

Newsletter

Issue 36: November to December 2022

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Our wonderfully wintry winning Christmas card design from Lily P in Year 10



A
very fond
farewell to Mr Barlow



Welcome

As the end of term approaches I would like to thank you for all your support throughout this very busy term; as always, it is greatly appreciated. It has been amazing to meet and talk with parents and carers and host a variety of events, trips and activities for the students and parents/carers, including our Information Evenings, Christmas Market and Performing Arts Christmas Showcase. We really are a strong team at Congleton High School and with your support, combined with the determination and excellence of our students and the dedication, passion and expertise of our staff, we have achieved so much.

Our fantastic teamwork, support and community spirit really shone out this month when it came to the collections for The Storehouse Foodbank and our Christmas Market (*see page 6*). Over four weeks, the compassion and generosity of the CHS community enabled us to donate a massive amount of food to The Storehouse, which will make a substantial difference for struggling Congleton families over the Christmas period. The support for our own Parents in Partnership Christmas Market fundraiser was overwhelming too. Once again people were so generous with their time, with donations of goods and then with support for the actual event, which we hope will become a permanent fixture in the CHS calendar.

I hope you enjoy reading our December newsletter, which, once again, contains so many stories and articles about the many different opportunities our remarkable students have enjoyed, both with school and independently. I would also like to take this opportunity to draw your attention to the school website: CongletonHigh.com. Since relaunching this last year, we have been working hard to increase and improve the information about CHS life that is readily available to parents and carers. You can find details of our curriculum, how you can support your children with learning, careers and higher education, term dates, parent/carer evenings, uniform and more. We always welcome feedback, so please do let us know if and how you think we can make this work better.

The new year will bring some changes to the school as we start our new building programme, and our current Deputy Headteacher, Mr Warren, takes over from me as Interim Headteacher. Mr Warren, alongside the Local Governing Board and The Learning Alliance Trust will steer the school community through the next phase of its journey and I have the utmost confidence that Congleton High School will continue to thrive.

I would like to thank you for the support you have given to me and the school during my time here. I will cherish all my memories of the wonderful students, staff, parents and carers that I have had the good fortune to meet during the last 30 years.

Finally, may I take this opportunity to wish you and your families a joyful and relaxing Christmas and a wonderful New Year. The CHS team looks forward to welcoming all students back to school on Wednesday 4th January (Week 1).

Mr Barlow
CHS Headteacher



A few words from our Chair of Governors

I am sure you will all join with me to send our Headteacher, Mr Jim Barlow, the very best wishes and our sincere thanks for his near 30 years of service at Heathfield and Congleton High School. Mr Barlow's loyal service at Box Lane over the years is a remarkable and rare example of single-minded dedication and commitment to thousands of students. Indeed, many parents and carers of today's students at CHS were, themselves, taught by Mr Barlow many years ago. Mr Barlow will be missed and we wish him well on the next stage of his journey.

In January we will welcome our current Deputy Headteacher, Mr Mike Warren, as interim Headteacher while the process of recruiting Mr Barlow's permanent replacement is finalised. Mr Warren will be ably supported by all of his colleagues at Congleton High School to ensure that Mr Barlow's legacy proves a strong foundation on which to build for the future.

Governors wish all staff, students, parents and carers a very restful break.

Merry Christmas!

Mr Rich Benson
CHS Chair of Governors



Let's LRC what's new

Our LRC Manager, Mrs Richardson, would like to share with you some of the changes she's been making in the LRC since she joined us:

How has the LRC developed over the last year?

When I started as Learning Resource Centre Manager in December 2021, I was excited about the opportunity to reinvigorate the space to make it a fantastic resource for the whole school. Now, a whole year later, I thought that it would be an opportune time to give you an insight into just a few things that have taken place.

Introducing the LRC

All students have received an induction to the LRC. They now have access to the Reading Cloud website and app to search for books in the LRC; create their own reading reviews; and check which books they have borrowed. We also managed to squeeze some fun activities into the inductions, like the highly competitive Scavenger Hunt, designed to test students' abilities to locate information efficiently in the LRC.

Break and lunchtime fun in the LRC

The LRC is hugely popular with students during break and lunchtime, when they use the space to read; choose, borrow and return books; complete homework; or relax from the rigours of the classroom through a range of activities such as mindful colouring, chess and Uno.

We have also marked several key calendar events with fun activities, like the Jubilee Quiz and spooky Halloween activities (see panel above).

Year 7 and 8 Book Club

A new book club has just launched for our younger students to encourage reading for pleasure through a whole host of fun activities.

Refreshing the books

It is important that the books in the LRC support students' learning and interests. Teachers from all curriculum areas have visited the LRC to review the books for their subject(s). Books that were outdated or irrelevant have been removed from the shelves and are being replaced with brand new, up-to-date resources.

Students have also been busy requesting books for the LRC and these have made excellent new additions to the shelves.

Competition time!

There have been a few different LRC competitions this year. The first one launched was to design an LRC bookmark. The winning and runners up designs are now readily available in the LRC and can be seen peeking out of many students' books!

