Dear Parents and Carers,

How fabulous to come back after the Bank Holiday to such lovely weather. It really does give a boost to everyone's mental health, and that coincides perfectly with the activities taking place in school next week as we mark **Mental Health Awareness Week (1th-17th May).**

This year's theme is 'Movement: Moving more for our mental heatlth.'



There will be a range of activities happening through the week as



well as extra opportunities to encourage our young people to talk about their mental health with their peers and staff.

We also invite all students (and staff) to wear their Ivanhoe PE Kit for the whole week, in place of their Blazer uniform on non-PE days (if they wish).

A few more updates from me this week:

Uniform Expectations

Even though the weather is warming up we have not approached the time when we would move to 'Summer uniform' the weather is still very changeable and we expect that all students should have their blazer and tie with them every day (except PE days), although students are welcome to remove their blazers in the classrooms.

Please note that school jumpers are not to be worn instead of blazers, we are aware that this is a current 'trend', but it is not part of the Ivanhoe uniform standards.

In PE, we aim to tackle gender inequalities and empower all girls to be more active. We know that PE and sport gives girls resilience, courage, self-belief and a sense of belonging. We tirelessly work to break down any barriers preventing girls from participating in PE and we listen to our students to bring about change.

We have started to see more girls wearing lycra running and cycling shorts. We are in full support of girls wearing what they feel most comfortable in during PE lessons and what are widely worn by girls and women within sport. However, as you are aware students PE uniform acts as their uniform for the whole school day and some of the shorts worn are inappropriate in a school environment.

In support of your daughter, we will allow appropriate lycra running and cycling shorts to be worn as their PE uniform for the day but please support us in checking that their shorts are a length that is suitable for school.

Nanhoe School is part of





What is meant by appropriate? Here is an array of photos we hope will support you as parents and the students as to what is appropriate and what isn't.

Appropriate Shorts:



Inappropriate Shorts:



Please note: We receive lots of queries regarding Nike Pro shorts. Our research tells us they come in three different lengths – we do not allow the shortest of these, the Nike Pro 8cm shorts.

Our preferred PE uniform supplier, Lisssport (www.lisssport.co.uk) have a selection of appropriate shorts available on their website.

Please refer to the school uniform procedure and guidance uniform-policy-doc (ivanhoe.co.uk)

Duke of Edinburgh – Bronze Expedition 3rd & 4th May 2024



Despite the relentless rain last Friday, our intrepid Duke of Edinburgh participants conquered their expedition with flying colours!

From navigating challenging terrains to setting up camp in less-than-ideal

conditions, our resilient students showcased determination, teamwork and unwavering spirit.

Thankfully the sun shone on the Saturday

and the expedition ended in a resounding success, highlighting the invaluable lessons learned and memories created. Congratulations to all participants on their remarkable achievement!





Exam Season - Revision BBC Bite size & Moodle- KS3 & 4

We encourage students to not leave all revision until the last minute, by reviewing and undertaking additional home learning as they learn a topic students can further embed their knowledge.

BBC bitesize is an excellent free resource to help students revise in this way.

At KS3 students can review topics across most subjects. With revision guides, quizzes and more. <u>KS3 - England - BBC Bitesize</u> they can also create personalised topics, and use it on a smart device.

For students currently taking GCSEs the KS4 revision material includes practice exam questions, quick fire quizzes and more that are specific to your exam board. GCSE - England - BBC Bitesize



There are also subject specific revision resources and knowledge organisers on our school Moodle system.

Financially Motivated Sexual Extortion



All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.



This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card. Victims of any age and gender can be targets, however a large proportion of cases have

involved male victims aged 14-18.

A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image. The full letter has been sent directly to parents. Remember the best way to protect your child online is to keep yourselves and them informed about the dangers they may face, and to keep conversations with your child about issues such as: relationships, sex and being online, frequent, open and as non-judgmental as possible to ensure your child will come to you if something goes wrong.

Find out more about all of the support CEOP can give to Young people and their families on their website. CEOP Safety Centre

Ivanhoe Eco Club: Growing & planting for Mental Health Awareness Week

As our focus in school next week is Mental Health Awareness week, we are offering the chance for all students to sow a sunflower seed and be part of a summer of growing. The benefits of growing and planting are great for our mental health and wellbeing. This could be watching a seed start to grow or spending time in the garden enjoying the outdoors.



This opportunity is open to all-you do not have to be part of the school Eco club to participate. You can then take your sunflower pot home and watch it grow!

We have already started growing some vegetables and herbs from seeds on the food room window sill and have used some of these to garnish our dishes.

There will be other opportunities this summer to get outdoors, hopefully developing the school garden and growing food that we can use within our food lessons. If you have any spare small gardening equipment that could help us with this or any local contacts this would be a great community partnership for our students to become involved in! Please contact Mrs Thomas or Mrs Deacon at school.

PSHRE and Wider Personal Development

Please find below information about next week's topics for PSHRE. If you have any queries regarding these, please contact our subject leader Claire Gee on c.gee@ivanhoe.co.uk. The curriculum resources for these all lessons are available for parents on request.

Year 7 – What is Christian Stewardship?	
Year 8 – Sikhism Summary	
Year 9 – Careers Lesson 5 – 'Talk Smart', spoken communication	
Year 10 – Trial Exams and Revision	
Year 11 – Revision and Exam Prep	



Ivanhoe Way - Magic Monday Focus

Throughout the year in form time we look at practical ways that the 'Ivanhoe Way' can be applied to help students achieve and be happy learners. Next week we will be focusing on:

Be respectful	

What's coming up...

Mon 13 th - Fri 17 th May	Mental Health Awareness Week
Thursday 16 th May	Yr 7 Face to Face Parents Evening
Tuesday 21st May	Yr 7 Online Parents Evening
Friday 24 th May	End of Term
Monday 3 rd June	Back to School

That's all for this week. Have a lovely weekend.

Mrs Allford



Community News

Ashby Arts Festival 11th-12th May

Events being hosted at Ivanhoe.

Please visit www.ashbyartsfestival.co.uk to find out more or book onto course shown with a B.

Please note some are free, and some are paid activities.



