



# The Smithdonian

Smithdon High School Magazine



**The Christmas 2021 Issue**



### Mr Hirst and Mrs Gibbins welcome you...

What a busy half term it has been, yet again! While we began with an unfortunate outbreak of Covid affecting both staff and students alike following the half term holiday and seem to be heading into the Christmas holiday with a new threat hanging over the country, we have had much to celebrate.

This newsletter is a celebration of so many activities and events that have taken place this half term, from raising money to support a variety of charities and good causes; commemorating Remembrance Day, and winning an international award, to developing links with local businesses to support us in creating unique opportunities for our students to get involved with.

Sporting successes along with involvement in local community events also feature as we showcase the best of what it means to be a Smithdonian!

Alongside celebrating these happy events, we are sad to be saying goodbye this week to Mr Knott, Assistant Headteacher for Key Stage Four, as well as Mrs Neal, our exams officer and cover manager. We wish them both every success in their new roles and future endeavours.

Next term we will be joined by Mrs Johnson in the Geography department, who, as Head of Geography, will take over Mr Knott's classes, as well as some of Mr Chapman's as he steps up to become Assistant Headteacher for Year 11. Mrs S Robinson will then be working with Year 10 in the New Year.

Thank you to Thaxters Garden Centre who donated our beautiful Christmas tree.

Wishing you a Merry Christmas amongst family and friends, and that you all stay safe and well this holiday season.

Mr Hirst and Mrs Gibbins.

# SMITHDON IN THE NEWS

### Caitlin and Theo accept the Award for Resilience...



All communities in Norfolk have been presented with a plaque to commemorate and reward the resilience shown through the pandemic, which was designed by a student from the Norwich University of the Arts. Caitlin and Theo accepted the award on behalf of those that supported the local community. The mayor dedicated it to the work of the council, the Round Table, the medical professionals and all education staff.



### Our potatoes win first place!



Smithdon won first place in the 'Best Quality' category in the Solana Seeds School Challenge. Our potatoes had "Very good skin finish and quality, attractive clean skins".

Congratulations to the Year 9 Science group that planted the seeds and took good care of them. All your hard work paid off!

### Year 10 achieve the Bronze Award!

Our Year 10 Duke of Edinburgh's Award students received their Bronze award certificates. Congratulations on completing the award during a very difficult time. Good Luck with the Silver Award!

# The Norfolk Lakes Trip



160 adventure seeking students from Years 7 and 8 travelled to the Norfolk Lakes Activity Centre in Lyng for a three day residential trip. Students were challenged by numerous activities including: archery, orienteering, kayaking, canoeing, paddle boarding, raft building, rifles, caving, climbing and bouldering, initiative and survival exercises, blind trail and an obstacle course.

Dinner was served shortly after their arrival and it was well deserved too, because students' survival skills were put to the test immediately after unpacking. They learned how to build a fire by constructing a windbreaker; they also hunted for the best fuel: leaves, sticks and the instructor's flint. Despite the cold weather students threw themselves into the activities, learning new skills and pushing themselves, becoming more resilient in the process. Paddle boarding was a popular activity. Students braved the cold water and even colder air, testing their strength and balance. There were several splashes too, as students crashed into the lake.

Not to worry - there were smiles, safety vests and helmets aplenty! Truth be told, there was even some deliberate polar plunging. Over the course of the residential, students bonded and encouraged each other, developing their teamwork and communication skills. They gained confidence and organisational skills - note to parents: they even tidied their dorms for rigorous inspection! Students were impressed by the facilities: from the food to the dorms and activities. They enjoyed the adventure so much that they begged to stay another day.

Until next year!



In spite of the cold, the students spent a lot of time on the water, learning how to kayak, build rafts, paddle board and canoe. They learnt how to steer and stay afloat - with a few brave students deciding to swim!



The climbing wall was 13 metres high! The students learnt how to belay to support each other and prevent the climber from falling. On the bouldering wall, they had to use their balance to navigate across the wall. Archery was another fun activity with many archers hitting the target!





