



# Highcliffe School Student Bulletin

## Monday 30<sup>th</sup> October – Friday 3<sup>rd</sup> November 2017: Week B

### General Notices



#### **Rotary Shoebox Appeal (MYP)**

Please get involved in this year's **Christmas Shoebox Appeal**, organized by Rotary International. It is a simple and effective way of making a child's Christmas happier than it would have been this year. All you have to do is wrap a shoebox in Christmas paper and fill it with suitable small gifts. All students will be given a letter and leaflet giving all the details. The deadline



for bringing into school completed boxes is **Thursday 2<sup>nd</sup> November**. Please take part – the more of us who make up boxes, the more children we can help!

#### **Calling KS5 students! (DBN)**

Are you interested in setting up, running or being a part of a Debate Club? This is a great activity to improve critical thinking skills, public speaking confidence – and looks great on the UCAS reference too! If interested, please let Mr Bryden know. Either drop me an e-mail or see me in En1.

#### **Year 8 Textiles Club (CES)**

Year 8 Textiles Club is being paused between October ½ term and Christmas due to GCSE Controlled assessment.

### Music Notices

Day	Lunch	After school
Monday	<b>Percussion club</b> - EX3 All years welcome (Starting 18 <sup>th</sup> September)	
Tuesday	<b>Highcliffe Choir and Band</b> - EX2 All years welcome	<b>Concert band</b> - EX3 Grade 3+ on your instrument
Wednesday	<b>Ukulele/guitar</b> - EX2 All years welcome <b>Music Theory</b> - EX5 All years welcome	<b>Musical Theatre Choir</b> - EX1 All years welcome <b>Cubase/Composition</b> - EX5 All years welcome
Thursday	<b>Senior Choir</b> - EX5 Audition only <b>Jamming Club</b> - EX2 All years welcome	
Friday	<b>Boomwhackers</b> - EX3 All years welcome	

## Literacy Notices

### The Best Words. In the Best Place.

What are you doing to improve your vocabulary?

Have a go at the quiz below. What does ***awe-inspiring*** mean?

**Awe-inspiring**

a/ Adjective: something gives a feeling of amazement and wonder

b/ Adjective: something that makes you think that you'll take up rowing

c/ Adjective: something that makes you gives a feeling of disgust

**Answer:**

a/ Adjective: something gives a feeling of amazement and wonder

**Examples:**

1. "Throughout human history, scientists have used the awe-inspiring event of a [total solar eclipse](#) to hunt for new information about the world not easily available through other means."
  
2. "Awe inspiring scenery

We were taken by coach along the Amalfi coast road to Amalfi and Ravello. The drivers of these coaches deserve a medal, the ride has you holding your breath and the views are breathtaking!"

**Critical Thinking:**

What makes a scene or event or discovery "awe-inspiring"? For example, is it right to describe the scenery in the New Forest as "awe-inspiring"? Possibly not. But then what is required for something to be called "awe-inspiring"?

### Commendation Opportunities:

Try and use this word in class in writing or in speech. You might get commended for an effective use of it!

Break-through commendation: If you use it incorrectly first time, but try again, you might receive a break-through commendation!

## PE Notices

FIXTURES/PRACTICES 30 <sup>th</sup> October – 3 <sup>rd</sup> November		
	LUNCHTIME (1.25-1.55pm)	AFTER SCHOOL (3.05-4.10pm)
Monday	Year 7 basketball Club (NJS)	Year 9 Football v Arnewood (H) (NJS)
Tuesday	Year 10 & 11 GCSE Netball Club (HWH/CFM)	Year 7 Football v St Peters (H) (JSS/KWT) Table Tennis Club (3.05-4.30pm)
Wednesday	Year 8 Basketball Club (NJS)	Year 9 Football v St Peters (H) (NJS) Year 9 & 11 Area Netball Tournament (MWR & HWH) Leave at 12.50pm <span style="color: red;">No Netball Club</span> Year 9 Rugby Club (JDN)
Thursday		Squash Competition @ Bryanston (JDN) Meet 1.30pm Year 7 & 8 Netball v Glenmoor (H) (HWH) Year 11 Football v St Peters (A) (SHM) Year 7-9 Football Club (CFM & HWH) Year 7,8 & 9's Girls Rugby (WES) Year 7 & 8 Rugby Club (JDN)
Friday	Year 9 Basketball Club (JDN)	

## **Cycling to School**

It has come to our attention that a number of students are taking unnecessary risks when cycling to and from school. Please take note of the following:

- Cycles helmets **MUST** be worn – if you have an accident these offer protection from serious head injuries.
- You do **NOT** cycle on the pavements – this is dangerous for you and pedestrians.
- Think carefully about how you are seen by other road users – you should be very visible especially on these darker mornings (perhaps some strips of day-glow material on your coat, bag and bike)

Below are the top ten tips for keeping safe on the road given by Cycling UK. Please read them carefully.

