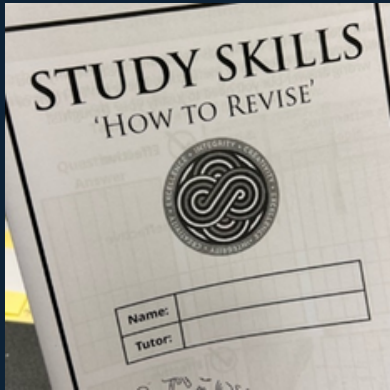




06 OCTOBER 2023 | ISSUE 5

FERRYHILL SCHOOL NEWSLETTER

INTEGRITY | CREATIVITY | EXCELLENCE



STUDY SKILLS

From next week, our Year 11 students will all begin a Study Skills program during tutor time. The sessions will focus on what students need to do in order to revise and prepare fully for their upcoming examinations.

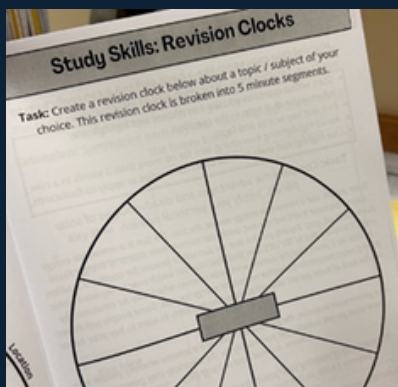
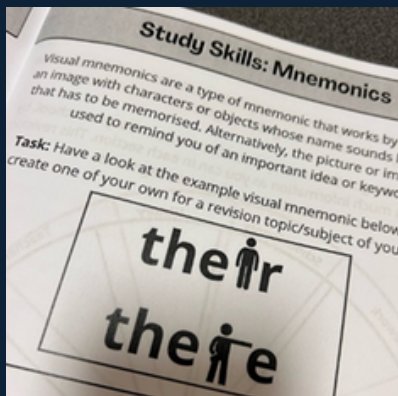
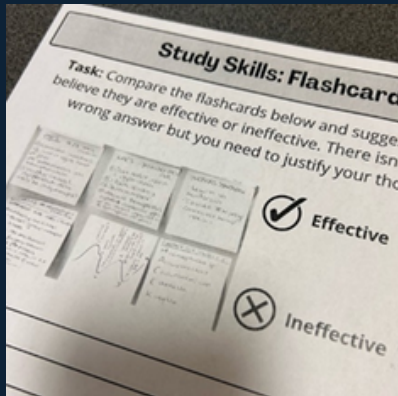
Students will learn a three-step method to revising:

1. Understand - subject content
2. Process - revision techniques
3. Practice - past exam questions

During tutor time, students will have the opportunity to explore different revision techniques which should be undertaken as part of the 'process' step.

They are as follows:

- Flashcards
- Mind Maps
- Mnemonics
- Revision Clocks
- Highlighting
- Command Words



YEAR 9 MIDDLE SCHOOL (FERRYHILL LEISURE CENTRE)

We feel very fortunate that we were able to 'take over' Ferryhill Leisure Centre and create a wonderful learning environment for our Year 9 students. The staff here are absolutely fantastic and have accommodated all of our needs. We were able to make individual spaces to accommodate each class which has helped the students settle into their new school.

We would also like to say how proud we are of how the students have adapted to their new surroundings, they are engaged and focused during their lessons.

We asked the students for some feedback as to what is working well, some comments we have received are:

'the routine is good', 'behaviour is good here', 'lessons are going well', 'people are doing more', 'the layout is good', 'we have more to do during break and lunchtime'.

Keep up the good work Year 9!



A WEEK IN YEAR 9



WE WANT YOUR CRISP PACKETS

Our school is supporting 'Nite Light CIC' a local charity that supports homelessness.

Sleeping bags are something that costs a small fortune. The charity is starting a project which recycles crisp packets and makes sleeping bags.

