

Holy Family Catholic High School

News



TO INCREASE IN WISDOM AND GRACE

Welcome to the spring newsletter.

I would like to start by sharing some very pleasing news about the school's validated GCSE and equivalent results that have recently been published by the Department for Education (DfE) as part of their performance tables.

The performance of the 2017 cohort places the school in the **above average** category for both progress and attainment. The school's final Progress 8 score of +0.44 confirms that on average pupils are making almost half a grade better progress than expected from their different starting points. **The school is ranked 8th for progress compared to similar schools nationally.**

The results together with the recent Ofsted report confirm that the school is improving strongly and at pace and well poised to regain its Ofsted rating of good at the next inspection.

Thank you to pupils, teachers, staff and the governors of the school for their hard work and commitment and to parents and carers for your continued support.

One of the key priorities Ofsted left the school with following the inspection in June 2017 was to increase the opportunities for sport and PE, particularly for boys. In this newsletter we focus on PE and how Mr Wadsworth, our newly appointed Head of PE, is responding to the Ofsted priority, in addition to celebrating the sporting talents of our pupils.

With every best wish,



Mrs Louise Wilson
Headteacher

Introducing Mr Wadsworth, Head of Physical Education

My vision for Physical Education at Holy Family.

As the new Head of Physical Education at Holy Family Catholic High School, my vision is to improve provision and increase the number of high quality PE opportunities for pupils, showing how PE can enhance pupils' attainment and achievement and create pathways for them to continue to be active beyond school. We will seek to develop our links to outside agencies and clubs, which will help to generate positive interaction in the community.

I believe that a high quality PE curriculum should be an integral part of the whole school curriculum and one that staff, parents and pupils understand and can contribute to. Throughout both KS3 and KS4 our pupils learn to develop the important qualities of resilience, communication, teamwork and ambition, leading to improved concentration, attitude and academic success.

A high quality PE curriculum develops physical literacy and allows pupils to learn about themselves, the importance of a healthy lifestyle and concepts such as fair play and respect. It also contributes to the development of a range of important cognitive skills such as decision making and analysis, and social skills such as teamwork, communication and leadership - pupils in Year 9 have a chance to develop these skills further as a Sports Leader.

Our PE curriculum is inclusive and ensures that pupils of all abilities can access the range of activities we offer and that they are physically active for sustained periods of time in order to encourage them to lead healthy, active lives.

We are continuously improving our programme of school competitions, which will provide opportunities for pupils to participate in competitive sports and activities both in and beyond the curriculum.



Pupils are proud of their school and feel part of a close school community

OFSTED JUNE 2017

Inter-form 5-a-side football tournament



In the last half term, each Year group took part in a boys' inter-form 5-a-side football tournament. Fixtures were played over a six-week period, which required great effort and commitment from all involved to ensure that the tournament ran smoothly.

Results:

Year 11 Winners: Hinsley

Year 10 Winners: Howard

Year 9 Winners: Howard

Year 8 Winners: Beaumont

Year 7 Winners: Hinsley

Well done to all who gave up their lunchtimes and took part.

Upcoming fixtures



Over the next four weeks there are football fixtures for both boys and girls at Barlby High School.



Primary PE

Sports Leaders from Year 9 have been putting their training into action, supporting several Primary Festivals at Holy Family. Before Christmas, Leaders were heavily involved in organising and running the Inter Cross Country event. They also supported the very popular Indoor Athletics Festival and the new Energise Festival. In January, the leaders are planning activities for the Year 2 Taster Festival and the High 5 competition, which will take place shortly.

"I didn't think I was going to enjoy it as much as I do", said one Leader.

Another said how much she "loved working with the little ones in particular".

Secondary PE

Pupils of all years are busy rehearsing for the Annual Dance and Gym Evening to be held in February. The hall is a hive of activity every lunch-time. Meanwhile, the tournament winners of the Selby and District netball and badminton competitions are beginning after-school training in preparation for their matches against other North Yorkshire schools.

This term the focus on school fixtures for the girls is in Football. The girls will be performing every Thursday until all age groups have competed.

We wish them well.

Sports Club Timetable



There are clubs on throughout the week for all pupils to take part in. Please check the PE notice board for regular updates.

Holy Family Olympians!



Freya and Kaitlin are pupils in Year 9 and they both have a special talent for sport that has been recognised by prestigious sporting bodies: Freya has been selected to participate in the Special Olympics in swimming and Kaitlin has been selected to train and compete with Team GB in Taekwondo.

Here's what they had to say about their impressive achievements in an interview where they each took it in turns to act as sports reporters and answered questions about their route to the top.

Freya

When did your interest in swimming start?

At least 3 years ago. I think swimming is good and I learn backstroke, front crawl and I really enjoy going swimming.

What club/sports centre are you a part/member of?

Stingrays at Tadcaster swimming pool.

What is your training routine?

I go training every day. It makes me happy.

What skills do you need in order to be successful at swimming?

I need good strength and fitness. I always listen to my swimming coach.

What do you hope to achieve in the future in terms of swimming?

I would like to compete in the Olympics.

When does training start for the Olympics?

I don't know yet. We'll have to wait and see.



Kaitlin

How did your interest in Taekwondo start?

When I was in Year 3, my dad saw some flyers for Taekwondo that had been handed around school, so we decided to try it. Almost 7 years later and I still love it.

What club centre are you a member of?

The first club that handed out the flyers were All Stars, and I still try to go back there whenever possible. Last March I also joined a specialist club called Empire. I go there at least twice, often 3 times a week.

What is your training routine?

My training often differs from session to session, but it usually has a rough outline of: warm up, circuit, stretch, then resistance band/weights work, kicking practice, patterns, circuit and then stretch again.

What skills do you need in order to be successful at Taekwondo?

There are 5 main skills that everyone in Taekwondo must have:

- | | |
|----------------|---------------|
| 1. Etiquette | 4. Dedication |
| 2. High Morals | 5. Teamwork |
| 3. Motivation | |

What do you hope to achieve in the future in terms of Taekwondo?

Well, I'm currently in the GB squad, so the next step is being selected for the team who go to the Europeans, Worlds and Olympics.

When does training start with the GB Team?

It already has started! We train once a month around the country and our first session was at the National Taekwondo facilities in Manchester on the 7th January.



HOLIDAY DATES 2018

Spring Term 2018

Feb Fri 9th - School closes for half term

Feb Mon 19th - School opens

Mar Thur 29th - School closes Easter

April Mon 16th - Training day

April Tue 17th - School opens

Summer Term 2018

May Fri 4th - School closes

May Tue 8th - School opens

May Fri 25th - School closes for half term

Jun Mon 4th - School opens

July Fri 20th - School closes for Summer

July Mon 23rd - Training day

July Tue 24th - Training day

Sept Tue 4th - School opens

“The school is a calm and orderly place. Pupils are polite and welcoming to visitors. During lunch and break times, pupils respond well to the visible presence of staff

OFSTED JUNE 2017



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