



School Newsletter 463

Values – Care – Achievement

Thursday 26 January 2023

Executive Head's Introduction

Dear Parents and Carers,



In addition to this newsletter, parents will have already received a letter explaining the impact on school of the industrial action next Wednesday, 1 February. In summary, this means the school will only be open for vulnerable and EHCP students, and for those students in Year 11.

Year 12 and 13 students will access live lessons from home via Google Classroom.

Students in Year 7, 8, 9 and 10 will have work to complete on Google Classroom.

We apologise for the disruption as a result of the industrial action.

Food for Thought

This week the Form Tutor Collective Worship is entitled 'Rest, Relax and Recuperate', looking at what spiritual ideas and practical habits might be a recipe for good mental health. Our daily quotes have focussed on the theme of rest and relaxation.

"Come to me all who are weary and burdened, and I will give you rest."

Jesus, The Gospel of Matthew, ch11 v28

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



Year 7 and 8 Accelerated Reader

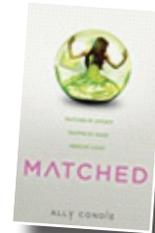
Well done to Year 7 and 8 students for completing their spring term STAR reading tests over the last 3 weeks.

A reminder to please encourage your child to quiz on a book they have recently finished, using their ZPD level as a guide to choose age appropriate books. Students should know how to access their Accelerated Reader account - they can access the school specific site from their English and year group Google Classroom. Any problems with accessing the quizzes, please ask your child to speak to their English teacher.

If you are looking for some book recommendations, some Year 8 students have recommended the following:



I recommend 'Matched' by Ally Condie. It is the first in the 'Matched' trilogy and is a dystopian young adult novel about young love in a tightly-controlled society.
Rosa, Year 8



I recommend the 'Rangers Apprentice' series by John Flanagan. These are great books for those who like adventure and fantasy.
Simeon, Year 8



A reminder that our school libraries are open at break and lunchtimes and York Explore libraries are also free for 12-17 year olds to borrow books. You can also reserve books online at York Explore and ask them to be sent to the library nearest you for collection.

Happy reading! Ms Evans, Accelerated Reader Coordinator

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

Upcoming Events

Wed 8 Feb
13-17 Feb
Mon 20 Feb

Y9 Progress Evening
Half Term
Students return

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!



This Week's School News



Careers Corner



Apprenticeship Opportunities Fair

Wednesday 8 February, 1.00-6.00pm,
at York Racecourse

open to anyone interested in apprenticeships

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 - Mya Danks, 8DTk
KS3 German - Faith Mawer, 8SBl and
Oscar Duncan, 8ERs
KS3 Spanish - Ala Cheung, 7Pi
KS4 French - Alex Beale, 10EWh
KS4 German - Alexander Ogram, 10SLa
KS4 Spanish - Ben Pomfrett, 11Hu



School Menu w/c 30 January

Monday

Mains

Chicken Korma
Vegetable Tikka Masala(V)

On the side

Rice
Onion Bhaji

Vegetables

Selection of seasonal
vegetables served every day

Snack Selection

Baked Potato & fillings
Homemade Sandwiches

Family Favourites

Apple Crumble & Custard
A selection of: Traybake/muffin,
Cookies, Yogurt and Fruit

Tuesday

Mains

All Day Breakfast
(sausages, bacon, tomatoes,
mushrooms, baked beans,
Scrambled egg)
Veggie all day breakfast (V)

On the side

Hash Browns

Vegetables

Selection of seasonal
vegetables served every day

Snack Selection

Baked Potato & fillings
Homemade Sandwiches

Family Favourites

Lemon Drizzle cake
A selection of: Traybake/muffin,
Cookies, Yogurt and Fruit

Wednesday

Mains

Roast Joint of Beef
Creamy Vegetable Kiev(V)

On the side

Roast Potatoes
Yorkshire pudding

Vegetables

Selection of seasonal
vegetables served every day

Snack Selection

Baked Potato & fillings
Homemade Sandwiches

Family Favourites

Syrup sponge & Custard
A selection of: Traybake/muffin,
Cookies, Yogurt and Fruit

Thursday

Mains

Beef Bolognese
Veggie Bolognese(V)

On the side

Spaghetti
Garlic Bread

Vegetables

Selection of seasonal
vegetables served every day

Snack Selection

Baked Potato & fillings
Homemade Sandwiches

Family Favourites

Jam Roly - poly
A selection of: Traybake/muffin,
Cookies, Yogurt and Fruit

Friday

Mains

Freshly Battered Fish
Vegetarian Quiche (V)

On the side

Chips

Vegetables

Selection of seasonal
vegetables served every day

Snack Selection

Baked Potato & fillings
Homemade Sandwiches

Family Favourites

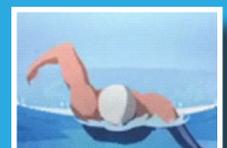
Chocolate Sponge &
Chocolate Sauce
A selection of: Traybake/muffin,
Cookies, Yogurt and Fruit



Infer: verb - deduce or conclude something from evidence and reasoning rather than from explicit statements. It is possible to infer a trend from the figures.



