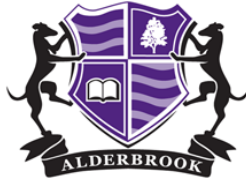


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**Alderbrook
School**
AMBITION | BRAVERY | KINDNESS

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ALDERBROOK NEWSLETTER

Edition 2 – February 2020

A Farewell ...

I joined Alderbrook School as a Deputy Headteacher in April 2015, since then I have been fortunate to lead the school as Headteacher. Alderbrook is a wonderful school, unique in the locality for its inclusivity and its vibrant and increasingly successful Sixth Form. Alderbrook offers a broad range of curriculum and experiences to all of its students across years 7-13. I am retiring at the end of the Spring term and I am very pleased to introduce our new Headteacher, Mr Tom Beveridge, who has been appointed to join us after the Easter break.



The staff at Alderbrook are devoted to the school, and your children, and I thank them for all their hard work to ensure the very best outcomes for every child in our care. I have been fortunate to be supported by a strong and dedicated Leadership, and school management teams who are equally committed to the school's continual improvement and I know they will continue to offer this support and expertise to our new Headteacher.

I am looking forward very much to retirement, but would like to offer my sincere thanks to all of my staff, the governors and all of you as parents/carers for your support of the school and its direction over my time here. It goes without saying that I will also miss our students whose enthusiasm for learning and development into young successful adults during their time with us, has been an unfailing pleasure to witness.

with best wishes,

Dr Janette Smith

and a new Hello ...

I am delighted to be appointed as Headteacher at Alderbrook School.

I am currently a Headteacher in the Forest of Dean, but have strong links to the Solihull area and know it well.

From my initial tour of the school and then during my subsequent interview and visits, I have been really impressed by the well-mannered, articulate students, dedicated staff and hugely supportive community. It is lovely to see the pride that governors, staff and students have in the school, and I will work hard to ensure Alderbrook continues to move from strength to strength.

I look forward to meeting and working with staff, students, parents/carers and the whole community and will join you all after the Easter break.



Mr Tom Beveridge

Everything's Gone Green

Alderbrook staff have taken delivery of these stunning green jackets. They will certainly be easier to spot !! Students will now be able to locate staff more easily when they are on duty at breaktimes.



Curriculum Information

PSHCE Programme

Thank you again to all our parents for their support for our Personal, Social, Health, Citizenship and Economic Education programme. Students across the school are following a programme covering all aspects of this important curriculum led by form tutors. We are also responding to events both locally and nationally, to inform the delivery of parts of this which often involves external visitors supporting the lessons. This term, we are hosting extended assemblies by West Midlands Police, focusing on Safer Travel Education Programme and also the 'Precious Lives' programme which focuses on knife crime. These sessions are being held for students from Year 7, and will take place after half term in lessons, assemblies and the Life Ready Day on 21st April. We are also welcoming back Loudmouth Theatre Company, who are leading an extended assembly for our Year 7 students, focusing on exploitation and county lines. This will take place on Tuesday 3rd March.

Students are just concluding lessons as part of our programme: 'Living in the Wider World'. After half term we will continue to move into lessons about Health and Well-Being as below:

Spring Term 2	Health and Wellbeing: Bravery	Internet safety and harms.	Drugs, alcohol and tobacco.	Basic first aid. Physical health and fitness.	Drugs, alcohol and tobacco	Managing wellbeing during exams.
		How to identify harmful behaviours on line - relationships on and off line – bullying.	Physical and psychological consequences and risks.	How to find sources of help and perform emergency first aid.	Personal safety including gangs, knife crime.	Benefits of regular self-examination.
		Peer pressure and illegal substances.	Facts and the law.	The benefits of a balanced diet..	Personal hygiene, germs, antibiotics – taking responsibility and deeper understanding.	Importance of good sleep.
		On line and off line worlds – impact on body image and well-being.		Drugs – review risks to health.	Self-examination and immunisation screening	Personal hygiene.
		Reflection – how to talk about emotions.			Characteristics of a healthy life style.	Mental well-being during exams.
						Avoidance of substance abuse – Natural High.

Further information about the full PSHCE programme can be found on the school website.

