



Whitby School  
Ad finem terrae

# newsletter

ISSUE 15







# HEADTEACHER'S WELCOME



Our Year 11 pupils are revising Shakespeare's Macbeth for their mock examinations. In this play Shakespeare has high praise for the importance of sleep:

*"the innocent sleep,  
Sleep that knits up the ravell'd sleeve of care,  
The death of each day's life, sore labour's bath,  
Balm of hurt minds, great nature's second course,  
Chief nourisher in life's feast."*

How much sleep does your child get each night? For adults, eight hours is often considered the healthy average and so it is tempting to see teenagers - young adults - as needing a similar amount.

In fact, most studies suggest that pupils at secondary school need to sleep for a duration closer to that of primary school children with nine and a quarter hours as the recommended average. However, surveys show that in reality teenagers generally average around seven and a half hours a night.

A lack of sleep affects pupils the same way it affects adults: lower concentration, irritability, and a reduction in memory function. It therefore makes sense to ensure that pupils sleep well, especially on school nights. However a perfect storm of biological and cultural factors make this more difficult.

For one thing, some research shows that melatonin (the hormone that helps promote sleep) is produced later in the evening in teenagers, making it harder for them to fall asleep but that it also stays in the body

longer, making it harder for them to wake up in the morning. Equally, after a day at school and after doing homework, welcome distractions - such as mobile phones and other devices - mean that some teenagers are less likely to want to go to bed early.

The following five tips can help ensure your child develops healthy sleep habits.

- 1) Limit caffeine intake. This includes fizzy drinks as well as coffee and tea.
- 2) Ensure your child gets regular exercise.
- 3) Maintain a consistent waking up time. While a lie-in on a Sunday morning can feel like just what the body needs, sleeping too long will make it harder to fall asleep Sunday night, leading to a tired Monday morning.
- 4) Encourage winding down time prior to sleep that involves turning off computer games and mobile phones.
- 5) Keep mobile phones out of the bedroom. Alerts, messages, and other sounds can interrupt sleep but the temptation to check messages and statuses at night can disrupt a good night's rest.

It has been a pleasure to go into classes this week and see pupils working hard. Thank you for all of your support.



# COCREATE FESTIVAL

On Friday 7 February, Miss Beattie and Miss Dakin took the Prospect Hill site band musicians to York St John university where they had an amazing day of workshops and performing.

Eight schools were involved from across the county and this is the third time that Whitby have taken part.

Our first workshop was African drumming which was great fun. Our musicians learnt the piece very quickly so they were then challenged to learn an African pop song by ear using their own instruments and voices, which they did a super job of.

The second workshop of the morning was led by the Director of the Performing Arts department and really pushed us out of our comfort zones, as we all had to improvise using our voices, instruments and body percussion, to her signing symbols we hadn't



come across before! We created some really interesting pieces of music and it was very inspiring to learn a new way of composing. Safi even had a go at conducting the group herself, showing real courage, and demonstrated that she had learnt over twenty of the signs.

We had a delicious lunch in the university canteen and then we watched a section of the production that the second year Musical Theatre and Music students are preparing - The Rocky Horror Picture Show. The students spoke about their characters and courses and







our pupils and students had lots of interesting questions to ask them.

The final part of the day was where all of the schools had the opportunity to perform in the state of the art theatre space, with professional sound and lighting. Our band were the first group to perform, playing three songs that they had chosen and had been preparing in the run up to the festival day: Thriller,

Bang Bang Bang Bang and American Idiot. All of the Musicians did a fantastic job, performing with skill, style and confidence. It was also a great opportunity to then watch the other schools perform their pieces, which were a mixture of drama and music, all as a response to this year's theme: Radical.

We already cannot wait to return next year!







# YEAR 7 AWARDS CELEBRATION

On Friday 14 February, Year 7 pupils ended the term with a celebration of positives. The year group were set a two week challenge to see if they could make it to the end of term by only receiving positive comments. An amazing 80 pupils completed the challenge and were rewarded during tutorial time. Instead of going to their normal tutor group that day they spent the time in the library altogether playing board games, listening to music and chatting with their friends. They all

enjoyed this reward time especially because there was juice and cake available. It was a lovely end to the term and a fantastic way to celebrate their success and hard work. We are hoping to do the same at the end of each term, but this time the pupils will need to last the whole term without getting a negative.

