



School Newsletter 423

Values – Care – Achievement

Thursday 20 January 2022

Head's Introduction

Dear Parents and Carers,



We are continuing to effectively manage the demands of Covid and I am pleased to say the number of students and staff isolating has reduced. Staff who are at home, but feel well enough to work, have continued to teach live lessons or provide narrated resources which I know has been much appreciated by our students. As you will now be aware, the length of self isolation has been reduced to five days, further information is included in this Newsletter.

I would like to thank everyone who joined the Year 11 Parents' Evening online last night with many families taking the opportunity to speak with subject teachers. This is an important time for Year 11 and we will support them in every way possible to help them succeed this summer. If parents have any additional questions or requests, please do not hesitate to contact the school. Key Year 11 contacts are:

- Miss Turvey - Head of Year
- Miss Chambers - Assistant Head of Year
- Mrs Reeder - Pastoral Support Worker
- Miss McDermott - Deputy Head responsible for Year 11 Achievement
- Mrs Short - Year 11 SLT Link
- Ms Hirst - Attendance & Welfare Officer
- Mr Daly - Headteacher

MFL Stars of the Week

Students were nominated by Language staff to receive an Effort merit, a postcard home and appear on the 'Stars Wall' for all their hard work:

- KS3 French - Theo Beattie, 8WNo
- KS3 Spanish - Rosa Gladwin, 8Ob and Alfred Griffiths, 7ASu
- KS4 French - Caitlin Casey, 9MHe
- KS4 German - Noah Hill, 11ERo
- KS4 Spanish - Mac Kadela, 9RPr



Wearing Face Coverings in School

From today face coverings will no longer be required within classrooms for students. Children are of course welcome to continue wearing a face covering should it make them feel more comfortable.

As of Thursday 27 January, face coverings are no longer recommended in communal areas and so this will see the end of the recommendation for face coverings in school.

We understand that this withdrawal of face coverings may be of concern to some families, however children are of course welcome to continue wearing a face covering should it make them feel more comfortable. We would like to take this opportunity to remind you that there are a number of other control measures still in operation:

- We encourage all students and staff to test twice a week
- We ask for anyone displaying symptoms of Covid not to attend school
- We have an enhanced cleaning regime where frequent contact points are cleaned at multiple points throughout the day
- We monitor levels of transmission within school and in consultation with Public Health and would deploy further control measures if necessary

Year 11 - Maths Exam Prep

A reminder that we upload lots of messages and revision resources to Google Classroom - students should be checking this regularly, especially the 'Classwork' page.

Students will be given Question Level Analysis breakdown of their mock exams which will highlight the topics they need to focus on. The topic list for the next set of mock exams (at the end of this half term) has already been uploaded to Google Classroom and we have created a revision padlet for our students to use outside of lessons where we have collated some brilliant revision resources (www.padlet.com/hcrabtreesAHS/GCSE). As we say to our students, 'the only way to revise maths is to do maths'. As always, please encourage your child to speak to their teacher if they need any support.

Upcoming Events

Wed 9 Feb	Y8 Parents' Evening
21-25 Feb	Half Term

PLEASE SHARE: If you would like to share students' achievements and events in the community, please email jsissons@ahs.pmat.academy. It's always nice to celebrate our school community.

AHS Feedback

We welcome all feedback and thank all parents for their valuable contributions. If you have a query or simply an observation about the school please complete the form online.



Social Media



Please follow us on Twitter @AHSYork or Facebook to keep up to date with the latest news and events!



The Benefits of Physical Activity

As we start 2022, lots of us are beginning new exercise programmes in an attempt to start the year healthier. While many people have increased their exercise levels since lockdown began, many of us have got used to being in the house and have got out of the routine of exercise and being physically active. In PE lessons, we offer a wide range of activities so that students can experience all the different options they will be able to choose from to be an active and healthy adult. Whilst we appreciate that not all activities will appeal to all students, it is vital that we cater for all interests. PE is not just about physical ability, but also about communication skills, feedback and analysis, resilience, team work and respect. Support from home is vital when trying to build good exercise habits and we would ask parents to encourage their child to take part in every PE lesson even if there is an element of reluctance. It is even more important now that we all lead active lifestyles to help with our overall health and wellbeing. Regular exercise combined with a healthy diet is crucial and there are various benefits to your physical, mental and social health.



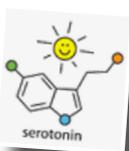
SELF-ESTEEM: Physical activity boosts self-esteem, especially when new personal skills are acquired. Exercise can be a great distraction technique after a long day of classroom-based lessons.

