

THE REDNOCK REVIEW

Term 2 – 2024/25
28th November 2024

Dear Rednock Community,

I hope you enjoy the latest edition of the Rednock Review, which is once again packed with articles and stories highlighting school life and sharing wonderful news from our community.

You're receiving this edition a day early because tomorrow is the school's third INSET day, meaning the school is open to **staff only on Friday 29th November**. When students return on Monday, 2nd December, it's hard to believe that there will be just three school weeks left until the festive break! Please take a moment to review the key dates at the end of this document to keep informed about everything happening between now and the end of term. An early reminder that on Friday 20th December the school will close early at 12.45pm. School buses will be arranged to collect early.

I have been overwhelmed by the generosity of so many who have donated gifts and advent calendars for the school to deliver to the Children's Hospital tomorrow. Your kindness is deeply appreciated and will bring smiles to many. Soon, we will begin accepting donations for our Christmas Food Bank Appeal, and I'm hopeful we will once again see such a response from our school community.

Next week, two significant periods begin for the school. **Mock examinations for our Year 11 and Year 13 students** will start, and we wish all of them the very best as they prepare and sit these important assessments. From experience, we know that mock exam results are often an accurate predictor of how students may perform in their summer exams. Additionally, we will begin setting up for Christmas in school, with staff and students decorating Christmas trees and preparing for a variety of festive events. These



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

weeks are among the busiest in our calendar, and I want to extend my heartfelt thanks to everyone for their extra efforts, above and beyond their everyday role.

Lastly, I want to remind parents, carers, and students in Years 10 and 11 about our **Sixth Form Open Evening**, which takes place **tonight**, Thursday, 28th November, from **5pm to 7.30 pm**. This is a fantastic opportunity to explore what our vibrant and growing Sixth Form has to offer. This September, we were thrilled to welcome an 82% increase in students choosing to stay or join us for their Sixth Form studies, and we hope to see a similar trend next year. Please come along and see how Rednock Sixth Form can help shape your future.

As always, thank you for your continued support and if we can support you in any way please do contact the school.

My very best wishes,

Mike Stratford, Headteacher



Rednock School
Where everyone matters



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: **Dylan**, for his contribution to the Faraday Challenge and being part of the winning team! **Elsbeth**, for being very supportive and kind to the younger students in her tutor group. **Austin**, for being selected for the U16 MCCF Bristol squad for 2025. **Leo**, for being the youngest competitor in the Bristol Rotary Young Musician competition. **Toby**, for being the first Sixth Former this year to receive all five University offers. **Lucy**, for the fantastic improvement in her attendance. **Meg**, for being a great tutor classmate and brilliant friend!



Congratulations to Leo in Year 10 who recently competed in the heat of the **Bristol Rotary Young Musician competition**.

Everyone congratulated him on his amazing performance! He was the youngest competitor and even the Rotary President came up to him afterwards to say that he hoped Leo was going to pursue a career in music! As his first competition, what a fantastic experience and hopefully there will be more to come in the future!



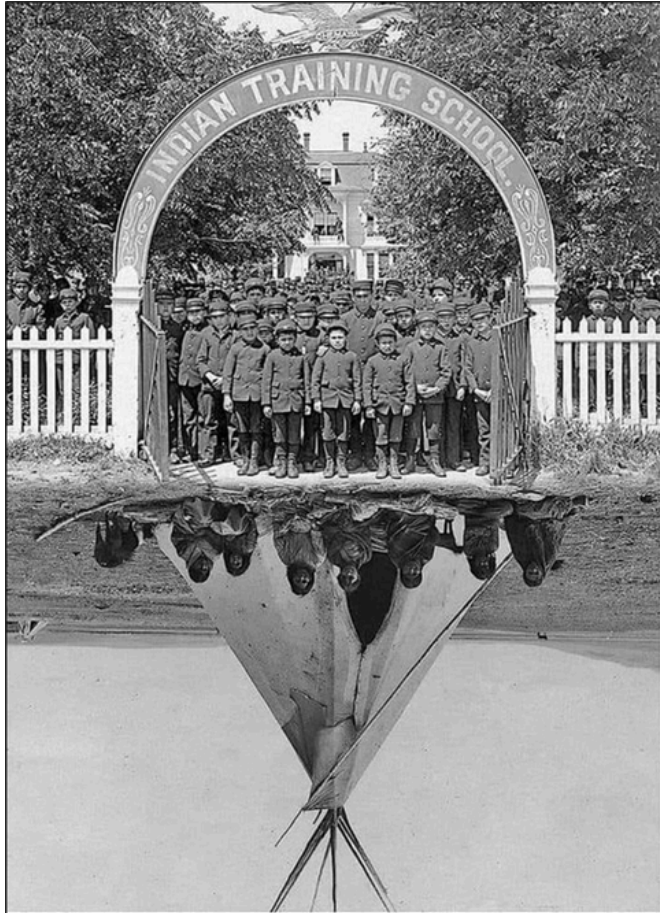
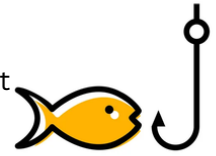
Advent Calendar Collection - a big THANK YOU!

