

BROUGHTON

HIGH SCHOOL

Newsletter No 16

11th January 2021

Dear Parents,

As you can imagine, it has been quite an eventful first week of the new term. We have been open just for vulnerable/children of critical workers (approximately fifty) and these pupils have been based in computer rooms, in year group 'bubbles', experiencing exactly the same lessons as all the pupils who are at home.



The high level of engagement from your sons/daughters with all aspects of remote learning has been marvellous. Every teacher has commented on how positive, polite and involved the pupils have been. **Attendance and active participation has been over 90%.**



Every pupil ought to be following their normal school timetable and 'Teams' lessons will be scheduled by their usual teacher (thought you may be interested in one teacher's study!?). These will be predominately 'live' lessons, but there also be occasions when pupils will be working independently using Firefly, a recorded lesson or accessing some exercises/assessment activities. Such a 'blended learning' approach will provide much needed variety – we do not expect pupils to be staring at screens all day; they do enough of this in their social time! Whatever approach is being used, a teacher will be available to 'chat' to pupils according to the timetable. As a reminder, here is the school timetable:



Years 7 and 10		Years 8, 9 and 11	
9.00am - 10.00am	Lesson 1	9.00am - 10.00am	Lesson 1
10.20am - 11.20am	Lesson 2	10.00am - 11.00am	Lesson 2
11.20am - 12.20pm	Lesson 3	11.20am - 12.20pm	Lesson 3
12.50pm - 1.50pm	Lesson 4	12.20pm - 1.20pm	Lesson 4
1.50pm - 2.50pm	Lesson 5	1.50pm - 2.50pm	Lesson 5

For almost every lesson your son/daughter will need:

- access to a computer, ideally with headphones
- mini whiteboard and pen
- lined paper/exercise books
- the usual stationery

In addition, all pupils will be contacted at least once a week by their Tutor/Progress Leader to discuss any relevant issues such as technology, wellbeing ... whatever.



We continue to award **ClassCharts** as often as possible to recognise commitment, great work and achievement. We will also send **Praise Postcards** home to highlight particular successes.



If you are a parent of Year 11 you will be well aware of the Government's decision to cancel all GCSE exams in the Summer. Today, I have sent a separate letter to you and every Year 11 pupil outlining everything we know. **Mock exam results have also been sent to every parent/pupil via Firefly.** On **Thursday 14 January there will be an opportunity to discuss the progress of your son/daughter at the first 'virtual' Year 11 Parents' Evening:** should be interesting.

Today we begin **lateral flow testing** of all pupils and staff who are in school. Prior to all pupils returning to school, we will send home the required consent forms and explain the arrangements for routine and serial testing. For now, that is in the future.



Lateral Flow Testing

COVID testing



- Accessible and easy to use
- No lab required, with fast results
- Safe technology

As you are aware, remote learning will continue until at least February half term. You can be assured we will do our very best to provide high quality education to your sons/daughters throughout this period. We all need to remain positive, supportive of each other and follow all the guidelines, especially not allowing teenagers to mix outside of their own households. Thank you for your kind messages of support and appreciation. We all have a part to play in ensuring everyone remains as safe, healthy and positive as possible.

As always, if you are happy or unhappy with any aspect of life here at Broughton, please do not hesitate to get in touch. My email address is morrisc@broughtonhigh.co.uk.

Chris Morris, Headteacher

Library Dates

Following our article in last week's newsletter and the continued delay in the return to school, please note that all library loans and library challenge/competition deadlines will be extended until after pupils return to school. **Remember to keep an eye on the LRC page of Firefly** and the **newsletter for details of new book recommendations, quizzes and reading resources**. I will be updating Firefly regularly throughout this half term. Stay safe.

"Keep reading, it's one of the most marvellous adventures that anyone can have" *Lloyd Alexander*.

Mrs Whitlock

Couch to 5k

With the latest government restrictions, **physical activity is more important than ever**. Aside from the many physical benefits, running for just fifteen minutes a day has been proven to reduce the risk of depression by 26% (Public Health England) and is a natural and effective anti-anxiety and anti-stress treatment. In these challenging times, being physically active is key in promoting good mental health and wellbeing, and best of all it is free! However, many people find the thought of exercising daunting, and don't know how or where to start.



