

THE REDNOCK REVIEW



TERM 4 - 2023/24
8TH MARCH 2024



Dear Rednock Community,

Welcome to the latest edition of the Rednock Review. It finally feels like spring is here! As I write to you, I can see from my office window a blue sky, yellow daffodils and green grass. Spring always feels like a chance for a fresh start; colour returns, warmth arrives and the light filters back. Well, I am pleased to report there is no need for 'fresh starts' at Rednock, just more of the same please as our students continue to impress.

Please take some time to read the articles presented in this edition and get a sense of what has been happening at Rednock over the last two weeks.

Click [here](#) to view a
video from
Mr Stratford



I wanted to finish with a big 'shout-out' to all of the students and staff who are about to embark on our school production week which begins on 11th March. As I am sure you are aware, the school will be performing 'Peter Pan' to our community. It begins on Monday when the show will be performed to over 200 primary school students who will join our school. Then, from Wednesday to Saturday, we will perform to our wider community and parents. I can't wait, and will never underestimate the time, energy and commitment that has been put in by all of the students and staff in the school, and volunteers from our wider community that have made it possible. I hope you get a chance to enjoy it.

The next time I write to you will be on the final day of term, which arrives on Friday 22nd March. For now, I hope you enjoy the latest edition of our Rednock Review and hope you have a wonderful weekend.

Warmest regards,

Mike Stratford
Headteacher



Achievement Heroes

We've had some wonderful Achievement Heroes in the past 2 weeks and we're extremely proud to celebrate their achievements. They were nominated for various reasons, all as impressive as the last!

Winners are: Archie, who was nominated for giving up his half term break to do work experience, Amy, who has received an unconditional offer from the Royal Welsh College of Music and Drama, Red, who performed in the West End with his drama group, Emily, who has progressed to a higher football team, Divya, who is an excellent role model to other students, Charlie, who completed an amazing EPQ project on 'supermarket design', Poppy, who was the overall winner of Rednock's Famelab competition, Austen, for representing the school in Youth Speaks and Lauren, who has represented the school in the boys football team and showed great resilience.



Community Challenge

The Community Challenge this month was organised by the KS4 Raising Standards team and they decided to challenge the students with a series of badminton matches (extra points if you 'dress to impress'). The outcome of the challenge was:

- 1st: Darwin (dressed to impress and they won every game they played!)
- 2nd: Brunel
- 3rd: Jenner
- Joint 4th: Hubble and Sixth Form



World Book Day

On Thursday 7th March, Rednock celebrated our World Book Day with the theme of 'It Was A Book First!'. Students were encouraged to read their own books for the first 10 minutes of every lesson and were then shown clips from famous adaptations of books linked to each subject. From exploring the fantasy 'Shadow and Bone' in English to the true story of American football of 'The Blind Side' in PE - students had the chance to see that a love of books is not limited to the English classroom. Below, you can see staff and students dressed to impress in literary themed outfits!



After fantastic involvement from huge numbers of students in the science corridor treasure hunt for 2023 we repeated it for 2024. This year students had to use the science root words found in the corridor along with their "English translations" to spell out a secret message linked to this years theme of "It was a book first". All the correct entries were put into a draw. All students with the correct answer were entered into a draw and the winners this year are Chloe Dolder and Max Gasinski.





Rednock School Reads!

In this school year, students have read...

4,777 Books

108,735,203 Words

for 10 minutes/day!

(individual student average)

