Archbishop Holgate's School

A Church of England Academy Founded 1546

Pathfinder Multi Academy Trust

School Newsletter 521

Values – Care – Achievement

Thursday 4 July 2024

Executive Head's Introduction

Dear Parents and Carers,



It was wonderful to welcome Year 6 pupils and their parents to Archbishop Holgate's as part of the transition programme into Year 7 for September. This year we are welcoming pupils from 43 schools across York, North Yorkshire and East Riding.

Yesterday, the same Year 6 pupils enjoyed their first day at secondary school spending time in their Form Groups with Form Tutors, experienced lessons and were supported around school by their new Year 8 'buddies'. We look forward to seeing them again in September.

We look forward to good weather for Sports Day next Friday, 12 July, and students taking part in the day of activities.

Enrichment Week - Please do not hesitate to contact school if families need financial support for your child to attend their Enrichment Week trip. All requests will be treated in the strictest confidence.

Our Beacon School Success



Miss Brown and the History department have been working hard for the last 12 months on their Holocaust provision, which has featured in past newsletters. In partnership with University College London, Archbishop Holgate's has now been awarded the Beacon School Status Award, which ensures that our curriculum is research informed and one of the best in the country.

Miss Brown had to travel to Manchester over the weekend to speak to other Beacon School leaders, alumni and lecturers to demonstrate the work that has taken place in our classrooms this year, including a very daunting (but exciting) presentation. This has been a highlight for us this year and has led us on a very successful journey, as we now stand as the only school in the area to have this quality status.

We look forward to moving forward with our new award and continuing to strive for success where we can. We thank all the students this year who have taken part in the lessons and have been compassionate and thoughtful, and a special thank you to student leaders who led the Anne Frank chapel guides this week!

Sports Day 2024

Our annual Sports Day will take place next Friday, 12 July. The whole school will be off timetable and will take part in a carousel of activities. Students will need to come to school in regulation PE kit for the day. If they wish to wear a T-shirt in the colour of their house, they are very welcome, but it is not compulsory. Students will still need to ensure they have their planner and pencil case with them, just in case it rains. They will also need a hat, sun cream and water bottle as the whole day takes place outside. They should also bring their school PE reversible or hoodie if the day is cooler.

Wellbeing Newsletter

The Wellbeing Newsletter is written each week for parents, highlighting wellbeing resources that are shared with students during form time, as well as a parent resource from National Online Safety. Each week the newsletter has a particular theme relating to the week ahead. We also have a Wellbeing Twitter (@AHS_Wellbeing), that is updated daily with all things Wellbeing - give us a follow!



Upcoming Events

Fri 5 Jul	Y9 Cultural Trips
Tue 9 Jul	Y12 UCAS Information Evening, 6.00pm
Wed 10 Jul	Y10 Introduction to Sixth Form Evening, 6.00pm
Fri 12 Jul	Sports Day
15-19 Jul	Enrichment Week
Fri 19 Jul	School finishes at 1.15pm

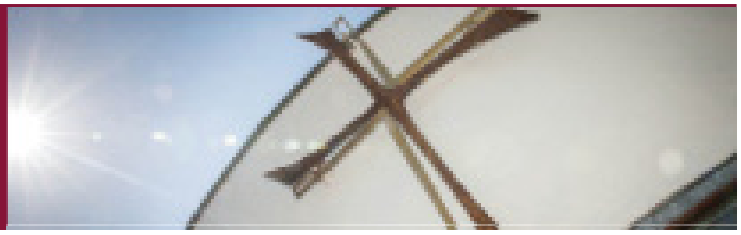
AHS Feedback

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



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 - Tilly Hendon, 9MSr
KS3 German - Sonny Spadone, 7MLn
KS3 Spanish - Florence Davis, 9LAy
KS4 French - Flic Munzer, 10WNo
KS4 German - Hassan Fares, 10Lp
KS4 Spanish - Tamara Alahendrage, 10JDI



Duke of Edinburgh (Bronze)

Well done to all of the Year 10 students that successfully completed their Duke of Edinburgh bronze expedition at the weekend. All of the participants were excellent and achieved their goals. Huge thanks to the staff who supported and thanks to families for their ongoing support. Please check Google Classroom for further updates.



Year 12 Trip to Vienna

On Saturday 6 July, twenty Year 12 students, accompanied by staff, will travel to Vienna, Austria, to complete two weeks work experience. The school secured funding from the Turing Scheme which has enabled us to give students the opportunity to work in another country. Students will be living in Vienna for two weeks and while there will be working for a variety of companies from tour operators, showing off the sights of Vienna, hotels, restaurants, printers and a nursery. The students will also visit different sites in Vienna and be immersed in the culture of the city.

We wish the students a safe trip and look forward to hearing about their adventures on their return!

Food for Thought

This week's Form Tutor Collective Worship is entitled 'Living in a Family'; about how living with others can be both rewarding and challenging; we will apply our school values and look at some relevant Christian scripture. Our daily quotes continue this theme.



"At the end of the day, a loving family should find everything forgivable."

Mark V Olsen & Will Sheffer, American producers and writers

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

Library Stock Take

Please note that students will not be able to borrow books from the Year 7 Library and Resource Centre from Monday 8 July, as we will be carrying out a full stock take. This is an ideal opportunity for students to make good use of their local library as an alternative.

Careers Corner



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.

Message from Head of Year 7, Miss Powell

We are now 2 weeks away from the end of Year 7. We are extremely proud of how much our students have grown in independence and confidence and it was a pleasure to see this at our Parents Evening.

