



School Newsletter 541

Values – Care – Achievement

Thursday 23 January 2025

Headteacher's Introduction



Dear Parents and Carers,

Welcome to the third newsletter for the Spring Term 2025.

As we continue to embrace the new term, I'm delighted to share some exciting updates from our school life. The anticipation is building as rehearsals for our school show get underway following the 'grand reveal'. It is heartening to witness the enthusiasm and dedication of our students as they prepare for what promises to be a spectacular production in March.

In recent weeks, the leadership team and I have had the privilege of reviewing the Signature Tie applications. I must say, we've been thoroughly impressed by the calibre of submissions. This initiative not only recognises outstanding contributions to the school community and beyond, but also embodies our commitment to our four Christian values of Trust, Forgiveness, Compassion and Justice.

Last night's Year 9 Pathway presentation was a resounding success, and I extend my thanks to all the parents, carers and students who attended. The exceptionally high turnout and overwhelmingly positive feedback are a testament to the strong partnership between home and school. I'm particularly grateful to our dedicated staff who contributed to the event. The quality of displays and examples of students' work provided invaluable guidance and support, helping our Year 9s make informed decisions about their educational journey ahead.

Thank you for your continued support and partnership in education.

Art - Work of the Week

Our work of the week in Art are some more examples of the excellent GCSE mock exam final pieces completed by our Year 11 students. Well done to Leah Kind, Hazel Robinson and Ruby Shen.



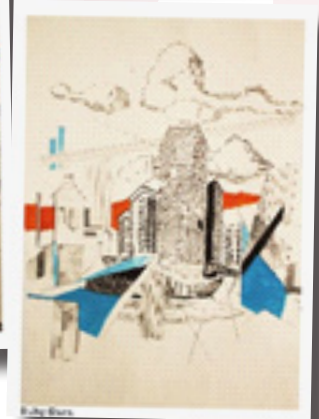
Leah Kind



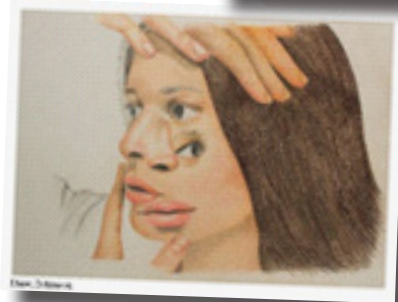
Leah Kind



Leah Kind



Ruby Shen



Hazel Robinson

Upcoming Events

Tue 28 Jan	Y9 Cultural Trips
Wed 29 Jan	Y9 Progress Evening
17-21 Feb	Half Term
Mon 24 Feb	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



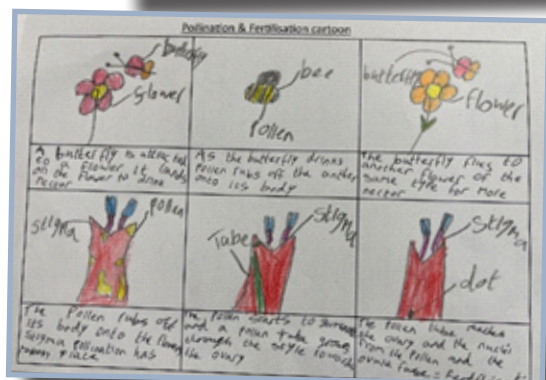
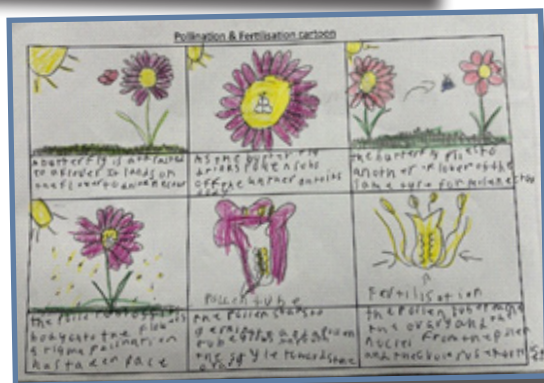
Please follow us on Twitter @AHSYork or Facebook to keep up to date with the latest news and events!



