

SIXTH FORM APPLICATIONS

DEADLINE : THURSDAY 27TH MARCH

Apply via website
Invites to interviews will follow

INDUCTION DAY:

Tuesday 7th July

REGISTRATION DAYS:

Thursday 20th August 2026
(GCSE Results Day)

& Tuesday 1st September 2026

1.30-2.30pm

The Polesworth School
Sixth Form
@Tomlinson Hall



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



The National College®

Year 9 Curriculum Information Evening

Y9 OPTIONS

WHAT DIRECTION
WILL YOU GO IN?

COME ALONG AND ASK THOSE
QUESTIONS
FEBRUARY 26TH
6-7.30



ATTENTION YEAR 9! Now you have had your subject assemblies, you have some important decisions to make.

What subjects are you interested in? What subjects do you need for your future career pathway? Not sure about what to take?

Our Year 9 Curriculum Information Evening will be taking place on Thursday 26th February from 6.00pm to 7.30pm.

Come along with your Parents/Carers and see your subject teachers. Ask the questions you need answering about the course and whether it is the right subject for you.



EVENING OF DANCE

THURSDAY 12TH MARCH

7PM

MAIN HALL

TICKETS

£4 ADULTS

£3 STUDENTS & CONCESSIONS



TICKETS CAN BE PRE-BOOKED ON PARENTPAY TO AVOID DISAPPOINTMENT, OR CASHLESS PAYMENTS WILL BE ACCEPTED ON THE NIGHT AT THE DOOR.

REFRESHMENTS WILL BE AVAILABLE ON THE EVENING

HISTORY HOUSE CHALLENGE!

Create a Physical Representation of
a **Historical Place!**

Be as **CREATIVE** as you can!



LEGO DOVER CASTLE!



STONEHENGE CAKE!



**BOSWORTH
VIDEO DIARY!**

It's up to **YOU!**



Judging
**BEFORE THE
EASTER BREAK!**



► **Years 7, 8 & 9 Judged Separately!**

EARN POINTS FOR YOUR HOUSE!

PRIZES FOR THE VICTORS!





Matilda
March 24th-26th
Tickets now available on
Parent Pay

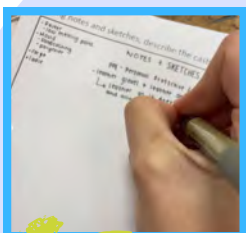
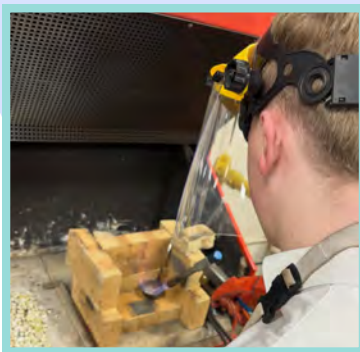
Design and Technology



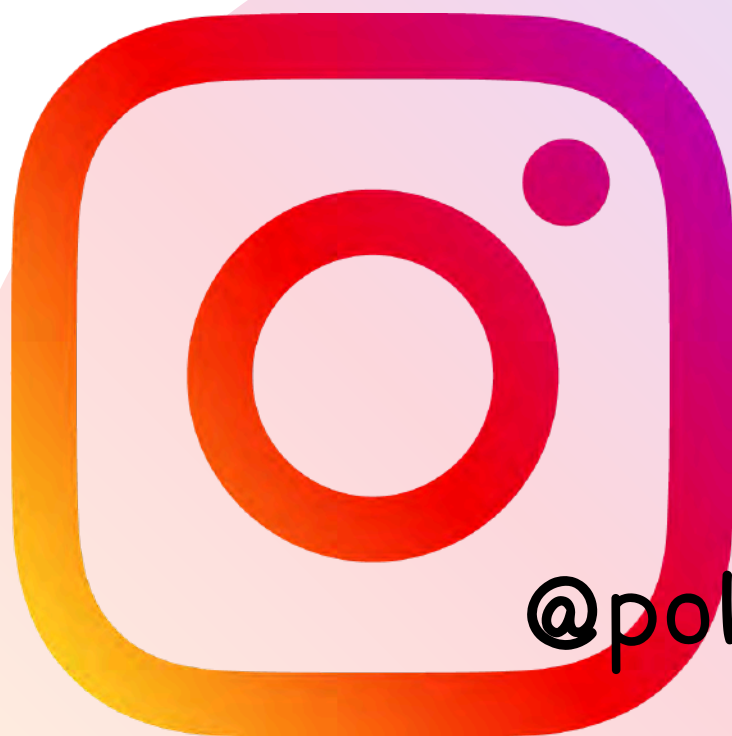
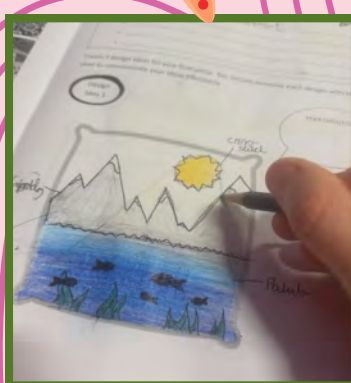
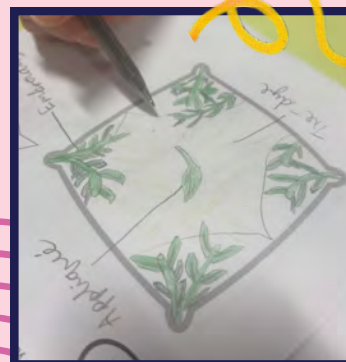
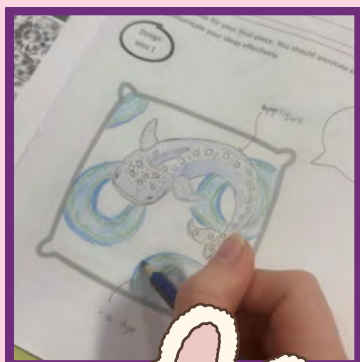
Year 7 have been looking at existing products to inform their own designs, we've been looking at why design decisions have been made because every element is intentional!



