



Whitby school  
Ad finem terrae

newsletter

ISSUE 49





## HEAD OF SCHOOL'S WELCOME



It has been great to return to more familiar routines this week and to see pupils continuing to develop the habits that help them to succeed. A calm, purposeful start to term makes a real difference, and it has been great to see pupils settling back into learning so positively.

We continue to believe that excellent attendance and punctuality are key to success. When school and home work together to maintain consistently high expectations, we help prepare pupils not only for academic success, but for their future adult lives. Every moment in school really does count, and days missed can add up very quickly. For example, a child in Year 10 who is absent for three days over a half term could miss up to 15 lessons. Similarly, arriving just 10 minutes late each day can result in over 30 hours of missed learning across a school year. These small moments matter, and we truly appreciate the support families give in helping pupils arrive on time and ready to learn.

High expectations remain central to everything we do, as we know they help pupils develop pride, responsibility, and resilience. This includes our focus on standards of uniform. I will be speaking to pupils in Years 9-11 this week about why these expectations are important. Quite simply, we set high standards because we believe in our pupils, we value them, and we care deeply about them reaching their full potential.

You will also notice in this newsletter that Mr Rae has written extensively about our focus on rewards and recognising achievement. This is an important part of school life, as it helps pupils reflect on what they are working towards and motivates them to keep improving. We are particularly keen to recognise progress and personal improvement, as this often takes great courage and sustained effort. This might include improvements in attendance, attitude, or the quality of work completed in lessons. Thank you, as always, for your continued support. Working together, we can ensure that every pupil feels encouraged, valued, and confident to succeed.

*With very best wishes, Miss Caddell*







# INTRODUCING OUR CURRICULUM LEARNING JOURNEYS

We are delighted to share with you a new series of **Curriculum Learning Journeys** that outline what your child will be learning in each subject throughout the academic year. These overviews are designed to give you a clear picture of the knowledge, skills, and experiences your child will gain each half term, helping you to support their learning at home and celebrate their progress.

Each week, we will be profiling a different subject area, starting with **Mathematics**. This week's feature

outlines the key topics your child will explore in Mathematics from Year 7 through to Year 11, including how their learning builds over time and prepares them for success at GCSE.

We hope you find these summaries helpful and informative. They reflect our commitment to providing a rich, coherent curriculum that inspires, challenges, and supports every learner at Whitby School.