**Are you up for the challenge?**

*Miss Clarkson, Mrs Harrison and Miss Reddy*



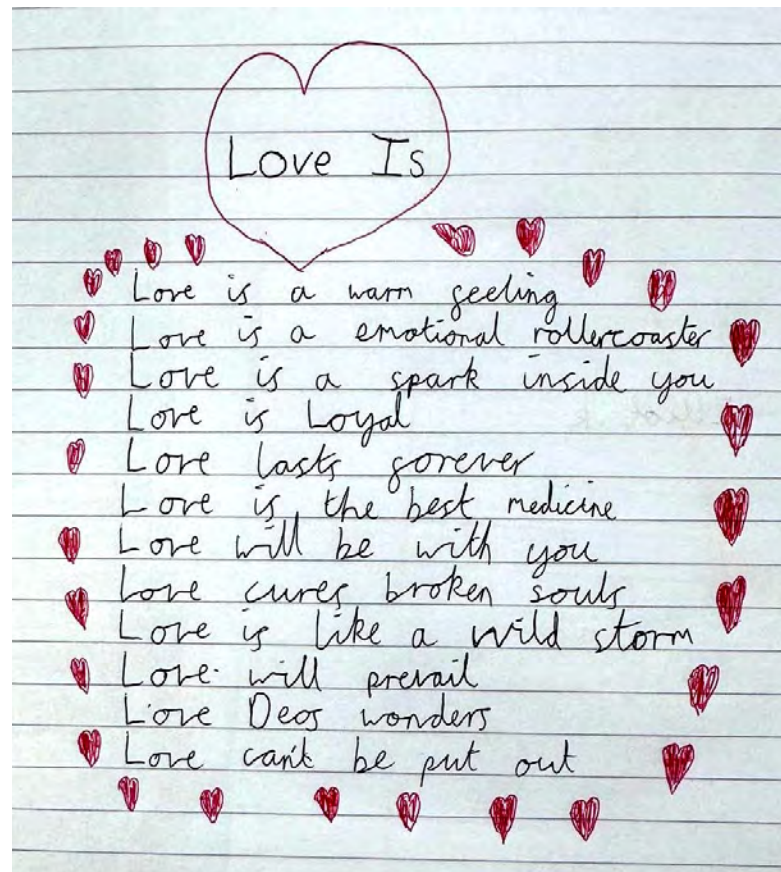




# EXPLORING DEFINITIONS OF LOVE

On Wednesday 26 February the Good News For Everyone (formerly Gideons) organisation visited the Airy Hill site. They distributed copies of the New Testament and then Year 7s and 8s returned to English lessons to consider the beautiful verses from 1 Corinthians, chapter 13: *“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth.”* After a discussion about the ways in which the Bible defines love, pupils then got creative with their own ‘Love Is...’ poetry. We are so proud of the respectful, kind and enthusiastic behaviour of our pupils and have loved reading their work. Thanks to Mrs Mallender and to Miss Thompson for helping organise the day.

Mrs Whelan (Head of English)





# SUBJECT FOCUS: PERSONAL, SOCIAL AND HEALTH EDUCATION (PSHE)

As Whitby School adapts to the changes and routines of a new school it is important that PSHE is used to support pupils as they move through adolescence and become young adults. We are trying to adapt our PSHE curriculum in order to balance statutory requirements, contemporary issues as well as the OFSTED framework for personal development.

In this second half of term Year 7 pupils will be studying Health Education with a particular focus on active, healthy lifestyles. Towards the end of term, they will be studying Female Genital Mutilation. This may seem extreme; however, we have a statutory obligation to teach this controversial subject. We have worked hard to create a lesson that is pupil friendly, recognising that 11- and 12-year-olds need to be introduced to this barbaric practise in a sympathetic way.

Please do not hesitate to contact Pete Woolley (Head of PSHE) if you would like to discuss the content of the lesson further.

Year 8s will be introduced to Mental Health and Emotional Well Being with a focus on digital resilience and coping strategies – both good and bad.

Year 9s will be introduced to the dangers of body modifications, especially at an early age. They will study both physical and emotional health. The last lesson of the term will be about cyber bullying,