Year 10 started learning about metals in the best possible way this term by getting to grips with the forge and having a go at pewter casting!



Some of our current year 9 pupils cushion designs,
we can't wait to make these a reality!



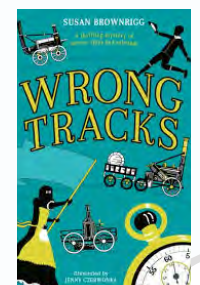
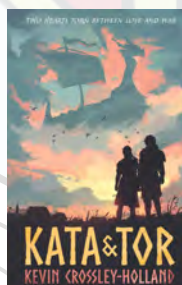
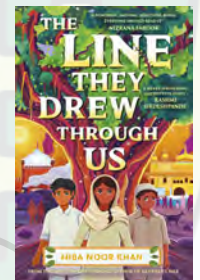
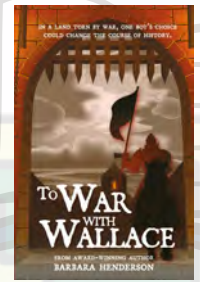
@polesworthdandt

Young Quills Book Review Competition 2026

Calling all Year 7-9 budding book reviewers!

The Historical Association's Young Quills competition are asking for students to review the books they have kindly supplied to our History department. The student reviews will contribute to the short listing of books deciding on the top children's historical fiction of the year.

Visit N2 to find books available for your review!



Historical Association

The voice for history



PE Round Up

Badminton results v St Thomas

U16 girls won 6-2

U16 boys won 5-3

U14 boys A won 8-0

U14 boys B won 7-1

All matches played in a great spirit.

Well done to all involved!



Yr9 boys interhouse Badminton results. All 4 houses had a great set of matches with a high standard and in a good competitive spirit. Results

1st Stratford

2nd Arden

3rd Warwick

4th Kenilworth

Big thanks to all the helpers.

Well done to all.

Girls Interhouse Badminton results. They all enjoyed playing numerous matches in a close set of results!

1st Arden

2nd Warwick

3rd Stratford

4th Kenilworth

Only 2 points separating 1st and 2nd! And 2 points separating 3rd and 4th.

Well done all and thanks to the helpers running the competition.

Badminton League results v Twycross

U14 boys A won 8-0

U14 boys B won 6-2

U14 Girls won 7-1

Well done to all players involved.

Well done to the badminton players on 5th Feb. They played 5 other schools in some tightly fought matches played in a competitive but friendly manner. They demonstrated all of the ME in PE characteristics expected. Well done.

**Warwickshire Cross Country
Championship results.**
**Well done all our runners in a
strong field.**
Amazing results at County level!

Junior Girls:
Lacey E 13th
Freya D 21st

Minor Girls:
Georgie-Louise W 36th
Thea W 39th

Interboys:
Alex H 5th
Theo E 24th



**Congratulations for
Alex Haywood being
selected for the
Warwickshire Cross
Country team for
English Schools
Cross Country
competition.**



**Well done to the year 8 girls indoor
athletics team!! They were brilliant:
exceptional behaviour, great teamwork
and all keen to be involved in any event!**

Year 9 Girls

It's a Knock Out Fitness competition!
**Our amazing year 9 students came 3rd in the
fitness competition! They took part in
different activities such as Wall Balls, agility
races, plank and wall sit timed competitions
with other schools! They showed great
strength, determination and team work... the
true Polesworth way!! We came 3rd overall in a
very tight leaderboard! Well done girls!!!**



Sports Leaders



At the end of January we had the pleasure of hosting five primary schools and 120 young students for our Infant Agility Competition.

