



KEY REMINDERS-



We have noticed a few parents have struggled this week with Squid and many have had technical issues, in particular the mobile app.

If this applies to you, can try the following:

- Delete the mobile app and re-install
- Access Squid via a web browser on any electronic device (go in to google, search "Squid login", log in with details)

The mobile app is very limited in terms of functionality and tends to be temperamental. We have raised our concerns with Squid and they have assured us they are working on it.

Key Dates

27TH JANUARY
CAREERS DAY-
YEARS 7 & 8

3RD FEBRUARY
NSPCC NUMBER DAY-
RECEPTION - YEAR 6

2ND FEBRUARY
SUBJECT EVENING
- YEAR 9

10TH FEBRUARY
THE ANNUAL SKI TRIP -

10TH FEBRUARY
SPRING TERM 1 FINISHES
- WHOLE SCHOOL



ASPIRE Points Totals



BADER

9436



CARTER

10042



HOPKINS

10638



JOHNSTON

10718



RAVILIOUS

10676

Let's Celebrate

**Year 13 Student
secures a place
at The University
of Oxford.**



One of our Year 13 students has secured himself a place to study PPE (Politics, Philosophy and Economics) at the prestigious University of Oxford.

Along with having huge academic potential, this student has worked very hard to achieve this highly respected offer of a place. He took part in the St John's College 'Inspire' program which gave him access to summer schools, mentors and course tasters. They have also engaged in extra-curricular activities to support the application and spent many hours on preparing for his one to one Oxford University interview. This student is to be commended and congratulated for his hard work and dedication at achieving his place. The student said "I could not have got this offer if it hadn't been for all the Sixth Form staff. They were really helpful and encouraging and gave me the confidence to go for it".

If you are aspiring to study at a top university one day, why don't you pop into the Careers Library to find out what you can do now so you too can reach your dreams.



Let's Celebrate

Primary

Year 6 Trip to Newhaven Fort

Here's what one of the Year 6 Students Flora had to say on the trip...

Our trip to Newhaven Fort

At Newhaven Fort, we had a lot of fun. We did a workshop on WW2 and got to hold artifacts from the war. After that, we went and had an exploration of the fort. We did an air raid experience of what it would've been like. We went down to sea level and imagined what it would've been like as a soldier on the home front then we walked back up the million and one stairs. My favourite part of the trip was the air raid experience! I was scared at first but then I did it four times. I'm really proud of myself and we all had it a really enjoyable trip.



GH SPORT SUCCESS

PRIMARY - BOUNCE BEYOND WORKSHOP



On Friday 20th January, boys and girls in Primary had a visit from Bounce Beyond. Each student undertook a "bounce" workshop. The children loved exercising this way, whilst having lots of fun. A big thank you to Miss Taylor for organising.

BOUNCE
beyond™



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Year 10–13 Revision Help

How parents can help their teens at home: Years 10–13

Examination time always comes round quicker than students expect, so it's never too early for them to start getting into some good revision habits, alongside their usual homework. Most revision takes place at home, and whilst parents can't revise for their teens, there are lots of ways they can help them at home to increase their chance of success and put them on a path to lifelong healthy habits.

This includes setting up the right routines, supporting their teen's mental and physical wellbeing, checking what they know and helping them remember things, and providing the right home life so that they can be at their most alert, healthy and resilient.

A couple of dates to be aware of:

Children's Mental Health Week: 6–12 Feb (Y10–Y13)

Positive mental health is always of vital importance, and 6–12 February is Children's Mental Health Week. This year's theme is "Let's Connect", about making meaningful and healthy connections to family, friends and others to support mental health and wellbeing.

Safer Internet Day: 7 February (Y10–Y13)

Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people. This year's theme is 'Want to talk about it? Making space for conversations about life online.'

As always, if any students of Gildredge House are struggling or worried they can go to any staff member and receive non judgmental support and access to resources they may need.

A great resource available to all students and parents is the Personal Development page on the Gildredge House website. Available [here](#). It has a range of resources for young people's wellbeing and mental health.

Mrs K. Maxwell
Head of Years 12 & 13

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.

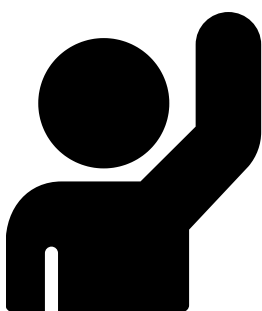
We closely monitor attendance for all students in both Primary and Secondary. We celebrate, weekly, the top two classes with the highest attendance rates in both phases of the school.

