Sir Harry Smith Community College

Aspiration and achievement for all

WEEKLY NEWSLETTER

23rd October 2026

Dear Parents and Carers,

As we reach the end of the first half term of the academic year, it feels like an appropriate moment to reflect on what has been a busy, productive, and positive start to the year at Sir Harry Smith Community College.

Over the past seven weeks, we have continued to focus on raising standards, strengthening our culture, and ensuring that every student can thrive both academically and personally. Whilst there is always more work to do, there have been many encouraging signs of progress. Attendance remains a key priority, our behaviour systems continue to develop, our curriculum remains ambitious, and students have embraced opportunities both inside and outside the classroom. The work taking place across the school reflects our determination to ensure every young person receives the support, guidance, and opportunities they need to succeed.

One of the greatest strengths of our school is the commitment of our staff. I would like to thank colleagues for the enormous amount of time they dedicate beyond the classroom. This half term has seen a wide range of trips, visits, sporting fixtures, performances, events, and enrichment opportunities take place. These experiences play a vital role in developing confidence, character, resilience, and aspiration, and they simply would not happen without the generosity, enthusiasm and dedication of staff who willingly give their time to support our students. We are fortunate to have a team that is so committed to providing opportunities that extend far beyond the curriculum.

I have also been continually impressed by the character shown by our students. This week alone we saw a wonderful example of kindness and responsibility when two students acted quickly to support a fellow student who had suffered a seizure, assisting staff whilst ensuring the student's dignity and wellbeing were protected. Their actions reflected the values we seek to develop in all members of our school community and made us immensely proud.

Today, students participated in our first PSHE and RSHE Drop-Down Day of the year, replacing our previous Skills for Life curriculum. These dedicated days form an important part of our curriculum and provide students with the opportunity to explore issues that are fundamental to their personal development and wellbeing. Topics covered across the school included mental health, healthy relationships, online safety, equality, diversity, financial education, physical health and personal safety.

Relationship, Sex and Health Education (RSHE) is a statutory requirement for all secondary schools, and our wider PSHE programme supports our responsibility to prepare young people for life in modern Britain. These sessions provide students with the knowledge, skills and confidence to make informed decisions, build healthy relationships, recognise risks, and know how and where to seek support when needed. Today's programme reflects our commitment to developing not only successful learners, but also responsible, informed, and compassionate young people who are well prepared for the opportunities and challenges of modern life. Our next PSHE and RSHE Drop-Down Day will take place on Thursday 17 December. Further information regarding the programme for each year group will be shared with students and families nearer the time.

As a school, we are committed to continuous improvement and to listening carefully to the views of our community. We know we will not get everything right all of the time, but we are determined to keep moving forward. I am grateful to the many parents, carers, students and staff who have shared their ideas, concerns and suggestions this half term. Your feedback helps us to reflect, improve and shape the future direction of the school.

01733 703991
reception@sirharrysmith.com
www.sirharrysmith.cambs.sch.uk

ASPIRE LEARNING TRUST

Headteacher's Welcome

Unfortunately, we have recently had to disable comments on our Facebook page due to an increase in negative and unconstructive comments. This is disappointing, as social media can be a valuable tool for celebrating our students' achievements and sharing the many positive developments taking place across our school. Whilst we welcome feedback and recognise that concerns will occasionally arise, I would respectfully ask that these are raised through the appropriate channels. This enables us to investigate issues thoroughly, respond appropriately and work directly with those involved to find solutions. We remain committed to listening to our community and welcome constructive feedback that helps us continue to improve.

I would encourage anyone with suggestions about how we can continue to develop the school to get in touch. The strongest schools are built through partnership, openness, and a shared commitment to providing the very best education for our young people.

Finally, I would like to thank our students, staff, parents, carers, and governors for their support throughout this first half term. We have made a positive start to the academic year, and I am excited about what we can achieve together in the months ahead. I hope everyone enjoys a well-earned break and has the opportunity to rest and recharge. We look forward to welcoming students back after half term, ready for another successful and productive period in the life of our school.

