



QEHS WEEKLY UPDATE 33

Dear Parent/Carer

Respect

At the beginning of this week students in the high school started their new timetable. We believe that this gives the new Y10 a chance to start their new GCSE (or equivalent) courses before the summer. The change also focuses the new Y11 and new Y13 on their upcoming exams.

Activities taking place later in the term include transfer day for the incoming Y9 and trips day for Y10 and Y11. We will also be holding a mock election run by some of our Y13 students. The leavers' assembly for our old Y11 is being held on Wednesday 12 June, with prom taking place on Thursday 4 July. The leavers' assembly for our old Y13 is scheduled for 24 June.

Engage

“Surviving Summer with your Teens”



Join Dineo Brittain-Dodd, Lead Practitioner for the Emotional Wellbeing and Behaviour Support Service for some practical tips and advice on how to maintain calm at home when school and routines are out.

Where: QEHS LRC

When: 9.30-10.30am on Thursday 13th June

Refreshments provided. No need to book, just turn up.

Mountain Running Cup

Congratulations to Ania S who has been selected by England Athletics to represent England at the International U18 Mountain Running Cup!

Mountain running is the international version of fell running. With no navigation or kit requirements, it is more like extreme cross country. She will be flying out to Spain with the rest of the team just after her GCSEs. The event will be taking place in the Montaña Palentina region in northern Spain.

We wish her the best of luck and look forward to hearing how she raced!

<https://www.englandathletics.org/news/team-announced-for-mountain-running-international-youth-cup/>

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Executive Headteacher: Graeme Atkins

Head of School: Neil Seaton

Year 9 Duke of Edinburgh Award

Congratulations to the Year 9 students who all passed their expedition section of their Duke of Edinburgh Award.



QEHS Rowing Club



QEHS Rowing Club rowers are in the middle of a busy period of competitions. Saturday gone, saw 59 club members competing at the Hexham Regatta. QEHS Rowing Club were well represented across a range of age group races at our home regatta.

Hexham regatta is a long day's racing. QEHS first race was at 8am and the last race QEHS crew raced at 6.52pm! The day is split into three divisions to allow for all the races to take place. Regatta Rowing is side by side winner takes all. If you win you move to another race, if you lose your racing is finished.

QEHS rowing club had a number of winning crews across all three divisions. In Division 1 winners were the Op J15 4x+ Freddie C, Theo C, Isaac H, Ben W and Cox Elodie H.

Our division 2 winners were: WJ14 2x Jennifer W and Isla P. – Op J14 4x+ Jack D, Morty C, Robin BM, Lloyd M and cox Merry – Op 1X Finlay B .

Finally in division 3 there was a popular win for Seth M in Op J16 1x.

Well done to all QEHS Rowing Club athletes who attended and performed well. It was great to see everyone pushing hard and putting in the effort.

A special thank you to coaches Tom and Pam for making this another successful day. Your effort is very much appreciated.

Our next Regatta is this weekend. QEHS Rowing Club rowers will be competing at the Durham Regatta on Saturday. Good luck to all crews competing.



Rowing– National School Championships

QEHS rowers competed at the National School Championships at the beginning of the half term holiday.

Nat Schools is held at Eton Dorney Lake, the venue for the 2012 London Olympics. This event has the strongest crews from across the country competing. For Junior rowers, Nat schools is considered as the premier event to compete in.



After a long journey down on the Friday, all crews were excited for Saturday's racing. Racing on Saturday involved crews racing a time trial. The result of the time trial was then used to place crews into the Sunday finals.

Conditions were calm, racing conditions were ideal. Seth M and Finn B raced first in their singles. Both rowed strong races Finn finished 40th overall. Seth finished an excellent 47th, considering he was by far the younger in his age group.

Our Y12 girls, Chloe P, Ellen S, Evie G and Rachel H finished a creditable 28th overall. This was a good performance and reflected the hard work and focus these girls have put to their training this winter.

QEHS had two year 10 boys teams competing. Both teams put in brilliant performances in their time trials. Both teams excelled and qualified for the A and B Finals. Josh M, Alex H, Mack OB, Dennis and cox Eadward finished a superb 6th overall. Not to be outdone, the second QEHS crew came a brilliant 10th overall. The crew for this boat is Jacob F, Alexis HH, George J, James B and cox Elodie H

Our final crew was a coxed Y11 boys team. Felix W, Adam R, Benji W, High B coxed by Katrine finished a creditable 15th.

It was great to go and compete as contenders at this event. It was a very special event to attend. It is brilliant to see the smaller northern clubs pushing the bigger clubs of the south of England hard. I look forward to seeing more QEHS Rowing Club rowers attending this event in the future.

Special thanks must go to our parent volunteers who made it possible to attend. Thank you, Ryan, Paul, and Tobyn. Without our parent volunteers we would not be able to attend special events like this.

Aspire

Career of the week

This week's was 'Hydrogeologist'. A link to the video shown in tutorial from 'MyPath' is below:

Job of the week: [Hydrogeologist](#)

Further information can be found on [Unifrog](#):

<https://www.unifrog.org/student/careers/direct/hydrologist>

This includes Labour Market Information (LMI). It is important both parents and students are aware of this as it includes current and predicted figures relating to the hydrogeologist profession, particular attention should be paid to the expected growth figure. All students have received a 'Welcome' email to their school email account. Please encourage them to activate their account if they haven't already done so. We also have a 'dummy' code for parents. Use 'QEHHparent' on this page: unifrog.org/code

LRC Recommended Read

This week's LRC recommendation is *Hidden Figures* by Margot Lee Shetterly, a true story of the African-American women who helped win the space race

Genius has no race.
Strength has no gender.
Courage has no limit.

