

## **Welcome to High Tide Summer 2024**



Dear Students, Parents, Carers and our community

Welcome to the Summer 2024 edition of High Tide. It has been an incredible year with some amazing achievements from so many students. I know this edition will give you a real flavour of what has been happening in school this term.

With your support and excellent work by staff, Sheringham High School continues to improve. The progress students are making is impressive and this too will continue to improve as we adapt our curriculum. In our Sixth form, we are offering an even wider range of subjects from September, alongside dedicated enrichment and mentoring sessions for all students. Sixth form subjects on offer include:

Maths, English, Media Studies, Medical Science, Biology, Chemistry, Physics, Motor Vehicle Studies, Product Design, Criminology, Law, Psychology, Health & Social Care, Sociology, A-level Physical Education, Art, Photography, Geography, Travel & Tourism, History, Business Studies, Computing and the Extended Project Qualification (EPQ).

I am very pleased to announce that from September 2025 we will offer, in partnership with Norwich City Football Club Community Sports Foundation, a Sports Coaching and **Development Programme** 

At GCSE or equivalent, we also offer an impressive range of subjects including:

English Language, English Literature, Maths, Core PE, Self & Society, Art & Design, Business Studies, Computer Science, Creative iMedia, Design & Technology, Drama, Fashion & Textiles, Food Preparation & Nutrition, French, Geography, German, Health & Social Care, History, Music, Photography, Physical Education, Religious Studies, Combined Science and Triple Science, and Travel & Tourism.

Ensuring students are successful at school is a huge team effort including all our wonderful staff, parents, carers and family members too. Staff across Synergy Trust play an important role, as do our Governors, who volunteer a huge amount of time making critical decisions regarding the future. I would like to take this opportunity to thank you all for your support.

As you will be aware, from September Mrs Hollidge will be Head of School with a fantastic Leadership Team of Mr Phillips, Miss Shepherd and Mr Keshavarz, as I take on a wider role as Deputy CEO – Secondary across all four secondary schools in the Trust. With their leadership and the excellent team of staff we have in place, I know the school will continue to improve.

Finally, on behalf of all of the staff I would like to thank you all and wish you a fantastic summer.

Alastair Ogle **Executive Headteacher** 

### A message from Rachel Welch, **Parent Governor**

As you read this, I hope the sun is shining more consistently than it did through spring, and we all have a long summer of warm days and evenings ahead. It always makes me smile seeing school and VI Form leavers getting together at this time of year, remembering the relief I felt when exams were behind me, and I had those precious weeks to enjoy with my friends before we all moved on to the next thing.

I'm approaching the end of my first year as the link governor for mental health and wellbeing. As part of this role, I meet with key staff within the school as we look at the current provision for students in need of support, and how we can develop existing resources to promote positive wellbeing for all, with lots of ideas in the pipeline. Mental health is a common denominator across the whole school community,

from the chair of governors to staff, students, and all our families – we all have our own ups and downs and particular challenges. The team effort of reaching the end of July with exams completed, sealed and sent for marking is not to be underestimated – and for the first time I can say that as a GCSE parent! Whether you're reaching the end of term feeling elated, deflated or dented – you won't be alone. I hope the incoming (warm & sunny!) summer break is a time for everyone to rest, reflect, recharge... and look forward to doing it all over again from September...

Rachel Welch, Parent Governor.



## Youth speaks!

Mrs Baker

Our Intermediate and Senior Youth Speaks teams competed against finalists from the Suffolk and Cambridgeshire divisions of the Rotary Club in Brandon and presented superb debates on their chosen topics: 'Should the UK put more money into making prisons more rehabilitative?' (Senior) and 'Should UK zoos and wildlife parks be closed to the public and onlymaintained for scientific purposes?' (Intermediate). The Senior team in the end lost out to a strong sixth form team from Suffolk, but the Intermediates were victorious and will go on to compete in the Cluster Finals at Luton on 23rd March. As the youngest finalists in each of their age categories, all the students deserve huge praise for their mature and polished performances in this highly demanding competition.





At the end of last term, Lit Club organised a poetry high. Lit Club members faced a tough job when they met competition with an Easter/Spring theme. Students from Year to judge the entries and decide on the winners. In the end, 7 were invited to write a poem, contained in an 'egg' template they awarded six prizes: 1st prize to Iris, 2nd prize to Isla, 3rd prize to Maisie, and runner up awards to Florence, designed by Sophie Perrem. There was a fantastic number of entries from across the year group and the standard was very Grace, and Abbey-Rose.

