

NEWSLETTER

Building Brighter Futures

Thursday 1st February 2024



Dear Parent(s) and Carer(s),

This week we have begun to discuss the exciting KS4 Options Process with students, parents and carers, sharing our 2024 KS4 Option Blocks and <u>Taster information</u> ahead of our upcoming events: Year 9 KS4 Options Tasters - 9th February & Year 9 KS4 Options Evening - 13th February.

Deciding on the subjects to study at GCSE is an important decision and as well as taking advantage of the support offered in school by our dedicated team, I encourage students and their parents and carers to take time to sit down together at home to discuss the options available, helping to ensure that students make the right decision for them and their future plans. Our Options Guide and Options Evening will help to facilitate these conversations, as we share in-depth insights into our broad and ambitious KS4 curriculum.

This time of year allows our Year 9 team to put a real focus on learning, progress and ambition, as this community of learners not only look ahead to what their next two years in education looks like, but how carefully selecting their GCSE options can pave the way for their future plans. We have worked collaboratively with our colleagues across The Futures Trust to ensure that our GCSE curriculum for 2024 offers a broad range of opportunities and delivers high quality teaching and learning, with additional investment in staff development and facilities to allow us to confidently set our students up for success.

I could not end my opening letter this week without congratulating The Hinckley School rugby team for their triumphant victory against Lutterworth High School at the weekend. We have a proud history of supporting some of the sport's shining stars and it is fantastic to see this legacy continuing as we begin fixtures in 2024. Students were impeccable ambassadors for the school and the sense of community and pride was outstanding. I would also like to take this opportunity to thank parents and carers for their support and encouragement, along with our Foundation Governors for helping us to install brand new rugby posts here at The Hinckley School, ensuring that we can continue to nurture the talent within our community for years to come.

Best wishes, Lisa Hickman — Headteacher

ENERGETIC SAMBA RHYTHMS



ng Brighter Future

At The Hinckley School Mr Riley's Year 7 music class took their lesson outside this week for a final group performance, showcasing their samba and African drumming skills.

#133

This session was a vibrant showcase of what students had learnt from the different rhythms, instruments, and cultures. Students were challenged to memorise a samba piece of music, perform complex rhythms and lead an improvised rhythm for the class to copy. Despite the chilly weather, the music was able to warm the spirits of the surrounding area with energetic rhythms and sounds.

Well done Year 7!



Students First, It's About Learning, No Barriers

THS Rugby Team Triumph vs Lutterworth High



In a thrilling first rugby encounter between The Hinckley School and Lutterworth High School, both teams showcased exceptional skill and determination, providing the spectators with a memorable spectacle, which ultimately saw The Hinckley School come away with a convincing win, 25-5 (five tries to one)

First Half:

The match kicked off with tremendous energy as both teams fought hard to gain control of the game. The Hinckley School demonstrated



Quote from the Team Captain... "I loved today. It has been my best day at this school. From getting on the mini-bus to making my first tackle, it has been amazing. When I was asked to captain this year, I was worried as I had never played before, but all my teammates were there today with me and showed me what being part of a team is. Playing today was amazing, we had a team made up of players who play for clubs and players like me who have never played before. It was really good to be part of this and I hope more people come out and play with us next time! Please come and train on Thursday's as we want to win." - Ahmad

early dominance, securing possession and territory with George (Vice Captain) crossing over the line early on to give The Hinckley School an early lead. As the first half progressed, Lutterworth High School's counterattacks became more organised, and they managed to break through The Hinckley School's defence with a well-executed play scoring in the corner, despite brilliant cover work from numerous Hinckley players. Hinckley showed clear resilience after conceding and as a group worked their way up the field after a brilliant line break from Oscar, who led by example for the whole match. From here the forwards took control of the final few minutes repeatedly running pick and go and crash balls until finally Oliver broke through the Lutterworth line to score on the brink of half time.

