

Dear Parents and Carers

Congratulations to Davinder Dhillon, a former colleague, who has been awarded an OBE for services to the commemoration of Indian Forces' contribution in the First World War. Davinder chairs the Chattri Memorial Group, which organises the annual service at the Chattri on the Downs north of Patcham. We look forward to hearing more from him following the official inauguration.

In school this week, Year 11 Food Technology students completed their practical exams. It was great to see their skills in action; we clearly have some budding chefs in the school. In preparation for GCSE exams, parents and carers of Year 11 students were able to join a live presentation from Elevate about study skills. This was well received and there is further information about some of their free links and resources here <https://www.elevatecoach.co.uk/resources>. Mrs Cumming will also be sending bulletins to all Year 11 students, parents and carers about February mocks and examinations as we receive further updates from the examination awarding body (JCQ).

As well as the formal PE curriculum, sports fixtures have been in full flow. Results below:

- Year 7 Boys Rugby team came out on top against a strong Warden Park side in tough, wet conditions. Final score 30-20.
- Year 7 Basketball won their first Brighton Schools' tournament against Varndean, Cardinal Newman and Hove Park.
- Year 9 Girls Football are through to the County Cup Quarter Finals after a 13-0 win.
- Year 10b Boys Football lost 5-4 to Ifield school in a closely fought match.
- Year 10 Netball lost to Brighton Girls in a good match.

Well done to all those who have participated in the fixtures and represented the school.

PE clubs and fixtures

Parents and carers seeking information about clubs and fixtures should regularly check the Student Notices section of the SLG. This can be found on the drop-down list under the 'News' tab. This platform is regularly used by PE staff to update students about information including upcoming fixtures and any club cancellations. Students seeking information about external fixtures should check the PE notice board and ask the member of staff who runs the team.

KS3 and 4 Reading Newsletter

We are very excited to share PiXL Education's termly Reading newsletter (see link below), containing advice on how to support your child's reading and a wide range of recommended reads for different ages. If your child is a keen reader but is sometimes unsure what to try, these books have all been read and recommended by PiXL's reading champions and represent a variety of different genres, styles and subject matter. Our English department would especially recommend 'The Climbers', by Keith Gray: a wonderful adventure story about friendship. In addition, there are some wonderful non-fiction options including 'What is politics? Why should we care? And other big questions', by Michael Rosen and Annemarie Young. [PiXL Reading Secondary Newsletter Jan 2022](#)

Courses to Support Parents and Carers

Growing numbers of children are experiencing anxiety and need help to build self-esteem. It can be hard for parents and carers to know how to respond and provide effective support. The Adult Education Hub is continuing its successful online courses: 'Supporting a Child with Anxiety' and 'Building a Child's Resilience'. Both courses offer parents practical strategies to reduce anxious thinking and help build a child's self-esteem. Sessions are run separately for parents of primary and secondary-age children. Here's what some parents have said:

"Listened to our concerns and gave us some great advice and tools."

"Gave practical tips as well as reassurance. I feel I'm better able to support my child with their anxiety."

Courses (2 x 90-minute online sessions) are free to parents on a low income/means tested benefits. Otherwise, there is a fee of £15. For dates and times of courses this term, and to book, the link to the website is below:

<https://adulthoodeducation.brighton-hove.gov.uk/course-category/children-family-wellbeing/> or

email: AEH@brighton-hove.gov.uk

Sussex Community NHS Trust - Health for Teens website

Health for Teens is aimed at young people aged 11 to 19. It is designed to provide "everything you want to know" about health and wellbeing "but didn't want to ask".

Six main sections offer help with feelings, growing up, health, lifestyle, relationships and sexual health. Specific information is provided on subjects ranging from anxiety, eating disorders, exam stress and allergies, to alcohol and drugs, online gaming, contraception and sexuality. The website contains lots of useful information specific to services and support in Brighton and Hove and is available at <http://www.healthforteens.co.uk/>

Final Enrichment Week reminder – deadline next Friday

Enrichment Week will take place between 11–15 July 2022 and was launched with all students in Years 7–9 via a virtual assembly and through tutor time at the end of last term. Some activities offered are limited to certain year groups and others are open to all three year groups. These details are in the booklet, along with information on cost and any equipment needed by students:

Enrichment Booklet: https://issuu.com/dorothystringer/docs/enrichment_week_2022

All students will need to return their completed Student Choice Form to their form tutor by Friday 21 January 2022. You can use this link to download a copy of the form: [Enrichment Week Choice Form](#) or if you need a hard copy of this form, please ask your child to collect one from the Nexus. We will then allocate students to the activities and inform them of their selection in March. We will not ask for any payment until full details have been confirmed.

Year 9 Virtual Options Evening – Thursday 20 January 2022

Next Thursday there will be a Virtual Options Evening for Year 9 students, parents and carers. This will run from 5:00-7:30 p.m. and is an opportunity for you and your child to find out more about the options on offer. The link for the evening will be emailed out to parents and carers on the day. The schedule will be as follows:

5:00: Options Talk & Live moderated Q&A on the options process (via Zoom)

6:00: Individual Options videos available. For each subject there will be a Frequently Asked Questions list and the opportunity to email subject leads with questions. Subject leads will be available until 7:30 p.m.

We will record the presentation and Q&A for anyone who cannot attend the evening. This will be posted on the Options Evening page on Monday 24 January.

Further Covid Updates

I'd like to thank you all for your understanding and patience as we navigate through the ever-changing Government guidance.

From Monday 17 January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after five full days if they test negative with a lateral flow device (LFD) test on both Day 5 and Day 6 and they do not have a temperature. For example, if they test negative on the morning of Day 5 and the morning of Day 6, they can return to their education or childcare setting immediately on Day 6. The first test must be taken no earlier than Day 5 of the self-isolation period, and the second must be taken the following day. All test results should be [reported to NHS Test and Trace](#). If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest. Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10-day period of self-isolation.

On the first day of the student's isolation, please contact COVID@dorothy-stringer.co.uk to inform us (this is for our Test and Trace), and please also notify us via the Studybugs app (this is for Attendance). You then don't need to contact us further unless the student continues to be unwell following the five days of isolation. If this is the case, please update Studybugs daily (from that point) until the student is well and can return to school.

Root Word of the Week – Pod, ped: foot (Greek word root)

- **Bipedal** - (of an animal) using only two legs for walking.
- **Podium** - stand or platform from which someone speaks.
- **Pedestrian** - a person walking rather than travelling in a vehicle, or lacking inspiration or excitement; dull.

Key Dates:

Year 9 Options Evening (live zoom and videos) – Thursday 20 January 2022

Year 9 Parents' Evening (remote) – Thursday 27 January 2022

Half Term – Monday 14 February – Friday 18 February 2022

Key Dates for 2021/2022 are on our website: https://public.dorothy-stringer.co.uk/ds/pages/key_dates.aspx

*Note: If any of the hyperlinks in this update do not work, please copy and paste the link address into your address bar. *

Take care and stay safe.
Matt Hillier