Thank you for all your kind donations of advent calendars over the past couple of weeks. We have a wonderful collection of over **155** calendars to take to the Pied Piper Appeal at the Children's Centre, Gloucester Royal Hospital. The Pied Piper Appeal aims to improve the quality of life, wellbeing and social development of any sick or disabled child in Gloucestershire. The simple act of receiving an advent calendar at such a difficult time in a child's life can open a small window of happiness in that child's day. Thank you for your amazing support!



Teaching and Learning Focus - The Hook

Teachers want to ensure that students are engaged in learning and one of the things that can help to achieve this is by using a 'hook', which is something that will grab students' attention at the beginning of the lesson and leave them wanting to know more. There are a variety of different ways that teachers might do this, for example:



- A short clip from a film or from YouTube. It might be something exciting, or perhaps something unusual that is hard to explain. The purpose of the lesson might then be to explain what was happening in the clip.
- A photo can work in a similar way, and might have a question attached that needs an answer.
- A piece of music can be playing at the beginning of a lesson that links to the lesson and gets them thinking.
- Things that are a bit more elaborate, but that can be really powerful if used now and again, are things like a mystery box, or a physical activity at the start of the lesson, or a gallery of photos and objects to spark interest and curiosity.

Example (photograph left) - This image was used at the beginning of a Year 12 History lesson about the impact of American westward expansion on the Native Americans. Students begin by trying to explain what they think the message of the mirrored photos is and predict what they think the impact is going to be.

Rednock School
where everyone matters



We're supporting
BBC
Children in Need



A BIG THANK YOU!
We raised a fantastic **£888**
from our non school uniform
day in support of the
Children in Need Appeal.




Christmas Dinner
We are delighted to invite students to share a Christmas Feast with us in school on **Tuesday 17th December**. The cost of the meal which comprises of a choice of main meal and a pudding is £2.75. For students who would like a meal, please complete [this google form](#) with menu selections by Tuesday 10th December. Please note that alternative 'main meal' options will not be available on that day, however, the "grab and go" counter will be open as usual.

TUESDAY | 17 | DECEMBER

MAIN
Roast Turkey, Pigs in Blankets, Roast Potatoes & Gravy
Or
Vegan Soya Bean & Cranberry Wellington, Roast Potatoes & Gravy

DESSERT
Traditional Christmas Pudding with Vanilla Sauce
Or
Festive White Chocolate Confetti Cookie **£2.75**



Year 8 Poems in English

In English, Year 8 have been exploring controversial issues through a variety of texts, including a novel, non-fiction and poetry. One poem we looked at was Dean Atta's 'I Come From...', which deals with issues of identity. We looked at how he identified the different aspects of his background and experiences that have shaped his identity and how he has used sensory imagery in his poem to bring them to life on the page.

Then the students wrote their own 'I Come From...' poems to celebrate what they feel make them the individuals they are today. Amayah Rae really captures how her family background and different cultural influences shape her identity, while Libby B uses some vivid sensory imagery in her poem

I Come From...

I come from my mum and my dad.
I come from black and from white.
I come from two families who share warmth and kindness.
I come from music and dancing.
I come from laughing and from crying.

I come from Sunday roasts and curried goat.
I come from Jerk chicken and barbecues outside.
I come from holidays abroad and fun days out.

I come from a struggle and a fight.
I come from not being heard.
I come from getting it wrong but trying really hard.
I come from "why don't you get it?" and "you must try harder."
I come from being embarrassed and feeling lost.

I come from kisses and cosy hugs,
I come from "I love you" and "you are the best."
I come from mum's house and dad's house.
I come from my big sister showing me the way.

I come from a family where we are all equal.
I come from being myself and being loved.
I come from honesty and from care.
I come from love, respect and I come from acceptance.

Amayah Rae (Year 8)



I Come From...

I come from the sweet song of Happy Birthday.
I come from the joy in the air wherever I go.
I come from the screaming and shouting on the football pitch.
I come from slap and sound of the ball being kicked.

I come from booming and cheering at festivals.
I come from the birds chirping when flying past.
I come from the sugar sprinkled on jam donuts.
I come from the laughing and giggling of being with my friends.