This term there have been two reading competitions for students to get involved in as a form or individually: Book Blitzers and Reading Rock Stars.

Other events

We were delighted to welcome to the LRC visiting author, Stewart Foster, who spent the day with students discussing his novels and running writing workshops.

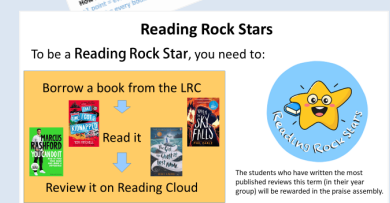
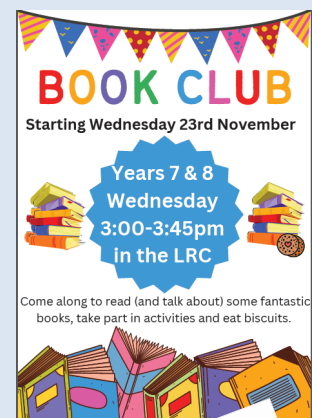
We also held an online Manga workshop in June for Year 8 and 9 students with author, Julian Sedgwick, and Manga creator/illustrator, Chie Kutsuwada.

If you have any LRC related questions, please do get in touch with me by email: SRichardson@congletonhigh.com

Bats in the LRC

Before breaking up for the October half-term break, students enjoyed Halloween fun in the LRC with bat bookmark making and a Halloween quiz.

Mrs Richardson also created a display of spooky books that made perfect Halloween reading!



What a performance!

Our Performing Arts team are running a whole range of extracurricular clubs this year: Drum Ensemble, Guitar Club, Vocal Groups for both Key Stage 3 and 4, Drama Club and, for the first time, they have introduced Key Stage 3 and 4 Dance Troupes! The groups and clubs are very well attended by students in all years and the Performing Arts team have lots of exciting opportunities planned for them, from shows at Daneside Theatre, to trips and workshops. All student are welcome, so pop along and join in the fun and fantastic atmosphere down in Performing Arts. See Mrs Mackreth or one of the team if you would like any information.

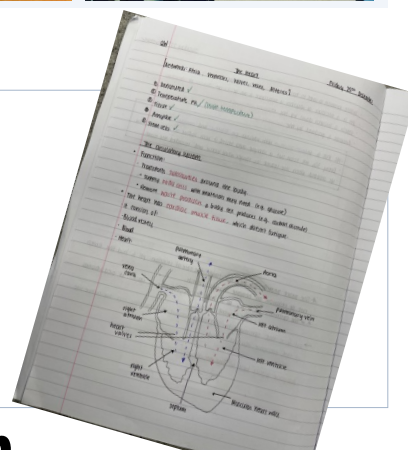


Practicals make perfect



Mrs Fitzsimmons was really impressed with the enthusiasm of her Year 10 Triple Scientists this term when they dissected a heart to help them learn all the different parts and see how the blood flows through it. She was also very impressed with their dissection skills - perhaps we have some future surgeons amongst the group!

Becky L produced an incredible diagram of the heart in her book! Great work, Year 10!



Elitsa's perfect score



Yet more outstanding UK Mathematics Trust Maths success for our Year 11 student, **Elitsa R**, who achieved a perfect 50 out

of 50 in the Maths Olympiad for Girls, earning her a distinction award, book prize and an invitation to take part in Round One of the British Maths Olympiad in November.

Our Maths teacher, Mr Wright, is understandably exceptionally pleased and proud of Elitsa's remarkable progress in the challenge:

"This is a truly staggering achievement. To put this into context, during my nearly 15-year career I have never known a student from CHS or any others that I have been associated with that has qualified for this stage of the challenge. We have been lucky enough to teach some exceptionally gifted mathematicians at CHS over recent years but none of them can hold a candle to this achievement."

Congratulations, Elitsa, we're all eagerly awaiting the results from the November stage of the challenge.

A focus on growth

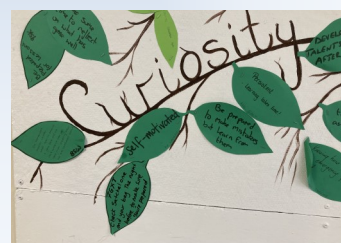
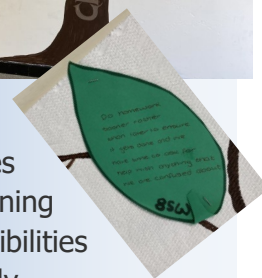
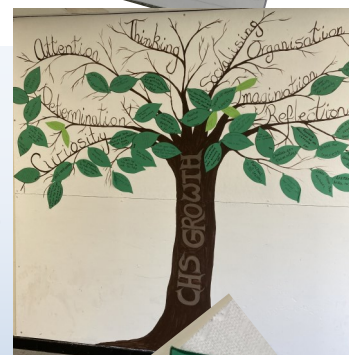
Students, staff and visitors to CHS will have noticed a change along the corridor by the main hall. Our post-Covid Rebuilding 'Jenga' wall has now been replaced with our wonderful CHS Growth Tree, featuring the eight behaviours that research suggests young people should acquire to support their lifelong learning:

- Curiosity - wondering and questioning
- Determination - sticking with challenges
- Attention - locking your mind onto learning
- Imagination - creatively exploring possibilities
- Thinking - working out things accurately
- Reflection - standing back and taking stock of your learning
- Organisation - managing your own learning
- Socialising - working with others to enable learning

The once empty branches of our Growth tree are beginning to fill up with examples of whole school, form group and individual student's ideas, activities and events that are helping us to encourage these beneficial behaviours.