For many of the Year 1 and 2 students, this was their first time visiting our school, and what an amazing experience it was.

Our Sports Leaders guided the students through a variety of sporting activities, providing them with a fun, supportive, and memorable introduction to sport and competition.

We also welcomed some new students from year 8 and 9 to the Sports Leaders team, and they all truly did us proud with visiting schools complimenting them. Their energy, enthusiasm, and confidence were outstanding as they timed, scored, and demonstrated each activity to the young students.

As always, we could not be prouder of all involved. Well done to our sports leaders and thanks to Mrs Shafiq.



A huge shout out to our Y7 girls and Y8 boys basketball teams.

Our Y7 girls went undefeated in a Year 8, 3 V 3 competition. Winning every game against 4 other teams. A brilliant display of skill, courage and determination.

The Year 8 boys played extremely well, narrowly losing some great games and getting a vital win in a very tough competition.

A great show of the Polesworth spirit and a fantastic attitude to always want to do better.



Tonight our indoor athletics team headed to Higham Lane for Sports Hall Athletics. The girls were buzzing from start to finish, competing with huge energy, confidence, and smiles all round.

They loved every second of it.

An excellent performance!



Full results:

1. Higham Lane
2. Polesworth
3. Etone
4. TQEA
5. Nicholas Chamberlaine
6. Higham Lane North
7. St Thomas More
8. George Eliot
9. Hartshill

On Wednesday 4th, our indoor athletics team travelled to Higham for Sports Hall Athletics. The boys brought great effort and enthusiasm from start to finish, competing with real determination, confidence, and strong teamwork throughout. They gave it their all and represented the school brilliantly. An excellent performance



Year 9 boys Rohan C, Rory W, Elijah C G, Charlie H and Tommy S took on the county finals "Fit's a knockout" competition after coming first in the district. The boys were amazing from start to finish and displayed all of the school games attributes. They managed to come first in 2 events and finished 3rd overall for the whole of the Warwickshire county. A fantastic achievement! Well done lads!



The Year 8 boys represented the school brilliantly at the District 3v3 Basketball Competition, finishing as overall bronze medal winners after a fantastic evening of basketball.

From the first game to the last, the boys showed excellent teamwork, resilience and determination.

Their positive attitude, sportsmanship and commitment to one another were a credit to the school. Well done to all players involved.





JAMES COUSINS COMPANY

On January 23rd, our students had the pleasure of welcoming two dancers from the James Cousin's Company. They spent the day with our year 10 and 11 GCSE dancers in a workshop looking at the theme 'With Her Eyes'. Not only did this support their understanding of the piece they study in theory lessons, but also developed their creativity, confidence and partnering skills.