This Week's School News

Year 8 Science - Biology

The Year 8 Nurture Group have been studying Plant Reproduction and produced some brilliant cartoons to show pollination. Here are some examples from Andre Mashonganyika, Meleksu Zengin and E.J.



Support for Looked After and Previously Looked After Children

Lauren Cahill, Deputy Designated Safeguarding Lead (DDSL), is responsible for supporting looked after and previously looked after children. Working closely with the Senior Leadership Team, she is developing a long-term strategy to ensure these students receive the support they need.

If you are a parent or carer of a looked after or previously looked after child and would like to discuss any concerns, please contact Lauren to arrange a meeting. She will also be hosting drop-in sessions, with dates to be shared in future newsletters. If you have any questions, please do get in touch (01904 411341).

Food for Thought

This week our Form Tutor Act of Collective Worship has focussed on 'Wisdom', looking at what the word means, how does it impact our lives and how the Wisemen showed wisdom, as well as what values might be wise for us to live by. Our daily quotes have further explored what wisdom is:

"God's wisdom means that God always chooses the best goals and the best means to those goals."

Wayne Grudem, Professor of Theology and Biblical Studies

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



Careers Corner



APPRENTICESHIP OPEN EVENT

TUESDAY 11th February 2025
4:30pm - 7pm

Hertford Way, York Road Industrial Park,
Mallory, YO17 6YG

COME ALONG AND...

- >>> Find out everything you need to know about apprenticeships
- >>> Speak to current apprentices about their own experience
- >>> Meet some of our partner employers
- >>> Have a look around our specialist training facilities

**NO NEED TO BOOK
OPEN TO ALL**

CONTACT US

01653 697698

info@derwenttraining.co.uk
www.derwenttraining.co.uk



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.

Message from Head of Year 7, Miss Powell

I would like to welcome back Year 7 after what I hope has been a restful and revitalising Christmas break. The new year brings new opportunities, new challenges and the next steps in Year 7s Journey here at Archbishop Holgate's. I would like to take a moment for reflection, focusing on the previous term. For each student this meant something different, but for all this was a significant transitional period. Some students have joined us from primary schools on their own, some students have joined us from abroad, some students attended their first ever residential trip. However, whatever the step was for each child, I am tremendously proud of the journey all students have thus far embarked upon, and how they have joined in our school community. Students have joined in with their friends socially, joined in by contributing in their lessons, or joined in with extra-curricular opportunities.

This is one of our favourite half terms and includes some really exciting activities and is a term where we really see Year 7 settling in comfortably to secondary school. This half term students will also have the chance to take part in 'Bikeability'. Students are taught how to safely ride their bike by a member of the Local Highways Authority and will receive an award. We will firstly have an assembly about this and then letters will be sent home to families for students to sign up for this. The sessions take place during the school day and usually take around 2 hours in a small group of 2 or 3 students each time.

Now that students have found their feet and started to truly understand life at Archbishop Holgate's, the next steps are to consolidate what has been learned so far and to fully embed our values and fundamentals. Our values of Justice, Compassion, Forgiveness and Trust underpin everything we do. We truly believe this cohort have utterly embodied these values and our school community is truly richer due to their presence, we are also always so pleased to listen to them articulate this. Next, is to ensure students understand their Five Fundamental Responsibilities:

1. We turn up 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

Our responsibility is to provide an outstanding environment for learning, here is a taster of what Year 7 students will be learning this half term. In geography, students will be learning all about tectonic hazards, earthquakes, volcanoes and tsunamis. This includes a very special volcano creation challenge which is always a highlight of the year! In science, students will be learning about eco systems, energy and chemical reactions which I am certain will include some interesting experiments! In textiles, students will continue to make their tablet/book covers inspired by Memphis print and design. In IT students will be looking at E-safety and how to stay safe online, this will also include work on the safe use of social media. In food tech students will be making a chilli pasta bake and banana and raisin cookies! We can't wait to see how they all turn out. The history department will be teaching Year 7 all about medieval power and medieval society, including the Peasants Revolt and Black Death. Finally, in RE, will be focusing on philosophy and discussions around "why are humans good and bad?"

