

# REED

STALHAM HIGH SCHOOL - MAGAZINE



**Ofsted**  
Good  
Provider

## STOP PRESS!

Stalham High School  
has been awarded  
GOOD PROVIDER  
status by Ofsted.

**Creative Writing  
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F24



Charities Week



Duke of Edinburgh





## Headteacher's note

Dear Students, Parents, Caregivers, and our community,

*Welcome to the Summer edition of Reed On 2024. We can safely say it really has been an incredible year, with amazing achievements all round. I hope this edition will give you an idea of what has been happening in school this term.*

No sooner had we said our goodbyes to Year 11, on the 25th and 26th June, we were subject to an OFSTED Inspection led by one of His Majesty's Inspectors. We are delighted to be able to share that the outcome of that inspection is that STALHAM HIGH SCHOOL IS A GOOD SCHOOL and was assessed as being GOOD in all 4 areas of judgement. The report itself is available to view on our website and is live on the OFSTED website too. Some particular quotes we love to read include *"Inclusive practice is at the centre of what the school does"*, that *"skilful and effective support from adults ensures pupils achieve well"* and that our pupils *"feel listened to and respected"*.

Ensuring students are successful at our school is a huge team effort. It includes staff across the Synergy Trust and of course, our Governors, who volunteer a huge amount of time making critical decisions regarding the future. We also owe much thanks to all parents, carers, and staff. I would like to take this opportunity to thank you all for your support.

We were thrilled that Inspectors noted many key areas of improvement that we have been directing our efforts to work on, as areas of strength. *"The quality of education has improved since the last Inspection. The school has focused significant resources on developing the curriculum across the school to ensure that historical gaps in knowledge and skills are closed"*

As you will be aware, from September, Mr McMahon will be the Head of School, with a fantastic Leadership Team comprised of Mr Norris, Mrs Davison, and Mrs Tarry as I take on a wider role as Deputy CEO of Secondary Education across all four secondary schools within the Trust. As this recent OFSTED Inspection report shows, with their leadership and the excellent team of staff we have in place, the school will continue to go from strength to strength.

*On behalf of all the staff I would like to thank you all and wish you a fantastic Summer.*

**Alastair Ogle Executive Headteacher  
 Sheringham and Stalham High School**



**SPRING TERM  
 CATCH UP**

## World Book Day Cake Competition

To finish off our World Book Day celebrations, students were asked to bake and decorate a story themed cake. Here were our top three cakes, with Celene winning best looking (Book Cake) and Charlotte winning best tasting ("Cake").

## Pi-day Baking Contest

The 14th of March was Pi Day! Our students and staff submitted some spectacular pies for our annual Pi Competition which were then judged on appearance and taste. A big well done to everyone that took part.



## NCBC visit

A group of students took a trip to Norfolk Children's Book Centre in Alby to spend their World Book Day tokens, help Miss Spencer buy some new books for the Library and purchase some books for themselves. They had a great time browsing the thousands of books on offer and looking at the notes and drawings on the walls from famous authors like Cressida Cowell, Tom Palmer and Anthony Horowitz! They came away with arms full of books for the Library as well as some exciting novels to take home. We are looking forward to making this trip a termly event.



## Antingham and Southrepps

Mr Hole took a group of 8 students to visit Antingham and Southrepps Primary School to read with some of their children. One group visited Reception, Year 1 and Year 2 and were excellent at using different voices to engage the children while reading them a story. The two other groups visited the older children in Years 3 to 6 and listened to the older primary school children read their books. Our students were extremely patient and helpful when correcting and explaining difficult worlds to the children. After the reading sessions, our students got to have a cuddle with Rallo and Psalm, the primary school's reading and Therapy dogs. Rallo visited our school last term and enjoyed meeting more of our students!