Curiosity has been the focus for this term and we've encouraged children to feed their curiosity, wonder why things are how they are and ask lots of questions. We've even added Curiosity to our list of R3 Recognition categories!

If you want to know why, just ask!



Charity update

Once again our Charity Ambassadors have been hard at work leading our fundraising initiatives over the last half-term.

Of course, November meant **Children in Need** and this event just wouldn't be the same without our annual gunging of some "willing" teachers! This year the lucky victims (ahem) gungees were Assistant Leader of Sixth Form and Humanities teacher, Mr Franklin, Year 10 GTL and Social Sciences teacher, Mr O'Brien, and by far the most popular for a gunging, judging by how much money was in her collection bucket was our Deputy Headteacher, Mrs Darling.

All three teachers accepted their fate very graciously and were great sports, helping to boost our funds tremendously. Combined with two bake stalls, a giant Pudsey Bear raffle and the sale of a range of Pudsey Bear merchandise, we raised over £1,000 for the charity, which itself funds thousands of charities and projects in every corner of the UK that support children and young people.



Our Sixth Form students were keen to run the **Foodbank Friday** initiative again this year and were delighted with the response from parents and carers, who sent in a fantastic amount of donations over the four weeks for us to pass on to **The Storehouse Foodbank**.

The Storehouse needs to make 600 foodbank Christmas parcels for our local community this year, each with a value of about £50-60. Around 70% of the £35,000 worth of food they need for these parcels comes from donations, so your generosity will really help struggling families in Congleton this Christmas.



In December we held our first Parents in Partnership **Christmas Market**, which was organised by Mrs Eckersley and supported wonderfully by our Parents in Partnership team and CHS students and staff.

We invited local businesses to come along to sell their crafts and creations and also offered visitors a whole range of festive food and drink and lots of fun activities and games.

We were thrilled with the fantastic support we received for the event - from items donated for sale and raffle to offers of help and, of course all the visitors who came along on the day enabling us to raise a fantastic £1,436.47 for PiP, which will help to fund opportunities, facilities and resources for all of our students.



Exchange trip

Earlier this term, our Performing Arts team took the Sixth Form Drama and Theatre Studies students in to Manchester to see The Glass Menagerie at The Royal Exchange. It was good to be back in one of the best theatres in the country. It was the first time visiting there for many of our students and they were in awe at the building and shape - it being theatre-in-the-round.

The production was a fantastic interpretation of this classic play, it modernised it and even included Whitney Houston songs! The students and staff all thoroughly enjoyed the experience.



Fast track careers

Our Year 8 students took part in a Speed Networking event in November as part of our ongoing Careers programme. Working on a carousel system, they all had the opportunity to speak with eight employers from a wide range of sectors, asking questions about the job roles in their company - what they entail and the qualifications and experience required etc. The students were given a list of suggested questions and were also encouraged to ask their own and make notes that they could look back on later.



The aim of the event was to help students gather information and to discover and explore future career opportunities of which they may not be aware of have yet considered.

We were extremely grateful to all the employers who gave up their time to work with us to offer students this valuable careers opportunity. This was an invaluable and inspirational event for all our Year 8 students, which gave them really useful information about a wide range of careers and experience of talking with employers.

Thank you to the following companies: (L-R on the photograph below)

- Specsavers (2 representatives)
- Astbury Garage Services
- East Cheshire NHS
- Bentley Motors
- Stephenson Browne
- Ablewell Care
- British Army
- Handelsbanken



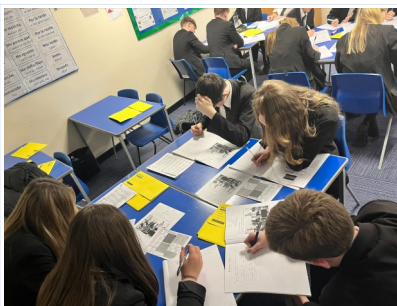
It was wonderful to be able to welcome back some familiar faces to CHS, including alumnus, Melanie



Ashun (*left*), who left CHS in 2021 and is now undertaking a four year Engineering Degree Apprenticeship with Bentley Motors. As part of the apprenticeship, Melanie will spend time in each of the departments at Bentley, to give her a greater understanding of the business.

If you are an employer and would like to help us provide our students with careers guidance and experiences, please contact our Employer Engagement Lead, Mrs Sadat-Shafai by email: jsadatshafai@congletonhigh.com

Learning languages



Our Year 11 GCSE MFL students sat their Speaking mock exams this term.

As part of their preparation they took part in a carousel task. Students had ten minutes per photo card to answer three questions covering a range of topics.