As well as school-led extra-curricular clubs, we encourage students to develop their independent learning, encouraging them to foster their intellectual curiosity. We do this through our Bright Sparks Challenges which intentionally sit aside from the curriculum, and encompass wide ranging topics as well as techniques. Meaning an entry could be about philosophy or football, yet hold equal weighting. Similarly, an essay, model, drawing or poem would have entirely equal merit. Students choose up to 3 challenges and may complete their work in any format they wish, winners receive a gift voucher and Breakfast with Mrs Pond, as well as House points for every entry!



Bright Sparks Learning Challenges

Can anybody stop Liverpool? How?	Why is the declining bee population such a problem?	Do you want to live until you are 100? Why?	If you got lost anywhere in the world, where would you like to be lost and why?
If you could do any kind act for a stranger tomorrow, what would it be.	Compassion - Write about what it is and how you have used it this year.	Justice - What is it? How do we use it to maintain our values	What would happen if Earth lost its gravity for a day?
If you could choose to read one person's mind, who would it be and why??	Forgiveness - Why must we demonstrate this important value?	Trust - Give examples of where you have been trusted and have trusted others.	What do you enjoy most about the winter? Write a newspaper article.
In one year from now, how will your life be different?	What is the future for plastics? What's the alternative.	Discuss your views on tolerance in a way that suits you.	If there were 10 minutes extra in a day, what would you do with them?

We are so excited to see this group of students continue to excel and can't wait to see their next steps. As always, if there is anything we can do to support your family or child. Please do not hesitate to get in touch.
Kind regards, The Year 7 Team

VACANCIES

Archbishop Holgate's School School Assistant

Required as soon as possible
Part Time (32.5 hpw, 8.20am-3.20pm), Term Time Only
Grade 4 - £18,333 (this is the actual salary)

Casual Exam Invigilators

£12.20 per hour - This is a casual position and, due to the nature of the role, will provide flexible working hours at the convenience of both the school and invigilator.

Teacher of Science

Required for April 2025
Mainscale / UPS / ECT
Closing date: Monday 3 February, 8.00am

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.

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 - Amirah Surve, 8ZNs
KS3 German - Milo Abberton, 7Bn
KS3 Spanish - Hattie Handley, 7MFr
KS4 French - Lois Webb, 10KMd
KS4 German - Macie Gray, 10ECs
KS4 Spanish - Thomas Bate, 11Ha



REWARD & RECOGNITION

Head of Year Nominations and Awards

Well done to our nominees during the final week of last term...



KS3 and KS4		
Jasper Cheung	Gabriel Lewis	N S B
Gracie Plant	Billy Tobin	Oliver Meakin
Effie Humpherson Clark	Henry Taylor	George Chapman
Dolton Clarke	Melody Baker	Jacob Gibbs
Victoria Matysiak	Aleksander Kurt	Lila Hinshelwood
Amelia Ayre	Lily Croft	Finn Cullivan
Judah Wilson	Caitlyn Plummer	Charlie Carr
Joe Cokeham	Abdoulie Fofana Ceesay	Lowri Spruce
Elfie Conway	Emily Chamberlain	Elisabetta Micheli
Maggie Dickinson	Charlotte Brannan	Blain Musson
Mason Powell	Florence Michallat	Jessie King
Jacob Kettle	Melanie Bautista	Bradley Sircar
Georgina Caley	Samuel He	Isaac White
Max Browne	Taylor Blogg	James Phillip
Robyn McRae	Melanie Bautista	Alex Phillip
Aziz Faisal	Lyla Linfoot King	Dexter Wright
Rupert Wilson	Xanthe Brown	Thomas Gibbins
Faith Lister	Samuel He	Alex Grist
Nicole Fountain	Lilly Thompson	Olivia Yeoman
Oliver Meakin	Hannah Shaw	Joshua Binns
Krystian Gierucki	Molly-M Turpin	Ella Godfrey
Ruby Holland	Dexter Dowson	Emily Nelson
Grace Smith	Noah Richardson	Claudia Ackerley
Anurag Lokesh	Lucas Waudby	Omer Tagelsir
Amali Estabrooks	Fraser McIntyre	Angela Hettiarachige
Charlie Carr	George Smaje	Tom Cain
Mutsa Musembwa	Joshua Adams	Tayla Langham