This week, Year 7 had an assembly with Mr McPaul, who will take over as their Head of Year in September. He spoke to them about things that will change next year, as well as lots of things that will stay the same. He also introduced Mrs Robinson who will be the Assistant Head of Year 8, a non-teaching member of staff to support students day to day.

Students visited the Chapel during their RE lessons this week to see our Anne Frank exhibition. A huge thank you to the Year 8s who led this, they were a great inspiration to many Year 7s who I am sure will undertake this role next year.

Finally, a huge well done and thank you to the Year 7s who represented the school as a buddy at our Induction Evening and Induction Day this week. You were a credit to the school; helpful, polite and positive. A special well done to Amira El-Gmati for delivering her speech so confidently to all the parents at Induction Evening.

We now have our final week of lessons and whilst this will be very exciting, we must remind students that expectations remain the same. After this, we have Enrichment Week. If your child has not submitted their preferences they must do this as soon as possible.

Thank you for your continued support, as always, if you need anything

Message from Head of Year 9, Miss Chambers

As we pass the three week countdown, it has been good to see Year 9 continuing to work hard and do well. Year 9 final reports are due to go out over the next week and hopefully these will reflect the amazing efforts put in by Year 9 students this year.

Last week, our Act of Collective Worship was led by Miss Gavin and focused on Election week. There has been a School election taking place alongside the General election which has provided a great opportunity for our students to learn more about democracy, how government works and to consider their views on a variety of issues. All students involved in this have been fantastic, and we are really proud of those who have taken part.

On Friday 5 July, we have the final round of Cultural trips taking place. All students need to have parental consent completed to attend the trip via ParentPay. As of midweek, there are still a number of consents missing; please could you check that your child has completed this. The cultural trips have been hugely successful this year as a great educational opportunity for students and a welcome change of pace to enjoy a day out of school. By the end of this week, all students will have had the opportunity to visit the Royal Armouries, Coal Mining Museum and Railway Museum alongside a Sightseeing tour of York. This will contribute to students' Arts Awards this year, in addition to building cultural capital that will support a number of GCSE courses and future endeavours.

Flamingo Land and London arrangements are also well underway for Enrichment week. Thank you for all those students and parents who attended the London trip information evening on Tuesday; we trust this has been informative and provided the opportunity to answer any final questions. Flamingo Land sign-up is now closed and Form Tutors will be going through information for students and coach lists over the next week. It is really important students follow their coach lists; this is so that we can transport everyone to the park smoothly and register everyone effectively. Students will largely travel in their Form Groups and once we have arrived, students can spend the day with whomever they choose. Regardless of whether students are on the London or Flamingo Land trip, it should be a great time for everyone and a well-deserved reward.

If you have any queries or concerns about your child in Year 9, please contact school reception to speak to someone in the Year 9 team, or you can email reception@ahs.pmat.academy.

Message from Head of Year 8, Miss Cooper

We can't believe how quickly this year has gone and how close we are to the summer holidays! We are so proud of all of the things we have achieved this year and can't wait to celebrate them in the last week. This week, in assembly, we were reminded about the uniform policy. It is lovely to see Year 8 looking really smart every day and our uniform is really good, there will be no changes to the uniform in September. If you need any further guidance with uniform then please let us know. Next week, the Student Charity Team is holding a charity collection for our school Unity Shop. We are asking Year 8 to bring in tinned food (beans, tomatoes etc). They can leave these with their form tutor until the collection on 9 and 10 July.

We are so proud of one of our Year 8 students, Maria Cardoso, who raised £140 for Cancer Research at the weekend by taking part in the Race for Life. Well done Maria - this is fantastic!



Our merit leaders this week are Rosie Mellor, Brodie Barrow and Jasper Garnett - well done! Remember, you can go to the merit mart at lunch times to spend your merits. There is also a raffle where you can win two tickets to an escape room in York.

Message from Head of Year 10, Miss Waines

I can't believe we are heading into our final week of teaching for this year before Enrichment Week beginning 15 July. The year really has flown by and I am looking forward to seeing everyone continue their hard work in September.

In September, we are having a renewed focus on our uniform standards and as such, all Form Tutors are checking uniform this week. If there are any issues including not bringing a bag or equipment to school, big false eyelashes being worn or not having a tie, it is likely you will be contacted by a member of the year team before the end of term and asked to rectify this before September. The majority of our students look smart and presentable each day and they had an assembly led by Mr Avery on Monday to remind them of why we wear uniform in schools. We thank you in advance for your support in this.

Your child will be starting to receive feedback from their mock exams in their lessons and the report with a full list of grades will be sent home in the next week or so. Please have reflective conversations with your child about their mock exam grades - did they feel the revision they did worked well? What do they need to do next time to improve? etc.

The Year 10 Health and Social Care class went on a trip to York University at the beginning of the week to learn about careers in the healthcare industry. This looked like a fantastic trip out and really beneficial to the students. Miss Gavin said the students conducted themselves brilliantly and were a real credit to the school. Thank you to Miss Gavin for organising the trip!

As always, please feel free to get in touch with reception if you have any questions or queries.



We'd like to thank Year 12 for coming to the Headteacher breakfast last week and we wish them good luck with their mock exams this week. After a tiring week of mocks for Year 10, we are looking forward to rewarding and celebrating with the following students.

Headteacher Award

Congratulations to our Headteacher award winners in Year 10, we look forward to welcoming you to breakfast on Friday.

