

Dear Parents/Carers,

I hope this message finds you all well.

It is hard to believe that we are coming to the end of another year.

It has been an incredibly busy year at Polesworth and I want to say a huge well done and thank you to all our staff and students.

I want to take this opportunity to thank parents and carers for your continued support over the last year.

I wish you all a peaceful, happy and enjoyable Christmas and New Year surrounded by friends and family and loved ones.

Please take care and I look forward to working with you all in 2026.

*Maura Farrell*

# Where to get support for your mental health over the Christmas period

Christmas can be a daunting time, and a time you might feel more pressure to feel or be a certain way. Make sure you are kind to yourself over the Christmas period, and know it is okay to struggle and to talk about your feelings.

**Here are some useful contacts:**



**Kooth offers free, confidential and anonymous online support and counselling for 11-23 year olds. Their team will be available to provide mental wellbeing support over the festive period.**

*"Just because it's Christmas, it doesn't mean caring for your mental health has to be put on hold."*

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder.

**Beat**  
Eating disorders

Call 0808 801 0677 (for help in England) (9am-midnight during the week and 4pm-midnight on weekends and bank holidays). Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk).

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

**Childline provides a confidential telephone counselling service for any child with a problem. Call: 0800 1111 anytime or online chat with a counsellor.**



**Every Mind Matters offers expert advice and practical tips to help you look after your mental health and wellbeing.**

**[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)**



**Hub of Hope**

**The Hub of Hope is a mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place.**

**SAMARITANS**

**Samaritans**

**24/7 365 days a year -  
they'll help you and  
listen to how you're  
feeling.**

**Call: 116 123 or email:  
jo@samaritans.org**

**PAPYRUS**

PREVENTION  
OF YOUNG SUICIDE

**Papyrus provide  
confidential support  
and advice to young  
people struggling  
with thoughts of suicide, and  
anyone worried about a young  
person.**

**Call: 0800 068 3131  
or text: 07860 039967  
(9am-midnight, 365 days a year).**

**shout**  
**85258**

**Shout offers confidential 24/7 crisis  
text support for times when  
immediate assistance is required  
Text "SHOUT" to 85258.**

"Christmas is another day of  
the year and you might not  
know how you're going to feel.  
And that's okay."

**YOUNGmINDS**  
fighting for young people's mental health

**YoungMinds provide  
lots of tips for  
staying well over the  
Christmas period.**



**The Mix  
provides free,  
confidential  
support for  
young people  
under 25.**

**Call: 0808 808 4994  
(3pm-midnight every day)  
www.themix.org.uk**

"If you feel yourself getting  
a bit overwhelmed or upset,  
take five to ten minutes  
away from everyone on  
Christmas Day."



# School Games Gold Mark Award



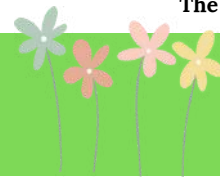
Over the summer, we were once again awarded the School Games Gold Mark award. Our PE Department give so much time and energy to our school and the award is a testament to their hard work. We are very proud of our staff and the opportunities they provide every day for our students.

## What is the School Games?

The School Games Mark is a government-led award scheme. It celebrates schools' commitment to developing competitive sport within their school and community. It is a programme which puts physical activity and school sport at the heart of schools, and provides young people with the opportunity to enjoy and learn through competition to achieve their personal best.



# Borrowed Garden



We were lucky enough to have lots of volunteers to help Mrs Dandy and Mr Reece create a wonderful Borrowed Garden with lots of kind donations from our community.

A place where staff and students can enjoy the delights of gardening and admire the plants, flowers and wildlife for years to come.





# Student Leadership Team



**Our Student Leadership Team for 2025-26**

**Head Student - Charlie Wright**

**Head Student - Evie Ashby**

**Deputy Head Student - Rose Kennedy**

**Deputy Head Student - Lily Jackson**

Our Student Leadership Team have already been working hard this term, representing our student ambassadors at events such as Sixth Form Open Evening, Presentation Evening and our Annual Remembrance Service. They have also been fundraising for the Royal British Legion and organising our Staff vs. Sixth Form Student Quiz!