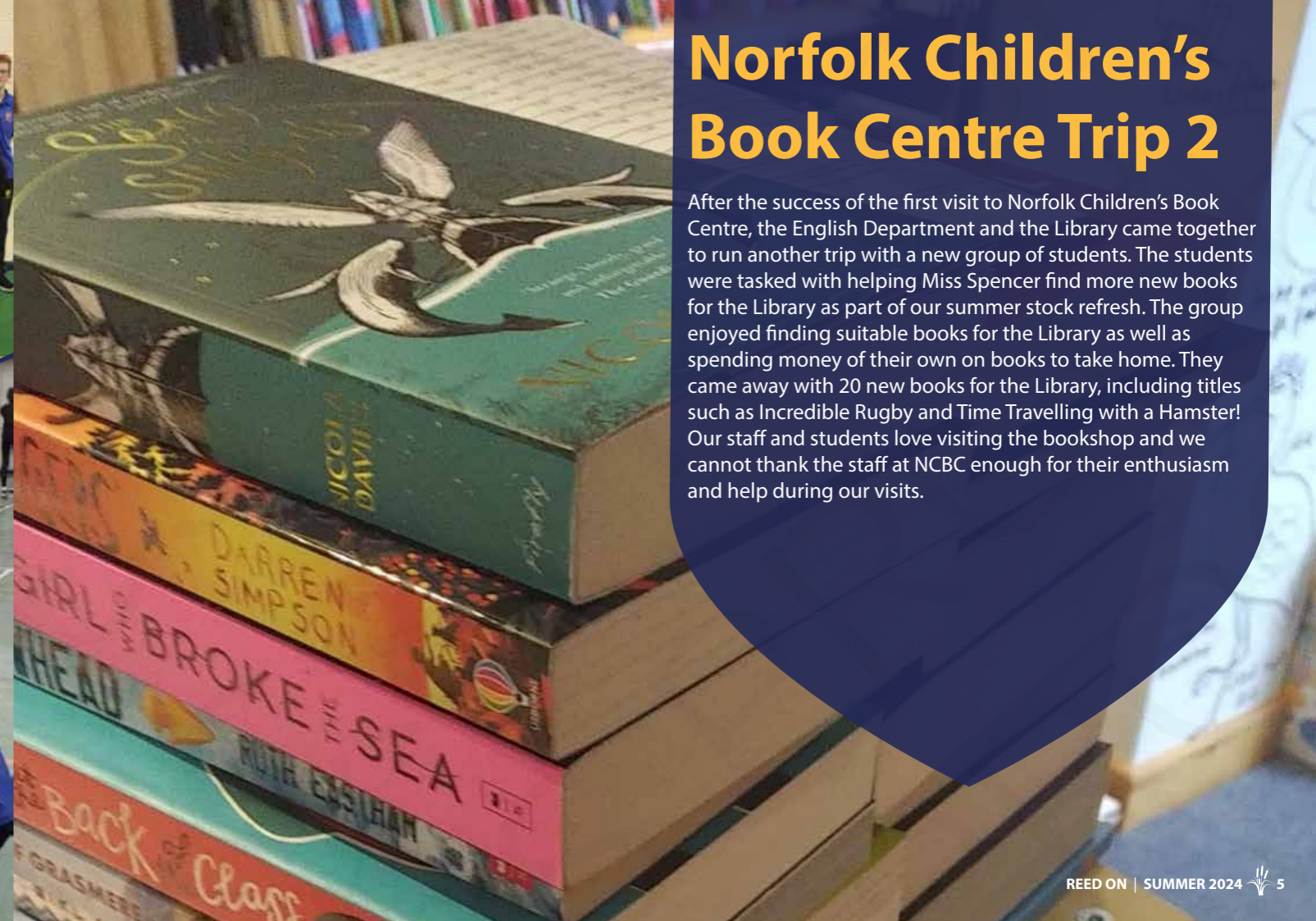
## Year 9 Volleyball Day

Our Year 9 students had an incredible day in the middle of March, when they travelled to East Norfolk 6th Form for a volleyball taster day. In the morning, they worked with coaches from Great Yarmouth Volleyball Club and in the afternoon, they took part in a tournament. The boys showed true grit and determination which paid off in some excellent results, especially as most of the other teams were made up of Year 10 students! The top three teams could only be separated by goal difference. Congratulations to Stalham 2, who finished joint second and Stalham 1, who finished third.



## Norfolk Children's Book Centre Trip 2

After the success of the first visit to Norfolk Children's Book Centre, the English Department and the Library came together to run another trip with a new group of students. The students were tasked with helping Miss Spencer find more new books for the Library as part of our summer stock refresh. The group enjoyed finding suitable books for the Library as well as spending money of their own on books to take home. They came away with 20 new books for the Library, including titles such as Incredible Rugby and Time Travelling with a Hamster! Our staff and students love visiting the bookshop and we cannot thank the staff at NCBC enough for their enthusiasm and help during our visits.



# MISSION CATASTROPHE

**Devil's Human Faces**  
 The opaque smoke is strangling. Colossal raven creatures drift the Earth asunder. Spindly hands come back to take what they own. Plague terrors inflicted upon Mionder's City, clicking onto the souls of each foul resident of the damned city. Heretics, they call these beasts, parasites of thoughts, blood angels! Clear contradictions of nature. Plunderers! People do no trembling, nor do they quake their soft faces, galore, nor hide their tongues in their throats, for they have no innocence themselves! They eat each other; corroding like decay. Upon that, even the most feared beast seemed like children, for the Heretic's presence quaked flesh.

George  
 Statham High School, Statham

Fiction



## Creative Writing Club

Statham High School is officially a hub for discovering, nurturing, and inspiring talented new writers. In April 2024, after weeks of perfecting their ideas and stories, three of our Creative Writing Club students entered the Young Writers' Flash Fiction Competition, Mission Catastrophe, and WON!

We are unbelievably proud to say that they are published writers, with their work appearing in the Young Writer's Anthology 2024. Furthermore, a copy of this book will be kept in the National British Archives, meaning it will be kept on record forever!

## Statham High Math Olympics 2024

Get mathematically prepared for the Summer Olympics 2024!  
 Events include: Square it, Sudoku, Olympic Quiz, Countdown, TT Rockstars and Olympic size problems!

Win points and medals for your House  
 Are you going for Gold??

## Math Olympics

The Maths Department have been busy putting together a series of maths-based competitions linked to the Paris 2024 Olympics. The challenges will include Square it; Sudoku; Olympic Quiz Countdown, TTRockstars and Olympic Sized Problems. Our students are excited to put their maths skills to the test in these exciting challenges- keep an eye out for the results in the Autumn issue.



## Science

Mr Covington

### Year 7

This term, our Year 7 students started with a unit on elements, mixtures, and compounds, where they learned to distinguish between different types of substances and their properties. They have also been using Molymods to better understand the shape of molecules and the rearrangement of atoms during chemical reactions.

### Year 8

Our Year 8 students have been busy with two fascinating units; The first focused on magnetism and electricity, which allowed them to explore the principles of electromagnetism and its practical applications, constructing and testing electrical circuits and electromagnets, they also investigated which fruit acted as the best electrolyte to produce the most efficient battery! The second unit delved into Earth's climate and resources, providing students with a deeper understanding of environmental science and the importance of sustainable practices.