Geographers of the Month



JANUARY

Year 7

Anesti A
Joey C
Izabela D
Isabel G
Seb K
Rosalie L

Year 8

Dylan C
Ethan G
Zuzanna K
Ezra M
Riley S
Jack S



Year 9

Lacey B
Hester D
Isaac K
Jack L
Sze WT
Asher W

Year 10

Thomas C
Annie E
Jennifer O
Harry R
Cavan R



Year 11

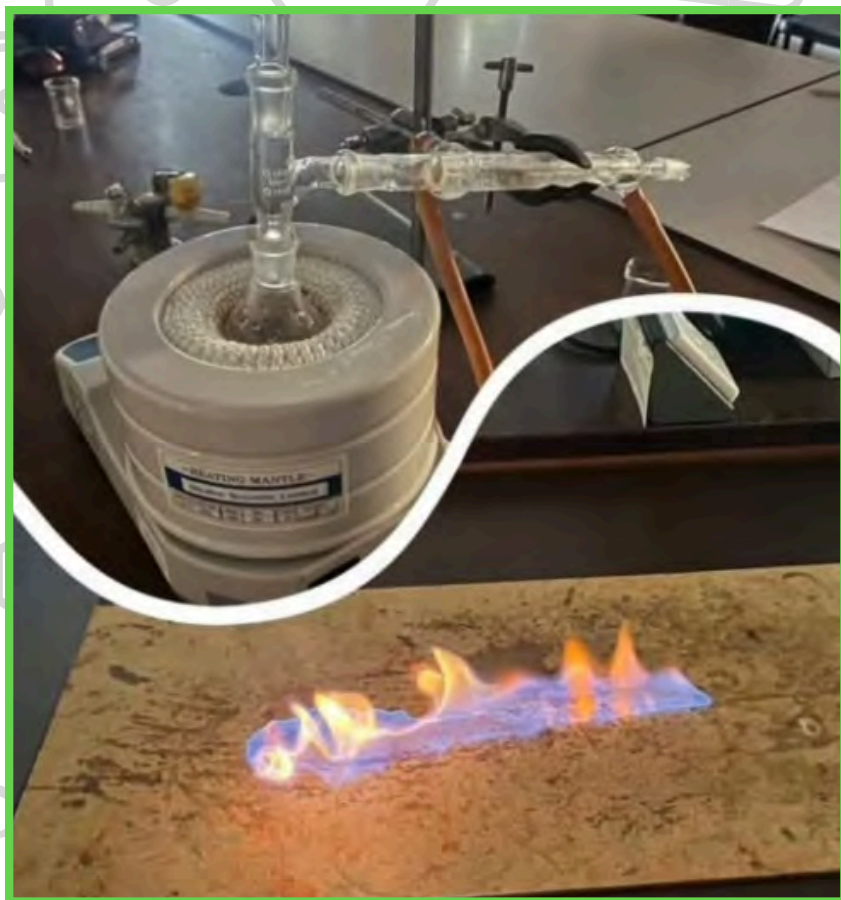
Amy D
Lucas D
Max L
Mollie T
Dexter W

Sixth Form

Joe A
Jago BS
Josh S

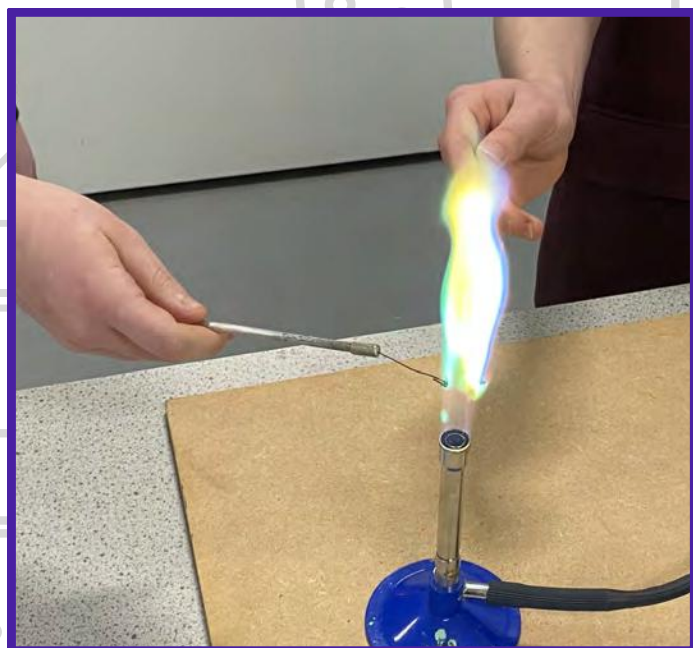
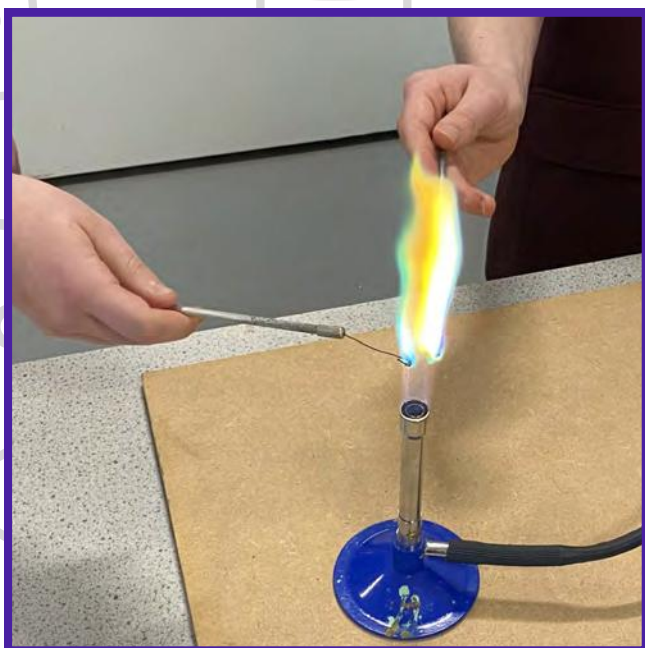


Science



7N and Miss Robinson were testing distillation of Ethanol and water.