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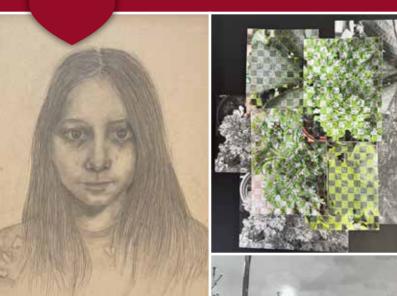




# Art, textiles and photography

Mrs Mendes-Houlston, Mrs Smith and Mrs Fijalkowska

A selection of work from our fabulous GCSE & A Level Art, Textiles and Photography students from throughout the year. We are so proud of their achievements!







































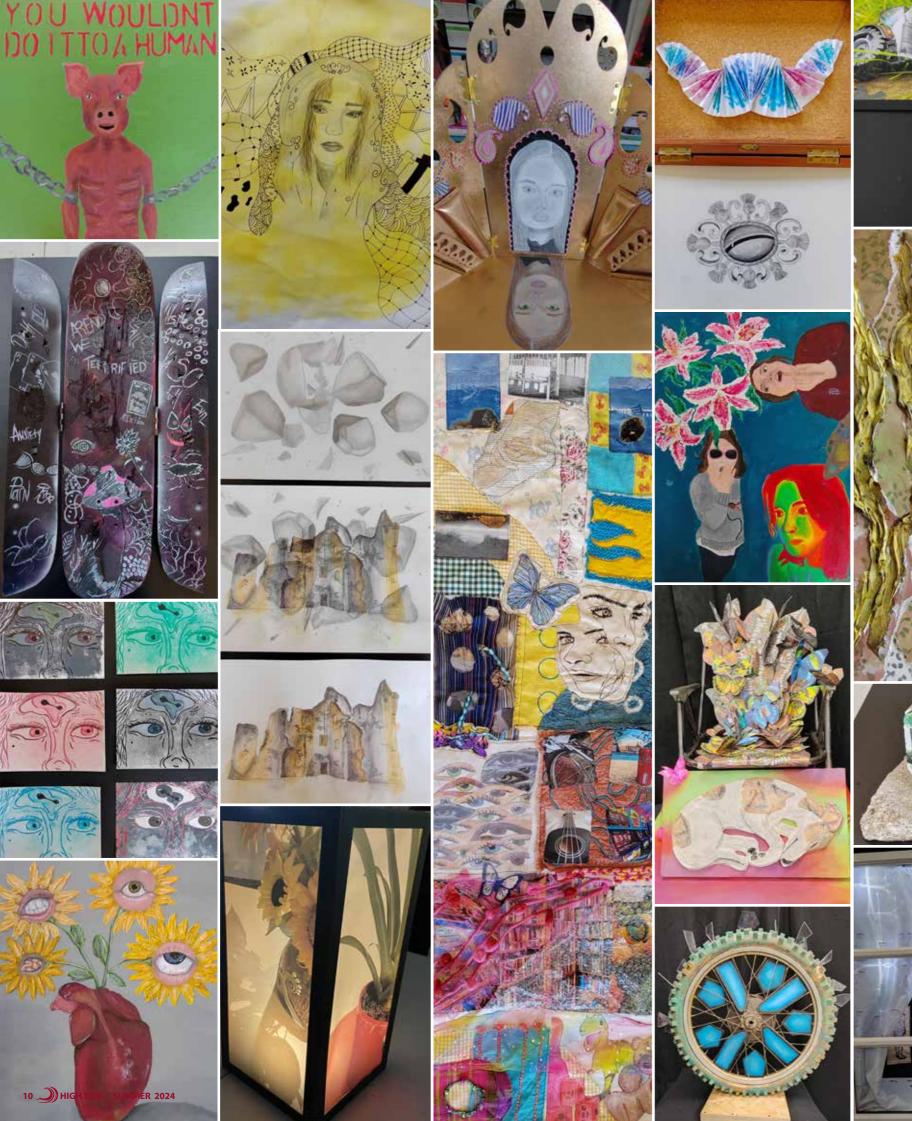




































## **RNLI** poetry competition winners

Students from Years 7 and 8 have enjoyed taking part in Sheringham RNLI's recent poetry competition, 'Carry Us Home', which has been judged by one of the country's most established poets, Moniza Alvi. There were over a hundred entries to the competition and first, second and third prizes were awarded in three age categories.

