



Whitby School  
Ad finem terrae

# newsletter

ISSUE 7





# WHITBY SCHOOL FOOD BANK APPEAL 2024

Last year, the food bank saw over one-thousand items being donated by secondary schools in Whitby. Let's see if we can beat that this year!

Pupils can donate as many times as they like and add to the donation box that will be appearing in their tutor room.

Help us bring some festive cheer to families and individuals who need help and support, especially at Christmas.

## Who else supports the food bank locally?

The Fire Service help once a month collecting shopping from Aldi to top up food stock.

They get financial donations as well as food produce.

Local business and organisations are also very generous such as the Scampi Factory and Whitby Lions.

We continue to work very closely with community agencies such as Age UK, Whitby DAG, Citizens Advice, Scarborough Council and their homeless team, Social Housing, Police, Fire Service, Adult Social Services and Children's Social Services and of course local schools.

The main items that the foodbank are currently needing are:

- tinned fruit
- tinned cold meat e.g ham
- packets of plain rice
- long life milk

- squash, soft drinks
- packet mash or tinned potatoes
- jams and spreads
- soap
- shower gel
- shampoo.



## When do I need to bring it in by?

We would like all food or money donations to be in by Friday 13 December 2024.

We will be making a delivery in our final week of term.





# YOUTH SPEAKS COMPETITION

On Wednesday 27 November, three teams from Year 9 pitted themselves against Fyling Hall School in the annual Youth Speaks Debating competition. Pupils had to write a 15 minute debate on a topic of their choice. They had to chair the debate and offer a proposer of the topic and an opposer. The debates were then performed in front of two judges and an audience of friends and family. Our teams were amazing, they had worked hard writing and practicing

their speeches for weeks. On the night, they managed to contain their nerves and performed three outstanding debates. Fyling Hall were worthy competitors and it was a difficult call. Fantastically, we were triumphant and one of our teams was named the winner. Christine, Chloe and Lilac, our winners, debated whether the UK should open its door to refugees or not. It was a great evening and great success for all the pupils involved.







# NETHERLANDS SCHOOL EXCHANGE

Twelve Sixth Form students recently participated in an exciting exchange program to Coevorden, Netherlands. The week was filled with enriching activities that combined education, culture, and fun. Students attended lessons at a local school, gaining insight into the Dutch education system while interacting with their peers.

A highlight of the trip was a visit to a traditional Christmas market, where students immersed themselves in the festive atmosphere, enjoying local treats and crafts. The group also explored Amsterdam,

offering a deeper appreciation for Dutch history and culture.

In Coevorden, the students had the opportunity to work alongside professional chefs in a hands-on cooking session, where they learned to prepare authentic Dutch cuisine. They also explored the charming town, learning about its history and interacting with the local community.

The exchange not only fostered international friendships but also gave the students a unique perspective on life in the Netherlands.





## SPORTS UPDATE

### Girls' Football

The Year 11 girls played in the next round of the County Cup travelling to St John Fisher in Harrogate. A great game with the girls developing and working hard particularly in the second half. Two goals from Gracie and Maya weren't enough to win. Good luck to St John Fisher in the next round.



The U13 team travelled to Malton this week to take part in the Scarborough and District Tournament. With some tough games but strong individual performances the girls enjoyed themselves. A lovely group who worked hard.

### Boys' Football

Success for the Year 7 football team winning the Whitby/Ryedale Seven-a-side competition at Malton on Wednesday night. Well done everyone, a special mention to James G in goal who was outstanding.

Mr Raw





# EMOTIONAL AND MENTAL HEALTH

The holiday season can be a challenging time for mental and emotional health. Here are some valuable resources to support both adults and children during Christmas:

## FOR ADULTS

**Mind:** Mind offers tips and advice on coping with the holiday season, including managing stress, dealing with loneliness, and maintaining mental well-being.

### Christmas and Mental Health

**Samaritans:** Provides 24/7 support for anyone struggling to cope. They offer a safe space to talk about whatever is troubling you.

Call 116 123 or visit - [Contact Us | Samaritans](#)

**NHS:** The NHS offers advice on managing mental health during the holidays, including tips on dealing with stress and where to find support.

NHS Mental Health Support - [Mental health - NHS](#)

## FOR CHILDREN

**The Go To:** The Go To website is the home of wellbeing and mental health for young people in North Yorkshire and provides a wealth of information and practical advice for children, young people, their carers and professionals.

