



## KEY REMINDERS- EXAM PREPARATION

As we head towards Spring Term two, exams will be looming and regardless of the year group it's a great idea to encourage your children to take some time over half term and do some revision and recap on subjects. This can be a stressful time for students and parents alike but with planning, there's no need to panic. Sometimes having a hands on approach is beneficial while other students may want space. Every student is different but here's a few ways parents can help with study preparation:

### 1. Plan Ahead

It's a good idea for those taking exams to make a timetable that incorporates key dates and times. We recommend including breaks and treats in the daily planning. A great template timetable is available [here](#).

### 2. Create a quiet space

An area that students can truly focus in is key. Consider getting rid of all distractions such as phones, games consoles and handheld devices. A resource for parents on making a small space for study is available [here](#).

### 3. Follow your child's learning style

It's important to work out what kind of learner each student is, and that is, auditory, visual or kinesthetic. By knowing this a study schedule can be tailored to each student and can be used to think of goals and targets together.

## Key Dates

20TH FEBRUARY  
SPRING TERM 2 STARTS

2ND MARCH  
HPV IMMUNISATIONS  
YEAR 8 & 9

6TH - 10TH MARCH  
NATIONAL CAREERS WEEK  
WHOLE SCHOOL

10TH MARCH  
WORLD BOOK DAY  
WHOLE SCHOOL

## ASPIRE Points Totals



BADER

10374



CARTER

11029



HOPKINS

11888



JOHNSTON

11904



RAVILIOUS

11895

# Primary

## Year 3 Trip to Waitrose

# Waitrose



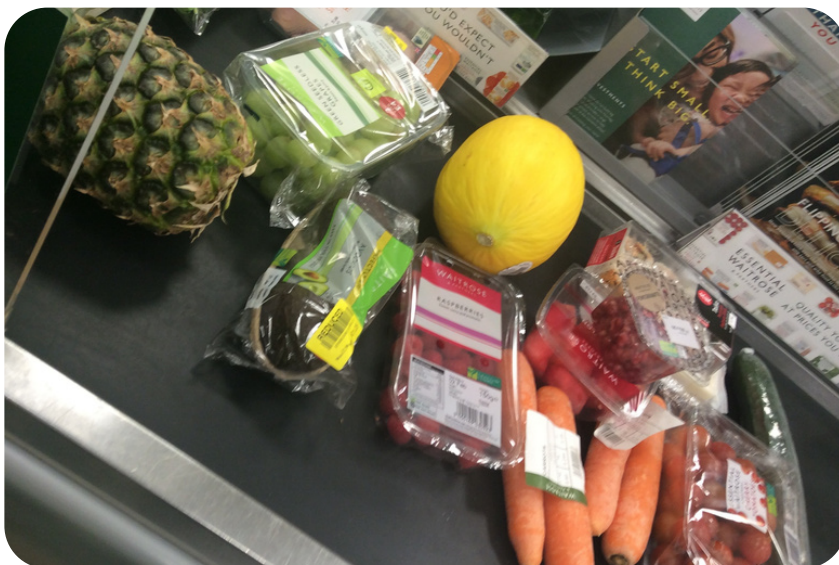
As part of their learning about healthy diets, our Year 3 students took a trip to Waitrose to purchase ingredients to make a balanced meal.

The children were met by Jackie, a member of staff, who talked to them about the produce in their store, gave them a tour and answered questions about her career with Waitrose.

The children then worked in small groups to purchase ingredients with their own budget.

Back at school, they peeled, chopped and ate a variety of produce including kiwi, tomatoes, mango and salad; they even purchased bread and cheese!

A big thank you to Jackie and her team at Waitrose who made our children and staff feel so welcome.