This exercise really helped them with vocabulary, verbs and phrases and enabled them to more easily recognise and understand the questions that they would hear asked by the examiner.

Questions asked in the house

Our A Level Politics students, along with a group of Year 11 students hoping to study politics next year, took part in Learn with the Lords in November, a 40 minute online Q&A session with a member of the UK House of Lords.



The group was delighted to learn that they would interview Baroness Tanni Grey Thompson, who they found to be an incredible lady; inspirational, passionate, patient and full of unique insight.

Baroness Thompson began the session by telling students about her background and her role in the House of Lords and then opened up the floor for students to ask questions.



A future in Parliament

Our Year 13 student, **Rebecca J**, had the amazing opportunity to spend a day in Parliament over the autumn half-term break. She was able to attend Prime Minister's Questions (PMQs), meet a number of MPs including Jacob Rees-Mogg, Jeremy Hunt and Dominic Raab, and sit in on a range of debates and committee meetings. All of this gave her a much greater insight in to the workings of our Parliament.

Rebecca is currently studying A Levels in Politics, History and Business Studies and hopes to pursue a career in Politics in the future.

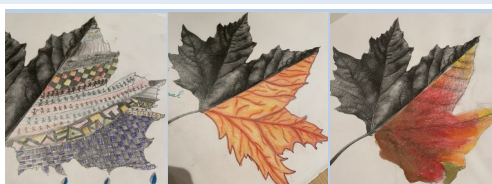
Thank you to our Employer Engagement Lead/ Work Placement Coordinator, Mrs Sadat-Shafai, and Congleton Member of Parliament, Fiona Bruce MP, for creating this very valuable and much appreciated opportunity for Rebecca.



Cheshire champs

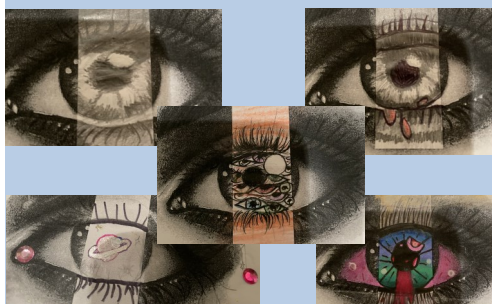


We were all very proud of our Year 8 Boys Football team who became South Cheshire Champions in November. Well done, Team CHS!



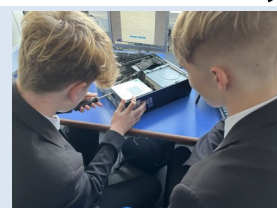
Amazing art

Mrs Darling's Year 7 students have really let their creativity run wild with their Art homeworks this term. These are wonderful!



Testing the theory

Year 10 Computer Scientists put theory into practice in one of their lessons this term as they disassembled some PCs. The catch? Another group had to rebuild it...and it needed to boot!



Fortunately, both teams did a great job and the PCs worked perfectly afterwards - so they said!



Frightfully good



Our DT Food and Nutrition teacher, Mrs Thorpe, challenged students to make some scary cupcakes over the half-term break. **Aimee S** and **Francesca F**, Year 7, created their bakes together, topping them with a variety of homemade pumpkins, witches hats, oreo spiders and grave stones! Year 7, **Joseph P's** bakes featured icing, sprinkles and spooky toppers! They all look fabulous!



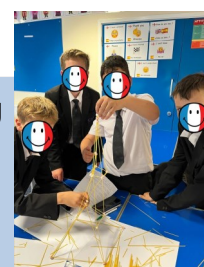
A passport to a love of languages

Our Key Stage 3 MFL Club has been a real success with students this term with numbers growing each week. They began the year with Miss Adamsons, exploring France - its language and its culture - even creating their own Eiffel Towers, before bidding the country au revoir and jumping across the border to Italy.



From November the group have been lucky enough to learn about Italy from native Italian speaker, Miss Cigala. Together they started off their explorations by finding out about all the countries where the Italian language is spoken. They also enjoyed a short trip over to the Food Room, where Miss Cigala showed them how to make authentic pasta - with all explanations in Italian, of course!

After Christmas, our classroom tourists will delve in to the wonderful languages and cultures of Portugal and Japan. All Year 7, 8 and 9 students are welcome, just drop in to D0-11 from 3-4pm on Wednesdays.



Spotlight on student success

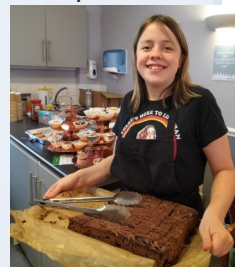
Once again we have been amazed by all the stories of our students' successes outside school, in their sports, hobbies and just generally remarkable lives! Here are a few examples:

Year 10 student, **Olly P**, competed in the Professional Unification of Martial Arts (PUMA) British Taekwon-Do Championships in November, achieving two gold and two silver medals. He also competed in the International Taekwon-Do Federation Union (ITFU) Taekwon-Do British Championships the same month as the next step in his preparation for the Open Dutch Taekwon-Do tournament in Helmond at the end of January, where he will compete as part of the PUMA England team.