[The Go-To - Emotional wellbeing and mental health](#)

**YoungMinds:** Offers advice on supporting children and young people with their mental health, including how to handle anxiety around Christmas.

[Helping Your Child with Anxiety at Christmas](#)

**The Children's Society:** Provides tips for managing children's mental health during the festive season, including maintaining routines and understanding their needs.

[Supporting Children's Mental Health at Christmas](#)

**Childline:** Offers free, confidential support for children and young people. They provide a safe space to talk about any worries or concerns.

Resource: Call 0800 1111 or visit Childline - [Childline | Childline](#)

**Kooth:** Kooth is a free, safe and anonymous online wellbeing service for children and young people. The Kooth team provide free, safe and anonymous online support and counselling. The whole team are made up of friendly and experienced individuals and are a bacp accredited service. [Home - Kooth](#)

**Shout!:** Shout is the UK's first and only 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere. Text 'Shout' to 85258.

Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | [Shout 85258](#)

# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or **Childline**, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>





# SIXTH FORM SUBJECT FOCUS: ENGLISH LANGUAGE

## What will I study?

English Language students learn how our language works, as well as the power behind those words. Students will consider the impact of gender, age, technology and geography upon our language. You'll never listen to rap lyrics or a Donald Trump speech in quite the same way again! Our students also write creatively, producing their own original writing for coursework. So if writing blogs, stories or articles is something you are interested in, English Language is for you.

## What do students do afterwards?

Our students leave with an outstanding understanding of how and why humans communicate in the way we do, giving them routes into a range of careers including

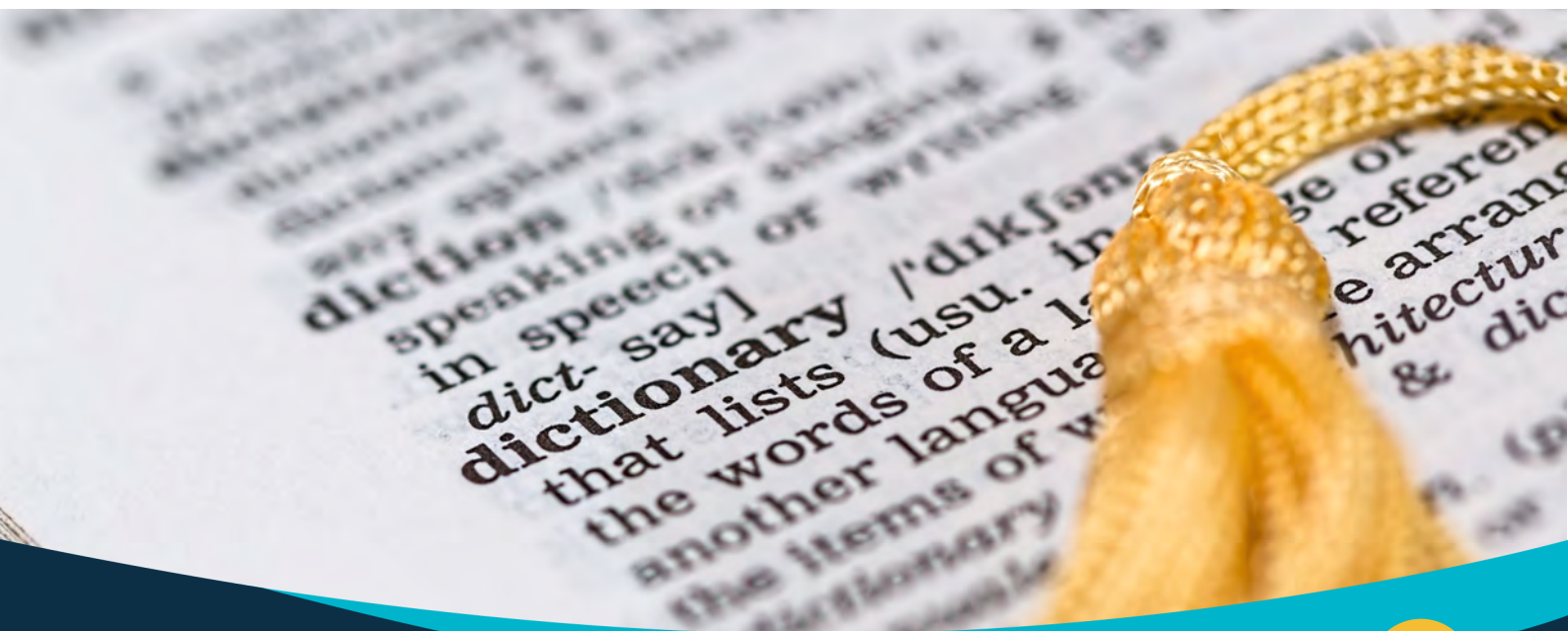
the media and journalism, as well as psychology, sociology and nursing. English Language is about communicating with others and some of our alumni now work within the arts such as the fashion brand Lululemon, teaching dance in Dubai and working as journalists for Sky and Channel 4. The ability to use and understand language can take you anywhere!