Week 16th - 20th January 2023

Congratulations to:

Primary
6B = 98.7%
4B = 97.3%

Secondary
7C = 100%
7B and 9R = 96.7%



MENU

WHAT'S ON THE MENU?

HARRISON
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK TWO	Traditional Beef Lasagne al Forno Gnocchi with Rocket & Basil Pesto Garlic Bread Fresh Chopped Salad Apricot Crumble with Custard	Mild Piri Piri Chicken Thighs Tacos with Quorn Chilli & Sour Cream Sweet Potato Wedges Sweetcorn with Mixed Peppers Chocolate Tiffin Cake	Honey Roast Gammon, Pineapple & Gravy Marinated Squash & Baby Vegetable Frittata Roast Potatoes Glazed Carrots & Curly Kale Fruits of the Forest Sponge with Custard	Turkey & Pepper Fricassee Cheese & Potato Quesadilla with Salsa Pilaf Rice Broccoli Florets Apricot Flapjack	Freshly Fried Fish Layered Macaroni Cheese with Homemade Bread Chipped Potatoes Garden Peas or Baked Beans Freshly Baked Carrot Cake

END OF TERM 3

Spring Term will come to an end on Friday 10th February at the normal time of 15.05pm. The half term holiday will run from Monday 13th February to Friday 17th February. Spring Term 2 will commence on Monday 20th February at the normal time of 8.25am. In anticipation of the upcoming exams, we recommend students use this time to plan, revise and get caught up on any out standing work.

UNIFORM

If your child has outgrown any uniform or if your child no longer needs it, please consider donating it to the pre-loved uniform sale. Please bring any pre-loved school uniform, ties and school bags to the Secondary Reception.



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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 or alternatively give it to the Primary or Secondary School Office.

Tips for parents and carers

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

What's it all about?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

What can you do?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

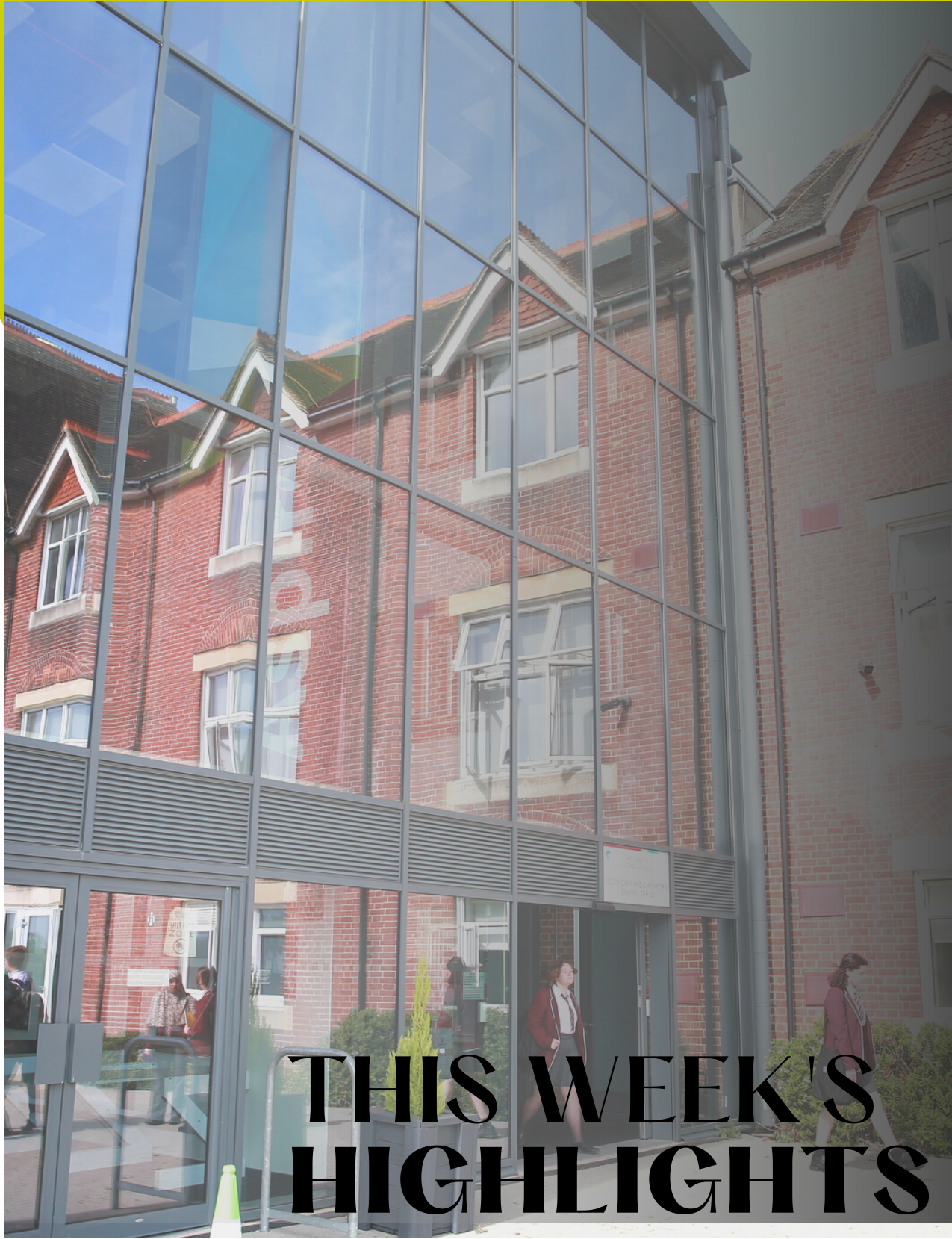
3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