Jonah in Year 7 received third prize in the 5-11 age range for his poem 'The Waves of Time'. In the 12-16 age range,

SHS students won all three prizes, with Mia receiving first prize for her poem, 'RNLI Saving Lives at Sea', Isla second prize for 'The Perilous Swim' and Poppy third prize for 'Lifeboat?'.

All prize winners will receive book tokens from the RNLI. In addition to this, Mia, as a first prize winner, will have her poem recited on stage at the Sheringham Lifeboat Day in August. Well done to all prize winners!



### **Fundraiser For Year 11 Prom**

Mrs Hollidae



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Mouth-watering dishes such as Indian Curries, Asian and many more.

A big thank you to all the students, parents and friends who came along to our Bingo and Chips night on Thursday 25th April. Mr Boyce was a natural as our bingo caller and a fun evening was had by all. We would like to extend a huge

'Thank You' to the wonderful local businesses (see above) who donated some wonderful prizes. A fabulous total of £471 was raised for Year 11 prom funds! Thank you to Mrs West for organising a great event.

# GO LEADERS



### Go leaders girls' football festival

Mrs Randel

We took two Sheringham High School girls' football teams to Sprowston High to take part in a brand-new tournament set up to promote girls' football (6v6). It was run by their senior girls who are involved in the 'Go leaders' programme.

Our Year 7 team were runner- up in their group. Having lost their first game 0:2 against Acle, they came back and won against City Academy Norwich 3:0, with an outstanding hat-trick from Amber Umphray. The last match finished on a 0:0 draw against the host team and was helped along with a surprise header from Scarlett Spurling, which nearly knocked her off her feet, on the final whistle. Congratulations to Bethany Webster for stepping up as Captain and leading from the front. Well done girls, you all played really hard and represented SHS with pride.

The Year 8 team also ended up as runners-up in their group but only had two matches due to a last minute no-show from one of the schools. Despite losing 0:5 to a very strong Reepham side, who went on to win, we came back with a 2:0 win over the host team, with goals scored by Isla Pert and Lara Hall (who was playing up). Despite not regularly playing in goal, congratulations must go to Poppy Gale for stepping up to play goalkeeper after an injury prevented Bethany Parsonage from joining us this time. Team captain Ruby-Anne Harris led by example, working really hard in defence. Again, well done to all the girls who played what was the last match of the season. I look forward to you all coming back to football training in September. Thanks also goes out to Ms Levin and Mr Probert for helping run our weekly training sessions this year and for their support last night.





Sheringham High School has joined the Eco-Schools programme in a bid to make our School as environmentally friendly as possible.

Eco-Schools framework has guided and empowered millions of young people to deliver eco-projects that make their school more sustainable, increase environmental learning, and benefit their local community. Schools that complete the seven steps programme can apply for the prestigious Eco-Schools Green Flag award

Our current Eco-Committee is made up of 10 students from the School Council. The Committee, with the support of Mrs. Pistorius and Alex Steward, leads the Eco-Schools programme in our school. The Eco-Committee meets regularly throughout the academic year to plan and deliver environmental projects.

Eco-Committee members can be from any year group. If you are interested in joining the Eco-Committee, please see Mrs. Pistorius or Alex.



Do you have a tailor's dummy or any white/cream flat sheets that you don't need any more?

Our fantastic Art/Textiles Department would be very grateful to receive them.

If so, please email rmendes-houlston@sheringhamhigh.co.uk

Thank you for your generosity and support!