# World Mental Health Day



World Mental Health Day was in October and the theme was access to services – mental health in catastrophes and emergencies.

The theme highlighted the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.

Constantly hearing about negative news from around the world can feel like a lot to take in – and that's because it is. Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health.

To raise awareness for the day and the theme we had an information stall at lunchtime for the students providing top tips to help manage our mental health in difficult times as well as handing out positive affirmations cards and mental health green stickers.

Everyone deserves good mental health.





# Design and Technology

Year 7 used saws for the first time! They designed and made wooden frogs with lever mechanisms.

Year 8's Happy Meal designs -these are paper toys, a sustainable alternative to plastic!

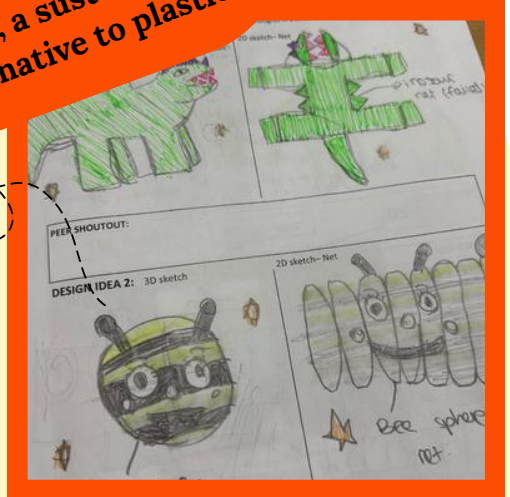
Year 7 wove carrier bags to make the fabric for their jellyfish hoods, we're learning about the importance of recycling and how plastic waste impacts the ocean.

Year 10 Art Textile mood boards our Year 10 on artist Victoria Villasana.

Year 9 Cushions

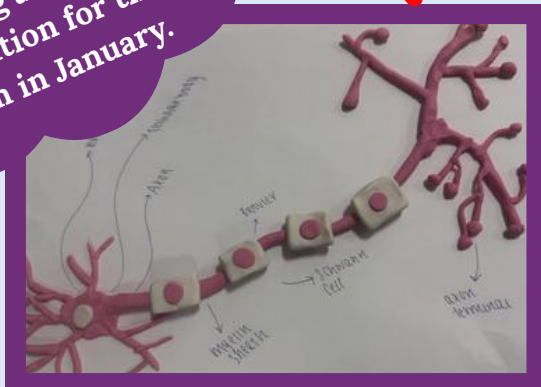
Year 8 Swiss Rolls

Year 7 are ensuring they follow Health and Safety Rules in the workshop.





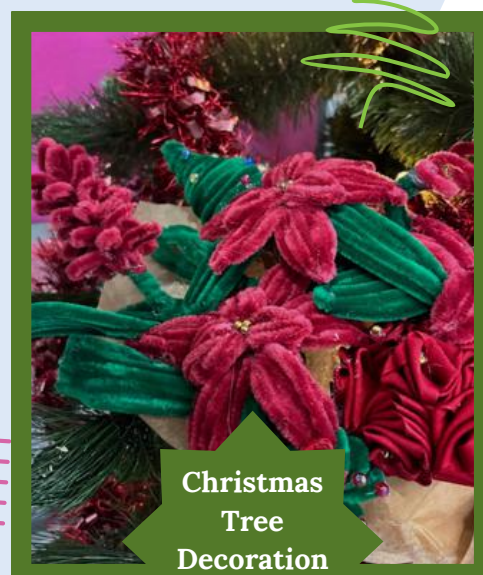
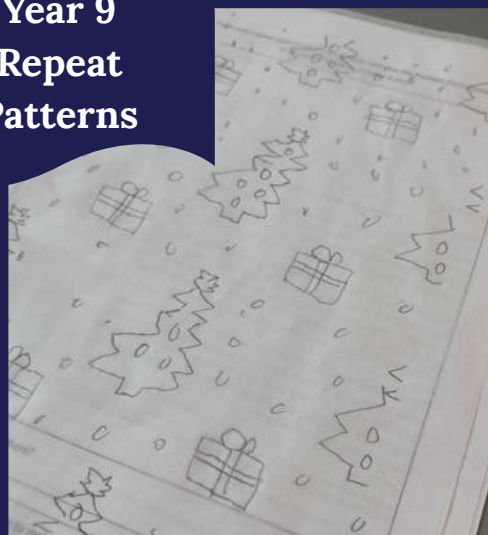
Year 13 consolidated their learning by modelling a neuron in preparation for their exam in January.



