



## Newsletter October 2022

What a fantastic start to the year!

Already this half term we have had so much to celebrate: some really excellent exam results from our outgoing Year 11 and 13 students; fantastic participation in the Key Stage 3 cross-country; an incredible musical evening from our GCSE and A level Music students; and over 800 people attending our Year 6 Open Evening. Wow!

Our Year 11s have really hit the ground running with record numbers attending our 'Securing Success' event, the Sixth Form Open Evening and our Apprenticeships showcase. What great motivation you have shown already.

I am so proud of our students and staff and everything they've achieved over the last few weeks. Thank you too to all parents and carers who have worked with us to make our community so much stronger. Our first Parent Forum of the year is coming up after half term; if you would like to be involved then please contact Mr Oakes ([moakes@saltashcloud.net](mailto:moakes@saltashcloud.net)).

I think we are all looking forward to a much-needed break next week. I hope you have the opportunity to take some time to relax with your families.

With all good wishes,

A handwritten signature in black ink, reading 'Kate Littleddyke'. The signature is written in a cursive, flowing style.

Kate Littleddyke



## Open Evening

Thursday 29<sup>th</sup> September saw our annual Open Evening return to an on-site event. We were delighted to welcome hundreds of visitors to the school with a special performance from the cast of last year's successful school production of *Matilda*.

Saltash students supported the event as tour guides, subject representatives and performers – they were a credit to the school community and we were very grateful for their help and enthusiasm on the night.

Families were able to navigate their way around the site with a handy guide to all of the events, from creating their own shaving foam bookmarks to stepping back in time in our cube of history.



Congratulations to two of our students, sisters Katie and Megan, who swam at the South West Regional Open water in Gloucester. Katie achieved a County Silver in the 3K and Megan Gold in 2K County and Silver in Region.

Katie and Megan both qualified for the Welsh Summer Nationals which took place in Swansea at the beginning of the Summer. Both swam really well. Megan made it into the final of all of her events and achieved 2 Golds and 3 Silver medals.

The following week, Megan having achieved second in the 2K South West Region Open Water Championship went up to Sheffield to participate in the National open water championship and came ninth.

Congratulations to you both for showing such motivation.



### Author Visit to Saltash Community School

This term we were joined by children's author Lou Abercrombie who gave a presentation to our Year 7 students and Year 6 students from Bishop Cornish, Brunel, and St Stephens School.

Lou talked about her inspirations and previous jobs producing television documentaries and pop videos before trying her hand at being an author. Lou talked of how her interest in Lord Byron inspired her to take part in open water swimming events around the world and how her passion for open water swimming inspired her novels 'Fig Swims The World' and 'Coming Up For Air'.

The students learnt about the challenges Lou faced as she learnt to free dive and even had a go at breathing exercises to see how long they could hold their breath. They also learnt how to create characters using mind maps and about the different ways authors create storylines for their books.

The students asked some really interesting questions in a Q and A and were given the opportunity to purchase signed copies of Lou's books.

'Coming Up For Air' is one of our TEAM Reader books and really inspires our core value of tenacity.





As a school we are continuing to work towards Intercom's FLAG Award- an award to demonstrate the support and inclusivity we provide for LGBT+ students.

The award comprises six different categories and we are really pleased to announce that we have now passed four categories: Skilled Teacher, Effective policies, Inclusive Curriculum, and Pastoral Support.



There are many sources of support for young people and their families. Here are just a few:

#### Websites

- Mindout LGBTQ mental health service <https://mindout.org.uk/>
- Pride counselling – Professional therapy for the LGBTQ community <https://www.pridecounseling.com/>
- Stonewall – Support for LGBTQ+ community <https://www.stonewall.org.uk>

#### Apps

- Voda – The LGBTQIA+ mental wellness app
- weBelong - A social media app for LGBTQ++ to connect together

#### Twitter

- Allsorts Youth Project @allsortsyouth
- Mindout @mindoutLGBTQ

#### Facebook

- [Allsorts Youth Project](#) Dedicated to supporting children and young people under 26 who are LGBTQ+ and their families
- [Mindout](#) LGBTQ Mental Health Service
- [Stonewall](#) Campaign for equality

### Inter Tutor Cross Country Competition

Saltash students from Years 7, 8 and 9 had a chance to show off their TEAM values as they took part in the inter tutor Cross Country competition which took place on the 17th October.

