



Welcome to the May edition of our newsletter for Year 7 parents (and Year 5 and 6 prospective parents). In this newsletter, you can see many of the extra-curricular and enrichment opportunities that we are able offer again. So often, it's these 'extras' that students remember and that make school such a fulfilling experience. It also shows how many of our brilliant Year 7 students are willing to give up their leisure time to be part of a real school community. Don't forget that you can find a copy of this newsletter- and previous editions- on our school website: <https://www.ponthigh.org.uk/parents-carers/y6-transition-information/>. For regular updates on transition and our Y7 achievements and successes, follow us on twitter @Y7PontHigh. Finally, if you have any queries specific to KS2-3 transition, please contact us via our dedicated e-mail address: Year6questions@ponthigh.org.uk



The PE department are offering a wide range of exciting new activities and opportunities to engage in sport. The sessions which take place in the morning (8-8.45am) or after school (3.30-4.30pm) include futsal, badminton, trampolining, football, rugby, hockey, cricket, rounders, golf, netball, dance, yoga and table tennis.

Students get the opportunity to use the great new facilities including the 4G pitch, the drama studio, the field, the MUGA, the sports hall and the studios. Look out for the weekly updates about the schedule on Mr McGrane's parents' briefing.

Mr Todd is an English and Media teacher and has been leading the hockey session on a Tuesday night. He plays for 'Newcastle Medics' and for has played hockey competitively in the North East for the past 15 years: "It's been really exciting to see hockey taking off at Ponteland High School. The students are really dedicated and it's been great to see them having fun and improving at the same time - and it's not too late to join in."



Dexter in Year 7 has been attending table tennis club and says that he is really pleased as he has improved a lot throughout the sessions and by practising regularly. Mr Doig, PE teacher, says: "Dexter has been a regular attender at table tennis club on a Friday night. It has been great seeing the progress he has made since his first session in September. He has developed his repertoire of shots and is competent on both the forehand and backhand sides. It is his coordination and understanding of the game which has impressed me the most. His rally length has increased and he has started to correct others in core PE on when and how to award points. Well done and keep up the good work."



Yoga for the Mind



“...a good way of
destressing..”

Mrs Gray and Mr Driver have designed a fantastic programme of ‘Yoga for the Mind’ and they have trained tutors to deliver this during tutor time. “Yoga for the mind has helped bring a sense of calm purpose to every Thursday morning registration. Year 7 students have taken to it brilliantly, and have shown real maturity in trying something that might be out of their comfort zone.” says Mr Driver who is pictured with his form class (left). Evie in Year 7 says: “Doing mindfulness is a really good way of destressing before the busy school day and a way of relaxing; it kind of feels like you are getting rid of any bad energy.”

Mrs Gray, a trained Yoga teacher, says: “I am beaming with pride at how my tutor group have embraced Yoga for the Mind. They encompass everything I had envisaged would happen when teaching this wonderful holistic tool to students at PHS. Every Thursday, they sit quietly to absorb the next 10-15 mins of time for them, some have told me how they have continued to use the techniques at home. Hopefully, by sustained teaching and use of such a great well-being tool, they will feel the benefit as student life gets more challenging over next few years. I am honoured to have had the chance to 'preach' the practice that I have trained for.”

Year 7-9 Film Club

For those interested in discussing and making films of all kinds.

Starts Wednesday 16 June

3.30 - 4.15

Lecture Theatre

And continuing every Wed until the end of term.

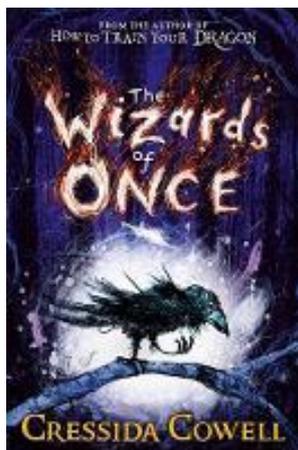


Coming soon...Cheerleading Club!

This June sees the launch of the first Cheerleading after-school club, open to everyone in year 7 and year 8. Miss Office, who is the current Cheer Captain for Newcastle Eagles Basketball Team, will be joined by Miss Timmons who says: “This will be a fun opportunity for students to gain experience and learn an exciting mixture of new skills in both Cheer dance and expressing your creative and musical skills in writing new chants.”

“We are all thrilled to offer this opportunity to students where we hope they will have fun, build their confidence as well as widen their friendship circles by being part of a supportive, friendly team.”

KS2-3 Recommended Read



The Wizards of Once Cressida Cowell

Once there was Magic, and the Magic lived in the dark forests. Wizard boy, Xar, should have come in to his magic by now, but he hasn't, so he wants to find a witch and steal its magic for himself. But if he's got any chance of finding one, he will have to travel into the forbidden Badwoods. Xar doesn't realise he is about to capture an entirely different kind of enemy. A Warrior girl called Wish. And inside this book, at this very moment, two worlds intersect and the fate of the land is changed forever. In a whirlwind adventure, Xar and Wish must visit the dungeons at Warrior fort, and face the evil Queen. But something that has been sleeping for hundreds of years is stirring...