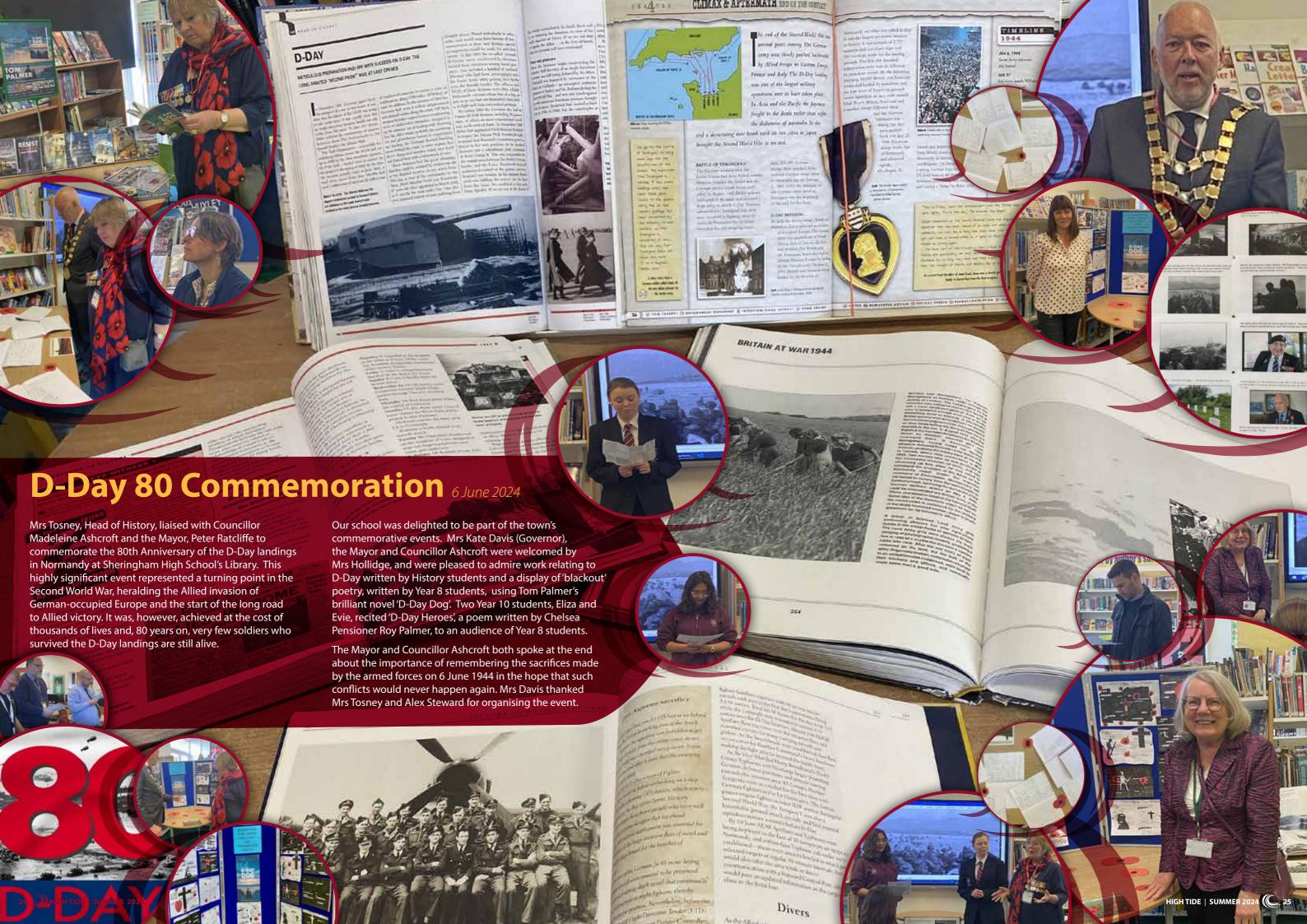


















## 6<sup>th</sup> form Futures Day

Ms Shepherd

On Friday 19th April the Sixth Form held their newly branded 'Futures' day! The day was wholly focussed on student options post 18. Young people can feel overwhelmed by the options and decisions they have to make, so this day aimed to guide students through the different pathways open to them and give them the skills and support they need at this stage. with support from the local business community and outside speakers.

Students had the option of selecting the workshops they felt would be most beneficial to them; putting together a CV, writing a personal statement for university, top tips for interviews, apprenticeships, choosing a university and a mindfulness session to help prepare and calm the nerves when it comes to the big decisions in life.