### Year 9

Our Year 9 students have had a rich and varied curriculum, blending chemistry, biology, and physics. They studied human body systems, gaining insights into the complexity and functionality of our bodies. In Chemistry, they explored atoms and the periodic table, building a solid foundation in understanding chemical elements and their interactions. Physics lessons took them on a journey through motion on Earth and in space, broadening their comprehension of the physical laws that govern our universe.

### Year 10

Our Year 10 students are diligently continuing with their GCSE courses, laying the groundwork for success in Year 11. They are delving deeper into more complex scientific concepts and refining their practical skills, ensuring they are well-prepared for the challenges ahead.

### Year 11

Year 11 have been laser-focused on their upcoming GCSE science exams. They have been attending intensive revision sessions, including an engaging extra-curricular session delivered by the Stimulating Physics Network. These sessions have been invaluable in solidifying their knowledge and boosting their confidence. We wish all our Year 11s the best of luck in their exams and look forward to celebrating their achievements.

The dedication and enthusiasm of our students and teachers continue to make our Science Department a place of discovery and inspiration. We are proud of the progress made this year and excited for what lies ahead. Keep up the fantastic work, everyone!



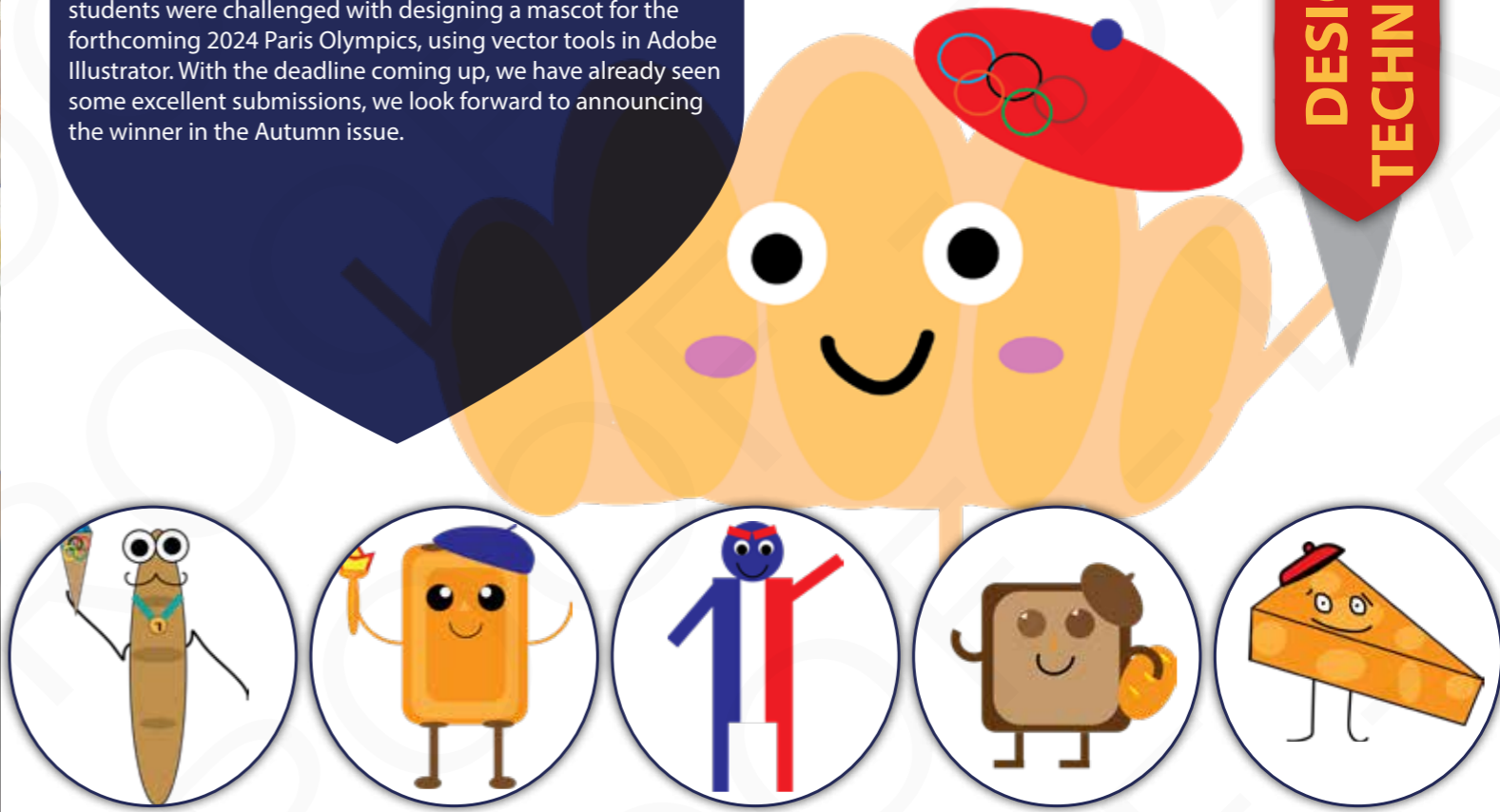
## Self and Society

In their Self and Society lessons, Year 8 have been looking at 'healthy choices'. As part of their Food technology module, they have been cooking omelettes and learning about heat control and coagulation whilst making a healthy breakfast that is low in fat and that students can make independently. Some cracking work from everyone!



## Computing

During the second half-term, our Year 7s, 8s and 9s have been undertaking their Computing House Competition. The students were challenged with designing a mascot for the forthcoming 2024 Paris Olympics, using vector tools in Adobe Illustrator. With the deadline coming up, we have already seen some excellent submissions, we look forward to announcing the winner in the Autumn issue.



