# THE COACHING CHRONICLE WETHERBY HIGH SCHOOL

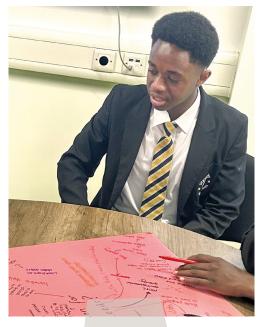


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# **LEEDS LEARNING ALLIANCE**



On Friday 31st January, a group of Year 8,9 and 10 students were invited to attend the Leeds Learning Alliance to discuss and share ideas about the things they believe should be improved or changed within Leeds.



They were able to witness a panel of five, one of which was Year 10 student **TM-W** proudly representing Wetherby High School, to give a final speech about their main concerns and appreciations about Leeds. This was being broadcasted on display screens.

This was an amazing opportunity for the students as they not only found ways to enhance Leeds by expressing their thoughts and feelings but



also developed friendships with the other students from other schools.



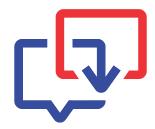
# ATTENDANCE MATTERS

## Who will win the Hot Spot prize!



During **Merit assemblies** we will be announcing the winners of the Hotspot prizes and drawing a winner for **95% and above attendance.** 

Will it be you!



## COACHING GROUP DISCUSSION

- Who in your group is the rock when it comes to attendance and should be praised for being here all the time?
- Who in your group is the rising star whose attendance is improving?
- Who needs to improve their attendance to support the group?



For week 4 of this half-term they all achieved 100% attendance as a group.

Fast Passes have been awarded for this amazing achievement!

# OUR TIPS FOR SUCCESS: SECURING AN APPRENTICESHIP





**START THE PROCESS EARLY!** Some employers advertise early in the year for a September start

## WHERE TO FIND VACANCIES



Sign up to York College's mailing list by emailing apprenticeships@yorkcollege.ac.uk



Apprenticeship Service – you can search by postcode or job sector for live vacancies www.findapprenticeship.service.gov.uk



Employer websites

Social media

Approach employers directly by email, phone or visit and have an up-to-date CV ready

Job sites such as Indeed and GetMyFirstJob





## CONSTRUCTION APPRENTICESHIP VACANCIES

All vacancies remain open until the position is filled.		All vacancies remain open until the position is filled.	
Contact the employer directly via email to find out more details		Contact the employer directly via email to find out more details	
and to apply.		and to apply.	
Check that you meet the entry criteria first		Check that you meet the entry criteria first	
Apprenticeship Courses   York College		<u>Apprenticeship Courses   York College</u>	
HOSPITALITY TEAM MEMBER Level 2	THE OLD LIQUOR STORE RESTAURANT & BAR YORK hello@theoldliquorstore.co.uk	BRICKLAYERPOTTON DESIGNSLevel 2York/Selby areaStarting summerBrenden Potton2025info@pottondd.co.u	
COMMIS	<b>BABA GANOUSH</b>	<b>RESOURCES FOR INFORMATION AND ADVICE</b>	
CHEF	York	York College Apprenticeship Team	
Level 2	Ashley Hyde: 01904 848490	Email us <b>apprenticeships@yorkcollege.ac.uk</b>	
		Phone us <b>01904 770368</b> www.yorkcollege.ac.uk About ASK - Amazing Appren www.amazingapprenticesh	

THE COACHING CHRONICLE AT WETHERBY HIGH / ISSUE 220

# YEAR 11 UPDATES

## YEAR 11 FEBRUARY HALF-TERM REVISION SESSIONS

Over half-term, students in Year 11 are expected to continue with their revision work to best prepare them for their exams.

To support them with this all students are invited into school for the following revision sessions:

### **MONDAY 17TH FEBRUARY**

9:30 - 10:30	<b>History / DT / Maths</b> (Miss Woodley / Mr Hudson / Mrs Richardson's class)
10:30 - 11:30	English
11:30 - 12:30	French
12:30 - 14:00	Food Technology

## **TUESDAY 18TH FEBRUARY**

9:30 - 10:30	Art / CamNat PE
10:30 - 11:30	Science
11:30 - 12:30	Photography / Maths (Mrs Boel's and Mr Craig's class)

Students are encouraged to attend these sessions which will be led by their subject teachers. If students have any clashes with multiple subjects running at the same time then the student will be directed by their teachers as to which session to attend.



## YEAR 11 Shout-outs

All of the Food Technology students for cooking and completing their practical exam.