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



Message from Head of Year 9

It is hard to believe that we are already half way through this half term - and once we reach the end of the half term we will be half way through the school year! It is also a particularly important and busy half term for our year group, but more on that later. I'd like to start by recognising how appreciative of the roller skating our young people were in the last week of last half term and how well behaved. They were respectfully silent listening to instructions, displayed excellent manners when collecting equipment and their hot drink and biscuits, and cleared up after themselves at the end. I was with them all day, as different forms came down each hour and I was proud of the way they conducted themselves throughout. Plenty of photos were taken to be shared with the year group at a later date.

Our last ACW together, before we broke up, included fun which challenged two volunteers from the same form as to how well they knew each other. Many congratulations to 9KCe who won the battle with maximum points achieved. For further information, please ask your child as we hope they enjoyed it. ACW this term have much more serious themes. The first reset our basic expectations and focussed on addressing bullying and was delivered by our Pastoral Deputy Head. As in all institutions, unfortunately bullying does take place. Whilst we would hope to eradicate it through educating our young people, one educating tool we use is ACW. Year 9s are also using the Report It form found on the student hub and I would once again encourage students to keep on doing so. Our office door is also always open too. The other ACW so far this term have focussed on Racism and Discrimination, delivered by an Assistant Head in order to add further impact and gravitas, reflecting the serious nature of the subject matter and the most recent was preparation for Option Choices, this time delivered by our Deputy Head: Curriculum (more of this later). This Friday will be dedicated to Remembering the Holocaust, followed by Children's Mental Health week, the penultimate week, and finally for the half term, Internet Safety.



Returning to Option Choices, the Year 9 Taster Day on Tuesday 17 January was very successful with some members of staff inspired to email the year team. I have picked two: 'Just wanted to say that I was very impressed with the students I had for the GCSE PE taster sessions'; 'Just wanted to say I've been so impressed with the students doing their taster day today!' The following ACW was very clear and informative with Mr Williams outlining and clarifying the process resulting in your children bringing their Pathway booklets home. We look forward to welcoming you tonight, Thursday 26 January, 6.30-8.00pm, where Mr Williams will address you and Heads of Department will be available to discuss all courses. After this, the application form will go live on line. Submitting choices by the deadline is vital in order to not place applications at a disadvantage. The Year 9 Progress Evening, initially timetabled for Wednesday 1 February, immediately after the release of the Year 9 full reports, has now, because of the national teachers' strike, been rescheduled for the following week - Wednesday 8 February.

There is much this week which supports the Year 9 AHS Journey: Understanding yourself and others. This week hosted the successful and exciting Year 9 girls' swimming gala which took place on Monday. Mrs Beard and I were thrilled with the wonderful atmosphere in the pool and the competitive but good natured races which occurred. It was an extremely close competition with Esk pipped from winning by Foss by one point! We hope the boys' will be as enjoyable tomorrow.

On Monday the whole year group were lucky enough to attend the Music careers workshop where they completed their Arts

Award part D, an important part of their qualification. They were very attentive and listened extremely well. On Wednesday 25 January, the third form tutor PSHE lesson was delivered by form tutors P1 and was based around relationships, including what it means to foster good friendships; looking at the defining attributes of friendships and what value they can add to their friends' lives. In addition, everybody has received an invitation to volunteer to be guides for the Anne Frank exhibition and we hope that many will take up the offer. In addition, two of our wonderful students are involved in the North Yorkshire Youth Commission 'Big Conversation' Conference 2023 and will be presenting on Wednesday 1 February. Well done Noah and Kira.

Year 9 are fortunate to welcome a new form tutor to our dedicated team. We are pleased to announce that Miss Brown has taken over full time responsibility for 9Ev which will afford them greater consistency. For



those of you who do not know Miss Brown - My name is Miss Brown and I am delighted to be back working with Year 9. I previously worked at AHS in 2018 to 2021; I then left for a year and a half to teach abroad, but I couldn't help but return to the wonderful AHS community. I have taken over 9Ev and feel very lucky to be working so closely with such a lovely bunch of students - I am excited to continue to guide them on their journey and watch them flourish both academically and socially. Please don't hesitate to get in touch if I can be of any help.