KS5		
Sarah Norman	Flossie Harris	Brooke Cooper
Harriett Bond	Amina Semic	Adam Said
Ben McStay	Levi Buys	Karthikeya Pulakanam
Evie Scott	Nick Pericleous	Connor Waterfield
Harley Young	Ahmed Khalifa	Sasha Crosby
Archie Prescott	Phoebe Clark	Danuli Jayawardena
Toby Lamb	Joshua Botha	Marley Rowell
Dylan Cundall	Lily Davies	Bob Simpson
Jorja Geesing	Sofia Micheli	Freya Price
Amelia James - T	Emily Brown	Chloe Gill
Lois Connel	Will Godbold	AJ McDowell
Thomas Atterbury	Jamie Bulmer	Peko Podgorski
Isaac Moor	Imogen Price	



Year 7	Year 8	Year 9
Jasper Cheung	TBC	Gabriel Lewis
Gracie Plant	TBC	Billy Tobin

Year 10	Year 11	Year 12	Year 13
Will Godbold	N S B	Sarah Norman	Toby Lamb
Teddy Fowler	Oliver Meakin	Harriett Bond	Dylan Cundall

Headteacher's Breakfast

This week we welcomed some wonderful Year 9 students around the Headteacher's table. It was wonderful to hear students' thoughts about the up and coming options choices.

Congratulations to:

Year 9 Winners	Reason
Phoebe Burgess	Working really hard in lessons and taking part in the wider life of the school.
Lexi Adkins	In recognition of her all her hard work in lessons, and her polite and positive attitude every day.
Lola Rooke	Excellent attendance. Follows instructions and meets deadlines. A lovely member of the form showing all the school values at all times.
Henry Ekers	Excellent attitude to school and always being polite.
Isla Hudson	Arrives everyday with a big smile, always takes part in form and works hard in everything she does! Well Done.
Ala Cheung	Excellent attendance, perfect behaviour and always tries her best.
Kai Chapman	Always polite to teachers and tries his best
Safeea Lalowski-Cumberland	An absolute superstar - always offering to help, contribute and take part in all aspects of form time, as well as always having perfect uniform. Your subject teachers also let me know how fabulous you are in class. Well done!
Isaac Ashun	Very mature start to Y9.
L R	Always greets everyone with a smile, engages in all form discussions , perfect attendance, excellent effort all round.
Eliza Sutherland	Outstanding attitude and effort since joining AHS in September and is working hard in all of her lessons.

Dates of the Headteacher's Breakfasts for the half term are as follows:

Year 10 - Tuesday 28 January

Year 11 - Tuesday 4 February

Year 12 and 13 - Tuesday 11 February



AHS House News



Our Form Captains have been continuing to work hard in PM registration this week as house teams sit together to create house slogans and think of new ideas for future whole school celebrations.

Can you help students think of suitable slogans for their houses?

Can you offer any help/advice in relation to whole school celebrations students might enjoy? Could you work with us to provide a special activity for students to undertake?

We'd love to hear from you.

Please feel free to contact me if you have any ideas - jkitney@ahs.pmat.academy

Up and coming house competitions this month...