Stevie Thornton
Acting Headteacher



Attendance Focus: Myths and Facts - Supporting Every Day in School

Good attendance is one of the biggest factors in helping students succeed at school. Here are some common myths and the facts behind them.



Myth: "A day off here and there doesn't make much difference."
Fact: Every school day counts.

Missing just one day of school every two weeks can add up to nearly four weeks of lost learning across an academic year. Even occasional absences can make it harder for students to keep up with lessons, coursework, and key information, particularly in secondary school where learning builds from one lesson to the next.



Myth: "My child should stay at home with a minor cough, cold or sore throat."
Fact: Most minor illnesses do not require students to stay at home.

According to NHS guidance, children and young people can usually attend school with a mild cough, cold, sore throat, headache, or runny nose, as long as they are otherwise well enough to take part in the school day and do not have a high temperature.



Myth: "If my child feels anxious about school, it is best to let them stay at home."
Fact: Extended periods away from school can sometimes increase anxiety.

The NHS advises that prolonged absence may make worries about returning to school even greater. Working with school to identify difficulties early and provide appropriate support is often the most effective way to help students feel confident attending



Myth: "Arriving a few minutes late doesn't matter."
Fact: Lateness quickly adds up.

Being just 10 minutes late each day can result in the loss of almost a week of learning over the course of a school year. Good punctuality helps students start the day positively and ensures they do not miss important instructions and learning opportunities.



Myth: "90% attendance is good."
Fact: 90% attendance means missing around one day of school every two weeks.

Although 90% may sound high, it actually equates to approximately four weeks of missed education across the school year. This can significantly impact academic progress and social development.



Working Together



We know that every family faces challenges from time to time, and we are here to help. If your child is experiencing difficulties with attendance due to health concerns, anxiety, friendships, or any other circumstance, please get in touch with us. The sooner we can work together, the sooner we can identify the right support.

Every day in school is an opportunity to learn, grow, and thrive. By working together, we can help every child achieve their very best.

6th Form Open Evening

It was wonderful to welcome over 150 guests to our recent Sir Harry Smith Sixth Form Open Evening, where prospective students and their families had the opportunity to explore the exciting range of post-16 opportunities available at our thriving Sixth Form.

The evening began with an informative presentation outlining the many pathways available to students after Year 11, including the wide range of academic and vocational courses on offer. Attendees gained valuable insight into the benefits of continuing their education at Sir Harry Smith Sixth Form, as well as the support, enrichment opportunities and guidance available to help students achieve their ambitions.

Following the presentation, guests met with our dedicated subject specialists, who shared detailed information about individual courses, curriculum content and progression opportunities. This provided students with an excellent opportunity to ask questions, discuss their interests and gain a real understanding of what Sixth Form study entails. The enthusiasm and engagement shown throughout the evening were fantastic to see. By the end of the event, many students left feeling inspired, excited and motivated about their future, with a clearer understanding of the opportunities that await them at Sir Harry Smith Sixth Form.

We would like to thank all the students, parents, carers and staff who contributed to making the evening such a success. We look forward to welcoming the next generation of Sixth Form students and supporting them on the next stage of their educational journey.