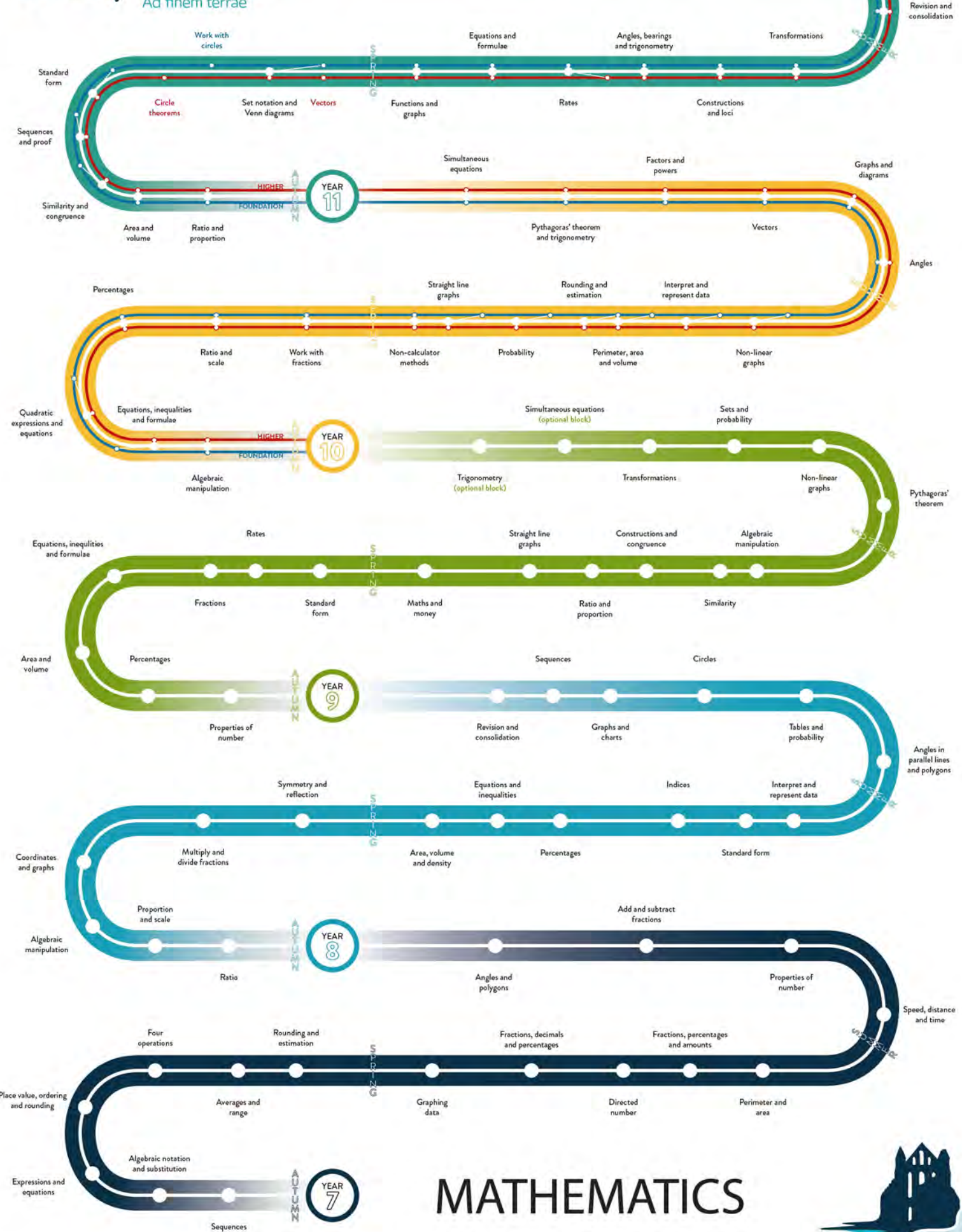




Whitby School  
Ad finem terrae



GCSE EXAMINATIONS



MATHEMATICS







## HAPPY NEW YEAR FROM THE SEN PARENTS FOCUS GROUP

We are looking forward to a busy year, supporting our children, and working together with school to ensure the children enjoy their school life and are empowered to become confident, well educated members of the wider community.

Since September, our group has grown, and we have been able to signpost parents to a range of agencies to meet their individual needs. We have also assisted parents to apply for Educational Health Care Plans (EHCP) to ensure that school receives the funding to provide specific children the support they need whatever form that takes and to empower them to attend, socialise and learn in their own way. For many SEN children this has not previously been possible.

The SEN Parents Focus Group is for parents who are often lost and confused in a system of documents and appointments and not knowing where to get the help they need for their child. Therefore, we have listened to what they want to support them on their parenting journey with their SEN child, to that end we intend to invite a range of people from various support groups to explain what they can offer parents and children.

So far, we have SENDure, Parent Carer Voice, Education Psychologist Pam Melville, Carers Plus, Place2Be and KickRexiOut visiting over the year to share their knowledge and support parents.

In addition to our guests, we will still have time to

chat over a cuppa, share experiences and expertise, in addition to applying for EHCPs and celebrating achieving more EHCPs being awarded to our children in order to fully meet their needs.

If you have a junior school child with SEN who will eventually attend Whitby School you are very welcome to come along. It is never too early to start addressing the issues and investigating what may be available to make your child's transition into secondary education run smoothly.

We look forward to seeing you on the last Thursday of every month, 10.00am-12.00noon, on the Airy Hill site, unless it falls in the school holidays.

The next meeting is **29 January**.





## REWARDING SUCCESS AT WHITBY SCHOOL

Celebrating achievement is woven into the fabric of Whitby School. Whether a pupil masters a new skill, demonstrates exceptional character, or contributes meaningfully to the school community, success is recognized not as a finish line but as a milestone in a much larger journey. At Whitby, rewarding success isn't simply about applause or certificates; it's about

nurturing confidence, inspiring curiosity, and reinforcing the values that help pupils thrive both inside and beyond the classroom. By highlighting effort, growth, and accomplishment in all their forms, the school creates an environment where every learner feels seen, supported, and motivated to reach even higher.

## MEET THE HEAD OF SCHOOL - EXCELLENCE REWARD

As part of our Christmas celebrations, six outstanding pupils from each year group were invited to meet the Head of School in recognition of their exceptional effort, positive attitude, and commitment to doing their best. Each pupil enjoyed a festive sweet treat during their visit, making the occasion even more special.

Our pupils continue to shine through exceptional dedication and talent. Last term we celebrated their achievements in horse riding, triathlon, rugby, cricket, and a remarkable marathon run for charity. One pupil represented Great Britain in swimming, while another competed in a martial arts competition in China. We're proud of a potential future Olympic cyclist and a pupil balancing the Middlesbrough FC development programme with schoolwork. Alongside these sporting

successes, we recognised pupils who earned the highest number of positives in their year group through exemplary effort and attitude. Their hard work reflects the ambition and spirit of our school community.