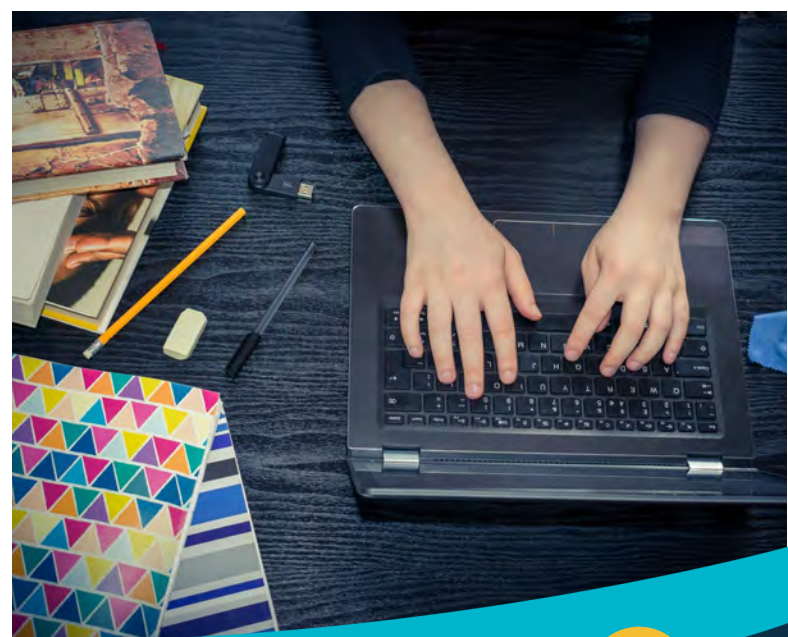
again, a subject that may trigger an emotional response.

Key Stage 4 pupils will be studying drugs, gangs and role models. Pupils will be encouraged to discuss influences and consider poor decisions. Whilst studying gangs, pupils will be taught about peer influence and coercion.

We will adapt our teaching to current issues. For instance, we discussed the TikTok 'Black Out Challenge' with pupils this week as it has recently been discussed in the media.

Please do not hesitate to contact me if you would like to discuss any of the above.

*Mr P Woolley*







# SPORTS UPDATE

## Year 8 Hockey Team

The Year 8 Hockey Team recently participated in their District Tournament at Lady Lumley's School in Pickering.

The girls had to find their feet quickly and get stuck into some challenging matches. They played seven games in total in what was a very competitive event.

Their overall performance was as follows - 3 losses, 3 draws and 1 win.

Lottie was nominated 'Player of the Day' for her outstanding performance in goal!







## KS3 Gymnastics

Key Stage 3 pupils have enjoyed a term of gymnastics in PE. Each week they have been challenged to explore different gymnastics elements and to gain a better understanding of their own 'physical literacy'.

The last week of term saw them showcase some wonderful floor work routines to one another. The engagement and enthusiasm across the whole year group of girls has been wonderful.

Pupils can continue to enjoy gymnastics in school by attending lunchtime club on a Wednesday.







## Scarborough and District Boccia and Panathlon Competitions

Mrs Hogarth is delighted to bring news of our groups who have attended these competitions recently. The pupils have shown respect, kindness, ambition, teamwork, and courage and we could not be prouder of them.

Whitby School Runners up - Scarborough and District Panathlon.



Gold and Silver Medalists Boccia competition



Whitby School Winners - Ryedale and District Panathlon





## YEAR 11 REVISION CLASSROOMS

	CLASS CODES	REVISION WEBSITES
ART	Y11 Art Resources and Revision 7qwexhc Resources are in this general Y11 Classroom, they will need to join. This is different to their individual Class, Classrooms.	
BTEC SPORT	755ojr6	<a href="https://theeverlearner.com/">https://theeverlearner.com/</a>
DRAMA	3x3tthi and rlohdej - this is a general classroom but all revision will be made available on here in a specific section.	<a href="#">EDUQAS</a> <a href="#">BITESIZE</a>
D&T PRODUCT DESIGN	kiilgj3 - This is the revision classroom for both classes.	Revision will be on Classroom.
ENGINEERING	11D WJEC - zvri4eh 11A WJEC - zaheclo 11C OCR - yuljgv3	Revision will be on Classroom.
HOSPITALITY AND CATERING	11A/Ca1 - tcb2mfy 11C/Ca1 - 6kbcrdf	Revision will be on Classroom.
ENGLISH	zqejqr3	Loads of revision resources on Classroom.
FRENCH	11C nafebzl 11D vy3aqjf	All links are on the Google Classroom.
GEOGRAPHY	zmlwvlb - GCSE Past Papers and Mark Scheme jsekvhj - Topic Revision Resources	Geography Google Site (intranet) <a href="#">LINK</a> .
HEALTH AND SOCIAL CARE	11A ywycbor 11C tqio4me 11D dchewny	Revision will be on Classroom.
HISTORY	There is a separate code for each class and all pupils are enrolled.	Pupils are being directed towards Seneca Learning for Home Learning Revision. We are also selling revision guides through the department.
MATHS	All pupils have been added to the Classroom already.	Loads of revision materials on the Classroom <a href="#">on maths is a good resource for self marking</a>
MUSIC	All pupils are on the Google Classroom.	<a href="#">Eduqas Digital Educational Resources</a>
RS	yvbygqn	
GCSE PE AQA	yezxlqz	planetpe via YouTube <a href="https://www.senecalearning.co.uk">senecalearning.co.uk</a>
SPORTS STUDIES	fcpdrh6	<a href="https://theeverlearner.com/">https://theeverlearner.com/</a>
BUSINESS	hgztn5m	
SCIENCE	All pupils added to the Classroom d5j65f3	Lots of revision resources on the Classroom.





