



HIGHsted FLYERS

December 2021

Dear Parent/Carer

As we approach the festive period it is a good opportunity to take some time to look back and celebrate all that the Highsted community has achieved this term and consider what we are proud of...as I write, the sound of the newly formed gospel choir reverberates through the air echoing the words – ‘Lord I’ve been blinded by your grace’ reminding me of the importance of charity and acts of kindness that the season encourages in people.

Driven by the Highsted virtues, the school community has been determined to choose to adopt a positive perspective in all that we endeavour in order to eradicate negative thinking which has been so prevalent in the pandemic. This publication of High Flyers will take you through an array of how the Highsted student is ‘proud to be’ within their community by a series of selfless acts of kindness or by championing a positive change that will make our school community all the richer...

You will read how Madison H – our own teen hero, determined in lockdown one to make a positive difference to the lives of others, created mindfulness boxes for reducing anxiety. Her strong sense of empathy and community consciousness have enabled her to receive a prestigious Teen Hero Award 2021 from Prince William at Kensington Palace. Madison, your school is proud of your determination to support others and we salute you for your selfless acts of kindness.

Similarly, students in the Sixth Form have once again risen to the challenge of demonstrating empathy for others in the wider community by their organisation of ‘Pamper Hampers’. Strong in their desire to say thank you to care workers in residential homes who will be looking after elderly members of our extended community, they have rallied together to stand up for frontline workers who deserve our support and praise for the work they do. School, your community consciousness is an admirable character virtue and I am proud of your generous spirit in showing kindness for others at this time – thank you.

Staff have been delighted to see the fruits of budding journalists in the school as the new Sixth Form publication – High Lights recently launched its reportage on a wide variety of topics covering issues such as Diversity, Gender identity, Inclusivity and controversial debates inspired by the free Britney campaign on the ethics of conservatorships.

Within the pages that follow you will also be introduced to their interviews of our sporting superstar - Kayla M or martial arts marvels, sisters Chloe and Sophie W. To our journalist team your passion for this new innovation has sparked interest in others to follow your leadership in this way and we look forward to subsequent editions to see the world from your perspective – well done to all involved.

The staff are really looking forward to the new year when the school drama production will be launched – watch this space! Leading up to this event Highsted students have been involved in resolving the Who Dunit conundrum devised by the Year 13 drama team based on the 1920’s Who Dunit genre. Pupils across the school have found much joy in puzzling through the many scenarios presented. School it has been fantastic to see you re-engaging with the creative arts and we look forward to enabling you to explore your talents in further creative ways next term.

You will have received further communication during the day relating to the return to school and onsite testing – thank you for your continued efforts to keep the school safe at this time.

Please be advised that Highsted will re-open for term 3 on Tuesday 04 January 2022 for year 11,12 and 13. All other year groups will return to school on Wednesday 05 January 2022. Please revert to the testing schedule to appreciate the time your child is expected to attend school on their return day.

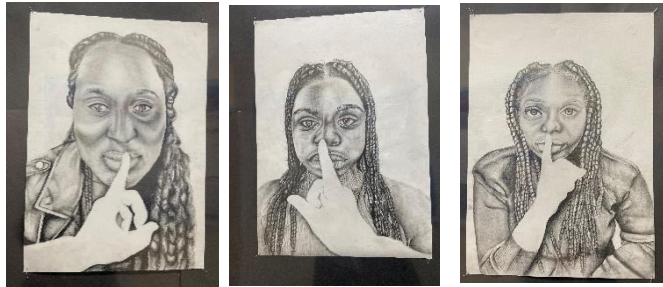
Finally, I would like to take this opportunity to thank you for your continued support of the school and a Happy Christmas to you and yours. I do hope that 2022 proves to be a happy and healthy year for you.

All good wishes

Anne Kelly
Headteacher

Black History Month

During October, the Highsted community joined together in solidarity against prejudice and inequality. Students championed the idea of 'Proud 2 Be' throughout the month in Form time activities; producing a number of remarkable displays. Students were clear in their conviction that as a community, we are unwilling to accept racism and we will stand up to those who threaten our community's belief in equality for all.



