

This week has been packed with exciting activities and achievements across the school. Our Year 9 boys' football team kicked off the season with a thrilling match against Ernesford Grange, showing real grit a convincing win. Meanwhile, our Forest School sessions have launched with great enthusiasm, offering students a refreshing and hands-on alternative learning experience in the outdoors. Our Rugby Pathway team also made a powerful statement at

Message

rugby sides to the very edge in a fiercely contested match.

Last Friday marked the start of our fundraising efforts for Macmillan Coffee Morning. Year 10 kicked things off with a fantastic sweet sale, raising money to support this important charity. The event was a great success and the first of several student activities, bringing our school community together for a everyone who got involved!

Year 11 trial exams are rapidly approaching. hard at home and there is a crucial parents evening on 20th October that will

talk directly to mentors and teachers about how the year has started and what the to ensure success. Our Post 16 Open Evening also takes place on Tuesday 14th October.

Mrs E Martin

Macro Insects!

Year 9 made a fantastic start to their Art rotation this week by creating oil pastel macro drawings of butterfly wings. Having developed our oracy and knowledge by discussing the role of butterflies and their life cycle as well as the delicacy or their wings, we were able to explore oil pastel techniques to create beautiful A4 art pieces. A special shout out goes to **Kashmir** and **Siobhan** for exceptional art work.







The Book Fair is (oming to Barr's Hill!

We're excited to announce that the Book Fair will be arriving at Barr's Hill School on 15th October and will run until 22nd October.

Students will have the chance to browse and buy from a fantastic selection of the latest secondary books - a great opportunity to discover new reads and support our school at the same time.

Come along to the library during the fair and get your hands on some brilliant new titles!



Year 9 Boys Kick off the Season in Style!

On Wednesday 24th September, our Year 9 boys' football team played their first match of the new school year against Ernesford Grange.

It was a tense start, with both sides battling hard and the score locked at 0-0 for the first 20 minutes. The breakthrough came when a long ball over the top found Dmytro, whose header was saved by the keeper before Marshall slotted home the rebound.

Ernesford quickly equalised, but our boys showed real resilience and responded with some excellent team play. **Dmytro** reacted quickest to another rebound after a fine save, putting us 2-1 up at half-time.

The second half saw Barr's Hill take full control, with goals flowing freely. **Marshall** and **Dmytro** both added to their tallies, while **Jermaine** and **Cohen** also found the net.

The match finished with a convincing win for Barr's Hill - a fantastic performance full of teamwork, determination and clinical finishing. This strong start gives the team great momentum as they head into a challenging run of cup fixtures.

Forest School Sessions Begin at Barr's Hill!

We are excited to share that our Forest School sessions have successfully started this term! This is a brand-new onsite alternative provision designed to support students who may find it challenging to access a full timetable of five lessons a day, five days a week.

The sessions run for 1–2 hours and provide students with hands-on, outdoor learning experiences that build confidence, resilience and teamwork skills.

Autumn 1 activities include:

- Introduction to the Forest School site
 - Observing habitats and wildlife
- Site management litter picking and reducing plastic waste
 - Fire building, fire safety and outdoor cooking
- Den and shelter building knot tying and making tent pegs
 - Setting up a woodworking area

Students have already made a fantastic start, and we look forward to seeing their skills and confidence grow as the sessions develop.





Barr's Hill Rugby Pathway Push Warwick to the Wire

Barr's Hill Rugby Pathway travelled to Warwick School this week for a clash against one of the country's top rugby schools. The stunning facilities at Warwick were something to behold - but our boys weren't fazed for a second. From the very first whistle, they got stuck in and showed they were there to compete.

Barr's Hill took control early on, playing with real intent and aggression. For most of the game, it was our boys in front, driving forward with fearless carries and relentless defence. Every tackle was thunderous, every phase fiercely contested, as the team battled to hold their lead against top-level opposition.

With the clock ticking down, it looked like a famous victory was on the cards. But in a gutting twist, Warwick managed to sneak through for a last-minute try, breaking Barr's Hill hearts right at the death.

The result might not have gone our way, but the performance was nothing short of outstanding. The boys left everything on the pitch and proved they can stand toe-to-toe with the very best.

A special shout out goes to **Jack L**, **Harry D** and **Jack M**, who were at the heart of everything positive - combining superb playmaking with tireless tenacity from start to finish.

A tough loss, but a statement performance. Barr's Hill Rugby Pathway are only getting stronger.



