



NEWSLETTER

ADCOTE ACHIEVER



Confidence | Leadership | Engagement | Achievement | Resilience

20th Edition

01st March 2024



Women's History Month is an annual event that takes place in March, to celebrate and recognise the contributions and achievements of women throughout history. Our wonderful **prefect team** gave empowering presentations during their whole school assembly, highlighting and explaining why **International Women's day (8th March)** is so important and including how women have fought adversity and for what they believe in.

Some inspirational quotes that made us think:

"Not all of us can do great things. But we can do small things with great love."

– Mother Teresa (1910-1997)

"Despite everything, I believe that people are really good at heart." – Anne Frank (1929-1945)

"Please know that I am aware of the hazards. I want to do it because I want to do it. Women must try to do things as men have tried. When they fail, their failure must be a challenge to others."

– Amelia Earhart (1897-1937)

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Adcote's first Public Speaking Competition took place on **Tuesday** this week. Girls from **Years 3-13** competed for their House, performing a prepared speech in front of the whole school and our three *mostly independent judges (**Mrs Taylor, Miss Hudson and Mrs Gardner**).

Years 3-7 were each allocated a poem from the following selection of Roald Dahl poems:

- **"The Cow"** from Dirty Beasts (**Glenmore**)
- **"Centipede's Song"** from James and the Giant Peach (**Haughton**)
- **"The Pig"** from Dirty Beasts (**Innage**)

Years 8 and 9 were allocated one of the following extracts from T.S Eliot's 'Cats':

- The naming of cats (**Glenmore**)
- Cus the theatre cat (**Haughton**)
- Macavity (**Innage**)

Years 10-13 had to write their own speech on a topic of their choice. We were moved and entertained by a wide range of speeches including **Carina** and **Klee's** speech on "**Why we are dateable**" and **Skai's** speech on "**Why should we pay more attention to social problems?**".

Individual category **winners** were awarded with one of our **Drama/Performing Arts badges** that they can wear with pride on their school blazers. **Innage** was the winning House with the most points over all. Well done to everyone who took part!

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Congratulations go out to **Lacie** and **Jesse** winning the **138cm** winter qualifier for the **Royal International Horse Show, Hickstead** at Onley last weekend.

Our much anticipated (probably nothing like the Royal International) **Horse Show** and **Summer Fair** is to be held on **Sunday 23rd June 2024**. Classes, competitions and stall information will be shared over the coming weeks - if you are interested in sponsoring a Class, please email office@adcoteschool.co.uk or if you or your employer/business are able to provide raffle prizes, please get in touch!



Following her recent visit to **Adcote**, the **High Sheriff of Shropshire** met with **Maggie**, in recognition of her achievement in the **Junior Rowing Squad**.



Mrs Eaton provided a chocolate fondue treat to congratulate both **Amelia** and **Elizabeth** from Year 8 on completing their specialist reading programmes. A whole 300 pages each over the last year!
"Really proud of them." - **Mrs Eaton**



Congratulations to **Scarlett** who was recently awarded a **Distinction *** in her **Grade 3 BBO Ballet Exam**.
(This is the highest grade achievable.)

Wellbeing support and information:



Keep moving!

- It is important to build movement into your routine
- Use this opportunity to try something different
- YouTube and other apps have tutorials and guided workouts
- Try HIIT (High Intensity Interval Training), or more gentle exercises such as Yoga or Pilates
- Go outside into the garden and play a game
- The local swimming baths are a great source of fitness

Breathing:

- Breathing is really important for dealing with stress and anxiety
- Take time each day to focus solely on your breathing
- Many apps can help you with your breathing and how to develop good meditation techniques through breathing.



ASKING FOR
HELP
IS OK

I can control:

- Talking nicely to my friends
- My positive attitude
- Limiting my social media
- Turning off the news
- My kindness and grace
- Finding fun things to do at home
- Playing with friends at school

I can't control:

(so I can let go of these things)

- The actions of others
- What will happen
- Other people's motives
- People being unwell
- How others react

<https://www.childline.org>
<https://livespiffy.co.uk/>
<https://www.talktofrank.com>
<https://www.nacoa.org.uk/children.html>
www.familyconnecttelford.co.uk

<https://www.mind.org.uk>
<https://www.clearfear.co.uk>

**YOU ARE
NOT ALONE**

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Uniform!

