



South York
MULTI-ACADEMY TRUST

FULFORD SCHOOL NEWSLETTER

DECEMBER 2022

Headteacher's Welcome



Honesty Empathy Ambition Respect Tolerance

Over the past few days, the temperature has dropped and it feels like we truly are in the middle of winter. Short days and long nights can make us feel that we want to draw in on ourselves. Christmas and New Year celebrations bring families and friends together and the opportunity to reflect on what has been and look forward to what is to come. 2022 has been a challenging year for many of us and 2023 holds further news of economic downturns and difficult times ahead. As I look back on last year it is with pride in our diverse and inclusive community which supports and cares for each other. Throughout the year we have engaged with local, national, and international issues, through campaigns and charity work or simply welcoming students new to our city and country. We are a school that doesn't draw in on ourselves, we strive to be a community that is always outward facing, bringing about positive change in the world. Our accreditation as a World Class School demonstrates the deep commitment our students have as learners and leaders. As we look forward to next year, we are excited to see and share and develop the numerous skills and attributes our students have and the opportunities they take onboard.

"Remember this December, that love weighs more than gold."

Josephine Daskham Bacon

YEAR 7

Ms F Garland



"...excelling inside and outside the classroom ..."



The Year 7 Team have been excelling inside and outside the classroom this half term.

We've had victorious hockey and basketball games, delicious flapjacks and high subject praise! Our Team Voice Panel has been elected and they will be the voice of the year group.



Forms have been displaying epic teamwork in Miss Garland's December Challenge each morning. Additionally, Mr Norwood took 6 students to an ISSP debating event at St Peter's School, the students loved the experience and showed real debating skills!

Ms Garland, Head of Year 7



YEAR 8

Mrs F Wise



“...great confidence ...”

On Wednesday 23rd November, Eve Marshall and Hattie Wells (8PHK) represented the school in the annual York Civic Trust public speaking competition, which took place at the Merchant Adventurer’s Hall.

They did a brilliant speech on the subject After Covid, who needs to go to school or work? Why do we have to go to school at all? Their performance was well-argued, humorous and entertaining, and they performed with great confidence. They were a real credit to the school – well done!

Mrs Wise, Head of Year 8



YEAR 9

Mr Bonsels



"...wonderful enrichment experience ..."

A really exciting event for our year group this term was the RE trip to London. Mr Nesbitt has kindly contributed some information about this wonderful enrichment experience.

Mr Bonsels, Head of Year 9

RE Trip to London

The Religious Studies Department ventured to London for three days to see the city in its winter Christmas glory. The students were treated to a festival of culture and learning in visiting various religious sites. The students visited the Hare Krishna Centre, St Pauls Cathedral, Finsbury Park Mosque, Westminster Cathedral and St Albans Cathedral. In addition to these places of worship the students experienced a guided tour through the old city streets exploring the locations and buildings associated with the slave-trade, a spin on London Eye and a quick bit of shopping at M & M World.

The attitude of the students and respect shown by the young learners of Fulford made leading the trip a pleasure. Many thanks to the goodwill of the students and staff.

Mr Nesbitt, Curriculum Leader, RE



SIXTH FORM

Mrs K Davies



“...future plans...”

On Friday 9th December Year 11 joined the Sixth Form for a day. Following a welcome assembly from the Director of Sixth Form (Mrs Davies) and the Head of Year (Mrs Jenner), students went straight into their taster lessons for Period 1. Having picked their choices earlier in the term, students got a chance to enjoy various subjects at KS5 level, getting a real flavour of the topics, assessment and style of teaching they can expect next year.

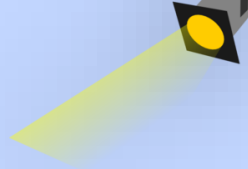
Throughout the day students got to experience some of the various subjects, including ones they are familiar with such as English, Maths or History. However, there was also the opportunity to enjoy new and exciting subjects. In Forensics, students did finger printing and carried out numerous experiments while in Psychology students looked at data.

Students enjoyed free time in the Common Room at lunch time, in the newly decorated space. Next term, all Y11 students will have interviews with senior leaders about their future plans. Students will be able to make a final application to Fulford Sixth Form by 3rd February 2023.

