

# Windsor News and Information



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15th September 2023

Issue: 2

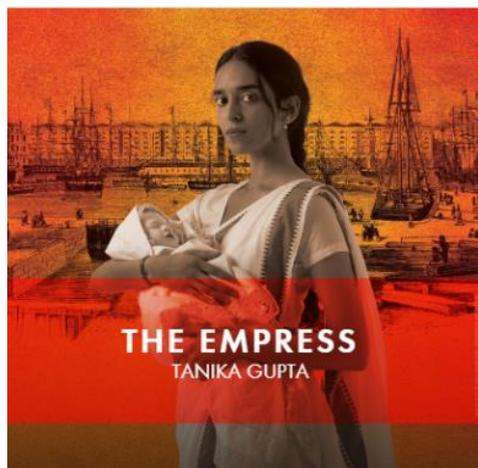
Dates for your  
**diary**

- Monday 25th September - Open Evening (6:00 - 8:30pm)
- Tuesday 26th September - Open Morning
- Wednesday 27th September - School Photographs and Open Evening (6:00 - 8:30pm)
- Thursday 28th September - Open Morning

## UK Biology Challenge

A fantastic well done to our Year 11 students who entered the UK Biology Challenge at the end of last year.

They all did amazingly well, particularly Cadan, Tiffany and Jemimah who were awarded 'Commendations' and Kian who was awarded 'Highly Commended'. Congratulations to our future Scientists!



### WHAT? The Empress reading group

**WHEN/WHERE?** Every Tuesday, from 19th Sept, after school in A27 from 3:15pm to 4:00pm.

**WHO?** With Miss Grace and Miss Rauf, open to Years 9-13

**WHY JOIN?** If you enjoy reading, drama, or want to find out more about India and the British Empire - this is the play for you!

**Students who attend will have the opportunity to go on a trip to see the play live in at the RSC Theatre in Stratford!**



**About the play:** The year is 1887, and Queen Victoria is celebrating her Golden Jubilee. Sixteen year old Rani Das, ayah (nursemaid) to an English family arrives at Tilbury docks after a long voyage from India, to start a new life in Britain.

Find out more by clicking this link:

<https://www.rsc.org.uk/the-empress/>



## Flu Immunisation - Years 7 to 11

Vaccination UK, who are commissioned by the NHS to provide child immunisations within schools, will be attending our school to deliver the Flu Nasal Spray or IM alternative (porcine free injection) on **Wednesday 8th November 2023**.



You have been sent a parentmail with the relevant information and a link to the E consent form for you to complete as soon as possible. Please complete the consent form even if you wish to decline the immunisation.

### Special points of interest:

- **PTA** – for information about joining, contact Mr A. Buckley on 0121 550 1452
- **Lost Property** is kept for two weeks. Students are notified of items via the daily message sheet.



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.

## Exercise and a positive mind.....

It is a proven fact that exercise can support a positive mind by helping to keep the mind fit and active. 10 minutes a day of exercising can help memory and thinking skills, increase mental alertness as well as reduce anxiety and stress.

Exercise also allows us to focus, work and socialise with others. All key concepts that promote a positive mind!

84% of UK residents know that mental health is just as important as physical health and exercise is one way we can help ourselves and others.

At Windsor High School and Sixth Form we have a fantastic after school programme where exercise can help you achieve all of the above. We would love to see you there.

The link below takes you to an article by The Mental Health Foundation outlining how exercise positively benefits the mind.

<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

Please click on the link below to access our wellbeing page on the website.

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

### Are you aspiring to be a future medic, then this could be the perfect podcast for you...

Two doctors, currently working as Academic Clinical Fellows and surgical registrars, who graduated from the University of Cambridge (Medicine) in 2018 have started a podcast.

The podcast is aimed at helping prospective medical students applying to university.

The podcasts are available on Spotify, Apple Podcasts (links below) and all other podcast providers.

