

Scott Medical & Healthcare College Newsletter



October 2025



Dear Parents/Carers,

This half-term has been filled with exciting activities and achievements. Highlights include our annual Campus Clubs Fair and the launch of our upcoming production of High School Musical Jr.. We announced our new Poet Laureate, Sophie, and congratulated Issy who

has been selected to be Plymouth's Young City Laureate 2025-26. Our Year 12 and 13 students have also enjoyed enriching experiences through visits to UWE Bristol and the annual UCAS Fair.

We've also taken time to mark important events such as World Mental Health Day and Black History Month, where students engaged thoughtfully in discussions and activities that promoted reflection, understanding, and inclusion.

We also appointed out new House Captains for Nightingale and Seacole. We are confident that our newly appointed captains will rise to the challenge and do an incredible job this year. It's sure to be a busy and exciting year ahead!

As we look ahead to the next half-term, we're excited for more opportunities, achievements, and community spirit to come.

*Best wishes,
Anita Frier, Headteacher*



Mental Health Awareness Week

Our school community came together to mark World Mental Health Day by wearing a splash of yellow in support of #HelloYellow. We continue to stand together, spreading kindness, and shining a light on the importance of mental wellbeing.

Remember: Talk 2 us is available for students to raise any concerns or worries.

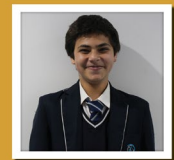
talk2us@scottcollege.co.uk



House Captains



Elizabeth Holloway Anderson
Year 10



Mohammed Al-Mafrachi
Year 10



House Captains



Stephanie Grinsted
Year 11



Lily Priest
Year 9

Meet our new House Captains!

We're delighted to announce the appointment of our new House Captains for 2025-26!

Each candidate delivered a passionate speech showcasing their leadership, vision, and dedication. Speaking in front of 180-200 students and staff from their house, the candidates impressed everyone with their confidence and enthusiasm.

Becoming a House Captain is about more than delivering a strong speech - it's about uniting their house, leading by example, and representing the school's values with pride. We are confident that our newly appointed captains will rise to the challenge and do an incredible job this year. It's sure to be a busy and exciting year ahead!

Meet Eva, Our Head Student!

Likes: Walks / fashion / sunny weather!

Dislikes: Ice cream / cold weather

Hobbies: Travelling / beaded embroidery / cooking

As Head Student, I aim to set up a mentoring programme linking Year 9 and Year 12 students, offering Year 9 support through tutoring, friendship, and guidance, while older students develop leadership skills and help strengthen our school community.



Meet our new Poet Laureate - Sophie!

Excitement is buzzing at SMHC as Year 9 student Sophie has been named Poet Laureate for National Poetry Day 2025.

The award follows a competitive contest open to all year groups, which showcased an impressive range of original and thought-provoking poems.

Sophie said, "I'm really pleased to have been voted as this year's Poet Laureate. I love writing, and I'm really excited to create more pieces for the school this year."

Congratulations Sophie!

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



Sophie's Poem: Strings

I pull the strings a puppeteer unseen,
Crafting smiles where sorrow has been,
Whispers weave webs, delicate, sly,
A flick of my tongue and trust runs dry.

Your heart a canvas, I paint with lies,
A masterpiece of tears in your eyes,
Promises bloom, then wither away,
A garden of grief where shadows play.

I wear a mask, a face so kind,
Yet beneath it all, a fractured mind.
Each word I speak, a calculated art,
To twist and turn the human heart.

I watch you dance to my silent tune,
Under the sun, beneath the moon.
Your laughter rings, but it's not your own,
A melody forged from seeds I've sown.

But in the quiet, when night descends,
The echoes of guilt begin to bend.
For every string I've pulled with care,
Leaves a mark, a scar laid bare.

I thought control would make me whole,
But it's left a hole within my soul.
The strings I hold, now tether with me tight,
A prisoner of my own dark plight.

