

Scott Medical & Healthcare College Newsletter



December 2024

Dear Parents/Carers,

Throughout the Christmas term, our schedule has been filled with a variety of enriching activities that have enhanced our students' educational journey. From engaging talks and workshops on topics such as Sports Therapy to CPR and defibrillation training, every day has offered valuable learning opportunities.

Among the highlights of the term were our collective efforts in supporting Remembrance Day and Children in Need. It was heart-warming to see our school community unite in support of these meaningful causes. Additionally, our students' enthusiasm in promoting eco-consciousness within the school was truly inspiring, as they worked together to encourage their peers to adopt more sustainable practices.

As we say goodbye to this term, we look forward to continuing these exciting events in the New Year, fostering a dynamic and enriching learning environment for all.

Best wishes,

Anita Frier, Headteacher

Students Learn Life-Saving Skills During "Restart a Heart" Session

Our Year 9 students got hands-on CPR training as part of 'Restart A Heart Day', a global initiative to raise awareness about cardiac arrest and teach life-saving skills.

As a Medical Healthcare College, Scott College is committed to equipping young people with the confidence to respond in critical situations. During this year's 'Restart a Heart Day', students received essential training in Basic Life Support, including how to call for help, perform CPR, and use a defibrillator.

The blend of classroom learning and hands-on practice helped students understand the urgency of a swift response in cardiac emergencies and the meaningful impact they can make by taking action.

[CLICK HERE TO READ MORE...](#)



SMHC POET LAUREATE CHRISTMAS POEM

Christmas in the Air

The cold is seeping in now,
It's hard to get out of bed
But this is soon forgotten, when
you're with your friends instead.

The tree's being put up in school,
Adorned with birds, baubles and lights.
How can you be miserable?
With this beautiful, festive sight.

The wind is coming quicker -
Though no snowflakes flutter by -
So we'll settle for excitement
When sleet falls from the sky.

Surrounded by your friends,
What more can you ask?
In these special moments,
You wish that they could last.

Though it's cold, it's magical,
No other season can compare.

Tell me what is better
Than Christmas in the air?

By Isabelle



Scott Christmas Tree

The Scott Christmas tree proudly stands in the Scott Suite showcasing an array of exquisitely decorated birds meticulously crafted by the diligent efforts of our students.

These unique creations bring a touch of festive charm to our school, filling the air with holiday cheer. Beyond being a seasonal centrepiece, the tree symbolizes the remarkable artistic talent and collaborative spirit of our students, who worked tirelessly to create this captivating display.



Remembrance Day 2024

Our school community came together to honour and remember those who served in both World War I and World War II. Through the heartfelt efforts of staff and students, we paid tribute to the heroes who sacrificed for our country, fostering deep gratitude and remembrance within our school.

At 10:55 am, all classes paused as the school gathered for a special reading by our talented Poet Laureate, Isabelle. Her original poem resonated throughout the building, setting a reflective tone. At 11:00 am, a profound silence enveloped the campus as everyone observed a two-minute period of contemplation.

Following this moment, Head Student Keira, House Captains, and a representative from the Combined Cadet Force (CCF) laid poppy wreaths in a moving gesture of respect for those who have served and sacrificed for our country, both past and present.

A particularly touching element of the day was the participation of students from the Combined Cadet Force (CCF), RAF, Army Cadets, Sea Cadets, Scouts and Guides. Dressed in their respective uniforms, they formed a moving parade, joined by select students who had demonstrated exceptional dedication.

During the week, an information board in the Scott Suite offered educational resources to deepen students' understanding of Remembrance Day. This initiative was designed to build awareness and appreciation for the day's historical importance.



