



# WETHERBY THE ROUNDUP

ISSUE 3  
FEBRUARY 2025

## HEADTEACHER'S WELCOME

**As we have all been weathering the worst of the dark mornings and nights, there have many things that children have been part of in school that have brighten our days.**

This round up allows us to share just some of these events from over the past few weeks. As always the school community has been busy with the children taking part in a number of different enrichment activities but this past half term has also seen children undertake a range of assessments. This includes midterms for Year 7, 8 and 9 and actual final practical exams for Year 11. This has been a wonderful opportunity for us to celebrate the students achievements and progress so far this year. It also provides us with further information to know the children well and allow us to support them moving forwards. The students engaged in these assessments in a mature and positive manner.

You will see in this round up, helpful information on events that are taking place in the run up to Easter. Please discuss these with your child and encourage them to get involved. If you would like any further information about any of these, please contact your child's coach.

## HALF-TERM 3 REVIEW

### YEAR 11 FOOD TECH PRACTICAL EXAM

The GCSE Food Tech practical exam is worth 30% of the student's final grade. Students cooked, baked, whisked and flambéed they way to success with some truly fantastic dishes produced. Well done to all!



### YEAR 11 MUSIC SOLO PERFORMANCE EXAM

The GCSE musicians completed their solo performance exam. Students played a range of instruments and songs, from 'Allegro' on the keyboard, to 'Black Knight' by Deep Purple on the guitar.



### YEAR 11 DRAMA PERFORMANCE EXAM

The drama students completed their performance exam to a visiting examiner in January.

Each student had to perform two dramatic pieces.



## HOUSE COMPETITIONS TUG OF WAR

One of the biggest and most tightly fought House Competitions of the year! Students from each House represented their year group as they faced off against each other. The winners this year were **ROBINSON!**



## HALF-TERM 3 REVIEW - CONTINUED

### KS3 FRENCH CHEESE BUSHTUCKER TRIAL

Students got to explore the world of French cheese in this year's French House Competition. Students competed to eat the 'stinkiest' cheese and guess the name of it. The winners this year were... **BREMNER!**



### Students in Year 7, 8 and 9 have completed their midterm exams.

The students have worked hard in both preparing for and sitting their exams and should be proud of their efforts.

Teachers and coaches have commented on the mature approach shown by student to these exams. It was lovely to celebrate with students under the canopy as they enjoyed some chocolate and a drink with us.

The results of the midterm exams will be shared with parents and carers at Meet Your Coach Day on Wednesday 12th March.

**OUR YEAR 10 SPORTS LEADERS** worked with a number of local primary schools at one of our Primary School Sports Events. Students led the activities with the Year 5 and 6 students across a number of disciplines. We are really proud of how professional and caring the Year 10s were and how they made the event such a success.

## COACHING THIS HALF-TERM



### This half-term in Coaching, we have been exploring the '5 Ways to Wellbeing'.

Continuing our school partnership with **MindMate**, Coaching groups have been finding out about the research-backed methods and activities that we can all do to improve our own wellbeing - *these are:*

- Be active
- Connect
- Keep learning
- Take notice
- Giving back

Each week, students have focused on one of the five, learning about why it helps us, before pledging to try something new relating to it and seeing how they benefit. As a result, students have seen how small changes and active decisions can help us reframe challenges, boost our mood, and develop positive habits for school and life.

There is also the opportunity for students to move from passengers into crew, becoming Wellbeing Ambassadors who will help build a legacy and culture of wellbeing across the school.

# MindMate

**MindMate is an organisation that provides different ways for children and young people in Leeds to access support with their mental health and wellbeing.**

We work with MindMate to deliver key messages to our students so that they can develop their understanding of how to look after and manage their own wellbeing.

For more information please visit the MindMate website: [www.mindmate.org.uk](http://www.mindmate.org.uk)

# 5 ways to wellbeing



Looking after your mental health is just as important as your physical health. Research by the New Economics Foundation has found there are five ways to look after your mental wellbeing:



**Connecting with the people around us is a great way to remind ourselves that we are important and valued by others.**

- Arrange to meet friends regularly
- Reach out to a friend
- Take time to get to know your peers



**By making sure we are regularly moving our bodies, we can look after our physical and mental health at the same time.**

- Go for a walk
- Try activities that keep get you moving
- Try focusing on the mind-body connection through yoga



**Taking notice of our thoughts, emotions, and surroundings is a great way to stay present and pay attention to our needs.**

- Take up a mindful hobby
- Write down three things you are grateful for
- Make time to notice the small positives and little wins



**Learning new things is a good way to meet new people and boost our self confidence, improving our wellbeing.**

- Try out a new recipe
- Join a class or learn a new language
- Learn something new about the people around you



**Research has found a link between doing good things and an increase in wellbeing.**

- Try and do one kind thing every day
- Become a Wellbeing Ambassador at school
- Join in with school fundraising and charity events