PE Swimming Galas

Maths Sparx Competitions

Y7-9 DT Competitions

Child Development 'Egg Sitting' Challenge

Travel and Tourism 'Designing the Perfect Trip'

School Menu - Wednesday 29 January

CHINESE NEW YEAR

MENU

Sweet & Sour Chicken Beef & Green Peppers in a Black Bean Sauce Vegetable Noodles in a Hoi Sin Sauce Egg Fried Rice Prawn Crackers	Fruit Jelly Melon Pot Cookies <i>Alternative options are available. Please make staff aware of any dietary requirements.</i>
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WEDNESDAY 29TH JANUARY 2025

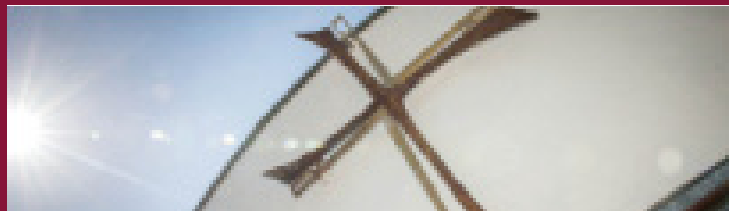
YEAR OF THE SNAKE

School Menu - 27 January

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Chicken Korma Vegetable Tikka Masala (V)	Roast Beef Covent Garden Crumble (V)	CHINESE NEW YEAR MENU	Beef Bolognaise Vegan Bolognaise	Freshly Battered Fish Vegetarian Quiche (V)
On the side	Steamed Rice & Naan Bread	Oven Roasted Potatoes Yorkshire Pudding		Spaghetti Garlic Bread	Chips
Vegetables	<i>Selection of seasonal vegetables served each day</i>				
Snack selection & Daily Special	Baked Potato & fillings Homemade Sandwiches	Baked Potato & fillings Homemade Sandwiches	Homemade Sandwiches	Baked Potato & fillings Homemade sandwiches	Baked Potato & fillings Homemade Sandwiches
Family Favourites	Apple Crumble & Custard <i>A selection of: Traybake/muffin Cookies Yogurt Fruit</i>	Lemon Drizzle Cake & Cream <i>A selection of: Traybake/muffin Cookies Yogurt Fruit</i>	<i>A selection of: Traybake/muffin Cookies Yogurt Fruit</i>	Jam Roly-Poly & Custard <i>A selection of: Traybake/muffin Cookies Yogurt Fruit</i>	Chocolate Sponge & Chocolate Sauce <i>A selection of: Traybake/muffin Cookies Yogurt Fruit</i>



This Week's Sixth Form News



Message from Mrs De Lashley, Assistant Head: Director of Sixth Form

Attendance

As we approach the half-way mark in the school calendar some students are falling into bad habits or not demonstrating as much resilience as they probably do have. Please be reminded of the below:

Our minimum expectation for attendance is 96%.

For each absence Form Tutors will complete a Return to School Interview (RTSI) with students on their return to school. This is to ensure that they are well enough to be back in school and that we are aware of anything that can help us to support their attendance in school. Persistent absence will be followed up by their Head of Year to support an appropriate intervention plan to improve attendance.

For any absences including appointments, illness or planned, please call the main school number (01904 411341) and select the Sixth Form. Parents/carers are required to notify us to ensure we are safeguarding students properly.

Year 12 A Level Mocks

A Level mocks have taken place and results will be available in a results assembly to students on Monday 3 March, this will be followed by a Progress Evening on Wednesday 5 March. This will provide opportunity to review the first official measure of progress and next steps to support your son/daughter meeting both their aspirations and potential.

Punctuality

Students are expected to be in their form room by 8.45am each morning. If they are not there, they are late.

If they arrive during AM registration they will be met on the door to the Sixth Form Building by a member of the Sixth Form Team where they will be issued a same-day lunch detention. The detention will be 15 minutes in L9 hosted by a member of the Sixth Form Team.

Repeat offenders will go on punctuality report and be guided by the Behaviour Policy to support improved habits.

Subject Support

Please continue to support us in encouraging your son/daughter to attend any support sessions available in their subjects. This is to be a part of their independent study and should encourage good study habits as well as allow a further session each week with their subject expert.