## How will I be assessed?

80% exam; 20% coursework.

## 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. Read widely; anything that takes your fancy and inspires you to think and discuss.





# REVISION FOCUS: ART

Externally Set Assignment (40% of final grade).

The Externally Set Assignment comprises the prep work you are working on now and the 10 hour exam.

Both count equally towards the possible 40% of grade so make sure your prep work is thorough, covers all the assessment objectives and is completed to the very best of your ability.

Once the exam part starts you are NOT allowed to take work out of the exam (even the prep work).

- your prep work should flow and show your creative journey through the project. Your exam work should be the end result
- remember to arrive at the exam with all of your prep work, it is essential you have it with you and refer to it

- annotations should include your intentions, research, creative decisions, reflections and evaluations
- ensure the work you complete in the exam IS NOT a copy of any work you have done in your prep; however it should be informed by the prep work
- plan and make an ambitious final outcome/s that make full use of the 10 hours. Improve your work as you make it. If you happen to finish early make some mini outcomes that show further development of your ideas. Never sit doing nothing.

BBC Bitesize have a brilliant section on GCSE art that will take you through everything you need to know. [LINK](#) to Bitesize





# YEAR 11 TRIAL EXAMINATION TIMETABLE

	Monday 9 December	Tuesday 10 December	Wednesday 11 December	Thursday 12 December	Friday 13 December
1	English Language 1hr 45min	Biology 1hr 45 min Combined Science 1hr 15min	Option Block C (including Geography P1- Physical)  Art Option C 3hrs	Chemistry 1hr 45min Combined Science 1hr 15min	Art Option A 3hrs
2					
3					
4	Option Block A (including Geography P1- Physical) Art Option A - 2hrs	Option Block B (Except Music) (including Geography P1- Physical) Art Option B 2hrs	Maths 1 (Non Calculator) 1hr 30min	Art Option D (Two groups) 2 hrs	Geography 2 (Human) 1hr
5					
	Monday 16 December	Tuesday 17 December	Wednesday 18 December	Thursday 19 December	Friday 20 December
1	Maths 2 (Calculator) 1hr 30 min	English Literature 1hr 45 mins	Physics 1hr 45min Combined Science 1hr 15min	Option Block D  Art Option D 3 hours	
2					
3			Art Option B 3 hrs		
4	Music listening	Maths 3 (Calculator) 1hr 30mins		Catch up session (Period 4 and 5)	Art Option C 2 hrs Catch up session
5					



# KEY DATES

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

- WB 9 December ..... Year 11 Trial Exams
- WB 9 December ..... Year 13 Trial Exams
- Tuesday 10 December ..... Christmas Lunch (both sites)
- Tuesday 10 December ..... U12 Girls' Football at Malton
- Wednesday 11 December ..... Christmas Lunch (both sites)
- Thursday 12 December ..... Music and Dance Winter Concert, 6.00-7.30pm (Prospect Hill site)
- Thursday 12 December ..... KS2 Inclusive Dodgeball at Prospect Hill site sports hall
- Thursday 12 December ..... Y7 & 8 Mixed Inclusive Dodgeball at Pindar
- Tuesday 17 December.....Year 7 Pantomime trip - Sleeping Beauty
- Monday 23 December - Friday 3 January ..... Christmas Break
- 2025**
- WB 20 January ..... Year 12 Trial Exams
- WB 13 January ..... Year 12 and 13 External Exams
- Tuesday 14 January ..... Year 9 Parents' Evening, 4.00-6.00pm (Prospect Hill site)
- Tuesday 14 January ..... Year 9 PSHE Drama Workshop 'It's not love'
- WB 27 January ..... Year 9 Trial Exams
- Monday 27 January ..... 'Making Waves' Higher Education Workshops
- Wednesday 29 January ..... Year 9 Pupils' Emergency Day at Scarborough Tec
- Wednesday 29 January ..... UCAS Deadline, 6.00pm
- Tuesday 4 February ..... Options Evening, 4.00-6.00pm (Prospect Hill site)
- Wednesday 5 February ..... Year 9-13 Apprenticeship Evening, 4.00-6.00pm (Prospect Hill site)
- Thursday 10 February ..... Years 7-8 Restart a Heart Event (Airy Hill site)