So here I stand, the master, the fool.
A lonely king with a broken rule.
For hearts are not toys, nor life a game,
And I am consumed by my own shame.

Campus production of 'High School Musical Jr' announced!

Rehearsals for our 2025/26 campus production of "High School Musical Jr." are well underway!

With over 80 talented students taking part both on stage and behind the scenes, this is shaping up to be one of our most exciting productions yet.

We can't wait to see the final show this February — stay tuned for more updates on how you can purchase your tickets and join us for the big performance!



Coming Together for a Great Cause – Macmillan Coffee Morning

Mrs Rust and our House teams organised a Macmillan Coffee Morning which brought our school community together in support of a very worthy cause.

The morning was filled with warmth, generosity, and community spirit, perfectly reflecting our CARE Values. Staff and students joined in to enjoy delicious treats, good company, and the chance to raise funds for Macmillan Cancer Support.

Thanks to everyone's contributions, we are proud to announce that an incredible £121 was raised for the charity. A huge thank you to all who donated, attended, and supported the event.





Volunteering in the Philippines

Our Year 13 student, Amelie, had the incredible opportunity to take part in an international volunteering programme over the summer. Combining her interests in midwifery and childcare, Amelie travelled to the Philippines to gain first-hand experience working with local communities, teaching in kindergartens, and supporting healthcare professionals in village clinics. In this blog, she shares her reflections on the challenges, highlights, and lessons learnt from her unforgettable trip abroad.

“Over the summer, I travelled to Palawan, a beautiful island in the Philippines, to take part in an international volunteering programme. As someone passionate about childcare and healthcare, I wanted to gain experience abroad that would challenge me both personally and professionally. Through IVHQ (International Volunteers Headquarters) and The Green Lion Organisation, I was able to volunteer in both a kindergarten and a health clinic within a local community.

The experience was truly eye-opening. While there were moments that tested me — from language barriers and cultural differences to working with limited resources — I learnt so much about adaptability, patience, and the importance of clear and compassionate communication.

[READ THE FULL STORY HERE...](#)



Year 12 Students visit UWE Bristol and UCAS Fair

Our Year 12 students had the exciting opportunity to visit the University of the West of England (UWE) Bristol campus, followed by a trip to the UCAS fair at Ashton Gate Stadium.

The visit was designed to help students explore the wide range of opportunities available after school, inspiring new ideas and ambitions for their futures.

[READ THE FULL STORY HERE...](#)



Black History Month

This October, SMHC is celebrating Black History Month, recognising the achievements, culture, and contributions of Black individuals, both past and present.

Throughout the month, students and staff are engaging in learning, reflection, and community activities that emphasise the importance of diversity, equality, and inclusion. These initiatives aim to inspire understanding, appreciation, and positive action within our school community.

Black History Month provides an opportunity for everyone to celebrate, educate, and be inspired, highlighting the value of every voice and the richness of our shared history.



A Fantastic Start at Our Clubs Fayre

Students from every year group came together for our annual Clubs Fayre.

The fayre reminded us that learning extends far beyond the classroom. By joining clubs, students have the chance to develop new interests, gain valuable skills, and build friendships that enrich their school experience.

[SEE OUR CLUBS LIST HERE](#)



Scott Student Issy named Plymouth's Young City Laureate 2025-26



We are proud to announce that Year 11 student Issy has been named Young City Laureate for Plymouth, 2025–26!

Run jointly by Plymouth Culture and Literature Works, the Young City Laureateship provides a platform for an emerging writer to represent their city through words.

Issy said: *"I'm thrilled to have the opportunity to revive a love for literature. Writing has always been my way of expressing thoughts I couldn't say out loud. My goal is to help others rediscover their confidence and passion for literature, no matter their background or ability. I can't wait to see where this chapter takes me!"*

[READ THE FULL STORY HERE...](#)

Molecules to Medicines to Patients: Exploring Careers in Pharmacy

The college was delighted to welcome four guest experts who brought the world of pharmacy to life.