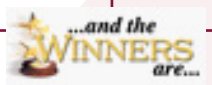
10AP	Tameem Alrehaliy
10CBE	Jack Lawrence
10CR	Phoebe Riley Ennis
10DBS	Claudia Ackerley
10ECE	Hannah Birkinshaw
10JDL	Sam McBride
10KCE	Isaac Carter
10LP	Liam Molloy
10NTH	Amali Estabrooks
10WA	Tayla Langham
10WNO	Jai Valluri



Students should meet in the main hall from 8.45am where they will be welcomed to enjoy a range of pastries, hot chocolate and orange juice. Each student will also receive a certificate, badge and vouchers.

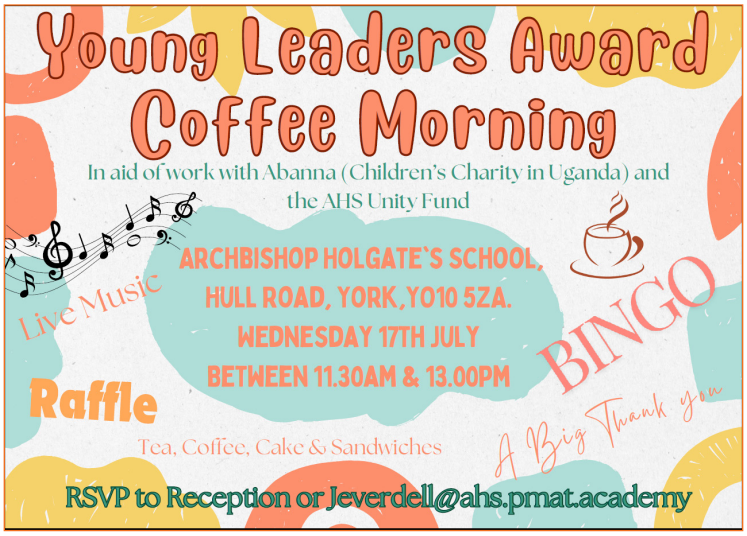
The Head of Year Award Nominations/Winners

KS3		KS4/5
Ella He	Meleksu Zengin	Jayden Castle
Maisy Chilton	Charlotte Crowe	Erin Smithson
Bailey Howlett	Lacie Vialle	Emily-Sue Toye
Joseph McLaughlin	W R	Amber Hardy
Alexis Picken	Jo Sola Farrus	
Arivan Farhad	Alex Dunlop Gibson	
Isla Morrison	Eloise Niven	
Blythe Cunningham-Cross	Amelia Hanks	
Eva Musson	Lucia Nicolle	
Ben Browne	Juliette Reid	
A. B.	Esther Button	
Casta Ko	Eve Bate	
Cormac Maloy	Selene Matusiak	
Vidya Bhattacharya		



Year 7	Year 8	Year 9
Ella He	Charlotte Crowe	Cormac Maloy
Maisy Chilton	Lacie Vialle	Vidya Bhattacharya

Year 10	Year 12
Jayden Castle	Emily-Sue Toye
Erin Smithson	Amber Hardy



VACANCIES

Archbishop Holgate's School

Cleaning Assistant

For more information visit:
www.archbishopholgates.academy/staff/vacancies

Pathfinder MAT is an equal opportunities employer, committed to safeguarding and promoting the welfare of children.
Enhanced DBS check will be required.

As part of our due diligence process, an online search will be carried out on all shortlisted candidates.

AHS Food and Charity School Collection

On Tuesday 9 July and Wednesday 10 July, the Student Leader Charity Group will be holding a whole school and staff charity collection to raise supplies for the school Unity Shop. Each year group will have target items and products which they can donate by dropping them off in their form room during morning registration:

Year 7:	Dry grains and pasta
Year 8:	Tinned food (beans, tomatoes etc.)
Year 9:	Soup (powdered or tinned)
Year 10:	Drinks (tea bags, coffee grains, squash)
Year 12 & Staff:	Toiletries and sanitary products (toothpaste, soap, shampoo etc.)

Everyone can bring as little or as much as they would like, with all supplies donated providing help to a wide range of families who face poverty in our school and whose struggles may not be truly realised within the school day. I hope that together we can have a really positive effect on our school community!"

Many thanks, Rory Ekers (Head of the Sixth Form AHS Student Charity and RAG Team)

This Week's Sixth Form News



Prom 2024

Friday 28 June was our Year 13 Leavers' Prom at the Principal Hotel. Staff would like to thank all students for their efforts these last two years and we hope that you all had a fantastic time on the evening. You really have been such a tremendous year group and your attitude and spirit on the night was reflective of how fantastic your journey has been. We now look forward to celebrating with you further on Results Day, Thursday 15 August.

Career Ready - Portakabin Trip

This week, our Career Ready students completed their penultimate session of the course at Portakabin Head Office in Huntington. Students were given a tour of the site as well as an in-depth business insight that will help these fantastic students in their next steps following Sixth Form.



Year 12 Mock Exams - Well Done!

Huge congratulations to all Year 12 students who have overcome the hurdles of a mock week and come out all the stronger for it. These exams have been rigorous and challenging in the best ways and students have risen to the occasion. We look forward to sharing the results with you in the Summer.

	08:55 P1 & 2	Location	11:15 P3 & 4	Location
Monday	History 2hr	Sports Hall/Int 1/SFS	English Literature 2hrs French 1hr 45 Spanish 1hr 45	Sports Hall
Tuesday	RE 2hrs Media 1hr 30	Sports Hall/Office/SFS	Sociology 2h F Math 2hr 30m Geography 1hr 30	Sports Hall
Wednesday	Biology 2hrs Computing 1hr 30m Music 2hr	Sports Hall/SFS	Psychology 2h 30m	Sports Hall
Thursday	Physics 2hrs	Sports Hall/SFS	English Language 2h 30m	Sports Hall
Friday	Chemistry 2hrs Politics 2hrs	Sports Hall	Mathematics 2h 30m	Sports Hall

Reminder: Year 12 Transition Letter

Please could you confirm your appointment with us as soon as possible for the Year 12 transition process by signing your forms as quickly as possible. This letter has been emailed to parents. Thank you.