Update from the Music Department

Peri Night - Malley Hall

On Thursday 23rd January we held our annual Peripatetic Music Night for Alderbrook students. This was an evening for our students to celebrate their successes in their grade exams and outside groups. We had students from all years perform and had a mixture of genres for our musical pleasure. It's also an important evening for our students as they had the opportunity to perform pieces they have been working on with their teachers in lessons and rehearsals at home to an invited audience. It was a truly great evening and we look forward to the next one.



Exciting Trip Opportunity



We have an exciting trip in the planning to take music students to perform at Royal Albert Hall, London. This trip is with Armonico Consort, whom the school have worked closely with for three years in developing the choir. We will learn a series of songs and perform these with schools from all over the UK on stage at this world-renowned venue on Wednesday 3rd June 2020.

We will also have workshops to prepare for the event with Armonico Consort staff. More information to follow.

Battle of the Bands



Alderbrook Music Department held its first ever Battle of the Bands event which included bands from Arden School, Tudor Grange Academy Solihull, Lode Heath School and Lyndon School. The evening was a success with students taking part in two categories- Solo and Band. With four expert judges on board with amazing prizes up for grabs- the evening was a true celebration of music in the Solihull Borough. Judges on the night included

Mike Exeter - Grammy Award winning producer for the likes of Black Sabbath, Judas Priest, Tony Iommi and Cradle of Firt; Andy Rogers - Drummer for The Hoo Haaa's, Julian Walton - Freelance Percussionist and Drummer and Shona Satchwell - Percussionist for The Bop Shop Band and owner of The Bop Shop formerly known as Express Music.

Band Winners- Alderbrook School - The Violet Hour winning a slot at the O2 Academy Birmingham

Band Runner up - Tudor Grange Academy - Room 101- £30 vouchers for The Bop Shop, Shirley

Solo Winner - Tudor Grange Academy – Recording Session at Sansom Studios

Solo Runner up - Lode Heath School - Yamaha Guitar

All winners have been invited to a Live Lounge session at Solihull Radio with Julie Anne Bensley and will be interviewed about their experience of Battle of the Bands at Alderbrook School. Stay tuned!

A special thanks to Mr Hall for being a brilliant host and thanks for Mrs Henderson for assisting with the evening. Thanks to Stage Crew for their help in setting up and their expertise on both stages and for making it run smoothly across two stages. And finally to Mr Fennell who went above and beyond in the planning, setting up and running the event.

Miss Rafferty



World Challenge Update

Not long to go now for our expedition to Mozambique and Swaziland where 24 students will take part in two treks, work as part of community projects, tour Kruger Park as well as many other activities! Our departure date has been confirmed as Saturday 18th July and we will be returning on Sunday 16th August. Challengers have been working hard to raise their funds and we are now in the final months before departure where they need to start thinking about their vaccinations. Please see dates below in which all Challengers are expected to attend.



Sat 29th Feb-Sun 1st March - Cannock Chase- Meet on Malley Playground at 8:20am- departing at 8:40am. Return time tbc

Mon 9th March @4-5pm - Fitness Test- Sports Hall

Thurs 23rd April @6-7pm - Pre departure meeting with World Challenge in Cartwright Hall (with parents/carers)

Thurs 14th May @4:30-6pm - Team Building Meeting 2 in Malley Hall

Fri 29th May-Sat 30th May - Snowdon. Times tbc

Tues 6th July @4:30-6pm - Team Building Meeting 3 in Malley Hall

Challengers and parents/carers are reminded to check the My World Challenge login for updates and advice on the trip. Miss Rafferty

Table Top Sale

We are approaching the end of the Table Top Sale season. Please see dates and details below on how you can book a table to sell. If you would like to attend as a customer, doors open at 11am and entry is only 50p.

Sunday 8th March

Email- tabletop@alderbrook.solihull.sch.uk or phone 0121 704 2146 Ext 7203. All money raised goes towards the World Challenge funds.

National Young Carers Day 2020!



There are currently over twenty registered Young Carers at Alderbrook, and it is likely that there are more students here who perform caring responsibilities, but either they do not consider themselves to be Carers, do not want to be identified as such, or simply don't realise that help is available to them in and outside school.

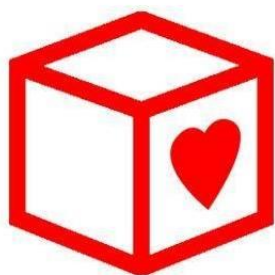
Young Carers sometimes talk about being tired from the additional responsibilities they have at home, may struggle getting homework done, can become socially isolated and feel stress because of the burden they carry and the worry that their caring involves. They may need our support to ensure they cope as well as possible.