Caitlin, our Head Girl, and Oliver, one of our Year 11 Ambassadors, along with Mrs Gibbins attended the Remembrance Service at the Cenotaph in Hunstanton. They laid a wreath as a tribute to those men and women from across Hunstanton and Britain and the commonwealth who fought for our freedoms in the First World War, the Second World War and all the conflicts between then and today. It was a chance to stand together and remember the millions of people who sacrificed so much to keep us safe. We are so proud of our students who represent our school: they always show respect, dignity and kindness.



*They died in splendour, these who claimed no spark of glory save the light in a friend's eye - Edmund Blunden*



On 11 November, we remembered and honoured the men and women from all wars who served, sacrificed, fought and sadly lost their lives so that we can live in a free and safe nation. Books are a fantastic way to educate children about the significance of these historical events, to put them in the place of the soldiers, children, workers and refugees. They can help them to better understand the world as it was through those terrifying years, to help them empathise with the people and families that had to learn to survive and to learn about courage, bravery and the strength and resilience of the human spirit.

**All a poet can do today is warn - Wilfred Owen**

## Reading Ambassadors



Monday mornings stereotypically begin with tired reluctance. While this may be the case across the world, there is certainly one area

of consistent exception: the Smithdon Library. The tone for the week is set by our Year 9 Reading Ambassadors, who welcome Year 7s in with a smile. Year 7s are supported with selecting books and with reading. Both year groups continue to impress.

younger students. This programme has given them satisfaction: they can see and hear an improvement in reading; they are exposed to different genres and authors and they are forging connections with other year groups.

And let's not forget the occasional breakfast!



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Ambassadors report that they enjoy supporting



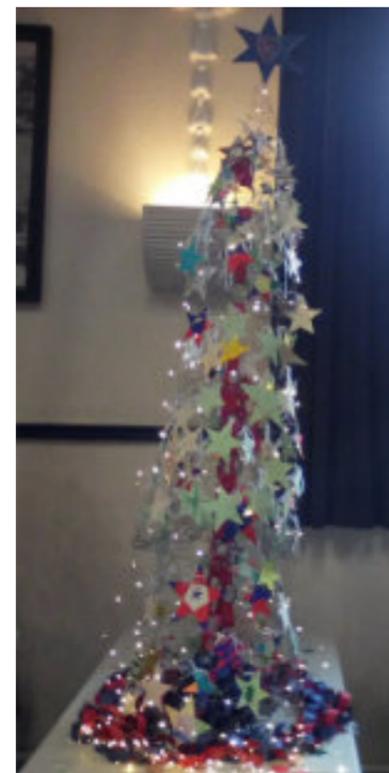
The Hunstanton Christmas Tree Festival is an annual event run by the Hunstanton and District Festival of Arts. This year marked their 10 year anniversary. There were 33 entries and Smithdon was one of them!

Recycling was a popular theme with the message to reuse items rather than 'bin it'.

Our entry was a colourful recycled tree made of items found around the school. Each Year 7 made a star decoration with a message to tie on the tree. Our Year 7 form reps and ambassadors had the pleasure of delivering the tree.

Smithdon came third in the children's category!

Well done to all those who created this wonderful example of how imaginative and creative our students can be!



Miles, Josh, Jamie, Lucas, Tyler, Evie, Kayla and Emily, our Year 7 ambassadors, celebrated with a hot chocolate!

# Food and Nutrition



## FULL TIME with Marcus Rashford



Marcus Rashford has joined forces with Tom Kerridge to create a series of recipes designed to help tackle food poverty in low-income families. The recipes are basic yet healthy and delicious whilst using ingredients that are economical and purse-friendly. This is the latest demonstration of the footballer's campaigning zeal after he forced the government to extend free school meals provision in 2020, meaning thousands of children across the UK were fed over the summer holidays.

Marcus was awarded the MBE to honour his work and dedication to supporting those families most in need during the Covid pandemic. His ongoing passion for this issue has inspired us to try some of his recipes during the after-school Cooking Club that our Year 9 Duke of Edinburgh students have been attending. We will continue to use this campaign as inspiration for future recipes



A big "Thank You" to **Bircham Windmill** who generously donated bags of bread flour to use at the after-school cooking club. We were really grateful and the students loved making the rolls!

Our Year 10 catering students spent the last couple of weeks of term getting into the festive mood by making Christmas Yule logs!

What better way to evoke the Christmas spirit?