Mr Smith












Meet Our Senior Leadership Team

Sir Harry Smith Community College
Aspiration & Achievement for All

ASPIRE Learning Trust

OUR SENIOR LEADERSHIP TEAM



Stevie Thornton
Acting Headteacher
sthornton@sirharrysmith.com



Helen Cassady
Associate Headteacher
hcassady@sirharrysmith.com



Anna Wahlandt
Deputy Principal
awahlandt@sirharrysmith.com



Tim Smith
Assistant Headteacher & Head of Sixth Form
tsmith@sirharrysmith.com



Paul Treliving
Assistant Headteacher
ptreliving@sirharrysmith.com



Tom Holland
Assistant Headteacher
tholland@sirharrysmith.com



Rachel Atkins
Associate Assistant Headteacher
ratkins@sirharrysmith.com

Clair Meadows
PA to Mr Thornton
Cmeadows@sirharrysmith.com

SAFE . RESPECTFUL . RESPONSIBLE . PROUD

Meet Our Head of Year Team

Sir Harry Smith Community College
Aspiration & Achievement for All

ASPIRE Learning Trust

OUR HEAD OF YEAR TEAM



Will Johnson

Head of Year 11

Wjohnson@sirharrysmith.com



Sophie Garton

Head of Year 10

Sgarton@sirharrysmith.com



Molly Izatt

Head of Year 9

Mizatt@sirharrysmith.com



Aimee Jones

Head of Year 8

Ajones@sirharrysmith.com



Danielle Reeder

Head of Year 7

Dreeder@sirharrysmith.com

Finn Tymon

Pastoral Leader for Year 9 and 10

Ftymon@sirharrysmith.com

Adam Rothery

Pastoral Leader for Year 7, 8 and 11

Arothery@sirharrysmith.com

SAFE . RESPECTFUL . RESPONSIBLE . PROUD

Headteacher's Breakfast - Congratulations!

Congratulations to those students invited to breakfast with Mr Thornton & our Chair of Governors this week. The Headteacher's Breakfast rewards those students who have achieved something amazing, or who show resilience, commitment and a really positive attitude, either in or outside college. This week's guests include:

- Megan W - for being a fantastic role model to all SHS students. She represents the school with pride and her contribution at Open Evening was one of the proudest moments I've ever had in 20 years of education.
- Megan J - for having always been hard-working, sensible and polite in every single lesson in French. Megan is a pleasure to teach and we wish her the best of luck in her GCSE year.
- Lola P - Lola consistently works extremely hard in Maths. She takes pride in her work and makes the most of all resources given to her proving her a very successful mathematician. A model student!
- Olivia D - who performed a lead role in The Wizard of Oz at The Cresset which was a wonderful show.
- Alyssa W - Alyssa is a lovely, well-presented students who is always polite, kind and she is a pleasure to teach. She works incredibly hard in Art and goes above and beyond by spending extra time at home developing and improving her technical skills. She has shown real spirit and enthusiasm for the subject, and it is wonderful to see the pride and effort she puts into her artwork. She should be very proud of herself and all that she has achieved.
- Maisie C - Maisie has made an excellent start to Year 9 Drama, we have been thoroughly impressed with her attitude and thirst for learning. Maisie is a joy to teach and her enthusiasm is infectious! Keep up the fantastic work.
- Brody H - for being a role model to others and having an outstanding attitude towards learning.
- Isaac B - Isaac is extremely polite and respectful. Isaac will engage in polite conversation and hold the door for staff. Whenever Isaac is in lessons he arrives on time and also eager to hand out resources.
- Amanda Z - who has made an excellent start to the school, showing high levels of engagement and effort.
- Amelie D - Amelie has made a fantastic start to her English GCSEs. She works hard in every lesson, and contributes to every class discussion. If she keeps up this work ethic, she will go on to do very well.
- Justin F - for the most incredible piece of Biology homework. A fabulous model of a plant cell with all the organelles labelled and annotated. Lots of time and effort went into producing this cell model. Well done!
- Ryell N - Ryell has been working hard in his Maths, English and other lessons. He goes above and beyond to meet expectations. He gives a 100% to stay focused with his work. Ryell is a polite, kind and respectful student in ALH.
- Samanta G - In the year 7 choir of the year challenge, Samanta showed great bravery and skill performing a solo for form 7F for the song Waka Waka by Shakira!

Congratulations to all of these wonderful students!
You are a credit to our college!



ARU School of Computing Visit

Yesterday, we were delighted to welcome representatives from **Anglia Ruskin University (ARU)** to speak with our students about higher education opportunities within the School of Computing and Information Science. The presentation provided an excellent overview of a range of computing-related degree courses, including Computer Science, Software Engineering, Artificial Intelligence, Cyber Security, and Digital Forensics, as well as information about placements, industry partnerships, and career opportunities available to students.