Harvest 2021

Determined to continue our 'Proud2Be' mission, the school community invested their personal development time exploring the many things that make us feel fulfilled. Form groups across Year 7 to 13, joined together to express their acceptance of one another's differences and celebrated their many accomplishments. Messages highlighted the community's pride in celebrating their role as allies of the LGBT+ community, their role in championing the rights of women and their investment in the cause to eradicate poverty in the wider community. The



students were able to gather a vast amount of food and sanitary products to share with the Swale Food Bank. We were thrilled to be able to welcome Esther Hurwood from the SFB and look forward to our next food drive.



Peer Mentoring

We are very pleased to inform you that we have been able to relaunch the Peer Mentoring programme across the school. Open to all years, students are able to access the advice of the Peer Mentors every breaktime and lunchtime in the Erlangen. We are very proud of our Peer Mentors, who have trained very hard for this role.

PEER MENTORING

One Kind Word

WHAT IS A PEER MENTOR?

As a peer mentor our aim is to provide our time to support others.
We would like to provide a safe space where we can help everyone with their worries and struggles.

WHEN AND WHERE?

Every lunchtime
1:15—2:10
In the safe space (Erlangen suite in E block)

Student Leadership Council

Highsted Student Leadership Council: Intentions

Mental Health

Confidence

Community Values

Kindness

Our Environment

A Small Change Can Make a Big Difference

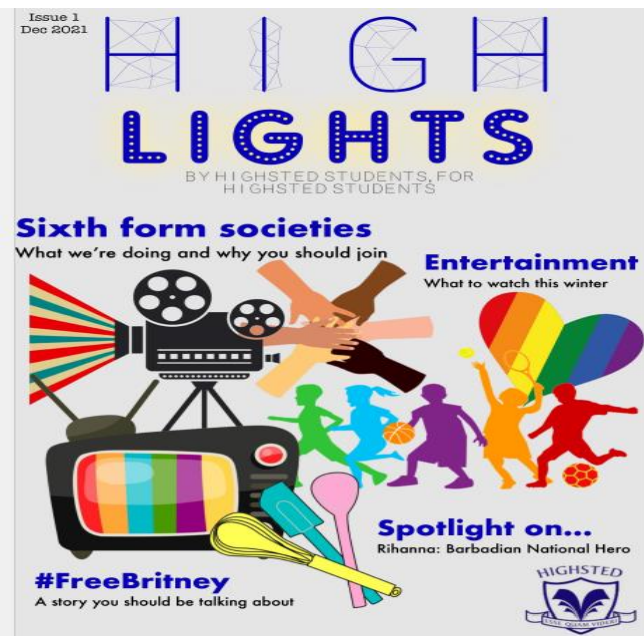
2021-2022

The Student Leadership Council have focussed this term on discussion around our sustainable development goals. The five goals that we have picked to focus on are: Reducing inequality, quality education, conservation of the oceans, gender equality, peace, and justice. As a team, we feel passionately that these objectives be included in our everyday lives at school. On the 29th November 2021, we

launched our campaign to create a greener environment. We gave the lower school the task of finding a greener way to come to school. Whether that be by walking, carpooling, or taking public transport. Every environmentally friendly journey would receive a set number of points, the form with the most points at the end of the term would receive a prize. On top of this, we plan to work with year groups individually, focusing on a specific sustainable development goal to create wider awareness of these courses.

In future terms we wish to focus on the theme of mental wellbeing. In our meetings with lower school, we established the need for an even stronger sense of community across the school, particularly between the upper and lower school after two years of separation due to the Covid-19 Pandemic. We encouraged Key Stage Five to give advice to younger years regarding protecting their mental health and managing exam stress. We also wanted to provide a forum for everyone to take part in extra-curricular activities in future terms, as we believe that these will help relieve academic stress, and improve mental wellbeing. *-The Student Leadership Team*

Sixth Form Students Launch HighLights!