Each year group were fantastic at appreciating the amazingly quick times of those who finished in the top 3 (as we have some fantastic endurance athletes in the school) but also celebrating each and every runner who crossed the finishing line regardless of their finishing position.

A number of students showed real tenacity and motivation just to finish the course and were supported and encouraged all the way round by their class mates. For an individual sport it was a real TEAM effort and created an amazing atmosphere, making it a day to remember.

Head of PE, Mr Hawkins, was delighted with the efforts of each year group.

“Turnout for the races was fantastic. It was a privilege to see how our students show how much they care and support each other. The event could not have been such a success without the great help of our Year 12 and 13 Sports Leaders, who marshalled the course really well.

My thanks to them and everyone who played a part on the day.’



## Careers Update

It has been a busy first half term with Careers activities already underway. We have launched the Work Experience Programme with our Year 10 and Year 12 students: this will run between the 17<sup>th</sup>-21<sup>st</sup> July 2023.

We know that our students will secure excellent Work Experience placements and that the experience will be thoroughly worthwhile. Students will be supported in PD lessons around obtaining work experiences. All year 10 and 11 students have had Apprenticeship talks from Cornwall College and we have welcomed Plymouth Argyle in to their lessons to do sessions with our students about employability skills and also to build student knowledge of job opportunities that exist in the local area.

We also welcomed ASK Apprenticeships in to present to our Y11 students, who are currently learning about all of their Post 16 Options about Apprenticeship pathways and Training Levels as part of our Aspirations afternoon. Students also had a session about studying A Levels at Saltash, hearing from former and current students about their experiences. We look forward to welcoming more local providers such as City College into our lessons over the next few weeks as well as the continuing Careers guidance appointments that students in Y11 are currently having.

Our Careers learning has also been part of Personal Development lessons for Year 7-9 as well as during tutor time, with Year 7 and 8 doing self-reflection tasks on their qualities and skills along with focusing on their dreams & ambitions. We will look forward to welcoming employers into school to inspire our students to be the best they can be.

Our Year 9 students have been undertaking a range of self-evaluation tasks and have been using Unifrog to research career opportunities based on their personality, skills and interests. They will continue to use Unifrog to enhance their career learning and development.

You will find careers information on our website including activities students can independently access and information for parents on how to support around Careers and PSHE. As always if you have any questions or queries with regards to PSHE or careers then please email [egue@saltashcloud.net](mailto:egue@saltashcloud.net).

We look forward to another busy half term in ensuring that our students can reach their chosen goals.





### Lives Sessions at Saltash Community School

The last week of term saw the return of our Live Sessions concert. Thank you so much to the wonderful audience that supported our students, with wonderful performances from students from Year 7 to Year 13.

There was a range of different music genres showcased: from Beethoven's Moonlight Sonata played by Year 12 student, Max; to Rhianna's Stay performed by Year 11 student, George; Elton John was performed by Tom in Year 13 and Oasis's Don't look back in Anger was performed by Dom and Shoshannah in Year 10. It was also lovely to see our Year 7 choir in their first ever performance of Lean on Me.

This concert is a great opportunity for students to record their GCSE and A Level performances in front of a live audience- this goes towards 30% of their final grade. We also had Performing Arts students supporting back stage as well as with refreshments.

As always we are blown away with the talent and dedication we have here at Saltash Community School and it was wonderful to see so many students demonstrating their TEAM values. The next concert will be the Carol Concert on 14<sup>th</sup> December at 5:30pm in St Stephen's Church- we can't wait to see you all there!





We realise that times are touch at the moment, there's some information from Citizens Advice about coping with the cost of living and rising energy bills.



### **Cost of Living —What you need to know**

The government has announced that from 1 October 2022 a typical household won't pay more than £2,500 a year for gas and electricity for the next two years. The existing schemes to help with energy costs aren't affected. In the meantime, here are some ways you could get help to deal with the financial situation.

If you don't have enough to live on, you might be able to get help from the government or the council to afford essentials like bills and food. This includes the Household Support Fund and Cost of Living Payments.