Following this, students took part in an engaging and interactive cyber security session. The presenter explored modern cyber threats such as malware and online security risks, while encouraging students to think critically about how technology impacts their daily lives. Discussions focused on topics including personal data, digital footprints, privacy concerns, and the ways in which online platforms collect and use information in the 21st Century.

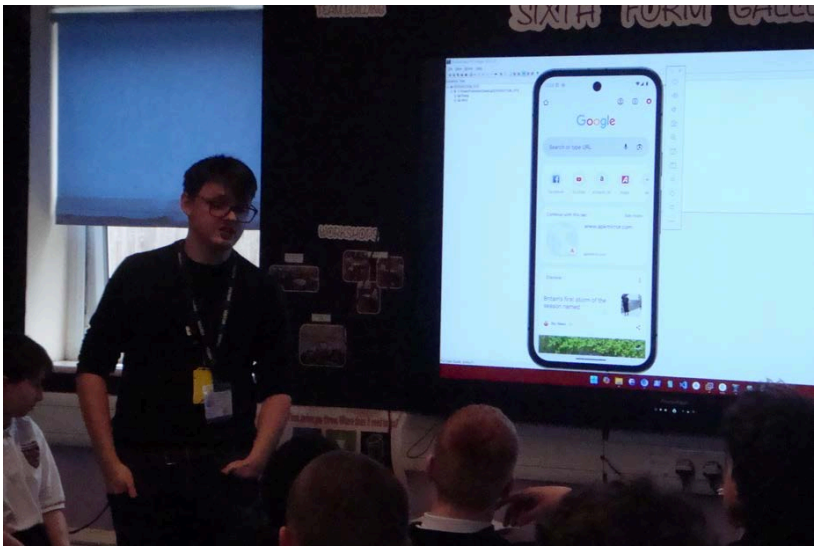
Our students were exceptionally well behaved throughout both sessions and engaged positively with the presenters. They asked thoughtful, insightful questions and contributed enthusiastically to discussions, demonstrating both curiosity and maturity when considering complex technological and ethical issues.

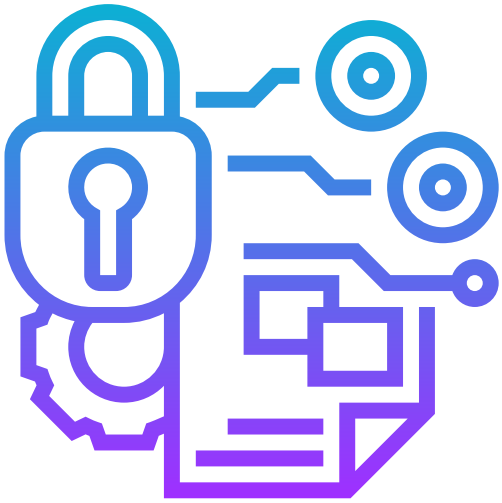
The ARU team were highly complimentary about our students' behaviour for learning and the quality of their contributions. They were particularly impressed by the level of engagement shown and have already expressed an interest in returning to work with our students again in the future. We would like to thank ARU for providing such a valuable and inspiring experience.

Mr Crane.

a.r.u. | Anglia Ruskin University







National Justice Museum Trip

On Wednesday 61 Year 11 students visited the National Justice Museum where we learnt about knife crime and reenacted a trial where a 15 year old boy was accused of attempted murder. Our jury found the defendant guilty and at the end we learnt that this was a real case from 2025 where the defendant was in fact found guilty.