GH CAREERS

CAREERS UPDATES

Education is our passport to the future...



THIS WEEK'S HIGHLIGHTS



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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CAREERS UPDATES

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

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.

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.

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.

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.





CAREERS UPDATES

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

★ RATEMY APPRENTICESHIP

Are you interested in an apprenticeship either as a Post-16 option or a Post-18 option instead of university? If this is you, then consider engaging in Rate My Apprenticeships webinar. Rate My Apprenticeship support young people by offering careers advice for schools and college leavers. See more about Rate My Apprenticeship [here](#).

Their webinar will be taking place on Tuesday 21 February 2023 (after school). Come and meet some top employers by attending a free virtual event. Register here to attend [Spring Apprenticeship Event - RateMyApprenticeship](#)



Are you interested in a career in Cyber Security?

There is information about all of us everywhere. From the medical records held about you in your medical centre and the information we hold about you at school, to your favorite shops and social media accounts. Who keeps this information safe and protects companies from online cyber theft? If you would like an answer to these questions, then why not visit The National Cyber Security Centre website and find out more about a career in cybersecurity. Cyber First are running a series of short courses for children from the age of 14. Applications for February and March 2023 are bookable on their website, CyberFirst courses - [NCSC.GOV.UK](https://www.ncsc.gov.uk)

Sutton Trust – Applications for university Summer Schools for Year 12 students



Are you an ambitious student who wants to go to university? If so, you may be eligible to apply to The Sutton Trust Summer Schools starting again in the summer 2023 and applications are now open. If you would like to register, please complete their online form [here](#)





CAREERS UPDATES

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

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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STEM & MEDICINE WEEKEND CAREER EXPERIENCES

Available at UCL or Live Online
This Spring Term for Ages 12-18

INVESTIN

Trustpilot 4.8/5 from 1,200+ Trustpilot Reviews

STEM Summer Experiences in London

A collage of images showing various STEM and medicine activities. Top left: A person in a lab coat and mask working with equipment. Top right: A student in a lab coat performing a procedure on a mannequin. Middle left: A student sitting in a medical chair. Middle right: A student working with a microscope. Bottom left: A student using a VR headset. Bottom right: A group of students in a field, possibly participating in an outdoor activity.

STEM & MEDICINE SUMMER EXPERIENCES 2023

Life-changing
Career Experiences
For Ages 12-18

London, July & August 2023

INVESTIN

Trustpilot 4.8/5 from 1,200+ Trustpilot Reviews

Study in the North

Webinar & live Q&A
9th February 2023
17.30-18.30

Register for Zoom link

Considering moving somewhere new for uni? This session is run by students and staff from a range of Northern Universities, designed for students who do not know the area. Discover the huge range of opportunities and benefits that come from studying in the region:



University of
Sunderland