## It's flour baby season!

For five consecutive school days, our Year 11 Child Development students had to take their flour babies home, complete the revision activity in their booklets and then bring the flour babies back to school the next day in time for flour baby nursery at 8.30am!

The purpose of this activity is to review the responsibilities of parenthood for their Child Development final examination and put all their learning into practice. We had some very creative flour babies, which is your favourite?



DRAMA SCRIPTS

## THE TERRIBLE FATE OF HUMPTY DUMPTY

David Calcutt

OXFORD

## Drama

This term in Drama, Year 7 students have been looking at The Terrible Fate of Humpty Dumpty by David Calcutt. The play outlines how dangerous bullying can be, and students have been using different strategies - including hot-seating and conscience alley - to explore and understand how the characters would have felt. This develops their ability to empathise with others which is a very important life skill. They've completed some excellent work and will soon be preparing duologues from the play, with props and costume.



Art

Year 7 have been creating some wonderful cat and dog sculptures based on the artist Olivia Brown. They will be painting them over the next half term. Year 8 have also been busy, creating some beautiful clay tiles inspired by nature and the Artist William Morris.

MFL

This term, Year 9 have studied the world around us (including endangered species, veganism, and climate change) and produced a poster to promote the protection of endangered animals and/or the planet using the key vocabulary and the verb "il faut" + infinitive.

Year 10 have been studying healthy lifestyles and produced advice on how to stay in shape using the imperative. This has also sparked some enlightening discussions in class as to what makes up a healthy lifestyle.

Some of our Year 10 students are putting into practice key life skills in preparation for their residential trip to Paris on 2nd of July by planning, sourcing key documents and resources (e.g. plug adaptors) and packing according to the climate and activities.

This is a great opportunity for our French students as they will be seeing the Eiffel Tower and Arc de Triomphe, ascending the Montparnasse tower, cruising down the Seine River, admiring the Mona Lisa in the Louvre Museum, and enjoying a day at Disney. We hope they will enjoy the chance to put their language skills to the test- see how they got on in the next edition of ReedOn.



SPORT

# Spirit Games

In May, a group of 45 Stalham High students competed at the UEA Sports Park in the Norfolk School Sports Partnership Spirit Games. They competed in Volleyball, Handball, Athletics, Dodgeball and Pitch 'n Putt. A big congratulations to everyone for representing our school so brilliantly- an extra big 'well-done' to our Handball team who narrowly lost in the final to Langley Prep 4-3!



SPORT

# Y7 Rugby

Our Year 7 team enjoyed an at-home game against North Walsham High School. There were a lot of excellent plays, and our team came away with some great ideas for next season.



# Y8 netball

Our two Netball teams have been working extremely hard this year. The tireless interception and shooting practices have definitely paid off!





Year 7 and 8

## Leadership Academy

Some of our Year 7 and 8 students had the opportunity to visit the UEA Sports Park earlier in May to take part in a Leadership Academy. The students spent the day working alongside a variety of local coaches learning the importance of inclusion as well as how to deliver a session, what the fundamentals of coaching are and how to ensure sessions are fun and engaging. This talented group will help to support the school on the upcoming Year 6 Transition Days.