Mrs Davies, Director of Sixth Form



SPOTLIGHT ON...WELLBEING AND COUNSELLING



Each half term, we shine the spotlight on an aspect of our school. This half term we talked to Martha Fewster and Richard Hearn from the counselling team in school to find out more about what they do and how they can help our students.

Meet the team:



Amanda Stuart

Post 16 Learning and Wellbeing Officer



Martha Fewster

Post 16 Wellbeing Worker



Jennifer Tomlinson

School Social Worker

& Trust Safeguarding Advisor



Richard Hearn

School Counsellor

& Wellbeing Lead

SPOTLIGHT ON...WELLBEING AND COUNSELLING



Richard Hearn
School Counsellor
& Wellbeing Lead

What is your role in school?

I am the School Counsellor; I work with students in a person-centred way to support their ability to feel better and get better at feeling. Together we explore their mental health (their perceptions) and their emotional health (their ability to express themselves).

What do you love about your role?

I love to see students recognize their unique value and I love how hard they work to understand themselves. Perhaps what is most fulfilling is when a student lifts up their head and leaves the room a few inches taller.

How does counselling support learning in the school?

I think the main way counselling can support learning is in noticing when we're full - emotionally full, and being aware that, when those feelings are uncomfortable, our capacity to sit and learn is inhibited.

How does a young person access your support?

The counselling service is typically offered to students who are experiencing more persistent symptoms, rather than circumstantial challenges like exam stress or a friendship breakdown. Referrals are made through the pastoral team (HOYs or AHOYs), but if a student wishes they can talk to any trusted member of staff, or refer through a parent/carer. Where possible we will then offer a student a self-referral form to complete. Alternatively, students can use the 'Reach out' function under the Safeguarding & Wellbeing section of the school website.

What advice would you give to a young person who is struggling?

Speak out. You're not broken and you're not alone (even if you feel like it). Know that if distress is inside you, it can make a home there, but there're people who can help you. It may take courage, but know that you're worth it. Struggles do pass, they might have been around so long that they feel be normal, but it's never too late to work towards making a change.

Anything else you want to add?

Take care of each other, we never really know what others might be contending with - what's behind the mask or the façade. If you want ask how someone is, be willing to hear a genuine response. For more in-depth information about the counselling service, please visit <https://fulford.york.sch.uk/school-counselling/>

SPOTLIGHT ON...WELLBEING AND COUNSELLING



Martha Fewster
**Post 16 Wellbeing
Worker**

What is your role in school?

Year 12 Wellbeing Worker

What do you love about your role?

There are many things I love about my role in the Sixth Form. Mostly, I love helping students realise their own inner strengths and qualities and hearing about their interests and ambitions for the future. It is always rewarding to help and support in anyway I can on the journey through A level study.

How does counselling support learning in the school?

Counselling supports learning in a range of ways. I believe counselling helps us develop and increase our self-awareness so we can begin to make positive changes and grow from our experiences.

How does a young person access your support?

Sixth Formers can access support for learning and wellbeing help and support anytime. Sixth formers can access their year group Wellbeing Worker in various ways. Both Wellbeing Workers are based in the Sixth form Office along with the Sixth Form Team. We have an open door policy where by students can receive a quick response to queries and concerns. Students can come to the office or email their Wellbeing Worker. Students who require support can also get in touch with their tutor, Head of Year, Director of Sixth Form or their Year Wellbeing Worker. From this contact, we can arrange to meet to discuss support.

As a Wellbeing Worker, we provide individual support for students. We can help students develop positive relationships, accessing support channels for wellbeing and mental health, support with transitions, individual health needs and in learning with developing study skills, vital for A Level study.

What advice would you give to a young person who is struggling?

Remember to be kind and patient with yourself. It is important to make time for self care when you are feeling low on energy or in mood. Take a moment to check in with yourself, ask how you are currently feeling and take the time to do what you need to do in terms of your self care. If you need support, always know you are never on your alone and support is always available. You can always reach out.