## Cookery Club with Mrs Dibble

On Wednesdays (Week 1) I am delighted to have a wonderful bunch of Duke of Edinburgh students who are attending the after-school cooking club. They are doing this as part of their Duke of Edinburgh skills activity.

Each session we have a discussion on what we are going to make the next time; the club is very student-led. For our first session we created Potato and Leek gratin as we had been donated these ingredients from the school science garden.



For the most recent after-school club we decided to get into the Christmas spirit and made festive mince pies. The smell down the hallway was delicious!

Our future goal is to put on an evening event that will allow the students to showcase the skills they have learnt and create dishes for staff and parents to enjoy.

**Watch this space for more information!**

# Design Technology

By Mrs Birks



Teddy and Kyran using the machinery to create their pieces. Learning how to be safe when using the equipment is also a very important lesson!

Our Year 10 DT students have been learning about timbers and manufactured boards during the Autumn Term. They used plywood to make Automata toys that operate using a range of mechanisms from linkages and levers to cams and crank shafts. In these photos, Teddy is using the lathe to turn pieces of plywood, making them into perfect circles to use as cams in his mechanism. Kyran is using the pillar drill to drill eccentric holes in the cams to achieve a reciprocating movement in his design.

A selection of toys our talented students have designed and created.



# Drama

## Matilda.JR

The rehearsals for the school production of Matilda.JR are in full swing. The cast and backstage crew have been hard at work learning their lines, practising the songs and choreographing the dances. An enormous amount of work has been put into this production already and the students have shown dedication and maturity. Thank you to all parents for your support - we couldn't do it without you!



# Music

## MUSIC CLUBS

Ukulele Club is for all KS3 students - come along to the Music Room on Tuesday lunch time - see you there!



## CHOIR

If you love singing, you'll love the school Choir! There's no need to read music and no need to audition. This is a perfect way to build confidence.

KS4 is up-and-coming and KS3 is already established, so come along to the Music Room on Wednesdays during lunch time. There are a lot of shows for the new year in the pipeline and it would be amazing to involve as many students as possible.

Make new friends, share exciting experiences, relieve stress, feel good and have fun!

## New Club Alert!

Keyboard Orchestra for KS3! This will be held on Thursdays (Week 1 at lunch time). Come and play the piano individually or all together.

*It is never too late to begin learning an instrument! Please see Miss Miller for more information about availability and pricing.*



## Smithdon's Christmas Concert

By Miss Miller

### ***It's the most wonderful time of the year!***

And the busiest here in the Music Department.

Christmas time is one of our favourites here in Music but we are always running around like elves trying to get our concert ready!

We had to change our plans this year and sadly were not able to have parents here with us at Smithdon for an amazing Christmas concert...but fear not because you will still be able to experience the joy of Christmas through our virtual concert that was recorded and will be posted on the school website for everyone to enjoy! So keep an eye on the website and Twitter to make sure you don't miss it.

Our students were absolutely amazing! All of us had a day off the usual timetable together, where we turned our Drama studio into a magical winter wonderland

movie set! We decorated together and then did a dress rehearsal in the morning. That afternoon our amazing musicians all sat together and enjoyed everyone's performances while we did a full concert recording, even staying late to make sure everyone got to perform! This year's concert includes our new ukulele club, the Keyboard Orchestra, solos, duets, an original song and the choir. And don't worry, as always there is a sneak peak of this year's musical: Matilda Jr.

We are so grateful to the students and all of their parents who pick them up after rehearsals and allow them to participate in all of our events, we appreciate your support so much!

We hope to see you all at Smithdon for Matilda Jr in February...

**Merry Christmas, everyone!**

Two years ago, Chloë, Elizabeth and I were asked to take part in a Public Speaking Competition, called Youth Speaks. However, two years was not the expected time span! Because of Covid, a few months turned into a few years! The experience has been one I'll never forget, with hard work and dedication going into it every week, even with the unknown all around us. Our chosen topic was "The effectiveness of Long Term Prison Sentences":one which not only had a lot of information surrounding it, but the topic would really get you to think about prisons in general, and whether long term prison sentences are the way to go for the future.