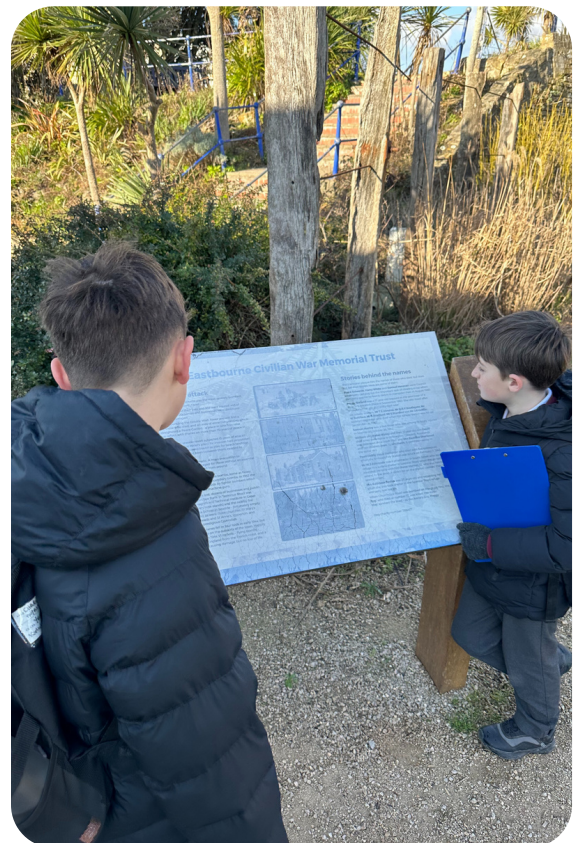


# Primary

## Year 6

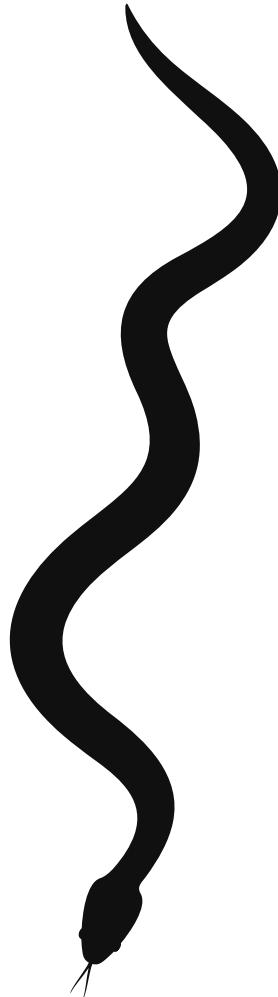


Following our fun trip to Newhaven Fort, we have enjoyed an exciting end to our World War 2 topic in Year 6. For our DT project, we designed, made and tested Anderson shelters; we walked to the seafront to compare the hotels and beach during WW2 and now, as well as holding a WW2 day. We were jive-dancers, jam tart makers, code-breakers and finished the day with a VE Day party whilst eating jam tarts and listening to Vera Lynn. The children in Year 6 should be proud of how they have explored this cross-curricular topic and have challenged themselves by answering some ambitious questions.

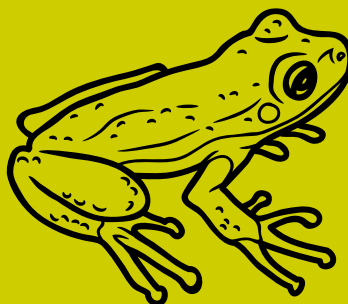




# JAW'S AND CLAWS YEAR 3



The children in Year 1 enjoyed a visit from Jaws and Claws, to support our Wild and Wonderful topic looking at animal habitats and diet. They learnt some amazing and interesting facts and got to handle a variety of animals.







## DEC Turkey-Syria Earthquake Appeal

Link to the British Red Cross website available [here](#).

On Monday 6th February, an initial magnitude 7.8 earthquake hit in southern Turkey close to the border with northern Syria. A second 7.5-magnitude earthquake struck nine hours later, with aftershocks following.

