



EVENING OF DANCE RETURNS

Showcasing the incredible
talents of our students!



CYBERFIRST GIRLS' SUCCESS

Year 8 students
accomplish huge feat in
national competition

WELLBEING WEEK 2023

Students and staff across
the school take time to
enjoy variety of activities



A message from the

Headteacher

Dr. Barbara Minards

Welcome to our first newsletter of 2023, it is difficult to believe that we are already halfway through the academic year! We started the Spring Term by welcoming back the Year 13 class of 2022 for their celebration evening. It was fantastic to once again hold this event in person, we were joined by former Senior Student Ambassador Alydia, who gave an inspiring speech about her experiences of studying Medicine at Cardiff and shared some top tips that she wished she had known in her first year.

Year 11 students participated in a Sixth Form taster day to help with their decision making about the next stage of their educational journey. They experienced taster lessons, met current sixth form students and staff to learn more about the extra-curricular and leadership opportunities available, the careers guidance and pastoral support offered. All whilst enjoying the privileges of wearing dress code instead of uniform, having a study period and going off-site at lunchtime!

Our annual wellbeing week took

place in third week of January, with students in all year groups (and staff) participating in a range of different activities during lessons and at lunchtimes. The week finished with a non-uniform day and Phoenix house hosting their charity day raising money for Young Minds.

Cygnus also held their charity event which raised funds for UK Sepsis Trust and after requests by students, also raised money for The British Red Cross Turkey-Syria Earthquake appeal. The additional efforts led to significant amounts being raised for both charities, continuing the tradition of our school motto 'Not for our own advantage but for the common good'.

As ever, it has been a packed half term with the return of the Evening of Dance, a trip to the CBSO for Year 7 students along with the large number of extra-curricular clubs not to mention all the lessons, tutor times and assemblies.

Year 12 finished the half term with their mid-year examinations. The feedback from these will provide

students with key information on their progress so far and inform their approach to learning throughout the next stage of their A-level studies.

In an exciting end to the half term, there were exceptional performances from both Sutton Girls' A and B netball teams in the under 15s Birmingham Schools' tournament this week. Both teams played well throughout and the A team went undefeated, becoming the Birmingham Schools' Champions! Congratulations to all involved.

This morning the first school ski trip since February 2020 departed, with 120 Year 10 students and 14 staff members on their way to Artesina, Italy. We hope they have a fantastic time and look forward to hearing all about their adventures on their return.

I hope you enjoy reading about what has been happening recently at Sutton Girls. Have a lovely half term holiday.

Dr Minards





Phoenix Charity Day

Wellbeing Week always finishes with the theme of Giving to Others and today it was Phoenix's turn with their "Just Dance" staff dance-off event

by Imogen and Grace
Phoenix House Captains

On Friday 27th January, our much-loved teachers suited up in their wigs and tutus to take part in 'Teachers Just Dance' for Phoenix House Charity Day and as the showstopping end to 'Wellbeing Week'. They entertained students (despite some hesitation) and got stuck

in and had a great time whilst also giving to others! Whilst some dance moves were questionable, it was a brilliant event, featuring many favourite tracks - 'Timber' and 'Best Song Ever', to name a few. This even attracted many students from all year groups, who joined in with the fun.

The day raised an amazing £1,336.46, which we donated

to Young Minds – a charity dedicated to providing mental health support for young people and their families.

A massive thank you to everyone who attended, students and staff alike, and all the teachers who agreed to participate and make the event such a massive success.



Wellbeing Week 2023

We take a look back on all the activities that were happening in school during our annual event to encourage students to look after their wellbeing.

Mrs M. Lucas
Assistant Headteacher

As Wellbeing Week drew to a close for another year, it is great to look back on all the activities and events that have been happening in school during the past week to help students look after their Wellbeing.

The school Wellbeing themes of

Getting active, Trying something new, Being mindful, Having fun and Giving to others have been at the forefront of all the different activities. Some examples have included the Year 7s trying a Ceilidh dance, the Year 10s building their resilience as they tried to master plate spinning, Year 9s working together in the drumming workshop and the

staff having fun and giving to others at the Phoenix Staff Just Dance charity event which, with a non-uniform day, raised an excellent total of £1,336.46!

It was a very positive week in school and we are immensely proud of how all the students have engaged with the activities.





Incredible success for Year 8 students at CyberFirst Girls' Competition

Mr N. Opong
Head of Computing

On Saturday 4th February, Year 8 students Bethany, Yasmin and Sara were crowned West Midlands Champions of the Cyberfirst girls' competition, which took place at Warwick University.

Over 8700 girls took part (including 48 students in Year 8!).

The competition is organised by National Cyber Security Centre (NCSC). They won a laptop each and an all-expenses paid trip to Belfast to take part in an champions award dinner!

Well done all, we're so proud of you!