RENAISSANCE
Accelerated Reader®

World Book Day Quiz From The LRC

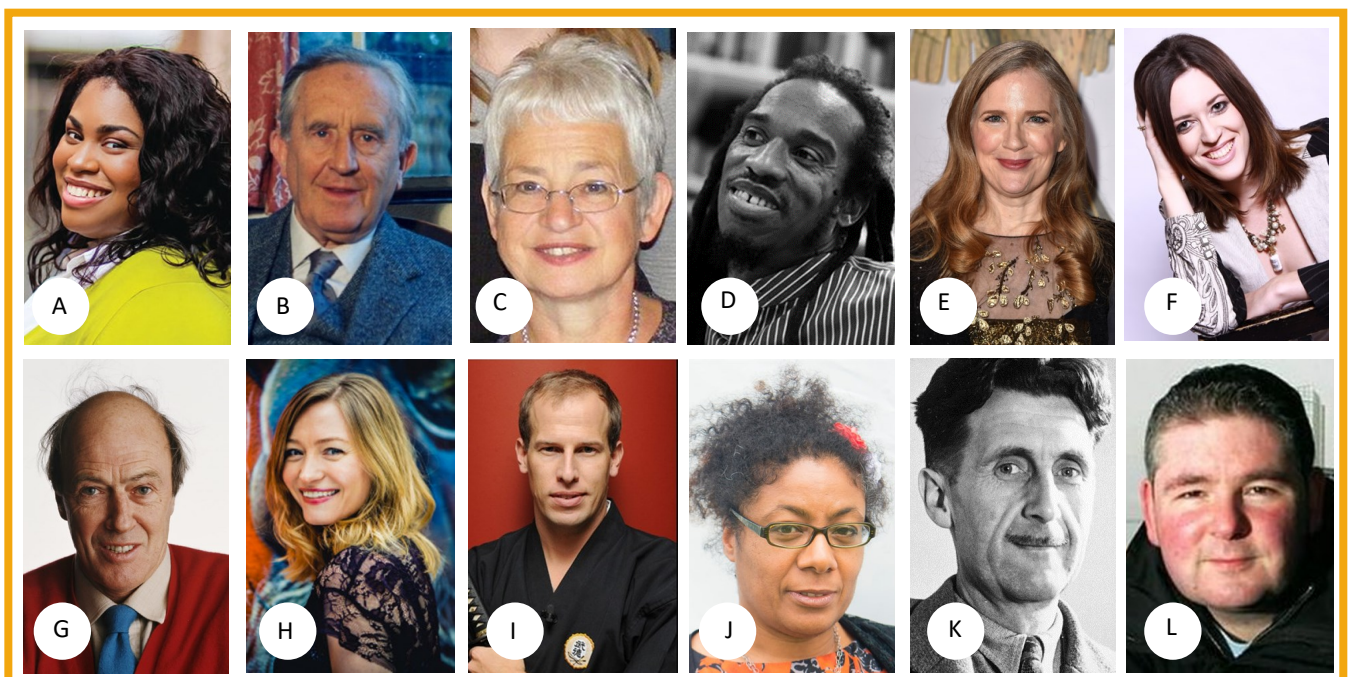
Ms Gillies celebrated World Book Day by challenging the students to match the author to the book. The winners are J4 and they won precious points which go towards the Community total for the Community Championship!

See how many you can do (these are mixed up from the student's quiz so no cheating!). Answers are on the last page, good luck!

Books



Authors





School Council

This week we saw another meeting of our School Council for 2024, which is a body of 20 students that were either elected or nominated by staff, and who represent the diversity of Rednock's student body and the entire age range from Year 7 to Sixth Form. This week they have been working on the questions they would like to ask as a student panel during staff interviews. This is a really powerful example of how students play a key role in the leadership of the school. The discussions that took place were thoughtful and considered and students really engaged with the idea of the school vision and how we could encompass these in questions. Well done Council!



iBelong

We're delighted to have completed the iBelong programme from the National Centre for Computing Education, recognising the outstanding provision we now have in place to improve gender balance in Computer Science across our school.

We hope that at Rednock School, Computer Science and Cyber related courses are accessible for all.

THE BIG PLASTIC COUNT 11-17 MARCH

The Big Plastic Count

Our Student Eco Council are encouraging staff and students to keep count of their plastic waste next week.

For one week, thousands of schools, households, community groups and businesses will be coming together to count their plastic waste, and we want you to join them!

Almost a quarter of a million people took part in The Big Plastic Count in 2022. The count revealed that almost two billion pieces of plastic packaging are being thrown away a week. This year you can help build even more evidence to convince UK ministers to lead the way at the global talks that could finally phase out plastic pollution for good.