Finally, the first Cultural whole year group trips took place last Friday and I thought it appropriate to pass on a few words from each trip organiser. For many, this was the first trip that our year group has experienced at AHS. We look forward to the next two.

National Science and Media Museum Visit

A third of Year 9 visited the National Science and Media Museum for their first rotation of the Cultural Experience visits. Students completed a range of interactive, multimedia activities in exhibits such as 'Kodak Photography', 'Animation', 'Science Wonderlab' and 'Experience TV'. The students were a credit to the school and really made the most of all the activities and exhibitions that the museum offered. Many of the students noted that their highlight of the day was the IMAX 3D screening of 'Wild Africa', which followed a family of elephants across the continent on their epic search for water. After stopping for lunch, students visited their final exhibitions before returning by coach, to round off a very worthwhile and successful day that forms part of the student's Silver Arts Award.

Yorkshire Sculpture Park visit

Students battled with the elements to have a great day at the Yorkshire Sculpture Park. We were lucky enough to see some incredible, large scale sculptures, ranging from a bronze Pikachu to a 10m tall, 13 ton woman, to the bronze Circle of Animals/Zodiac Heads where students were able to take photographs with their year of the Zodiac animal. We managed to hide from the weather for a short period of time and enjoyed looking round the Robert Indiana exhibition; here his use of found objects and large scale light displays grabbed the students' attention. We were really impressed by how the students left both the area we had lunch in and the coach - disposing of all rubbish and leaving equipment neat and tidy - really good examples of showing our school values of compassion and trust.

Royal Armouries Visit

At the Royal Armouries student's rotated around exhibits focussed on 'War', 'Hunting', 'Tournaments' and a very interesting 'Oriental' exhibit. Students engaged with the installations very well, filling in their booklets and reviewing the exhibits as part of the Silver Arts Award. After breaking for lunch, the day was rounded off with a brilliant two-handed sword demonstration from two of the Armouries staff, which really caught the attention of the students! After a busy day, we made our way back to the coaches and returned to school. The students were a credit to the school and certainly had a great cultural experience! Mrs Avey, Mrs Mennell and Mr O'Brien.



This Week's Sixth Form News



Messages from Mr MacFarlane, Head of Year 13 and Mr Charlton, Head of Year 12

Year 12 Mock Exams

A Level mock exams took place for our Year 12 cohort last week and results will be issued by departments when available. We are incredibly proud of our students and the resilience they have shown. A really positive next step for this year group. Data will not be sent specifically home as we are currently collating data for Full Reports due the beginning of February. Year 12 Progress Evening will be in March following the release of the Full Report.

Year 13 March Mock Exams

March Mocks are approaching for our Year 13 cohort who will be well used to the process by now. Students have shown a fantastic level of work ethic in the past and we're sure the best of our qualities will be on show once again. These take place week commencing 6 March and will be the final chance to have exams in exam conditions before the summer exam series. Students will be directed to focus their attention on specific topics/units in the coming weeks, but independent revision should be ongoing.

Year 13 Subject Support

Please continue to encourage your son/daughter to attend P6 for their subjects. This is an invaluable opportunity to receive guided tuition in their ongoing revision. All opportunities should be seized whilst still in school for the short term remaining.

Sixth Form Rewards

Year 12	Year 13
Isabelle Reed	Olivia Tunncliffe

REMINDER - BTEC January External Assessments

These take place for our Year 13 students and some of our Year 12 students across January. Students have exams at 9.00am and 1.00pm each day. Thank you for your brilliant attendance and work ethic so far!

Monday		Tuesday		Wednesday		Thursday		Friday	
Lunch	P6	Lunch	P6	Lunch	P6	Lunch	P6	Lunch	P6
Health and Social Care L32 - Coursework Hga	Psychology Y13 SF Workroom De		Textiles TE4 Hv	Politics drop-in L32 Hga	Sport PE1 Gs	Health and Social Care L32 - Coursework Hga	Chemistry Yr 13 L25/L18 Os/Ha	Politics drop-in L32 Hga / Smf	Health and Social Care L32 Hga
Drama and Theatre Studies EN11 ABt	Health and Social Care L32 Hga	History HI5 Kx	Maths/Further Maths Ma1 BI/BKj/Dd	History (Tudors) HI2 Bs		Physics Year 12 Sc8 Wb	Chemistry Yr 12 L25/Sc1 Os/Nth	Geography Geography office 1:1 tuition	Travel and Tourism Year 12 L34
Music L40 ZBI		Health and Social Care L32 - Coursework Hga	Art Ar1 Hf			Music L40 ZBI	Applied Psychology Yr 13 Kke		
	Business SF Library Cn		A-Level Psychology Y12 L17 Edn			Y13 English Language EN5 Hm/Ed NEA	Protective Services L34 Ewt and Kt		
	Biology Sc4 Da, Es, Lv, Wa		History HI5 Kx				RE Yr13 RE6		
	History Coursework Support HI2		Music L40 ZBI				Applied Law L32 SI		
	Physics Year 13 Sc8 Wb		IT IT3 Sre/Ap				Politics L32 Hga / Smf		
			Computer Science IT3 SRe/Ap				Applied Psychology Y12 L17 Edn		
			Geography Gg3 PL/Ry				Sociology Yr 13 L9 - J/y / Yg		