You may have heard of the 'couch to 5k', developed by somebody with no prior running experience. This is endorsed by the NHS and has been used by over 5 million Britons to get them up and running. It is a **nine week programme** designed to help people transform a sedentary lifestyle into an active one. **The app can be downloaded for free on any smart phone**, and the only required level of fitness is to be able to walk for fifteen minutes. By completing **three sessions a week of around 20 minutes**, the plan gradually works towards participants **being able to run 5k by the end of the nine weeks**.

It would be great to get as many of our Broughton families involved with this initiative, so why not lace up your trainers, download the app and give it a go? **When the government restrictions are finally lifted, we will host a celebratory 5k round the guild wheel at school in celebration of everyone's hard work and a target for people to aim towards**. This is available to pupils, parents, family members; the more the merrier! If you are interested in taking part in this, please email me - I will be delighted to hear about your progress over the coming weeks.

No matter how slow you go, you are still lapping everybody on the couch.

Mrs Rukin

rukinv@broughtonhigh.co.uk

Care Worker

£ £12,500-£25,000

🕒 35-40 Hours per week

You could take a college course, which may help when you look for work.

Courses include:

Level 1 Certificate in Health and Social Care

Level 2 Diploma in Care



You'll usually need:

2 or fewer GCSEs at grades 3 to 1 (D to G) for a level 1 course

2 or more GCSEs at grades 9 to 3 (A* to D) for a level 2 course

You could get into this job through an adult care worker intermediate apprenticeship or a lead adult care worker advanced apprenticeship.



0800 100 900

#AskNationalCareers

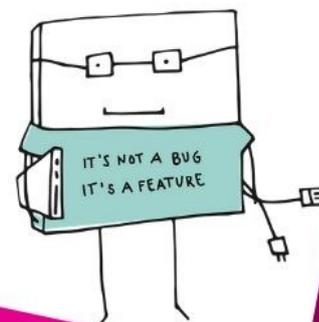


Software developer

£ £20,000 - £70,000 per year

🕒 37-40 hours per week (some evenings and weekends)

4 or 5 GCSEs at grades 9 to 4 (A* to C) including English, maths. You can then do A-levels and progress onto a degree in computer science, software development or a related degree subject. You could do a software developer higher apprenticeship or degree apprenticeship in software engineering.



0800 100 900



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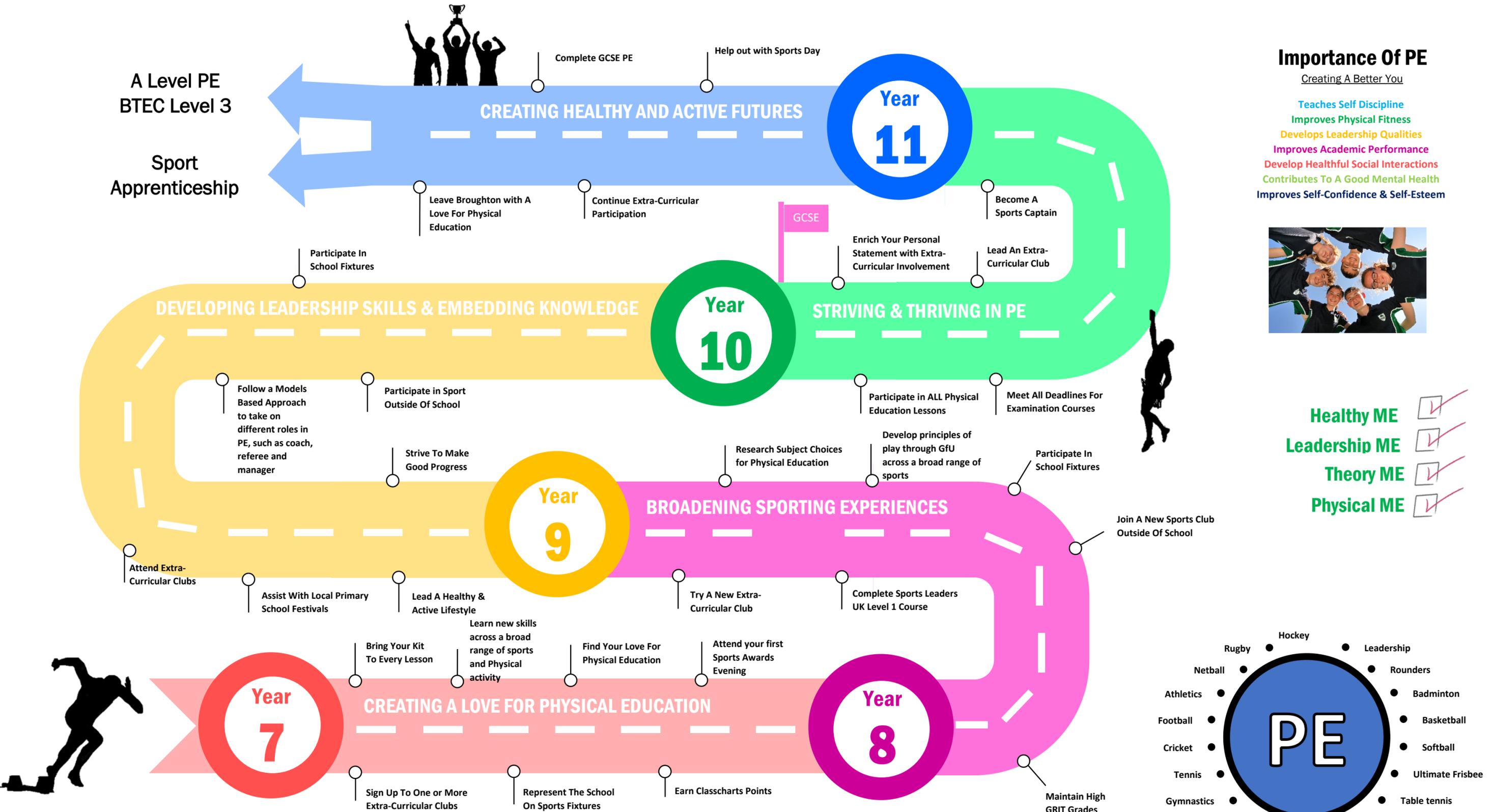
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National Careers Service

