

22 March 2024

QEHS WEEKLY UPDATE 25

Dear Parent/Carer

As we approach the end of term, we are celebrating the rich life of the school. Students at QE have the opportunity to participate in a wide range of activities. This term students have been to Switzerland, Germany, competed in national and regional sporting competitions, heard talks on careers and celebrated World Book Day. Y11 and Y13 students have sat their mock exams and Y9 have made their option choices for next year. We are incredibly proud of the efforts that our students put into their studies and wider life of the school. Our students demonstrate respect, engage in school life and aspire to be successful.

Respect

I just wanted to let you all know that Scotty's day raised an amazing **£1315**. The students were an absolute credit to the school on the afternoon and they all seemed to have a fantastic time.

Engage

Sleep Talk

This week Dr David Lee from Sleep Talk Unlimited gave a presentation to our year 13 and some of our year 12 psychology students. Year 13 is currently studying Biopsychology, so it was fascinating for them to hear from a specialist in the field about circadian and ultradian rhythms. It was also informative for them to hear this put into context with examples based on Dr Lee's experience in the field.

The students are preparing for year 13 exams, so it is especially important for them to have good sleep habits now and in the coming months. It was invaluable for them to hear this from a professional who has such specialist experience and knowledge, so can explain the science behind why this is vital.

Additionally, the techniques that students and all of us can use to achieve good sleep patterns was also very helpful. This was explained in a very engaging way and without a dogmatic approach! It was extremely well pitched, entertaining, informative and hopefully will lead to changes in some of the habits that students may have developed, that are affecting the quality of their sleep.



Thanks to the whole team too for allowing some of our students to participate in collecting some sleep data anonymously, thus giving some students excellent experience to use in their University application personal statements.

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Executive Headteacher: **Graeme Atkins**

Head of School: **Neil Seaton**

QEHS PTA Lottery

The QEHS lottery is a draw with 2 monthly prizes of £25 each (plus a special Christmas draw). We sometimes hold bonus draws for extra chances to win. The funds raised go to the PTA to fund enrichment activities and equipment and fun treats for the pupils. The QEHS Lottery is an easy, low-cost way to contribute to the PTA with the change of a cash prize. If you would like to join, please click on the link below:

[QE Lottery Application](#)

Author workshop: Kay Greyson

Rap and hip hop artist from here in the North East, Kay Greyson, ran dynamic, energy-filled writing workshops for lucky groups of Y8s and Y9s this week. Kay is signed to a record label, has performed at The Royal Albert Hall and is about to embark on a project for BBC3.

Described as getting 'the room on board from the off' we couldn't agree more!



Kay set out the three rules of rap verse: it needs to rhyme, have 16 lines and a theme. The young people worked together to create and perform their raps with brilliant results.

Heartfelt thanks to Kay and all at the wonderful Hexham Book Festival for making this visit possible.



Work experience in Germany

Our year 12 German students on a day trip to Berlin. They are in Germany for one week staying with host families from our partner school and doing work experience.



Congratulations to

Alex D who has been selected to play for the U16s Newcastle Falcons Junior Academy which is an amazing achievement; he represented them against Sale and Yorkshire Academies at the weekend. Fantastic!



Under 19 Rugby Sevens Plate Winners

The Rugby First team were the County Sevens Plate winners at Northern Rugby Club. An awesome result beating a number of private schools to win the Final.



Under 19 Northumberland and Tyne and Wear County League Winners

The Under 19 football team beat Whitley Bay High School 3-2 this week, this confirmed they won the under 19 Northumberland and Tyne and Wear County League. They did this by going unbeaten all season, winning 8 games and drawing 2 in the 10 games they have played.



Under 16 Northumberland County Representation - Girls rugby

Well done to all the Under 16 girls, Molly B, May M, Daisy C, Ruby W, Phoebe P and Martha C, who represented Northumberland County at Northern Rugby Club on Sunday.