Tutor Groups have the opportunity to take part and tally charts will be provided for all those students involved. This will be brought around to tutors on Monday morning by a member of the Brunel or Jenner Eco Council's. But you can also sign up at home by clicking [here](#).

Lets Get Counting!





Year 11 Revision Sessions

A huge congratulations to our exemplary Year 11s who have been working really hard on their revision. Since October students have been offered the opportunity to attend revision sessions both before and after school, and a 'Champion's Hour' that goes well into the evening. The commitment required has not been underestimated on those cold and dark winter nights! Students were also encouraged to make as much use of GCSE Pod as possible. As a reward for their engagement students were offered the chance to earn a free yearbook, leaver's hoodie and prom ticket for racking up 40, 60 and 100 hours of extra revision respectively. This week we had our first two students reach the 100 point goal with some more following in the 90s. These students are taking responsibility for their own progress and independent learning and I wanted to both acknowledge my admiration and extend a massive congratulations to them all.

So without further ado, well done to: Dylan Court (102), Josh Kattenhorn (101), Jacob Sexton (91), Inaya Wood (90) and Dylan White (85). Your hoodies, yearbooks, prom tickets and excellent GCSE results certificates will be waiting for you at the end of the year!



Youth Speaks District Final

Mrs Wade recently attended the Youth Speaks District Final in Gloucester where we had an intermediate team (11-13 year olds) compete against three other schools (Redmaids' High School, KLB and Monmouth Comprehensive School).

Ellie, Austin, and Lily, all Year 9, did an exceptional job against some very fierce competition (and an even fiercer question master!). We didn't win and just lost out to Redmaids' High School however they represented Rednock wonderfully and we are all incredibly proud of them.



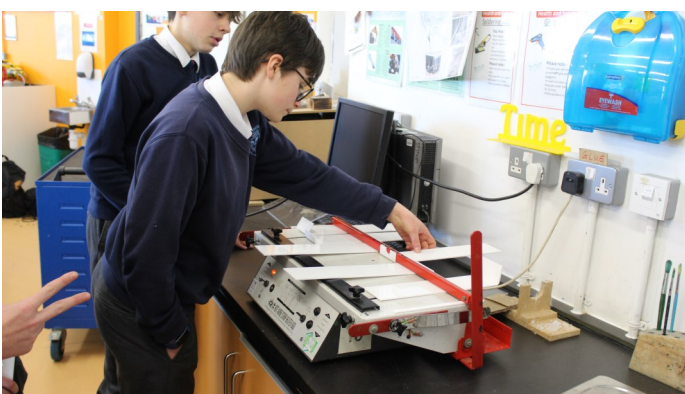
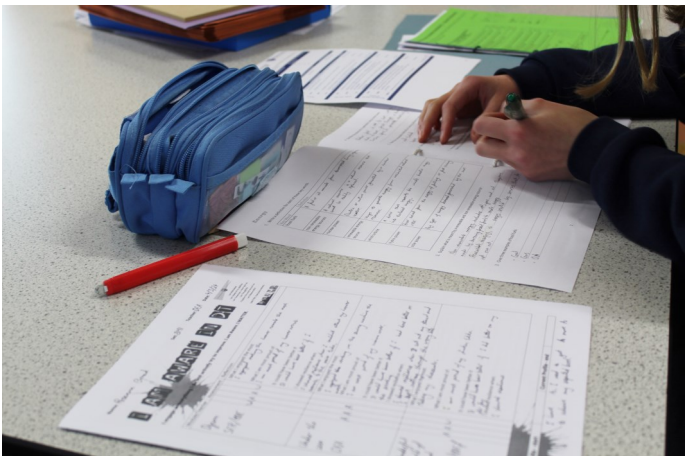
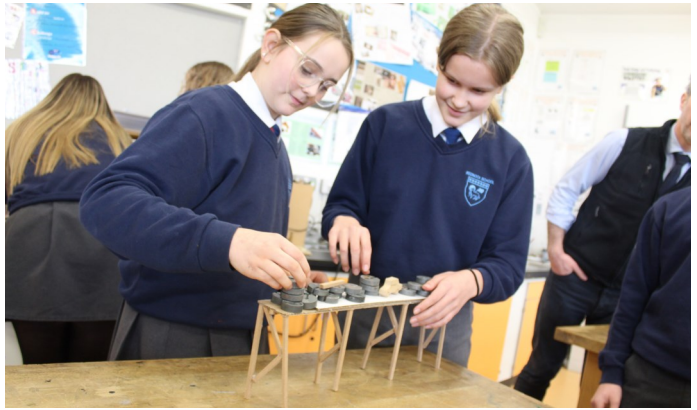