## 100% ATTENDANCE

This term, we are delighted to celebrate a fantastic group of pupils who achieved an impressive **100% attendance**. Their commitment to being in school every day shows real determination, responsibility, and pride in their learning. These pupils set a brilliant example for their peers and contribute to the positive, hardworking atmosphere we value so much.

To recognise their achievement, we hosted a special **Hot Chocolate and Sweet Treat Reward Party**.

Laughter, marshmallows, whipped cream, and plenty of smiles filled the room as pupils enjoyed a well-deserved celebration together.

We are incredibly proud of their dedication and look forward to seeing even more pupils join the 100% club next term.





## CELEBRATING IMPROVED ATTENDANCE

Whitby School proudly recognised pupils who made the biggest improvements in attendance over the last half term. Across every year group, the **top five most improved pupils** were invited for a special celebration of their hard work and commitment. Some pupils achieved an impressive **15% increase** in their attendance - an outstanding effort that reflects determination and a growing sense of responsibility.

As part of their reward, pupils met with Assistant Headteachers Mrs Bradley and Mrs Mallender, who

congratulated them personally and spent time chatting about their progress and goals for the year. The atmosphere was warm, positive, and full of pride. To round off the celebration, each pupil received a **sweet treat** as a small token of recognition for their achievement.

Whitby School is delighted to celebrate these pupils' success and looks forward to seeing their continued progress throughout the year.







## ATTENDANCE CHALLENGE

### January Jumpstart Attendance Challenge Launches Across the School

A brand-new initiative, January Jumpstart, has kicked off this week with one clear goal: to boost attendance and help pupils start the new term with energy and momentum.

Running for the next five weeks, right up until February half term, the programme rewards pupils who achieve **100% attendance** each week. Every perfect week earns pupils one virtual raffle ticket, giving them more chances to win as the challenge continues.

At the end of the five weeks, a £20 voucher will be awarded to one winner in every year group, drawn from the pool of virtual tickets collected. The more weeks pupils attend in full, the more entries they gain.

The school hopes the initiative will encourage positive routines after the winter break and highlight the importance of consistent attendance for learning, wellbeing, and progress.

January Jumpstart is already generating excitement among pupils, and the school

is looking forward to celebrating those who rise to the challenge over the coming weeks.





## SIXTH FORM SUBJECT FOCUS: MATHS

### What will I study?

Do you have a flair for algebra? Do graphs get your pulse racing? If so we can help you to become a proper mathematician. If you take maths at A-level, you will build on many GCSE topics such as surds, circle geometry and sequences, as well as meeting many new topics. You will also study applied maths content in statistics and mechanics. Details about the course content are on [Gmaths28.wordpress.com](http://Gmaths28.wordpress.com) on the information webpage.

### What do students do afterwards?

In recent years, our A-level maths students have gone on to study a wide variety of subjects including maths, science and engineering. We've also had students entering degrees in law and