Second Half:

As the second half began it was clear that The Hinckley School began to showcase their tremendous power. Early in the half after two huge hits made by LJ and Taiyo, George was able to take his chance when the ball came loose after pressure from Leo, resulting in him crossing over for his second try of the game. The Hinckley School, continued with their physical play with huge tackles and clear outs happening across the pitch. With Hinckley now taking a slight lead, both teams engaged in an intense battle for supremacy. The physicality of the match increased, with strong tackles and strategic kicks contributing to the excitement on the field, most notably when Steven took his chance and made a huge break through the centres, which resulted in Oliver crossing over for his second try of the day. From here The Hinckley School continued to press their advantage, with no time left on the clock Oliver completed his hat-trick



Message from a very proud Mr Stocks & Mr Elvidge... "We want to bring rugby back to The Hinckley School, like in days past. Today has marked our first step on the road to becoming National Champions again. On behalf of the entire team and coaching staff, I want to express our sincere gratitude to all parents for your unwavering support at the rugby fixture this weekend.

Your cheers from the side lines truly lifted the spirits of our players and created an electric atmosphere on the field. It was heart-warming to see such a strong community rallying behind our school Rugby team. Your dedication to attending this event goes a long way in fostering a sense of unity and pride within our team. The positive impact of your support extends far beyond the playing field. It teaches our players valuable lessons about teamwork, dedication, and the importance of community. Your commitment to being there for our athletes not only enhances their experience but also contributes to the overall success of our sports program."

and in doing so secured a 25-5 win for The Hinckley School in their first game of 2024.

The match was a testament to the skill and sportsmanship of both teams, leaving the fans on the edge of their seats until the final whistle. Man of the Match honours were shared across all the boys after the game for their efforts. Well done team!

LOOK INSIDE: IMPRESSIVE SKETCHBOOK WORK

Our GCSE Textiles students have been praised by staff this week for their inspiring sketchbook work. Their pages show a range of research, sampling and experimental work, with students having demonstrated all areas of pride whilst completing this work. Students will now take this one step further by developing and refining their ideas to produce a concluding textiles piece.

YEAR 10 Hub At The Hinckley School

"Textiles is a creative and fun subject, my favourite thing about Textiles is that you can take your own direction and be independent." - Year 10 Student Poppy

"Personally, I love textiles, as it is the most relaxed lesson. It's an amazing lesson to have after Maths, English or Science because of how laid-back it is. We use





CLICK HERE TO READ: **'KS4 Options Tasters' Letter**

UNLOCKING FUTURES: NATIONAL APPRENTICESHIPS WEEK



hosted by careermap.co.uk

As we dive into National Apprenticeships Week 2024, we are excited to share some of the fantastic opportunities our students will be experiencing to broaden their horizons and explore the world of apprenticeships.



YEAR 11 Hub Our Year 11 and Year 12 students have already had presentations from WorkPays (apprenticeships) this year, aiming to explore all pathways at 16. This year's theme is "Skills for Life". With so many emerging careers, it is important to keep up-to-date on what is available.



As Year 9 students are currently deciding their KS4 Options, we have planned a series of opportunities that will them make informed decisions and develop their employability skills.

Tuesday's Hands-On Experience: This Tuesday, our Year 9 students will embark on a full-day immersive experience with Willmott Dixon, a leading construction company. This hands-on day

is designed to give our students a taste of the exciting career possibilities within the construction industry. This full-day interactive workshop gives our students the chance to engage directly with professionals, gaining insights into the diverse range of apprenticeships available.

Thursday's TeenTech Live Event at Mira: Next Thursday, 30 of our Year 9 students will be visiting the 'TeenTech Live' event at Mira. This event is a unique opportunity for our students to explore the cutting-edge world of science, technology, and engineering, with the focus this year on artificial intelligence (A.I). With interactive exhibits, demonstrations, and talks from industry experts, our students will be inspired and informed about the various apprenticeship pathways available in these dynamic fields.

We believe these experiences will not only ignite curiosity, but also provide valuable insights into the world of work. Apprenticeships offer an alternative and equally rewarding route for our students to consider as they plan their futures.



Links to apprenticeships will be made for all students across the week, as well as some bespoke activities to ignite their curiosity. Students, parents and carers can also explore more opportunities online, with lots of The Hinckley exciting events to sign up for. Events | National Apprenticeship Week

SCHOOL If students would like to attend an event within school time, please let us know.

We encourage you to discuss employment pathways with your child, exploring their interests and passions. Additionally, please feel free to reach out if you have any questions, or if you would like more information about apprenticeships and the opportunities available. Our Careers Team are always here to help.