GCSE photo frames with different joints



Year 9 Repeat Patterns



Christmas Tree Decoration Competition



Year 7 Plastic Bag Jellyfish



Year 10 Bird Boxes



# Autumn Term Trips

## Cadbury World



A couple of enjoyable trips to Cadbury World were had by Year 7!

## Carding Mill Valley



Our Y11 Geography students visited Carding Mill Valley in Shropshire where they studied river processes and landforms as part of their GCSE work.



## Hampton Court



Many thanks to the History Department for providing our 6th formers with a trip to Hampton Court, London.





## Lake District, Grange-over- Sands & Morcambe

Y12 and 13 Geography students visited the Lake District, Grange-over-Sands and Morecambe to develop their fieldwork skills and collect data for their A-Level coursework.



## Preston Montford, Shrewsbury

Shropshire was the location for our Y13 Biology students on their residential trip.





# PE Round Up

Our students have smashed it again! Our Year 11 netball team won all of their matches against Etone and Higham Lane to become District Champions. Amazing achievement ladies!



Congratulations to the following students who were recognised at Tamworth Athletics annual awards night. William Daniels-Barber was awarded Male Junior Field Athlete 2025. William has competed for Tamworth Athletics in Javelin, shot, discus, hammer and 4x100m relay. Thomas Daniels-Barber, was awarded Youth Development League Male Athlete 2025. Thomas has competed for Tamworth Athletics in 100m, 200m, 4x100m relay and 85m hurdles. Finally, Alex Haywood was awarded Junior Middle Distance Athlete of the year 2025. Alex has competed for Tamworth Athletics in 800m, 1200m, high jump and long jump 4x100m relay.



Well done to our U14 rugby team who played at Nuneaton Old Edwardians Rugby Club and won both of their matches 4-1, 3-2.



Congratulations to our Year 11 and 10 rugby team. They won one game and drew another. More importantly, they played with exemplary behaviour and a perfect attitude. They definitely displayed the schools core values of ready, respectful, responsible. Well done lads!



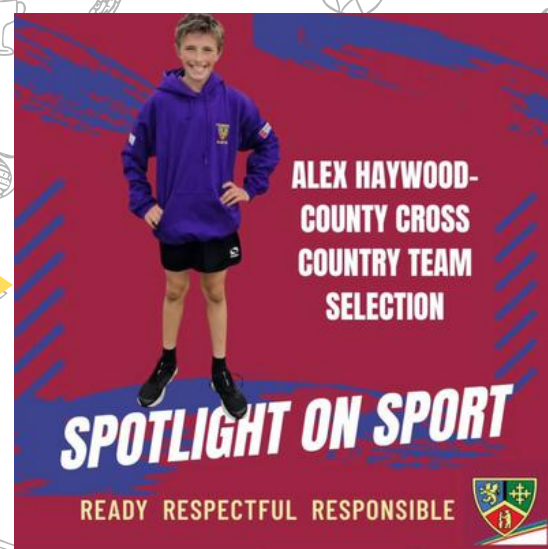
## CROSS COUNTRY RESULTS

7TH	ALEX H - INTER BOYS	17.05
8TH	ANNIE M - INTER GIRLS	17.44
10TH	SAVANNAH S - INTER GIRLS	17.58
11TH	LACEY E - JUNIOR GIRLS	15.36
12TH	FREYA D - JUNIOR GIRLS	15.51
21ST	THEA W - MINOR GIRLS	15.19
22ND	IZABELA D - MINOR GIRLS	15.39
25TH	GEORGIE W - MINOR GIRLS	16.27
29TH	GEORGE H - MINOR BOYS	14.49
30TH	JAMIE C - MINOR BOYS	15.27