I come from the fresh smell of clothes when they come out of the wash.
I come from the amazing taste of Marvellous Creations chocolate bars.
I come from the fresh feeling of getting a haircut.
I come from me screaming out when the ball gets too close to the goal.

Libby (Year 8)





Connecting with Nature

This week a group of Year 10 students were very lucky to be invited to spend their Tuesday afternoons, from now until the Christmas holidays, at The Ernest Cook Trust's Redwood site near Slimbridge.

They had a fabulous afternoon in the beautiful woodland setting, exploring the area, building a huge pyramid structure from branches, swinging in hammocks, whittling sticks and toasting marshmallows over the fire. The weather was kind, the sun was shining and the puddles were muddy!

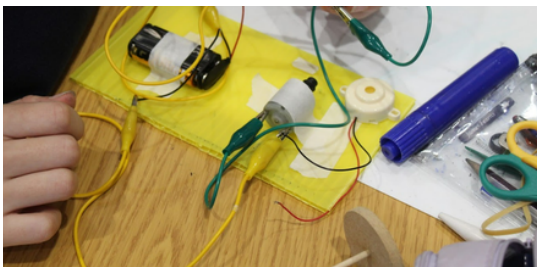


Faraday Challenge - an update!

In the last issue of the Rednock Review we told you about Rednock hosting the IET Faraday Challenge and how we had entered four teams of 6 students to take part and represent the school in this national competition.

Looking at the Faraday Challenge leaderboard earlier this week, we are delighted to say that at present the Rednock winning team are **first in Gloucestershire, joint first in the southwest and joint third in the country!**

Congratulations to **Seth, Dylan, Finley, Phoebe, Ewan** and **Samuel** for their motivational running headphones that played encouraging music and torturous noises to keep athletes training hard as their performance dipped! We will keep our fingers crossed for you as the competition continues!




YEAR 7
DISCO
£3 PER TICKET

School Hall, Rednock School

Tickets available via ParentPay



Parents, if you would like to stay and chat to friends or meet new people, then we have a bar available in the Sixth Form Centre for you to enjoy (cash only).

Rednock School
**SIXTH FORM
OPEN EVENING**

Thursday 28th November 2024
5.00pm -7.30pm

Meet teachers and current students as they showcase the wide range of courses on offer. Discover more about our enrichment programme, wider opportunities and the extensive support available to our students.

Rednock School
Where everyone matters

For more information visit:
www.rednockschool.org.uk

Sixth Form Open Evening - TODAY!

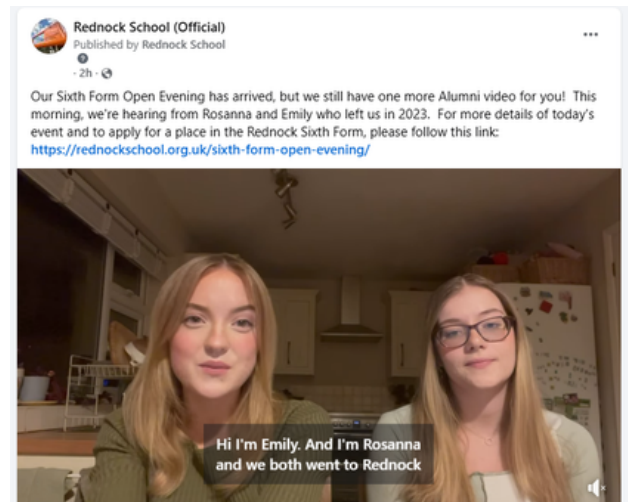
We are very excited to be opening up the school this evening for our Sixth Form Open Evening. This is a fantastic opportunity to discover more about the vibrant, supportive and dynamic environment our Sixth Form offers students.

Visitors will have the chance to speak with subject specialists and students about the courses on offer; meet with our independent Careers Advisor, alumni and industry guests; and learn about the enrichment opportunities, student support and wider experiences available, designed to help prepare students for success both during and beyond their time with us. There will also be a presentation with Mr Stratford, Mrs Barker and past, present and future students at 6pm in the main hall. To top it off, you can relax with a complimentary hot drink and cake in the Sixth Form Cafe while hearing from alumni about how their experiences in the Sixth Form helped shape their futures.

To apply to the Rednock Sixth Form, please visit:
<https://rednock.applicaa.com/year12>

In the run up to the Sixth Form Open Evening we have loved sharing videos on our [Facebook page](#) made by some of our alumni as they share their experiences of studying in the Rednock Sixth Form.

If you have missed these, more can be found in the Sixth Form section on our website. If you are an alumni and would be happy to share your experiences, we would love to hear from you! Please email sixthform@rednockschool.org.uk.