STRESS MANAGEMENT: We now have a greater awareness of 'mindfulness', encouraging our full presence within the moment. Mindful techniques can be practiced through exercises such as yoga and walking. These reduce stress and help manage difficult situations.

SLEEP: In a sporting context, poor sleep impacts performance and recovery, but it also has an impact on mental health. Luckily, exercising can help you sleep better! Studies have demonstrated how different forms of exercise can improve sleep and mood.

COGNITION: Exercise can improve working memory and cognitive functions. This means that the more you exercise, the better you will function in class and therefore hopefully improving concentration levels and test results!

ANXIETY: Exercise can be a potentially powerful anti-depressant. Exercise releases hormones such as serotonin which make you 'feel good'. Even a short dog walk or bike ride can make you feel happier and healthier.



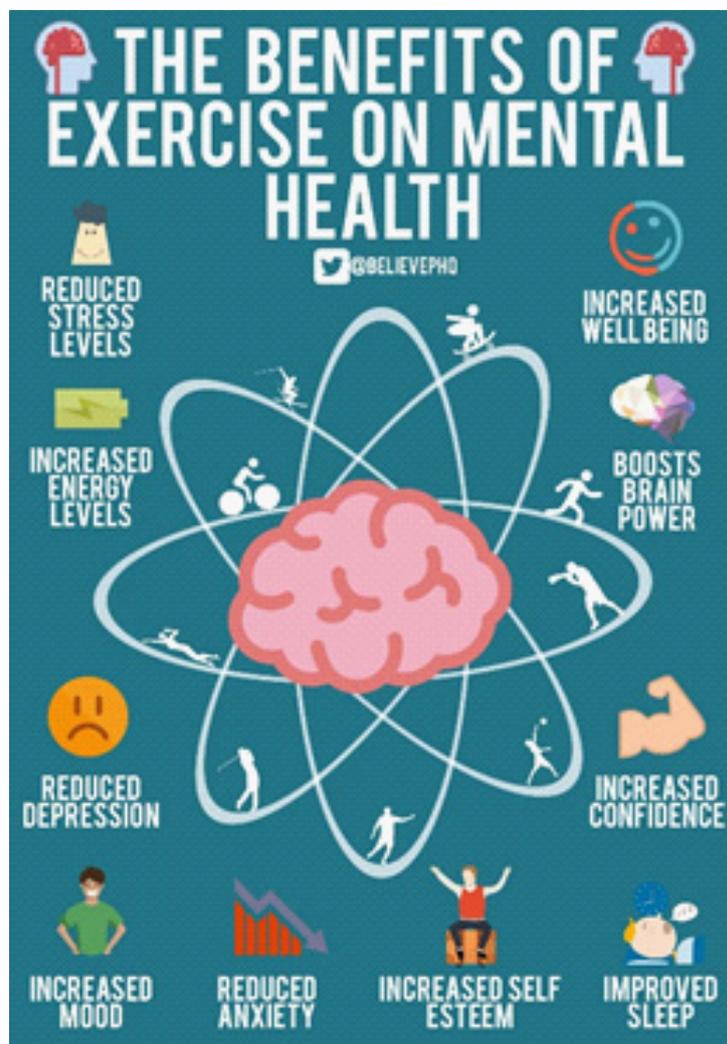
SOCIAL: Being around others in a sporting context can build communication skills, promote team work, develop leadership skills and give you a sense of belonging. Studies show that people with strong social connections tend to live longer.

PHYSICAL: Not only will exercise reduce the risk of long-term health conditions, it will strengthen bones and muscles to help maintain a healthy weight. For optimum health, the majority of us should aim to be physically active every day, if we can!

Children and young people aged 5-18 should:

- Aim for at least 60 mins of moderate or vigorous intensity physical activity a day
- Take part in a variety of types and intensities of physical activity
- Reduce the time spent sitting or lying down

Above all, exercise and physical activity should be fun! As well as PE lessons, there are a wide variety of extra-curricular activities available for students to take part in at lunchtime and after school. Community links can also be found on our noticeboard in the PE corridor leading to the main hall and on Google Classroom. Find something that interests you, get involved and get active!



AHS Chaplaincy YouTube Channel

Archbishop Holgate's School Chaplaincy YouTube channel has material connected to whole school worship and Collective Worship. There are also moments of Reflection from the school Chaplain and items reflecting our School Values. The address is: <https://www.youtube.com/channel/UC68iOuL4LZNIIvCu8B03iqw/about> or you can search for it by name.