I played the role of the 'Proposer', from the three available positions, the other two being 'Opposer' and 'Chairman'. As the Proposer I had to say why longer prison sentences were effective, give my views (backed up by my research and evidence) and state why they are a better route to go down than shorter and less consistent prison sentences. Although we did not win, we put up a great fight, and all the way from the start to finish presented our topic with confidence in what we had worked so hard on. It was a great experience, and one that I hope you too can do for yourself. Gracie

## YOUTH SPEAKS - Year 10

Back in Year 9, I was selected to take part in a debate competition along with two friends. I can honestly say I was not looking forward to this as public speaking terrifies me.

As a team we decided that our topic would be "Are Long Term Prison Sentences Effective?" I was the Opposer for this motion.

Due to Covid, the competition kept being postponed but as a team we continued learning our scripts and the competition finally took place on 10 November 2021. The competition took place on-line and our teachers joined us for moral support. Unfortunately, we didn't win, but it was nice to accomplish something out of my comfort zone! Elizabeth

## The voices of youth matter!

On Wednesday 10 November, we finally (virtually) performed our debate on 'The Effectiveness of Long Term Prison Sentences', which we had been rehearsing for over a year! Due to covid this had been postponed many times as it was supposed to take place around October last year. My role was chairperson, so I had to manage the debate between Gracie, the proposer, and Elizabeth, the opposer. We were the first school up and I was the first student to speak to kick off the evening. This was quite stressful as one minute the Rotary Club could hear us; the next they couldn't! Although we didn't win, I walked away relieved, and proud of our team. I would like to thank the teachers for letting us out of lessons (mainly last year) which allowed us to rehearse; Mrs Heyhoe who was there for us from start to finish; Mr Hirst for his words of encouragement and all of the teachers who gave us support on the day! Chloe



# RUGBY

Students from Year 7 and Year 9 recently took part in an in-house rugby festival and coaching session led by Leicester Tigers community coach, Lottie.



Around 60 students participated in a number of drills during a lesson on the school's newly established rugby pitch, with the school's Head of PE, Mr Ward, our Headteacher Mr Hirst and coaching staff welcoming the Tigers community coach. Also joining the session was Graham Woodcock, chairman of West Norfolk Rugby Union Football Club (RUFC), which has given a

set of rugby posts to the school. The donation is part of an initiative to build links between the club and local schools, including Smithdon, with the aim of encouraging participation in the sport. We also have plans in place with West Norfolk RUFC to share facilities and coaches to help further develop opportunities for students to experience rugby both inside and outside of the curriculum.

Mr Ward said: "We are grateful to West Norfolk RUFC for the donation of the set of posts and we now have a full sized pitch on which to play. This has stimulated interest in rugby again at the school with encouraging numbers of boys and girls taking part in our after school rugby clubs. We are excited by the opportunity to build in-club links with West

Norfolk."

He added: "It was also fantastic to make links with Leicester Tigers and their community coaching programme. We have already had discussions to run further festivals based on the success of this first event."

Graham Woodcock, chairman of West Norfolk RUFC said: "It's great to see the posts up and feedback from the school is very positive with the number of students taking up the sport steadily growing. We are keen to continue to foster links with local schools."



## Football Fixtures

### Year 7 vs Dereham Neatherd

The Year 7s travelled to Dereham for the 3rd round of the county cup. Both teams started the game very well, passing the ball around and pressing dangerously. Neatherd were on an attack when a handball from Smithdon gave Neatherd a penalty and 1-0 lead. Moments later a defensive error from Smithdon gave the opportunity for Neatherd to make it 2-0.

A few changes from Smithdon at half time saw us hitting the Neatherd crossbar a few times, however Neatherd counter-attacked and made it 3-0. Smithdon spirits didn't give up, we were showing no signs of letting this game go, but were denied from a Rodrigues strike that hit the post. In the last few moments of the game, the ball was whipped into a heavily defended box, and a Neatherd player managed to head the ball into the back of the net - 4-0 to Neatherd.

The boys had a great cup run and have shown that they are able to compete and play football together - well done boys!



The Year 7 Boys Football Team



The Year 8 Boys Football Team

### Year 7/8 Girls vs Hethersett Academy

This was the girls' first competitive match. They started nervously and were defending the majority of the half. Hethersett girls were passing and pressing very quickly and were able to score a few goals. This did not stop the Smithdon girls' spirits: they were still putting passes together and were unlucky with a Parsons shot outside the Hethersett box.