# EXTRA-CURRICULAR ACTIVITIES

## MONDAY

- Rehearsals for all members of the chorus *We Will Rock You* at Prospect Hill Site (Drama Studio)
- Airy Hill Site Band, Lunchtime

## TUESDAY

- Rehearsals for all members of the chorus *We Will Rock You* at Prospect Hill Site (Drama Studio)
- Sixth Form Maths, 3.30-4.30pm (M2)
- Gym Club, 3.30-4.30pm. All years welcome. (Prospect Hill site Fitness Suite)
- GCSE Music coursework help, 3.30-4.30pm

## WEDNESDAY

- Choir, Lunchtime (Airy Hill Site)
- Rehearsals for all members of the chorus *We Will Rock You* at Airy Hill Site (R17)
- Year 11 Maths, 3.30-4.30pm (Higher in room H7; Foundation in room S2)
- Wednesdays and Thursdays after school (alternating days) After school Drama Club for Airy Hill Site - Main Hall; after school rehearsals for main cast *WWRY*

## THURSDAY

- Funk Band, lunchtimes (Prospect Hill Site)
- Music Theory, before school (Prospect Hill Site)
- Gym Club, 3.30-4.30pm. All years welcome. (Prospect Hill Site Fitness Suite)
- Year 11 German Help, 3.30-4.30pm (plus other nights if needed)
- GCSE Music coursework help, 3.30-4.30pm

## FRIDAY

- Year 9 Drama Club, Lunchtime (Drama Studio)
- Writers' Club, Lunchtime (H6)
- English Revision, Lunchtime (H6)





# PE EXTRA CURRICULAR TIMETABLE 2024-25

LOWER	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunchtime</b> 12.45-1.15				<b>Year 7 &amp; 8 Basketball</b> Gym	<b>Year 7 &amp; 8 Basketball</b> Gym
<b>After School</b> 3.30-4.30	<b>Whitby Jets Basketball</b>	<b>Year 7 &amp; 8 Football</b> Field	<b>Year 7 &amp; 8 Netball</b> Courts/Gym <b>Dance Club</b> Gym	<b>Year 7 and 8 Table Tennis</b> Airy Hill Gym	

UPPER	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before</b> 8.30-8.50			<b>Fitness Suite</b>		
<b>Lunchtime</b> 12.45-1.15	<b>Year 9, 10, 11 Basketball</b> Sports Hall	<b>Year 10 Football</b> Sports Hall  Year 11 GCSE Intervention	<b>Year 11 Football</b> Sports Hall  <b>Yoga/ Mindfulness</b> Dance Studio	<b>KS4 &amp; Sixth Form Badminton</b> Sports Hall	<b>BTEC Intervention</b> H9  <b>Year 10 GCSE PE Intervention</b> S4
<b>After School</b> 3.30-4.30	<b>Achieve Sports Club</b> Sports Hall	<b>Year 9 Football</b> Field	<b>Fitness Suite</b>	<b>Netball Club</b> all years	<b>Fitness Suite</b>

Where fixtures are arranged, Clubs may need to be postponed. Fixtures can be found on the PE noticeboard



# What Parents & Educators Need to Know about MARVEL RIVALS

AGE RESTRICTION  
PEGI  
12

ESRB advise nobody under the age of 13 should play

## WHAT ARE THE RISKS?

Marvel Rivals launched in December 2024 and amassed a player count of nearly 150,000 in mere weeks. This player versus player (PvP) shooter packs in a host of recognisable comic-book characters, pitting two teams of six against each other. Despite the game's cartoonish nature, there are several potential risks for parents and educators to be aware of.

### IN-GAME CHAT

Voice chat allows players to speak to teammates and opponents within the game, but in a competitive environment, some conversations can become unpleasant. Text chat is equally prominent among those playing on PC and will be shown on the side of the screen. Moderation on chats is relatively lax, so it's important to recognise that potentially inappropriate messages could arrive at any time.

### IN-GAME PURCHASES

While Marvel Rivals is free, there is an in-game store, selling character skins from recognisable movies and comic-book titles. Each season also includes a £10 Battle Pass (much like those seen in Fortnite and Call of Duty), offering a series of exclusive cosmetic items. These passes don't expire – but they can't be purchased once the next season rolls around, creating a fear of missing out.