Design & Technology

This week the DT department have been putting KS3 to the test as a part of the Lifeskills focus of the term, 'I Am Aware'.

Students have been given the opportunity to pause and reflect on their learning to date and consider their current position in the subject and what may have impacted this. This has then allowed them to identify the strategies that make them effective learners in DT and exploring if these skills are transferable to both future learning and careers.

Some students were challenged in the 'Stretch and Challenge' sessions during the week where they looked at specific projects such as packaging design and bridge building.





LRC

We were thrilled to have received a limited number of World Book Day Tokens this year and our Year 7 and 8 Accelerated Readers have been gifted a token. These tokens can be used in bookshops and Tesco and Sainsbury's also have £1.00 books. If you'd like a token, please see Ms Gillies in the LRC but remember numbers are limited so get one whilst you can!

WORLD BOOK DAY
7 MARCH 2024

£1 OFF
A Children's Book*

With Your World Book Day Token

SPONSORED BY NATIONAL BOOK TOKENS

Valid from 15th February 2024 - 31st March 2024.
Applies to children's books over £2.99. T&Cs apply*

VIVIAN TRUONG


Stationery Shop

Don't forget the correct equipment for lessons - the Stationery shop in the LRC has everything you need – cash sales only.

Clear Pencil Case	£1
Pen	20p
Pencil	10p
Eraser	10p
Ruler	40p
Compass	50p
Protractor	10p

Also available are highlighters, revision cards, calculators and glue sticks!

WANTED!
DEAD OR ALIVE!
OVERDUE BOOKS



**PLEASE RETURN
OVERDUE
BOOKS**

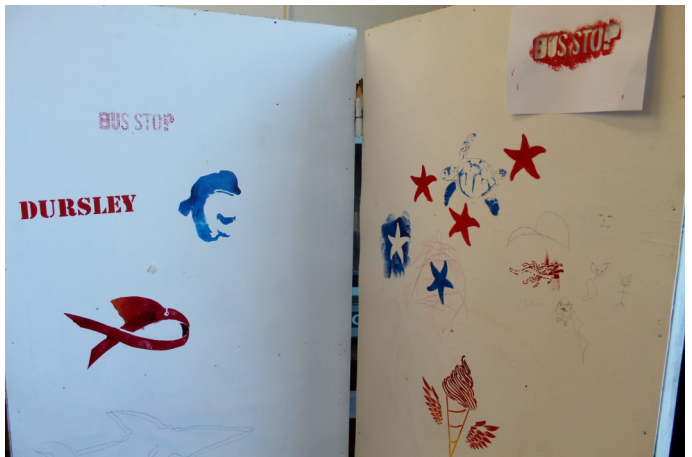
Over due Books Reminder

Students at Rednock are lucky to have a wide range of reading books to choose from. Please remember to return books so other students can read them. Remember that lost or damaged books will need to be charged for!



Bus Shelter Art Project

The bus shelter art project is moving into the experimentation stage where the students are exploring different techniques to transfer the image onto the walls. The school's laser cutting machine was very useful when it came to stencil making! This meant that the students are able to repeat an image easily and whilst keeping them all identical. It's exciting to see the progress of the group and how they are using the original design combined with their own ideas and concepts.



