



# The West Bridgford Post

Issue No. 116

8 February 2019

Parent Newsletter

## A comment from....

Mrs Sharpe,  
Deputy Head



"Hi there, how are you?"

"I'm fine thanks".

How many times do we hear these conversations during our day and how many times are we part of them? During Children's Mental Health Week, our students decided we should focus on how to support each other in starting a conversation and how to be prepared if someone says "I'm not ok, can I talk to you?"

Throughout the week students and staff have been taking part in various activities to help start conversations, to find support, trying different activities to help relieve our day to day stresses and having fun along the way. Our work on mental health runs throughout the year, but having a clear focus has really raised the profile again this week.

More details about the success of this week will be published in our next WB Post, but in the meantime why not go out and start a conversation.

## DATES FOR YOUR DIARY

11th - 15th Feb Y13 Mock Exams

13th Feb - Y7 ABCD Parent Consultation 2pm to 5.30pm

13th Feb - Early school closure for Y7, 8, 9 only - 1.13pm

13th Feb - Y12 Geography trip to Cromer

15th Feb - Y8 Sci Fi Day

15th Feb - Senior Ski Trip Leave

16th Feb - Junior Ski Trip Leave

February Half Term 18th to 25th February - Returning on week 2

25th Feb - Y11 Photos

27th Feb - Y8 EFGHJ Parent Consultation 2pm to 5.30pm. School closes 1.13 for Y7,8,9.

## THE WEST BRIDGFORD SCHOOL HAVE STRUCK GOLD!

As a school, we believe that a robust and varied programme of careers provision is key to ensuring that our students go on to achieve their full potential, both with us as a school and in the world beyond West Bridgford. Enabling students to explore a broad range of career options alongside developing key employability skills has, we feel, contributed to the rich and diverse career paths that our students take after leaving us - something which we are incredibly proud of.



Speaking of pride, we are pleased to announce that we have recently been awarded the 'National Quality of Careers Standard' accreditation at gold level. Following a rigorous assessment process involving both staff and students, we received the news last week and it was gold! Our assessor reported that *"This is an astonishingly high standard of careers provision – rated amongst the best practice I have ever seen. All aspects of a substantially innovative and vibrant programme are planned, evaluated and constantly monitored"*. A reason to feel proud, most definitely!

Several areas in the report commended particular strengths of our dedicated careers provision and how it is embedded throughout the PSHE curriculum. Our broad range of careers signposting around school – on Brightspace through Career Companion, Kudos and displays – the careers talks which run throughout the year for Years 11, 12 and 13 students; our careers working party of students who offer student voice and drive forward careers amongst their peers and our enrichment days for all year groups that focus around meeting employers, employees and developing their employability skills, to name just a few.

From the 4<sup>th</sup> to the 8<sup>th</sup> March, we will be working alongside National Careers Week to promote careers across the school. Assemblies will be running all week to get students thinking about the range of careers available to them and tutor time activities will focus on the encounters that students have with different career paths every single day.

[Click here for full article](#)





**Thank you Paulo!**

Another huge thank you to Paulo's Seafood on Melton Road for supplying the Biology Department with some spectacular fish heads. Being able to source a large quantity of good quality specimens allows all the Year 13 Biologists to participate in all aspects of the curriculum.



## LEAGUE TABLES IN THE PRESS—

Click on the image below to view find out how well our school performed in the latest GCSE results tables - Nottinghamshire Live



## WEEK 1 -

w/c 11<sup>th</sup> February

THE WEST BRIDGFORD SCHOOL MENU 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Potato Baked Beans Roast Potatoes Vegetables	Chicken & Potato Baked Beans Roast Potatoes Vegetables	Chicken & Potato Baked Beans Roast Potatoes Vegetables	Chicken & Potato Baked Beans Roast Potatoes Vegetables	Chicken & Potato Baked Beans Roast Potatoes Vegetables
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KEY FOR ALLERGENS:

1. Eggs 2. Fish 3. Peanuts 4. Tree Nuts 5. Milk 6. Wheat 7. Soy 8. Mustard 9. Sesame 10. Sulphur Dioxide 11. Lupine 12. Other

## WEEK 2 -

w/c 25<sup>th</sup> February

THE WEST BRIDGFORD SCHOOL MENU 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Potato Baked Beans Roast Potatoes Vegetables	Chicken & Potato Baked Beans Roast Potatoes Vegetables	Chicken & Potato Baked Beans Roast Potatoes Vegetables	Chicken & Potato Baked Beans Roast Potatoes Vegetables	Chicken & Potato Baked Beans Roast Potatoes Vegetables
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KEY FOR ALLERGENS:

1. Eggs 2. Fish 3. Peanuts 4. Tree Nuts 5. Milk 6. Wheat 7. Soy 8. Mustard 9. Sesame 10. Sulphur Dioxide 11. Lupine 12. Other



## CHINESE NEW YEAR 2019

On Wednesday, 6<sup>th</sup> February we came together to join the celebration of Chinese New Year. This colourful and thought-provoking event was enjoyed by both students and staff and all were encouraged to get involved in the activities and seek to learn more about the varied traditions and myths associated with this wonderful celebration.

Miss Beighton organised a Table Tennis tournament during break and lunch and pupils from all year groups took on the challenge of playing against staff and one another. The competitive nature only added to the great atmosphere in the Theatre.

The canteen was transformed into a colourful space with decorations and traditional Chinese music filling the room and informative displays ready to assist those completing the quiz in the hope they might win the giant cookie! But most outstanding was the smell of the Chinese meal cooked up by our very own catering team – they certainly pulled in the customers as queues stretched the length of the room!

Huge thanks to our Culture and Diversity Ambassadors who worked so hard in the lead up to this event; to our catering team for cooking such a scrumptious meal; to Mr Beal and the English department for delivering some fun and engaging lessons; and to Miss Beighton for organising fun and games in the Theatre. The efforts from everybody on the team really did help make our celebration such a success. One of the many reasons we



host these termly culture celebration events is to encourage and nurture an inquisitive and open mind for students and staff to want to learn more about our wonderful diverse world, in a fun and engaging way. Students can then go on to find out more for themselves within their own communities.

We wish you all a very happy Chinese New Year and best wishes for the year ahead!

## TOP OF THE BENCH COMPETITION

2019 is the International Year of the Periodic Table, celebrating 150 years of Chemistry's most important and iconic concept. With that in mind, Mrs Barlow, one of the newest teachers in the Chemistry department, organised an entry this year for the Royal Society of Chemistry's 'Top of the Bench' competition. She assembled a crack team of Chemistry students from Years 9-11 who answered the first round of questions after school in November and won a place in the regional finals at the University of Derby on Saturday, 19<sup>th</sup> January.

And so, early on a very cold mid-winter Saturday morning, the four students met at school to be driven to the University of Derby and take part in the next round of the competition. They were up against 13 other schools from all over the East Midlands, mostly private schools, and the competition consisted of two rounds; the first was a challenging quiz on a wide range of Chemistry topics and the second was a practical investigation designed by the sponsors, Lubrizol. Our delegates had to test four de-emulsifiers (a common diesel additive) and produce a report and recommendation based on their findings. The participants were then treated to a series of demonstrations



of colourful redox reactions, followed by a delicious lunch whilst the quizzes and reports were marked and the results compiled.

Although we didn't make it through to the national finals, the students had lots of fun representing West Bridgford school and have gained lots of valuable experience and some fun freebies. We will definitely be giving it another go! next year!

W	B	S
Tungsten	Boron	Sulfur
74	5	16
183.84	10.81	32.06