### **CHECK WHAT BENEFITS YOU CAN GET**

You might be able to claim benefits or increase your current benefits if you're:

- of working age and on a low income
- sick or disabled
- of State Pension age and on a low income
- A carer
- responsible for children

You can check what benefits you might be able to claim using the online Citizens Advice Benefits Calculator at <https://www.citizensadvice.org.uk/benefits/benefitsintroduction/what-benefits-can-i-get/>

### **GET YOUR BENEFIT PAID EARLY**

Most benefits can be paid early—this is known as a Short Term Benefit Advance. A small amount will be taken off future payments to pay it back—usually over 12 weeks. You can also ask for an advance payment of Universal Credit while your waiting for your first payment. You can't get paid early for Housing Benefit, Attendance Allowance, Disability Living Allowance, Personal Independence Payments, Child Benefit, Guardian's Allowance or Work or Child Tax Credits.

### **HELP WITH ENERGY DEBTS**

If you're in debt with your energy supplier, you might be able to get a grant to help pay them off. If your supplier doesn't offer grants, you might be able to get one from the British Gas Energy Trust ([citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills](https://citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills)).

You can also check if you're eligible for the Warm Home Discount Scheme ([gov.uk/the-warm-home-discount-scheme](https://gov.uk/the-warm-home-discount-scheme))

## UNIVERSAL CREDIT

If you're out of work or on a low income, you might be eligible for Universal Credit. Our trained advisers can help you make your first claim. Call or use webchat 8am-6pm Mon-Fri. ([citizensadvice.org.uk/help-to-claim](https://citizensadvice.org.uk/help-to-claim)) or Freephone 0800-144-8444.

## MAKE A BUDGET

Here are three easy steps to drawing-up a family budget:

- 1—Write down all your earnings after tax, any money from benefits or any other income you receive.
- 2—Write down all your outgoings, including existing debts, regular payments and other expenses.
- 3—Use our online budgeting tool to work out your budget at [citizensadvice.org.uk/budgeting tool](https://citizensadvice.org.uk/budgeting-tool)

Before you start, have your bank statements or banking app to hand. You could also keep a spending diary to keep track of your spending ahead of completing a budget.

## CHECK YOU'RE BEING PAID THE RIGHT WAGE

The minimum wage increased on 1 April 2022, so you should make sure you're being paid the right amount:

Aged 23 and over—£9.50 per

hour / Aged 21-22—£9.18 / Aged 18-20—£6.83 / Aged Under 18—£4.81 / Apprentice—£4.81

## SCHOOL COSTS

If you're on a low income or claim Universal Credit, you might be able to get free school meals for your children. Apply via [gov.uk](https://gov.uk)

If you qualify, you might also be able to get help from your council with some costs such as uniforms, school activities and school transport ([citizensadvice.org.uk/family/education/help-with-school-costs](https://citizensadvice.org.uk/family/education/help-with-school-costs))

## HEALTHY START VOUCHERS

If you're on a low income and you're at least 10 weeks pregnant or have a child under four-years-old you might be able to get free vitamins and Healthy Start vouchers for milk, fruit, vegetables and infant formula. Ask your midwife or health visitor if you might be eligible or call the Healthy Start helpline on 0345-607-6823.

In addition, we do have washing machines and tumble dryers available on site if that would help. Please contact Dani King ([dking@saltashcloud.net](mailto:dking@saltashcloud.net)) if you would like to use these facilities.

## E-Safety

E-safety issues are constantly changing and evolving. Learn more about keeping your child safe online. We strongly recommend visiting the excellent ThinkUKnow website which is run by the Child Exploitation and Online Protection Centre (CEOP).

<https://www.thinkuknow.co.uk/>

### Pre-loved Uniform Shop

Just a reminder that the pre-loved shop, where you can pick up items for **free**, is open on the first Wednesday of every month, from 3.15pm to 4.15pm. Alternatively you can email Mrs D King, [dking@saltashcloud.net](mailto:dking@saltashcloud.net).

TEAM Saltash



### Cook your own free meal bags

- All ingredients included to cook 5 family meals
- Includes a recipe card
- Bring your own bags, (first come, first serve basis)

Collection from Saltash Wesley Methodist Church  
Tuesday 25 & Friday 28 October, 10 AM - 12 PM

### Dates for your diary:

<b>Monday 24<sup>th</sup> – Friday 28<sup>th</sup> October:</b>	<b>Half Term</b>
<b>Monday 31<sup>st</sup> October:</b>	<b>Return to school</b>
<b>Friday 25<sup>th</sup> November:</b>	<b>School closed for staff training day</b>
<b>Friday 16<sup>th</sup> December:</b>	<b>Last day of term</b>
<b>Tuesday 3<sup>rd</sup> January:</b>	<b>Whole school returns for Spring Term</b>