Help Make Rednock a Gum-free Zone

Gum causes many problems at school and isn't allowed (see school handbook). Not only does it make the fabric of the building look untidy, it is costly to remove. It is also thought to be really unhealthy. Click [here](#) to find 10 bubble-bursting reasons why chewing gum is bad for you.





Easter Egg Donations

We want to say a huge thank you to the Rotary Club who have kindly donated lots of easter eggs for our young carers at Rednock School.

Overall, the club member collected 350 easter eggs that were donated by Dursley Rotarians and friends of Rotary, to be distributed between, GL11, the Tab food bank and Rednock young carers. Amazing work by everyone involved!

Pictured left is Rotarian Graham Peake, Ms Gillies, LRC Lead and Rotary president Neil Grecian.

The British Science Week 2024 Poster Competition

British Science Week is a celebration of all things science, technology, engineering and maths. This year's theme is time and The British Science Week 2024 poster competition is open now!

The competition is open to all KS3 students and you just need to create a poster based around the theme of 'Time'. You could show how a certain type of technology has changed over time, or even the advancement of time-telling technology itself. Budding poster makers could also go futuristic show us how they think the world might look in years to come, or perhaps look at nature – lifecycles, lifespans, evolution and hibernation – nature is full of timely topics.

Get your entries into your Science teachers by Wednesday 20th March and we will send them off for you.





Red Nose Day

Friday 15th March is Red Nose Day and we are inviting students and staff to come to school in non school uniform in order to raise much needed funds for the wonderful organisation that helps so many around the world.

You can click [here](#) or see below to find out where your suggested £1 donation will go. If every student and staff member donated just £1 we could get 6,000 meals to vulnerable children and families in the UK!

Your donations can be made via ParentPay or by cash on Friday morning.



At Comic Relief we have a simple purpose – to create a just world free from poverty. Your amazing fundraising efforts this Red Nose Day will help us to achieve this.

We work with around 850 projects worldwide, from the UK to Uganda, Nigeria to Nepal, spending funds on four things that we care about most.

CHILDREN SURVIVE AND THRIVE

We believe that every child has the right to the best start in life. We want all children to have their needs met and to help parents provide the best care they can.



How your money could help

£5 could help to pay for a medical check-up for a child living on the streets of Uganda.

£80 could help eight disabled children in Kenya go to school for a term.

GLOBAL MENTAL HEALTH MATTERS

We believe that every person has the right to high-quality mental health support. We want people with mental health problems to get the support they need and feel free to speak out.



How your money could help

£1 could pay for 40 people in Sierra Leone to attend a session to learn about mental illness and epilepsy.

£50 could provide a group therapy session for eight mums in the UK experiencing low mood, anxiety or isolation.

FIGHTING FOR GENDER JUSTICE

We believe women and girls should have equal power and involvement in decision making. We want to help end gender-based violence and discrimination.

How your money could help

£3 could provide a female farmer in Uganda with training so she can secure agricultural land and provide for her family.

£50 could give vulnerable young girls in South Africa the chance to go on a life-changing trip to reduce their risk of gang-related harm.



A SAFE PLACE TO BE

We believe everyone should have a safe, secure place to call home. We want people on the move to have food, shelter and legal advice and for them to be able to settle safely in new communities.

How your money could help

£8 could cover the cost of school books and stationery for a child living in a Serbian refugee camp.

£50 could provide breakfast for a primary school class in the UK for two weeks, so they start the day with a full stomach.





Girls Football

- ⇒ The **U14 girls**, top right, played 5 Acres on Monday 4th March in our 11 a side league. The girls played so well as a team. They put pressure on the 5 Acres girls from the start. Their hard work and determination throughout the game was rewarded with a 3-0 win! Thank you to Mr Barrett for refereeing.
- ⇒ We were really proud of all the girls for getting through to the Championships with over 70 teams in each age group competing in the groups stages. The U14 and U12 teams both managed to get 3rd place which is an amazing achievement.

It has been great to see so many girls taking part in football and well done to all involved.