Hethersett started the second half very quickly and were able to score a few more goals. A tactical change saw Parsons and Edenborough partner up at the top and they were able to score 3 goals between them. Overall there were lots of positives from the game and the girls can only get better.

Well done Year 7 & 8 girls! Hethersett 10 - 5 Smithdon.



The Girls Year 7/8 Football Team



The Boys Year 10 Football Team

### Year 8 vs Jane Austen

This was the second game that the Year 8s had played together. They started the game strongly, keeping possession and pressing very dangerously. A goal from Rix saw Smithdon take the lead, 1-0. Jane Austen woke up, passing the ball dangerously and then came a goal from their midfielder, who played outstandingly and saw his strike go bottom left corner - 1-1.

Second half and both teams were looking sharp with opportunities missed. Another strike from Jane Austen's outstanding midfielder took them to a 2-1 lead. Martin was subbed on half way through the second half. Smithdon were passing the ball well and managed to get down on the wing, Ince crossed it in and with Martin's first touch of the game, saw the ball go in the back of the net and made it 2-2.

Minutes to go till full time, Gallon passed the ball back to Walden who then went on a run going past 3 Jane Austen players. Walden took a touch outside the 18 yard box, looked up and took a shot... the ball went into the top right corner...

Smithdon 3-2.

The boys have played some fantastic football and booked their place into the quarter finals of the County Cup.

### Year 8 vs Cromer

This was the first game for the Year 8 team since they started in secondary school. The game began very strongly and we kept possession of the ball. A through ball from Gallon saw Rix running past the Cromer defence to make it 1-0. Cromer were very good at counter-attacking but made no threat to Smithdon goalkeeper Seals.

The second half saw Smithdon pressing well. A ball controlled by Gallon in the middle allowed him a little run going past 2 Cromer defenders and made it 2-0.

Moments later Rix saw the third Smithdon goal - ending 3-0.

### Year 10 vs St Clements

The Year 10 football side bowed out of the County Cup in a closely contested game against St Clements. The game had a number of large momentum changes with both teams looking like they could go on to win the game. Smithdon opened the scoring thanks to a great team move and a good finish from Man of the Match, Gee. However, we were unable to hold onto the lead before half time, as St Clements scored to even up the scoring.

St Clements took the lead early in the second half before adding a 3rd a few minutes later to seemingly be in control of the game. As time continued to pass, we began to chase the game and Gee grabbed his second of the game to swing momentum back in Smithdon's favour. However, as we continued to chase an equaliser St Clements scored a goal on the break to seal their place in the next round.

### Year 11 vs Aylsham

The Year 11 football team came up against a strong Aylsham side, which contained a number of Norwich City Academy players. In blustery, cold conditions made worse by heavy rain and sleet, the game plan was to defend well and see if we could score on the counter attack. That went out of the window with an early goal for the hosts. This put us on the back foot and the home side never looked back. The team tried hard until the final whistle, with Kerr scoring a consolation goal.

## Cross-Country Running



Smithdon's cross country team travelled to Springwood for the annual West Norfolk Cross Country Championships. Our team consisted of students from Years 7-10 and we finished the competition with some fantastic results.

For the Year 7s there were top 10 finishes for Harry (3<sup>rd</sup>) Jacob (4<sup>th</sup>), Noah (8<sup>th</sup>) George (9<sup>th</sup>), Jamie (10<sup>th</sup>), Anya (3<sup>rd</sup>) and Ellie (7<sup>th</sup>).

In the Years 8 and 9 race Jaden finished 5<sup>th</sup> with Sebastian finishing 7<sup>th</sup>.

The Year 10 race saw Oliver finish 2<sup>nd</sup> and Finley qualify in 10<sup>th</sup> place.

**Well done to all the runners for giving their all and representing the Smithdon PE department.**

# MFL

KS4 students have been attending the after school French club with Mme Bonjour - our language assistant. They even got creative and festive and made marshmallow snowmen!

If you would like to improve your French, viens.....!



## Joyeux Noël!

Each term, Mrs France hosts a *petit déjeuner français* to celebrate those students who have made 'très bien' progress and have a good attitude to learning. The students received invitations and were treated to croissants a la confiture, pain au chocolat and jus d'orange. They had to ask for their preferred choice in French of course!