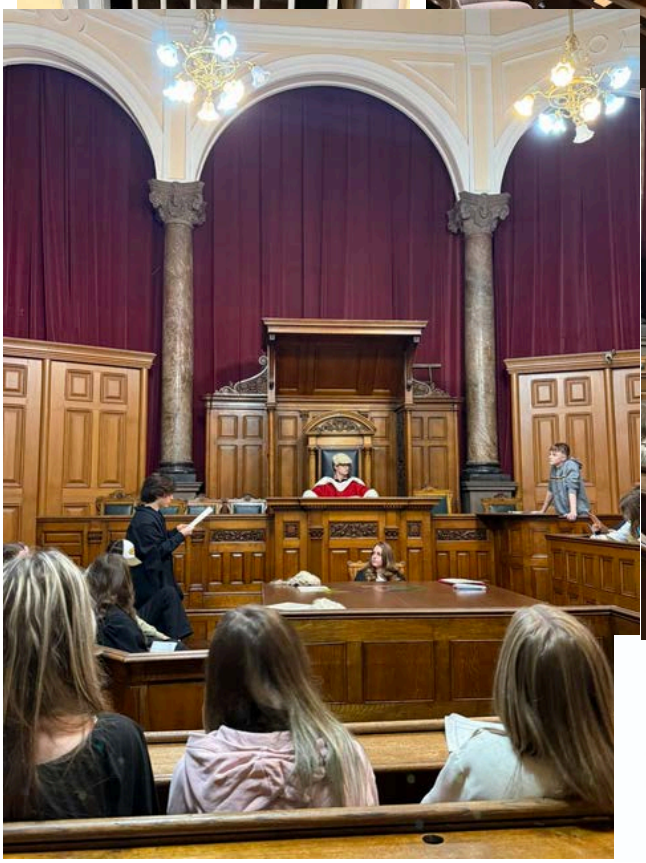
Our students really embraced their roles on the day and we had two fantastic mock trials. We then had some time in Nottingham to look around some shops and grab a bite to eat. This was a great day and we learnt so much useful information that we will use as we continue our Psychology and Sociology GCSE content this year.

Mrs Cutler











NATIONAL JUSTICE MUSEUM

Oliver! The Musical Trip

On Wednesday 21st October, the Music Department travelled to London's West End to see Oliver!

This reward trip recognised the hard work and dedication our students showed throughout rehearsals and performances for the Summer Concert.

It's tricky to have a favourite song in Oliver! the show is "Glorious", and we said to each other, you really should "Consider Yourself" lucky to have seen it. Don't be left wondering "Who Will Buy?" a ticket it's definitely worth it! The trip has left us with just one question "Please Sir... can I have some more?"

P.S. Please **save the date for our Christmas Concert on Wednesday 2nd December**. More info to follow after half- term.

Mrs Gray









6th Form Fancy Dress Raising Funds!

Our 6th Formers looked fantastic today in their Halloween outfits, which they wore in exchange for a donation to their Summer Ball fund! Everyone had a great day!



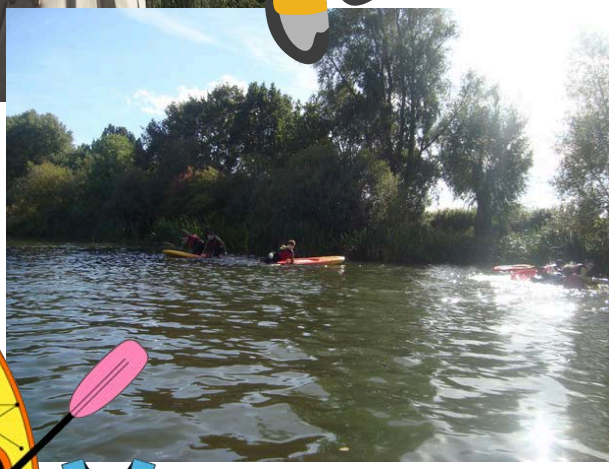
6th Form Enrichment Activities

Our 6th Form students have been taking part in enrichment activities on Wednesday afternoons, some students took the opportunity to try something a little different and have tried - abseiling, kayaking, paddleboarding to name a few! All great experiences and thank you to Mrs Restaino for taking them in the school mini bus each week and taking part!