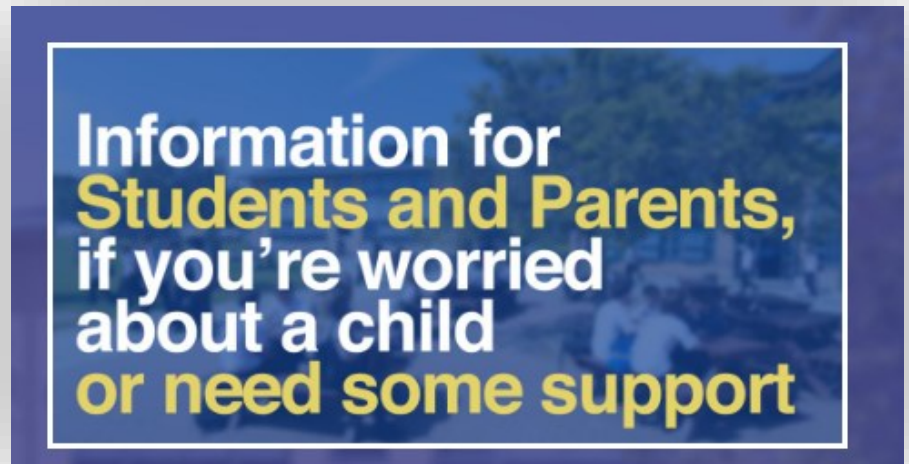
Anything else you want to add?

Always be kind to one another and to yourself.

SPOTLIGHT ON...WELLBEING AND COUNSELLING

We have a lot of support available on our website: <https://fulford.york.sch.uk/>

Click on this button to get through to our support pages:



Here you can find a page for Parents & Carers and also one for students.

Safeguarding and Wellbeing

This page is for Parents & Carers	If you're a student, your page is here:
	STUDENT SUPPORT
<p>Our Aim</p> <p>We are committed to working together to safeguard all children. The safeguarding of our students is central to everything that we do as a school.</p> <p>This page is designed to ensure that all students and their parents have information and guidance to ensure that children are kept as safe as possible and have access to the support they need.</p> <p>Sharing concerns</p> <p>Should you have a concern about the welfare of a young person, you can access support through specialist pastoral staff at school. Our aim is to ensure that all necessary support is available to our students and families.</p> <p>Mr Russell Harris is the Designated Safeguarding Lead, Ms Jennifer Tomlinson is our Safeguarding and Wellbeing Advisor. Both of these staff are available via email or through the usual school phone number:</p> <p>Mr Harris 01904 633300, or harris@fulford.york.sch.uk or Ms Tomlinson 01904 633300, or tomlinsonj@fulford.york.sch.uk</p> <p>Our bullying policy can be found on our policies page.</p>	<p>Alternatively, if you are worried about a child or a young person, you could contact the City of York Council's Children and Young People's Services through the Multi Agency Safeguarding Hub (MASH). If your concern is outside of normal office hours, you should contact the emergency duty team.</p> <p>During Office Hours</p> <ul style="list-style-type: none">• By Phone: 01904 551900• Email: childrensfrontdoor@york.gov.uk <p>Outside Office Hours</p> <ul style="list-style-type: none">• Emergency Duty Team (for evenings, weekends and bank holidays): 01609 780780 <p>In an emergency</p> <p>If you are concerned that a child or young person is at immediate risk of harm, you should seek medical help or, in an emergency ring 999. You should call 101 to report crime and other concerns that do not require an emergency response</p>

We also have some wellbeing links:

MENTAL WELLBEING LINKS

- [Calm Harm](#) is an award-winning app designed to help people resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you wish. Progress can be tracked.
- [distrACT app](#) gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. Led by experienced practising GP and other leading experts. The content has been created by doctors and experts in self-harming and suicide prevention. (for 17+ only)
- [Healios](#) is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they use to build resilience and stay well.
- [WorryTree app](#) aims to help you take control of worry wherever you are. You cause the app to record whatever you feel worried about. It uses cognitive behavioural therapy techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.

SPOTLIGHT ON...WELLBEING

AND COUNSELLING

SLEEP

An average teenager needs 9-11 hours sleep daily.