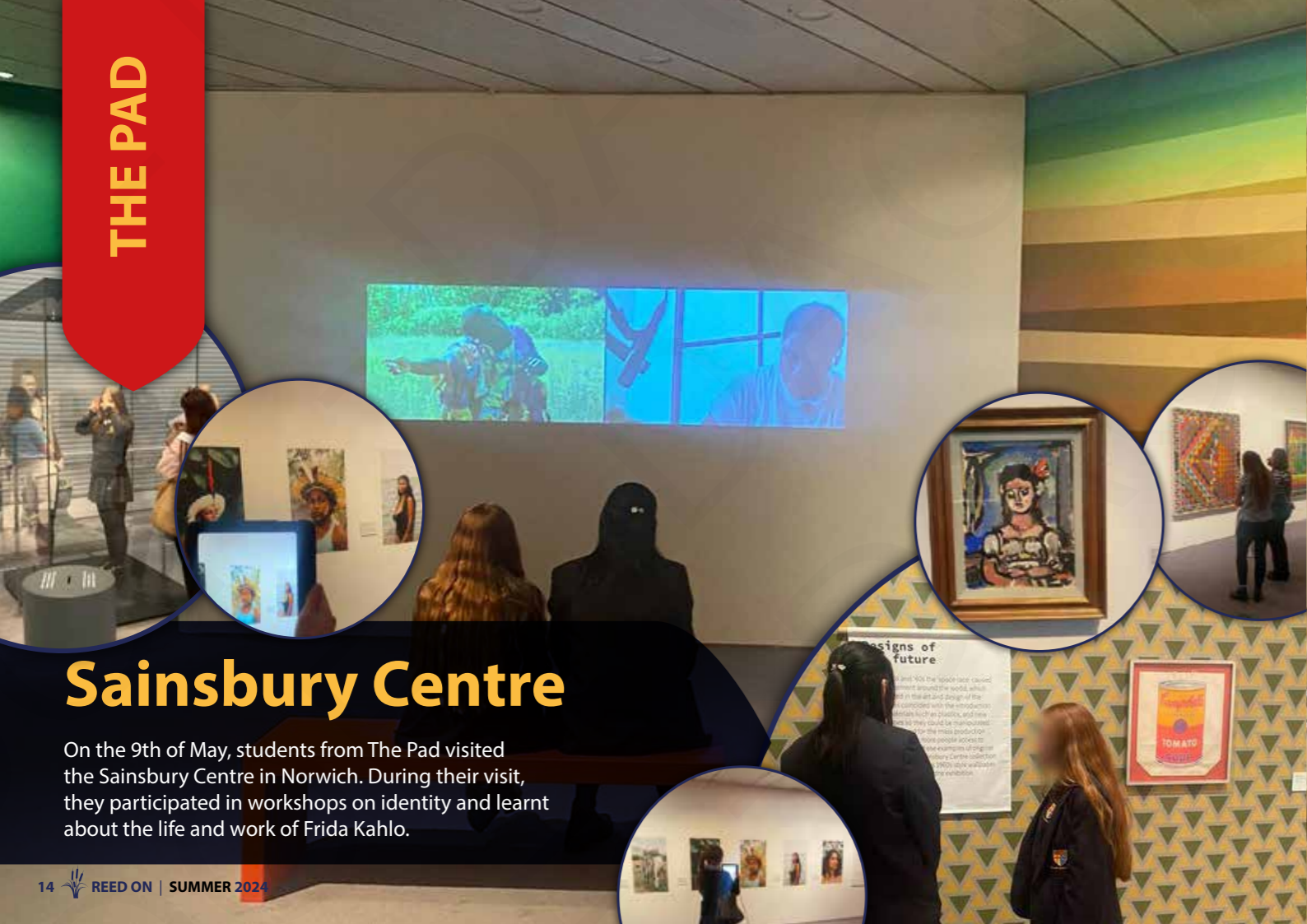
## Duncan Baker

On the 26th of April, MP Duncan Baker paid a visit to the Pad to learn about how it supports our Autistic students. He was very impressed and said "It is an outstanding place, wonderful children, and passionate, caring teachers."

An incredible learning environment. "We are very proud of how hard our staff work to support our students and are pleased this sentiment was shared by Duncan."

## Forest School

Every Friday, our Pad students take part in Forest School. Recently, they have been learning how to make Shillelagh's (Shi-lay-lee; a traditional Irish wooden walking stick) as well as learning the history behind them. The group have enjoyed choosing their sticks, cutting off excess branches and sanding them until perfectly smooth before decorating and coating them in Epoxy Resin to make them weather-proof.



## Sainsbury Centre

On the 9th of May, students from The Pad visited the Sainsbury Centre in Norwich. During their visit, they participated in workshops on identity and learnt about the life and work of Frida Kahlo.



## Charities Week

Once again Stalham High pulled together to celebrate this year's Charities Week and raise money for some excellent causes. Every day, students had the chance to compete in fete games during break as well as vote for which teachers they wanted to see face-painted, sponged and gunged! The week also saw activities such as the Game-off, Lip-sync Battle, Dance Battle, Masked Singer and Penalty Shoot-out.

## Gunging day

Thursday was the long-awaited gunging day! Facing the neon goo was Mr Vincent, Miss Zeebroek, Miss Kent, Mr Storey, and Mrs Dorkins. Each teacher received a bin of slime tipped over their heads; some students got very close to being in the splash-zone!

## Sponged!

On the Tuesday Mr Dove, Mr De'Ath, Mr Storey, Miss Spencer and Mr Vincent were sponged. Students paid to throw sponges at their favourite (or least favourite!) teachers and pooled all their money for the opportunity to tip the remaining bins of water over Mr Storey and Miss Spencer!

## Lip-sync Battle!

Wednesday was the day of the highly anticipated Lip-sync Battle! Several groups of staff had been rehearsing in secret to perfect their routines to Texas Hold 'Em (Beyonce), Ice Ice Baby (Vanilla Ice) and Lose Yourself (Eminem) and it absolutely paid off! Here are some photos from the performance, but you can head over to our Facebook page to watch the whole show!

## Face-paint a teacher

Face-paint a teacher is a massive hit every year. All week, students voted for the teacher that they would most like to see spend the whole day in face-paint. It was a very close tie at several times during the week between Ms Dorkins and Mr McMahon, but in the end, Mr McMahon came out the winner. Staff and students had great fun watching Sir show guests round the school with his lovely green lizard face paint!

## The Masked Singer

Charities Week culminated in the much-anticipated event, The Masked Singer. This was the first time the event had been held and so it was shrouded in mystery. Students gathered to watch performances from Tiger, Winnie the Pooh, Happy Feet and the Funky Chicken and voted for their favourite to find out 'who's behind that mask?' After some incorrect guesses of Mr Covington and Mr Hole, the winner, Winnie the Pooh (with his rendition of 'You're Welcome' from Moana), was unmasked to reveal....Mr McMahon! A very big thank you and well done also to the other contestants, Mrs Davison (Tiger), Miss Adams (Happy Feet) and Mrs Tarry (Funky Chicken).



## Brilliant Club

On the 24th of April, this year's Brilliant Club cohort had the opportunity to graduate in Christs College at Cambridge University. After a year of hard work, completing a university-style assignment alongside their PHD tutor, our students enjoyed the opportunity to celebrate their achievements. Several of our students achieved a First (A\*/ 9 grade equivalent) on the submission of their work, which is by no means an easy task.

After a Q&A with current university students, a campus tour and lunch, the group returned to the lecture hall to receive their certificates and share with the other schools what their research topic had been on. When asked if they would like to share their research findings with everyone in attendance, Stalham rose to the challenge and answered the questions very well, detailing their work on metacognition and everything they had learnt.