- Mr Boast, Assistant Headteacher, Careers and PSHE





KS4 OPTIONS EVENING

Tuesday 13th February 2024 5-6:30pm

Year 9 students and their parent/carers are invited to join us at our KS4 Options Evening, as they look ahead to the next exciting stage of their education. During the event families will be able to listen to a talk about the options process and visit subject stalls to learn more about our broad and exciting KS4 curriculum from our subject specialists.

Join an 'Options Talk' at 5:15pm, 5:45pm or 6:15pm



Students First, It's About Learning, No Barriers Butt Lane, Hinckley, LE10 1LE I 01455 632183 I www.thehinckleyschool.co.uk



Proudly Presents





Thursday 14th, Friday 15th & Saturday 16th March 2024, 7:30pm

Adults: £10 Under 18s: £8 Tickets on sale NOW from Main Reception and ParentPay

The Hinckley School, Butt Lane, Hinckley, LE10 1LE | 01455 632183

KNOWLEDGE RETRIEVAL GAMES IN A LEVEL PE







Our sixth form PE students have been working on new ways to recap their latest topic - Ergogenic Aids. The topic covered areas including - Anabolic Steroids, Blood Doping, Composition & Timing of Meals, Carbohydrate/ Glycogen Loading and Caffeine, with the class designing their own board games and quizzes to help their knowledge recall. Breaking off into groups, students enjoyed revising in fun new ways and getting competitive with their classmates.

Mr Barnacle was impressed with the students' engagement during the lesson and their independence and creativity during the design part of the exercise.

You can find out more about the contents of their topic, Ergogentic Acids, by clicking the extract from the fact table below.







	Composition & Timing of Meals	(Carbohydrate/Glycogen Loading		Creatine
Description	What you eat before you compete and the timing of the meal can help to support performance by increasing glycogen levels or preventing there depletion, maintaining blood glucose levels and electrolyte balance avoiding an upset stomach. Often decreasing the fibre content of pre competition meals can help to avoid this. It's important to choose foods you like and can tolerated. Maintaining hydration levels is also an essential feature of meals.	Description	Involves the careful manipulation of carbohydrate intake in the week before competition to maximise stores of glycogen in the muscle and liver.	Description	Creatine is made up of amino acids and found in some animal foods and naturally in the liver and kidneys. Stored in small amounts in the muscles as creatine phosphate (PC) and used to re-synthesise ATP. Creatine supplements (tablet form) can be taken by an athlete.
Positive Effect	Increased gylcoger stores for competition or following competition to so Click here to fir	Positive Effect	Increased give genetices in the muscle and liver which delays fatigue/ nore about the topic cove	Positive Effect	Increases the amount of phospho-creatine stored in the muscle, this lesson
Negative Effect	Pre-event: Glucose eaten between 15-45 mins before exercise can have a detrimental effect auximise insulin to convert blood glucose to liver glycogen causing temporary hypoglycaemia (and therefore exhaustion) and/or gastro problems. If too much is consumed post it can lead to weight gain.	Negative Effect	During the depletion phase, muscle stiffness, fatgue, irritability and poor quality in training which can promote injury. Possible weight gain caused by water retention. Longer term gastrointestinal problems.	Negative Effect	Can put strain on organs such as the liver. Increased weight gain often due to fluid retention and muscle cramps.
Who would benefit	Games players and any aerobic athletes who rely on the breakdown of glucose as a fuel.	Who would benefit	Any endurance athlete who relies on glycogen to fuel performance. This can include runners, cyclists , swimmers and rowers.	Who would benefit	High intensity athletes e.g. 100m sprinters (more phosphocreatine allows the athlete to perform for longer using the ATP-PC system maintaining high power output)
Legality	Legal	Legality	Legal	Legality Legal	

Impressive University Offers



Our brilliant Year 13 students have been working on their applications for next year, including

universities and Higher and Degree level apprenticeships.

On Wednesday, our Sixth Form community reached a key milestone, the UCAS application "Equal Consideration" deadline. For those young people within our Year 13 cohort where university feels the best fit, this is a triumphant step towards securing their future

destination and starting the next part of their educational journey.