Spotify: <https://open.spotify.com/show/4OJpXxaNDzacOcU0CMKrCe>

Apple: <https://podcasts.apple.com/us/podcast/the-application-doctor/id1648260029>



bonjour

## European Day of Languages - 26th September 2023

Our Modern Foreign Languages Faculty are looking forward to celebrating European Day of Languages on 26th September 2023.

There's a selection of French language books in the library that you can borrow to read so please feel free to have a look!



If you loan a French language book, please ensure you let your French teacher know and they will give you an 'Active Learner' credit for any French books you have loaned.

We also have a French language book of the week. This week it is:  
Le mystérieux chien de la mer by Freddy Woets.

merci



au revoir

comment ça va

Starts Thursday 21st September,  
3:15pm - 4:15pm, Room M2

KS3

# Art Club

Only 15 places are available so speak to Miss Dovey asap to sign up!

### Extracurricular Clubs and Activities

There have been some new clubs introduced this week.



Please see the attached list for an up to date schedule of what Extracurricular Clubs and Activities are on offer for our students this half term.



We hope that there is something for everyone to enjoy! **All clubs are free to join and students can try as many as they wish.**

### Girls Football Club

The girls football club will meet every Tuesday from 3:10pm to 4:10pm for any girl in Years 7-11. You will need to meet by the girls' bottom changing room at 3:10pm.

Please wear your Windsor PE kit. You will also need to bring shin pads and trainers or astro trainers (no football boots).



### WAT Year 7-8 Girls 7 a side Football Tournament at Great Wryley on 10th October

If you are interested in being selected for the above tournament please attend football club on Tuesday 19<sup>th</sup> September and 26th September.

### Duolingo Club

Duolingo Club will be running every Monday from 3:20pm to 3:50pm, in A1 for Year 7 students.



The club will be run by Ms Gonzalez and is an exciting opportunity for students to learn one or more languages of their choice.



# Asthma: Week 38 11th-17th September 2023

Did you know there is a rise in **Asthma Attacks** in **September** when children and young people return to school?



**Top Tips to help reduce the risk of asthma attacks:**

- **Know your Asthma Action Plan**– make sure you know what to do in an emergency.
- **Take your Preventer Inhaler**– continue to take your Preventer inhaler everyday even if you feel well.
- **Manage your triggers**– it is important to know what makes your asthma worse.
- **Remember** -to have an annual asthma review.



## FRENCH STARS OF THE WEEK



Year 11 – Sam P, Nasma A



## YEAR 11 GERMAN GRADE BOOSTER CLUB

FOR HOMEWORK SUPPORT, TARGETED REVISION AND EXAM PRACTICE

EVERY MONDAY IN A3  
3.20PM - 4PM

SEE MISS ADDERLEY OR MRS PARGETER DOWN FOR MORE DETAILS

## Online Financial Scams and Exploitation



Another guide attached to this newsletter addresses some common online financial scams and suggests ways to help children and young people avoid falling victim to them.

## GERMAN STARS OF THE WEEK

Year 7 – Jack B, Ruby J, Mohammed K, Jenson J, Lawson B, Haleema A, Billy E

Year 8 – Libby M, Zaynab F, Zahra P, Macey F, William F



Year 9 – Oliver H, Eliza H, Daisy A, Kieran J, Evie S, Sid E



Year 10 – Dylan A, Mutazz M, Owen H, Ben G, Sahil R, Emily S

Year 11 – Sofia R, William T, Freddie T, Kinza Z, Tye H, Jess F

## SPANISH STARS OF THE WEEK

Year 7 – Olly H, Ianis V, Charlotte P, Gracie H

Year 8 – Gethin G, Taman S, Jessica H, Maya H



Year 9 – Kieran L, Imogen G, Harvey S

Year 10 – Alisha S, Jessica B, Hirah A, Ashanti G, Owen R, Matthew S



Year 11 – Joshua G, Sam K, Issy H, Dylan B, Lily R