***Bien Joué!***



Some of our Year 9 students were surprised with a cinema experience!

Kings Lynn Corn Exchange kindly provided goody bags and treats! The students were given this reward for their outstanding efforts in their MFL lessons.

A big "merci beaucoup" to the Corn Exchange for their generosity and a big "bien joué" to the deserving students.



## Fröhe Weihnachten

The MFL Department set a challenge for the students to get creative and bake some themed, delicious goodies over the October half term. The recipes are on Google Classrooms if you would like to have a try over the Christmas break. And don't forget to send us some photos!

***Köstlich!***





# Science and Nature

Be part of the solution!



Smithdon has joined **The Big Climate Fightback** which is being coordinated by The Woodland Trust. This project has seen mass tree planting across the UK with the hope of getting 50 million more trees in the ground and they have provided us with 182 free trees to plant around the school. These small steps from all of us add up to big changes for future generations.

## The STEM Science Club

Turning Turbines offers access to all the kit you need to assemble and run a 1m wide diameter wind turbine as part of a STEM club activity. The kit is loaned to the school for 5-6 weeks by the Teacher Scientist network base at the John Innes Centre.

A group of Year 9 students who are all participating in the Youth STEMM Award have been building it over the past 4 weeks and are hoping to be generating enough electricity to light up our Christmas lights by the end of term.



Smithdon has been paired with The Elite Grand School in Nepal for a few months now, sharing ideas and touring each other's schools via Zoom and Whats app. This has given the students that are involved, a first hand experience of another culture, their school life and an insight into and appreciation of the differences but also our similarities with those from other countries.

The project has seen the students get involved in a number of varied activities from virtual language quizzes to creating the Sensory Garden.

All this hard work has been recognised and rewarded with a prestigious award! Smithdon has been presented with the British Council's intermediate International School Award.

Mrs Bowyer has worked with the students every Thursday after school, sometimes working in the DT rooms, to turn our plastics into reusable items.

If you are interested in attending the after-school club, pop along and see Mrs Bowyer in her room: she'll be happy for some extra pairs of hands!



Items that we still need:

- Nuts
- Bolts
- Metal Washers
- Milk Bottle Tops

Thank you for the donations we have already received, we are very grateful.



## COP26

For the past 26 years, the UN has created an annual organisation named COPs, also known as the Conference of the Parties. The aim of COPs is to bring all countries together to discuss global warming factors and ideas on how we can protect our future generations - which is us: students at Smithdon!

Since 1950 our global average temperature has increased at an extreme rate of 0.81 degrees Celsius. These may seem like small numbers, but it's getting higher and higher.

So, how is COP26 helping combat this?

Multiple countries have been promising to end deforestation by 2030.

The increase of forest manufacturing has caused more consequences, such as global greenhouse gas emissions, which contribute to climate change but it is also just destroying animals' habitats. However this is only a small percentage of the problems we have caused for our home. As the future generation we deserve to have a healthy future. We have to make our earth safe for our children and grandchildren. Time passes and they don't deserve to suffer the consequences of our actions. Who knows what could have happened to our earth by that point!



## Together for our planet

You may think as a young person that there isn't much you can do to affect the process or reverse the damage already done but this is not the case. Greta Thunberg, one of the most influential environmental activists, began her journey at just 15 years old. There are many things that we can do, even if it is just spreading awareness and having conversations with family and friends.

At Smithdon High School, we are trying to keep the message out there: recycling bins, less single waste plastic, recyclable gardens. We have also recently taken part in The Big Climate Fightback by planting the trees we had donated to us by the Woodland Trust.

We are all grateful to the UN for taking action, for supporting our future and for caring enough to give us the tools and education to help ourselves. We, the future, need to be pro-active; to nurture our surroundings; to educate ourselves, and encourage those around us, to help prevent the final destruction of this amazing planet.

By Kira - Year 9

# Charity

*No one is useless in this world who lightens the burdens of another - Charles Dickens*

This term we have supported three charities on their awareness days...

On 8 October, **Young Minds** promoted HelloYellow on Mental Health Day. Our students were encouraged to wear a splash of yellow - we saw yellow ties, hair accessories and badges. We raised £411.50!