Head of Year Award

Emily-Sue Toye and Amber Hardy	Both students were nominated by Mr Skelton this year for being all-round fantastic people throughout the year - throwing themselves into multiple opportunities and being fundamental characters in the Sixth Form life.

Enrichment Week

A lot of thought and planning goes into this week to prepare our students for after Sixth Form. The activities that take place will enhance academic, cultural and personal experiences.

Consent slips must be returned ASAP.

Mon-Tue: All things university, apprenticeship, gap year and EPQ

Wed: Workshops with Nuclear Disarmament Campaign about world conflict, environmental action, world food fuddle and a Minster visit

Thu: Big Talk about appropriate conduct in the workplace, NHS workshop on lumps, bumps and self-checking, talk from an addict about their personal story

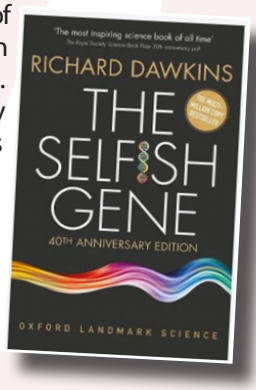
Fri: Sponsored walk, £5 contribution to be donated to Mind

Book Recommendation of the Week

The Selfish Gene by Richard Dawkins

The million copy international bestseller, critically acclaimed and translated into over 25 languages.

As influential today as when it was first published, The Selfish Gene has become a classic exposition of evolutionary thought. Professor Dawkins articulates a gene's eye view of evolution - a view giving centre stage to these persistent units of information, and in which organisms can be seen as vehicles for their replication. This imaginative, powerful and stylistically brilliant work not only brought the insights of Neo-Darwinism to a wide audience, but galvanised the biology community, generating much debate and stimulating whole new areas of research. Forty years later, its insights remain as relevant today as on the day it was published.



Open Days

During the summer term we are encouraging attendance to Open Days. We permit up to five, but we do ask that the booking confirmation is sent to us by parents so that we can verify absence. Thank you for your support.

Employment/Apprenticeship Support - Careers Meetings

For any Year 13 student who is unclear on their plans for next year, a reminder that we are still happy to offer careers advice and guidance, and support employment and apprenticeship applications. Please contact us if you would like any further information.

Physical Education Department

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

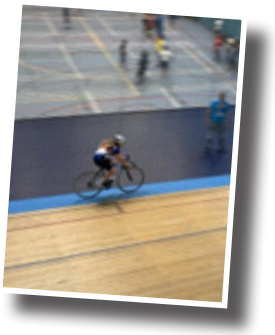
Newsletter



Cycling

Brodie took part in the British Cycling testing days last month and, after that testing day, she was selected for the female talent development programme.

Sunday was her first day (in Derby) and she got to ride on the velodrome and loved it. Well done Brodie.



School 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".

Google Classroom

In the coming days, the PE Google Classroom for year groups will be activated. Please accept the link to find out all information related to PE and Sport. On the 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.

PE Enrichment Week

PE Enrichment Week runs from 15-18 July. Each year group will have a designated PE day. Students will be informed of the details next week.

Extra-curricular PE

Please see our extra-curricular programme for this half term. Remember that our clubs are a relaxed environment with a focus on participation and enjoyment, students don't have to be selected in teams. Fixtures are also back on, so if students would like to be a part of a team, they will need to attend training to be eligible for selection.

Pickleball

Pickleball Club has taken off at AHS. One of the world's fastest growing sports has proven to be extremely popular with our students with Y10 attending before school to play which is fantastic. Check out to see the new clubs for Y10 and 11. There will also be further opportunities for other year groups to get involved in the near future!



Free Swimming Lessons

We are looking for Y7-9 students who would benefit from beginner swimming lessons.

The school currently employs an external swim coach, Stuart Bell, of Stuart Bell Swim School, to deliver small group lessons. After Easter, the classes will move to a Tuesday, 3.15-4.15pm. Lessons are free of charge, but need to be booked to secure a place and there are only a few places available. Places will be awarded on a first come, first served basis. Please contact the school to secure your place as soon as possible to avoid disappointment.



SCHOOL CLUBS

MONDAY

LUNCHTIME (1.15-1.50pm)
- Y7 Pickleball (Gym)

AFTER SCHOOL (3.15-4.00pm)
- All Years Rounders (Back Field)
- Y9/10 Cricket (Back Field)
- All Years Tennis (Tennis Courts)

TUESDAY

LUNCHTIME (1.15-1.50pm)
- Y10 Pickleball (Gym)

AFTER SCHOOL (3.15-4.00pm)
- Y10/11 Fitness (Fitness Suite)

AFTER SCHOOL (3.15-4.15pm)
- All Years Boxing Academy (Gym)
- Beginners Swimming - invite only (Swimming pool)

WEDNESDAY

LUNCHTIME (1.15-1.50pm)
- Y10 Pickleball (Gym)

THURSDAY

LUNCHTIME (1.15-1.50pm)
- Y8/9 Pickleball (Gym)

AFTER SCHOOL (3.15-4.00pm)
- All Years Athletics (Back Field)

FRIDAY

LUNCHTIME (1.15-1.50pm)
- Exam PE Support (Pe1)

AFTER SCHOOL (3.15-4.15pm)
- Y7 Rookie Lifeguard - invite only (Swimming Pool)

Tweet us @ @AHSPhysEd

Boxing Academy

There is a Boxing Club for all year groups on Tuesdays after school in the Studio from 3.15-4.15pm each week. Students will need their AHS Indoor PE kit and a drink. The club is free of charge and is subsidised by the school.