There you'll find the latest weekly reflection, written by Richard Nihill, part of the Chaplaincy team. It looks at the biblical account of the Wedding at Cana, where occurred Jesus' first miracle of turning water into wine. It considers what this event tells us about God and what insights it might hold for us today. You can find the reflection here:

<https://www.youtube.com/watch?v=3a12w52rLfc&t=15s>

You will also find last weeks reflection, written by Revd Mark, part of the Chaplaincy team. In this reflection he talks about the year that has past and the year that is to come. He focuses on how God is with us in both the highs and the lows. If you missed it, the reflection is here:

<https://www.youtube.com/watch?v=OHcbLquGzmY>

Message from Head of Year 9

Greetings to you all - I hope this Year 9 Newsletter Item finds you all safe and well. It gives the Year 9 Pastoral Team great pleasure to update you on some of the key things pertinent to the year group as we reach the half-way point of this first half-term back at AHS.

Arts Award Cultural Experience Trips

On 2 December 2021, as part of the Year 9 Arts Award course, students took part in the first of a series of exciting Cultural Experiences. As I have mentioned previously, Year 9 is an important transition year within school and we firmly believe it is important that every child has the opportunity to explore their personal development and deepen their cultural experiences. These trips are an opportunity for students to not only review a local arts exhibition as part of the Silver Arts Award, but help students to progress on their AHS Journey, with the focus for Year 9 being on 'Understanding yourself and others'.

The locations for these three trips are...

- Yorkshire Sculpture Park, Wakefield
- The National Science and Media Museum, Bradford
- The Royal Armouries, Leeds

The second rotation of these trips will take place on Thursday 17 February. As before, all students in Year 9 will be out of school for the day. This is a mandatory visit as part of the student's Silver Arts Award Qualification. The visits are therefore paid for by the school and students will need to wear their school uniform. Students will arrive at school as normal on the morning of their trip and we will ensure that students return to AHS in time for the end of the school day so they can continue their usual arrangements for getting home.

Letters will be going out soon. Please ensure your child returns the medical form attached to this letter to main school reception ASAP. If you have any questions, please do contact me on aarthur@ahs.pmat.academy.

Focussing on the Fundamentals

I also want to highlight again our whole school focus on 'fundamental' standards - I very much want Year 9 to be the trailblazers in the school for driving these standards forward. As students learnt at the very beginning of the term, there is a big focus on the "Rights and Responsibilities" of AHS Students - 'Rights' in terms of what students can expect from the school, and 'Responsibilities' in terms of what students need to be doing as part of the AHS community. At AHS, students can expect to receive; excellent, high quality lessons; a broad extra-curricular programme; a safe, welcoming environment; individual care for each student and the capacity and opportunity to go onto their next steps. As a school we work very hard to ensure our provision is outstanding and our recent Ofsted inspection certainly supports this. Young people have a right to a top quality education and we will always strive to improve our offer to ensure students at AHS receive the best quality education and care possible.

Whilst students certainly have a right to a top quality education, they also have 'Responsibilities' as part of our school community. When considering this, I was reminded of the immortal words of US President John F Kennedy in his inaugural address, "Ask not what your country can do for you, but what you can do for your country". We wish to develop students that are active citizens within the larger community - who consider the community as a whole and not just their own individual interests. This is why we are focussing also on the key 'fundamentals' that students should be following during their time at AHS (none of which will be a surprise to anyone!). These fundamental standards are that...



1. We turn up on time to school and to every lesson
2. We speak kindly and appropriately to people
3. We wear the correct uniform
4. We work hard to meet the deadlines we are given
5. We care for our school and the people in it

The first two of these that I wish to bring to your attention at the start of this new term are turning up on time and wearing the correct uniform - these are basic standards within school that the vast majority of students meet consistently. If a student struggles with either of these, as a pastoral team we can of course offer support. However, students must ensure they are compliant and follow staff instructions to follow a reasonable request in making sure they meet these most basic of standards. So far this half term, Year 9's uniform has been excellent and I really want to see this continue as we progress throughout the rest of the year.

Cultural Roadmap - Manners

Each week, students in Year 9 have had delivered to them a session called 'Cultural Roadmap'. These resources are designed to broaden the student's cultural horizons and build their 'cultural capital'. Here are some examples of the Cultural Roadmap sessions we have had so far this year...

