



We hope you had an enjoyable half-term break. As you know, we have been communicating regularly with you over the previous few weeks about uniform expectations for this half-term and moving forwards; a huge thank you to our parents, carers and students for ensuring that uniform is looking so smart. Where students needed ties, these have been provided and we will be in touch with you to let you know that this has happened; we have also been in contact with you where there has been a need for communication about blazers and shoes. Please continue to ensure that your child is attending school in our smart school uniform; as always, if you have queries or need support, please just get in touch with us. Moving forwards, we will continue to contact you and update you on next steps if uniform is not in line with our expectations.

It was lovely to welcome so many of our Year 10 parents and carers in for their Parents' and Carers' Evening on Wednesday; we hope that you found this useful as your child is now over a quarter of the way through their Key Stage 4 learning. Summer exams for both Year 10 and Year 12 will be upon us not long after the Easter break; details were provided at Parents and Carers' Evening for Year 10 - <https://www.gospeloakschool.org.uk/site/data/files/parent-letters/2AB8A90AF4125C05375F344D3228CADC.docx> – and information for Year 12s will be provided to student in the next couple of weeks. Please do ensure that your child is revising regularly and is asking for support as needed. There will be assessments for Y7-9 students in the summer; further details will follow in the future, and please encourage your child to be revisiting previous learning in preparation for these.

Many of our students are entitled to Free School Meals in school; please do make sure that, if your child is eligible, you have made use of the supermarket voucher that was sent to you before half-term. We are working hard with our catering providers to ensure that it is easier for students to understand what they can 'get' with their entitlement and plan to have some clearer messaging in the Restaurant and Bistro over the coming weeks. We are also aware that some of our students who are entitled to Free School Meals are currently bringing in packed lunches; do, please, encourage your child to use their entitlement at school as it will save families money by not having to buy ingredients for packed lunches. If your child is eligible for Free School Meals, and you are not sure if they are using this, please contact Miss Middlehurst – cmiddlehurst@gspeloakschool.co.uk – so we can look into this for you.

Do please get in touch with any queries you have and thank you for your ongoing support.

Upcoming Dates

Monday 26th February - Year 11 Geography Grand Central Station Field Trip

Tuesday 27th February - Year 11 Geography Grand Central Station Field Trip

Wednesday 28th February – Year 11 Photographs

Thursday 29th February – Post 16 CRST University Challenge Visit

Monday 4th March – Year 9 DTP/MenACWY Vaccine

Wednesday 6th March – Guided Choices Evening

Assembly Themes

Assembly focus this week was Woman's History Month

w/c – 26/02 – Respect

w/c – 04/03 – World Book Day

Please take the time to talk to your child about what they have learnt in Assembly.

Year 11 – BTEC Music

Please note that there is an external exam on Tuesday 5th March at 9am for Year 11 BTEC Music students; this is their Component Three exam. Students should arrive at school as normal, and the exam is sat in full exam conditions. As always, students are required to wear full school uniform for their exam.

Year 11 Prom and Exams

Our Prom is being held on 20th June; there is a Hospitality exam on the morning of the 20th June in line with the external exam calendar. Please ensure that any appointments for nails, hair etc. are booked for after 12pm if your child takes Hospitality.

Funded by UK Government

CITY OF WOLVERHAMPTON COUNCIL

AIM Association of Independent Musicians

JOIN IN WITH CREATIVE COMMUNITIES WOLVERHAMPTON PARENT ART CLASSES, NO EXPERIENCE REQUIRED!

ARE YOU INTERESTED IN ARTS & CRAFTS?

Meet other parents in your local area, express yourself creatively and get to know your local family hub. Each class will offer a welcoming supportive session run by an experienced artist to help you. Children are welcome.

Why get involved?

- Learn new skills
- Meet other parents in your area
- Help create a display for your local Family Hub
- Receive a £50 Enjoy Wolverhampton shopping voucher
- Visit Wolverhampton Art Gallery

PSHCE Topics

This half term students will be starting new PSHCE topics. Please see information below.

<p><u>YEAR 7: HEALTH & PUBERTY</u></p> <ul style="list-style-type: none"> • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine (energy drinks), smoking and alcohol • how to manage physical and emotional changes during puberty • about personal hygiene • how to recognise and respond to inappropriate and unwanted contact • about FGM and how to access help and support 	<p><u>YEAR 8: EMOTIONAL WELLBEING</u></p> <ul style="list-style-type: none"> • about attitudes towards mental health • how to challenge misconceptions stigma • about daily wellbeing • how to manage emotions • how to develop digital resilience • about unhealthy coping strategies (e.g. <u>self harm</u> and eating disorders) • about healthy coping strategies (mindfulness)
<p><u>YEAR 9: HEALTHY LIFESTYLE</u></p> <ul style="list-style-type: none"> • about the relationship between physical and mental health • about balancing work, leisure, <u>exercise</u> and sleep • how to make informed healthy eating choices • how to manage influences on body image • to make independent health choices • to take increased responsibility for physical health, including self-examination 	<p><u>YEAR 10: EXPLORING INFLUENCE</u></p> <ul style="list-style-type: none"> • about positive and negative role models • how to evaluate the influence of role models and become a positive role model for peers • about the media's impact on perceptions of gang culture • about the impact of drugs and alcohol on individuals, personal safety, <u>families</u> and wider communities • how drugs and alcohol affect decision making (<u>inc</u> binge drinking) • how to keep self and others safe in situations that involve substance use • how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime • exit strategies for pressurised or dangerous situations • how to seek help for substance use and addiction

World Book Day is on **Thursday 7th March**
To celebrate we are taking part in **two trust wide competitions.**

Creative Covers

- Design an alternative cover for a book you know well and enjoyed reading.
- Inspire new readers to be so intrigued by the cover that they feel they must pick it up to read the blurb.
- Submit an A4 design that can be scanned / copied (so no glitter, 3D etc.)
- A winner will be chosen in each of the following categories: Y7-9, Y10+
- **Deadline for entries 8th March 3pm to Mrs Pabla via reception or your English teacher.**



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Brilliant blurbs

- Imagine the book that you wish had been written – now write the blurb!
- Hook the reader with the power of your words
- No more than 180 words long so make every word count
- Any cover design work won't be judged but can be included
- A winner will be chosen in each of the following categories: Y7-9, Y10+
- **Deadline for entries 8th March 3pm to Mrs Pabla via the box reception or your English teacher.**



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 Sandwell
Metropolitan Borough Council

 NHS

YOUR OPINION MATTERS!



SHARE YOUR EXPERIENCES

We are reviewing
healthwatch

Your input can help influence improvements in Sandwell, ensuring the Healthwatch service we commission in Sandwell meets the needs of our community

Scan the QR Code to go to the survey



Have your say - Survey Live
www.sandwell.gov.uk/healthwatch-review