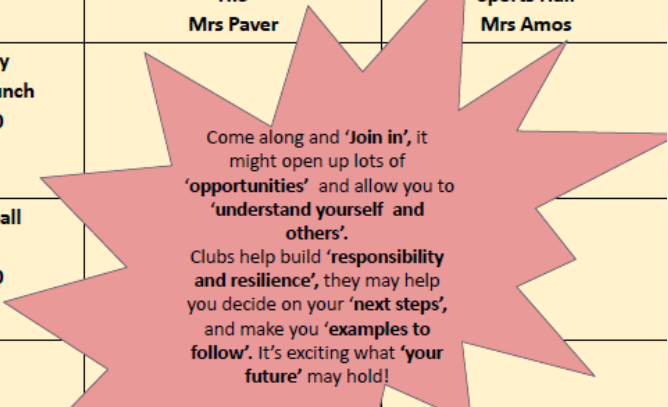
We appreciate that there are clashes with available sessions, but we expect students to be sensible about where and when they prioritise a subject and have open communication with their teachers.

Monday		Tuesday		Wednesday		Thursday		Friday	
Lunch	P6	Lunch	P6	Lunch	P6	Lunch	P6	Lunch	P6
HSC / Applied Psychology CW L32 Hga	Y13 Psychology L31 De	HSC / Applied Psychology CW L32 Hga	History H15 Kx America	HSC / Applied Psychology CW (A) L32 Hga		HSC / Applied Psychology CW L32 Hga	Applied Science/Forensic Science-Sc8 WNo	Politics L32 Hga	
Business Finance ITS SDn	Sociology L17 Yg	Business Finance ITS SDn	Textiles TE4 Hv	History H14 Ah America		History H13 Bs Tudors	Politics L32 Hga	Art ar1 Nc	
	Textiles TE4 Hv		HSC L32 Hga	English Language Resource Centre Glass Office KRe NEA support		Sociology L17 Yg	Law Y13 ONLY L33	Music L40 Ne	
	Law (Y12)only L33		Y13 Biology L8 Da				Art ar1 Nc	Sport IT2 Gs	
	Geography (Y13) GG4 LAy		Art Ar1 Nc				Y12/13 Engineering TE1 ALA	English Lit En1 Koe	
	Y12/13 Engineering L13 MPE		Y12/13 Engineering TE1 ALA				Business Coursework SF Lib Cn		
	Science Yr13 Room L25 MoS Ha/NTh						Y12/13 Maths and Further Maths Ma4 BKJ/BI/Dd		
	RE (Y13) RE2 KWh						Applied Psychology L9		
	Y13 Media NEA L16 Gow								
	UPS L34 EWt								