At Gildredge House, we've been thinking of those affected and have vowed to help as much as possible. We've got staff and students that have been directly affected by the earthquake and we have been supporting them in this challenging time. One of the affected students has written the following :

For over a decade, the conflict in Syria has been hit with mass atrocities including war crimes, crimes against humanity and genocide. The sad reality is horrifying and it has only recently been displayed on international media. The country's happiness and life have been stripped and the recent earthquake has not helped. As of writing, the combined death toll between Turkey and Syria from the recent earthquake tops 21,000 and thousands more are injured, with some still trapped under rubble.

This natural disaster has brought shock and sadness to many, including those with relatives in the danger zone. Myself and others around the school have been affected by this and are still waiting for news on our families. We must be grateful for the opportunities and safety we have and the blessed lifestyles we live in this country. Being thousands of miles away from this tragedy may possibly limit our way of supporting, but we can help. By spreading the message and raising awareness for what is happening, we as a community can help and understand the pain and struggles of those abroad.

Please donate whatever you can by using the link to the Red Cross website below where you can directly donate to help the men, women and children get the required medical care, food and shelter. Link [here](#).

Even the littlest help can save lives.

Thank you.

*Anonymous Secondary Student*



# WEEKLY CLASS ATTENDANCE

At Gildredge House, we believe that outstanding attendance is important to ensure children are safe and have full access to the educational provision made for them.

We closely monitor attendance for all students in both Primary and Secondary. We celebrate, weekly, the top two classes with the highest attendance rates in both phases of the school.

Week 5, 30th January - 3rd February 2023

Congratulations to:

Primary

1A = 97.6%

3A = 99.2%

5B = 97.6%

Secondary

7J = 96%

8R = 98.3%



**MENU**

## WHAT'S ON THE MENU?

**HARRISON**  
food with thought

### MONDAY

WEEK ONE  
Creamy Chicken Korma with Turmeric Spiced Rice  
Japanese Style Sweet Potato & Chickpea Curry  
Mini Naan Bread & Poppadom  
Fresh Vegetables  
Forest Fruit Yoghurt

### TUESDAY

Asian Style Chicken Stir Fry with Black Bean Sauce  
Falafel Stuffed Pitta  
Egg Fried Rice  
Fresh Vegetables  
Sticky Toffee Pudding with Butterscotch Sauce

### WEDNESDAY

Roast Turkey with Stuffing & Gravy  
Lentil & Root Vegetable Loaf with Gravy  
Roast Potatoes  
Honey Herb Roasted Carrots & Steamed Savoy Cabbage  
Iced Carrot Cake

### THURSDAY

BBQ Chicken Thigh with Savoury Pilaf Rice  
Mac n Cheese with Garlic Bread  
Fresh Vegetables  
Warm Chocolate Brownie

### FRIDAY

Breaded Fish Fillet & Chips  
Veggie Burger in a Bun & Chips  
Garden Peas or Baked Beans  
Fresh Fruit Salad

## FREE REVISION RESOURCES

Download a range of free revision resources from [here](#). Collins have a range of flashcards, practice papers and audio to help students in Primary, KS3, GCSE and A Level.

Khan Academy is a not-for-profit learning tool that aims to provide education to anyone with Internet access available [here](#). The site is American and while it doesn't exactly follow the school curriculum it may be useful for students wanting to build on subject knowledge. The site includes video tutorials and tests in Maths, Science, Economics, Computer Programming and History. This is a great tool for students trying to get to grips with the basics or having an interest in a particular field.

Brain smart is another tool that's perfect for students having a study break. It aims to boost memory, keeps students motivated and manages stress. It has a range of memory games and brain teasers students can apply to revision. Available [here](#).