- All of the GCSE musicians for singing, drumming and riffing through their solo performance exams.
- **Matthew Smith** for a brilliant work ethic with his revision.
- **Tyler Wray** for his work ethic during the food exam fantastic chicken dish!
- Isla Sheldrick amazing essay writing skills in English!

Alongside these sessions students will also be set revision work to complete at home as detailed in their Revision Dairies.

# **GCSE FOOD** Practical exam







# YEAR 11 UPDATES



The students have truly excelled this year both with the choice of dishes and the skill level displayed in making them.

The students were relaxed and showed great pace throughout.

A sense of real achievement was experienced by all and the students left with huge smiles after the exam was finished. Some of the standout dishes were lemon meringue pie, plaited breads, gyzo soup, ravioli and lasagne.

The students truly stepped up and we in the food department felt privileged to experience it with them.









YEAR 11 MUSIC EXAM



#### Last week, a group of students embarked on an exciting three-day trip to Borrowdale, packed with outdoor adventures and team-building activities.

The group arrived on Wednesday and after a gentle stroll to the lakeside in Keswick for a picnic lunch they spent the afternoon at an indoor climbing centre, which tested their problem-solving and teamwork skills.

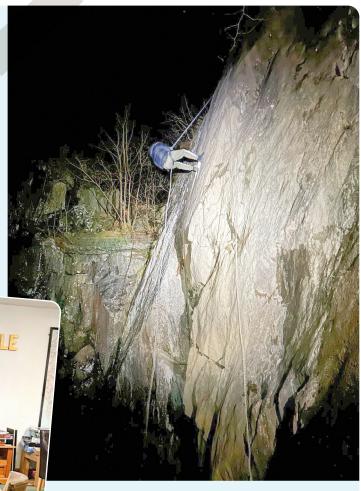
The day culminated in a thrilling night abseil in a disused quarry, which challenged the children to face their fear and try to overcome them using teamwork and encouragement.

After a wonderful night's sleep Thursday saw the group embark on a six-hour mountain hike up Catbells. The weather was very kind to us and the children enjoyed the day even though they had to dig deep into their reserves to complete a very tough but enjoyable hike, being rewarded with incredible views from the top. After dinner the children had some downtime in the hostel and enjoyed watching a film before another night of unbroken sleep for all.

On the final day, Friday, the group enjoyed a short hike to the banks of Derwent Water to do bushcraft and campfire which they really enjoyed. It was a relaxing morning prior to driving back to school in a very quiet minibus trip back to school.

Throughout the trip, the children demonstrated remarkable resilience, teamwork, and enthusiasm, making the experience enjoyable and rewarding for everyone involved.





The Borrowdale adventure was a true success, leaving participants with lasting memories and a sense of accomplishment.

# CEP MARATHON FENCING COMPETITION



AM represented the England Fencing Squad at the CEP Marathon Fencing Competition in Paris, France, where he competed in the European Fencing Competition.

AM did really well for his first international competition. There were 700 fencers that were selected from all over the globe competing from USA, China, Europe and South America.

In his category he managed to finish 108 out of 250 fencers, narrowly missing going into the last 105 places for the play-offs!

We are all so proud of him in our Coaching group, as we know how hard he trains for fencing, but also how hard he works in all his other subjects at school too.

He deserves the recognition for this outstanding achievement. It's incredibly inspiring to have a member of our Coaching group represent our country in a sport they are so dedicated to.



Last term, Year 9 graphic designers worked on a project where they had to design a new skatedeck for the trainer company vans.



They created initial sketches and then drew these sketches on the iPad to create a digital drawing of their skatedeck.

They then used this design to create a custom pair of Vans shoes to add to their collection.



Students then had to come up with an Ad campaign where they would create a poster, billboard and social media post to advertise their new Vans collection!

A huge well done to all Year 9 graphic designers!

Miss Scott and Miss Brookes

# Why Sleep Is Important for Learning & Mental Health

Sleep isn't just about resting your body - it's super important for your brain too. Getting enough sleep helps you learn better, remember things, and feel happier.

#### 1. Helps You Remember and Learn:

When you sleep, your brain organizes everything you learned during the day. This makes it easier to remember facts for school or new skills you've picked up. Sleep also helps you solve problems and come up with creative ideas.

#### 2. Boosts Focus and Thinking:

A good night's sleep helps you stay focused and make smart decisions. If you don't get enough sleep, it's harder to concentrate, and you might make more mistakes.