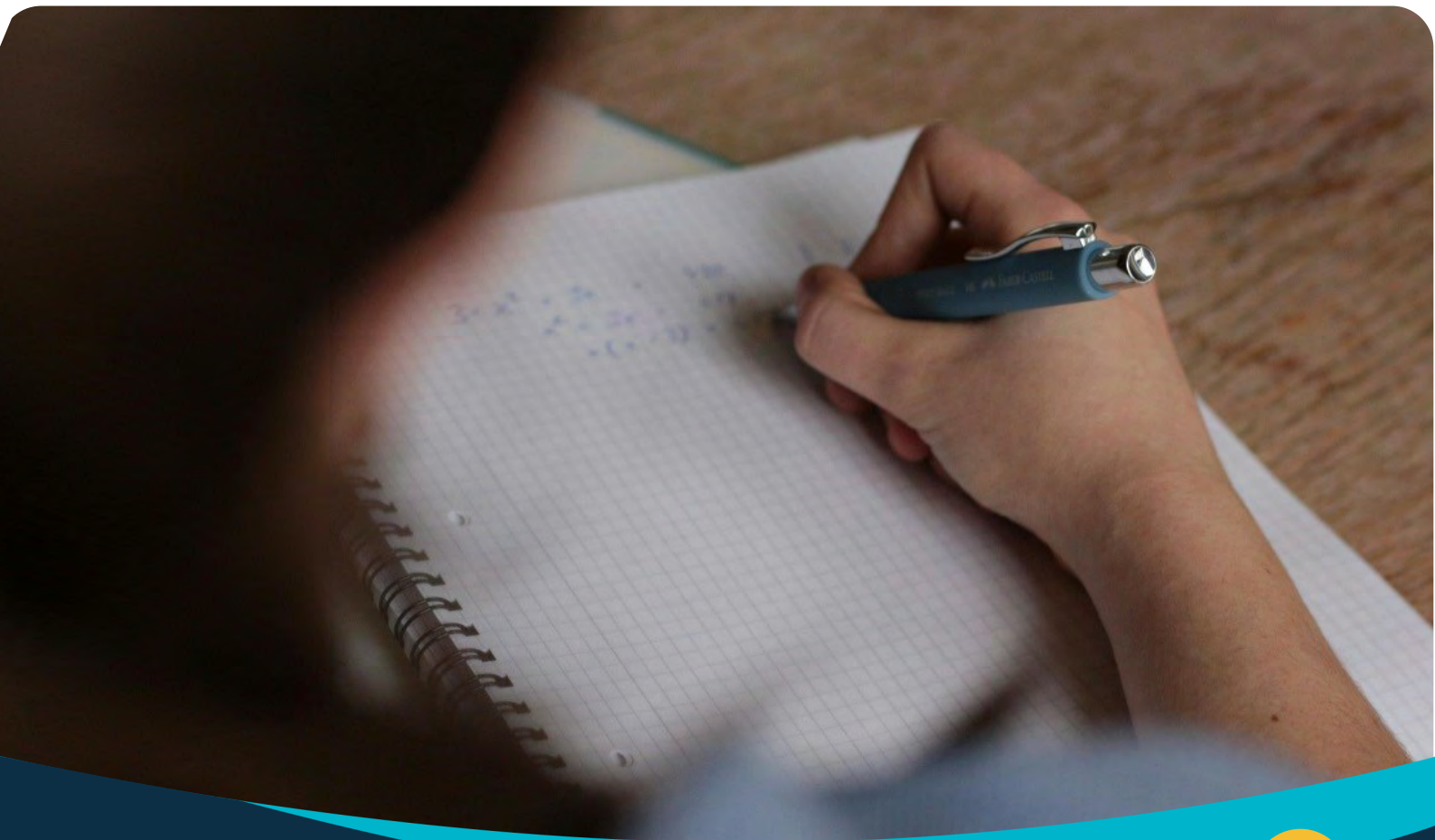
business or apprenticeships. Maths A-level is really well regarded by universities and employers. See the display posters in the maths department for an idea of the variety of student destinations.

### How will I be assessed?

100% by three written exam papers at the end of the course.

### What can I do to prepare?

Talk to other students who are already doing the course and ask them what they have done or wish they had done. We will give you a full bridging programme when you finish your GCSEs and we can help you with any bits you are stuck on.







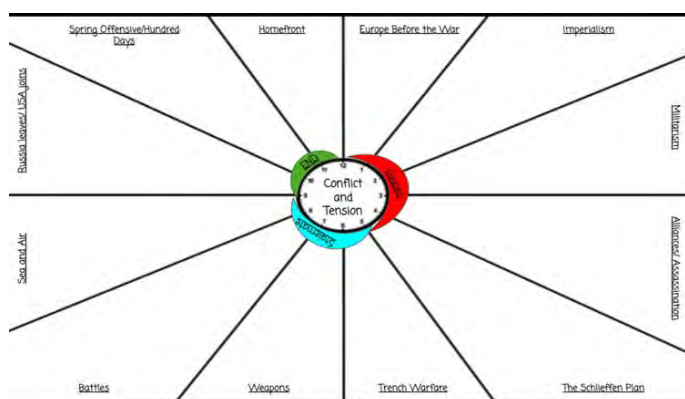
## REVISION FOCUS: HISTORY

### Unit 1 - Conflict and Tension

You can split your revision focus into three main sections:

1. Causes of WW1
2. Reasons for stalemate
3. Reasons for the end of the war

Useful tools to map out your revision would be the use of a revision clock.



- Treaty of Versailles
- 1923
- uprisings
- Golden Age/Stressman
- 1929
- propaganda
- Chancellor
- eliminating opposition
- economic changes
- social changes
- control
- resistance.

### Unit 2 - Germany 1890-1945

You can split revision into three main questions:

1. How did the Weimar Government rise and fall?
2. How did the Nazi Party take control of Germany?
3. What was the experience of different groups of people under Nazi rule?