Well done to all of our cross country runners who took part in a competition in Stratford-Upon-Avon. They all showed determination, resilience. Well done everybody!



**Congratulations to Alex Haywood (Y10). He was selected for the county cross country team and made his debut on November 22nd. Well done Alex!**



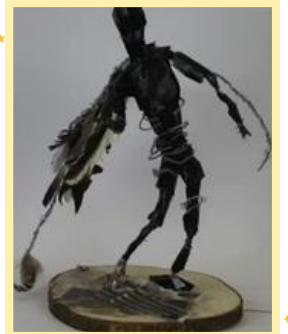
## PE SPORTS LEADERS INDOOR ATHLETICS WITH PRIMARY SCHOOLS

Polesworth hosted over 200 students from 8 local Primary Schools. Our Year 8 and 9 Sports Leaders organised and ran the day, keeping scores, timing trials and guiding students through their events. They represented our school exceptionally well, such fantastic role models to the younger students.





# Art



**The artistic talents of our students constantly blows us away!**





# KMAT Debate Team



**Our Year 9 students ventured into the world of debating this term. Mr Castledine put together a debate team and organised for them to take part in the KMAT Great Debate. The team successfully reached the finals where they reached an impressive 7th position out of 18 schools. An impressive feat for these first time debaters! Special shoutouts to Ellie Ceella for being awarded standout debater and to Ella Tipple for also being awarded standout debater and reaching the Semi-Final! Many thanks to Mr Castledine for organising and allowing our students to take part in this event.**

well done!



# DID YOU KNOW?

THE CUPS WE USE  
IN THE BISTRO ARE  
MADE OF 95%  
SUSTAINABLY  
SOURCED WOOD  
FIBRE



We have had a couple of changes in the Bistro this term. Our single use cups are now made from 95% sustainably sourced wood fibre and have a 5% renewable lining made from plants.

Students and staff can help fight resource depletion by using their own reusable coffee cup and get 5p off their next hot drink.

## Our Uniform

Blazer

White shirt

Tie

Student lanyard

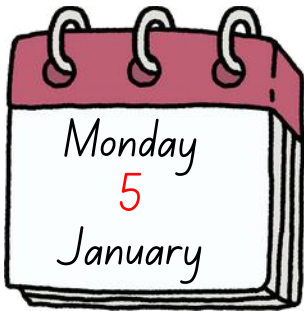


Trousers or  
Polesworth  
branded skirt

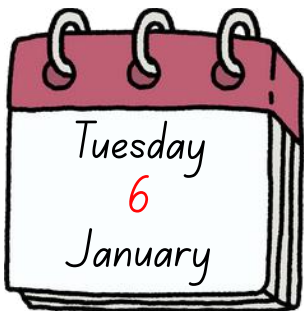
Black leather /  
leather effect  
footwear



# Important Dates



TRAINING DAY - SCHOOL  
CLOSED TO STUDENTS



BACK TO SCHOOL



Y9 PARENTS EVENING



CPD DAY - SCHOOL  
CLOSED TO STUDENTS



GCSE DANCE WORKSHOP



The Polesworth School  
ENSURING EXCELLENCE

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# School Office Opening Hours

The school office is open:

8.00am until 4.00pm Monday to Thursday

8.00am until 3.30pm Friday

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For any queries, please email  
[admin@thepolesworthschool.com](mailto:admin@thepolesworthschool.com)  
or telephone 01827 702205

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