Darcy F, Year 10, competed in the Calling U Out street dance competition in Liverpool in November, placing second in Advanced Teams, second in Solos (out of thirty) and second in Duos.

Year 9 student, **Elkie B** baked cakes, biscuits and brownies for a fête that the staff at the Greengables Care Home had organised to help raise funds. Together with her friend, Elkie served guests at the fête with a hot drink and her homemade goodies, raising a much appreciated £30. Rimone Brady, Activities Coordinator at Greengables said: "All the staff and residents at Greengables are so proud of Elkie for all her efforts."



We were delighted to learn that Sixth Form student, **Niamh M** (Year 12), was to take on the role of Mrs Wormwood in the Congleton Amateur Youth Theatre's production of Matilda at Daneside Theatre in November alongside former CHS student, Charlie House, as Mr Wormwood.

Year 7 **NulaAngel TG's** dancing skills really shone out at a recent competition, winning first place in Intermediate Contemporary Solo, second in Intermediate Contemporary Set Solo and third place in Advanced Street Solo. In addition to her solo pieces, NulaAngel also danced in three teams, scooping another first and two third places in their Contemporary (1st), Street Dance (3rd) and Mega Crew (3rd) performances.



Our Year 8 Swimming superstar, **Oscar dV**, continues to make a name for himself in the sport and is the current national record holder for his age group 1500m Freestyle. Oscar has just embarked on a national age group development programme in Derbyshire as part of the Olympic Development Programme. Over the course of two weekends' racing at the North Midlands Championships, Oscar came away with nine gold and one silver medal! He delivered a fantastic set of results and achieved loads of personal best times, including his national 1500 metre freestyle record of 17:54.73.



Year 7 student, **Riley S**, has successfully achieved her First Dan Black Belt in Kenzoku Jiu Jitsu! Riley was the youngest in her group and the only female and after just seven years she got to black belt level!



The Fishing expertise and success of Year 7 student, **Landon P**, led to him signing a contract recently to become the youngest official Nash Tackle consultant! Over his seven year fishing career, his personal best is a phenomenal 70lbs 3oz mirror carp!



Despite several knock backs over the last couple of seasons, including a fractured clavicle, Year 9 Netball star, **Elizabeth J** trialed for the Loughborough Lightning Performance Experience and successfully secured a place in one of their hubs! Elizabeth plays for Macclesfield Netball Club and has shown great strength in character to carry on playing and to stay competitive within the game.



Another shining CHS Netball star, Year 8 student, **Savannah H**, has been selected for Manchester Thunder and Cheshire Netball teams.

You can read more about these stories in the News pages of CongletonHigh.com.

If you have a Student Success story that you would like us to share in future issues of our newsletter and social media, please email the details and any photographs to: Success@CongletonHigh.com. (NB. Please make sure that you have parent/carers permission to share the story.)



Wellbeing Matters at CHS

School holidays can be an exciting time but they can also be a bit stressful for some families. Please don't struggle to cope alone, here are some organisations who can help with a range of issues when school is closed. We also have information for sources of help in the Student Welfare section of our website.

NB: Call 999 if there is an emergency

We look forward to seeing you all again on 4th January 2023.

Area of Concern	Who Can Help	Contact Details
Mental health	Visyon	visyon.org.uk Fellowship House, Park Road, Congleton CW12 1DP Tel: 01260 290000 Text: 0750 8074748 email: administration@visyon.org.uk
	CAMHS Crisis Line	Tel: 0800 145 6485 Text 'BLUE' to 85258
	CAMHS	cwp.nhs.uk/services-and-locations/services/east-cheshire-0-16-camhs/ Tel: 01625 712042 Out of hours helpline 5-10pm Mon-Fri/ 12-8pm Sat/Sun: Tel: 01244 397644
	Young Minds	youngminds.org.uk Crisis Messenger 24/7 Text: YM to 85258 (free)
	KOOTH	kooth.com
	Papyrus	papyrus-uk.org/hopelineuk Tel: 0800 068 4141 Text: 0786 0039967 email: pat@papyrus-uk.org
Fear of harm or actual harm	Police/ NHS Medical Helpline	Tel: 999/ 111
	NSPCC	help@nspcc.org.uk Tel: 0808 800 5000
	Childline	childline.org.uk Tel: 0800 1111
	ChECS Cheshire East Children's Services	Tel: 0300 123 5012 option 3 Out of hours: 0300 123 5022
	Staffordshire Children's services	0300 111 8007
	Cheshire East Domestic Abuse Hub	Tel: 0300 123 5101 Out of hours: 0300 123 5012 or 0300 123 5022 Text: 07771 941 464 email: cedah@cheshireeast.gov.uk
Support with LGBTQ+ issues	The Proud Trust	theprouddtrust.org Tel: 0161 660 3347
Support with eating disorders	Beat Eating Disorders	beateatingdisorders.org.uk Tel: 0808 801 0677 email: help@beateatingdisorders.org.uk
Support with alcohol and/or drug issues	Talk To Frank	talktofrank.com Tel: 0300 1236600 Text: 82111 email via: talktofrank.com/contact Live chat 2-6pm via: talktofrank.com/contact-frank
Support with a range of challenges incl. mental health, finances, drugs, relationships etc.	The Mix	themix.org.uk Tel: 0808 8084994 3pm-12am (free call) Crisis Messenger 24/7 - Text: THEMIX to 85258 You can also email and webchat via the website
Emotional support	The Samaritans	samaritans.org Tel: 116123 (free call) email: jo@samaritans.org (up to 24hr response time)
Online safety	CEOP	ceop.police.uk
Foodbank	The Storehouse, Congleton	nlchurch.org.uk/storehouse