Written and edited by Sixth Form students, 'Highlights' offers a unique insight both to life in Sixth Form and the ethos of Sixth Form students. The editorial team have focussed in their first issue on the Societal System at Highsted Sixth Form and the many opportunities to explore ideas outside of the classroom. We are excited to see how each issue develops.

Madison Hinton: Teen Hero

Madison Hinton (year 12) was recently commended for her exceptional achievements when she became one of 5 winners of the Radio 1 Teen Hero Award 2021. Madison was nominated for services to charity. The ceremony was held on 7th December 2021 at Kensington Palace, the residence of the Duke and Duchess of Cambridge. Prince William was in attendance to congratulate the teenagers. Also, in attendance were Radio 1 DJs Greg James, Vick Hope and Jordan North. Zara Pratt, a member of the Magazine Society, interviewed Madison about the event and her outstanding work for charity.

Q: Congratulations on winning the Teen Hero Award. Could you tell us what you were nominated for?

A: Over the first lockdown, I started to make mindfulness boxes for the local mental health charity Mid Kent Mind. I have been supporting them with boxes for adults and children ever since. I had already been nominated for other awards previously. I won the Kent County Council Try Angle Award for Community Action in March, but this award is my greatest achievement to date.

Q: What goes into your boxes?

A: Youth boxes contain stickers, sweets and fidget toys, which help to distract children when they are distressed. Adult boxes contain teabags and bath bombs. Both sets of boxes also contain positivity cards, a hand-written letter and a handmade keyring. I am for my boxes to aid relaxation.



Q: What motivated you to start making these boxes?

A: I wanted to make a difference to other people's lives. Having suffered with my own anxiety issues, I felt that I was coping better than some other people would be during the lockdown periods. I wanted to support others with their mental health.

Q: How did it feel to be nominated for the Teen Hero Award?

A: I was shocked. It was really unexpected but it was an incredible honour.

Q: How did it feel to be in the presence of royalty?

A: I was very nervous about going to Kensington Palace, because I had to learn royal etiquette beforehand. The event was actually quite informal and relaxed. Prince William was very down to earth and approachable. He made us all feel at ease.



Q: What do you hope to be able to achieve next?

A: I just want to continue to make a difference to other people's lives. I'm going to keep making my boxes so that I can continue to support those in need.

Q: What advice would you give to other students thinking about getting involved in charity work?

A: Just do it. Volunteering your time to help others is so rewarding and can give you a sense of fulfilment.

Highsted Sporting Stars

Kayla Moerman: Swimming Superstar

Saskia Smith, a member of the Magazine Society, had the pleasure of talking to Kayla Moerman (Year 11) following her recent participation in the local National Arena League swimming gala which took place in Hastings on 11th December 2021. Saskia asked her some questions about her involvement with swimming and competing.



Q: Could you tell us about your recent achievements in swimming?

A: I compete in swimming galas and have recently made qualifying times for championships next year. My speciality is the Butterfly stroke. My 1500m and 200m. My personal bests for these distances are close to the South East Regional times. My fastest time for Butterfly is 31.6 seconds for 50m.

Q: How does it feel to take part in competitive swimming?

A: I really love swimming. It's a rewarding sport and it always makes me feel proud and happy. However, it's also very challenging and nerve-wracking at times.

Q: How long have you been participating in competitive swimming?

A: I've been swimming most of my life but I've been competing since I was eight.

Q: What is your proudest sporting achievement so far?

A: I would have to say racing in the South East Regionals qualifications. I qualified a year early.

Q: How did the pandemic restrictions affect your progress?

A: It was hard to get back into training but I noticed a big improvement in my swimming. I'm excited to see what progress I make in future events.

Q: What do you hope to be able to achieve next?

A: I would like to qualify first for regional and then national championships.

Q: What advice would you give to other students who have similar aspirations in sport?