You could create flash cards with the following headings:

- before WW1
- creation of Weimar Government
- strengths and weaknesses of WG





## Unit 3 - Norman England c1066-c1100

This topic is about the extent of change and control so keep that in mind when you are revising. Keep asking to what extent is this change from the Anglo Saxon era and to what extent is this just a continuation.

### *The Norman Conquest*

- death of Edward the Confessor
- battles
- establishing control

### *Life under the Normans*

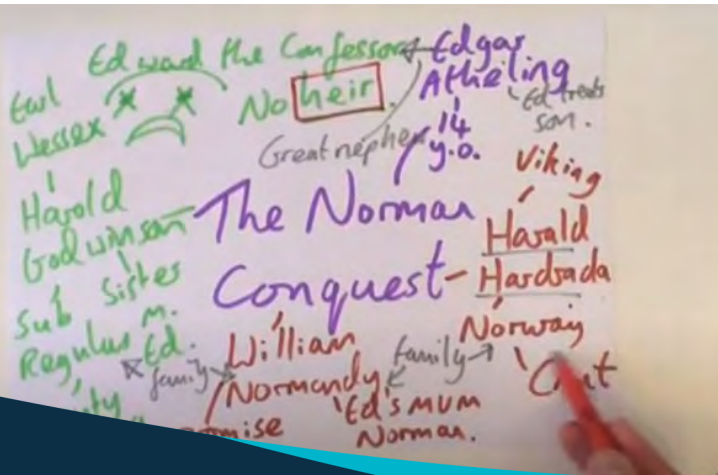
- Feudalism and Government
- economic change - tax/land
- social change - village/town life
- law and order

### *The Church and Monasticism*

- changes/increases of church buildings
- Lanfranc
- hierarchy of the Church
- monasticism (Benedictine)
- language.

You could watch the following revision videos and make mind maps.

1. <https://youtu.be/wgpRI8LAWQE>
2. <https://youtu.be/leWulfkO7wE>
3. <https://youtu.be/3mpkBKyPMfA>



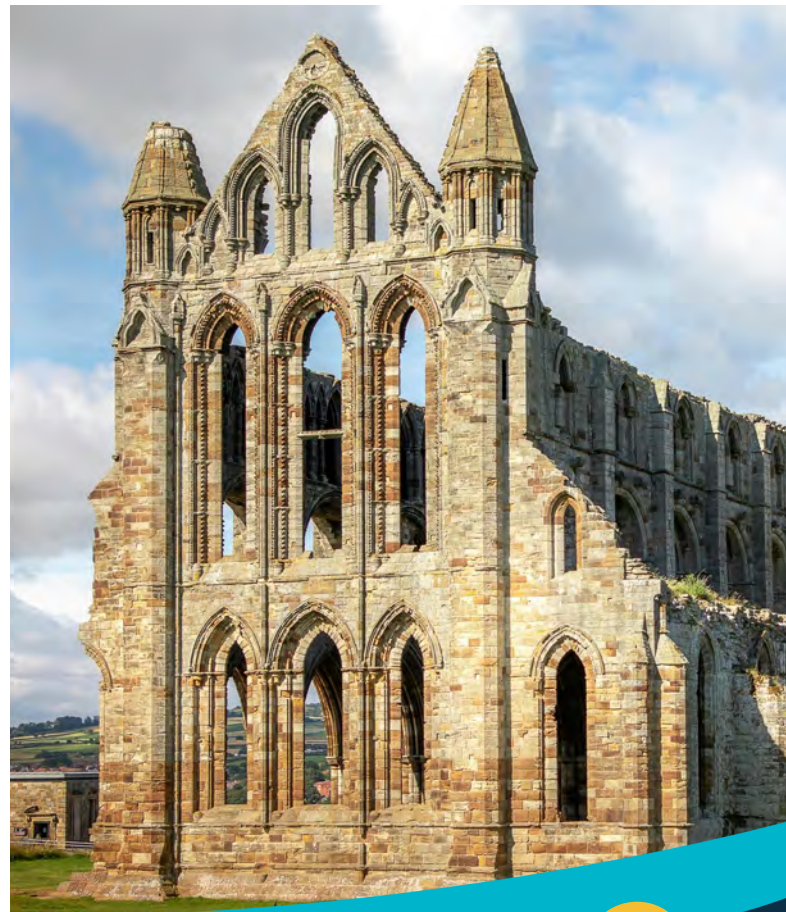
## Unit 4 - Health and the People c1000-present day

1. Medieval c1000-1500
2. Renaissance c1500-1700
3. Industrial c1700-1900
4. Modern c1900-now

- war
- religion
- chance
- government
- communication
- science and technology
- idea
- individuals.