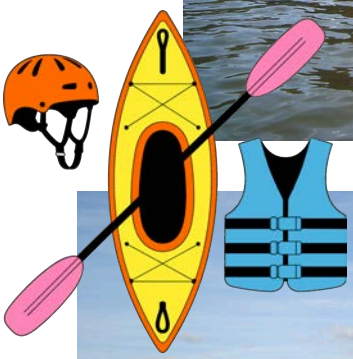
















Year 10 Girls Netball Fixture

On Tuesday, our Year 10 girls' netball team took on OBA in what proved to be a fantastic and closely contested match! Throughout the game, both teams battled hard, with OBA managing to take a narrow two-goal lead. The score remained incredibly close, with the girls showing fantastic determination and teamwork.

Heading into the final quarter, the girls dug deep, worked tirelessly and showed great fighting spirit to turn the game around and secure a well-deserved victory. The final score was 24-22.

A fantastic performance from the whole team, demonstrating excellent teamwork and a never-give-up attitude. Well done, girls!

Mrs Staggs







Year 10 and 11: Free Weekly GCSE Maths Support

We are pleased to share an opportunity for all Year 10 and 11 students to access free weekly online GCSE Maths lessons through Masterminds Tuition Academy, based in Peterborough.

The sessions are led by M Akram, an experienced teacher who has worked in education for over 10 years. The aim is to help students build confidence, strengthen their understanding of key mathematical topics and prepare for their GCSE examinations.

Sessions take place live online every Wednesday evening, with separate sessions for each exam tier:

Higher Tier: 7:00pm
Foundation Tier: 8:00pm

The sessions are **completely free**, with no payment or card details required. They offer an additional opportunity for students to practise their maths skills, address gaps in their knowledge and improve their exam preparation.
How to get involved

Students and parents should have received an email containing a link to register for the sessions. Please check your inbox, including junk or spam folders, and follow the instructions to book a free place.

If you have not received the email, you can register directly at www.mastermindstuitionacademy.com/webinar.

Students will need to select their exam board and the appropriate Higher or Foundation tier when registering. If you are unsure, please check with the school.

This is a fantastic opportunity for Year 10 and 11 students to access extra support, develop their confidence and take another positive step towards GCSE success.



Mobile Phones: We Would Like Your Views

As we continue to review and develop our approach to mobile phones and smart devices at Sir Harry Smith Community College, I would really value the views and ideas of our parents and carers.

Our aim is to have an approach that protects learning and students' social time, supports safeguarding and wellbeing, and is clear, fair, and workable for students, families, and staff. It also needs to work within the framework that the government has imposed.

Rather than simply asking whether you agree or disagree with our current policy, **I would like to hear your ideas about how we could make it better.**

You can read our current policy here: https://www.sirharrysmith.cambs.sch.uk/attachments/download.asp?file=1926&type=pdf

In particular, I would be interested to hear:

- What should we keep?
- What should we change?
- What have we missed?
- Is anything in the current policy unclear?
- Are there circumstances or exceptions we should consider?
- How should we approach smart watches, AirPods and other connected devices?
- Do you have any other practical ideas that would help us manage mobile phones effectively?

Please send any **suggested amendments**, additions, or ideas to suggestions@sirharrysmith.com, using **'Mobile Phones'** as the subject heading.

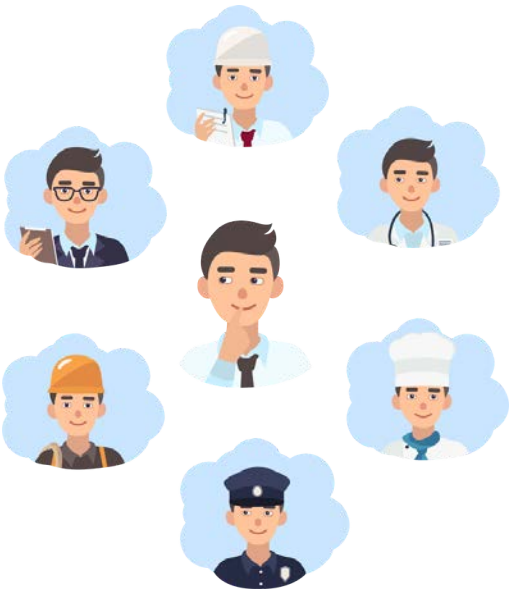
We may not be able to adopt every suggestion, but I genuinely want to hear the views of our families and use those perspectives to help shape our approach.