## Anti-Bullying Help Zone

June saw the launch of the Help Zone, located at the end of the corridor next to the Library. Our Anti-Bullying Ambassadors have worked very hard to create a space that is welcoming and supportive to students who wish to report or discuss incidences of suspected bullying with fellow students. Disclosed information will then be shared with staff and dealt with through our usual channels.

The hope is that students feel more comfortable discussing issues with peers first. One of the priorities the Anti-Bullying Ambassadors have is to try and tackle the "snitch" mentality that surrounds reporting unacceptable behaviour. (Anti-bullying 1)

## Stalham High School

What determines success?

Jack Keeble  
University of East Anglia



## ANTI-BULLYING AMBASSADOR'S HELP ZONE

TUESDAY LUNCH  
1.30-1.55PM

IF YOU ARE BEING BULLIED, OR KNOW SOMEONE WHO IS, PLEASE JOIN THE ANTI-BULLYING AMBASSADORS TO DISCUSS WHAT'S HAPPENED IN THE HELP ZONE

Please ensure you also disclose any incidents of bullying to the LSU as soon as you can. Please do not wait!

# PD Day

On the 18th of April, our students had their second Personal Development Day of the year. The PD days aim to encourage the development of our student's life skills as well as introducing them to places and experiences they may not have come across before.

## Year 7

### The development of Norwich

For their PD Day, our Year 7 students spent the day in Norwich. There, they learnt about the development of the city from the medieval times to today. As part of their trip, students visited the Cathedral and Bridewell Museum and had a walking tour of the historic parts of the city. During the walking tour students were able to see the most important places in Norwich that are still standing, including the plague pits where 5,000 bodies were buried during the Black Death. They could also see the Norwich Council Building which boasts the longest balcony in the country, completed in 1939 and surviving the Second World War bombings.

Students were also able to see the development of Norwich from a Viking trading post in the 900s- centred around the river Wensum- and see how its most important buildings have changed and adapted to the present day. Norwich has examples from the Norman Castle and Cathedral built around 1070's. The churches and public houses, together with the Industrial factories were visited and the students were able to see how some of them are now being converted into housing and eating places as technology and people's lifestyles have changed.

PD DAY

## Year 8

### Exploring the Wonders of Antarctica

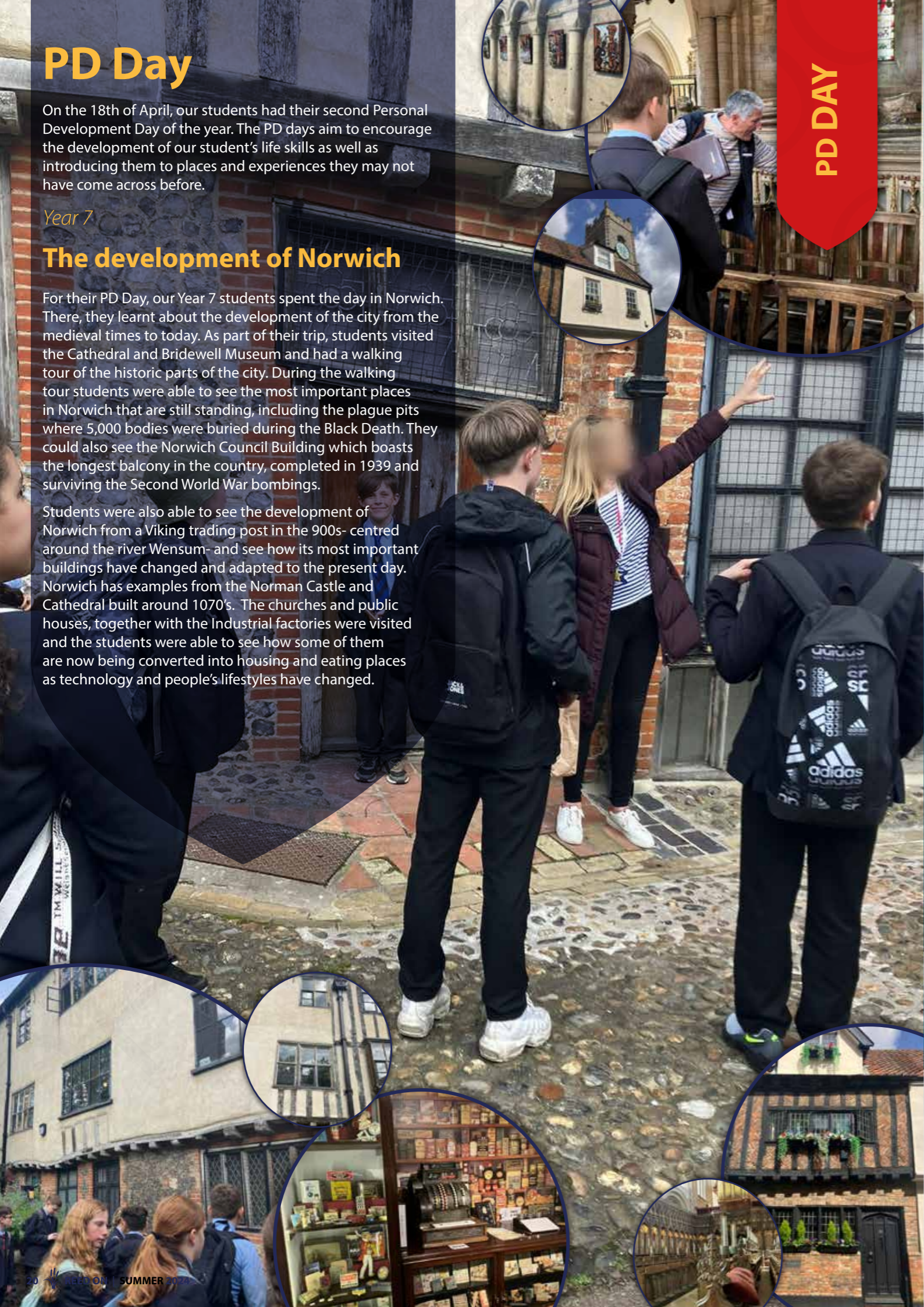
The Year 8 STEM Day focused on Exploring the Wonders of Antarctica, transporting our students to the icy expanse of the southernmost continent. The day offered a thrilling blend of Science, Technology, Engineering and Math activities, inspiring a range of hands-on projects that encouraged collaboration, creativity, and critical thinking.