### **1. Get out of the gutter!**

Make sure your road position is not too close to the kerb.

Keeping away from the gutter makes you more visible to drivers and helps you miss slippery drain covers, potholes and debris at the side of the road. Also, if someone does overtake you too closely, you have more space on your left to move into.

You may need to ride further out from the kerb if you don't want a driver to overtake you because it would be unsafe to do so. Some traffic calming features built out from the kerb, or mid-road refuges for pedestrians, for example, don't leave enough room for a car to pass a cyclist safely. Moving into the centre of the lane should mean that drivers stay behind you instead of trying to squeeze past. Some people call riding in the middle of the lane (i.e. where motorists normally drive) 'taking the lane', or the 'primary position'.

### **2. Be aware of what's around you**

Road awareness is an important skill to develop.

This means looking ahead for rough surfaces, drain covers, road humps, vehicles parked in the lane, potholes and puddles (which can hide potholes) etc. Looking all around also helps you prepare for junctions, roundabouts and traffic lights etc., and anticipate potential problems. This helps you avoid having to swerve, brake abruptly or make sudden manoeuvres that other road users don't anticipate

### **3. Building up a sense of anticipation**

All road users have the capacity to do things you might not expect.

You can't control what everyone else does, but you can keep an eye out for pedestrians who aren't looking where they're going, dogs not on leads, children kicking a football by the side of the road and drivers with a mobile phone to their ear etc. Once you've registered something or someone that has the potential to cause a problem, it is wise to stay on the alert so that you can react as necessary.

### **4. Make your intentions clear**

Try to give other road users an indication of what you're going to do.

Check behind, then signal giving plenty of notice before making your manoeuvre. Manoeuvre only when it is safe. Maintain a position in the lane that stops vehicles undertaking you closely on your left.

If you're nervous about checking behind and/or taking one hand off the handlebars to signal, it's a good idea to practise this in a safe, traffic-free environment.

## 5. The eyes have it

Try to make eye contact with other road users, particularly at junctions, side roads and on roundabouts.

Making eye contact may help you work out if the driver has seen you or not, but it's wise to avoid making assumptions about how attentive they are. Certainly, if you don't see any reaction assume they haven't seen you and be ready to brake or steer as necessary.

## 6. Be aware when you're on the left-hand side of lorries

Left-turning lorries pose a significant risk to cyclists.

Many lorries have blind-spots on their passenger side, which means that if you are cycling on their left, the driver may not have seen you in their mirrors and make a manoeuvre that puts you at serious risk.

This means that you should take great care when approaching the rear of lorries and, as a general rule, not undertake them. However, the road layout might mean that this is sometimes difficult to avoid. For example, if you are riding in a lane designated for buses, cycles and taxis, and the traffic in the outside lane is stationary or barely moving, you may find yourself passing a lorry on its left-hand side anyway. Similarly, you might find that a lorry starts to overtake you, but in the end pulls up at traffic lights alongside you before completing their overtaking manoeuvre. If this happens, it can make sense to move past and in front of the lorry at the lights, making sure if possible that the driver has seen you. This can be better than remaining invisible to the driver on the inside of the lorry by the kerb.

When in the proximity of a lorry, or approaching one from the rear, always assess the situation carefully. Remember that it is unwise to assume that a lorry driver has seen you if you have ridden up or find yourself on the left-hand side of the vehicle. Similarly, lorry manoeuvres can be deceptive: just because you haven't seen anything to suggest that a lorry is about to turn left, it doesn't mean that it won't.

## 7. Don't be floored by car doors

Give parked cars a wide berth so that you won't be hit by a negligently opened car door

When approaching a parked car, check behind first to make sure it's safe, then move out, leaving at least a door's width when passing just in case someone flings opens a door into your path (an obvious hazard if you've just seen the car being parked). While you can't always see whether there's anyone seated in a car on the side you're intending to pass, it's worth having a look as you approach, if at all possible.

## 8. Lighten up

Make sure you know the law on lighting up.

Legally, cyclists are required to have working lights on the front and rear of their cycles, switched on between sunset and sunrise; white at the front and red at the rear. It can, however, be sensible to use your lights in daytime if visibility is poor (e.g. fog) too. If you plan to cycle at night, you are well-advised to carry a spare set with you in case your first set fails.

## 9. Brake sense

If you can't get your hands to your brake levers quickly, you might not be able to stop in time if you need to.

Make sure you are ready and able to use your brakes, and that you know how to use them safely. It is usually best to use both brakes at the same time and apply pressure evenly. Take extra care if it is wet, icy or there are damp leaves on the ground etc.

## 10. Cycle training