## UPCOMING EVENTS IN HALF-TERM 4 AT WETHERBY HIGH SCHOOL

<b>HT4 Week 1 w/c 24th February</b>	Online Learning set for all students - <b>Monday 24th February</b> .
	Year 11 Mock Exams begin - <b>Wednesday 26th February</b> .
<b>HT4 Week 2 w/c 3rd March</b>	Year 11 Mock Exams - <b>Monday - Friday</b> .
	Year 10 Work Experience - <b>Monday - Friday</b>
	<b>House Competition</b> - KS3 Humanities Escape Room! Taking place during History, Geography and REP lessons.
	<b>House Competition:</b> Science Year 7. Students to compete in lessons to look at how Science can be applied to solve a problem.
<b>HT4 Week 3 w/c 310th March</b>	Meet Your Coach Day - <b>Wednesday 12th March</b> - 2.00-7.00pm. Letters have been sent home to all parents/carers with more information including how to book you appointment.
	Year 7 Science Fair - <b>Friday 14th March</b> .
<b>HT4 Week 4 w/c 17th March</b>	Year 11 Mock Results issued - <b>Tuesday 18th March</b> - results will be sent home via E-praise.
	Year 11 French mock speaking exams - <b>Wednesday 19th</b> and <b>Friday 21st March</b>
	KS3 Winter Sports Day - <b>Wednesday 19th March</b> .
<b>HT4 Week 5 w/c 24th March</b>	Year 11 History trip to Fountains Abbey - <b>Tuesday 25th March</b> .
	Year 8 Parents/Carers Consultation Evening - <b>Wednesday 26th March</b> - 4pm-7pm.
	Online Learning deadline - <b>Friday 27th March</b> .
<b>HT4 Week 6 w/c 31st March</b>	School Production of 'Little Shop of Horrors' - <b>Tuesday 1st and Wednesday 2nd April</b> . Tickets will be available to buy via ParentPay in early March.
	Year 10 ' <b>An Inspector Calls</b> ' visiting theatre performance - students will watch a live version of the play in school to support their GCSE studies.
	Eid celebration - <b>Thursday 3rd April</b> during lunchtime.
	<b>Year 11 Photography exams</b> - students will receive their dates and times nearer the exam.
	Coaching Challenge Day - <b>Friday 4th April</b> . A morning of completing and competing in challenges across the school led by the Year 11 students. School will close at 12.00pm.

**If your child would like any support in taking part in these events then please do speak to their coach.**

## HT4 - YEAR 11 MOCK EXAMS

**Next half-term we will be discussing with the students the rules in place for the real exams as set out by the JCQ who govern all external examinations. This information will also be shared with you via letter.**

For these mock exams, following the JCQ guidelines for exams, students should be equipped with:

- A clear see-through pencil case with spare black-ink pens, pencils and a ruler (pencil cases can be purchased by ParentPay and collected from student reception).
- A clear see-through water bottle with no labels on.
- A scientific calculator for their Maths and Science exams.

Students are also reminded that during the Summer GCSE exams they cannot wear a watch or have any electronic device on them. We will work with the students to store these safely if they are brought into school.

# HT4 - YEAR 11 MOCK EXAMS

Year 11 mock exams will run from Wednesday 26th February to Friday 7th March.

	WED 26th FEB	THUR 27th FEB	FRI 28th FEB	MON 3rd MAR	TUE 4th MAR	WED 5th MAR	THUR 6th MAR	FRI 7th MAR
<b>PERIOD 1</b> 8.40-9.30	<b>Maths</b> Non-calculator paper 1	Option B <b>Art/ Computing/ Food/ History/ Photography</b>	<b>English Literature</b>		<b>French</b> Reading and Listening	<b>English</b> Language Paper 1	Option C <b>Art/Drama/ Geography/ History/ CamNat PE</b>	<b>Geography</b> Paper 2
<b>PERIOD 2</b> 9.30-10.20				<b>Maths</b> Calculator Paper 2				
<b>PERIOD 3</b> 10.20-11.10								
<b>PERIOD 4</b> 11.35-12.20	<b>Physics</b>		<b>Biology</b>	<b>History</b> Paper 2	<b>Maths</b> Calculator Paper 3	Option A <b>DT/Food/ Geography/ History/ Music</b>		
<b>PERIOD 5</b> 12.20-1.15								
<b>PERIOD 6</b> 1.50-2.40		<b>French</b> Writing					<b>Chemistry</b>	
<b>PERIOD 7</b> 2.40-3.20								

## YEAR 10 WORK EXPERIENCE

**Year 10 students will be completing their Work Experience placements from Monday 3rd - Friday 7th March.**

This is a great opportunity for students to experience the 'world of work' and develop their communication, organisation and work skills. Students really enjoy this experience. It helps many to think about the future careers and next steps with Post-16 study and beyond, and some of the students even find themselves being offered Saturday jobs as a result of their placements.

*Over half-term, students should be:*

- Contacting their work experience placement to check what clothing you are expected to wear.
- Find out what time they will be starting work and what time they will finish each day.
- Ask their employer if they need to bring their own lunch or ask if they can buy food there.
- Thinking about how they will get to work - do they need to catch a new bus and if so what time will they need to be at the bus stop?

We are very excited to hear all about the students experiences and wish them every success with it.