Thank you, as always, for working with us.



Careers Information







Join our Alumni Network!

As a college, we want to reconnect with our former students so that we can keep in touch and let you know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving SHSCC, and who better to showcase this information, than you!

We're working with education charity **@FutureFirstOrg** to set this up and all you need to do to get involved is sign up here: **https://www.furturefirsthub.org.uk/register/sirharrysmith**

More information is on our website insert link to alumni page on website and if you have any questions please contact our Careers Officer, Angela Curtis: **acurtis@sirharrysmith.com**

Useful Information

Sir Harry Smith Community College | Peterborough College | Stamford College

Post-16 Decoded

12 November 2026 | 6.00pm - 7.15pm | Sir Harry Smith Community College



Your A-Z Guide to A Levels, T Levels, Diplomas and Apprenticeships

Is the alphabet soup of Post-16 options leaving you overwhelmed? **Choosing the right path is a huge decision, and you don't have to navigate it alone.**

Working in partnership with Peterborough College and Stamford College, we are delighted to invite you to a **FREE**, exclusive, one-off event at **Sir Harry Smith Community College**, designed to cut through the confusion and give you the clarity and confidence you need.

We provide a full **A-Z breakdown of every pathway, demystifying the qualifications** so you can guide your child to the best fit for their future.

The unmissable value? Every attendee leaves **empowered with essential, actionable knowledge** for post-16 success!

Click the box in your email to reserve your place!

The event Year 10 and 11 parents and carers cannot afford to miss!

Useful Information

We return to college on Monday 2nd November after half term. We wish all our students, parents & carers a relaxing break.





As part of the college's ongoing commitment to improving parent communication and sharing success, we have a dedicated platform where students, teachers, parents and carers can share positive news stories and successes both in and outside of school. We have created an email address for us to collate all of the stories: positivenews@sirharrysmith.com

We take the safety and wellbeing of all our students extremely seriously. We would like to remind all families about the importance of nut awareness and the role we can all play in keeping students with allergies safe.

How parents and students can help:

- Please do not send nuts or nut-containing products into school.
- Please check food packaging carefully before sending snacks or packed lunches into school.
- If your child has an allergy, make sure the school is aware of their requirements.
- Please speak to us if you have any concerns about particular products or arrangements.



By working together, we can help make Sir Harry Smith a safe and supportive environment for everyone.

Useful Information



UPCOMING EVENTS & PARENT ENGAGEMENT

Sir Harry Smith Community College invites you to attend

15 SEP | 6th Form Welcome Evening
15 SEP | Y11 Welcome Evening
22 SEP | UCAS Evening
24 SEP | Y7 Welcome Evening
6 OCT | Y6 Open Evening
20 OCT | 6th Form Open Evening
19 NOV | Y8 Parents Evening
3 DEC | Y9 Parents Evening
5 JAN | Y11 Parents Evening
12 JAN | Y9 Guided Choices Evening
21 JAN | Y10 Parents Evening
11 FEB | Y13 Parents Evening
25 FEB | Y7 Parents Evening
23 MAR | Y12 Parents Evening
22 APR | Y11 Parents Evening
27 APR | Y13 Parents Evening
24 JUN | Y10 Parents Evening
6 JUL | Awards Evening

Have an idea to support our renewed focus on community engagement?

We'd love to hear it. Email suggestions@sirharrysmith.com. Suggestions are reviewed monthly by SLT.



From Friday 16 October, parents, carers and prospective families can book a one-hour tour of the college. Tour classrooms and facilities, meet staff and students, and ask any questions you may have.

Tours must be booked in advance with Miss Meadows via email: cmeadows@sirharrysmith.com

Useful Information

SHSCC ENRICHMENT CLUBS

CLUBS AFTER SCHOOL AND AT LUNCHTIME MAY CHANGE THROUGHOUT THE YEAR - KEEP AN EYE OUT FOR UPDATES!