We also recognised **Children In Need** on 19 November with students allowed to wear spotty items. This day raised £220.

Christmas Jumper Day to support **Save the Children** and all the valuable work they do to support children around the world is taking place on the last day of this term.

A huge "Thank You" to all the students who wore yellow or spotty accessories, will wear amazing Christmas jumpers and who have conversations with their peers and teachers about the issues that these charities are fundraising for. We appreciate every penny that was donated and that we were able to give to the charities on behalf of the school, our students and their parents and guardians.

Every year, in the run up to Christmas, we like to organise a Food Bank drive. We collect essential items that our local Food Bank is in need of and then donate it to The Trussell Trusts Food Bank that is located in St Edmund's Church Hall.

Some of the Form tutors made the collection more fun by competing with each other for the best Tin Can Castle! Mrs Soper's Form won the title but Mr Corder's form made a brilliant effort and came second.

Head girl, Caitlin and senior Ambassador Oliver will

deliver our mountain of items to the church on Thursday to be received by the Reverend Munro.

We couldn't do this without the kindness and generosity of our students and their parents and guardians, so we would like to say "Thank You" for helping us to give back to our lovely community.



Mental health is defined as 'a person's condition with regard to their psychological and emotional well-being'. However, in reality it's much more complex and entangled than a mere sentence.

In the 21st Century, young people have caused mental health awareness to skyrocket and become a huge subject mentioned in everyday conversations. Social media has become responsible for the majority of this awareness but it has brought both positives and negatives.

On 19 November, staff and students took part in a 'spotty day'. This allowed them to wear an item of spotty clothing to represent the mental health of our peers. At Smithdon High School we are presented with many options of support, ranging from in-person pastoral staff to useful phone numbers seen multiple times around school.

**So how does mental health affect our day to day life as young people?**

Mental health is often automatically seen as negative and fatalistic, which definitely isn't the case. Mental health also holds the idea of having a more positive mindset.

In time, everyone will have stressful moments and find it hard to take part in day to day activities. For some, this can grow stronger and stronger and spread around your whole body, like a virus. Mental illness is generally caused by psychological trauma, environmental stress or social isolation, though there are other factors too.

When mental illness occurs, it can be even more dangerous due to the fact it doesn't just harm just your mind, but can hurt your body as well. Things such as eating disorders have a massive effect on your body and health, resulting in dangerous outcomes. More common disorders, such as depression and anxiety, also have a vast impact on

the body. Depression and anxiety can lead to headaches, digestive problems and insomnia, for example. For some, worse things can occur which result in more severe consequences.

Social media has had a massive impact on the world. Social media has brought awareness and encouraged many people to feel more able and confident in sharing their feelings. Openness in gender questioning and sexuality has risen phenomenally. However, social media is also believed to be the biggest trigger of depression, anxiety, loneliness and self-harm. In my personal opinion, I feel social media has more negative effects than positives due to many factors; such as cyber-bullying and lack of outdoor interactions.

**So how can we prevent this from happening to ourselves and others?**

Arguably, there is a lack of things you can do to stop you or others having a downhill moment. However, there are things you can look out for as the process takes hold to try to warn them of it and attempt to prevent it from getting worse.

Some of the signals that you can spot are extreme guilt, social withdrawal, lack of concentration or sleep. Many people suffering with disorders can even seem perfectly fine, even happier or more positive than they normally would. Overall, there isn't much you can do to prevent mental illness and others suffering from it, which isn't your fault. The main thing you can do is be there for your peers, or yourself. Your own mental state matters just as much as others and deserves the same care and nourishment. Many tend to believe their issues aren't as important since people suffer worse but any problem is a valid problem. Any problem deserves to be looked at and sorted. No matter its mass.



# REWARDS

Simple rewards can produce a sense of achievement for our students, which can then create a positive learning environment, leading to an increase in motivation and well-being. This often translates into more effective learning.

Therefore this term we are pleased that we have been able to give prizes for achieving reward points and also for collecting all of last year's R3 postcards, as well as good attendance.

Bella, Oscar and Kayla in Year 7 all reached 100 reward points. They received a book each - the gift of reading is the gift that keeps on giving!