Summer is fast approaching and therefore the much anticipated return of the summer dress! Our pre-loved '**Cherished Shop**' has low stock so we are asking two things... if your daughter has outgrown any of her uniform, please can you donate this to the shop? If you are looking to purchase from the shop, please will you consider this now, in preparation for the summer term? We will shortly be moving to a system where you will be able to order directly online, but for now, please contact cherished@adcoteschool.co.uk

Socks!

With summer, comes the great sock debate! Please can the girls only wear white ankle socks with their summer dresses! Girls will also be welcome to wear their winter uniform as usual and those who are opting for trousers can continue to wear these.



Trousers:

The girls have had their say on the first version of the trousers... and they didn't like them! So, we have gone back to the supplier and asked them to start again. A meeting was held with students and the supplier, and we have now come up with a design the girls are happy with. They are now on sale from School Shop Direct. Please feel free to contact them now to place any orders. A sample of the material and style is in Reception, if you do wish to take a look. Please just call in! Photographs of them being worn to follow!



Year 11 had a visit from **Severn Trent** to support their understanding of how to treat sewage and make clean drinking water. **Mr Chris Harper** used a fun sewage roulette wheel to quiz the students on "**what should go down the loo**". Several students showed great confidence to reach into a mystery bag of items found down toilets, some were very surprising. **Poppy** bravely lifted a manhole cover to remove human fat! **Ellie** was enthusiastic in her role as assistant in a sparkling hat, although **Miss Hughes** rather liked the brown poo hat.



Join us at our production of Grease the Musical and meet our Pink Ladies starring: **Lara, Saskia, Carina, Amber, Nina and Mimi.**

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The Friends of Adcote
Cherished Shop 'Pop-up' event



Second-Hand Uniform Sale

Saturday 9th March
9.30am – 11.30am

Prices are 50% less than buying new.
Help support the school, the environment, and your pocket!

Parentkind
Member Association

ADCOTE SCHOOL FOR GIRLS
PRESENTS



THE MUSICAL

11TH MARCH - 14TH MARCH: 7:00PM

DOORS OPEN AT: 6:30PM

£10 ADULTS

£7 CONCESSION

FOR TICKETS, EMAIL: OFFICE@ADCOTESCHOOL.CO.UK

ADCOTE SCHOOL FOR GIRLS, LITTLE NESS, SHREWSBURY, SHROPSHIRE, SY4 2JF



CLEAR BEAR ADVENTURES

CLEAR Bear was in the
magnolia tree by the Summer
playground.

Did you spot her?



Where is CLEAR Bear?

Each week CLEAR Bear will be
travelling around the school for
our girls to find. Can you guess
where she is? Find out next
week and discover her location.



ISGA 5 Piece gymnastics competition results:

The **Under 9** team: **Taia, Jazmin, Lily, Daisy, Eva & Audrey.**

The **Under 15** team: **Grace, Indigo, Krin & Layla.**

The **Under 11** team: **Phoebe, Elise, Lily, Lacey, Arabella & Jessie.**

The standard for the whole competition was extremely high. Our girls competed well and I was super proud of every single one of them as they **all gave 100%** and we couldn't ask for more than that.

Congratulations go to **Indigo** and **Layla** who scored **9.1** & **9.2** out of **9.5** for their voluntary vaults. Also **Lily** and **Phoebe** who scored **9.2** & **9.1** for their set vaults.

Phoebe was our highest placed gymnast placing **7th** overall out of **88** gymnasts.

She narrowly missed out on a **6th** placed medal by **0.1** of a **mark**. Well done to **Phoebe...** and all our fabulous gymnasts!

FORTHCOMING DATES

4th March - Science Week

4th March - U9 & U11 Netball Vs Bedstone College

5th March - U13 & U12 House Netball Squads

6th March - Whole Grease Rehearsal

6th March - U14, U15 and U16 Netball Vs Bedstone

6th March - U12-U16 North Shropshire Cross Country

7th March - World Book Day

8th March - International Womens Day Army Workshops
Y10-Y13

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