#### 3. Keeps Your Emotions in Check:

Sleep helps you control your emotions and deal with stress. Without enough sleep, you might feel more grumpy, anxious, or sad. Sleep balances the chemicals in your brain that affect your mood.

#### 4. Protects Your Mental Health:

Not sleeping enough for a long time can lead to serious mental health problems like depression and anxiety. Getting enough sleep regularly can help keep your mind healthy and strong.

#### 5. Cleans Your Brain:

While you sleep, your brain clears out waste and harmful stuff that builds up during the day. This helps keep your brain healthy and may lower the risk of brain diseases later in life.



#### **CONCLUSION:**

Sleep isn't just about feeling rested-it's key to learning better and staying mentally healthy. Whether you're trying to ace a test or just feel better day-to-day, getting enough good sleep is one of the best things you can do for yourself.





S pr

Miss Brookes, Miss Milner and Miss Scott went along to see Scarlet in the Panto!

It was a brilliant (and very funny) night and lovely to see one of our students be so passionate about dance!

Scarlet was a great performer and really gave it her all and clearly took pride in what she was doing! We hope to see you in Cinderella next year!

Well done SJ!

SJ in Year 9 has recently been performing as a dancer in the Yeadon Town Hall pantomime production of 'Jack and the Beanstalk'.





## Here is what SJ had to say about her time in the production:

In the pantomime I was a dancer along with another 9 other talented dancers! I also played a part as a security guard who worked with the baddie and had to try catch Jack and Jill.

My favourite part of the pantomime was the finale dance and bows when everyone was clapping and cheering for you.

My favourite characters off the stage were Meg (Jill) and Rick (Dame Trott) because they were so sweet, funny and really supportive. They were always there for you if you need to talk to anyone! However, on the stage I loved Lee Lard who palyed Donald the cow because he was so funny and there were lots of laughs from the audience.

One of the funniest parts of the show is when Dame Trott threw a sun beam (One of the younger dancers) into the pit. It was hilarious watching the audience faces as a sun beam disappears!



# **RAMADAN 2025!**



In 2025 it is expected that Ramadan will begin on 28th February and that the celebration at the end of Ramadan, called Eid, will be on the 30th or 31st of March. The dates can change slightly as it depends on the cycle of the Moon.

Ramadan falls during this month because this is when the Muslim holy book, the Qur'an was first given to the Prophet Muhammad (pbuh).

#### WHAT HAPPENS DURING RAMADAN & WHY?

- During the month of Ramadan, Muslims won't eat or drink between dawn and sunset. This is called fasting.
- Fasting is important during Ramadan as Muslims believe it helps them to show commitment to their faith and to be closer to Allah.
- Ramadan is also a time for prayer and for doing good deeds such as charity work and volunteering in your local community or Mosque.

#### WHAT IS IFTAR?

At the end of the fast each day families and friends will get together to eat, often starting with water and dates. This meal is known as lftar.



#### WHAT IS EID?

There is a special festival to mark the end of Ramadan called Eid-al-Fitr. It begins when the first sight of the new moon is seen in the sky. Communities and families will meet and celebrate together and children can be given gifts and new clothes.

#### HOW WILL WE CELEBRATE IN SCHOOL?

Ramadan Mubraka is a way of wishing someone well during the holy month. It translates to "Blessed Ramadan". You could also say "Ramadan Kareem" which means "Generous Ramadan".

If you want to help us to arrange a school celebration, or to help us to support you during Ramadan, then come up and see Mrs Farr in AT2 on a Wednesday or Friday lunchtime.

# HOUSE POINTS

#### TOP STUDENTS OF THE WEEK

FM	TO6	20	TR13
MG	TO9	17	RO17
EP	TR12	16	TR14
E-ML	RO11	14	BR14
тм	TR13	14	тос
RB	TR13	13	RO4
ND	TR13	13	TR
TU	RO17	12	BR11
СВ	RO17	12	TO1:
AR	TO7	12	TO

TOP COACHING GROUPS OF THE WEEK				
TR13	88			
RO17	75			
TR14	61			
BR14	51			
тоб	48			
RO4	48			
TR2	45			
BR11	43			
TO15	42			
то1	40			