Lunchtime Clubs

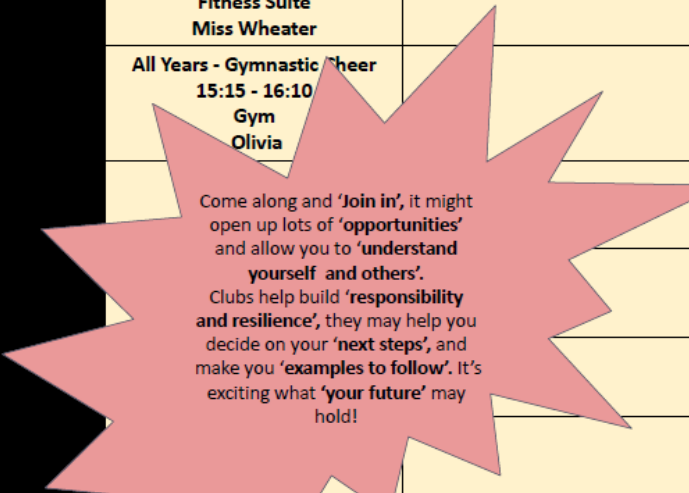


Monday	Tuesday	Wednesday	Thursday	Friday
Chapel Chill Out 13:15 - 13:45 The Chapel Miss Turvey	Y7 YOYO Club 13:15 - 13:50 The Chapel York Schools Trust	KS4 and 5 Chess Club 13:15 - 13:50 SC3 Mr Tilbrook	Y8 and 9 YOYO Club 13:15 - 13:50 The Chapel York Schools Trust	Y7 MFL Film Club 13:20 - 13:50 ML4 Miss Leplatre Bring your packed lunch
Year 8 Portrait Drawing Club WEEK B ONLY 13:20 - 13:50 AR3 Miss Dugdale	Folk Band 13:15 - 13:50 L40 Mr Clements	Y10 YOYO Club 13:15 - 13:50 The Chapel York Schools Trust	Cryptic Crosswords 13:15 - 13:50 MA11 Mr Meacham	DT Club 13:20 - 13:50 TE3 DT TEAM
Music TECH Club 13:15 - 13:50 L40 Mr Clements	Y7 and Y8 Indoor Football 13:15 - 13:50 Sports Hall Mr Goldsmith	KS3 Maths Club 13:15 - 13:50 MA4 Dr King	Jazz Band 13:15 - 13:50 L37 Mrs Morrison	KS3 Chess Club 13:15 - 13:50 SC3 Mr Tilbrook
Y9 and Y10 Netball 13:15 - 13:50 Sports Hall Mrs Amos		Werewolf Card Game Club 13:20 - 13:50 H11 Miss Field	History Club 13:20 - 13:50 H13 Mrs Paver	Y7 Trampolining 13:15 - 13:50 Sports Hall Mrs Amos
Y9 and Y10 Basketball 13:15 - 13:50 Gym		6th Form Only Lawyers Who Lunch 13:15 - 13:50 L33 Miss Brown	 Come along and 'Join in', it might open up lots of 'opportunities' and allow you to 'understand yourself and others'. Clubs help build 'responsibility and resilience', they may help you decide on your 'next steps', and make you 'examples to follow'. It's exciting what 'your future' may hold!	
		6th Form Netball Miss Gavin 13:15 - 13:50		



After School Clubs



Monday	Tuesday	Wednesday	Thursday	Friday
Backstage Club 15:15 - 16:15 Main Hal Mr Gladstone and Mr Clements	QUILT BAGS 15:15 - 16:00 (RE1) Mr Everdell, Miss Brown and Dr King		Y7 and Y8 Basketball 15:20 - 16:20 Sports Hall	AHS Unity Choir 15:15 - 16:00 L40
Y7 and Y8 Netball 15:20 - 16:10 Sports Hall Mrs Amos	Y9, 10 and 11 Fitness 15:20 - 16:10 (Fitness Suite) Mr Skelton		ALL YEARS Needlecraft Club 15:15 - 16:00 (RE6) Mrs Robertson	Y7 Rookie Lifeguard (Invitation Only) 15:15 - 16:20 - Swimming Pool
ALL Years - Dance 15:20 - 16:10 Studio Dani	Badminton All Years 15:20 - 16:20 (Sports Hall) Mrs Beard		KS4 and 5 Book Club 15:20 - 16:00 (EN3) Miss Collins	Board and Computer Games 15:15 - 16:00 BS1 Mr Mountford
	Dead Poets Society 15:25 - 16:25 (EN8) Miss Dearlove		Girls Fitness 15:20 - 16:20 Fitness Suite Miss Wheeler	
	Debate Club 15:20 - 16:00 (EN6) Mr Stevens		All Years - Gymnastic Cheer 15:15 - 16:10 Gym Olivia	
	Boxing Academy 15:15 - 16:15 (Gym) Paul Cashmore		 Come along and 'Join in', it might open up lots of 'opportunities' and allow you to 'understand yourself and others'. Clubs help build 'responsibility and resilience', they may help you decide on your 'next steps', and make you 'examples to follow'. It's exciting what 'your future' may hold!	
	Y7 and 8 Table Tennis 15:15 - 16:15 (Studio) Paul Farmery			

Extra- Curricular MUSIC 2024-25

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	String Ensemble All years (L37) Mo 		AHS Brass All years (L40) Mo 	GCSE and A-Level Composition Support ZNs/Ne (L40) 	GCSE and A-Level Composition Support Ne (L40) 
	Music Tech Club All years (L40) DCI 	Folk band All years (L40) DCI 	Flute Choir All years (L37) 	Jazz band All years (L37) Mo 	AHS Academy Choir All years (L37) ZNs 
After School		Junior (Y7-9) & Senior (10-13) Soul Band (L40) Mo 	Band rehearsals (by appointment only) Studio 	Orchestra All years (L37) Mo 	AHS Unity Choir (by invitation only) (L40) Ne/ZNs 

EXTRA CURRICULAR PE CLUBS UP TO Feb HT 2025.