TOP TIPS FOR SLEEPING

- Try not to nap after 3pm
- Avoid stimulants (tea, coffee, alcohol and fizzy drinks)
- Sleep in a dark room
- Relax; take a hot bath, read or use apps like **HeadSpace** and **Calm** (this enables your body to produce a sleep hormone called *melatonin*)

teensleephub.org.uk/teens-young-people/



EATING



Beateatingdisorders.org.uk
For anyone suffering from an eating disorder 0808 801 0677
One to one web chat.

Want to Quit Smoking?

You are not alone.

You can self-refer for help
York: 01904553377
Scarborough: 01609797272
nhs.uk/smokefree.com



Are you being Bullied?

You are not alone.

- Learn how to tackle bullying
 - Find advice for parents
 - Sign up for free assertiveness ZAP workshops
- Visit:

- kidscape.org.uk
- Childline.org
- Thinkuknow.org

DRUGS & ALCOHOL

Substances go by many different names & forms which can be addictive & illegal.

These online resources can help inform & prepare you:



PUBERTY

Gender & Sexual Health

It is very normal to have questions about your body, sexuality and gender, especially as you mature in adulthood. You may be unsure where or who to turn to. There are online resources to help provide you with the confidence to approach these subjects with a family member, friend, or even teachers & professionals.



gids.nhs.uk
mermaidsuk.org.uk
nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/

Help Us Help You



Self Care

Stock your medicine cabinet as many minor issues, like coughs, grazes and sore throats are treatable at home.



Pharmacy

Pharmacists offer medical advice and medicines for minor illnesses like coughs, colds, tummy troubles, rashes and aches and pains, and also give flu jabs.



GP

Within normal surgery hours your GP should be your first contact with health concerns. GPs provide examinations, advice, prescriptions, vaccinations and referrals.



111.nhs.uk

You should visit 111.nhs.uk when you cannot wait to see your doctor. NHS 111 is a fast and easy way to get the right help urgently, 24 hours a day, 365 days a year.



NHS 111

You should call 111 when you cannot wait to see your doctor. NHS 111 is a fast and easy way to get the right help urgently, 24 hours a day, 365 days a year.



A&E

A&E departments in hospitals are open for life threatening emergencies like heart attacks and accidents, 24 hours a day, 365 days a year.



MENTAL HEALTH SERVICES & APPS

SUPPORTING YOUR WELL-BEING



The NHS run a free 24 text message support system. You can text "SHOUT" to 85258 for free from all major UK mobile networks.

You'll then be connected to a volunteer for an anonymous conversation by text message.



Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call 0116123 for free.

WINTER CONCERT

Mrs H Durham



On Wednesday 7th December, over 80 students took part in the annual Winter Concert in the school hall. Students from all year groups took part and shared a wide range of performances including the Orchestra, Swing Band, Choir, whole class ensembles and many talented soloists and duets. Soloists from Y7-13 braved the spotlight to perform to



a sell-out audience and showcased fantastic performance. The concert was opened with 'Jingle Bell Rock' and 'Havana' played by the Swing Band, and Y12's performance of 'Take 5' featured a 'teleporting saxophonist'. The audience were wowed by an astonishing piano solo of 'Summertime' performed by Anatolii, Ollie's rousing rendition of 'Great Balls of Fire', and were encouraged to dance along to the Choir's performance of 'Underneath the Tree'. The Y10 GCSE class all came together to perform an instrumental version of 'Fairytale of New York'. The evening finished with all students on stage together performing 'Sing' and were joined by the audience for a final singalong of 'We Wish You A Merry Christmas'.

The brilliant tech team of Thomas Sheen, Jacob Webb, Gabriel Henshall, Elsie Butler, Frank Farrell and Gabriel Henshall did a fantastic job of running the sound and lights on the evening, and thank you to the wonderful compères Holly and Josie.