The Matrix!

Our A-level Business students were challenged this week to create a Kinaesthetic Ansoff Matrix. Students drew the matrix on tables and added products produced by well-known companies and placed on the matrix. This enhances their learning, understanding and application of the model, whilst giving them a method of remembering for the exams.





Inspiring young musicians

Earlier this term we hosted an event organised by the Gloucestershire Music Hub supported by the charity 'Water City Music'. We (our Year 7 students involved in the 'Orchestra morning tutor time project') collaborated with Year 6 from Cam Everlands (violas) and Year 4 from Cam Woodfields (clarinets). There was also a solo flute performance from Olivia North (Stroud High School), the current Gloucestershire Young Musician of the year.



LOST PROPERTY!

Losing uniform and equipment can be both upsetting and frustrating for students and parents. We hope this note makes how we handle lost property clearer.



All named lost property which has been brought to the school office will be returned to its owner. **We ask that you name all clothing and property clearly with your child's full name.**

The onus is on students to take responsibility for their own belongings. When students lose property, the first thing they should do is retrace their steps, looking in the classroom or area where they believe the property was left.

If your child has retraced their steps and could not find the property, please email admin@rednockschool.org.uk with the child's name, when it was lost and a brief description of the item. We can then hunt through the lost property and hopefully reunite it with the correct person. We cannot guarantee that unnamed lost property is returned.

Thank you for your support with this.

Keeping Safe Online

A message from Gloucestershire Police:



Police are urging parents to check the group WhatsApp settings on their children's phones after a number of 11 year olds in Gloucestershire were exposed to inappropriate content. Officers have received reports that some children in the county have been automatically added to a group called 'add everyone you know' without their knowledge or permission.

Once in the group, which has an American phone number prefix, they are encouraged to add everyone in their contacts. Inappropriate content has then been sent and members are warned that if they leave the chat, they will be found.

Police are urging parents whose children use WhatsApp to check the settings on the messaging app so that they cannot be added to groups by unknown third parties. To disable this, go to WhatsApp and follow these steps:

- Go to Settings
- > Privacy
- > Groups
- > Under 'who can add me to groups', select 'My contacts'

Please talk to your child about their use of social media.

Parents are also advised to tell their children not to view the chat if they have been added to the group and block, delete and report the group to WhatsApp immediately.



YOU ARE INVITED TO
Rednock School's
Christmas Quiz Night

DECEMBER 13, 2024 | 6.30PM - 9.30PM

Rednock School Main Hall

Raffle tickets and refreshments available to purchase - all funds raised will go towards the School Production of 'School of Rock'

Tickets for the event are available from Main Reception

£3pp



YOU'RE INVITED TO:
REDNOCK SCHOOL'S
WINTER
CONCERT

Live Music

Thursday 19th December 2024

6.30PM - 7.45PM

£3 per person

Tickets for the event are available from
Parentpay & Main Reception

Rednock School Main Hall
Rednock School, Kingshill Road,
Dursley, GL11 4BY



ANDREW LLOYD WEBBER'S
SCHOOL of ROCK
THE MUSICAL

CAN YOU HELP?

Could you help support us by **providing a prize** for our Christmas fundraising quiz evening on Friday 13th December in aid of our school production? Please drop any donations in to the main school office. Many thanks!

Other ways you can support us:

- Would you like to advertise your company/business in our production programme? This will be seen by all of our audience and members of the local community.
- Would you like to sponsor us or help cover the cost of a particular item/equipment?
- Do you have any items that you would be able to donate to our design team? We are looking for materials/paints/equipment etc. If you are not able to make use of it (damage) we would love to take it off your hands.

If you can help with any of the above, or alternatively if you have any other ideas of ways that you can help, please contact our Head of Drama, Mrs Sharon Curtis, sharon.curtis@rednockschool.org.

This is a fantastic opportunity to support the local community and we thank you in advance for your generosity and support.

Careers Corner

Who is who in Careers

All teachers are teachers of careers! Please do chat to your tutor, your subject teachers, your CLs and the Sixth Form team at any time.



Rednock School Careers
where everyone matters



Dr Craig leads the careers programme at Rednock - she can be contacted on helen.craig@rednockschool.org.uk or found in room 125.



Mr Justice is our independent careers advisor. He works Thursdays and Fridays and can be contacted at tim.justice@rednockschool.org.uk



Mrs Amato is the careers administrator. Please contact her through the admin office - admin@rednockschool.org.uk to organise a careers interview appointment

Digital Futures Virtual Careers Fair

The Department for Education's Unit for Future Skills suggests that digital skills are critical to the future of most jobs, while the Department for Culture, Media and Sport found such skills are required for 82% of all jobs posted online.