DAY	LUNCH	Venue	Time
MON	Netball Y9 & Y10 (NAm) (Trainers Only)	SH	1.15
	Basketball Y9 & 10 (WHy) (Trainers Only)	Gym	
TUE	Indoor Football Y7 & 8 (Gs) (Trainers Only)	SH	1.15
WED	Netball Sixth Form (HGa) Week A only	SH	1.15
THU	Badminton GCSE Y11 (Gs) (Trainers Only)	SH	1.15
FRI	Trampolining Y7 (NAm) (Full kit) Exam Catch Up Y10 - Y13 (Gs)	SH PE1/IT4	1.15

After School	Venue	Time
Netball Y7 & 8 (Nam)	SH	3.20 – 4.10
Dance All Years (Dani)	Gym/Studio	
Fitness Y9, 10 & 11 (SI)	Fitness Suite	3.20 – 4.10
Badminton All Years (Be)	SH	
Table Tennis Y7 & 8 (John F)	Studio	
Boxing All Years (Paul C)	Gym	
Beginners Swimming Invite Only Y7 (Stuart B)	Pool	
Primary competitions	SH/ Field	
Basketball Y7 & 8 (WHy)	SH	3.20 – 4.10
Fitness Girls only (EWr)	Fitness Suite	
Gymnastic Cheer All years (Olivia)	Gym	3.20 – 4.10
Rookie Lifeguard Invite Only Y7 (Be)	Pool	

USE LUNCHTIME PASSES- available from practice organiser.

Remember to wear appropriate kit and be on time.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there *have* been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.



LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.



NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.



REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.



DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.



ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.



DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.



PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

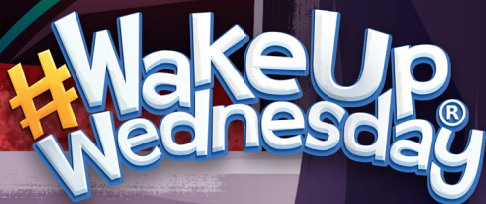
Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

OUR SCHOOLS ARE RECRUITING



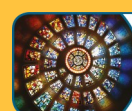
Support Staff Vacancies

For details and to apply, visit our [website](#) or scan the QR code

Job	Headteacher
School	Poppleton Road Primary School
Details	L17 – L23. Starting point negotiable dependent on experience.
Closes	Monday 27th January at 08.00am

Job	Casual Exam Invigilator
School	Archbishop of Holgate's School
Details	£12.20 per hour. This is a casual position and, due to the nature of the role, will provide flexible working hours at the convenience of both the school and invigilator. Further details available on request. Required as soon as possible
Closes	Monday 27th January at 08.00am

Job	School Assistant
School	Archbishop of Holgate's School
Details	Grade 4 (currently £18,333 this is the pro rata salary) 32.5hpw, Term Time Only.
Closes	Monday 27th January at 08.00am



OUR SCHOOLS ARE RECRUITING



Support Staff Vacancies

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Job	After School Club Supervisor
School	Welburn Community Primary School
Details	Grade: Scale point 5 (£24,790 per annum pro rata). Contract Type: Term time only Hours: 6 hours per week with a possibility of up to 9 hours.
Closes	Friday 31st January at Midday

Job	Teaching Assistant (TA2)
School	Heworth CE Primary School
Details	Teaching Assistant – Grade 4, Level 1 – 4 £24,335 to £25,503 per annum, reduced pro rata. Term time only. Monday-Friday: 8:30am to 3:30pm. The role is initially available on a fixed-term contract basis until 31 August 2025.
Closes	Thursday 6th February at Midday

Job	Teacher of Science
School	Archbishop Holgate's School
Details	Main scale / UPS. TLR available for the right candidate to lead development and coordination of KS3 Science curriculum. Required from 22 April 2025
Closes	Monday 3rd February at 08.00am