Looking after yourself this Christmas

Many of us find that Christmas can tend to be a bit hectic. We thought we'd share some tips for everyone - students, parents, carers and CHS staff - to help us all look after our wellbeing over the Christmas break so we can all make the best of it.

1. Self-care

We've all heard the saying 'you can't pour from an empty cup', and however clichéd it may sound, it really is true! Take some time out to do things you enjoy. For example, read a book, take a nice bubble bath, watch your favourite TV show or film.

Eat a balanced and healthy diet. Easier said than done sometimes but cutting down on sugary or fatty snacks, drinks, etc. and increasing your fruit and veg intake could give you a much-needed energy boost.

Talk about your feelings - whether it's with your family, friends, GP or mental health professional, take the step to talk about things that are troubling you.

Look after your physical health - exercising is a great way to improve your mental wellbeing. With so much variety and choice out there, there is something for everyone.

Your social life - whatever your social life looks like, take steps to ensure you're happy with it. If you're feeling isolated, why not organise a virtual meet-up with your friends or family to catch up?

Are you feeling overwhelmed with your social life? Sometimes it can all feel like too much - too many messages pinging through to your phone, too many phone calls etc. Have a think about what you can do to lower the demands of others, be it speaking to them directly about it or muting your notifications in the evening so that you can have your 'me-time' without interruption from the outside world.

Mindfulness, meditation and yoga are proven to reduce stress, anxiety and depression, they're activities that take up very little time in your day and can work wonders for your mental wellbeing.

2. Sleep

Getting a good night's sleep is crucial for your mental wellbeing. This may not always feel within your reach, so make the most of the downtime you do have and prepare your body for sleep. Things like turning off your phone in the evening or meditating before heading to bed might help. Mind (mind.org.uk) has a useful guide on how sleep affects your mental health and provides tips on how to improve your sleep.

3. Keep it simple

At Christmas time it's easy to look at what others are doing and feel like you need to 'keep up', but the best thing you can do for yourself and your family is not to give in to these pressures. There's no right or wrong way of doing things, just do what works for your family. So whether that means no Christmas tree or ten Christmas trees, just go with it! If 2022 has taught us nothing else, it's to go with the flow as you never know what's around the corner, so make the best of having a simple Christmas if that is what you fancy. Finally, plan day by day. Don't set high expectations of yourself and your family and all the things you'll get up to over the holiday, instead maybe try to take it as it comes.

4. Preparation

Prepare what you can in advance to ease the stress in the run-up to Christmas. Whether that's wrapping presents well ahead of time or peeling the veggies for your Christmas dinner on Christmas Eve, every little helps!

5. Be kind to yourself

This is a phrase we've heard continuously in 2022, but are you practising it? Make sure you cut yourself some slack over Christmas. It's been a difficult year for all in one way or another, and that includes you too. So be sure to manage your expectations of yourself, don't expect too much. And watch out for that internal voice too!

Speaking to yourself in a positive way, not critically, can make a huge difference.

6. Just say NO!

Christmas plans, activities or invitations becoming too much? Just say no! One of the fundamental principles of self-care is simply saying 'no', putting your wellbeing and priorities above what others ask or expect of you is key.



ATTENDANCE MATTERS

If you're not here, you're not making progress

Top tutor attendance this half-term

Rank	Tutor
1	8CE
2	7HM
3	7AE

How many days of learning have I lost? (In a year)

Attendance (%)	Number of days absent
98	4 days
95	10 days (2 weeks)
90	20 days (4 weeks)
85	30 days (6 weeks)
80	40 days (8 weeks)

What about my grades?

Students with 100% attendance are **twice as likely to achieve 5 or more Grade 4+ GCSEs** and **almost 3 times more likely to achieve 5 or more Grade 4+ GCSEs** including English and Maths than students missing 15-20% of their lessons.

How does my attendance stack up?

OUTSTANDING	100%
GOOD	98-99.9%
Not good enough yet	Less than 98%

Punctuality

What about being late?

Minutes late (every day)	What have I lost? (In a year)
5 mins	3 days lost!
10 mins	6.5 days lost!
15 mins	10 days lost!
20 mins	13 days lost!
30 mins	19 days lost!

School starts at
08:40



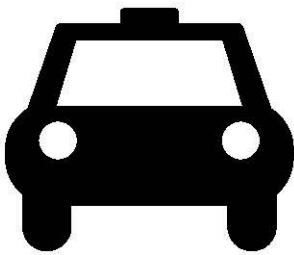
Breakfast
available from
08:00



ATTENDANCE MATTERS

If you're not here, you're not making progress

Punctuality



Please remember that school starts at 08:40 and all students should be on site by this time. Remember that we have complimentary breakfast items available in the canteen for students each morning.