We are proud to say that all Hinckley Sixth Form students completed their applications well in advance of the 31st January deadline for "Equal Consideration". With 90 applications sent, this is now the nervous time when students await their offers. Applications were submitted early due to the hard work of our students and Sixth Form team and we are delighted to share that well over half of our applicants have now received all of their 5 offers back and are currently deciding their exciting next steps.

As always, students are encouraged to follow their dream pathways and have secured conditional offers from amazing courses; a small but diverse selection can be found on the right of this article.

Now the focus is on preparing effectively for the upcoming examinations whilst completing their courses and making plans for their exciting futures.

As well as applying to university, many of our students decide that an apprenticeship is the route for them and we have been supporting them to apply for some incredible positions including roles at Aston Martin, Cadent and many more. With National Apprenticeships Week over the next 7 days, this is the perfect opportunity for them to do their final searches and applications, as always, supported by their amazing tutors and sixth form team.

- Chemistry at Loughborough University
- Automotive Engineering at Coventry University
- Sport and Exercise Science at Loughborough University
- Mechanical Engineering at the University of Birmingham and University of Derby
- Mathematics at Durham University and The University of Nottingham
- Midwifery at The University of York, University of Leicester and Coventry University
- Illustration at The University of Gloucester
- Biology at Lincoln University
- Biomedicine at The University of East Anglia
- Children's Nursing at De Montfort University
- Media Production at De Montfort University
- Primary Education at Lincoln
- Politics at University of Sheffield
- Fashion Marketing and Branding at Nottingham Trent
- International Business Management at De Montfort
 University
- Drama at the University of Exeter
- Politics and International Studies at The University of York
- Law at the University of Birmingham
- Medical Physics at the University of Birmingham
- Film Making at Derby University
- Criminology at Loughborough University
- Psychology at De Montfort University
- International Relations at Wolverhampton
- Business Management at Sheffield Hallam
- Ancient History at The University of Nottingham

Congratulations on your Conditional Offers!



RIBBON ART – ENHANCING CONTOUR AND 3D FORM

Year 7 students have been learning to understand the importance of applying line to indicate direction of fur and feathers, whilst also enhancing contour and 3D form, when drawing animals. As students have grown in confidence they have also thought about how line and colour could convey the character and traits of the animal. Here are some recent examples of their creative responses to exploring contour lines using ribbon and woven effects -





PRIDE SPOTLIGHT—PERSEVERANCE

Our teaching and support staff award hundreds of PRIDE points every day to recognise students for their hard work, attitude and achievements as they display our five character education values—Perseverance, Respect, Independence, Discipline and Engagement. This week our staff were asked to be on the look out for Perseverance to ensure we equally acknowledge all of our core values. When receiving PRIDE points staff ensure that students understand why they have received the points and how they have shown perseverance in their actions and attitude. It has been wonderful to see such strong perseverance on display this week as our students tackle challenges head on and show strong resilience. Congratulations to all our PRIDE point recipients this week!



PERSEVERANCE

To be resilient and courageous in my endeavours, tackling any challenges I may face both in my learning and in my life.

Holocaust Memorial Day

Saturday 27th January 2024 was Holocaust Memorial Day, a chance to remember and learn from the devastating events in Europe in the 1930s and 40s. Across the school many pupils participated in remembrance events or learning about the murder of 6 million Jews and 5 million others by the Nazis in WWII. Years 10 and 11 had assemblies that encouraged them to focus on the individuals who were lost. This included many children their age who had their futures taken away and who had similar interests, talents and ambitions as teenagers today. In Year 10 PDC, pupils are reading *The Book Thief* by Marcus Zuzak, which chronicles Liesel's journey through this turbulent period. Year 9s are currently studying the Holocaust in their History lessons, focussing on the origins of the prejudice, the meaning of genocide and whether blame belongs just to the Nazis or to a wider group.



In The Gateway, Year 8s are also reading a related book, *After the War* by Tom Palmer, and on Friday, they took part in a live session with the author and a Holocaust survivor, Mala Tribich. It was a really insightful experience which encouraged empathy, respect and reflection from all pupils. When asked '*What did you learn from the experience?*', student Sam noted that he understood the set up of concentration camps more. That 'people were assigned different jobs and when they were going to be killed, they had to wait in lines.' He said it 'made me feel that tragedies like the Holocaust shouldn't happen again, and I'm surprised that the survivor has managed to regain some normality in her life again after she became free.'