Year 11 Science students did flame tests to identify the positive metal ions in a solution.



Science



40 of our Y10 students experienced University life at the end of January whilst also learning about cutting edge science. They attended six exciting talks about the world of Science and potential career pathways, including listening to BBC presenter Greg Foot



WARWICKSHIRE POLICE CADETS

ARE NOW RECRUITING!



**JUNIOR AND
SENIOR CADETS
APPLICATIONS
ARE NOW**

WEEKEND PERFORMING ARTS CLASSES.

AGES 6 - 18

**MUSICAL THEATRE.
COMEDY AND DRAMA.
FILM & TV.**



PQA TAMWORTH

The Polesworth School, B78 1QT

TRY A FULL SESSION FOR FREE!

**PAULINE
QUIRKE
ACADEMY**
OF PERFORMING ARTS

BE YOURSELF BE AMAZING.

BE READY FOR ACTION

From musical theatre, to comedy, drama and filmmaking - PQA's project-based approach encourages learning by doing. In our classes, young people get hands on, creating their own content and learning industry skills, while having a blast!

BE YOURSELF BE AMAZING

At PQA, we build self-belief by encouraging young people to step out of their comfort zones, develop new skills, and be their amazing selves, in a supportive environment. Through experiencing all that the performing arts has to offer, young people can grow in grounded, confident adults.

WHAT TO EXPECT

Classes for ages 6-18 are 3 hours long, with industry-expert teachers leading sessions in musical theatre, film and TV, comedy, and drama. Best of all, we offer everyone a free session!

PQA TAMWORTH

The Polesworth School, B78 1QT

BOOK YOUR FREE SESSION



pqacademy.com

Raise funds for us for FREE

with  easyfundraising



Join as our supporter today at:

www.easyfundraising.org.uk/support-a-good-cause

Just search for:

The Polesworth School

8,000+ retailers will donate to us whenever you shop with them



JOHN
LEWIS



Plus, you'll get...



Exclusive retailer offers



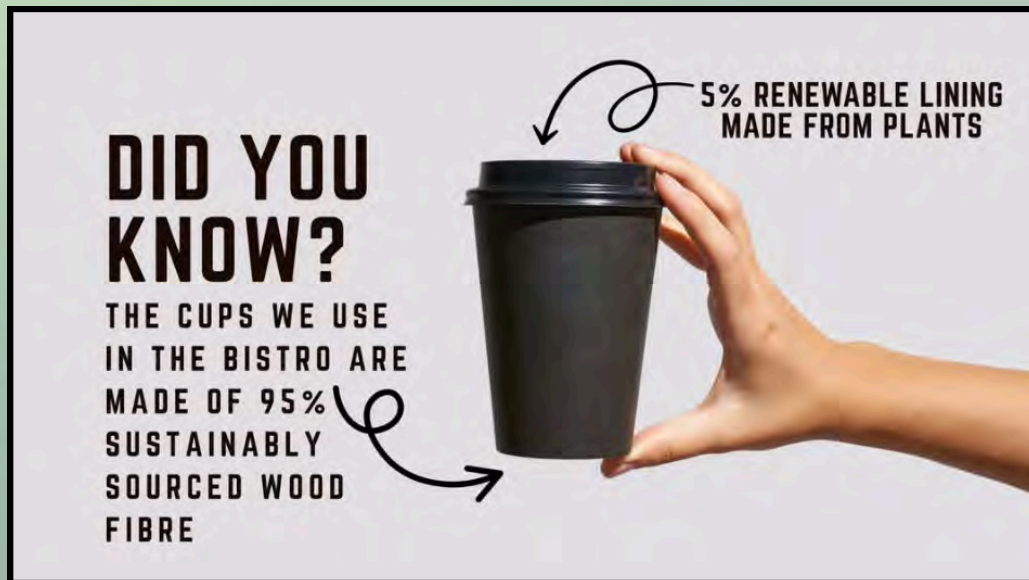
Competitions



A warm feeling inside!

Over
£60m
raised for UK good causes

£0
extra cost to anyone



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.



Important Dates



HALF TERM



SCHOOL CLOSSES AT 12.00PM



Y9 GCSE CURRICULUM
EVENING



Y13 MINI RESULTS DAY



EVENING OF DANCE



The Polesworth School

ENSURING EXCELLENCE

School Office Opening Hours

The school office is open:

8.00am until 4.00pm Monday to Thursday

8.00am until 3.30pm Friday

For any queries, please email
admin@thepolesworthschool.com
or telephone 01827 702205
