



Parent Bulletin Friday 10th May 2024

Dear Parents and Carers

As I write to you it has been another sunny day which has left everyone in a good mood. The formal written exams have also started this week for Year 11 students and Year 13 begin next week. So far, that has gone well.

Uniform

The sunshine has brought with it some sloppy standards from a small number of students about their dress and presentation and others wearing too many layers when it is warm. To clarify, the jumper is optional and layers underneath the shirt are unnecessary. Please support the school by ensuring your child is appropriately dressed for the weather. Rain is due next week which change things and it is only when we have prolonged periods of warm weather that I would look at uniform adaptations. 3 days of warm sunshine is not enough to warrant a change.

Exams

As I said these have gone well and our Year 13 students are now on exam leave following a great leavers' assembly on Wednesday. Lessons continue for Year 11 students with exam leave beginning in June. We will send more details about that nearer the time. Parents of students in both years can really help by checking there is plenty of revision going on and that students are getting a decent night's sleep every day.

Breakfast Update

I am pleased that we have a free breakfast service available each day for all students in the school. This starts from 7.45am. I am having to make some changes to what we can offer in light of increased costs and so that we can maintain a free service for those who come in so from Monday our offer will consist of cereal, toast, tea and coffee.

And finally....

Even though exams are going on school continues to be very busy. We celebrated King House Day today. Students there have been fundraising to challenge knife crime and had a great presentation this morning followed by a fundraising sale at lunchtime. We have also started our elections for next year's Student President this week. Six Year 12s are fighting it out for the coveted role. Next week we have vaccinations for Year 8, Geography field trips for Year 10, a Year 7 pizza and movie night, a Duke of Edinburgh expedition, a reading trip to Reading University and students taking part in a Festival of Theatre at St Mary's School in Ascot. There's plenty to keep us all busy alongside lessons and exams.

Have a good weekend.

Peter Collins

Headteacher



News and Information

Mental Health Awareness Week May 2024: Movement – Mrs Goodyear



At Slough & Eton we believe that good mental health and strong wellbeing is the basis for a happy and successful life at school and beyond. We know that life is not easy and many people are experiencing challenges. If your child has a worry that they want to share in confidence with a School Therapist or a Learning Mentor they can email wellbeing@slougheton.com or you can do it on their behalf. If you would rather speak to somebody who does not know you, there are links on the [Wellbeing & Mental Health](#) page of the school website.



This year Mental Health Awareness Week focusses on the importance of movement. Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses. Sadly, people living with mental illness die on average 20 years younger than the general population, often from avoidable physical illness. This group is more likely to develop preventable conditions like diabetes, heart disease, bowel cancer and breast cancer. Research shows that 56% of people found that exercising regularly helped them to alleviate stress and prevent burnout in their lives.

Movement doesn't need to look like going to the gym, running a marathon or taking part in a team sport – and it doesn't need to cost the earth. It can be as simple as stepping off the bus a stop early, taking the stairs rather than the lift, encouraging your child to walk to school, or dancing in the kitchen while you all cook dinner.

The attached leaflet *15 Ways to Move More at Home* has further information.

Collective Worship

Week 13th May 2024

This term we focus on our Christ-like value, Success, which is not always a smooth journey, but can be a bumpy road, but we have faith that this too shall pass and we will succeed if we, work hard and make no excuses

This week we focus on the 30 Human Rights which everyone is entitled to, but it is denied to some. We have hope that in the future everyone will have rights.

Week 13 th May 2024	
Monday	"May we think of freedom, not as the right to do as we please but as the opportunity to do what is" Peter Marshall." —
Tuesday	"A right delayed is a right denied." - Martin Luther King Jr.
Wednesday	"To deny people their human rights is to challenge their very humanity." - Nelson Mandela
Thursday	"Let us remember: one book, one pen, one child, and one teacher can change the world." - Malala Yousafzai
Friday	"Not everything that is faced can be changed, but nothing can be changed until it is faced." - James Baldwin

Religious Awareness

15 May (Wednesday) BUDDHA PURNIMA / BUDDHA DAY / BUDDHA'S BIRTHDAY Buddhist

Buddha's Birthday is a Buddhist festival that is celebrated in most of East Asia and South Asia commemorating the birth of the Prince Siddhartha Gautama, later the Gautama Buddha, who was the founder of Buddhism.

19 May (Sunday) PENTECOST / WHIT SUNDAY Christian (Western Churches)

Pentecost, named after the Jewish festival when the disciples of Jesus first proclaimed the Gospel after the gift of the Holy Spirit, is seen as the 'birthday' of the Church. Its alternative name comes from the custom of baptizing converts dressed in white.

I have come in order that you might have life – life in all its fullness (John 10:10)