Another of ours students, Henry, was so interested that he went home, and visited Tom Palmer's website to contact him directly. 'I emailed him. He replied and said that it made him quite sad [writing the book] but he was also positive and embraced the idea that people were learning through his retelling of people's stories. I felt hurt that the survivor had been through a lot, and to think that it happened to her for no reason, just because of who she is.'

Learning about such an event is thought-provoking and challenging. The key message for our students is how they stop prejudice damaging peoples' opportunities and even taking their lives in the future. - **Ms Beale, Head of History**

Investigating The 'Ultimate Chocolate Chip Cookie'

Mrs Wilson's Year 10 Food Preparation & Nutrition class have been working on a practice NEA task this week – to investigate the best ingredients to make the 'Ultimate Chocolate Chip Cookie'. As part of the investigation, students had to predict what the outcome of changing the ingredients would have on the overall sensory properties of the cookies. The group have worked with different fats and flours and tested out what using different sugar and chocolate does to the final outcome. Being able to predict the functional and chemical properties of ingredients is an important skill for the GCSE course.

Year 10 student Charlie shared how 'taste testing' was his favourite part, to understand the different textures and how using chocolate chips vs chocolate buttons improved the end result. Meanwhile, Faith and Tilly tried three different types of sugar in their recipe, which, as you can see from the photo on the



right, had varying degrees of success! Due to the extra level of texture given by their sugary shell, M&M chocolates were crowned the best chocolate to use by Scarlett and Natasha after they experimented with using Galaxy Cookie Crumble and plain milk chocolate during their practicals.







Spring 1 Enrichment

A brand new enrichment timetable is now available for students to enjoy! Please take a look through the afterschool and lunchtime timetables on the following pages to see the amazing new opportunities students can enjoy.

Monday				
Matilda Rehearsals	3:00-4:00pm	Years 7-13	PA Dept	Main Hall
Netball	3:00-4:15pm	Years 7, 8 and 9	S. Cheney	PE
Senior Rugby	3:00-4:15pm	Years 10-13	J. Elvidge	PE
Robot Wars Design	3:00-4:00pm	Years 7-11	C. Holmes	D1
Sewing Project	3:00-4:00pm	Years 7-11 (sign up)	L. Wills	D12
Tuesday				
Sixth Form Book Club (2)	3:00-4:00pm	Years 12-13	R. Crisp	Library
Rock School	3:00-4:00pm	Years 7-11 invite only	D. Riley	MU1
Robot Wars Construction	3:00-4:00pm	Year 7-11	P. Harrison	D1
D of E Bronze	5.30-7.00pm	Year 10	A. Fennell	A9
D of E Silver	5.15-7.30pm	Year 11	A. Fennell	Cube
Wednesday				
Programming Challenge	3:00-4:00pm	Years 7-13	C. Holmes	D14
Netball	3:00-4:15pm	10, 11 & 6th Form	S. Cheney	PE
D of E Gold	5.15-7.30pm	Year 12 and 13	A. Fennell	A9
Matilda Rehearsals	3:00-4:00pm	Years 7-13	PA Dept	Main Hall
Thursday				
Boys Football	3:00-4:15pm	Year 8	C. Froome	PE
Girls Football	3:00-4:15pm	Years 7-11	F. Nichols	PE
	3:00-4:00pm	Years 7-9	M. Stocks	PE
KS3 Rugby	3:00-4:00pm	Years 7-13	D. Riley	MU1
Music & Music Tech	3:00-4:00pm	Year 11	K. Webster	D7
Music & Music Tech Artist Retreat		Years 7-13	E. Rayson	Library
	3:00-4:00pm	All the second s		
Music & Music Tech Artist Retreat	3:00-4:00pm			
Music & Music Tech Artist Retreat	3:00-4:00pm			
Music & Music Tech Artist Retreat Read outside the box	3:00-4:00pm 3:15-4:15pm	Years 7-11	M. Stocks	PE

Enrichment Awards

To celebrate your engagement with enrichment you will be presented with a Ruby, Sapphire and Diamond award in your termly celebration assemblies. As we enter 2024 why not try something new!