Attendance & Punctuality Improvements



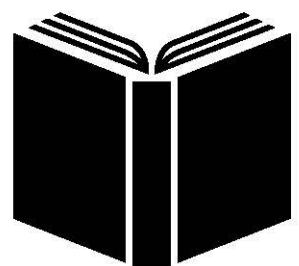
Congratulations to all of the students who have improved their punctuality and attendance this half-term.

67% of our students have improved their attendance since the same time last year.

The number of students arriving late to school has reduced by over 20% during the last half-term since the same time last year.

Parent/Carer Guide to Attendance

Many of you will have already received your copy of the guide at your child's Information Evening. A digital copy is available on the school website. Lots of information included to help you to support your child's attendance.



Calling all Box Lane Students



Whether you are a past student of CHS or came to school on this site when it was Heathfield or Congleton County Secondary School for Boys, we'd love to hear from you.

We are building a register of our alumni, which enables us to share your stories with current and future students who may be wondering where their studies could take them, or are confused about the different routes at 16+.

We are using these stories in a number of ways, such as on posters around school, where students can learn about and be inspired by the young people who were once where they are now. We also have an alumni section in the 'About Us' section of our website, enabling current and prospective students and parents/carers to see the sorts of roles our former students have progressed on to and show the many different routes to success.



We are equally interested in hearing about vocations that have taken decades to develop and may not have followed a 'traditional' route, alongside those that began at Options stage and have progressed seamlessly. Sharing all your accounts is of immense value to our students, who are able to learn a great deal from your experiences.

If you would like share your story with our students now and in years to come, please email our Communications Officer, Katrina Kenyon: kkenyon@congletonhigh.com

Contacting us

Please email: enquiries@congletonhigh.com or call: **01260 730123** if you wish to contact school to send a message or make an enquiry.

Please do not use any of our social media channels as these are only monitored in school hours and in term time only and messages may not be seen.



If you would like to send a student success story for us to share in our newsletter and social media, please email: success@congletonhigh.com.

Net gain



Our Sixth Form Netball team celebrated a fantastic 35-8 triumph in December when they took on Cheadle Hulme.

Well done to the whole team, who all played amazingly well, and to Evie who was awarded Player of the Match.

Dates for your diary

Friday 16th December	School Closes for Christmas Break
Tuesday 3rd January	INSET Day
Wednesday 4th January	School Opens to Students (Week 1)
Thursday 5th January	Year 9 Options Evening
Tuesday 10th January	Year 12 Progress Evening
Wednesday 11th January	PiP Meeting 7pm
Thursday 2nd February	Year 13 Progress Evening
Friday 17th February	School Closes for Half-Term Break
Monday 27th February	School Opens to Students (Week 2)
Wednesday 1st March	PiP Meeting 7pm
Thursday 23rd March	Year 10 Progress Evening
Tuesday 28th March	Year 8a Progress Evening
Thursday 30th March	PE Malta Tour Begins
Friday 31st March	School Closes for Easter Break
Monday 17th April	School Opens to Students (Week 1)
Thursday 20th April	Year 8b Progress Evening

In remembrance

We were very proud to be represented at the Remembrance Day Parade in November by our two Head Students, Grace K and Ryan C, who laid a wreath on behalf of the students and staff at Congleton High School.

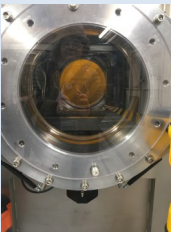


Light source



In the Autumn term, our Year 12 and Year 13 A Level Physics group visited Diamond Light Source, the national synchrotron light source science facility in Oxfordshire, which produces intense beams of light that can be used in many areas of scientific research - from fossils to jet engines and viruses to vaccines.

Electrons are accelerated in a circle to velocities just under the speed of light. When this happens, the electrons emit light which can be used as a very sensitive microscope. This means small structures, such as viruses, bones and cells, can be studied at the atomic level. The students saw the magnets responsible for acceleration and shielding and chatted to scientists who showed them some results.



It was a fantastic trip that, amongst other things, enabled the group to enhance their knowledge of magnets, waves and circular motion and hear quantum terms such as photon and GeV used in practical applications.