Whitby School presents:

*Music and  
Dance Winter  
Concert*

Thursday 12 December, 6.00pm

Prospect Hill Site, Main Hall

Admission by donation. Refreshments.



Whitby  
School

Starting 6 January



**Mondays**  
U-16 5.00-5.45pm  
Over 16 5.45-6.30pm  
Prospect Hill Site  
Sports Hall

**GET INTO  
NETBALL**



Whitby  
School



Whitby  
School

**TABLE  
TENNIS  
SESSION**

**Thursdays**  
3.30-4.30pm  
Airy Hill Site Gymnasium  
Open to all ages  
FREE TO ATTEND

Supported by Whitby Table Tennis Club



Whitby  
School

**KS3  
Dance Club**

**Wednesdays**  
3.30-4.30pm

Airy Hill Site Gymnasium



**Lunchtime Yoga &  
mindfulness  
with Katy**

- Calming
- Energising
- Uplifting
- Non competitive
- Space to get away from everything
- No need to have any yoga knowledge and you don't have to be bendy!!
- School uniform fine but must have shorts if wearing a skirt

**Wednesdays 1.00-1.30pm**

**Dance Studio**

Please let Katy know if you'd like to attend on  
07586 951066



## ALL INCLUSIVE CRICKET SESSIONS

Starting Wednesday 13 November  
Sports Hall, Whitby School, Prospect Hill Site  
6.25pm-7.00pm

Free of charge

Fun all inclusive cricket sessions in a relaxed and friendly environment for children with special educational needs run by ECB qualified coaches from

Whitby Cricket Club  
Just turn up and play

For further details contact  
Ricky or Kai-Whitbyccjuniors@gmail.com  
or Mr Hopper at Whitby School



## UNDER 16 ALL GIRLS CRICKET SESSIONS

Starting Wednesday 13 November  
Sports Hall, Whitby School, Prospect Hill Site  
5.30pm-6.15pm

A free of charge

Girls only cricket session for under 16 girls of all abilities. Sessions run by ECB qualified coaches from

Whitby Cricket Club  
Just turn up and play

for further details contact  
Ricky or Kai-Whitbyccjuniors@gmail.com  
or Mr Hopper at Whitby School



## BASKETBALL SESSIONS



**FREE TO ATTEND**

**Airy Hill Site Gymnasium**

**Mondays**

**3:30PM - 4:30PM**

**OPEN TO ALL AGES**



# WE WANT YOUR **BOOTS!**

We've joined the mission to help rehome at least one million pairs of football boots across the UK and stop them ending up in landfill.

If you've got football boots or astro turf boots at home that are no longer being used and taking up room – then help us to get them back out on the pitch and save them from ending up in landfill!

Boxes are  
located in the  
PE Department  
on both sites

## HOW CAN YOU GET INVOLVED?

Boots can be dropped off in our dedicated Football Rebooted Boot Collection Box and we will reallocate them within the club or to the wider local community. We just ask that they are still in a good condition and clean.



**THERE'S NO BETTER TIME TO TAKE  
PART IN FOOTBALL'S BIGGEST  
ENVIRONMENTAL MOVEMENT,  
FOOTBALL REBOOTED!**





# MEET THE STAFF



## Senior Leadership Team

Mr D Thornton – Headteacher  
Ms S Boyd – Deputy Headteacher  
Miss J Caddell – Deputy Headteacher  
Mrs J Bradley – Assistant Headteacher (Upper School)  
Mrs K Mallender – Assistant Headteacher (Lower School)  
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/Miss 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  
Mrs R Jackson – Year 9  
Mrs H Ross – Year 10  
Mr D Taylor – Year 11  
Mr J Daley – Year 12 & 13