Throughout the session, students were introduced to pharmacy as both a science and a healthcare profession. They discovered the wide range of career opportunities available, from working in community and hospital pharmacies to GP practices, research, and drug regulation. Many were surprised to learn that pharmacy is the third-largest healthcare profession in Great Britain.

Daisy summed it up perfectly, saying: *"I didn't realise how big the pharmacist's job role is."* Dylan added, *"I was so excited to have a go with all the equipment and try it out – it made the whole workshop so much fun."*

[READ THE FULL STORY HERE...](#)



DIARY DATES

Tuesday 11th November
Remembrance Service

Tuesday 25th November -
Friday 5th December
Year 11 and 13 Mock Exams

Tuesday 16th December
Sixth Form Parents Evening

Reminder

**SIXTH FORM
OPEN EVENING**

**THURSDAY 29TH
JANUARY**

Year 11 Investigate Density

Our Year 11 students explored how to determine the density of irregularly shaped objects. The session combined theory with hands-on investigation, giving students the chance to apply their classroom knowledge in a practical setting.

The practical not only strengthened students' understanding of key scientific concepts but also encouraged curiosity, problem-solving, and careful experimental techniques.

[READ THE FULL STORY HERE...](#)



Students explore Separating Mixtures

Our Year 9 students have been understanding how substances can be separated is a fundamental part of chemistry, and students have been learning a variety of techniques, including filtration, crystallisation, and chromatography.

Students took part in a chromatography practical, a method used to separate a mixture into its individual components- in this case, different inks. They carefully observed how the different colors in ink travel at different rates on chromatography paper, helping them to understand the science behind the technique.

[READ THE FULL STORY HERE...](#)

CLUBS AUTUMN 2025

EVERYDAY

MORNING FOOTBALL
Who? All years | Where? Green Astro
When? Before School

BREAKFAST CLUB
Who? All years | Where? KS4 Canteen
When? 7:45am

CAMPUS RADIO CLUB
Who? All years | Where? EB17
When? Break A & B

MONDAY

ARGYLE COMMUNITY TRUST FOOTBALL (GIRLS ONLY)
Who? All years | Where? Green Astro
When? After school

TUESDAY, WEDNESDAY & THURSDAY

SCHOOL PRODUCTION
Who? All years | Where? Theatre (Main Space)/PA1 & PA2
When? 3-5pm

TUESDAY

READING CLUB
Who? Years 7-9 | Where? Library
When? Break A

POWER OF US LGBTQIA+
Who? All years | Where? GF01
When? Break B

D.I.Y FASHION
Who? All years | Where? VA2
When? After school

NETBALL
Who? Years 8 & 9 | Where? Sports Hall/ Courts
When? After school

FITNESS
Who? Years 9 & 10 | Where? FT1
When? After school

MONDAY, WEDNESDAY & THURSDAY

LIBRARY
Who? All years | Where? Library
When? Break A & B

TUESDAY & WEDNESDAY

STEAM
Who? All years | Where? Stoke - CT1 (Tuesday)
Scott - FF03 (Wednesday)
When? After school

SIXTH FORM GYM
Who? Years 12 & 13 | Where? FT1
When? Wednesday Week A
Tuesday Week B 3.10- 4pm

WEDNESDAY

ART & CLAY ART
Who? All years | Where? VA3
When? After school

GIRLS FOOTBALL
Who? All years | Where? Green Astro
When? After school

FOOTBALL
Who? Years 9 & 10 | Where? Green Astro
When? After school

BADMINTON
Who? All Years | Where? Sports Hall
When? After school

EPQ DROP IN SESSION
Who? Sixth Form | Where? SF07
When? Break B

PSYCHOLOGY CHAMPIONS HOUR
Who? Year 11 | Where? GF04
When? 4-5pm Week A

THURSDAY

DofE CLUB BRONZE
Who? Years 9 and 10 | Where? KS3 Canteen
When? After school

DofE CLUB SILVER
Who? Years 9 and 10 | Where? KS3 Canteen
When? After school Week B