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# STAFF VACANCIES

# ASPIRE

in all that we do



WE ARE CURRENTLY RECRUITING FOR THE BELOW VACANCIES:



ASSISTANT HEAD OF YEAR (SUPPORT STAFF)



CLEANING OPERATIVE



TEACHING ASSISTANT (TA)



PASTORAL CO-ORDINATOR (SUPPORT STAFF)



JOIN OUR  
TEAM

FOR MORE INFORMATION  
CHECK OUT OUR [WEBSITE](#)



FRIDAY 24 FEB

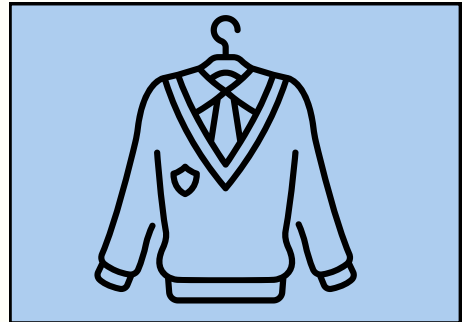


# UNIFORM SALE

## Pre Loved



We need your pre-loved school uniform, fancy dress costumes, and any items you might have for the Year 4 Roman Day, and Year 5 Tudor day both coming up in Term 4!  
Please donate resalable items to school reception by Thursday 23 February.  
Can't wait to see you!



## LET'S RECYCLE!

2:30 - 4:00  
TABLE TOP SALE

All items will be on sale  
for 50p or £1, cash sales

[fogh@gildredgehouse.org.uk](mailto:fogh@gildredgehouse.org.uk)

We'd love your Primary and Secondary uniform;  
Jumpers  
Blazers and ties  
Polo shirts  
Skirts, skorts, shorts, trousers  
PE kit items  
Book bags and rucksacks  
School coats  
Fancy dress costumes, togas,  
and all things Tudor!

# NEWSLETTER LOGO DESIGN COMPETITION



## DESIGN A LOGO FOR THE GILDREDGE HOUSE WEEKLY NEWSLETTER

PRIZE

### Competition Rules :

1. The logo should be based on your own imagination/idea. Don't take other people's work.
2. Feel free to design a logo using whatever medium you feel comfortable with. i.e paint, photoshop, drawings.
3. Posters must be submitted by Monday 20th February .If you are late your logo will not be included.
4. Winners will be announced Spring Term two.