Congratulations to those students who received the full 6-card collection of 2020-21 postcards. They celebrated their success with a box of brownies that were posted through their letterboxes. An indulgent treat to share (or not!) And especially well done to the four students who won Red Letter Day vouchers.



**For collecting a different postcard every term last year, Thomas, Elizabeth, Seb and Isabelle were randomly selected to win a Red Letter Day.**

**Well Done to all of you - enjoy your reward!**

## We also ran the Golden Ticket Prize!

Golden tickets were given to 61 students: those were in the top 10% of reward points for their Year Group and without behaviour points. Every winner received a pot of Ben and Jerry's ice cream as a special lunchtime treat!



**A delicious reward for great attendance! Form groups with great attendance have been rewarded with their just desserts...**



# BUSINESS OUTREACH PROGRAMME

This term Mrs Gibbins is proud to have launched Smithdon's new Business Outreach Programme, alongside Miss Fairweather, Smithdon's Careers Lead. We are working with a large number of local businesses in order to build the aspirations of our students, provide a variety of engagement opportunities and offer careers presentations and other business-related opportunities for them.

While we were disappointed that we had to postpone our inaugural Smithdon Careers Fair event for Years 9-11 at the beginning of December, we are planning for this to take place later in the year and are currently supporting Year 10 to apply for work experience places for the end of the year.

We are also hugely grateful to the businesses below for offering their sponsorship for our Weekly Attendance Raffle prize draw. Each week a name is randomly generated from each year group. Each of those students who achieved 100% attendance and punctuality to school the previous week is awarded a £10 Amazon gift voucher. If a student has not achieved this, the prize for that year group rolls over to the next week. Congratulations to all this term's winners - everyone is entered, students just have to be present in school to win!



32 High Street  
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01485 533112

**Allen Tomas &<sup>co</sup>**  
FINANCIAL MANAGEMENT

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allentomasfinancial.co.uk



13 The Green  
Hunstanton  
01485 532252  
princesshunstanton.co.uk



Unit 12 Cheney Crescent  
Heacham  
01485 570469  
proctorroofing.co.uk

## ATTENDANCE

### Matters

A big thank you to all our families who are supporting us to improve a their children's attendance.

At Smithdon we have been working hard to raise attendance levels and improve punctuality. This is being monitored closely; both by us as a school and by our governing body. The expectation is for school attendance to be at least 96%. Congratulations to all these achieving this or above.

Where pupils are not achieving a satisfactory level of attendance, we will contact you to discuss how we can support your child to improve and attend more days at school.

We appreciate all our families have different circumstances and endeavour to work with families to make sure the right support is in place to enable all our children to attend.

This term's deserving winners for the 100% attendance voucher rewards are:

Year 7 - Dean, Rhianna, Pleasance , Mally.

Year 8 - Lillie, Eve, Zach.

Year 9 - Colby, Lauren, Emily, Hannah

Year 10 - Roxy, Finn, Shane, Connie, Alfie.

Year 11 - Oliver, Kamran, Harrison, Max, Hayden, Tiah.

Well done to the form groups with the best attendance this half term!

Year 7 - EHe

Year 8 - RDi

Year 9 - LRu

Year 10 - JHo

Year 11 - RCh

To report a student's absence, please use one of the following methods:

Phone: 01485 536123

Text: 07935 059774

Email: [attendance@smithdonhigh.org.uk](mailto:attendance@smithdonhigh.org.uk)



Get in touch...

Phone: 01485 534541

Email: [office@smithdonhigh.org.uk](mailto:office@smithdonhigh.org.uk)

Website: [www.smithdonhigh.org.uk](http://www.smithdonhigh.org.uk)

Twitter: [@smithdon\\_high](https://twitter.com/smithdon_high)

**Wishing you a very  
Merry Christmas!**

**Enjoy your break, stay safe and we will see you in  
2022!**

**Years 7, 8 and 11 from Thursday 6 January**

**Years 9 and 10 from Friday 7 January**

Thank you for taking the time to read our school magazine. If you would like to be involved by producing work or creating content, please contact Miss

Taylor in the library: [m.taylor@smithdonhigh.org.uk](mailto:m.taylor@smithdonhigh.org.uk)

**Work hard, be kind and smile!**