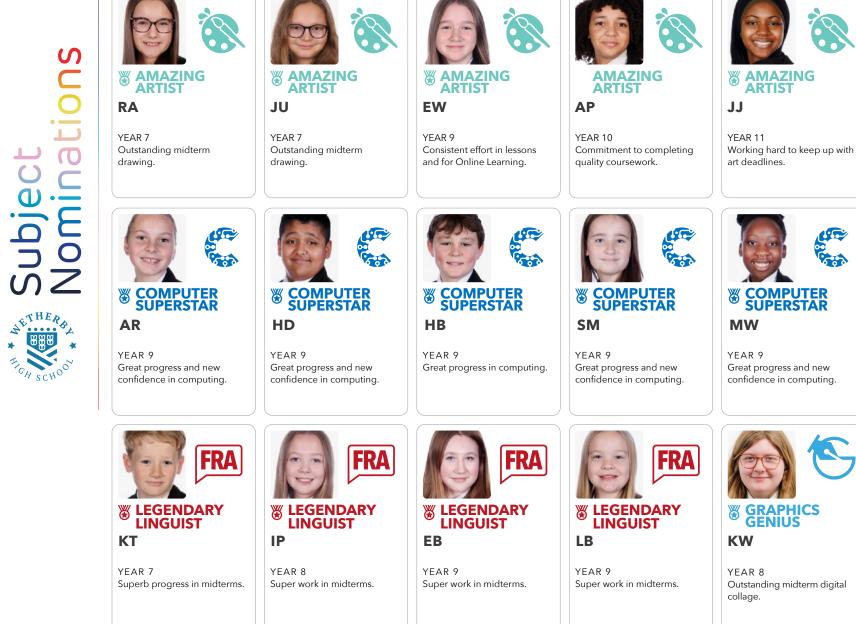
**HOUSE POINT TOTALS** 

# TOMLINSON 1618

2 N D	ROBINSON	1524
3 R D	BREMNER	1100

TRUEMAN 767

### LAST WEEK'S HOUSE POINTS





1

AMAZING

ARTIST MS

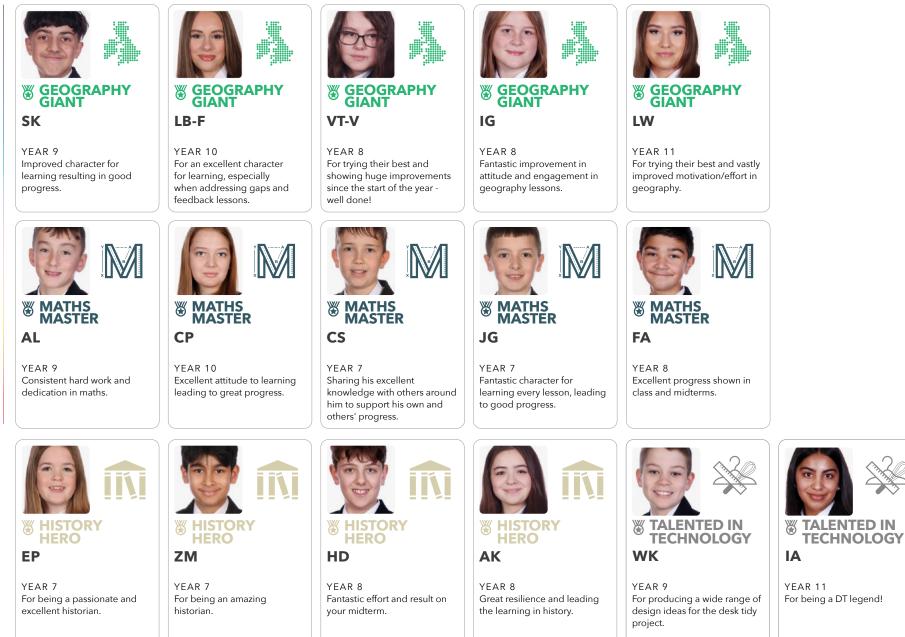
YEAR 11 Working hard to keep up with art deadlines.