Physical Education Department

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



Illness & Injury in PE Lessons

In PE we endeavour to provide every student with an enjoyable experience by which they progress and achieve their full potential. In doing so our school policy for illness and injury is stated below and in line with Ofsted guidance. This policy ensures that no student is missing out on vital information and is progressing through the lessons and scheme of work with their peers. They may not be able to take part fully, but they will still have a valued role within the lesson.

In the unlikely event that a student is unable to take part fully in PE lessons due to injury or illness then a signed parental note needs to be presented to their teacher at the start of the lesson. Please state the nature of their injury in your note so that the member of staff teaching your child can use their discretion as to how much the student can continue to be involved.

Despite being unable to take part fully, they may take on an officiating or coaching role or still be able to take part in moderate exercise. For example, if a student has hurt their hand and the planned lesson is football, the student can still take part at a moderate level. If the student is unwell, again the member of staff would use their discretion to decide how appropriate the lesson plan is for the student and decide on an appropriate role for the student.

On receiving the note, we expect that all students whatever the injury or illness still get changed for PE (If they are excused from swimming, they need to bring shorts and t-shirt). This is to ensure that they can, whatever the weather or activity, continue to participate in the role they are given. If a student arrives without sufficient kit they will receive an 'E' code as stated in the school policy. If they forget all their kit they will receive a detention and, in both instances, they will be expected to wear the school's spare kit.

This policy ensures that all students are involved in the learning process and that the student will be appropriately dressed for being outside in all weather, with their teacher (there is no alternative supervision for the students so they must remain with their allocated teacher at all times). Please be advised that girls will not be excused from PE (except for swimming lessons) suffering from period pains. Medical evidence suggests that exercise eases these symptoms.

Thank you for your continued support

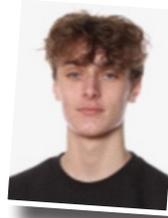
Gliding

Jacob Ripley (Y9) took part in his very first solo gliding flight last week. What a fantastic achievement. Well done Jacob.



Futsal

Matthew Barber (Y13) has been competing in Lithuania for the Euro 2023 Preliminary round in Futsal. Matthew, alongside his England U19 team mates, qualified for the main round of the Euros in March in Italy after beating Malta and Estonia over the last two days. Well done!



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



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.

Loaned PE Kit

If any student has borrowed school PE kit, please can it be returned to a member of the PE department. School PE kit is usually labelled "AHS". If you have any unwanted school PE kit, we would be extremely grateful for any donations.

Google Classroom

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.



MONDAY

LUNCHTIME (12.15-12.50pm)

- Y8 Basketball (Gym)

AFTER SCHOOL (3.15-4.00pm)

- Y7/8/9 Badminton (Sports Hall)

- Y10/11 Basketball (Gym)

- Girls' Fitness - all years (Fitness Suite)

TUESDAY

LUNCHTIME (1.15-1.50pm)

- Y9 Basketball (Gym)

AFTER SCHOOL (3.15-4.00pm)

- Y7 Netball (Sports Hall)

- Y8 Netball (Gym)

- Y10 Fitness (Fitness Suite)

- Boxing Academy (Studio)

WEDNESDAY

LUNCHTIME (12.15-12.50pm)

- Y8/10/SF Detentions (PE1)

AFTER SCHOOL (3.15-4.00pm)

- All years Volleyball (Gym)

THURSDAY

LUNCHTIME (1.15-1.50pm)

- Y7/9/11 Detentions (PE1)

- Y9 Netball (Gym)

AFTER SCHOOL (3.15-4.00pm)

- Y8/9 Fitness (Fitness Suite)

- Y10 Basketball (Gym)

- Girls' Basketball (Sports Hall)

FRIDAY

LUNCHTIME (1.15-1.50pm)

- Y7 Trampoline (Sports Hall)

- Y7 Roundnet (Gym)

AFTER SCHOOL (3.15-4.15)

- Y7 Rookie Lifeguard - invite only
(Swimming Pool)

PE Period 1 or 5

If a student has PE Period 1 they should still attend school in their normal school uniform.

Likewise, if a student has PE Period 5, they are allowed to leave school in their PE kit if they wish to do so.