In November our Year 9 pupils explored a Digital Futures Virtual Career Fair. The fair featured approximately 20 exhibitors from across the UK, including CISCO, Siemens, and UKIE and Arm, each providing valuable content to inspire and inform students. The digital and technology sector is rapidly changing, and staying informed about the latest trends and opportunities is crucial. By attending the fair, students gained access to career guidance that is current and relevant, helping them to be better prepared for the future job market.

Work experience launch for Year 10

Year 10 had an assembly this week so that they could learn more about their work experience week in June. Please encourage your son/daughter to start thinking about what they would like to do - all of the forms and a list of previous employers who have taken on our students are available on SatchelOne.

Festive Foodbank Appeal

It's that time of year again! From **Monday 2nd December** we are collecting items for the Foodbank. This is a vital service within our community and helps so many who, for many reasons, may be struggling for money and need help putting food on the table. If you, or anyone you know, may need help please **click here** to find out how the Stroud District Foodbank works.

Ideal items to donate are cupboard staples that have a long shelf life so the Foodbank can keep their shelves full. It's not just food that is collected though; the need for cleaning and personal care supplies is also high. As an added extra, a few special sweets would always be welcome for those who are unable to afford festive treats this year.

We will be collecting items under the Rednock Christmas Tree until Thursday 12th December. Student Reps from Darwin will be visiting tutor groups each morning to collect the donations.

Thank you for your support!



Festive Foodbank at Rednock School

WHAT DO WE WANT UNDER THE TREE?

We will be collecting items to donate to the Foodbank during tutor time from 2nd - 12th December.

- Corned beef,
- Fray bentos pies
- Cooking oil
- Tinned ham
- Tinned curry
- Tinned meat
- Micro wave rice
- Pasta sauces
- Curry sauces
- Ketchup
- Mayonaise
- Jam
- Marmalade
- Marmite
- Peanut butter
- Big soup
- Washing Detergent
- Washing up liquid
- Dish washer tablets
- Tinned dog food
- Dry dog food
- Dry cat food
- Bottles of squash
- Coffee
- Babies nappies larger sizes
- Toilet rolls.
- Children's Christmas treats





U14 Netball Team

The U14 Netball team travelled to Cheltenham Ladies College for the annual county Netball tournament. The girls played brilliantly winning 3 games, losing 3 and drawing one. Tilli played well in defence getting lots of interceptions, Liz did fantastically at Wing Defence, turning over 3 consecutive balls from the centre passes in the final game. Inca and Darcey were fantastic when shooting.

Year 8 Rugby

In the Year 8 team's final game of the season they put up a spirited fight against a quick, strong Thomas Keble side. Some notable performances from Frankie P, Oliver B, Tom R, Alex R and Henry C to name a few. But joint 'Men of the Match' went to George K and Elliot K. The boys will no doubt come back bigger and stronger next season and it has been great to get more boys involved in this rugby side this year.

U16 Rugby Team Returns in Thrilling Contest Against Thomas Keble

Our mighty U16 rugby team made a triumphant return to the field. It was fantastic to see the players donning the Rednock shirt once again as they faced Thomas Keble on Tuesday, 26th November.

The match was a hard-fought contest, showcasing some excellent interplay and dynamic running rugby. Rednock dominated the early stages, excelling in the set piece and controlling the game for the first 20 minutes. Our breakthrough came courtesy of Reuben, who powered through the defense with direct and determined running to score the opening try.



Thomas Keble responded strongly, demonstrating impressive phases of play and continuity, eventually scoring late in the first half. The second half continued in a similar vein, featuring intense physical tackles, superb displays of running rugby, and creative offloads.

For much of the second half, we kept Thomas Keble pinned deep in their 22, but despite relentless pressure, we couldn't cross the try line. In a nail-biting finale, Thomas Keble broke away from a penalty and nearly snatched victory, only to be stopped by our scrambling defense and unwavering determination.

The match ended 7-5 in Rednock's favour. Whether Ben's conversion was successful or narrowly missed remains a topic of spirited debate, but one thing is certain: this game was a fantastic showcase of rugby skill and teamwork from both schools.

Under 18 Football Friendly



Last Wednesday saw the first Under 18 football friendly of the season. A really well contested 2-2 draw vs Archway in freezing conditions. Goals from Fraser B and Sam B sent Rednock into a 2-0 lead, only to suffer the setback of two late goals from the opposition. With only one Year 13 player, the squad is heavily reliant on the Year 11 group so many thanks to those boys for stepping up so well. The team has two more friendlies in December before it looks to better the feat of last year in getting to the County Final!