Boys Football

- ⇒ Last week saw the **Year 8 boys** football team successfully win their next U13 District League match against Marling School. Rednock hosted both an A and B team against the visiting school and were convincing winners with both. The Year 8 'A' Team won 6-3, whilst the 'B' Team convincingly beat Marling 4-0. Well done to all the boys who took part!
- ⇒ The **U16 boys**, top left, put in a solid display to beat Marling School 3-1. Goals from James Tainton and Jake Szuluk were the difference.
- ⇒ A truly spirited performance from our **Year 9 team**, bottom left, this evening with a well earned 1-0 win away at Marling. Joint 'players of the match' were Ryan Oram and Jack Smith - real teamwork & positivity from the outset - great to see. The **U15's** suffered a narrow 1-0 loss against Marling at home.



Alumni News

“Charlotte Tuckwell attended Rednock School and Rednock Sixth Form and left us in 2022. She is now at UWE in her 2nd year of a teaching degree. The teachers at Rednock encouraged her to follow her dreams despite the fact she is dyslexic and didn’t believe she could do it. They supported her to do her best and helped her to explore learning methods that worked for her. The outcome of that is she achieved her goal of her first choice University.

She decided to apply to Project Zulu run by UWE to go and teach children in a South African School in her summer holidays along with other students from UWE. She was lucky enough to win a place, which she is now fundraising for.”



**Click here if you want to find out
more or donate!**

Call for Volunteer School Appeals Panel Member

- Are you interested in Education and want to get involved?
- Do you have excellent listening skills, have the ability to put people at ease and make balanced decisions?
- Would you like to become involved in an important, impartial service provided to parents and schools?

If you have answered yes to any of the above why not apply to become a Volunteer School Appeals Panel Member. Gloucestershire County Council are in the process of recruiting volunteer Panel Members to assist with virtual School Admission Appeals. They are particularly in need of Parent Members (those with children currently in education).

You can find out more about this opportunity [here](#).



Gloucestershire
COUNTY COUNCIL



Dates for your diary

Date	Year Group	Event
13/03/2024	Year 13	Year 13 Exam Preparation Event
15/03/2024	N/A	Non Uniform Day
19/03/2024	Year 10	Year 10 Parent Consultation Meetings
20/03/2024	N/A	Dof E Parents Meeting
21/03/2024	Year 11 + Year 12	Report 3 due home
22/03/2024	N/A	End of Term 4

SLEEP CHANGES EVERYTHING

Living with **NARCOLEPSY** is not a matter of feeling tired. Tiredness does not even begin to explain falling asleep uncontrollably, regardless of where you are. **Extreme Daytime Sleepiness** will be with you every day, and is real and debilitating, but it doesn't stop there. This incurable neurological condition can change every part of your life. Your body and mind cannot be relied on to keep you safe. **Cataplexy** can strike at any point, and leave you lying on the floor incapacitated and vulnerable. **Dreams** will be hyperrealistic, sometimes more real than when you are awake. **Sleep Paralysis** can have you lying in bed unable to move or speak, struggling to survive predators seen or unseen with a malice that will make you wither. **Hallucinations** can be terrifying, as awake and dream states overlap without warning. Sometimes it may feel you are forever unsure just what is real, and memories are not trustworthy either. **Memory loss and false memories** will make you question everything. You may find yourself waking up in strange places with unfamiliar faces looking at you with a mixture of pity and apprehension. As you try to explain you can hear your **voice slurring** and your words coming out wrong. People will not understand. How could they? At times you may feel cold or hot, as though you were running a fever. **Body temperature regulation** just will not function reliably. Neither will **appetite regulation**, and you may find yourself **becoming isolated**. It is not easy to maintain relationships in the face of such struggles. Often you will feel overwhelmed. **Depression** is common.

You may find that you **gain weight** without explanation.

Over time you may find yourself **becoming isolated**. It is not easy to maintain relationships in the face of such struggles. Often you will feel overwhelmed. **Depression** is common.

You may need help...

WE CAN HELP



www.narcolepsy.org.uk

Advice from National Online Safety

You can find this guide and many more by clicking [here](#).

