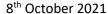
# QUEEN ELIZABETH'S GRAMMAR SCHOOL

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Headteacher: Mr S Garrity Chair of Governors: Mr C Smith



Dear Parents, Carers, Students and Staff

#### Weekly Bulletin #5

#### **World Mental Health Day**

Today we marked World Mental Health Day with a variety of activities. The day started with Charlotte a nutritionist

who spoke to us about the importance of good sleep, screen free time before bed, how water can affect our well-being and the importance of eating our greens. Student voice said it was very useful and learnt a few key tips. Staff also mentioned that Charlotte was informative and there is some definite discussion about coffee intake after midday (which is not advised if you want to sleep well). Year 11 had a talk from Andy Grant (right) author of 'You'll Never Walk'. His message was one of resilience and perseverance. We then had Zumba in the hall at lunch to keep us moving and increase those happy hormones. The day will end with students gathering in form to write their mental health pledges and how we can all take steps to help each other and ourselves out.



#### **Sixth Form News**

The Sixth Form Open Evening will take place on Monday 18<sup>th</sup> October. You will hear all about Sixth Form life, expectations and support, plus all the opportunities we offer our students. There will be a short presentation from the Head of Sixth Form and our Head Students, followed by a visit to subject teachers to find out more about studying A level or Vocational courses offered at QEGS. Please follow this link to find out more and book your place:

#### https://wp.queenelizabeths.derbyshire.sch.uk/open/

You can also follow qegssixthform on Instagram where our Student Council member, Head of Communications, Lauren, posts regular updates on life as a Sixth Form student.

## **QEGS Reading Review**

Please see <u>attached</u> the QEGS Reading Review newsletter and talk through the details and opportunities with your child.

## Uniform

Thank you for continuing to support your child with wearing correct uniform. Uniform cards will be issued on Monday to ensure standards remain high. 3 signatures for missing or incorrect uniform will mean a 30 minute after school detention. You will receive a text message as a parent to inform if your child has received a detention and when. It will be at least 24 hours notice. We hope we do not see many (or any) in detention. Just a reminder that black leggings or joggers are to be worn in PE, fake eyelashes or excessive make up is not permitted and nose studs should be removed along with any more earrings than just one stud. Thank you for your ongoing support.

## Help with accessing IT systems used by students

Please find <u>attached</u> to the bulletin a quick guide for students using our IT systems. The sheet will help new users get started and serve as a usual reminder for others. If there are still issues, please contact your child's Progress Leader.

Proud to be part of the **QEGSMAT**Register

#### **Science - World Space Week**

Ex-student Millie (below), came in on Wednesday to deliver a series of sessions for World Space Week. This year's theme is Women in Space and the sessions were designed to encourage our female students, who are aspiring engineers, to study STEM subjects as well as to educate and inspire the future generation of space talent. Students designed and built a water powered rocket to use their STEM skills. Check out QEGS Science Twitter feed for some launching footage <a href="https://twitter.com/QEGS Science">https://twitter.com/QEGS Science</a>.







#### **Reporting Positive COVID-19 Test Results**

Parents must report ALL positive test results to school via the student absence line. You should no longer use the school's COVID-19 telephone number.

Staff must report their results via the COVID-19 telephone service and should do so immediately following their tests on Thursday mornings or early on Sunday evenings.

# **Finally**

We said farewell to Mrs Wood, Year 11 PL last week. She leaves lots of Year 11 students and staff who will miss her but she will be a great asset for the NHS I am sure. We then said congratulations to Mr Bowbanks, the new Year 11 PL, we know he will take great care of Year 11 in their final few months.

Take care, have a great weekend, stay safe and well.

Yours faithfully

Mr S Garrity **Headteacher**