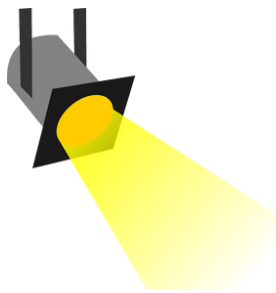
Primary School Football Tournament

This Wednesday saw the return of the primary school football tournament, this time for the girls. There was lots of great football on show from all teams involved with plenty of brilliant goals and saves. In the end, two teams shone throughout the tournament - Lakefield and Cam Everlands - who played a great final with Lakeside eventually winning due to a late goal. A big thank you to the three referees Dan, Erin and Ruby who were amazing and managed the games extremely well and to the staff members from each school for their help throughout.





Learning Resource Centre (LRC)



LRC spotlight on... SURVIVAL

If you've read HATCHET and enjoyed the thrill of fighting to survive in the icy mountains, try one of these SURVIVAL STORIES next... from a WW2 tale of an epic trek, a future world where nothing is quite the same or a climate-change thriller, become a survival expert through the pages of these books. You never know when you'll need skills like these!



Reading for 20 minutes a night

Losing yourself in a good story is an ideal way to relax and get your 20 minutes reading homework done. Reading has long-term effects on our brains which is why it's so important to develop a habit of reading rather than making it a one-time event in your life. When we read, we:

- Get better: The more you practice reading, the better you will become at it.
- Exercise the brain: Our brains are muscles, which means they need to exercise to get stronger, just like any other muscle in our bodies.
- Improve concentration: Nowadays, a lot of people are used to spending a lot of time online scrolling through social media posts. This can lead to shorter attention spans. Luckily, reading can improve concentration because it requires you to direct all of your attention to what you are reading and spend long periods of time doing so.
- Learn about the world: reading is particularly important for us to be able to learn more about the world around us.
- Enrich our vocabulary: In addition to exercising your brain, reading can help you and your children enrich your vocabulary and develop your imagination. Children are already quite creative but reading can help them develop their imagination even further.
- Understand empathy: Empathy is a valuable emotion that allows us to better understand each other and relate to one another. Children need to develop empathy, and one way to do this is by reading books that feature characters they can relate to.
- Perform better academically: As a result of developing and exercising the brain through reading, children will be able to more effectively understand their assignments, which may be enough to boost their grades.
- Relax the body and mind: Sometimes you just need to relax your body and mind by taking a break from whatever else you are doing. Reading can be a solution in such situations as books allow you to be engrossed in a story very different from your own life.

Rednock School Reads!

In this school year, students have read...

1,224 Books

29,180,092 Words

for 9 minutes/day!
(individual student average)

RENAISSANCE Accelerated Reader®

CONGRATULATIONS...

...go to Tabitha W who has achieved the highest word count in Year 7!

Look out for news of Word Millionaires in the next issue!



The story continues!

Our English Ambassadors (Evie, Elina, Ellie, Ieuan, Charlotte, Ruza and Eli) are working on a story which we are serialising in each issue. Please sit back, put your feet up and enjoy the next chapter of, *'The Rednock Crusaders'*!



THE REDNOCK CRUSADERS

Chapter Four: The Dice of Destiny

Eden Hubble crossed her arms as she stood in the doorway, leaning against the frame. She tried her best to look indifferent, but her heart was pounding. Staring across the room, she caught sight of Harvey Brunel, who was hunched over a desk, assembling what seemed to resemble a clock. Apprehensively, she began to walk towards him, but was almost instantly stopped in her tracks. "Eden! You came!" Lucy Darwin chirped, her smile so wide it could have split her face. The brightness in Lucy's voice made Eden's jaw clench. Did she not remember what happened? Did she not care?

Eden stared Lucy down, her voice cold. "Don't think I'm here for you. I'm only doing this because Harvey practically begged me." Lucy hesitated, her enthusiasm dimmed and voice became uncertain. "I know I don't deserve your help, Eden," she began, carefully choosing her words. "I know I messed up big time. And I don't expect you to forgive me. But this... this isn't about me. It's about something bigger. If we can make this work, we could change everything. We could fix things before it's too late."

Eden raised an eyebrow, unimpressed. "Fix what? The apocalypse from your nightmare? How do you even know it's real? Dreams aren't prophecies, Lucy."