We are in regular contact with representative from the Young Carers Trust, who provides moral support to any student with caring responsibilities, and offers a drop in session every month (usually the second Friday) at form time, for any student who cares for someone, in the room opposite Pupil Reception (near the Pastoral office).

One of our Young Carers will be delivering assemblies with another representative of the Carers Trust, to highlight the importance of the role of Young Carers.

School Information

The Red Box Project



The Red Box Project

The Red Box Project, which offers free menstrual products to schools and colleges in Great Britain, has been running since September last year. The Government have now taken this over in an attempt to end period poverty. Alderbrook have signed up to this initiative and we are regularly supplied with menstrual products which are available from First Aid/Pupil Reception for anyone who needs them. All our female students have been informed of this new project and are able to come at any time and ask for anything they need without question. This is already proving very successful.

More information about this project can be found at: <http://redboxproject.org/schools/>

School Uniform Recycling Initiative

We are hoping to roll out a school uniform recycling initiative this year. This is an opportunity for parents to donate specific unwanted/outgrown uniform that is in good condition so that it can be recycled and made available to other families. Access to spare, clean uniform items could make a massive difference to parents and students living with limited incomes and therefore have a positive impact on emotional and academic wellbeing.

Initially we are only asking for the following items – blazers, skirts, PE tops, Rugby tops and PE hoodies.



Please ensure all donated items are clean, in good condition and preferably with name tags removed. Donations can be left at Main Reception or your child can take them direct to Pupil Reception.

Once we have a healthy stock of donations we will make this available to parents/carers. The service will be very discreet and details of how to access the service will follow in due course.

Reminder about school uniform

Thank you to our parents and carers for supporting the school in implementing our uniform policy and a polite reminder that trainers and hoodies are NOT permitted items of clothing and should not be worn at school. This includes hoodies under blazers.

Appointments during the school day

A reminder please that if you need your child to come out of school during the school day for an appointment you must email or send a letter into school in advance of the appointment and also make a note in your child's planner. This will allow the class teacher to release your child at the appropriate time who will then sign out at Pupil Reception and will need to sign back in on their return. Also, can you please allow sufficient time when coming to collect your child for them to have completed the above as we cannot always guarantee we have capacity to collect your child from a classroom if you are running late. Thank you for your co-operation and support.

Alderbrook communicates with parents predominantly via email and telephone. It is imperative that we have the correct contact details for you to ensure you are receiving all necessary communication regarding your child. If you think we may not have the most up to date information, please contact us via email or call Mrs Cummins on 0121 704 2146 ext: 7203. Additionally, if you have moved house recently, please ensure you notify us of this change as soon as possible.

Safety message

Over the past few weeks there have been a number of reports of young people being mugged at knife point in many of our local parks and fast food outlets. Your children will most likely be finding themselves walking home from school or after school activities in the dark. This may seem like a daunting prospect for both you and your child but once they know the safest way to head home then they'll be able to navigate the dark streets. All children can be vulnerable sometimes, and as a parent it is only natural to worry about their safety. Here are some tips to ensure that your child is safe when walking home.

Keeping teenagers safe:

- stay alert, and keep all earphones and music switched off, so they can hear what's going on around them
- stick to busy, well-lit roads, and avoid short cuts through alleyways
- if your child thinks someone is following them, they should cross the road or go to a place with lots of people around, like a bus stop or shop
- when travelling by bus, your child should try to use bus stops on busy roads
- if someone tries to take something from your child, tell them never to fight
- tell them to keep mobile phones and other valuables out of sight, and to turn off their mobile phone ringer to avoid attracting attention
- remind your child they should never carry a weapon to 'feel safe' - it is illegal, could end up being used against them and could have serious and life changing consequences.
- encourage your child to speak up if they feel they might be in danger
- avoid walking alone, where possible
- report any suspicious activity to an adult, this can be done in school and reported to a member of staff

Apps to be aware of ...

Recently, we have been made aware of some apps, where our students are quite vulnerable to being exploited. In addition to the many platforms on the internet, these apps are called Discord and Tik Tok, please see the guidance below.