FUTURES CURRICULUM *Gold Award Winners!*

Sport Gold Award

SAMUEL M

LILLY M

Adventure Gold Award

GRACE B

HOLLY W

Appreciation Gold Award

ETHAN G

CHARLIE P

Performance Gold Award

LILLY M

Homework Gold Award

ROBERTA C

Confidence Gold Award

ISABELLE P

Representation Gold Award

ISABELLE P

Medical Ethics Gold Award

CHARLIE P

Personal Target Gold Award

CHARLIE P

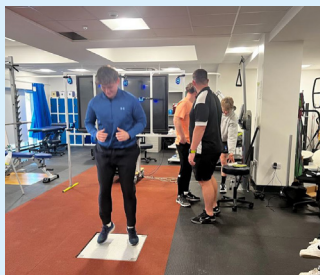
Sports Therapy in Action

Our Level 3 BTEC Sport students had an incredible day at City College, diving into the world of sports therapy.

They participated in a range of practical activities, including on-field assessments, shockwave therapy, bandaging techniques and movement exercises. These hands-on tasks offered valuable insights into the essential skills and methods used in real-world sports therapy.

This enriching experience has equipped the students to confidently design effective rehabilitation programs while laying a solid foundation for future careers in the sports and fitness industry.

[CLICK HERE TO READ MORE...](#)



Cadets Embark on their First Field Adventure

The cadets kicked off their adventure by spending their first night beneath the stars, fully immersing themselves in the outdoor experience while learning essential survival techniques. The weekend was packed with engaging, hands-on activities that not only taught valuable skills but also fostered teamwork and resilience.

They practiced camouflage in an escape and evasion activity, tried their hands at air rifles with experienced instructors, and even built water-powered rockets in a fun STEM challenge!

[CLICK HERE TO READ MORE...](#)



Sixth Form Exam Booster Session

Miss Gratton took our Year 12 and 13 Health and Social Care BTEC students to Birmingham for an intensive exam booster session.

The students spent the day engaging in interactive revision on Units 1 and 2, participating in various activities, answering questions, and winning prizes! The session boosted their confidence, improved their exam skills, and helped them feel more prepared for their January exams.

[CLICK HERE TO READ MORE...](#)

Exploring RAF Careers

Our students from across all years attended an inspiring talk by Sgt. Liam Quinn of the Royal Air Force (RAF). He shared insights into the RAF's diverse career opportunities, global missions, and educational support, including apprenticeships with competitive salaries and fully funded university programs. Sgt. Quinn also highlighted unique perks, such as international postings, sports involvement, and work-life balance.

When asked by Year 12 student Amelie about nursing and university opportunities, Sgt. Quinn explained that the RAF covers university tuition, offers the same starting salary during study and increases pay to £35,000 upon qualification.

[CLICK HERE TO READ MORE...](#)



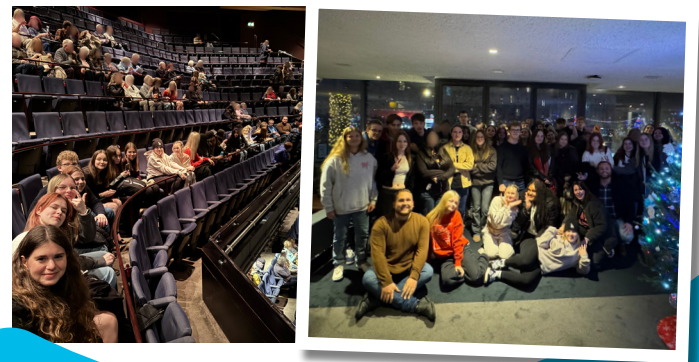
Students Experience the Magic of 'War Horse'

Forty of our Year 10 and Year 12 students had the unforgettable experience of attending the National Theatre's award-winning production of 'War Horse' at the Theatre Royal Plymouth.

This performance was a remarkable example of the power of live theatre, with the gripping storyline keeping students on the edge of their seats. By the end of the show, there wasn't a dry eye in the auditorium—an unforgettable experience that will be cherished for years.

Liam, one of our Year 12 students, said, "I'm so glad I had the opportunity to attend the show. The way the horses were brought to life through puppetry was amazing, and the music gave the performance a timeless, war-story atmosphere. The show left everyone in the auditorium wanting more. I'd definitely love to see it again!"