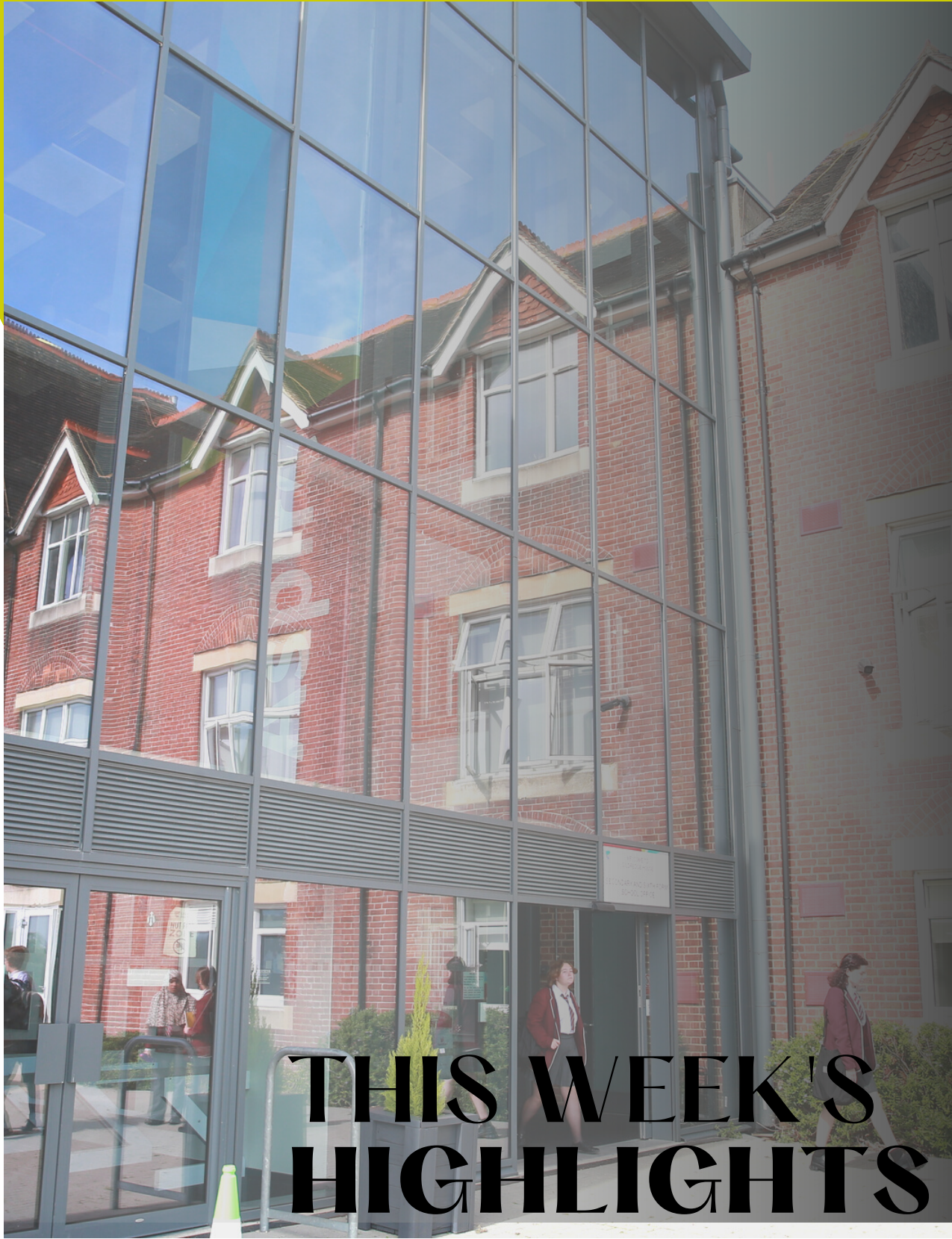
Please send all logo designs to [office@gildredgehouse.org.uk](mailto:office@gildredgehouse.org.uk) or alternatively give it to the Primary or Secondary School Office.



GILDREDGE NEWS

# GH CAREERS

## CAREERS UPDATES



**THIS WEEK'S  
HIGHLIGHTS**



## CAREERS INFORMATION

For more Careers advice please check out the website. Available [here](#).

### Celebrating National Apprenticeship Week - 6th-12th February 2023

Paige Hope, Year 11 has managed to secure herself an apprenticeship with Features Beauty. Paige will be commencing her apprenticeship as soon as she finishes her GCSES this Summer.

Look out for her at Features! Paige said that "securing the apprenticeship required drafting a CV and making contact with a lot of employers. I believe that I was the ideal candidate because I made the effort to do work experience in a beauty salon at the weekends and in the holidays. This really gave me a huge head start. I beat my competition by showing perseverance and resilience. I am so excited and I can't wait to start".

Congratulations Paige!



### Rate My Apprenticeship

If like Paige, you think an apprenticeship may be a good avenue to explore, please go to Rate My Apprenticeship. Available [here](#). You can take a look at all the current apprenticeship and look at the country's top 100 apprenticeship employers.

Read the latest blogs, hear more about the day in the life of an apprentice, or find out which are the best places for apprenticeships in the UK

If any student needs any help with CV writing, interview preparation or guidance on what the next steps look like please speak to Mrs Bray or drop her an email at [s.bray@gildredgehouse.org.uk](mailto:s.bray@gildredgehouse.org.uk)







## CAREERS UPDATES

For more Careers advice please check out the website. Available [here](#).

### Careers in Digital and Technology For Year 10 and above

Are you interested in careers in science, tech or finance? If so, you are invited to attend a series of exclusive workshops which are being run by [Skills Gap](#). Skills Gap is a career accelerator that runs insightful workshops for young people aged 15-19 .