He phenomenal true story of the black female mathematicians at NASA whose calculations helped fuel some of America's greatest achievements in space.

Starting in World War II and moving through the Cold War and the space race, *Hidden Figures* is a powerful tale of race, discrimination and achievement in the modern world.



Online safety updates

What is Undress AI?

It's a sad world where some individuals develop tech to make money yet give no thought to what this tech can be used for. Enter undress AI, which is exactly what it says - upload an image of a clothed person, let the AI undress them. It isn't a specific app, there are many freely available apps and websites which allow the removal of clothing. It doesn't take a rocket scientist to understand what these tools are being used for. You can find out more [HERE](#). (For Parents by Alan Mackenzie, online safety advisor.)

Celebrating wider achievement

This newsletter is an excellent opportunity to celebrate the wider successes of our school community. Staff in school who run extracurricular clubs and activities will share these successes with leaders. However, we also want to acknowledge achievements that happen outside school. To ensure we share all the things our amazing students do, we rely on parents/students to let us know about their activities outside school. Please email admin@qehs.net if you would like your child's successes to be acknowledged.

Reminders/ Key Dates

Date	Event	Who
Wednesday 12 th June	Y11 leavers' assembly	Old Y11
Thursday 20 th June	A-level Art Exhibition Open evening (5-7pm) at QEHS  A poster for the A-level Art Exhibition. The text on the poster reads: 'Queen Elizabeth High School', 'A-LEVEL ART EXHIBITION', 'Thursday 20th June 2024', '5PM - 7PM', 'Join us in celebrating the success of this year's A-Level artists', and 'Refreshments available to purchase from PTA'. The background of the poster shows a scenic view of a lake and mountains through a window frame.	All welcome
Monday 24 th June	BT Group 'get work ready' workshop	Year 9
Monday 1 st July	Art Exhibition opening event – Queens Hall (4.30pm)	All welcome

News from the community

Hexham Community Partnership – Hexham Hidden Gardens

The Hexham Hidden Gardens Event takes place this Sunday (9th June) from 1pm-5.30pm. There are twelve stops on the trail this year and the gardens are looking glorious!

Tickets and the accompanying guide/map are available this year in person from Mr Wolf on Market Street or you can buy them online via this link <https://buytickets.at/hcp/1252790>

Tickets cost £7 per adult. Entrance is free for under 18s or essential companions.

We hope to see you on Sunday. If you can make it, please bring along cash for refreshments and plant sales.

Children North East Get Out and Grow Campaign

Whether you live in a rural area with plenty of green space, or a town with a local park Children North East are encouraging families to spend time together learning about the natural world.

If you would like to join in with the action, they are offering free Seed Grow Pouches to encourage people to Get Out & Grow! These handy pouches are small enough to thrive on a windowsill and will grow bee attracting flowers which can be planted outdoors or in a pot. To get your free Seed Grow Pouch and for more details, please see <https://children-ne.org.uk/get-out-grow-2024/>

Asthma + Lung UK Parent Carer Support Network

Do you have children or grandchildren who are 0-17 and living with asthma? The Asthma + Lung UK Parent Carer Support Network is a group for you. You are welcome to join them if your child has been diagnosed with asthma, or if you think they might have asthma. They will give lots of help to manage your child's asthma at home, in school and in after-school clubs.

Every month there is a get-together in a relaxed and friendly online video call. The group talks about the ups and downs of children's asthma journey with kind and supportive nurses and doctors. They can answer any questions you have about asthma. The group is also a great place to meet other families of children with asthma, who understand what you're going through. Join the mailing list and sign up to the next event here: [Parent and Carer Support Network Events | Asthma + Lung UK \(asthmaandlung.org.uk\)](#)

Wednesday 29th May @ 7pm: How does air pollution affect childhood asthma?

The next meeting is all about how air pollution can affect asthma. The group's Clean Air Team will be on hand to tell you about our campaigns for children's right to breathe. There will be the opportunity to meet Dr Ian Sinha. Dr Ian is a world leading children's lung doctor from Alder Hey Children's Hospital. He will be ready and waiting to answer all your asthma questions, so you can breathe a little easier.

Group Photographs

We are sending a reminder that the Year 11 & Year 13 group photographs taken at Queen Elizabeth High School are online and still available to order with delivery direct to your home address.

Please use the following links, and your email address when prompted, to view and order on the Gillman & Soame website:

Year 11 Group: [here](#)

Year 13 Group: [here](#)

If you have any queries, please feel free to contact Gillman & Soame directly at enquiries@gillmanandsoame.co.uk or on 01869 328200.

Please find attached with the bulletin:

- Daisy chain support ASD
- WEST Summer 2 2024 Autism Family Drop In Sessions
- Michael Sehgal Uniform information (free delivery to school up to 20 June)
- Creative Youth Challenge at Live Theatre

Yours faithfully



Neil Seaton
Head of School

Pupil support and safeguarding

Designated Safeguarding Leader: Mrs Hattie Curry

Deputy Safeguarding Leaders: Mr Emerson Brown, Mr Alex Robson & Mrs Jill Wood.

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