These are waterproof and warmer due to the foil acting as an insulator.

It takes 150 crisp packets to make a sleeping bag, can you help collect them at home, school or your place of work?

Please take your donations to:

Upper School: Mrs Snaith

Middle School: Mrs Langdale

Lower School: Mrs Thompson

The packets need to have the foil on the inside,
thank you in advance for your support!

<https://nitelightcic.co.uk/>

[#recycling](#) [#helpingothers](#) [#homelessness](#)



COST OF ACCESSING EDUCATION SURVEY

This survey is designed to gain a better understanding of primary and secondary education's cost and affordability and how it impacts families in County Durham. If you are a parent or carer of children who attend primary or secondary school in County Durham please scan the QR code and complete the survey. The questionnaire takes about 10-15 minutes to complete.



AFTER SCHOOL ACTIVITIES

After school activities will resume at Ferryhill site every Monday, Wednesday and Friday. Each session will run from 2:50 - 3:30pm.



Monday - Netball

Wednesday - Football

Thursday - Dodgeball



NEW - ENGLISH CLUB

Come along to Miss Major's new exciting English club starting Wednesday 11 October, 3:00 - 3:30pm. Next week you will be creating your own mini sagas.

TIMINGS OF THE SCHOOL DAY



FERRYHILL LOWER SCHOOL - TIMINGS

Morning Meeting	08:30 – 08:45	
Period 1	08:45 – 09:45	
Period 2	09:45 – 10:45	
Break	Y7 10:45 – 11:00	Y8 11:00 – 11:15
Tutor	Y8 11:00 – 11:15	Y7 10:45 – 11:00
Period 3	11:15 – 12:15	
Lunch	12:15 – 13:00	
Period 4	13:00 – 13:45	
Period 5	13:45 – 14:30	
Afternoon Meeting	Y7 14:30 – 14:45	Y8 14:30 – 14:50

Years 7 & 8

Year 7 and 8 students need to be on Ferryhill School site by 8:20am every morning and should head to the tennis courts on arrival. At 8:20am, a bell will ring for students to line up. At 8:25am, a further bell will ring for students to enter the building for morning meeting which will commence promptly at 8:30am.



FERRYHILL LEISURE- TIMINGS

Morning Meeting	08:30 – 08:45
Period 1	08:45 – 09:45
Morning Break	09:45 – 10:00
Period 2	10:00 – 11:00
Period 3 - First Half	11:00 – 11:30
Lunch	11:30 – 12:00
Period 3 - Second Half	12:00 – 12:30
Period 4	12:30 – 13:30
Tutor	13:30 – 13:45
Period 5	13:45 – 14:40
Afternoon Meeting	14:40 – 15:00

Year 9

TIMINGS OF THE SCHOOL DAY CONT....



FERRYHILL UPPER SCHOOL - TIMINGS

Morning Meeting	08:30 – 08:45	
Period 1	08:45 – 09:45	
Period 2	09:45 – 10:45	
Break	Y10 10:45 – 11:00	Y11 11:00 – 11:15
Tutor	Y10 11:00 – 11:15	Y11 10:45 – 11:00
Period 3	11:15 – 12:15	
Lunch	Y10 12.45 – 13.15	Y11 12:15 – 12:45
Period 4	First half 12:15 – 12:45 Second half 13:15 – 13:45	Y11 12:45 – 13:45
Period 5	13:45 – 14:35	
Afternoon Meeting	14:35 – 15:00	

Years 10 & 11

WELLBEING ASSEMBLIES

This week we were visited by the EWELL service who work with families to support and inspire resilience. Assemblies were delivered to year 7 and 8 students focussing on support available for mental health and emotional wellbeing.

Year 9 assembly will take place on 13 October.

Years 10/11 assembly - TBC



PARENT NOTICES

PARKING AT FERRYHILL

Parents are not to park in the school car park or enter the site on foot to collect their child unless they have been provided with a permit from School. Due to ongoing works around the area, we have a designated exit to ensure students can leave the site safely.