"It wasn't just a dream," Lucy insisted firmly. "It was like... I was there. I could feel the heat, hear the screams. Just look around you Eden, look at what's happening to the planet! The future I saw isn't impossible. It's the path we're already on." Eden looked away. For a second, her mask slipped and Lucy saw a flicker of something - fear, maybe, or doubt. But it was gone just as quickly. "I don't know, Lucy. This just seems like a desperate attempt to play the hero more than anything." With that, Eden proceeded to march towards Harvey and his strange-looking contraption.

"What do you want me to do then?" Eden snapped at Harvey, who was still engrossed in his clock. However, before he could reply, a familiar shout filled the room. "Hey Eden! Catch!" Appearing almost as if out of nowhere Liam hurled something across the room. It was their DT teacher, Mr Moir's contraption - 'The Dice of Destiny'. It darted past Eden and was lost for a second, until a moment later an exasperated grumble escaped Harvey, as the dice landed on his clock. Distracted by this mysterious, flying dice, the four of them failed to notice something strange that was happening to the clock. The dice began to glow; initially a faded, dark amber but developing into a bright lava-like shade, immersing the entire room, as if it had been overcome by an eruption. Instantaneously, the surroundings were filled with a bright, blinding white light, and the four unsuspecting victims were snatched from the room, disappearing as if they had evaporated into the air. Little did they know that this was only the beginning.

To be continued...



Would you like to help create the Festive Winter Garden for the Dursley lights switch on event?

The Dursley Christmas lights will be switched on tomorrow evening, Friday 29th November.

The 'Festive Dursley Team' has asked us to share this opportunity with our students to ask if they would like to help them create a Winter Wonderland in the garden leading to Santa's Grotto.

The team is meeting at 11am on Friday morning in the garden outside the dentist on Parsonage Street. Food and drinks will be provided. If trees, reindeer and snow aren't your thing, there are also opportunities to help set up the stage and marketplace!

For more information, email: deborah.brooks@rednockschool.org.uk



OTHER FESTIVE DURSLEY NEWS!

Mystery Childrens' book stall

The Sixth Form Community Volunteers group and Open Space have been busy practicing their gift wrapping skills ready for Christmas! They've kindly wrapped stacks of pre-loved books and writing clues for the mystery childrens' book stall at this Friday's Christmas lights switch on event. They look amazing all piled up together with their traditional string and wax seals.



Sixth Form students judge Dursley's festive shop window display competition...

If you've been in town this week, you may have guessed this year's Dursley shop window competition theme is 'Christmas Songs'. On Wednesday after school, five volunteers from Year 12 met Council and Festive Dursley representatives at the council offices. The team took a tour of all the window displays together, but it was our students who had the responsibility of choosing the winners! These will be announced and prizes awarded on Friday evening. Look out for the update in our next issue!



Rednock Swing Band Cam Christmas Lights

The Rednock Swing band will be performing this coming **Saturday, 30th November from 4.00pm - 4.45pm** outside the Post Office in lower Cam as part of the 'Christmas lights switch on' event. They will be playing a range of popular music including a selection of Christmas swing numbers.

Rednock English teacher, **Charlie Mee**, will be performing at the **Dursley Christmas Lights Switch-On** event on **Friday 29th November** from 5pm-6pm, singing songs with an acoustic guitar.

He is also delighted to announce that he will be joined on guest vocals for one special Christmas song by his English department colleague, **Katy Perry-Gough**.

Do come along, sing along and see a different side of some of your teachers!





School Clubs

[Click here](#) to see times, year groups and locations for the below clubs:

- Book Club** (KS4) - Tuesday (Week A)
- Rocket Club** – Thursday
- Hack Wednesday** - Wednesday lunchtime
- Code Club** (KS3) - Every lunchtime
- Chess Club** - Monday & Wednesday lunchtime
- Dance Club** - Thursday
- School Production Rehearsals** - Tuesday (Full cast) & Wednesday (principal cast only)
- School Production Band** - Wednesday
- Debate Club** – Wednesday
- DT Club** - Wednesday
- DT Coursework and Skills Clinic** - Thursday
- Dyslexia Drop-In** - Thursday lunchtime
- Further Maths** – Wednesday
- Homework Club** - Tuesday & Wednesday
- Lunch Club** – Every lunchtime
- Open Space** - Tuesday lunchtime
- Quiet Study** - Monday/Thursday/Friday
- Recorder Group** - Wednesday registration
- Swing Band Rehearsal** - Thursday
- Warhammer 40k / Age of Sigmar Club** - Friday
- Sport Studies Catch Up** – Tuesday



Sports Clubs

All PE after school clubs start at 3.10pm and finish at 4.15pm, unless specified on this list

Tuesday

- After school - Netball - Girls - Years 10 - 11
- After school - Rugby - Boys - Year 7 & Year 10 - 11
- Lunchtime - Badminton - Girls and Boys – Year 11