Broughton High School Physical Education Journey

Striving For A Healthy, Active And Successful Future



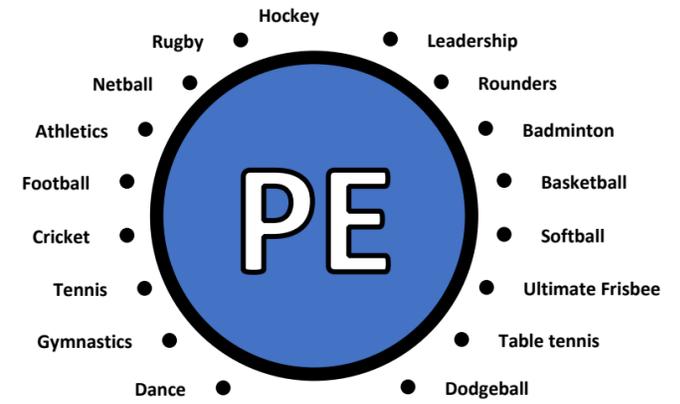
Importance Of PE

Creating A Better You

- Teaches Self Discipline
- Improves Physical Fitness
- Develops Leadership Qualities
- Improves Academic Performance
- Develop Healthful Social Interactions
- Contributes To A Good Mental Health
- Improves Self-Confidence & Self-Esteem



- Healthy ME
- Leadership ME
- Theory ME
- Physical ME



Your Physical Education Journey starts here ...

Broughton High School Physical Education Journey

Year 7 – Creating A Love For Physical Education
 Year 8 – Broadening Sporting Experiences
 Year 9 – Developing Leadership Skills and Embedding Knowledge

Handball, Fitness, Gymnastics and Hockey

Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game. As well as improving core fitness.

Cricket

Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.



Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.



Rounders

You will be learning about bowling, batting, fielding, positioning and tactical play within this unit.

Summer Term

Dodgeball

You will learn about throwing technique, blocking, catching and both attacking/defensive tactics.



Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.



Spring Term

Hockey, Table tennis, Tag Rugby and Basketball

You will acquire new skills and fundamentals including passing, running with the ball, dribbling, attacking and defending and shooting.



Autumn Term

Classroom to 3K Challenge.

Pupils will develop cardiovascular fitness to achieve approximately a 3k run around the schools grounds.

Striking games, Badminton, Athletics and Table tennis

You will learn the basic core skills, rules and techniques involved in these sports in order to play a basic game or compete in these sports.

Show Your Commitment

How many can you complete?