<https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-discord>

<https://www.net-aware.org.uk/networks/tiktok/>

<https://www.commonsensemedia.org/blog/apps-to-watch-out-for>

<https://www.commonsensemedia.org/parents-ultimate-guides>

Please can you also check your child's privacy and location settings on any apps they are currently using. We have been made aware that the locations of a number of students are also visible.

Dates to remember!

Some of our Sixth Formers are heading off for a cultural trip to Bruges! We wish them an exciting and informative break and look forward to hearing all about it after half term.

- Thursday 5th March Year 9 Parents Consultation
- Sunday 8th March – Table top sale
- Monday 9th/Tuesday 10th March – Year 9 boys and girls double vaccinations
- Thursday 12th March – Year 9 trip to Harry Potter studios
- Monday 16th March – Year 12 Geography fieldtrip
- Tuesday 17th March – Year 10 Parents Consultation
- Wednesday 18th March – INSET day (see below)
- Monday 23rd March – Year 7 History trip
- Tuesday 24th March – Year 9 Computer Science trip
- LAST DAY OF TERM FRIDAY 3 APRIL

Don't forget, you can see the school calendar in full on our school website under Information.

Inset Day Wednesday 18 March 2020

Wednesday 18th March is an Inset Day. On this day, Year 11 students will be invited in to school to work in specific option subjects. Invitations will be sent out after February Half Term to the students involved, giving further details. The sessions on this day will be focused and extremely valuable to the students and, as a result, we strongly encourage them to attend.

Alderbrook Twitter Accounts

Please follow @AlderbrookSch for regular information from the school.
Please also follow these 'handles' in order to keep in touch with news from some of the individual departments :

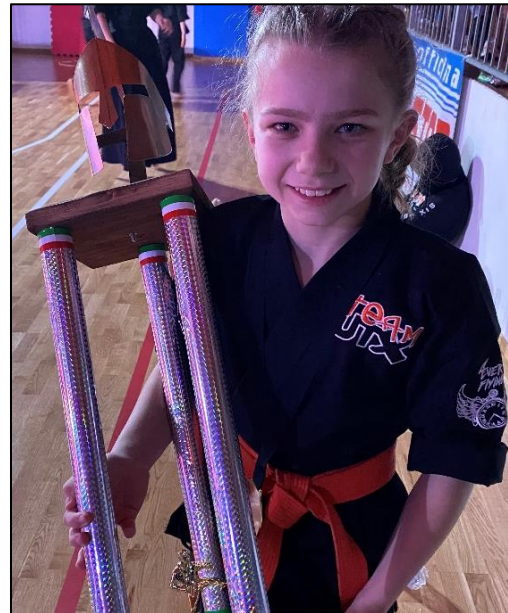
@ABKMusic2
@abktheedge
@ABKdandt
@ABKscience
@ABKSixthForm
@ABKPolitics
@ABKPE

Please look out for posts from other departments in the near future.

Congratulations to.....

Neve does it again!

Following our report in our last newsletter on Neve's achievements in martial arts, we were thrilled to hear of Neve's latest recent successes at the Italian Open in Lendinara, Venice.



Neve entered a total of 5 events and the junior tricking battle and managed 4 golds and 1 bronze in her categories and won the junior tricks battle. This meant Neve qualified for the grand finale at the end of the event. Neve went on to win this grand finale and is now the U13s Italian Grand Champion 2020!

Well done to Neve – we're all incredibly proud of your achievements and wish you every success in your future endeavours!

Keep your eye on Abi!

Abi Cowie has again been selected by England to be part of the following event:

England Women's Under 16 UEFA Development Tournament, St. George's Park February 2020.

Congratulations Abi and hope you have a really successful week with the England Squad!

Oxford and Cambridge places!

Mrs Allen, our Director of Sixth Form is delighted to circulate news of two of our students who have gained places at Oxford and Cambridge.

Head Boy Dan Harrison has an offer from St John's College, Oxford to read History & Politics this September. 1 of only 12 students accepted by St John's to study History as a discrete or joint pathway in 2020.



Izzy Fahey who joined us from Light Hall, has an offer from Fitzwilliam College, Cambridge to read Archaeology this September. 1 of only 2 students accepted by Fitzwilliam to study Archaeology in 2020.

Well done both!

I wish all of our parents/carers and students a relaxing half term break and look forward to seeing our students back in school on Monday 24th February.

Best wishes

Dr J Smith
Headteacher