

## Student Services

### Uniform Standards



We sent out guidance previously and this is also available on our website at: [www.poltairschool.co.uk](http://www.poltairschool.co.uk).

However, since returning from the holidays, we are seeing too much inconsistency and would ask you to address this.

We would recommend the following actions at home:

- Check your child's uniform daily before they leave
- Ensure they have not got inappropriate shoes in their bags to wear once at school
- Ensure they get into a routine of organising their uniform and equipment the evening before

A reminder that the school blazer is to be worn at all times and should not have any other garments underneath unless it is the embroidered Poltair School V-Neck jumper.

The inclement weather has seen an increase in hoodies which are not part of our uniform and will be confiscated if brought into school. These are often being worn in place of an appropriate weather proof coat. Please could you check this with your child.

## Calendar Dates

January 31st	Year 8 Careers Fair
February 1st	Years 9 & 10 Maths Challenge

## PE Department

*After School Clubs (3:10 pm - 4:10pm)*

### Monday:

Multi Skills (coach makers)  
Fitness Suite (CM & LP) - All Years



### Tuesday:

Boys Football (LA & PM)  
Netball - Drills & Skills (CM & EM) All Years

### Wednesday:

Games (CM & LP)  
Girls Fitness (RW)



### Thursday:

Boys Fixtures  
Netball - Game Play (All Years)

### Friday:

Mixed Hockey (GOW) - Years 9,10 & 11

## Colds and Flu Season

At this time of year many of us can be affected by colds and flu. These two types of illnesses have similar symptoms, so it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more common and intense. Symptoms include feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

Colds are usually milder than the flu.

At Poltair School we want to see our pupils fit and well and enjoying lessons. There are times when it might feel hard to come into school if you have a cold or sore throat, but do remember that colds are common and at Poltair School we can help to get you through the day. Please do contact your child's Year Team Leader or Year Team Manager to discuss any health issues and a plan can be formulated to support.

We also ask that parents contact the school on each day of their child's illness unless you have spoken directly to a member of staff about a prolonged illness. This is part of our expectations around safeguarding and if you do not contact us then we will have to contact you. You can call the school on 01726 874520 and leave a message on our dedicated attendance line if unable to speak with a member of staff.

Important – Remember that the flu virus is easily spread but can be restricted by good hygiene including ensuring you wash your hands properly and often and by using tissues if you have a sneeze or a cough.

## VIVIT Experience

On Tuesday 16<sup>th</sup> January, a group of Year 10 and 11 Triple Science students attended the 'VIVIT Experience' at Liskeard School.

VIVIT is a semi-synthetic human cadaver, an artificial bespoke cadaver built and designed by Samuel Piri and the ITAE Group. VIVIT uses anatomy of spent swine origin to teach how the human body functions.

The workshop was aimed at high ability students with a view to raising aspirations and giving them a taste of what studying Biology at A Level/University is like.

Students who had previously expressed an interest in pursuing a career in medicine, scientific research, pathology, becoming a paramedic or a similar vocation were selected.

The experience included a 'real-life' commentary of a post-mortem on a semi-synthetic cadaver as well as selected dissections of pig organ systems, including a full digestive system which is not available in schools.



## ★ Star Reader ★

All year 7 and 8 students participate in the Accelerated Reader Programme. This involves them reading a book of their choice and quizzing it on the computer. This gives them a score and also tells them how many words they have read. Amazingly we have a student in year 7 who has achieved a million words read this early in the school term.

**Willow Tucker-Smith has read over 1,200,000 words since September!**

To celebrate this achievement Willow has been awarded an Amazon Kindle Fire and certificate.

**Congratulations** Willow you deserve the reward for your dedication and hard work in reading outside of school.

Poltair School

Inspiring our pupils to *Believe & Achieve*