Ruby 30-49 sessions

Sapphire 50-69 sessions

Diamond 70+ sessions

Enrichment Lunchtime

Monday Zines Crafting		Years 7-13	R. Crisp	Library
Music Club	Lunchtime	Years 7-13	D. Riley	MU1
Maths Challenge		Years 7&8	M. Swann	G3
Football		Years 7, 8, 11	I. Ratheram	Astroturf
Bridge Wildlife Club (WK 2)		Year 7	K. Mason	Cambridge
Working Lunch		Y10&11 Art/Textiles	Art and Design	D7&D12
Latin for Beginners		Year 10-13	H. Foers	H6

Tuesday

COTOL		No	0.1	
LGBTQI+	Lunchtime	Years 7-13	G. Lewis	MPR
Music		Years 7-13	D. Riley	MU1
Strategy Board Games		Years 7-11	R. Crisp	Library
Football		Years 8,9,10	I. Ratheram	Astroturf
Boys Basketball		Year 8	M. Pallett	PE
Girls Football		Years 7-11	I. Ratheram	Astroturf
ology & Palaeontology	Years 7-11	A. Gadsby	11	
Origami	ouncil (1)	Years 7-13	N. Vora	D10
Working Lunch		Y10&11 Art/Textiles	Art and Design	D7&D12
Sustainability Council (1)		Years 7-11 invite only	G. Malin	12

Wednesday				
Music		Years 7-13	D. Riley	MU1
KS3 Electronics Club	Lunchtime	Years 7-9	P. Harrison	
Chess Club		Years 7-11	R. Crisp	Library
Football		Years 7, 9, 11	I. Ratheram	Astroturf
KS3 Film Club		Years 7, 8 & 9	M. Smith	H6
Creative Writing		Years 7-11	A. Hale	TBC
Working Lunch		Y10&11 Art/Textiles	Art and Design	D7&D12

Thursday				
Music		Years 7-13	D. Riley	MU1
Strategy Card Games	Lunchtime	Years 7-11	R. Crisp	Library
Football		Years 7, 10, 11	I. Ratheram	Astrotur
X-Box		Year 8	R. Byrne	G2
Crochet for Beginners		Year 7-13	L. Wills	D12
Working Lunch		Y10&11 Art/Textiles	Art and Design	D7&D12

<u>Friday</u>								
Music	Lunchtime	Years 7-11	D. Riley	MU1				
Scrabble		Years 7-11	R. Crisp	Library				
Football		Years 8, 9, 10	I. Ratheram	Astroturf				
X-Box		Year 9	R. Byrne	G2				
KS4 Film Club		Years 10 and 11	Z. Owen	H6				
Working Lunch		Y10&11 Art/Textiles	Art and Design	D7&D12				

Engage with Enrichment – Spring 1



YEAR 9 ART COMPETITION

This academic year, The Hinckley School will be entering and competing in the Art Bytes competition; Raising aspirations for better futures by championing the creativity of the nation's next generation, using art and virtual technology. Art Bytes is a national EdTech programme that utilises a bespoke, immersive, virtual gallery incorporating augmented reality elements, to give young participants the opportunity

to see their art exhibited online and engage with new technology from the safety and convenience of their own home or school. After a shortlisting panel and an online public vote, the winning artist from each school sees their work displayed in our virtual gallery. Art Bytes culminates every June with a celebration event at a high-profile cultural venue in each of the nine regions of England, which is also available to schools to stream in the classroom or assembly. Regional winners are announced, certificates and prizes are presented, and the virtual gallery goes live. Miss Webster is looking for submissions of artwork from 30 of our fantastically creative and innovative students to enter into the national competition. The deadline is February half-term 2024.

When submitting work, key things to note:

- Artwork created by Year 9 students in this academic year, whether at home or in school, is eligible.
- One entry per student.
- No set theme, allowing students to express themselves as they wish through their artwork
- Artwork in any fine art medium or technique is acceptable, rather than textiles/design.
- 2D or 3D artwork (please note all 3D work entries will be exhibited as a photograph).
- Artworks created at home should be made without parents or guardians help.

We will of course keep you up to date with entries submitted (with photographs of artwork in our newsletter) and will provide information regarding the vote once the submission window is closed. For further information please speak to Miss Webster.