Fill in your revision grid and create a revision poster for each factor in each time period.

[LINK](#) to resources.



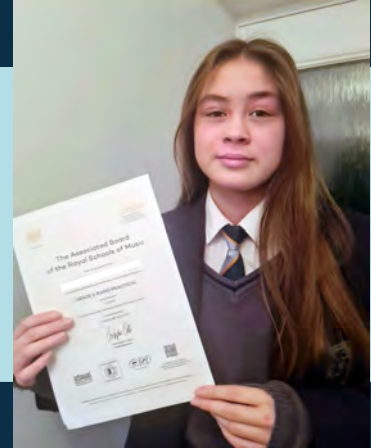




# NOTICES

## Music Exam Congratulations

Huge congratulations to Year 11 pupil Ziva who passed her grade 6 piano exam just before Christmas with flying colours! What an accolade. Well done Ziva and to all pupils who have passed instrumental or singing exams in the Autumn term.



## Rail Pupils

We have been informed that the rail line between Middlesbrough and Whitby will be closed for a period of five days for the week commencing **23 February 2026**. No trains will be running at all that week. County have made arrangements to have the rail replacement buses in place to transport pupils from Glaisdale, Lealholm, Egton and Grosmont to and from Whitby School whilst the trains are not running. Normal service will be resumed the week commencing **2 March 2026**.

## Missing Clarinet

Please can you have a look to see whether your son or daughter had accidentally picked up a clarinet and brought it home? It is in a fairly small black case similar to a laptop bag and has been missing since before Christmas. This may have been picked up and be lurking in a corner somewhere by mistake. If it could be returned to Prospect Hill site that would be very helpful.

Kind Regards

*Music Department*



# What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

## WHAT ARE THE RISKS?

### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

### ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday®

The National College®





## EXTRA-CURRICULAR ACTIVITIES

### MONDAY

- Year 7-8 Football, 12.45-1.15pm (Astro, Airy Hill Site)
- Airy Hill Choir, 12.45-1.15pm (Music Room, Airy Hill Site)
- Year 9 Football, 12.45-1.15pm (Sports Hall, Prospect Hill Site)
- Health and Social Care Intervention, lunch time (N9, Prospect Hill Site)

### TUESDAY

- Year 7-8 Football, 12.45-1.15pm (Astro, Airy Hill Site)
- Airy Hill Band, 12.45-1.15pm (Music Room, Airy Hill Site)
- Year 10 Football, 12.45-1.15pm (Sports Hall, Prospect Hill Site)
- Year 7-8 Football, 3.30-4.30pm (Field/Astro, Airy Hill Site)
- Football Club, 3.30-4.30pm (Field, Prospect Hill Site)
- SEN Homework Club, 3.30-4.30pm (Both Sites)
- KS3 Drama Club, 3.45-4.45pm (Prospect Hill Site)
- Health and Social Care Intervention, 3.30-4.45pm (N9, Prospect Hill Site)

### WEDNESDAY

- Debating Club, lunchtime (Room 3, Airy Hill site)
- Chess Club, 12.45-1.15pm (Library, Airy Hill Site)
- Writers' Club, lunchtime (Prospect Hill Site)
- Year 9 Football, 12.45-1.15pm (Sports Hall, Prospect Hill Site)
- Year 7-8 Netball, 3.30-4.30pm (Courts, Airy Hill Site)

- Year 10-11 Netball, 3.30-4.30pm (Sports Hall, Prospect Hill Site)
- SEN Homework Club, 3.30-4.30pm (Both Sites)
- Whitby Table Tennis Club, 7.00-8.00pm (Gym, Airy Hill Site)

### THURSDAY

- Year 7-8 Football, 12.45-1.15pm (Astro, Airy Hill Site)
- KS4 Racket Sports, 12.45-1.15pm (Sports Hall, Prospect Hill Site)
- Funk Band, 12.45-1.15pm (Music Room, Prospect Hill Site)
- Health and Social Care Intervention, lunchtime (N9, Prospect Hill Site)
- Debating Club, lunchtime (H4, Prospect Hill site)
- SEN Homework Club, 3.30-4.30pm (Both Sites)

### FRIDAY

- Science Sparx, 12.45-1.15pm (R6, Airy Hill Site)
- Year 7-8 Football, 12.45-1.15pm (Astro, Airy Hill Site)
- Games Club, 12.46-1.15pm (R4, Airy Hill Site)
- BTEC Sport Intervention, 12.45-1.15pm (H9, Prospect Hill Site)
- Year 10 GCSE PE Intervention, 12.45-1.15pm (S4, Prospect Hill Site)
- Writers' Club, Lunchtime (H9, Prospect Hill Site)



## KEY DATES

To find out more about upcoming events and visits, please view the Whitby School Calendar.