Lunchtime PE Clubs

Monday

BADMINTON (KS3) - MR TYMON

Wednesday

BADMINTON (KS4) - MRS STAGGS

Where In The World?

Tuesday After School

MRS PAYNE - PR10

Christian Union

Monday Lunchtime

OLIVE 05 - MRS GRAY

Diversity Club

Wednesday Lunchtime

MRS CUTLER - BL32

Coding Club

Monday Lunchtime

GOLD 01 - MR CRANE

CNAT Intervention

Tuesday Lunchtime

PE DEPT - MISS PONDER

First Aid Training

Tuesday After School

PLEASE SIGN UP WITH MRS GOSLING IN FIRST AID

Creative Writing

Monday After School

LIBRARY - MISS TIMMS

Lunchtime Games

Monday & Wednesday

CHESS CLUB - LIBRARY

Friday

LEGO CLUB - MRS SHEPHERD - GL08

Art Club

Thursday - After School

MISS ALDIS- MG09

Carnegie Book Club

TUESDAY, WEDNESDAY, FRIDAY

8.30-9.00AM IN THE LIBRARY

BY INVITATION ONLY - MISS TIMMS

Homework Club

TUESDAY, WEDNESDAY, THURSDAY

3.00PM - 4.15PM IN THE LIBRARY

Swimming

Friday 3.30-4.30pm

DISCOUNTED PRICE: £3.40

MANOR LEISURE CENTRE

Band

Wednesday After School

OLIVE 05- MUSIC STAFF

Lunchtime Music

Thursday

CHOIR - MRS GRAY - OL05

Friday

DJEMBE DRUMMING - MRS FREEMAN - OL05

Journalism Club

Wednesday - Lunchtime

LIBRARY - MISS TIMMS

Drama & Dance

Tuesday After School

DANCE - MISS KUC

Thursday After School

MUSICAL THEATRE - MRS STEELE

Worlds of Fantasy

Wednesday After School

WARHAMMER - MR CURTIS - PR07

Thursday After School

DUNGEONS & DRAGONS - MRS CURTIS - GL11

After School PE Clubs

Monday

HANDBALL - MRS SHEPHERD

BASKETBALL - MR TYMON

Wednesday

FOOTBALL - MR ROTHERY/MR TYMON

NETBALL - MRS STAGGS/MRS HUNT

Thursday

VOLLEYBALL - ALL PE STAFF

CROSS COUNTRY - ALL PE STAFF

Useful Information

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'
SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.

GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!

GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.

HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.

COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.

KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency 'we should put our own oxygen mash on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.

'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'
RA KTIVIST

The National College®

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For futher info, check out these online resources:

https://www.mentalhealth.org.uk/blog/random-acts-kindness

https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved

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Useful Information



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Key Information

Term Dates

AUTUMN TERM 2026	
Professional Day (college closed to students)	Tuesday 1st September 2026
Professional Day (college closed to students)	Wednesday 2nd September 2026
START OF TERM - Year 7 & 12 students only	Thursday 3rd September 2026
START OF TERM - All other year groups	Friday 4th September 2026
Half Term	Monday 26th to Friday 30th October 2026
Last Day of Term - Finish at 12:20pm	Friday 18th December 2026

SPRING TERM 2027	
START OF TERM	Monday 4th January 2027
Half Term	Monday 15th to Friday 19th February 2027
Last Day of Term - Finish at 12:20pm	Thursday 25th March 2027

Contacting Us

Please visit our website to find out the best way of contacting the person you would like to get in touch with. Please do remember that if you are contacting a member of our teaching staff, they will have teaching commitments during the day so please bear with them. If you would like to meet with a member of staff then please do arrange an appointment first.

In any cases of an emergency, please call the school on **01733 703991.**

Social Media

Please be sure to follow us on social media. We have Facebook pages for Sir Harry Smith Community College, Park Lane Primary School, New Road Primary School and the Aspire Learning Trust.