### CONTACT WITH STRANGERS

With such a huge player base, it's impossible to predict whom your child will be teaming up with or playing against. They're virtually certain to run into strangers through voice and text chat, for starters. Most of these people will just be ordinary gamers enjoying the action, but there is the risk of some users behaving inappropriately with younger players – either intentionally, or because they don't realise that they're speaking to a child.

### VIOLENT CONTENT

There's no gore in Marvel Rivals, and the violence depicted is comparatively cartoonish – but the playable characters available vary between more traditional superheroes and supervillains, and figures like Black Widow and The Punisher, who use more realistic firearms. Given the game's nature as a shooter, this may make some parents and carers uncomfortable as some players will be firing these weapons at each other.

### INAPPROPRIATE CONTENT

The game includes some innuendos and mature themes in the dialogue, which could expose youngsters to content unsuitable for their age, detracting from a safe and family-friendly gaming experience. As we mentioned previously, the content of the in-game chat could also be age-inappropriate, ranging from swearing to mature themes to potentially harmful content.

### FAMILIAR CHARACTERS

The inclusion of iconic characters might make Marvel Rivals appear more approachable than other games in the genre, with recognisable heroes and villains like Spider-Man and Venom. This could lead to more interest from younger players, increasing the likelihood of children playing the game without properly understanding the risks.

## Advice for Parents & Educators

### FOLLOW ESRB RATINGS

The ESRB rating for Marvel Rivals says the game shouldn't be played by anyone under 13. Most children of that age will be able to appreciate the moral compass of the roster of characters (people can play as Hela, the Goddess of Death, for example), while also ensuring that the violence, however cartoonish, won't overwhelm them.



### FAMILIARISE YOURSELF

The game's inclusion of fan-favourite characters like Iron Man and the Hulk, plus its increasing popularity, means that younger Marvel fans will likely be eager to see what the fuss is about. Since it's free, consider playing Marvel Rivals yourself to gauge how you feel about a child playing it. Alternatively, you could let them play against the game's AI in Practice Mode, until they're old enough to compete online.

### MONITOR OR TURN OFF CHAT

Voice and text chat can both be adjusted within the in-game settings. If you're particularly concerned about exposing children and young people to them, however, you can disable both forms of chat in the game's settings. If a child wants to play alongside friends, remind them that they can use their console's party chat feature or host a call on a third-party service like Discord.



### DISCONNECT PAYMENT OPTIONS

Parents should ensure that no payment options – such as debit cards – are linked to the game, to prevent unauthorised purchases and charges. Children can be tempted by enticing in-game offers without fully understanding the costs. Removing payment methods avoids impulsive in-game spending and instils a sense of financial awareness, teaching young people to be careful with their money.



### Meet Our Expert

Lloyd Coombes is Games Editor at the Daily Star and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, he has been published on sites including IGN, TechRadar and plenty more.



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# KEY DATES

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

**Tuesday 4 March** ..... Year 10 Parents' Evening, 4.00-6.00pm (Prospect Hill site)

**Thursday 6 March** ..... Eskdale Festival

**w/c 10 March** ..... Year 13 Trial Exam

**Tuesday 11 March** ..... Year 7 Parents' Evening, 4.00-6.00pm (Airy Hill site)

**w/c Monday 17 March** ..... Music Exchange Trip to France

**Tuesday 1 April** ..... Year 12 Parents' Evening, 4.00-6.00pm (Prospect Hill site)

**Wednesday 2 April** ..... Year 10 BTEC Dance Trip

**Thursday 3 April** ..... Karaoke Extravaganza, 5.30-8.00pm (Prospect Hill site)

## Easter Break - 7-21 April

**Monday 21 April** ..... Bank Holiday

**Wednesday 23** ..... April All Y12 'Future Selves' workshop from Inspiring Choices

**Thursday 24 April** ..... Year 8 'Making Waves' with York St John University

**Tuesday 29 April** ..... Year 8 Parents' Evening, 4.00-6.00pm (Airy Hill site)

**Wednesday 30 April** ..... Year 10 York St John University Campus Visit

## Staff training days for September 2025 to August 2026 when pupils will not be in school:

**1 and 2 September**

**5 January**

**12 March**

**20 July**



# MEET THE STAFF

## Senior Leadership Team

Mr G Davies – Headteacher  
Ms S Boyd – Deputy Headteacher  
Miss J Caddell – 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)

## SENDCo

Mrs H Kirk – SENDCo

## 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  
Mrs J Cassell-Osowski – Year 9  
Mrs A Scales – Year 10  
Ms A Ruberry – Year 11

## Care & Achievement Coordinators

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