Monday 19 January .....	Year 11 visit by RAF, 8.55-9.20am Year 9 Battle of the Bands, 2.30-3.30pm (Main Hall, Prospect Hill site) All Year 9 are involved
Tuesday 20 January .....	Year 9 Immunisation: DTP/MenACWY Primary Change 4 Life, 1.00-3.00pm (Prospect Hill site) Year 8 Basketball at Lady Lumley's, 3.00pm
Wednesday 21 January .....	Year 9 Basketball at Lady Lumley's, 3.00pm
Thursday 22 January .....	Year 7 Basketball at Fyling Hall, 4.00pm Year 7 Parents' Evening 1, 4.00-6.00pm (Airy Hill site)
Monday 26 January .....	Year 7 Basketball at Lady Lumley's, 3.00pm
Tuesday 27 January .....	Primary Change 4 Life, 1.00-3.00pm (Prospect Hill site)
Wednesday 28 January .....	Year 11 County Basketball Final at York College
Thursday 29 January .....	Reserve Hockey at Scarborough College, 2.30pm
Monday 2-Friday 6 February .....	Hospitality and Catering Practical Exam
Monday 2 February .....	Year 10 Extended Assembly by RAF, 9.00-10.00am Year 10 County Basketball Final at York College
Tuesday 3 February .....	Year 9/10 to Inspiring Choices Destination Festival at York St John University Primary Key Steps 1 Gym, 1.00-3.00pm (Prospect Hill site)
Thursday 5 February .....	County Basketball Final in York U-15 Swimming Gala (Pickering Leisure Centre) Year 9 Parents' Evening 1, 4.00-6.00pm (Prospect Hill site)
Friday 6 February .....	Cocreate Festival, twelve KS4 musicians at York St John University Primary Key Steps 1 Gym, 1.00-3.00pm (Prospect Hill site)
Mon. 9-Fri. 13 February .....	National Apprenticeship Week
Thursday 12 February .....	U-13 Swimming Gala (Pickering Leisure Centre) Year 9 Girls' Football at Norton College Year 9 Parents' Evening 2, 4.00-6.00pm (Prospect Hill site)
Mon. 16-Fri. 20 February .....	Half Term Holiday
23 Feb-6 March .....	Year 11 Mock Exams
Monday 23 February .....	House Cross Country





Thursday 26 February .....	Year 8 Netball at Scarborough College, 1.30pm Year 9 Rugby at Malton RFC, 2.00pm
w/b Monday 2 March .....	National Careers Week
Tuesday 3 March .....	Digital Futures for SEND Learners, 10.40am-12.45pm - Year 8 pupils Year 8 County Basketball Final at York College Primary Key Steps 2 Gym, 1.00-3.00pm (Prospect Hill site)
Thursday 5 March .....	World Book Day Eskdale Festival Year 7 District Netball at St Augustine's School, 1.30pm Year 10 Rugby at Malton RFC, 2.00pm
Friday 6 March .....	Eskdale Festival Primary Key Steps 2 Gym, 1.00-3.00pm (Prospect Hill site)
Monday 9 March .....	Year 3/4 Hockey Coaching (Airy Hill site)
Tuesday 10 March .....	Digital Futures for SEND Learners, 10.40am-12.45pm - Year 8 pupils Year 8 Rugby at Malton RFC, 2.00pm Straws Cup Football, 4.00pm (3G Pitch)
Wednesday 11 March .....	Year 7 County Basketball at York College U-14 Netball reserve date
Monday 16 March .....	House Football Tournament
Tuesday 17 March .....	Primary Quick Sticks Hockey, 1.00-3.00pm (Airy Hill site) Year 7 Rugby at Malton RFC, 2.00pm
Wednesday 18 March .....	U-14 W/R Partnership at Lady Lumley's School Year 10 Six-a-Side Football, 2.00pm (Airy Hill site)
Thursday 19 March .....	U-12 T1 Rugby at Malton RFU Year 8 Parents' Evening 1, 4.00-6.00pm (Airy Hill site)
Friday 20 March .....	Primary Quick Sticks Hockey, 1.00-3.00pm (Airy Hill site)
Tuesday 24 March .....	Year 9 to York St John University for the Making Waves Programme
Thursday 26 March .....	Year 8 Netball (reserve date) at Scarborough College, 1.30pm Year 8 Parents' Evening 2, 4.00-6.00pm (Airy Hill site)
Friday 20 March .....	Primary Cross Country - League 3, 1.45pm (Airy Hill site)
Mon. 30 March.-Fri. 10 April .....	Easter Holiday
Friday 17 April .....	Year 5/6 Cricket at Whitby CC, 10.00am TBC
Tuesday 21 April .....	Year 3/4 Quad Kids (Airy Hill site)
Friday 24 April .....	Year 3/4 Quad Kids (Airy Hill site)
Monday 4 May .....	Bank Holiday
Thursday 7 May .....	Exams begin
Wednesday 20 May .....	Year 8 to York St John University for the Conference for the Making Waves