[CLICK HERE TO READ MORE...](#)



SMHC ATTENDANCE

100% CLUB!

Congratulations to our 100% club students!

Year 9

Lacie M

Year 13

Isabelle S

Year 12

Maddison M
Josh K
Emily C
Liam G
Harley S

"To be successful at anything, you don't have to be different. You simply have to be what most people aren't: consistent"



'Oliver Jr' Rehearsals Are Well Underway

Great progress is being made towards the campus-wide production of 'Oliver Jr'. With four weekly rehearsals focusing on acting, singing and dancing, the Performing Arts department is in full swing.

Each cast member has received a complimentary 'Oliver Jr' T-shirt to wear during rehearsals, fostering a sense of unity among the cast, regardless of their age or school affiliation.

We are now moving into the second act with most of act 1 now being initially blocked. Students are enjoying the challenge of playing the characters and perfecting the cockney accent, with many students taking time out of their break and lunch to rehearse both their lines and develop the choreography for the songs.

The goal is to have the entire performance ready by Christmas, utilizing after-school and Sunday rehearsals to fine-tune every detail, including lights, sound, set design, props, and costumes.

Liam, cast as Bill Sikes, shared his thoughts on rehearsals, "Performing in the show has greatly boosted my confidence, as it blends both fun and seriousness. My favourite part is the rehearsal process, where we come together as a team to perfect the performance for our friends and family. The teachers are incredible, offering valuable guidance on how to improve and grow. I truly love being part of the show and being a member of this amazing cast."

SAVE THE DATE

'Oliver Jr'

Show dates: **11th, 12th and 13th February**

Time: **7pm**

Location: **Performance Theatre**

Tickets will be released in January, keep an eye out for notifications in the new term!

HOUSE SYSTEM NEWS!



We are thrilled to share the fantastic start of our new house system at Scott! From engaging activities during Friday break and lunch to exciting house competitions, the enthusiasm and participation from our students have been truly inspiring.

One of our first major competitions was designing new logos for our houses, Nightingale and Seacole. A huge congratulations to Miriam M and Leon L, whose creative designs beautifully captured the spirit and identity of each house.

Our Friday activities have featured unique and exciting challenges that allow students to showcase their creativity and competitive spirit. One such challenge was "How Fast Can You Wrap a Mummy?". Each house had to wrap two mannequins—an adult male and a baby-sized one. Teams of five worked on the adult mannequin, while a smaller team of two wrapped the baby mannequin.

Seacole House claimed victory in the adult mannequin challenge, earning 50 points, while Nightingale House won the baby mannequin challenge, securing 25 points. The event highlighted teamwork, school spirit, and the students' ability to perform under pressure, with plenty of cheering, tips, and celebrations throughout.

This term, we're excited to announce that Seacole has emerged as the winning house! As a special reward, all Seacole students will enjoy a festive Christmas film screening with tasty treats during the final week of term.

A big thank you to our four house captains and our House Leader Mrs. Harvey for making the launch of our house system such a success. We can't wait to see what's next!



Children in Need 2024

The school was filled with excitement as the community united to raise funds for 'Children In Need'.

A heartfelt thank you goes to our House leaders and captains, whose outstanding leadership was instrumental in organising a range of activities that made the day a resounding success.

One standout event was the 'Cuppa and Cake,' where students could donate £1 to enjoy a hot chocolate, a cake, and a raffle ticket. Held during the first break, this popular activity created a warm and supportive atmosphere, reflecting the school's dedication to making a difference through charity.

We are thrilled to announce that our collective efforts across campus raised an impressive £235! This incredible achievement highlights the generosity and commitment of our school community. A big thank you to everyone who participated, donated, and supported this meaningful cause.



DIARY DATES

Thursday 9th January
Year 11 Parents Evening

Thursday 30th January
Sixth Form Open Evening

11th, 12th and 13th February
'Oliver Jr' Performance

Celebrating Success with the Attendance Swap Shop!