The club is run by Paul Cashmore, a former AHS student and Met Police Officer, who now works on Channel 4s "The Hunted" as a Hunter. Paul set up a boxing academy in London alongside his TV work and has brought his academy to York.

The boxing club's aim is to inspire and promote health and fitness, increase confidence inclusive of all genders and abilities in a disciplined yet fun and safe environment. It is non-contact, if talent is identified they may be referred to a local boxing clubs.



Year 7 Athletics Opportunity, City of York Athletic Club

Although the club is flourishing, vastly oversubscribed and successful (National Finalists in both junior age groups last year, only 3 clubs in Britain achieved this) we find ourselves short of Y7 for the team next summer.

We are appealing for Y7 who might have athletic ability, sprints, jumps, throws (even if they haven't tried the latter 2 yet) and distance runners, from good results in School Cross Country. We are at York University track, YO10 5NA (this is not at the Sports Village). An excellent facility where we can offer all events. Training - Wednesdays 6-7pm. For distance runners there is also Mondays, 6pm. For those busy with other sports, we recommend that they still get 2 rest days a week. And ask that will be available for some weekend fixtures next summer.

This appeal is going out quite widely, and may bring in more requests than we can take in the first instance, so there may be a limit on immediate places. But we will see what happens and once we have the contact details we can go from there. Contact: secretary.coyac@hotmail.co.uk

Jewellery in PE lessons

Students should not be wearing any jewellery in school other than one small nose stud and/or two ear studs. In terms of PE, and in-line with AfPE guidance, we remind students (via lessons and the newsletter) that they will be asked to remove ALL jewellery for PE lessons. This is a health and safety precaution and must be adhered to. Piercings should ideally be done during the summer holidays (to allow time to heal) but where this is not done, tape is sufficient along with modifying activities in the short term (6 weeks).

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

PE Kit Policy Change

Since 8 January 2024, our PE Kit Policy has changed to align with the main school behaviour policy:

Should a student forget any item of their PE kit, they will be issued a 20-minute lunchtime detention.

This is to encourage students to take responsibility for their own organisation and to reduce the impact on lesson time. Should you have any further questions, please don't hesitate to contact the PE department.

Thank you for your continued support.

Tennis Opportunities





Rugby Opportunity



Lunchtime Clubs - Starting 15th April

Monday	Tuesday	Wednesday	Thursday	Friday
All years Jazz Band 13:15 -13:45 Music Department (L40)	**All years Quiltbags** 13:15-13:45 Dr King, Mr Everdell and Miss Brown (MA4)	**Y7 and 8 British Sign Language Club (12 Spaces)** 13:15 - 13:45 Ms Isherwood GG4 **First come first served basis**	**Y7, 8 and 9 KS3 Further Maths Club** 13:15 - 13:45 Dr King (MA4)	**Y7 MFL Film Club** 13:20 - 13:50 Miss Leplatre (ML4) **Bring your packed lunch**
All years Ukulele Magic 13:15 - 13:45 Music Department (L37)	**All years (Invitation only) AHS Ambassadors** 13:15 - 13:55 Mrs Robertson (RE6)	**Y7 and 8 (Invitation only) 'Apollo Readers Check In'** 13:30 - 13:50 Mrs Cockle (EN4)	**Year 8 Lego Friends Club** 13:15 - 13:45 Mrs Dixon (IT5)	**Y12 Netball (Girls Only)** 13:15 - 13:50 Miss Gavin
Y7 Boys Pool Club (Invitation Only) 13:15 - 13:45 Mr Bryan (MA7)	**All years Boys Aloud** 13:15 - 13:55 Music Department (L37)	**AHS Academy Choir** 13:15 - 13:55 Music Department (L40)	**Y7 Science Club** 13:25 - 13:50, Science Team (SC5)	**Y13 Netball** 13:15 - 13:50 Miss Gavin (Netball Courts)
	KS4 and 5 Chess Club 13:15 - 13:50 Mr Tilbrook (SC3)	**Y9 YoYo** 13:15 -13:55 Mr Nihill (The Chapel)	**KS3 Chess Club** 13:15 - 13:50 Mr Tilbrook (SC3)	**GCSE and A Level** Composition Clinic L40 **Mrs Neaves**
	All years Dr Who Fan Club, 13:15 - 13:50 Mr Handley (SC5)	**All years Feministas (20 Spaces)** 13:20 - 13:50 (SC9) D Binns	**Y7 AND 8 YoYo** 13:15 -13:55 Mr Nihill (The Chapel)	
		Y7 - Y9 Meanwhile…Elsewhere - History Club (15 Spaces) 13:15 - 13:45 (HI2) Mrs R Paver	**Year 7 and 8 Benevolent Buddies** 13:15 - 13:50 Miss Rogers (RE5)	
		Poetry Club 13:15 - 13:45 EN8 Miss Dearlove	**Y7 Wildlife Drawing (20 Spaces)** 13:25 - 13:50 (AR3) Miss Halifax	

CLUBS GREEN - NO NEED TO NOW SIGN UP, JUST SHOW UP!