- The Twelve Labours of Hercules
- Hidden meaning in the Wizard of Oz
- The Legend of King Arthur
- The History of Ida Wells (Black History Month)
- The importance of the Magna Carta
- What is Biological Mimicry?

This half term, with our big focus on the 'Fundamental' standards of school, we are suspending the Cultural Roadmap programme and exploring in more detail the key areas we are focusing on, including..

- Why is it important to be punctual?
- Why do we wear a school uniform?
- Why are manners important?
- Why is it important to have deference to authority?
- How many of you would pick up that bottle?

This is something we hope that Year 9 find very informative and enriching on their stage of the AHS Journey: 'Understanding yourself and others'. This week, students will be considering the history of 'manners', and why they are important in our civilised society, as well as how manners promoted harmony in our AHS community.

Thank you for taking the time to read this Newsletter item. If you have any issues regarding your child in Year 9, then do please get in touch by emailing aarthur@ahs.pmat.academy (Head of Year), mdeacon@ahs.pmat.academy (Assistant Head of Year) and/or rdeamer@ahs.pmat.academy (Pastoral Support Worker); or alternatively, you can call main school Reception and we will get back to you as soon as we can.

Mr A Arthur (Head of Year 9)

Miss M Deacon (Assistant Head of Year 9)

Mr R Deamer (Pastoral Support Worker for Year 9)

Message from Mrs Balmer, Head of Year 12

Mock Exams: Year 12 mock exams have started this week and we look forward to seeing all the hard work from our students.

Career Ready: Our first mentor meeting took place on Wednesday. This was a great opportunity to get to know professionals from a range of backgrounds and professions.

Work Experience: It is important that students are continuing to think about and organising their work experience placements for the end of the year. Please see Mrs Balmer or Mr Avery if more information is required. A reminder of the assembly from last term is available on Google Classroom.

Food for Thought

This week Form Tutor Collective Worship is inspired by lessons we can learn from the writings of JRR Tolkien, born 130 years ago this month, and thinking about how we can live together well. One of the quotes we have spent time thinking about is:

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

Mother Teresa of Calcutta, 20th century Christian missionary in India

To receive the daily Thought for the Day straight to your phone or other electronic device sign up to @AHSChaplaincy on Twitter.



School Menu - w/c 24 January

MONDAY

Beef and Mushroom Pie

Diced chunks of beef and mushrooms slowly cooked in the oven topped with a shortcrust pastry or

Mac 'n' Cheese

Homemade cheese sauce, mixed with macaroni pasta, baked in the oven and topped with melted cheese

TUESDAY

Hunters Chicken

Chicken breast wrapped in bacon, smothered in a bbq sauce and topped with cheese or

Vegetarian Enchiladas

Vegetables in a sticky sauce, wrapped in a tortilla flat bread and topped with melted cheese

WEDNESDAY

Roast Pork

Slices of roast pork loin, a spoon of apple sauce, all served with seasonal vegetables and potatoes topped with gravy or

Vegetable Loaf

Fresh vegetables mixed with cheese and herbs, topped with breadcrumbs

THURSDAY

Spicy Sausage Casserole

Locally sourced sausages, baked in a tomato and vegetable sauce with a little kick, served on a bed of long grain rice or

Spinach and Ricotta Lasagne

Pasta sheets, spinach, cheese sauce and ricotta, all layered and baked topped with cheese

FRIDAY

Fish & Chips

Fresh fish, cooked in our homemade batter, served with chips and peas or

Vegetable Nuggets

Veggie nuggets served with peas and chips

Please be aware these items can possibly change due to supply issues, but we endeavour to keep the menu as advertised



Providing an excellent education from age 2 to 19

17 January 2022

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Dear Parents and Carers,

I hope you had a good weekend and that all families continue to be safe and well. As I mentioned in my letter at the start of term, we would keep you updated with any changes to the government guidance affecting schools.

As you may have seen, the self-isolation period for individuals with COVID-19 has been reduced to 5 days from today (17 January) following 2 negative lateral flow tests taken on day 5 and day 6.

The following should help clarify the new self-isolation and testing arrangements.

DAY	GUIDANCE
0	The day symptoms first began or tested positive (whichever is earliest)
1	Self-isolate
2	Self-isolate
3	Self-isolate
4	Self-isolate
5	Self-isolate – Begin lateral flow testing
6	
7	
8	Self-isolation can end following 2 negative lateral flow tests taken at least a day apart.
9	
10	Self-isolation ends after day 10 – no testing required beyond day 10.