We're excited to celebrate the success of our first term with the Attendance Swap Shop! As part of our initiative to encourage excellent attendance, students earn a token for every week they achieve 100% attendance. These tokens can be spent in the Swap Shop for a variety of prizes.

Some students have been eagerly exchanging their tokens for smaller rewards, while others are saving up for bigger prizes! The more tokens they collect, the larger the prizes they can unlock. It's a fun way to motivate everyone to stay on track and reward commitment to school. Over 900 tokens have been given out since half term!

We look forward to seeing how many more students can make it to 100% attendance in the next term—and what exciting prizes they'll claim!



Greenshaw Learning Trust Launches "Food Checker" to Enhance Allergen Transparency

Greenshaw Learning Trust is pleased to announce the launch of "Food Checker," a new online tool designed to make it easier for students, staff, and visitors to access allergen and nutritional information about the food served in its facilities.

The Food Checker is a user-friendly platform that allows users to quickly view allergen and nutritional details for various recipes and menu items. The tool is accessible via mobile devices, making it convenient for users to access information on the go.

"We are committed to providing a safe and inclusive environment for all members of our community," said Head of catering Luis De Aberu. *"The Food Checker is an important step in ensuring that individuals with allergies or dietary restrictions can make informed choices about the food they consume."*

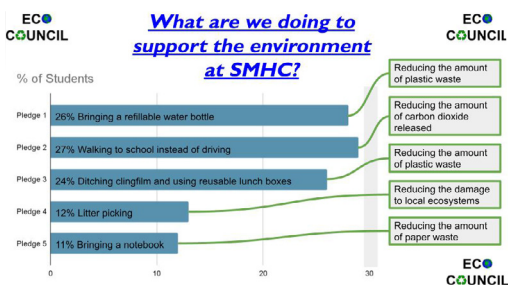
Greenshaw Learning Trust is proud to offer this innovative tool as part of its ongoing commitment to promoting health and well-being.

Eco Council Pledge

Our Eco Council has been busy promoting environmental care and sustainability here at SMHC. Through a series of assemblies presented to their peers, they have inspired students to adopt small, eco-friendly habits such as bringing refillable water bottles, walking to school, using reusable tupperware, reducing paper waste, or becoming litter champions.



During breaktime, students showed their commitment by "signing up" to pledges in a creative way—placing rubbish into bins representing their chosen actions. This fun and interactive approach not only highlighted the importance of sustainability but also encouraged students to take practical steps toward protecting the environment.



Key Benefits of the Food Checker:

- Easy Access to Allergen and Nutritional Information
- User-Friendly Interface
- Mobile-Optimized Design
- Customizable to Meet Individual Needs
- Enhances Transparency and Communication

About Greenshaw Learning Trust:

Greenshaw Learning Trust is committed to providing high-quality education and support services to its students. The Trust values inclusivity and strives to create a welcoming environment for all members of its community.



PSHE AND SAFEGUARDING

Health and Well-being, Relationships and Sex Education

In PSHE, the focus for next term is all around health and well-being and relationships; including sex education. Students will be exploring elements around physical health, mental health and gain practical skills to live safe, healthy, productive lives to meet their full potential.

A large number of children and young people will experience behavioural or emotional problems at some stage. For some, these will resolve with time, while others will need professional support. It might be difficult to know if there is something upsetting your child but there are ways to spot when something is wrong.

The NHS advises to look out for:

- Significant changes in behaviour
- Ongoing difficulty sleeping
- Withdrawing from social situations
- Not wanting to do things they usually like

For advice on how to help support and look after young people's mental health from the NHS, [click here](#). The [NSPCC](#) also shares information and tips on how to start the conversation.