After School Clubs - Starting 15th April

Monday	Tuesday	Wednesday	Thursday	Friday
Year 11 Drama Club (Invite Only) 3:15 - 4:00 Miss Barrett (Studio)	**Year 13 Drama Club (Invite Only)** 3:15 - 4:00 Miss Barrett (Studio)	**Band Rehearsals (By booking only)** Please see Music Department	**All years Orchestra** 3:15 - 4:00 Music Department L37 **PLEASE COME ALONG**	**AHS Unity Choir (Invitation Only)** 3:15 - 4:00 Music Department L40
All years D and T Club 3:15 - 4:00 DT Team (TECH Rooms) **PLEASE COME ALONG**	**KS3 'Speak up' Debate Club** 3:20 - 4:00 Mrs Doyle (EN9) **NOW FULL**	CLUBS GREEN - NO NEED TO NOW SIGN UP, JUST SHOW UP!	**Rewards Reps (Invitation Only)** 3:15 - 4:00 Mrs Kitney (L34)	
All years Backstage Club 3:15 - 4:15 Mr Gladstone and Mr Clements (Main Hall) **PLEASE COME ALONG**	**KS4 and 5 Book Club** 3:20 - 16:00 Ms E Collins (EN3) **PLEASE COME ALONG**		**ALL YEARS Needlecraft** 3:15 - 4:15 Mrs Robertson (RE6) Beginners welcome **PLEASE COME ALONG**	
Y10 - 13 Composition Support 3:15 - 4:00 (L40)			**Food Tech Club (Y7 and 8) Places here MUST be pre-booked via ParentPay** 3:15 - 4:00 Miss Sargeant (FD1)	
	Junior (Y7-9) & Senior (10-13) Soul Band 3:15 - 4:00 (L40) **PLEASE COME ALONG**		**Y7 - Y11 Allotment Club** 3:15 - 4:00 Miss Arksey (GG4/Allotment) **PLEASE COME ALONG**	

Extra- Curricular MUSIC 2023-24

	Monday	Tuesday	Wednesday	Thursday	Friday
AM/Reg			**Breakfast Brass** Ne All years (L40) 		
Lunch	**Jazz band** Mo All years (L40)  **Ukulele Club** ZNs All years (L37) 	**Boys Aloud!** Ne All years (L37) 	**AHS Academy Choir** Ne/ZNs All years (L40) 	**String Ensemble** Mo All years (L37)  **Music Tech Club** Cl All years (L40) 	**GCSE and A-Level Composition Clinic** ZNs (L40) 
After School		**Junior (Y7-9) & Senior (10-13) Soul Band** Mo (L40) 	**Band rehearsals** (by appointment only) Studio 	**Orchestra** Mo All years (L37) 	**AHS Unity Choir** Ne/ZNs (L40) (by invitation only) UNITY CHOIR

Menu w/c 8 July

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Chicken Korma Vegetable Tikka Masala (Vegan)	Beef Lasagne Veggie Burger in a Bun (vegan)	Roast Joint of Gammon Broccoli, Cauliflower, Potato and cheese Bake(v)	Chicken Gyros Kebabs Falafel in a pitta bread (vegan)	Freshly Battered Fish Vegan Quorn Sausage
On the side	Rice Naan Bread	Garlic Bread Garden Salad	Roast potatoes Yorkshire pudding	Savoury rice Tzatziki (cucumber, mint yogurt dressing)	Chips
Vegetables	***Selection of seasonal vegetables served each day***				
Snack selection	Baked Potato & fillings Homemade Sandwiches	Baked Potato & fillings Homemade Sandwiches	Baked Potato & fillings Homemade Sandwiches	Baked Potato & fillings Homemade sandwiches	Baked Potato & fillings Homemade Sandwiches
Family Favourites	Raspberry & Strawberry Eton Mess *A selection of:* *Traybake/muffin* *Cookies* *Yogurt* *Fruit*	Chocolate Sponge & Chocolate Sauce *A selection of:* *Traybake/muffin* *Cookies* *Yogurt* *Fruit*	Fruit Jelly *A selection of:* *Traybake/muffin* *Cookies* *Yogurt* *Fruit*	Peach Crumble & Custard *A selection of:* *Traybake/muffin* *Cookies* *Yogurt* *Fruit*	Profiteroles & Chocolate Sauce *A selection of:* *Traybake/muffin* *Cookies* *Yogurt* *Fruit*