What Parents & Carers Need to Know about AI VIRTUAL FRIENDS

Artificial Intelligence (AI) is particularly in terms of how it generates natural language – has seen significant development over the last six months, with companies releasing new AI-based software (including AI elements to existing apps (such as Snapchat) for example). One form of AI to become especially popular has been the AI friend or chatbot (or children's app) which can talk to children and respond to their computer-generated companions. There are now numerous apps available with this 'virtual friend' functionality, with the likelihood of it being added to other successful platforms soon.

WHAT ARE THE RISKS?

CONTENT AND ACCOUNTABILITY

AI chatbots may not always be able to recognise when content is age inappropriate or harmful and should be filtered out. So there's a possibility that content could be exposed to children who should be protected from it. The companies producing such AI chatbots are also unlikely to take responsibility for any content that their algorithms generate.

REDUCED SOCIAL CONTACT

An excessive reliance on chatbots for social interaction could reduce the amount of face-to-face communication that young people have, leading to social isolation. If young people become dependent on chatbots to provide social interaction, it could very likely reduce the development of their real-life social skills.

LACK OF SENSITIVITY

Chatbot software isn't always sophisticated enough to pick up on subtle emotional cues or recognise signs of distress. In children, or most humans, we would expect them to respond with empathy and understanding to someone who is struggling. Chatbots, however, are programmed to respond in a way that is often generic and may not be sensitive to the user's needs.

UNINTENTIONAL BIAS

AI companions are only as reliable as the information they've been programmed with. The algorithms they use, therefore, may unintentionally promote bias, stereotypes or discriminatory behaviour (for example, they may display a distinctly gendered or racialised perspective on the world, or even be racist themselves). This could lead to children developing skewed attitudes and behaviours.

COGNITIVE LIMITATIONS

Although many are now understanding AI-powered chatbots, they still have limitations. Depending on the chatbot, they may not be able to help with complex or sensitive issues, or they may not be able to provide the level of support or advice that a human professional could. This is especially true for chatbots that are designed to provide emotional support or advice.

PRIVACY CONCERNS

Chatbots typically collect data about users, including personal information, and this data is often used to improve the chatbot's performance. This is essential to improve their performance, but many experts are warning that there may be significant risks associated with how this information is stored and used (the possibility of potential breaches or misuse by third parties, for instance).

Advice for Parents & Carers

CHAT ABOUT CHATBOTS

If your child is already expressing an interest in AI chatbots, it's important that you discuss them with them. Let them know that you're aware of their interest and that you're happy to talk to them about it. This is particularly important for younger children, who may be more at risk of being misled or influenced by inappropriate content.

CREATE A SAFE ENVIRONMENT

If your child is keen to engage with AI chatbots, encourage them to do so in a safe environment. Ideally, this should be at home, so you can keep an eye on their progress. Set up appropriate safety and filtering measures to protect them from inappropriate content. And gently remind them that you're always by their side and ready to help with any questions or concerns that may arise.

FIND A BALANCE

Work alongside your child to establish the right balance in terms of how they might use AI-powered chatbots – and what it's acceptable for them to do. It's important to make sure that children are getting plenty of opportunities to learn and develop their own skills through face-to-face conversations with friends, family members and teachers.

TAKE CONTROL

As with any form of app or game, when it comes to AI chatbots we'd strongly recommend that you consider any potential controls (either on the device being used or within the software itself) to manage which apps your child can download and use. This is particularly important for younger children, who may be more at risk of being misled or influenced by inappropriate content.

RECOGNISE THE RISKS

It's unlikely that most children will have even considered the potential risks associated with having a virtual companion. So it's important that you talk to them about the potential hazards and challenges of AI chatbots to your child. In particular, emphasise that AI isn't a real person (however much it might sound like one) and may occasionally tell them something that isn't entirely important or accurate.

Answers to the World Book Day Quiz

Let's see how you did!

Book	1	2	3	4	5	6	7	8	9	10	11	12
Author	C	H	B	E	D	F	K	L	I	G	J	A