WINTER CONCERT

Mrs H Durham



ART

Mr Tom Rigg



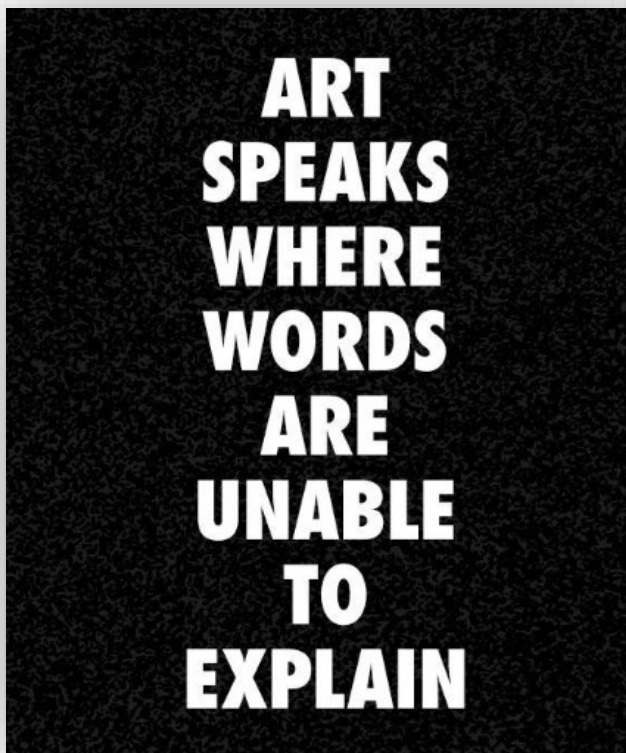
GCSE students produced some fantastic artwork during their 5hr timed practice day recently.



Beth Hunter Y11



Eleonora Sobczak Y11



Morgan Scoot Y11

ART

Mr Tom Rigg



Our Y8 students produced some stunning portrait drawings for their portraiture project this term in Art. Well done everyone! Here are a few of them:



Sofia Cryer Y8



Leon Sayers Y8



Jasmine Taylor Y8



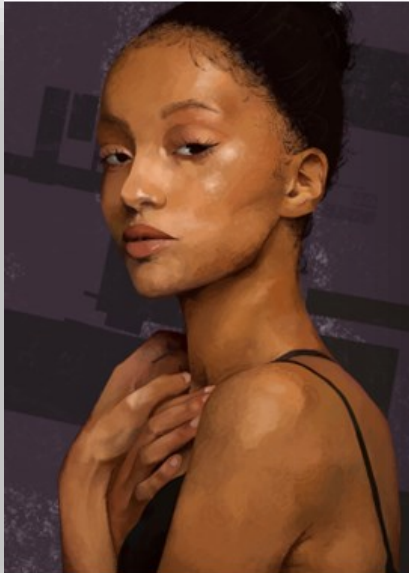
Henry Hollings Y8

ART

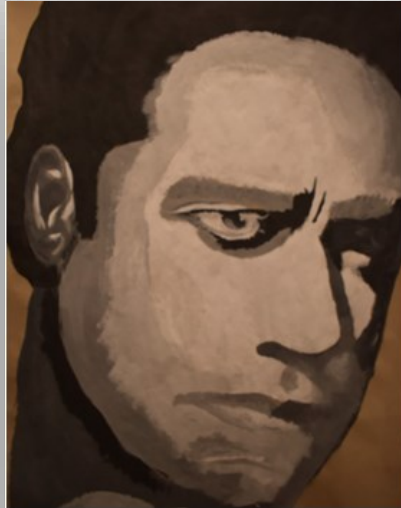
Mr Tom Rigg



Here is some work from our current sixth form Art students and some collaborative paintings done by Y11 on their sixth form taster session.



Jean Goodhead Y12 (ipad)



Y11 taster session group painting (2m x 1m)



Y11 taster session group painting (2m x 1m)



Faith Ajaib Y13 - Chalk/Pastel A1



Y11 taster session group painting (2m x 1m)