Students began their Antarctic adventure by stepping into the shoes of a solo trekker heading to the South Pole. They had to consider the harsh conditions and intense physical demands, crafting a diet plan that balanced calories, nutrients, and practicality. Teams debated the merits of various food options, aiming to ensure their trekker had enough energy to endure the extreme environment.

Next, the young engineers took on the challenge of designing and constructing a model polar research base. The objective was to create a structure capable of withstanding Antarctica's brutal weather conditions, including fierce winds. Utilising everyday materials, students experimented with different shapes and reinforcements, learning the importance of stability and insulation in the process. Math skills came to the forefront as students tackled the task of measuring the height of distant objects, simulating real-world scenarios where explorers might need to estimate distances and elevations in the field. Using trigonometry, students practiced precision and problem-solving, gaining insights into the practical applications of their classroom learning.

Research skills were put to the test as students delved into the unique food chains and food webs of Antarctica. They documented the intricate relationships between predators, prey, and the fragile ecosystem of this frozen continent. This activity highlighted the importance of each species in maintaining ecological balance and the impact of environmental changes on these delicate networks. Lastly, Year 8 investigated which sun creams are most effective at preventing sunburn under the intense UV exposure of the Antarctic sun. Through experimentation and analysis, students learned about UV radiation, SPF ratings, and the science behind sun protection.

PD DAY



Year 9 and 10

The Year 9s and 10s took a trip to London for their PD Day. Split into three groups, some explored the Natural History Museum whilst others visited the Tottenham Hotspurs Stadium and the remaining group visited the Harry Potter Studio. The day began early for the students, arriving at the high school for 06:20am, and leaving on coaches heading for Stratford's Westfield Shopping centre. Upon arrival, the students received their Tube ticket and navigated the Tube stations with efficiency, starting at Stratford and commuting to their locations.

Natural History Museum

The first group travelled to the Natural History Museum by Tube from Stratford. At the Museum they were greeted by mammoths, whales and giraffes which were far bigger than they had expected! They explored areas from fossils and volcanoes to dinosaurs and gemstones and used their new knowledge to complete work booklets which guided them through the exhibits. The students were particularly impressed by the gemstone vault which housed some of the world's most valuable gemstones and crystals, including the world's largest collection of coloured diamonds (which also glow in the dark!), extremely rare meteorites and the Devonshire Emerald- one of the largest and most richly coloured emeralds ever found! The students even got to experience the earthquake simulator that was set-up to replicate a real-life earthquake! After the museum, they hopped back onto the Tube for some shopping time in Westfield.

Tottenham Hotspur Stadium

The second group was made up of sporting enthusiasts who visited the very impressive 1.2-billion-pound Tottenham Hotspur Stadium. When they arrived, the students were warmly welcomed by John, their tour guide, who had been a Tottenham season ticket holder for over fifty years- so he knew his stuff! John took the group on a tour through the Stadium, they were even given a small tour through both the home and away dressing rooms and the NFL dressing room too. One of the most spectacular moments of the trip was being shown the elite 'Hotspur Club' which costs £60,000 for a season's membership... Wow!



The Making of Harry Potter

The final group of Year 9 and 10 students visited the Warner Bros Studio Tour - The Making of Harry Potter. The group were able to visit the recreated sets of the Great Hall, the Forbidden Forest, Platform 9 3/4, Gringotts, Diagon Alley and even took a seat on the Hogwarts Express! They got to see the props and costumes used in the films, visit the art department, and learn how special and visual effects were used to bring the film to life. The students really enjoyed getting to experience the green screens and getting their photos taken to look like they were really in the movie. Before leaving, the group made sure they visited the gift shop, and some tried the Butterbeer drink and flavoured ice-cream.





### BBC Interview

After hearing about their success in building a race car from scratch, BBC Radio Norfolk got in contact with our F24 team to ask whether they would be available for an interview. The team worked hard deciding what they wanted to include and omit in the build-up to the interview and when the day came, they were prepared and ready to go. You can hear the clip with Kayleigh Poacher on the F24 Facebook page- search Stalham High School's F24 Team (Post from the 22nd of March)

On Sunday the 12th of May, the F24 team travelled to the Lotus Hethel track in Wymondham to compete in their first race. On arrival, they were eager to have a look at the track and get the car racing however, they had a few hiccups along the way! The motor overheated and the AV battery died which meant that they only had 2 minutes to practice as the car had failed the MOT. Despite all of this, they came on top with an amazing score for their first ever race coming in 32nd out of 40 and we completed their fastest lap to date of 7 minutes, 3 seconds!

Here's what some of the support team had to say about the success:

The mechanic: "The kids were a credit to themselves and the school. To achieve 32nd place on their first outing to a race event is INCREDIBLE, and I hope the kids comprehend that. Upon studying our telemetry data, we made massive improvements just between laps so as well as the million other things the kids had to get to grips with, just learning how to handle the car was another! A fantastic day and a massive success in my eyes, well done everyone!"