Wednesday

- After school - Football - Girls - All Years
- After school - Rugby - Boys - Year 8
- Lunchtime - Badminton - Girls and Boys – Year 9 - 10

Thursday

- After school - Netball - Girls – Year 7 – 9
- After School – Rugby – Boys – Year 9
- Lunchtime - Badminton - Girls and Boys – Year 8

Upcoming Girls Sports Fixtures

01/12/2024	County Trials	Cross Country
03/12/2024	Y7	Netball
04/12/2024	Y7 & Y8	Netball
05/12/2024	Y9 & Y10	Netball
10/12/2024	Y10 & Y11	Netball
11/12/2024	Y7, Y8 & Y9	Netball
17/12/2024	Y8 & Y9	Netball

Upcoming Boys Sports Fixtures

01/12/2024	County Trials	Cross Country
04/12/2024	U18	Football

Advice and support

The National College produces a range of guides designed to help support and empower parents and carers. For further guides, hints and tips, please visit www.nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®

Dates for your Diary

Date	Year Group	Event
28/11/2024		Sixth Form Open Evening
29/11/2024	All	Inset Day 3 (staff only in school)
30/11/2024		Rednock Swing Band performing at Cam Lights Switch On
02/12/2024 - 16/12/2024	Year 11	Pre Public Exams
02/12/2024 - 06/12/2024	Year 13	Pre Public Exams
13/12/2024	All	Quiz Night - Fundraiser for 'School of Rock' production
17/12/2024	All	Christmas Dinner
17/12/2024	Year 7	Christmas Disco
18/12/2024	All	Christmas Fayre - lunchtime
18/12/2024	Year 7	Panto Trip to Bristol Hippodrome
19/12/2024	Years 7,8,9,10,12 - specific students	Trip to International Horse Show, London
19/12/2024	All	Winter Concert
20/12/2024	All	End of Term 2 - half day (school ends at 12.45pm)
06/01/2025	All	Inset Day 4 (staff only in school)
07/01/2025	All	Start of Term 3



Dursley's Christmas Lights Switch-on Friday 29th November from 4.30pm

Artisan Market Shopping evening at The Engine, Silver St.

Christmas Stalls, Music, Song and Dance in the Market Place

Christmas Stalls in Parsonage Street

Christmas Tree Lights Switch-on in the Link at 6pm

Christmas Song themed Shop Window Displays

Fun Fair in Castle St Car-Park opens 4.30pm

Parsonage St. Winter Garden

Visit Father Christmas in the Methodist Church from 4.30 to 5.45pm and 6.10pm onwards

St James Church Christmas Market

Photos on Santas Sleigh on the Church Green

Fantastic Fireworks at 6pm

First Aid, Lost Children, Vulnerable Adults Meeting Point Jacob's House

Click here for info 

www.dursleytowncouncil.gov.uk

CAM'S CHRISTMAS LIGHTS SWITCH ON

Saturday 30 November 2.00pm - 5.00pm

Santa's Grotto
Mini Reindeer Rides
Children's Corner
Christmas Craft Market
Rednock School Band
Delicious Food
Christmas Dance troop
Face Painting
Christmas Carols
Giant Street Games
Christmas Entertainment
Festive Treasure Hunt
Fun Fair
Dursley Male Voice Choir

Rain or Shine Theatre Company

(VERY) LOOSELY BASED ON LORD ARTHUR SAVILE'S CRIME

MURDER MOST Wilde

★★★★★ "Fantasticallly funny"

★★★★★ "Ridiculously brilliant"

★★★★★ "Pure Genius"

@ Chantry Centre - Dursley
Long Street, Dursley, GL11 4JB | What 3 Words - //guard.motel.upstarts

Saturday 28th December at 4:00pm

Tickets: £14.00 adults, £8.00 children (under 15)

Tel: 03306 600541 - www.bit.ly/wilde-dursley

* Doors open 3:30pm * Cream Teas will be available *

 **TICKET SOURCE**

THE CAR BOOT ALTERNATIVE BARROW MARKET

Next Barrow Market

Sunday 1 Dec 2024

2025
Sunday 05 Jan
02 Feb
16 Feb

Indoors @ Chantry Centre
Long Street | Dursley | GL11 4JB

To help transport pre-loved items to your table use our wheelbarrows!

Sellers	Buyers
<ul style="list-style-type: none"> ★ Arrive from 09:00 ★ Book your table for £7 via TicketSource 	<ul style="list-style-type: none"> ★ Free Entry ★ Open 10:00 - 12:00 ★ Hot Dogs, Bacon Butties ★ Tea & Coffee

 www.chantrycentre.org