A: I would tell them don't lose sight of why you started doing the sport in the first place, even if it becomes overwhelming.

Q: Why would you encourage others to be involved in swimming?

A: I understand that it's not for everyone but I think it is fun and helps you to focus on something other than work and other stressful situations.

Q: How do you prepare yourself for any upcoming competitions?

A: I become more conscious of my sleeping and eating patterns to keep healthy. There is also quite a lot of mental preparation involved, such as visualising the races.

Q: Who do you look up to as a role model within swimming?

A: I would have to say Katinka Hosszù, a Hungarian swimmer. She is known as the Iron Lady because she is determined and fearless. I think that she is a strong role model for swimmers. I would also have to say my dad as he is really supportive.

Q: What do you see yourself accomplishing in the future?

A: Overall, I would like to be able to qualify for the Olympics.

A note from her Coach...

When we first started training together about 3 years ago, (12 when we started) she was coming out of shoulder rehab. After lots of investigating, it was diagnosed that her shoulders were under developed - it was just time and careful training to get

through that. Kayla never stopped, never quit and consistently pushed through each barrier to improve every day. She never stopped training through the pandemic with online sessions. She trains every day and dreams of success. Swimming is her life. Over the last 2 weekends, she has been racing and what a breakthrough she had 4 golds, 5 silvers and 5 bronze with loads of PB's including one taking 7 seconds off!! This is just the beginning but what a true story of resilience, sticking to your plan and never stop believing. Oh and absolutely loving your sport and training. Proud S&C coach !!

The Williams Sisters - Martial Arts Marvels

Sisters Chloe (Year 9) and Sophie (Year 7) and Williams are to be commended for their recent success in Taekwondo. On 28th November they both attended and competed in the P.U.M.A British Championships at Thornbury Leisure Centre in Bristol and placed remarkably well amongst



their other opponents. Gloria Aina and Tomi Onabanjo, of the Magazine Society, had the opportunity to interview the sisters and learn more about their experiences - not only at the event, but in the sport as a whole.

Q: Congratulations on your recent achievements in Taekwondo. Could you summarise the event for us in your own words?

A: Sophie: The competition was for all ages, and the categories were determined by height and weight, not age. There were three different events at the competition - Sparring, High Kick and Patterns.

Chloe: I competed in High Kick and Sparring and won Gold in both.

Sophie: I competed in Patterns, winning Bronze, as well as Sparring, winning silver.

Q: How did it feel to receive your awards?

A: Chloe: It felt great. Winning Gold was a great achievement.

Sophie: It was really good, specifically achieving highly in the Sparring.

Both sisters were all smiles when answering this question. We could see that they were really proud of these achievements.

Q: How long have you each been participating in the sport?

A: Chloe: I began when I was around five years old.

Sophie: I started when I was four.

Chloe is 13 and Sophie is 11 now, so they have both been competing in Martial Arts for the majority of their childhoods.

Q: What are your proudest sporting achievements so far?

A: Chloe: Probably how I performed and placed at this event. Winning Gold twice was really exciting.

Sophie: My proudest achievement was definitely in another fight I took part in when my opponent was taller than me. She had the advantage but I still managed to win despite the difficulties.

Q: What do you hope to be able to achieve next?

A: Chloe: I'm hoping to receive my black belt in the summer, which I'm training for. Currently I am a black stripe. This is one level away from black belt.

Sophie: I'd say the same, but I'm on a red belt which is two levels away from getting a black belt.

Q: What advice would you give to other students who have similar aspirations in sport?

A: Sophie & Chloe: Try your best and don't give up.

Q: Why would you encourage others to be involved in sports?

A: Chloe: Sports keeps you fit and healthy.

This is definitely true, not only for the body but for the mind and your mental health as well. Chloe also takes part in hockey and is an avid sporting fan.

Sophie: It's a way to make friends out of school and with people you may not usually meet.