E-SPORTS
Who? All years | Where? CT3
When? After school

RUGBY
Who? All years | Where? Green Astro
When? After school

BASKETBALL
Who? All years | Where? Sports Hall
When? After school

FITNESS
Who? Years 9 & 10 | Where? FT1
When? After school

MEDIA CLUB
Who? Years 7-10 | Where? VA5
When? After school

FRIDAY

CCF
Who? Years 10-13 | Where? Off site
When? PM

FURTHER MATHS
Who? Year 11 (top maths sets only) | Where? Ma6
When? After school (3-4pm)

SAFEGUARDING UPDATE

The Rising Problem of Moped Theft in Plymouth

Over the past year, Plymouth has seen a sharp increase in moped and motorbike thefts - with 195 bikes stolen between August 2024 and July 2025.

What's surprising is that only one person was charged in that time, meaning most of the thieves haven't been caught.

Police have warned about groups of riders using stolen bikes recklessly - sometimes speeding through neighbourhoods, carrying passengers without helmets, and wearing masks or balaclavas.

Many of those involved are young males aged 14–20, which makes this an issue that directly affects young people in our city.

What the Police Are Doing

Devon & Cornwall Police have been carrying out operations to recover stolen mopeds and target known offenders. One recent operation in the Plymouth North area led to several mopeds being recovered and a key suspect being arrested.

They've also shared important advice for bike owners:

- Use a strong chain or disc lock
- Lock the steering and secure it to a fixed object
- Cover your bike when not in use
- Fit a tracker or immobiliser if you can
- Always store mopeds in a locked garage or secure place

What Can We Do?

For Students and Families:

- Keep your bike secure with good locks or a tracker.
- Report any suspicious activity around mopeds or motorbikes.
- Look out for your friends — if someone seems to be getting involved in risky behaviour or drug use, encourage them to talk to someone they trust.

For Schools and the Community:

- More education about drug awareness and personal safety through our PSHE curriculum.
- Youth projects that offer fun, positive alternatives to crime.
- Continued police operations in hotspot areas. We share any information we receive with the police through their information sharing portal.

The Rise of Ketamine Use Among Young People

Alongside the rise in bike thefts, there's also growing concern about ketamine use across the UK — especially among young people.

Government reports show that ketamine use has risen by around 85% between early 2023 and early 2024. Among people aged 16–24, usage has more than doubled in some studies. Police have seized record amounts of ketamine - around 1.43 tonnes in one year.

The Risks

Ketamine is a powerful drug that can seriously harm your body and mind. Long-term use can lead to:

- Bladder and kidney damage
- Incontinence (loss of bladder control)
- Memory loss and mental health problems
- In some cases, death

Doctors are seeing more young people admitted for ketamine-related health problems than ever before.

Could the Two Problems Be Connected?

There's no proven link between ketamine use and the rise in moped thefts in Plymouth — but there are a few possible overlaps.

People struggling with addiction might steal to fund drug use, and both issues often involve the same age group (14–24).

Drug use can also lower inhibitions, making risky behaviour — like theft or dangerous riding — more likely.

Still, not everyone who steals uses drugs, and not everyone who uses drugs commits theft. These problems are complex and often linked to peer pressure, lack of opportunities, or social challenges.

A Final Thought

Plymouth is a fantastic city - but like many places, it faces real challenges.

With moped thefts on the rise and more young people turning to drugs like ketamine, it's important that we all stay aware, stay safe, and support each other.

By taking small steps - securing bikes, making smart choices, and caring for our friends - students can play a big part in keeping Plymouth's communities safe and positive for everyone. If you have concerns or worries about this please contact our designated safeguarding lead, Simon Kelly here: skelly@sdcc-smhc.net and he can signpost support.