Subje(

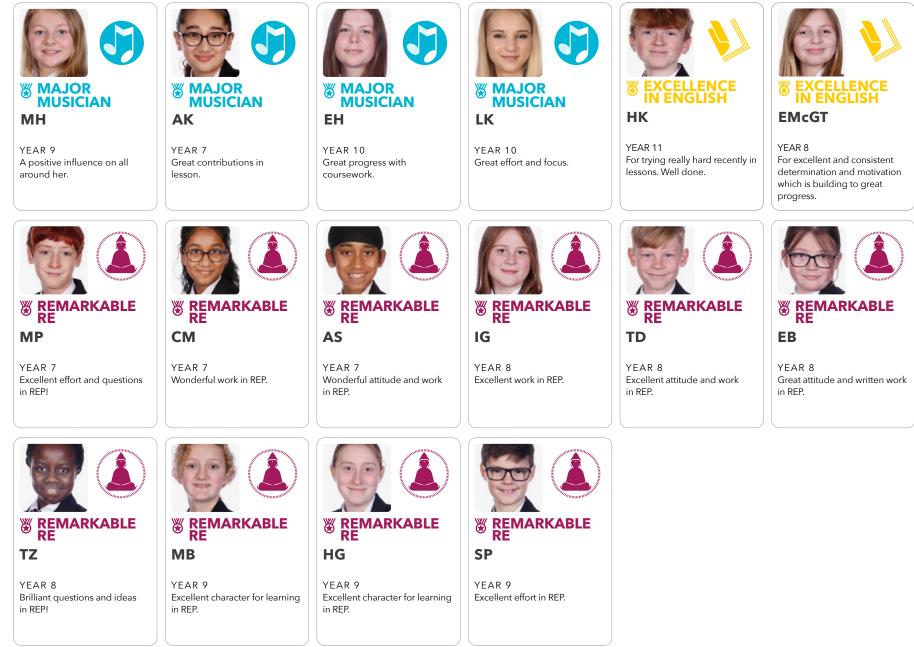
# Subject Nominations















T S	DATE	SPORT	SCORE	AGAINST
<u> </u>	21/01/25	Year 10 Netball	WHS win	Allerton High
S U	29/01/25	Year 8 Netball	14-4 WHS win	Boston Spa
	29/01/25	Year 10 Football	3-1 win	Garforth Academy
	03/02/25	Year 11 Football	3-0 win	Garforth Academy



# WETHERBY 3 GARFORTH ACADEMY 1

# YEAR 10 FOOTBALL

#### Wetherby have never beaten Garforth Academy since playing them twice in semifinals in Year 7.

They have always been too strong and had too much depth compared to the Wetherby team. With a number of key players missing it was down to JS to shine who was selected as not only team captain but also team manager for this game.

JS organized the team and selected the starting line up including a new look 3-5-2 formation. The back three looked solid with JS leading the line with B and K either side... nothing was getting past them. Going forward their was creativity and very quickly they realised that the pace of K was too much; early balls over the top with balls to his feet. It wasn't long before K had slotted home twice on the break and put Wetherby 2-0 up at half-time.

An inspirational team talk from captain/manager JS with a few pointers from Mr King and straight from the break A used exceptional skill to chip the keeper from the 18 yard box.

The rest of the second half went back and forth with Wetherby in control before JS decided it was time to do some WWE wrestling and dragged his man to the floor conceding a penalty. Luckily this was blazed over the bar and towards the Royal Mail sorting office but W in sheer excitement played a quick goal kick with no one else ready and Garforth scored. Sheer panic became contagious and Wetherby had to dig deep for the final five minutes.

Mr King





- Can be completed by the whole Coaching group, a few members of the Coaching group or just one member of the Coaching group.
- House points awarded for 1st, 2nd and 3rd.
- Bonus points if you beat Mr King.

#### WEEK 8 RESULTS

WEEK 9 PAPER COPY COMPLETED AND HANDED INTO MR KING'S STAFF TRAY BY FRIDAY 14TH FEBRUARY.

#### WEEK 8 RESULTS

Mr	King	

FIRST					
TR4	<b>TR4</b> Mrs Orrah11 points10 House points				
BR16	Miss Oakley	10 points	5 House points		

5 points

BONUS POINTS - 2 House points each				
RO5 9 points BR14 9 points				
RO2	9 points	BR10	6 points	
RO10	6 points	BR12	6 points	
RO3 6 points				

TR3	6 points	тоз	9 points
TR9	6 points	тО5	7 points
TR1	7 points	TO15	7 points
TR5	8 points		
TR10	7 points		
TR12	8 points		
TR13	8 points		

#### GK FIXTURES **BRIGHTON V CHELSEA** 1-2 LEICESTER V ARSENAL 0-3 ASTON VILLA V IPSWICH 3-0 FULHAM V NOTTS FOREST 0-2 MAN CITY V NEWCASTLE 2-1 SOUTHAMPTON V BOURNEMOUTH 0-2 3-1 WEST HAM V BRENTFORD **CRYSTAL PALACE V EVERTON** 1-0 LIVERPOOL V WOLVES 2-0 TOTTENHAM V MAN UTD 2-1

## COACHING GROUP