A city of inspiration



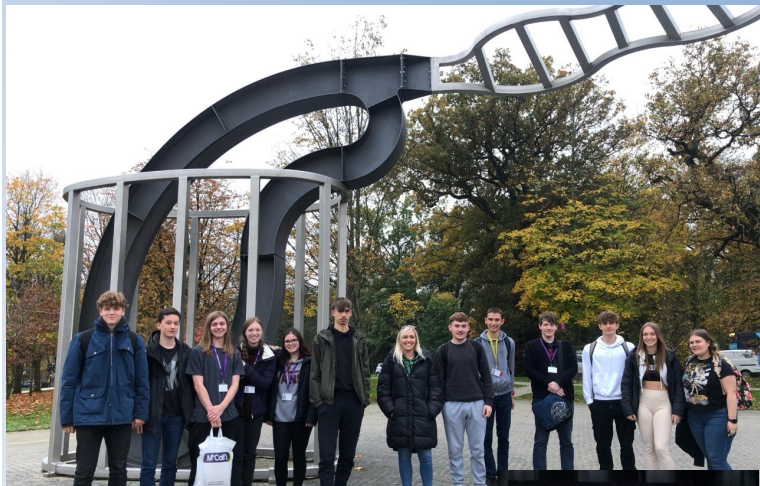
Just before the half-term break, our Year 10 and Year 12 Photography students travelled across to Liverpool to explore the wealth of architecture and sights in the city.

They were able to visit the Walker Art Gallery, World Museum and the Albert Dock to gather a range of photographs for their GCSE and A Level coursework.

The trip to Liverpool provided the students with some great images for their portfolios.



Seeing Maths in Action



In November, twelve of our Sixth Form Mathematicians travelled to the University of Warwick for 'Maths in Action', a day of workshops and lectures, which really helped to expand students' Maths knowledge and understanding, whilst introducing them to the wide range of careers opened up by studying the subject.



Throughout the day, students were able to learn how Maths can be used in so many different ways, from fighting disease to video games and even magic!

They really enjoyed hearing the following presentations:

- Colin Wright, Mathematician and Juggler - Nim, Officers, and Other Games.
- Dr Sara Jabbari, University of Birmingham - Fighting Disease with Mathematics.
- Matthew Scroggs, University of Cambridge - Over-analysing Video Games.
- Dr Matt Pritchard, Scientist and Magician - Magical Maths
- Sophie Maclean, Mathematician and Communicator - A Prime Puzzle.

Speaking for the prosecution

Natalie Carmen of the Crown Prosecution Service (CPS) met with our Sixth Form A Level Law students in November to talk about her work as a Criminal Prosecutor.



Natalie outlined how she works closely with the police, deciding whether or not to charge defendants and the standard of evidence needed to be proved for a case to go to court. She also identified for the students some of the more high profile cases she has worked on, but obviously couldn't divulge any of the more gory details for them!

Natalie gave the students a really good insight into a career that deals with murder, domestic violence and sexual offences on a daily basis. The students were enthralled by her accounts and some left the room considering a possible CPS career!

Competing in the kitchen

Well done to all eight of our students who took part in the Rotary International Young Chef Competition held at CHS this term: **Imran A, Rannia A, Amelia B, Zach B, Luca D, Lloyd E, Ella M** and **Finley PK**. They all worked exceptionally hard, producing some amazing results, and can be very proud of themselves indeed!

For this first round of the Rotary competition, the contestants were required to create a main meal for two people with a budget of £8. The students had planned delicious dishes and the standard of cooking from all the young chefs was very high, which made judging extremely difficult for Andrew Bourne, Director of The Alexandra Court Hotel, and retired Food teacher, Rosemary Knight.

- First prize was awarded to Year 9 Ella M for her menu of Rosemary Pork on Celeriac Mash with Purple Headed Broccoli and Pea Shoots, served with Apple Slaw and a Redcurrant Jus.
- Second place was awarded to Year 8 Amelia B for her meal of Pan Fried Sea Bass on a bed of Vegetable Risotto.
- The Third prize went to Year 10 Lloyd E, who cooked Griddled Rump Steak with Sautéed Potatoes and Asparagus.



The prizes, trophies and certificates were presented by Rotary members, Roger Shepherd (District Young Chef Competition Coordinator) and Eric Westwood (Youth Activities Coordinator)

The first and second prize winners, Ella and Amelia, will now go forward in to the next round of the competition, the Local Round and compete against young chefs from other schools in the area.



Keeping in touch



Our main switchboard **telephone** number is **01260 730123** and will show as this on caller ID



We use **email** as our main method of communicating with parents and carers as it's quick, efficient and cost effective. Please make sure we have your current email address so you don't miss important communications.

We also distribute up-to-the-minute information via **Twitter**, **Facebook** and **Instagram**

@CongletonHS - for general school news and announcements **@newsta1** - for news from the MAT



We also have departmental Twitter accounts for area-specific information including sports team fixtures: **@chsartists**, **@CHSBus**, **@CateringCHS**, **@CHSEnglishDep**, **@CHShumanities**, **@honoursprog**, **@CHSICT**, **@CHSLanguages**, **@LawCHS1**, **@chsmathsdept**, **@chsmediadept**, **@CHSPerformers**, **@PhysEdCHS**, **@CHSSciences**, **@CHS_Sixth_Form**, **@CHSSocSci** and **@chstechdept**



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congletonhs **physedchs** **chsperformers** **humanitieschs** **chsreadinfluencers**



Parents and carers can access a wide range of information regarding their child's school day, attendance and performance via SIMS and will receive log in details when their child starts in Year 7.

If you have any queries or problems, please contact our dedicated Sims Helpdesk via email: **simshelpdesk@congletonhigh.com**.