AEROSOLS

Aerosols are NOT allowed in school in any form ie deoderant, hairspray, dry shampoo etc. If your child is found with this in their possession, the item will be confiscated and will have to be collected by parents.



LATE BUSESSES

Please note late busses will not run for afterschool clubs. Your child will be expected to make their own way home.

PE KIT REMINDER

Can we please remind parents that students must have their PE kits in school on their PE day. Please remind your child to check their timetable daily.

RECORDING ABSENCES/ATTENDANCE

All student absences must be reported to school by 8:30am each day. This can be done by contacting (01740) 651554. Please then select **option 1** to be directed to Student Support. If there is no one available to take your call, please leave a message on the answer machine provided. Alternatively, you can email any attendance related queries to attendance@ferryhill.school

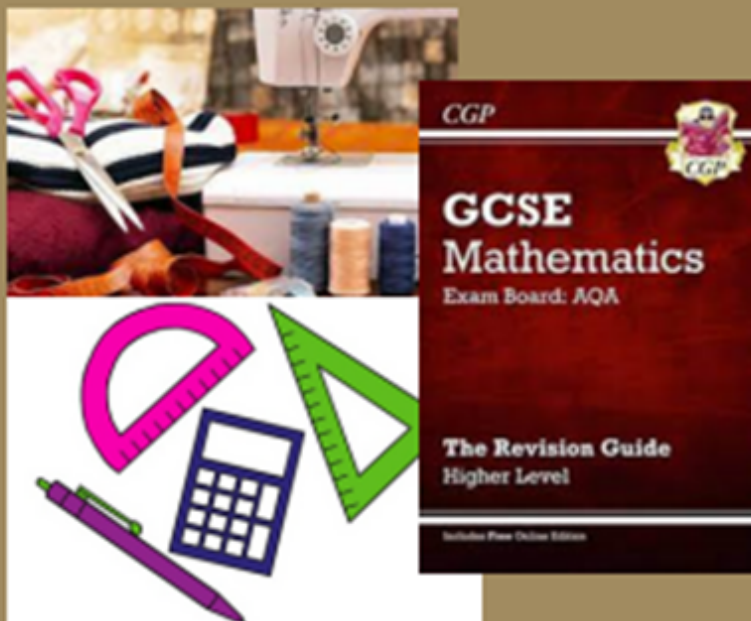
PHOTOTRONICS

Year 7 photographs will be taken in school on Monday 16 October.



School equipment now available to buy on ParentPay

In Technology and Creativity, we already provide general materials and basic equipment free of charge for students to complete their work within areas of the department. Unfortunately, prices have increased and we will now need to charge students £4.00 a term. This will include all products within Resistant Materials, Textiles, Graphics and CAD/CAM and students will be able to take their products home.



Casio scientific calculator and pencil case (pencil case, 3 black pens, 2 green pens, 2 pencils, 2 small & 1 large ruler, rubber, pencil sharpener, compass, protractor, glue stick & 2 highlighters - £10.00.

FINAL STOCK Casio scientific calculator - £8.55.

Pink Casio scientific calculator £9.10.

Pencil case (pencil case, 3 black pens, 2 green pens, 2 pencils, 2 small & 1 large ruler, rubber, pencil sharpener, compass, protractor, glue stick & 2 highlighters - £2.50.

LET'S READ TOGETHER!

We have just received our fantastic whole class reading books for this year. We wanted to introduce our students to a wide variety of texts by different authors and this collection does just that:

When The Sky Falls by Phil Earle - set in 1941 and telling the story of Joseph and his bond with a silverback gorilla, Adonis, at a rundown zoo. Find out what happens when war threatens everything they know.

The Haunting of Aveline Jones by Phil Hicke- the story of Aveline, who loves books and what happens when she discovers a spooky old book about a mysterious disappearance which she decides to investigate. Now someone (or something) is looking for Aveline!