Representatives from IntoUniversity delivered an assembly to all eligible students across year 7 to 13 on Thursday 18th September sharing information about the programme and the additional support and opportunities available to those that choose to participate. Eligible students have this week been sent home with letters detailing the sessions with the option to opt in to the programme before the first workshops to place in week commencing 20th October. If any students want to check they're eligibility, or if any parents have any questions, please contact Miss Matthews on careers@barrshill.coventry.sch.uk

The MacMillan Bakesale has arrived at Barr's Hill!

Just last week, Friday 26th, the Year 10 Heartspace had sweets for sale in support of MacMillan. The sweets ranged from 10p to £1 and students were welcome to pay with both cash and card. **Tiana P**, **Victry G** and **Faye H** all provided great help both behind the scenes and during the event.

Miss Galián, part of the Year 10 hub, stated she thought the event had a very successful turnout, and believed the Year 10 Heartspace was a great place for the event, as both have a green colour scheme which coincides with the charity's chosen colour. In addition, she believes that MacMillian, as a charity, provides vital support to cancer battles and does big work helping people throughout this process.

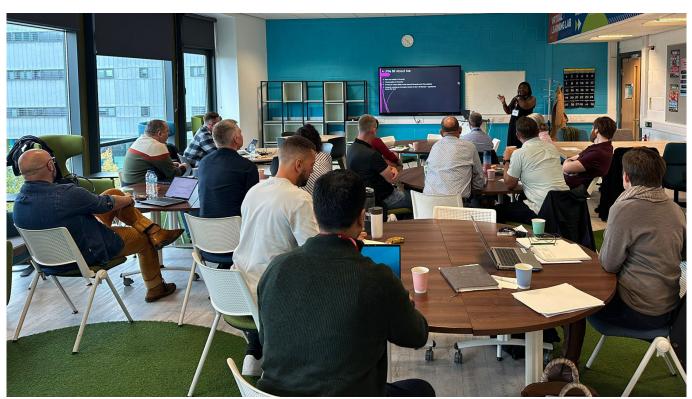
MacMillan Cancer Support is a charity that works closely with cancer patients and is dedicated to doing whatever possible to provide help. They have many fundraising events, including, but not limited to: Macmillan Darts Challenge; Mighty Hikes Series; London Landmarks Half Marathon; Paris Marathon; Skydiving.

As a school, Barr's Hill prides itself on it 'building brighter futures' and thus strives to help people inside and outside our own community. With this whole school focus on charitable aid, we hope to encourage our students to continue this generosity into their later lives.

Barr's Hill and West Midlands Police: Working Together for Young People

On Friday 27th September, Miss Matthews our Careers Advisor was invited to speak to all West Midlands Police Inspectors serving in Coventry as part of their Community Engagement event. She was asked to share her experiences growing up in Coventry as part of the Caribbean community and discuss how police in the city can have a positive impact on all children and families living in Coventry.

We look forward to more positive engagement with the West Midlands police force and look forward to welcoming them to Barr's Hill for a number of upcoming student events.



Year & Art Through The Years

In our first rotation of Art students have been exploring the timeline of Modern Art. Beginning with post-Impressionism and observing techniques inspired by George Seurat, **Arden** has created a beautiful piece showing how with stippling you can control tone and colour. Inspired by Pablo Picasso and the art movement of Cubism, **Yonus** has made an art piece using geometric shapes and vibrant colours.





Getting to school on time really matters. Did you know...



If in a school year, you are late every day by	You would have lost approximately	or you would have missed approximately
5 Minutes	3.5 Days from School	18 Lessons
10 Minutes	7 Days from School	35 Lessons
15 Minutes	10 Days from School	50 Lessons
20 Minutes	14.5 Days from School	73 Lessons
30 Minutes	22 Days from School	110 Lessons

You should not take holidays during term time.

Please be punctual to maintain attendance.

Remember Absence = Lost Opportunity.





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COVENTRY

S C H O O L N U R S I N G N E W S L E T T E R

Secondary Schools

Welcome!

A big welcome to the autumn 2025 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to school) routine. The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page. We can support with the following:

Sleep Challenges with eating and diet Changes to your body (puberty), Emotional health and how to relax., Managing behaviour, Hygiene and Sexual Health.





SEXUAL HEALTH

Did you know that September was Sexual Health Awareness Month? This campaign aims to promote knowledge and information about sexual and reproductive health. We want to remind you that you have access to free sexual health services in Coventry through an organisation called Umbrella.

You can call them at **0121 237 5700** or contact them online at https://umbrellahealth.co.uk/.Childgriendly

STARTING SECONDARY...

Starting Secondary is an exciting time but of course it is completely normal to be anxious or have some worries. Remember to always speak openly about any concerns that you may have to a trusted adult or your parent/carer. Remember you can reach out to the Coventry School Nursing team using our ChatHealth dedicated line which is confidential. Alternatively you can reach out to outlets such as Childline or the NSPCC on the following:

ChatHealth: 07507 331 949 (For 11-19 year olds)

Childline: 0800 1111 NSPCC: 0808 800 5000.