Aspire

Y9 Mock Trial

Well done to our 12 Mock Trial Club members for participating in the Magistrates Competition on Saturday at the Law Courts in Newcastle. The team were fantastic, acting as barristers, witnesses, clerks, ushers and magistrates in a case of actual bodily harm. The team ended up finishing in third place and were complemented by the judges for the quality of their performances.



UK Space Design

Congratulations to Ben S in Y12 who has been selected to represent the UK in the international final of the Space Design Competition in Florida.

Online safety updates

New Facebook Checklist

As tech companies introduce new features, including safety features (see more below) it can be difficult to keep up. With the most features of any social platform, Facebook has always been the most frustrating to go through all the settings to make sure they are appropriate to the individual. Thankfully, the days of all the features reverting to their default settings after every update are behind us, but still there is a lot to go through. **SWGfL have updated their Facebook checklist for 2024. You can access the checklist [HERE](#).** (For Parents by Alan Mackenzie, online safety advisor.)

News from the community

WhatsApp group encouraging self-harm in young people

CNTW NHS Trust has made us aware of a WhatsApp group called “everyone you know x” which is circulating in North Tyneside. It is aimed at Y6 students.

There are currently 500 members, and the group encourages members to self-harm.

Three young people (two from Gateshead and one from Northumberland) are in hospital following overdose and they have disclosed that there is a social media trend whereby young people are being encouraged to take overdoses on a points scoring system eg, if admitted to hospital, if a liver specialist has been contacted etc.

As these young people are not from the North Tyneside area, and there is potential for this to affect other year groups, we are making all schools in our force area aware.

The NSPCC website has information about helping children who may have been affected by such content [Content promoting self-harm, suicide and eating disorders | NSPCC](#)

Canoe Slalom Development Day

Hexham Canoe Club and Slalom North would like to invite you to get involved in a great day of paddling fun. Canoe Slalom Development Day: - Sunday 24th March

They are hosting a Canoe Slalom Development Day at Tyne Green, with support from British Canoeing England Talent Program and with support from clubs across the North of England.

This is a brilliant chance for any interested people, (aged 8 - 98), to develop their paddling skills, have some fun and if they want, get involved in canoe slalom. There will be on-water fun slalom sessions designed to introduce the sport and develop skills. There will be a short presentation about the sport in the clubhouse and refreshments will be available after your session.

People will need to follow the link here or in the poster to sign up and secure their place.

Link: <http://tinyurl.com/HCCDDMAR>

Family Hubs guide to services they offer

There's an absolute wealth of support and information for parents and carers from 0-19 years of topics such as SENS support, Relationships, Mental health, Children's Mental Health, benefits, refugees and asylum seekers, Grief and Bereavement et cetera on the Family Hubs website: <https://padlet.com/Northumberland/family-hub-guide-to-services-o3r8ph83nr9u7zol>

Reminders/ Key Dates

Date	Event	Who
Tuesday 26 th March	Northumbria Police talk – knife crime	Year 11
Wednesday 27 th March	Art Department Pizza night	Year 11
Thursday 28 th March	BTEC Dance trip Theatre Royal	Year 10
Thursday 28 th March	Northumbria Police talk – knife crime	Year 10
Thursday 28 th March	Rewards Afternoon	All year groups
Thursday 28 th March	School closes for Easter	All year groups
Monday 15 th April	School reopens at 08.40am	All year groups

Please find attached with the bulletin:

- Trustee recruitment advert

Yours faithfully



Neil Seaton
Head of School

Pupil support and Safeguarding

Designated Safeguarding Leader: Mrs Hattie Curry

Deputy Safeguarding Leaders: Mr Emerson Brown and Ms Sarah Albert

SENDCo Mrs Jill Wood

Please remember that we are here to support you and your child at any time. You can contact us via the main office (phone) or by email admin@qehs.net

For queries regarding attendance or absence, please email attendance@qehs.net