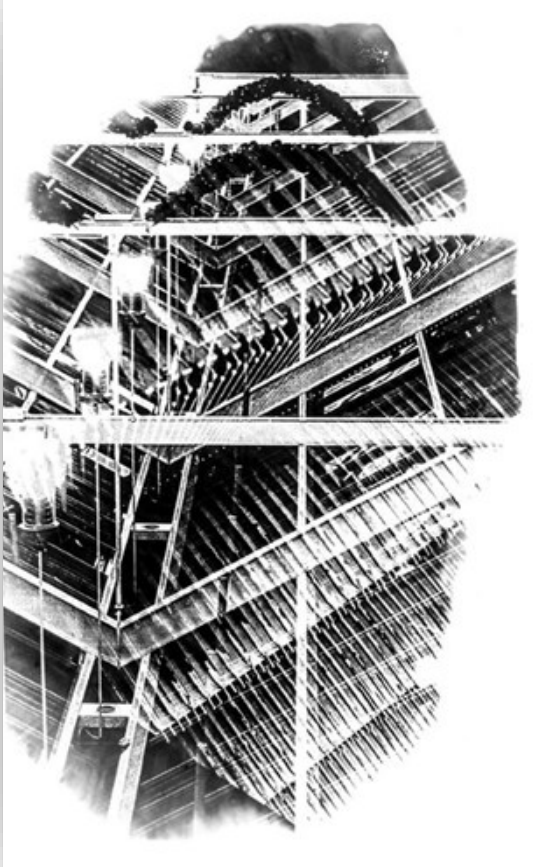
Anna Waterman Y13 - Acrylic A2

ART

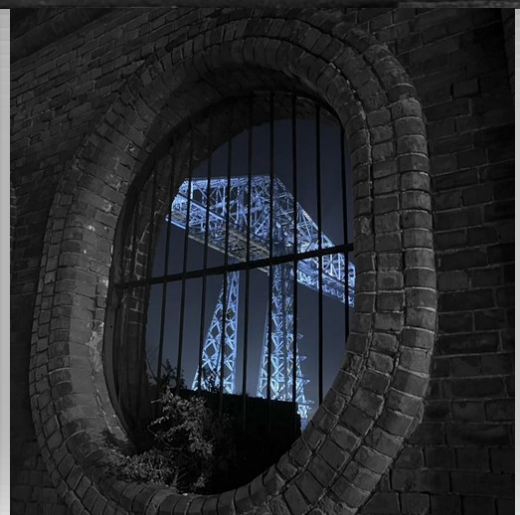
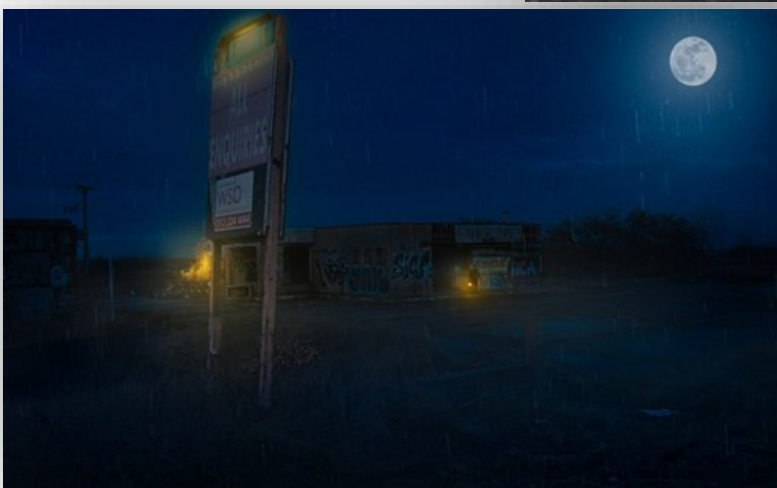
Mr Tom Rigg



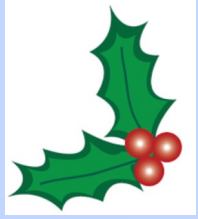
Sixth form Photography students have produced some excellent shots over the past few weeks .



Clockwise from above: Sally Stretch Y13, Dan Butcher Y13, Maria Shaw Y12, Tom Appleton Y13 and Jack Jorgensen Y13



CHRISTMAS AT FULFORD SCHOOL



Two festive days saw pupils wearing Christmas Jumpers alongside the serving of the annual Christmas Dinner.

A huge thank you to everyone who supported the event which aimed to raise donations for York Food Bank.



The uptake was amazing and we raised a fantastic £850 alongside a vast amount of donations to support Christmas hampers.

Thank you again and we welcome ideas for future charity events.

Russell Harris harris@fulford.york.sch.uk



We wish all our Fulford Families a peaceful Christmas and a happy, healthy New Year.