GOING OUT ALONE

As Autumn approaches the nights will start to draw in earlier and with starting secondary school you may be able to leave home alone to spend time with friends. So here are some key tips to help ensure your safety:

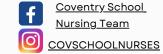
- Don't trust others immediately, even if they seem friendly. It's okay to say no if you feel uncomfortable.
- Do not accept items like drugs, alcohol, or cigarettes. Wait to share your number or add people on social media until you know them well.
- Keep your phone charged and have credit. Memorise important contacts, such as parents or trusted friends.
- Be honest with parents or friends about your whereabouts.
- Discuss meeting someone in person with a parent or trusted adult first.
- Talk to someone you trust if you have any concerns.
- Try not to wear headphones when you're out walking alone and make sure you are focusing on your surroundings, not your phone. Being pre-occupied and distracted will make you more vulnerable, both to being robbed or hit by a car.

The NSPCC provides a helpful guide for staying safe when alone at home or out and about. <u>click here</u> for more information

Contact Us

School Nurse Team:
01926 495321 Ext 7494
swg-tr.contactschoolnusrsescoventry@nhs.net





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COVENTRY SCHOOL NURSING NEWSLETTER Secondary Schools

STOPTOBER

The month of October brings the campaign to raise awareness and provide support for quitting smoking. If you need help contact the National Smokefree Helpline on 0300 123 1044 advising them you want help to quit smoking. Please keep an eye out on our social media pages for more important and advice. Don't forget the NHS quit smoking app or our ChatHealth service is also there for you to reach out to us!

FIREWORK & BONFIRE SAFETY

Remember to follow these safety guidelines during fireworks and bonfire displays:

- Adults should supervise the activity.
- Stand a safe distance away from bonfires and firework displays.
- Light fireworks at arm's length.
- Do not store or light fireworks in pockets or on streets/roads.
- Never return to a lit firework.
- Ensure bonfires are extinguished before leaving them
- Wear gloves when using sparklers as they can get hot enough to cause burns.
- Do not wave sparklers near people, and dispose of them in a bucket of water after use.
- If you catch fire, stop, drop to the floor, cover your face, and roll to help put out the fire. Share this method with others to raise awareness.

ONLINE SAFETY

Online Safety Tips - The 5 P's PASSWORDS

 Use letters, numbers, and symbols.
 Don't share. Change regularly and have a different password for every account.

PRIVACY SETTINGS

 Set up privacy settings to control who sees what information about you and your location.

PERSONAL INFORMATION

 Do not share personal information about yourself with people you do not know, and make sure this information isn't visible to all.

PADLOCK

 Check for the padlock symbol in the browser address bar, as this means the website is secure. If it's not there, don't use the site.

For more information about online safety, visit the <u>Childline</u> website.

CHILD FRIENDLY COV



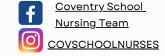
The Child Friendly Cov campaign is committed to creating an environment where the needs of children are prioritised, ensuring that they are valued, safe, healthy, and have access to opportunities.

If you are looking for information on safe locations and guidelines for traveling around the city, please visit <u>www.childfriendlycov.co.uk</u>

Contact Us

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swg_tr.contactschoolnusrsescoventry@nhs.net





Gateway









Raffle ticket sale

Win £30 worth of confectionery, all in pink packaging!

















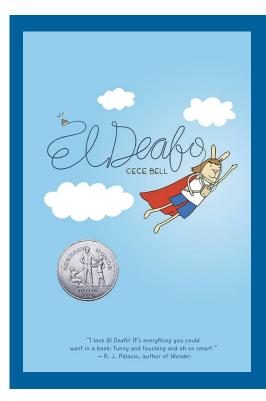


50P per strip

Wednesday 1st October - Wednesday 8th October

BREAST CANCER NOW The research & care charity





Student Book Review

This week's review has been written by Mustafa H from 8T.

Book: El Deafo

Mustafa says: It is about changes in life and how to deal with them. It was very different between now and then which kept the story interesting.

Rating: 3.5/5

Book of the Week

We Hunt the Flame by Hafsah Faizal

Description: Zafira is the Hunter. Forced to disguise herself as a man, she risks everything to provide for her people. Nasir is the Prince of Death. A feared assassin who is forever bound to the command of his father, the sultan. Both are legends in their kingdom – but neither wants to be. And when Zafira embarks on a dangerous quest to return magic to their suffering land, Nasir is sent on a similar mission. But as their journey unfolds, an ancient evil begins to stir...