- Try Your Best In All Lessons
- Bring Your PE Kit To All Lessons
- Achieve High GRIT In All Lessons
- Attend PE Extra-Curricular Clubs Each Term
- Represent BHS In One Or More Sporting Fixture

- Leadership ME
- Healthy ME
- Physical ME
- Theory ME

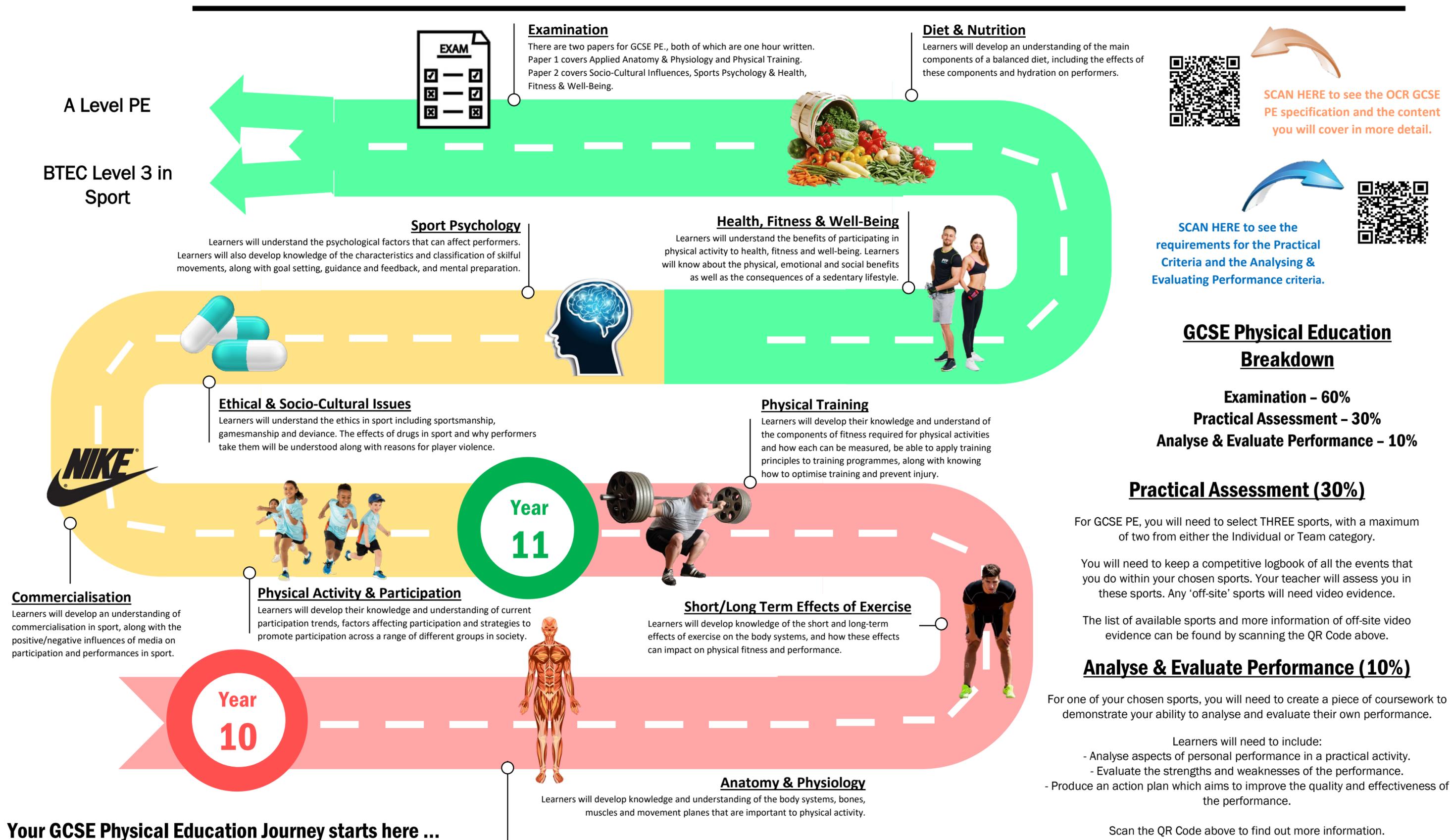
Fixtures Each Year

Below Are The Fixtures BHS Compete In Across The Year

- Athletics
- Basketball
- Badminton/Table Tennis
- Football
- Netball/Hockey
- Handball
- Cricket/Rounders

The Broughton High School Physical Education Journey

GCSE PE Curriculum Map



Your GCSE Physical Education Journey starts here ...