Even the minibus driver got in contact to praise the team; "I would just like to email you to say how amazing your F24 team were yesterday at their first official race. The teamwork was clear to see! Not only did they help each other, but they were also kind and courteous to the other teams too. They were always polite and an absolute credit to your school, and they coped incredibly well in the burning heat! The F24 team were a pleasure to take in your minibus, and I'm so pleased they had this opportunity and were able to see the fruits of their hard work racing around a racetrack. A totally fantastic achievement. One certainly to cherish and remember forever. Thank you also to the staff for allowing them to take part as a school.



BEST LAP

7:33.785

303 MAJORBULLET STALMA...

LOTUS HETHEL HEAT

2024/24 F24 RACE 1

KIT 12/05/24

303

303

BEST LAP

7:33.785

303 MAJORBULLET STALMA...

## The Pad Garden

Our Eco Council and Duke of Edinburgh students have collaborated to turn their Pad Garden plans into a reality. Over the last six weeks, they have dug up everything from weeds and trees to carpet and bricks! Once the area was cleared, they began levelling out the ground with rakes and brooms in preparation for planting. The students used a variety of plants and flowers that have already grown into a wonderful rainbow in both colour and shape. The students hope to paint rainbow stones to complement the plants in the near future. The next steps will see the clearing of the shed area, removing the gravel and levelling off the ground before grass seed is planted. The climbing plants will also be planted in tyres along the back fence to provide some colour to that area.



# Duke of Edinburgh

In June, our DofE students headed to Thetford for an overnight practice hike in preparation for their bronze expedition later in the year. Upon arrival they met with Bert and Anne from East Coast Outdoors, who were their experts for the expedition.

The group watched a demo on how to put up their tents before getting stuck in themselves, using their new skills to ensure their tents would withstand any wind and rain. After the tents were assembled, the group emptied their 65l bags for a kit check to ensure they had everything they needed before receiving some training on what to do in an emergency. After lunch was an introduction to navigating where students learnt how to use a compass to orientate their maps. Bert and Anne accompanied them on a 10km 'light bag walk' in their smaller groups before heading back to cook their own dinners and enjoy some free time.

The following day saw the students cook breakfast before packing down their tents and carrying out their second walk of 15km with all their kit on their backs - these backpacks can weigh over 15kg which is no easy feat! After their hike, the groups gathered to plan their qualifying route for the real expedition before heading back to Stalham. Our students worked extremely well together to ensure everyone was safe and having fun while also making sure they noted any changes they needed to make for the real-deal next month.



# Parade of Peace

To commemorate the 80th anniversary of D-Day, our Lead Students were invited to the Peace Parade as representatives of Stalham High School. There, they were able to pay tribute to those that fought so bravely for the freedom of all.


The event offered a fish supper to honour the many fishermen drafted into the army, using their skills to operate small boats around the coast. The ceremonial beacon was also lit alongside tribute lanterns to commemorate the fallen.



# Surf School

Our school has been selected to work alongside The North Sea Swell Mental Health and Wellbeing Project for North Norfolk to provide free Surf Therapy sessions for a group of our students. Funded by The Family Hub Fund, Norfolk, the project is based on the award-winning Wave Project in the Southwest where they use surf therapy (an evidence-based programme) to help young people build confidence and overcome anxiety barriers through surfing. With two sessions already under their belts, our students have risen to the challenge and braced the chilly North Sea to learn and develop a new skill. We are extremely proud of them and look forward to seeing how they progress over the coming weeks.







## POSITIVE MINDS

**Thursday 29 Aug**  
11am until 3pm  
@ The Forum in Norwich

A mental health fair for young people



HOSTED BY **NORWICH YAB**  
YOUTH ADVISORY BOARD



**It's really hard when you think your child isn't safe. We are here to listen and help.**



My daughter isn't safe, she is having to do things which could get her into trouble with the police.


I feel isolated and nobody is telling me what is going on.

**SAFECALL**  
It's your call.

Call or text 116 000, 7 days a week, 9am-11pm for free, confidential support



Safecall is a county lines exploitation support service operated by the charity Missing People. Registered charity in England and Wales (1020419) and in Scotland (SC047419)



NHS Norfolk and Suffolk NHS Foundation Trust

People Participation


Are you under the age of 25?  
Are you a parent/carer of a young person under the age of 25?  
Do you like designing things?

We are developing a new website to improve mental health services for Children, Families and Young People and we want to hear from you what is important.


For more information or to make other arrangements to contribute, email Andrea Bland, People Participation Co-ordinator  
**People.Participation@nsft.nhs.uk**

Third Monday of the month 6-7pm via Microsoft Teams.  
**NEXT MEETING:**

To join the meeting each month go to [nsft.uk/WTG](https://nsft.uk/WTG) or scan the QR code



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**FYI** NHS

for your information

**Introducing the new FYI website for young people in Norfolk & Waveney**

Norfolk and Waveney Children and Young People's Health Services have launched a brand-new website 'FYI' for those aged 11-24, who are seeking self-care advice, information and guidance about their health and wellbeing. The new website is validated by NHS clinicians and other professionals, making it a reliable source of information on topics such as, health, education, relationships, emotional and mental health and much more.

Using interactive content, downloadable resources and real-life experiences, FYI aims to empower young people to take control of their health and wellbeing, as well as providing information on accessing further local help and advice if needed.

[www.fyinatorfolk.nhs.uk](http://www.fyinatorfolk.nhs.uk)