



QEHS WEEKLY UPDATE 31

Dear Parent/Carer

Wellbeing support for students during exams

We know that exams have the potential to exacerbate feelings of stress for pupils and we want to make sure students are aware of the support they can access if they are worried about sitting exams.

This includes Ofqual’s guide on [coping with exam pressure](#) and YoungMinds resources on [how to deal with exam stress](#).

Schools and colleges can also access a range of quality-assured mental health resources so that you can support your pupils, including advice about exam stress on the [Mentally Healthy Schools](#) website.

Respect

On Monday the Violence Reduction Unit of Northumbria Police were in school to speak to Y9 students on the risks associated with carrying knives and the dangers of being involved in ‘Joint Enterprise’.

Thank you to Karen and Darren for their excellent presentation and the sensitive and thoughtful way that they dealt with a very important topic.



Attendance

Year 11 are currently sitting their exams. After the half-term, students will be on study leave and only need to attend school when they have exams. Up until the 24 May students are expected to be in school unless they have an exam in the afternoon. We want students to have access to their teachers to ensure they are properly prepared for the exams.

Attendance week ending 10 May				
Year group	Year 9	Year 10	Year 11	All years
Percentage	92.0%	90.6%	91.8%	91.5%

Queen Elizabeth High School

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Executive Headteacher: **Graeme Atkins**

Head of School: **Neil Seaton**

Engage

Congratulations to QEHS student Joey L, who has played for Newcastle Eagles Academy this year. He has had a superb year of basketball and has been awarded MVP (Most Valuable Player) of 2023/2024 across all academy teams.

He is off to a black-tie dinner on Thursday night with all the pros to receive his award.

Exciting times ahead for Joey and his sporting career!



Y12 Geography trip to Ouseburn

Our year 12 geography students have just completed their first familiarisation trip to Ouseburn in Newcastle. They have started the process of designing an investigation to research their A-level coursework. Students also had the opportunity to see the regeneration projects which they have learned about in class this term.

Aspire

Derwent Valley Allstars

A Cheerleading group of Y9 and Y10 students called the 'Derwent Valley Allstars' includes 5 of our students, were awarded a place at The Summit, the most prestigious competition on the globe, thanks to their fabulous competition results here in the UK. The team travelled to Orlando, Florida to compete in an international category of 38 teams. The girls range from 13-16 years and train several nights a week in Consett.

After making it to finals, the Royalty team placed an amazing 2nd in the World in their division! We are all so proud of your hard work and dedication!

Many congratulations to QEHS students Scarlett H, Freya McC, Eve C, Imogen H and Daisy A.

This week's LRC recommended read

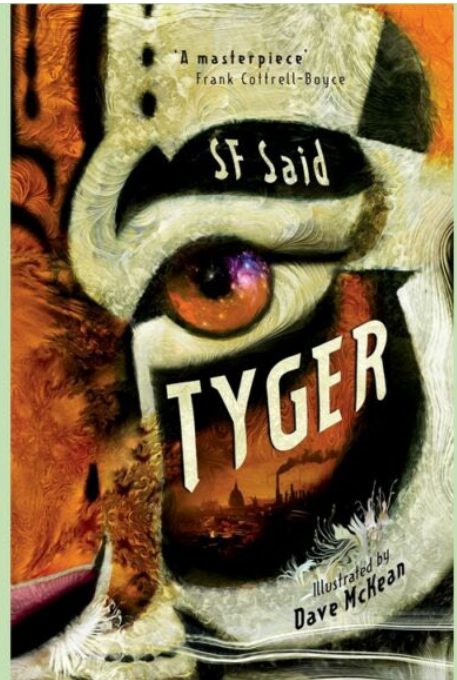
Adam has found something incredible in a rubbish dump in London.

A mysterious, mythical, magical animal.

A Tyger.

And the tyger is in danger.

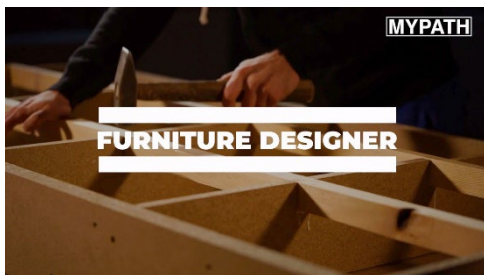
Adam and his friend Zadie are determined to help. Can they learn to use their powers before its too late?



Career of the week

'Furniture Designer'. A link to the video shown in tutorial from 'MyPath' is below:

Job of the week: Furniture Designer



[JOB OF THE WEEK EPISODE #055 - FURNITURE DESIGNER](#)
www.youtube.com

Further information can be found on Unifrog:

[Sign In - Unifrog](#)

Sign In? Return= - Student - Careers - Direct - Furniture Designer: We help students compare every opportunity, then apply successfully. We also empower teachers and counsellors to manage the progression process effectively. www.unifrog.org

This includes Labour Market Information (LMI). It is important both parents and students are aware of this as it includes current and predicted figures relating to the Furniture designer profession, particular attention should be paid to the expected growth figure.

All students have received a 'Welcome' email to their school email account. Please encourage them to activate their account if they haven't already done so.

We also have a 'dummy' code for parents. Use 'QEHHparent' on this page: unifrog.org/code

Online safety updates

For Parents - Disney+ Parental Controls Guide

With the half term holidays just around the corner many children will be tuning into their favourite shows on Disney+. Internet Matters have a really good guide for parents about the settings that are available to keep content at a level suitable to the age of their children. The full guide can be found [HERE](#) (For Parents by Alan Mackenzie, online safety advisor.)

Celebrating wider achievement

This newsletter is an excellent opportunity to celebrate the wider successes of our school community. Staff in school who run extracurricular clubs and activities will share these successes with leaders. However, we also want to acknowledge achievements that happen outside school. To ensure we share all the things our amazing students do, we rely on parents/students to let us know about their activities outside school. Please email admin@qehs.net if you would like your child's successes to be acknowledged.

Reminders/ Key Dates

Date	Event	Who
Wednesday 22 nd May	KS4 RE day	Year 10
Thursday 23 rd May	Year 9 Parents' Evening	Year 9
Friday 24 th May	Bronze Duke of Edinburgh Hadrian's Wall Walk	Participating students
Friday 24 th May	School closes for Half Term	All year groups
Monday 3 rd June	School reopens	All year groups

Please find attached with the bulletin:

- North Tyne Youth club flyer and Trustee recruitment
- FACE supporting a child with ADHD flyer
- The Missing Lynx Exhibition flyer

Yours faithfully



Neil Seaton
Head of School

Pupil support and safeguarding

Designated Safeguarding Leader: Mrs Hattie Curry

Deputy Safeguarding Leaders: Mr Emerson Brown, Mr Alex Robson & Mrs Jill Wood.

SENDCo Mrs Jill Wood

Please remember that we are here to support you and your child at any time. You can contact us via the main office (phone) or by email admin@qehs.net

For queries regarding attendance or absence, please email attendance@qehs.net