A reminder that positive lateral flow tests do not need to be confirmed by a PCR test. If your child tests positive on a lateral flow test, they should self-isolate and you should follow guidance above, testing again on day 5 and day 6. Your child can return to school following 2 negative lateral flow tests taken at least a day apart.

Children aged under 18 years and 6 months are not required to self-isolate if someone in the same household has COVID-19. They are however advised to take a lateral flow test every day for 7 days and would need to self-isolate if any of those test results is positive.

The government is due to announce further changes to the guidance on 26 January and we will again advise you on how these changes will affect our schools. In the meantime, if you have any questions or feedback, please do not hesitate to contact your child's school or email the Trust on info@pmat.academy.

Yours faithfully

Andrew Daly
Chief Executive Officer

Our Partner Schools



Careers Corner



Bishop Burton College are hosting a T Level Launch Event on Saturday 12 February, 10.00am-12.00pm. At the event you'll hear from their tutors to learn more about what T Levels are and the courses Bishop Burton offer, you'll get the chance to speak with their T Level partnerships and also tour their facilities.

Register for this event at www.bishopburton.ac.uk/whats-on/t-level-launch-event-12-02-2022.

WOW!
word of the week



Compassion: Sympathetic pity and concern for the sufferings or misfortunes of others.
The woman's compassion for others led her to become a nurse."



AHS Year 7: @AHS_Year7K1
- More pizzas today! They smelt amazing.



Physical Education Department

"Equipping students with the knowledge, skills and motivation to live active, healthy lives."



Cross Country Results



Well done to all the students who competed in the North Yorkshire Schools event at Catterick on Saturday.

The pick of the results was Lottie Langan, who finished first in the Inter Girls classification.

School PE Kit

A reminder that all PE kit should be clearly named. If a student misplaces any PE kit, this makes it easier to return items to their rightful owner.

Reminder that students will be asked to remove ALL jewellery for PE lessons. This is a health and safety precaution and must be adhered to.

The department would like to clarify that the optional PE hoodie can be used for PE lessons, but we encourage students to wear the reversible PE top as this is safer for rugby.

Message from PE Department

On Google Classroom students can access general PE information, their Programme of Study, the Extra-Curricular Programme, Community Links and a curriculum map outlining what students study each year.



Volleyball

Year 9 students, Maks Makowski and Dylan Parsons, have both been selected to play for Yorkshire U15s volleyball team.

An exciting sporting year ahead for them. Well done both!



Tweet us @ [@AHSPHysEd](https://twitter.com/AHSPHysEd)



Extra-Curricular Sport

If your son/daughter has had recent success in a sporting activity please contact the school, we would love to promote what they have done.

Extra-curricular PE

Our clubs are a relaxed environment with a focus on participation and enjoyment, students don't have to be selected in teams if they don't wish to be involved. Fixtures have also returned, if students would like to be a part of a team, they will need to attend training to be eligible for selection.



MONDAY

LUNCHTIME (1.15-1.40pm)

- Y9 Basketball (Gym)
 - Y7 Badminton (Sports Hall)
- AFTER SCHOOL (3.10-4.00pm)
- Y7, 8, 9 Netball (Sports Hall)
 - Y10 Basketball (Gym)
 - Beginners' Swimming (Pool)

TUESDAY

LUNCHTIME (12.10-12.30pm)

- Y8/10/12/13 Detentions (PE1)
- LUNCHTIME (12.15-12.40pm)

- Y10 Netball (Sports Hall)
 - Y8 Girls' Fitness (Fitness Suite)
- AFTER SCHOOL (3.10-4.00pm)
- Y7/8 Girls' Football (Sports Hall)
 - Y7 Basketball (Gym)
 - Y7-11 Dance (Studio)
 - Y9/10 Fitness (Fitness Suite)

THURSDAY

LUNCHTIME (1.15-1.40pm)

- Y11 Fitness (Fitness Suite)
- Y11 GCSE Moderation Prep (Sports Hall)

AFTER SCHOOL (3.10-4.00pm)

- Y12 BTEC Sport P6 (L32)
 - Y12/13 Basketball (Sports Hall)
- AFTER SCHOOL (3.10-4.10pm)
- Y10 Duke of Edinburgh (PE1)

FRIDAY

LUNCHTIME (12.15-12.40pm)

- Y7/9 Trampolining (Sports Hall)
- LUNCHTIME (1.10-1.30pm)

- Y7/9/11 Detentions (IT4)
- AFTER SCHOOL (3.15-4.15)
- Y7 Rookie Lifeguard (Pool)