We were delighted to welcome 28 businesses, organisations and experienced people into college for a Careers Fair to meet with our students and talk about options and careers. It was really good to see the local community (and some alumni!) come together to meet our wonderful students in supporting them at this challenging stage. Our students really enjoyed the day, particularly with the Lotus careers stand where our expert, Casey Brown, gave the students some insights into the world of elite car design. Our sincere thanks go to the following businesses and individuals who gave up their valuable time:

Leanne Duncan (NHS)

Laura Warren (Secondary teaching)

Keeley Smith (Police)

Claire Howes (Atelier Photography)

Evie Ross (Norwich University of the Arts)

Lucia Debieux (Freelance Fashion Editor)

John Bugg (We are Doodlebugg)

Harry Ward (UEA)

Casey Peeke (Lotus)

Hayes and Storr Solicitors - Holt

Simon Hill (JLL- Norwich Property and Asset Management)

Management)

Bernard Smith (Architect)

Neil Tarbet (Free Spirit Mortgages)

Natasha Waghorn (Financial Planning)

Rebecca Houston (Smash Marketing)

Richard Ling (William H Brown Holt)

Jonathan Amies (Sheringham Primary School)

Kira Harrison (Youth Mentoring)

Amy Mallet (Gap Year Experience)

Louie Stronach (SWARM Apprenticeships)

Abbie Buxton and Stephanie Claxton (Reef)

Megan Broadey (Norwich City College)

Jim Murphy (Novatide Electrical)

Lilly Mackie (Norfolk Rivers Trust)

Jeff Cox (Henleys Estate Agents)

Luke Tyce (Holkham Estates Management)

David Boyce (Armed Force



Our afternoon workshops were highly popular. SWARM Training providing our students with information about how to find an apprenticeship, useful websites and how to make an application stand out in a competitive market. Our mindfulness session with Kira Harrison allowed students to explore a very important method of mental preparation for the exam season, with activities to help you remain calm and focussed. Our last session, led by the UEA, talked about university life, the many different courses the UEA has on offer, the application process and the importance of attending open days.

The day culminated in a Gap Year presentation, where students found out about the many benefits of taking a Gap Year. This can be so much more than developing a sense of adventure (although that is important!). It is also about building confidence, providing opportunities for volunteering, contributing to conservation programmes or learning a new skill or language. Students were given an insight into our gap year experiences as staff members, in terms of what we did and where we went – photographic evidence featuring Miss Shepherd, Mr Arthur and Miss Lucas can be seen here!

It really was an excellent day and we are already looking forward to next year!





I am delighted to report that three 6th Form A-Level students have been shortlisted for the Norwich University of the Arts 2024 Exhibition. Many congratulations to

Martha, Conor and Lilly.

# Career opportunities

Mr Keshavarz

After the mock exams all Year 12 students had the opportunity to gain some invaluable Work Experience in a self-generated placement. We are so very grateful to all the employers who supported our students with this brilliant venture, and this year the experiences ranged from classrooms to stately homes, and activity centres to research laboratories.









## The next generation

Mr Keshavarz

We welcomed our new Year 12 students for their Induction Day in June. Nervously awaiting GCSE results, these applicants engaged so well with the Sheringham Sixth Form experience – personal, supportive and friendly, combining high standards with fantastic results. We all look forward to sharing the many achievements they will secure with us over the next two years.

## Time to celebrate

Mr Keshavarz

June is also the sad but exciting time we say farewell to our wonderful Year 13 students. They have been a fantastic cohort who have provided so many happy memories over the last two years. They have especially worked well with the Year 12s this year, and helped organise and run so many amazing events from the inter-form sporting competitions to the brilliant Christmas Party. We enjoyed the final assembly of happy memories, embarrassing images and celebratory awards. The next stage is our annual Leavers' meal, which this year is hosted at the resplendent Rooftop Gardens in Norwich.





## An embarrassment of riches

Mr Keshavarz

In September we are looking forward to an expanded A Level offer for the new Yr12s. In addition to the current twenty-five courses in the Fine Arts, Humanities, Natural and Social Sciences, as well as Technologies and Motors, we are offering A Levels in Environmental Science, Law, Medical Science, Politics, as well as Travel and Tourism.

We are also proud to offer a post-16 Rugby Development Programme, the first of many Sports Programmes we will be introducing at Sheringham Sixth Form. The programme is designed to meet the needs of players, those interested in coaching and/or refereeing with accredited courses that will support applications to both university and employment.

Please see Mr Keshavarz for more details on these and the rest of our fantastic courses.



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Our termly High Tide Magazine is shared directly (via email) with approximately 2000 adults in our community.

Printed copies are shared with over 300 families with children aged 9 to 11 years. These children attend our local Primary Schools including Sheringham Community Primary School, Antingham and Southrepps Primary School, Cromer Junior School, Gresham Village Primary School, Holt Primary School and The Belfry Primary School.

Printed copies are also distributed in our local community in libraries and community centres.



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