When The World Was Ours by Liz Kessler- inspired by a true story, this book tells of three friends living during the Second World War whose fates are closely intertwined, even when their lives take very different courses.

Students in Year 7 and 8 will be reading these texts during their reading lessons at Lower School and we can't wait to get started with them.



LEARNING HABITS



FERRYHILL
SCHOOL

INTEGRITY | CREATIVITY | EXCELLENCE



POSITIVE
RESPONSE

WE DO AS WE ARE ASKED FIRST TIME,
EVERY TIME.



PUNCTUALITY

WE ATTEND EVERY DAY
AND ARE ON TIME FOR ALL LESSONS.



CORRECT
UNIFORM

WE WEAR THE CORRECT UNIFORM
AND TAKE PRIDE IN OUR APPEARANCE.



EQUIPMENT

WE HAVE ALL THE TOOLS SO THAT
WE ARE READY TO LEARN.



ON TASK
BEHAVIOUR

WE ARE ALWAYS ON TASK IN EVERY LESSON
AND BEHAVE WITH INTEGRITY OUTSIDE
OF THE CLASSROOM.



GETTING IT RIGHT

AN IMPORTANT MESSAGE TO OUR STUDENTS

As we embark on this new academic year, let us first acknowledge the undeniable truth: life is a journey filled with challenges! One of the most valuable lessons you will learn during your education is not just the content of your textbooks, but the art of overcoming obstacles, and the resilience to keep moving forward.

It's not about what you're up against; it's about how you choose to tackle it.

Here's how challenges can shape your journey to excellence:

1. Personal Growth and Resilience:

Every challenge you face is an opportunity for personal growth. The process of overcoming difficulties builds your resilience. It makes you stronger, more adaptable, and better prepared for the challenges that lie ahead in your academic journey and beyond. Remember, it's not about avoiding adversity but embracing it as a chance to evolve.

2. Learning and Development:

Challenges are our greatest teachers. They force us to think creatively, problem-solve, and develop new skills. When you overcome a challenging situation, you're not just learning from your textbooks but from the real world. Each obstacle is a chance to become a more knowledgeable, capable, and well-rounded individual.

3. Building Confidence:

Every challenge you conquer boosts your confidence. It shows you that you have the strength and determination to overcome anything that comes your way. As you face the challenge of a new school setting, remember that by tackling it head-on, you're not just resolving an issue but also building the confidence to handle future challenges.

4. Achieving Your Dreams:

Success is sweeter when it's hard-earned. Challenges are the stepping stones that lead you closer to your dreams. When you overcome obstacles, you're one step closer to achieving your goals. Think of every challenge as a test of your commitment to your aspirations and an opportunity to prove your dedication. As you navigate this year, remember that challenges are not meant to break you but to shape you into extraordinary individuals. Embrace them with determination, courage, and an unwavering belief in your abilities. Remember, you're not alone on this journey. Your teachers, parents, friends, and the entire school community are here to support.

Stay inspired, stay resilient, and give it everything you've got!



Emotional Wellbeing

In order to support the transition to secondary school during the course of September we have arranged a number of workshops delivered by the Durham County Emotional Wellbeing Team.

More information will follow.



Heads of Year

Year 7:

Mrs Young

hyo@ferryhill.school

Year 8:

Mrs Rowley

aro@ferryhill.school

Year 9:

Mrs Craddock

ccr@ferryhill school

Year 10:

Mrs Hobson

gho@ferryhill.school

Year 11:

Mr Simpson:

psn@ferryhill.school

Learning Support

If you have any questions about your learning, please email us on:

learningsupport@ferryhill.school

IT Support

If you have any questions about remote learning and accessing Teams email:

itsupport@ferryhill.school

Teaching Support

If you require support from your class teachers they will remind you of their email addresses next week during online lessons

General

If you have any general questions you can contact our general office on **general@ferryhill.school**

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



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