

22 January 2019

Dear Parents

Congratulations to:

- Sebastian Evans (3<sup>rd</sup>), Archie Rainbow (8<sup>th</sup>) and Ellie Rainbow (15<sup>th</sup>) who qualified in the **County Cross Country** Championships last Saturday to represent Lincolnshire at the Anglian Schools' Cross Country Championships next month.
- **Hugo Fry** (13C) who was the joint winner of the 2018-19 Mathematics Challenge run by the University of Lincoln, School of Mathematics and Physics.
- **Conor Buckley** (7C) who won the 200 m breaststroke at the ASA county swimming gala at the weekend.
- Grace Sheldon (8S) who has attained her **Gold Merit Award**.
- Emie Mettam (10T) who has attained **60 merits**.
- Jake Whiley (7T) and Charlotte Johnson (8S) who have attained their **Silver Merit Awards**.
- Abigail Green (9S), Iulia Nedelcu (10C), Laura Thackray (10C), Rosie Wimsey (10C) and Morgan Booth (11C) in the Middle School who have attained **40 merits**.

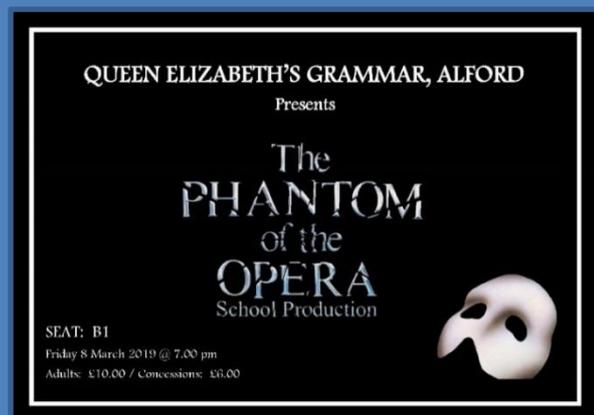
At last week's **Y8 options evening**, we highlighted our concern about computer games and their addictive nature. This was mentioned by many parents as being helpful, so I thought it would be worthwhile to share some of the points made in this week's letter.

We looked at the symptoms of gaming addiction as well as offered some advice on how we feel they could be counteracted. The physical symptoms to look out for are:

- tiredness or fatigue
- frequent headaches
- neglecting personal hygiene
- carpal tunnel syndrome from prolonged periods of using a games controller.

The emotional/psychological symptoms are:

- restlessness or irritability when unable, or not allowed, to play games
- constantly thinking/talking about previous game sessions or anticipating their next game session
- lying about how much time they are spending gaming
- becoming isolated from friends or family and showing symptoms of depression or anxiety.



## Phantom of the Opera

Tickets for '**Phantom of the Opera**' are now on sale from the school office (£10.00 for adults and £6.00 for concessions). The performances will take place on Thursday 7 March and Friday 8 March at 7.00 pm in the school hall. It looks like being a very impressive production and we hope you will be able to come and watch.

Whilst we realise the use of computer games is a method of entertainment, we are concerned that the recent increase in gaming is causing problems with students not getting enough sleep as well as increasing their levels of stress/anxiety. To help counteract any excessive use of gaming we would advise the following:

- being aware of the games your children are playing, as well for how long - setting sensible time limits
- checking that the games are correctly age-rated
- making sure the friends that your children are making online are age appropriate
- ensuring that any use of electronic devices is stopped at least 1 hour before bedtime
- encouraging your child to do a wide range of activities, ideally including some outdoor pursuits
- supporting your child in their time management skills to ensure that they are splitting their time suitably amongst their commitments.

We will be offering a few **Easter Revision Classes for Y11 and Y13** during the second week of the holidays (Monday 15 April to Thursday 18 April) and a provisional timetable is attached to this letter. After half-term, students will receive a form asking them to indicate the sessions they will be attending.

Next week, it is the **Y8 Ski Trip**, led by Mr A Ainsworth, and also all **Y10** students will be on **Work Experience**. This is an invaluable opportunity for Y10 students to learn about the world of work and develop further their employability skills. The placements are co-ordinated by Mrs Elliott and I am grateful to her for all her hard work in arranging these.

I have attached a flier from a new initiative, '**FamilyLine**', a service just launched by **Family Action**. The service offers support and guidance to parents and carers and is available 6.00 pm to 10.00 pm on weekdays and 10.00 am to 1.00 pm on weekends.

Best wishes



Miss A Francis  
Headteacher



A big thank you to all the families who have already kindly donated to our '**QEGS Extra**' Fund. This fund has been set up to enable us to continue to offer the breadth in our curriculum and additional activities which make our school special. If you would like to make a monthly donation to this fund, there are different options on ParentPay/Standing Order (see attached) so that you can decide what level of donation you would like to make.