening at the appropriate time. Details of the system have been sent to parents via Parentmail to explain how to book appointments and access the system.

Mr Morley

Special points of interest:

- **WHSA** – for information about joining, contact Mr Andi Buckley on 0121 550 1452
- **Lost Property** is kept for two weeks. Students are notified of items via the daily message sheet.
- **Uniform:** Sales are now online: <https://www.swischoolwear.co.uk/>

Extra-Curricular Clubs and Activities for Spring Term

For the Spring Term, we are pleased to once again offer a full and varied list of Extra-Curricular Clubs and Activities for our students to participate in. Most of these will run until at least Easter. A list of the clubs on offer is attached and all clubs are also listed in the extra-curricular section of our website.



Clubs are free and all students are welcome to attend as many clubs as often as they wish. There is no need to pre-register so students can attend whichever sessions suit them, giving them the chance to experience a wide range of new things and discover new interests.

We look forward to seeing as many of our students as possible taking advantage of these opportunities!

Happier January! How can we start this new year happier?

Things have certainly not been easy over the last year, and we are still in difficult and uncertain times. The best way to try to handle our difficult emotions and experiences is by focusing on what we can control. This month, we're encouraging everyone to focus on small steps to try to boost happiness - for ourselves and others around us - to spread kindness and hopefully inspire others to do the same.

Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together



WELLBEING



Parenting Smart Support Platform

Place2Be have created a parenting platform that offers support to parents on a variety of matters. If you click the link below, it will take you to this platform which offers great advice and support. The topics below are just some of the support on offer.

<https://parentingsmart.place2be.org.uk/>

My child is anxious 2 min video 8 min read	Nurturing talents 6 min read	My child says 'I hate you!' 5 min read
My child thinks they need to be perfect 8 min read	Peer pressure 6 min read	Help your child manage separations and goodbyes 2 min video 4 min read
Using praise and reward 2 min video 6 min read	The importance of boundaries and consequences 2 min video 5 min read	Reading with your child 5 min read
My child just says no to everything 2 min video 6 min read	Healthy habits for parenting 6 min read	Safe social media for primary aged children 11 min read

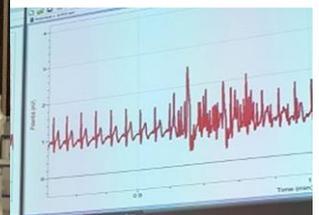
We have created a wellbeing page on our website where we will regularly add support materials for parent / carers to access. Please click the link at the bottom of this article to look at this guidance for mental health concerns.

<https://www.windsorhighschool.org.uk/school-life/student-welfare-and-personal-development/wellbeing/>

Year 7 Science Trip to University of Birmingham

Year 7 students who have regularly been attending Mr Perry's science club attended a trip to the University of Birmingham to see the Christmas Lecture about evolution called 'Am I an Ape?' by Professor Jeremy Pritchard. They engaged with activities which included classifying species and measuring their humerofemoral index to see if they were human! Mr Perry helped demonstrate how humans still have a diving reflex by measuring his heart rate whilst submerged under water. We even had a surprise Ape visitor show up at the end!

Thank you to Mr Lumley and Mrs Rhooms for helping on the trip.

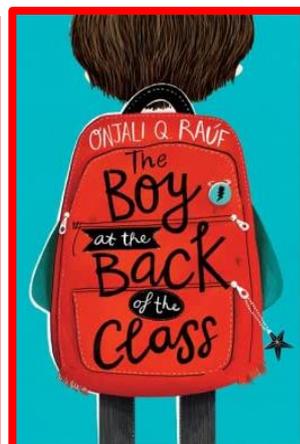


Recommended Read

Windsor recognises the importance of reading and to continue to raise the status of reading in school. We have asked staff to share their recommended reads with students and staff.

The first one is 'The Boy at the Back of the Class'. This is a child's perspective on the refugee crisis, highlighting the importance of friendship and kindness in a world that doesn't always make sense.

Thank you to Mrs Elfrey in the Maths Faculty for this fantastic recommendation!



Oriel College
University of Oxford



GIRTON COLLEGE
University of Cambridge

Discover Oxbridge Webinars for Year 10 & 11 students from the Black Country, Jan/Feb 2022

Keble & Oriel Colleges at the University of Oxford, and Girton College at the University of Cambridge are teaming up to offer a series of three informative, interactive webinars for Year 10 and 11 students who are ambitious about their futures and interested in the possibility of attending a top university. These sessions are open to KS4 students attending schools in Dudley, Sandwell, Walsall, and Wolverhampton.

Tuesday 18th January - Introducing Top Universities, for KS4 students and their parents/carers

Tuesday 25th January - Ask an Oxbridge Student: current students will talk about their experiences of student life and answer your questions

Tuesday 1st February - Get Future Ready: post 16 options, super curricular activities and study skills

All sessions will run 4 – 5pm on the dates listed, and will be hosted using Zoom webinar technology by representatives of the Universities of Oxford and Cambridge.

As sessions take place outside of the school day, students should register independently using [this form](#).

Registration for the full series (3 webinars) is open until 11th January. Please contact Oriel's Outreach Officer Aaron (outreach@oriel.ox.ac.uk), with any queries.

Supporting students to explore their future with free online mentoring



We have an amazing opportunity to access UK based STEM ambassador 1:1 online, personalised mentoring where you can talk about your future study and career options.

You will be sent and receive messages with your mentor via a secure platform to talk about things like:

Your options – to work out the best path for you.

How to deal with challenges and uncertainty.

Where to find trustworthy information and answers.

The mentors are all STEM Ambassadors who are DBS checked volunteers who work in STEM (Science, Technology, Engineering or Maths) careers / organisations or have studied STEM qualifications.

The next opportunities are as follows:

Years 10 and 11 start on 24th January for 6 weeks.

Years 12 and 13 start on 24th January for 10 weeks.

Years 12 and 13 start on 4th April for 10 weeks.

If you are interested, you should register for the sessions via this Google Form:

<https://forms.gle/ApLqMPVcDfJyNe9>



'What's on Kooth in January'

The upcoming Live Forums on Kooth for young people to access during January are as follows:

Friday 7th January – Goal Setting - How to go about it?

Monday 10th January – Houseplant Week: Growth Through Growing

Wednesday 19th January – Celebrating our Civil Right

Monday 24th January – Brew Monday - Tips for Feeling Down

New Podcast Alert:

Friday 14th January - What To Do When Things Feel A Little Unsafe

Click [HERE](#) to access all of our free podcast episodes on Spotify.



What's on Kooth in January



January 5	January 7	January 10	January 14
Discussion Board: Back to the Swing of Things	Live Forum: Goal Setting - How to go about it? 7:30 to 9pm	Live Forum: Houseplant Week Growth through Growing 7:30 to 9pm	Discussion Board: World Religion Day- Friends from Different Faiths
January 14	January 19	January 20	January 24
Kooth Podcast: What to do when things feel a little unsafe	Live Forum: Celebrating our Civil Right 7:30 to 9pm	Discussion Board: Have a Hug on Us!	Live Forum: Brew Monday- Tips for Feeling Down 7:30 to 9pm

Find all of this & much more on [Kooth.com](https://www.kooth.com)