Relationships, Sex and Health education (RSHE) is the curriculum subject that gives young people the knowledge and understanding on how to have positive and healthy relationships. The Relationships and Sex Education (RSE) curriculum is taught throughout the school in every year group through PSHE/RSHE lessons and curriculum collapse sessions. The curriculum is monitored and reviewed regularly by the staff and governing body.



PSHE Lessons SMHC: Spring Half Term 1

Year 9	Sexual Consent FGM and the Law Relationships and Partners Why have sex? Delaying Sexual Activity
Year 10	Pleasure and Delaying Sex Campaigning against FGM Sexting Online Pornography Pornography and its impact
Year 11	Fertility Sexual Health STI's Contraception Alcohol, Parties and Bad Choices
Year 12	Anxiety, Depression and Eating Disorders Maintaining Positive Mental Health Types of Relationships Consent, Sexual Norms and Expectations Sexual Assaults Violence Against Women
Year 13	Sexual Health Unintended Pregnancy Fertility Online Dating and Personal Safety Emotional Intimacy Toxic Friendships

[Click here to view the 'The Parent's Guide's' top tips on how to talk to your teen about relationships and sex.](#)

SAFEGUARDING UPDATE

SUPPORTING ANTI-BULLYING

What is Bullying: The Anti-Bullying Alliance defines bullying as, “*The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.*”

Bullying can take many forms:

- **Physical:** Hitting, kicking, or other acts of physical harm.
- **Verbal:** Name-calling, threats, or offensive comments.
- **Psychological:** Exclusion, spreading rumours, or manipulating relationships.
- **Online (Cyberbullying):** Hurtful messages, posts, or actions via digital platforms.

What Bullying Isn't: It's important to distinguish between bullying and normal relational conflicts, such as arguments or falling out among friends. These disagreements, often called relational conflict, are a normal part of growing up and learning how to navigate relationships.

Key Differences:

- **Relational conflict** is usually a one-time or occasional event, involves equal power between individuals, and can often be resolved with guidance.
- **Bullying** is repeated, intentional, and involves a power imbalance.

Why Conflict is Important: Learning to handle arguments and challenges is a vital life skill. With your support, children can learn to:

- Express themselves respectfully.
- Resolve disagreements peacefully.
- Build resilience and emotional intelligence.

By understanding the distinction between bullying and conflict, parents can provide the right kind of support and help their children grow into empathetic, confident individuals.

We have a zero tolerance to bullying but recognise it can happen. For further information please go to the Anti-bullying Alliance page <https://anti-bullyingalliance.org.uk/aba-our-work> or contact safeguarding@sdcc-smhc.net.

KOOTH SUPPORT OVER CHRISTMAS

With the winter break fast approaching, Kooth Digital Health appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides. Seasonal illness and the closure of many services at this time of year can also lead to extended wait times for support across both adult and young people's NHS and community services. **KOOTH ARE STILL HERE!**

Kooth Digital Health offers free and anonymous therapeutic mental health and well-being support to young people in Plymouth aged 11-19. Their services remain available over the winter period, offering 'on the day' well-being, but you don't from the comfort of your own home, via any web-enabled device via the following website:

Ages 11-19: www.kooth.com

Kooth offers free access to online text-based practitioner chats, self help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer:peer communities.

CONTACT US!

Have concerns or worries?

Contact: safeguarding@sdcc-smhc.net

Talk 2 us is available for students to raise any concerns or worries. talk2us@sdcc-smhc.net

The graphic features the Kooth logo at the top left, with accreditation logos for bacp, Accredited Service, and NHS Providing NHS services on the right. The main text asks "Need support this winter? We're here to help." Below this, a central illustration shows a person in a winter coat standing in a snowy landscape. Surrounding the person are speech bubbles containing the words: "Loneliness", "Anxiety", "Low Mood & Depression", "Money worries", and "Family Struggles". At the bottom, a small text box states: "Winter can bring many challenges, but you don't have to face them alone. Kooth is here to support you. Visit Kooth for free, confidential, and non-judgemental support whenever you need it. Let's get through this winter together."