Archbishop Holgate's School

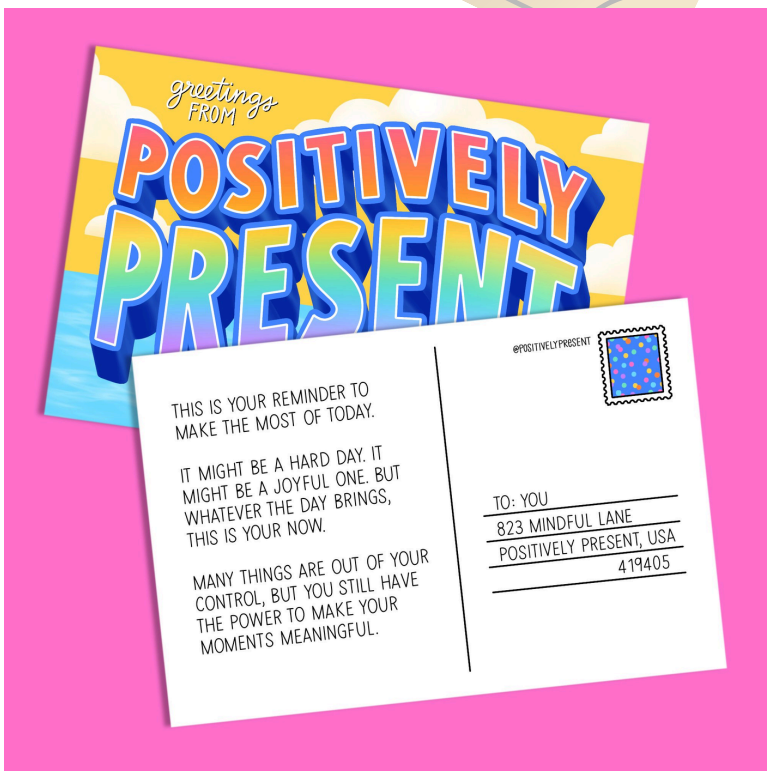
JUSTICE COMPASSION FORGIVENESS TRUST

The Wellbeing Newsletter

ISSUE 100: MONDAY 1ST JULY

A Newsletter to highlight all the brilliant wellbeing resources that are being shared with our students this week. The Wellbeing Newsletter is also a platform to illustrate our four pronged offer in school; #AHSCares, #SelfHelp, #SelfCare and #Support.

British Summer has finally arrived and it is HOT! This means it is very important that we stay hydrated and look after ourselves. Most of us welcome hot weather, but when it's too hot for too long, there are health risks.



In our Wellbeing resources, we are sharing self-care tips for the Summer. Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you.

This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them. The plan helps young people identify activities that they can use to support their mental health. It's adaptable on a weekly or monthly basis, so that it can fit differing schedules or priorities.





@AHS_Wellbeing

#SELF CARE

Practical.

Holidays. Getting out and about and creating new experiences can be a really fun way to look after yourself. Whether you are travelling abroad or just visiting a town a few bus stops away from you it can help to give your mind a break from your usual surroundings and what they may remind you of.

Visit Britain & Tripsavvy have a list of the best free attractions for young people across the UK as do websites such as Visit England, Discover Northern Ireland and Visit Scotland.

APP OF THE WEEK

Pillow. Rest and recharge over the summer break. Pillow is the best sleep tracker app for your Apple Watch, iPhone or iPad to help you uncover the scientifically proven benefits of good sleep.



#SELF HELP



DOWNLOAD YOUR SELF-CARE PACK HERE

RESOURCE OF THE WEEK

Summer Self-Care Pack. The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling without the structure and support network of school.

These packs feature a range of creative activities based on self-care strategies that other young people have found useful in helping them stay mentally healthy.

ACTION FOR HAPPINESS

This month is 'Jump Back Up July' where we look for ways to build resilience and bounce back . Every day may not be good, but there is something good in every day.

1. Decide to look for what's good every day this month
2. Say positive things in your conversations with others
3. Re-frame a worry and try to find a helpful way to think about it
4. Take a photo of something that brings you joy and share it
5. Think of 3 things you're grateful for and write them down

PARENT RESOURCE OF THE WEEK

With the Euros in full swing, plenty of children are taking to the pitch, but perhaps we can keep them active all year round This week, we've put together some expert tips on promoting physical wellbeing to young people.



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#SUPPORT

Talking about your thoughts and feelings can help you deal with times when you feel troubled about something. If you turn a worry over and over in your mind, the worry can grow. But talking about it can help you work out what is really bothering you and explore what you could do about it. **So who can our students talk to?**

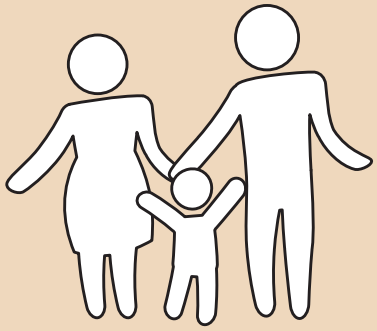
- **Family and friends**
- **Form Tutor/HoY/AHoY/Teacher**

Other services in school....

- **Wellbeing Service** - we can organise a meeting with the Wellbeing Worker or the Wellbeing in Mind team, if their needs cannot be met by the staff in school.
- **Counsellor** - students can request to see the counsellor by filling out a short form on the Student Hub/speaking to the pastoral team/DSL.
- **Health Professional** - where appropriate we will refer to the school health professionals. They will advise us and you about the next best steps.
- **Nurse -** we have our very own school nurse, Mrs Plowman, who is available every day on site.
- **CAMHS** - CAMHS (Child and Adolescent Mental Health Services) are specialists in supporting students who have a Mental Health illness.
- **Chaplaincy Team** - please either phone or email school and ask to speak a member of the Chaplaincy Team who will phone you back and offer support to you.

...and out of school...

- **Doctors** - if you recognise symptoms of any common mental health problem and are worried, or if you feel that something isn't right but you can't put your finger on why, we recommend that you speak to your GP.
- **Crisis line** - 0800 051 6171
- **Samaritans** – 116 123 (24 hrs)
- **Mind Infoline** – 0300 123 3393 (9am-6pm, Mon-Fri)
- **Saneline** – 0300 304 7000
- **The Mix (for ages 13 – 25yrs)** – 0808 808 4994 (11am-11pm)
- **Childline** – 0800 1111 (24 hrs)
- **Papyrus** – 0800 068 4141
- **Shout** - Text 85258 (24 hrs)



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

ONLINE TROLLING

The term "Trolling" refers to sending hurtful or provocative comments – often done anonymously online – to provoke a reaction or cause emotional distress. Anonymity can embolden people into saying things they wouldn't dare say in person. Euro 2024 and other tournaments tend to put an emphasis on this, with the abuse of both players and fans often increasing during such events.

WHAT ARE THE RISKS?

ESCALATION

Many trolls begin with silly, banal comments before moving on to a broader pattern of offensive messages and posts. They can also turn their attention very quickly to a new target if they grow bored with an existing one, which makes engaging with one fruitless at best – and potentially dangerous at worst.