The workshops are designed to give students a head start in their career research. The next workshop will be covering everything related to learning the basics of Artificial Intelligence (AI), hacking and coding, as well as the unique job opportunities in each sectors. Students will also get a chance to try a hands-on practical exercise, and put questions to a panel of industry experts.



skillsgap™

Step into  
the future



### AI in Engineering

*Saturday, 25 Feb 2023*

Finding new and optimal ways of doing things is at the very core of engineering. This makes it the perfect partner for AI and machine learning, from smart production lines to image processing technology that allows machines to see. Our online workshop is led by civil engineer and data scientist, Johan Hagstrom, who will introduce you to key AI algorithms and trends. You'll also get hands-on experience with Python, being guided through a computer vision algorithm that can detect cars on the road – a peek into the world of self-driving vehicles.



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### AI in Finance

*Saturday, 25 Feb 2023*

The world of finance has been an early adopter of machine learning, from fraud detection to finance chat bots, yet it's still just touching the surface of AI's potential. Our workshop is led by Chelsea Murray, a data scientist at ING with a Masters in Machine Learning and Machine Intelligence from University of Cambridge. Chelsea will introduce you to the vast range of financial AI applications and give you practical experience training a machine learning algorithm to predict credit card fraud.

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### Coding for Game Design

*Saturday, 25 Feb 2023*

With one third of the world's population already estimated to be gamers, the gaming industry offers one of the hottest career tickets today. Our online workshop gives you a unique insight into the latest trends from multiplayer games to game streaming. Led by Josh Hills, a programmer on some of the world's largest multi-player games, including Runescape and Horizon, you'll get first-hand experience of developing and enhancing a physics-based game prototype and discover the skills you'll need to succeed.

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### Robotics in Space

*Saturday, 11 March 2023*

From exploring the surface of Mars to sizing-up metallic asteroids, the race is on to unlock the mysteries of the universe and answer our planet's biggest challenges. Taught online by robotics experts, this workshop gives a fascinating insight into today's space industry. Take part in a hands-on exercise to design an autonomous robotic lander to explore Europa and get career tips and advice to get ahead.

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### AI in Medicine

*Saturday, 11 March 2023*

Medicine is on the verge of an Artificial Intelligence revolution – from pioneering surgeries to algorithms that predict future health issues. Our workshop is delivered online by med-tech experts, and will introduce you to key AI trends in medicine, its influence on global healthcare, and the tech skills you need to get ahead. You'll also take part in an exciting hands-on diagnostic exercise using AI modelling tools.



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## CAREERS UPDATES

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# INVESTIN

### Careers in STEM (Science, Technology, Engineering and Maths)

INVESTIN are offering pupils and students from the age of 12, opportunities to experience different career sectors. INVESTIN are a UK-based organisation that provides students aged 12-18 with an immersive experience of their dream career. Take a look at the links below to find out more. STEM & Medicine Summer Experiences: Ages 15-18 – [InvestIN Education.](#)

If you are interested in STEM or Medicine, please look at these exciting experiences on offer by INVESTIN here Summer Experiences 2023 – [InvestIN Education](#)

Are you interested in shadowing a doctor in a London hospital and practice stitching up a wound?

Design the engineering to take humans to Mars?

Designing a supercar?

Observe a clinical psychology assessment?

Trade in the stockmarket in a skyscraper?

Experience sports psychology at a Premier League stadium?

**Click on the links below to find out more about the career experiences in the following sectors happening over the Spring Term:**

- [Architecture](#)
- [Dentistry](#)
- [Engineering](#)
- [Forensic Science](#)
- [Investment Banking](#)
- [Medicine](#)
- [Psychology](#)
- [Software Engineering](#)
- [Vet](#)
- [Video Game Design](#)

## OUR PROGRAMMES

Life-changing, immersive career programmes for ages 12-18.  
Choose your career, maximise your potential.



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