## TERM DATES 2026-27

### Autumn Term 2026

Mon. 7 September	School Opens
Thurs. 22 October	School Closes
Fri. 23 October	Training Day
Mon. 26-Fri. 30 October	Half Term Holiday
Mon. 32 November	School Opens
Fri. 18 December	School Closes
Mon. 21 Dec.-Fri. 1 January 2027	Christmas Holiday

### Spring Term 2027

Mon. 4 January	Training Day
Tues. 5 January	School Opens
Fri. 5 February	School Closes
Mon. 8-Fri. 12 February	Half Term Holiday
Mon. 15 February	School Opens
Fri. 19 March	School Closes
Mon. 22 March.-Fri. 2 April	Easter Holiday

### Summer Term 2027

Mon. 5 April	School Opens
Mon. 3 May	Bank Holiday
Fri. 28 May	School Closes
Mon. 31 May-Fri. 4 June	Half Term Holiday
Mon. 7 June	School Opens
Fri. 23 July	School Closes
Mon. 26 July	Training Day

Two additional Training Days TBC





# MEET THE STAFF

## Senior Leadership Team

Mr D Perry – Executive Headteacher  
Miss J Caddell – Head of School  
Ms S Boyd – Deputy Headteacher  
Mrs J Bradley – Assistant Headteacher (Prospect Hill site)  
Mrs K Mallender – Assistant Headteacher (Airy Hill site)  
Mr A Whelan – Assistant Headteacher (Sixth Form)

## SEND

Mrs H Kirk – SENCo

## Safeguarding

Miss J Caddell – Designated Safeguarding Lead  
Mrs J Bradley – Deputy Designated Safeguarding Lead

## Heads of Year

Mrs A Harrison – Year 7  
Ms D Reddy – Year 7  
Mr A Raw – Year 8  
Ms A Ruberry – Year 9  
Mrs J Cassell-Osowski – Year 10  
Mrs AM Scales – Year 11

## Care & Achievement Coordinators

Miss A Clarkson – Year 7  
Miss E Hutton – Year 8  
Miss K Wilson – Year 8  
Mr D Taylor – Year 9  
Mr D Jackson – Year 10  
Mrs H Ross – Year 11  
Mr J Daley – Year 12 & 13

# THE DANGERS OF FROZEN WATER

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

## TOP TIPS TO STAY SAFE

### NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

### ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

### KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

### ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

## WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'

Spread your arms across the surface of the ice in front of you

Try to kick your legs and pull yourself out of the water and on to the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank, you may find it easier to roll.

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together

Once you are safe, it is important that you go to hospital immediately for a check up



## WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for **'HELP'** and dial **999** or **112** if you can

**DO NOT** walk on to the ice to attempt a rescue

Shout to the person to **'KEEP STILL'** and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.



# Speak Out Safely



Designated Safeguarding Lead  
Miss J Caddell



Deputy Designated Safeguarding Lead  
Mrs J Bradley



Mrs K Mallender



Mrs J Robinson



Mr A Whelan



Mrs H Kirk, SENDCo



Whitby  
School



Mr M Taylor, Governor



# FUNK BAND



PROSPECT HILL SITE  
THURSDAYS, LUNCHTIME  
IN THE MUSIC ROOM  
BRING YOUR LUNCH

# Airy Hill Band



**Tuesday  
Lunchtime  
Music Room**

*Bring a packed lunch.  
For all  
instrumentalists.*

# AIRY HILL CHOIR

**Mondays,  
Lunchtime  
in the  
Music  
Room**



**For anyone who enjoys  
singing. Bring your  
lunch and a friend or  
come along and meet  
our friendly singers.**

**KS3 Drama Club  
Year 7 8 & 9  
TUESDAYS  
3:45-4:45pm  
UPPER SCHOOL  
Drama Studio**

**Opens 30<sup>th</sup> September!**