Speaking with both Sophie and Chloe was extremely inspiring. The sisters have received remarkable accolades at such a young age. The determination and perseverance they each have in this sport has to be congratulated as we know it must take a lot of effort and resilience. We hope their personal experience can serve as encouragement to anyone interested in taking up a new sport, passion or goal. They have really taught us the importance of aiming high and not limiting ourselves.

Christmas Jumper Day - Save the Children

The term drew to an end with students and staff getting into the Christmas spirit wearing their Christmas jumpers to raise money for Save the Children. We were honoured to be joined virtually by Carol Reed, the chairman of Save the Children, Canterbury division. Carol shared with the whole school community her life-long dedication to the charity as a volunteer and the important work that the charity has done worldwide to support children in need. Students were notably impressed that she was commended for her work for this prestigious charity in the Queen's Birthday honours list for which she received an MBE for her significant contributions.

Her heart-felt message of the importance of social action provided hope that new generations of community conscious ambassadors will continue to make a difference.



Highsted Drama Competition 2021-2022 Who Dunit?

The whole school has begun the drama competition for this academic year which has been embraced by all students in all year groups and has been quite the fun affair! Phase 1 began with our talented and dedicated year 13 Theatre students who created their own film in the style of a 1920's Who Dunit? They took on a range of characters and devised a puzzle for all students in each form to deliberate who the culprit was! Phase 2 involved all forms voting and it was incredible to witness the results with the winning forms being 7.4 and 13.4. Proving age is not a hurdle for problem solving. Following the reveal film (in the style of Death in Paradise – if you watch it!). Phase 3 developed into the competition being launched. Now, each year group gets the chance to create their own version of a Who Dunit for the school drama



competition. Again, great leadership from our Sixth Formers will allow them to guide their allocated year group to take part in this historic and popular annual competition. So, far scriptwriting, casting and auditions are in process, and we look forward to keeping you updated on their progress and outcomes.

Letter to my Primary School Teacher

Year 7

As part of demonstrating the Highsted virtue of being community conscious, Year 7 completed a letter to their primary schools in which they recognised the support of their former teachers. They took this opportunity to share with their teachers how they have settled into Highsted. The letters featured drawings of inspirational figures that Year 7 have been looking at in Term 2.



On Thursday 16th December, Year 7 came together with their form classes to watch the wonderful production of *Cinderella*. Laughter could be heard down the corridor as they chuckled with their friends.

Year 8

Year 8 have developed their understanding of making and maintaining friendships through participating in the Friendship Day. They have also recognised the importance of supporting each other in the community, coming together to create Harvest boxes to support Swale Food Bank and over the past week have written letters to care homes wishing them the best for the festive holiday.

Pamper Hampers

In response to the continued demands on Care Workers in our community, Highsted Sixth Form students have come together to share their support for front line workers. Students across Year 12 and 13, again raised funds to produce 'Pamper Hampers' for Care Workers in residential homes who will tend to the elderly and frail over the Christmas period. This is the second year that the students have invested time and energy in this activity and they feel strongly that frontline workers deserve our continued support.



Calendar Update

January	
Tuesday 4	Start of Term 3
Monday 10	Year 13 Trial Exams start
Thursday 13	Education for Life Day 3
	Year 11 Sixth Form Familiarisation Day
	Post-16 Information Evening
Wednesday 19	Year 10 Parents' Evening
Friday 21	Year 13 Trial Exams end
Tuesday 25	Year 11 Parents' Evening
February	
Thursday 3	Intermediate UK Maths Challenge
Wednesday 9	Year 13 Parents' Evening
Friday 11	End of Term 3
Staff Development Day 4	
Monday 21 Start of Term 4	
Thursday 24	Year 9 Exhibition and Preferences Evening
	March
Tuesday 1	55+ Concert
Thursday 3	World Book Day
Thursday 17	Year 8 Parents' Evening
Wednesday 23	Spring Concert
	April
Friday 1	End of Term 4
Tuesday 19 Start of Term 5	
Wednesday 20	Year 9 Parents' Evening
Thursday 28	Junior Maths Challenge



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