HIDING BEHIND A SCREEN

Because trolls tend to use anonymous profiles, they enjoy a lack of accountability. This also means they'll often have multiple profiles, potentially switching between them regularly or posting across several of them at the same time, making a target feel as though there's no escape. After all, once you block one account, what's to stop them reappearing elsewhere?

24/7 CONTACT

The internet has given us the ability to remain in contact at any time, from almost anywhere in the world. A troll having the ability to reach you whenever they want can leave you feeling like their abuse is unavoidable. While they don't see you in real life, they can message you at any time, reach out to your peers online and even try to discover your personal information to scare you.

HATE SPEECH

Sadly, many trolls resort to spewing racial slurs, homophobic attacks and awful stereotypes, as these often stand the best chance of causing emotional harm. This can add a hefty degree of weight to their attacks, moving from what might charitably be described as "teasing" into a genuine hate crime. After Euro 2020, three England footballers were racially abused, resulting in several prison sentences.

IMPACT ON VICTIMS

It's not uncommon for the victims of trolls to shut down their accounts, disappear from public life, and try to stay out of the crosshairs for a time – with some even leaving social media forever. This can have a severe impact on children and young people's connections to friends and the world at large, and may not even actually stop the troll. The victims' families, for example, may have online profiles that trolls can still access.

NORMALISATION OF TROLLING

It is, regrettably, inevitable that some people will go too far in their criticisms or comments, both online and in the real world. This can lead to many people seeing trolls and their abuse as part and parcel of social media – an inherent risk of interacting with others online. This doesn't mean, however, that it should be considered "normal" or even tolerated.

Advice for Parents & Educators

USE PARENTAL CONTROLS

While social media platforms (where most trolling tends to happen) aren't always helpful when responding to abusive behaviour, parents can set up screen time limits, so children only get to use certain apps at certain times. There's always the potential for trolling to occur anyway – such as friends showing screenshots to one another – but this would minimise the likelihood of children seeing it.

DON'T ENGAGE WITH ABUSE

A well-known adage on social media is "don't feed the trolls". Fundamentally, if a child identifies a potential troll online, it's best not to engage with that individual directly. Instead, consider setting up a log to gather evidence for reporting them later on, including screenshots and quotes where possible.

ENCOURAGE EMPATHY

While every professional athlete aspires to maintain high standards, it's important to separate the player from the person. A player's performance doesn't make them worthy of abuse, and that can often be forgotten by younger children who simply see the colour of the shirt without considering the person wearing it. For all the rivalries between teams, it's essential children understand that players are still human beings, with families and lives outside of sport.

BLOCK AND REPORT

While anonymous accounts make it difficult to block trolls permanently – or even for very long – it's still good practice to help children learn to control who can engage with them online. It's not worth "feeding the trolls", and it's more helpful to block them, report them, and try to move on. Blocking and reporting is an anonymous process, too, so there'll be no indication of who specifically blew the whistle.

Meet Our Expert



Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the gaming and tech industry for five years. A long-time fan of Arsenal, he's a parent who understands the importance of online safety. He's also a tech and fitness writer whose work has been published on sites including IGN, TechRadar and many more.

Source: See full reference list on guide page at: nationalcollege.com/guides/online-trolling

#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.07.2024

OUR SCHOOLS ARE RECRUITING



Support Staff Vacancies

For details and to apply, visit our website or scan the QR code

Job	Cleaning Assistant
School	Archbishop Holgate's School
Details	Required as soon as possible Currently £11.52 per hour Part Time: 20 hours per week, Term Time Only Hours of work: Mon-Fri, 3.30-7.30pm
Closes	N/A

Job	After School Club Manager
School	Rufforth Primary School
Details	Grade 5 Level 1 Monday to Friday – 3pm – 6.15pm term time only plus 8 hours per year for training requirements. There could be flexibility regarding working hours.
Closes	N/A

Job	Minibus Driver
School	Malton School
Details	Grade CD, Scale Points 3-6 Part-time (20 hours per week – split am & pm), Term-time only (incl. training days) £22,737 – £23,893 per annum FTE
Closes	Monday 12th July at 09.00am

Job	Librarian
School	Malton School
Details	Grade E, Scale Points 6-9 Full time (37 hours per week) Term time only £23,893 - £25,119 per annum FTE
Closes	Thursday 4th July at 9am

Job	Technician—Performance & Creative
School	Malton School
Details	Grade CD, Scale Points 3-6, Part-time (20 hours per week) – 4 hours over 5 days or 5 hours over 4 days (during the school day – 8.30 am to 3.30 pm). Term time only (incl. training days)
Closes	Tuesday 9th July at 09.00am

Job	Office Manager & School Business Manager
School	St Barnabas CE School
Details	Grade 8, Level 1 – 4 (£31,947- £34,988) Reduced pro rata Permanent – Term time only or Full Year – 32 to 37 hours per week, hours between 8:30am – 3.30pm Monday to Friday
Closes	N/A

Pathfinder Multi Academy Trust is an equal opportunities employer, committed to safeguarding and promoting the welfare of children. Enhanced DBS check required.

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OUR SCHOOLS ARE RECRUITING



Support Staff Vacancies

For details and to apply, visit our website or scan the QR code

Job	Out of School Club Assistant
School	Hempland Primary School
Details	Grade 3 Level 1, £22,434.00 (pro rata £7,800 – 6pm or £5,200 – 5pm) Monday to Friday. Term Time only, fixed term3pm to 5pm or 6pm Term Time only (Days can be negotiated)
Closes	Thursday 18th July at midnight

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