Year 11 take part in Sixth Form Taster Day

Mr M. Charles
Head of Sixth Form

On Thursday 12th January, our Year 11 students took part in a Sixth Form taster day as part of the programme to help them prepare for their Post-16 decisions. During the day, students experienced what it

would be like to be a sixth former at Sutton Coldfield Grammar School for Girls. All students chose three A-Level subjects to experience a taster lesson led by subject specialist teachers.

They received information and guidance about A-Level subject choices, the EPQ project and the range of options

available to them during their enrichment time such as Latin, crocheting, work experience and volunteering, in addition to a plethora of leadership opportunities. They also spent time talking with current sixth former students to gain advice and understand the sixth form day from a student's perspective.





Cygnus Charity Event

This year's Cygnus charity day saw the theme of Valentines, where kindness and appreciation were actioned through hosting stalls at lunch time...

Miss H. Patel
Head of Cygnus

Students from across the school took part in celebrating Valentines through: a Valentines-themed non-uniform; a 'Secret Cupid' message of kindness service; building a 'Wall of Affirmations'; making friendship bracelets and origami, and selling sweet treats such as candy floss, snow cones and cake.

Cygnus were raising funds and awareness for two charities: UK Sepsis Trust and The British Red Cross. To help raise funds, UK Sepsis Trust merchandise items, such as lanyards and badges, were sold as well as every student receiving a symptom card to keep at home.

The hard work and dedication Cygnus house students and house captains put in was evident - the stalls were so

successful that all the cake had sold out within 10 minutes!

It was wholesome to see the school community come together for both charities. As a result, £1,541.06 was raised for UK Sepsis Trust and an additional £614.62 The British Red Cross for the Turkey-Syria Earthquake Appeal. A fantastic outcome from celebrating Valentines!



Year 7 trip to Symphony Hall

by Tara in Year 7

It was amazing! As our whole year filled the scarlet seats in the Symphony Hall, I felt thrilled with anticipation of hearing the world renowned City of Birmingham Symphony Orchestra at its home. The venue looked spectacular, with its huge balconies and the buzzing audience from different schools, creating a real sense electricity in the air. The orchestra struck its first note in harmony and produced such a wonderful sound to resemble their theme of nature. It felt magical.

For me, a particular highlight was the Elgar *Sospiri Op.70*, which derives from the late Romantic



period. I was nearly moved to tears by the flood of emotion evoked by the music. There was a real sense of longing and loss projected by the strings that was heartbreaking. They took

you from the epic to an almost tender, still moment. This was so powerful. I felt so fortunate to be able to experience this concert and it's something I will always cherish.

Psychology/Sociology Students visit to Shrewsbury Prison

by Malaika in Year 13

The Shrewsbury Prison trip was an extremely eye opening experience. The staff at Shrewsbury took us on a journey of the different conditions a prisoner would face in the Victorian era, whether it be in isolation or with other prisoners.

How certain prisoners overcame addictions and the harsh reality

of that were also explored. Although an institution put in place for the retribution of criminals, the prison engaged in multiple outlets for prisoners to talk about their feelings and work on their mental health.

We were also able to take part in interactive activities such as Q&As and an escape room, which allowed for us to fully be immersed in a prisoner

experience. Both these activities and the boiler suits we were made to wear, became a gateway for us to learn that the prison experience is far more difficult and mentally challenging than we imagined.

Overall it became an experience that would teach and mean a lot more to us than we anticipated.





A Day in the Life

This half term, we've been finding out about Year 13 student Olivia's typical school day...

Hello! I'm Olivia and I am a year 13 student studying Psychology, Media Studies and English Literature. I have been a student at the school since Year 7 and have thoroughly enjoyed my time studying here.

My day started with form time which involves a range of activities such as discussing the weekly theme or 'Votes for Schools' topic and partaking in activities that will benefit our wellbeing, such as reading or colouring.

After form time, I had an English lesson in which we continued to read and analyse 'The Murder of Roger Ackroyd' by Agatha Christie. This is the third and final text we are studying this year for our upcoming exams. Year 13 English consists of studying crime as a genre of literature and reading two other set texts: 'Atonement' by Ian McEwan and 'The Rime of the Ancient Mariner' by Coleridge. Our English lessons involve a combination of reading, analysing authorial methods and having class debates about questions related to the text.

Next, I had a media studies lesson in which we continued learning about online media personality 'Zoella' as part of our study of



media in the online age. Before studying Zoella, we had spent lots of time on our coursework which is due in the upcoming weeks. For my coursework, I had to create a magazine front cover, contents page and double page spread as well as a website that included an audio element. This coursework project has helped me consolidate all that I have learnt in Media so far in addition to helping me develop my production skills. We have studied Zoella alongside the online edition of 'Attitude' (a mainstream magazine for

LGBTQ+ people) and have made comparisons between aspects of the two texts, including industry and representation.

After a twenty-minute break, I had my final lesson of the day which was psychology. We are close to finishing the A-level course and are currently learning about the various psychological explanations for gender and schizophrenia. In today's lesson, we learnt about Dr Bem's theory of androgyny and the research that supports her ideas. As part of the course, we have learnt different, often opposing, explanations for aspects of psychology including attachment, memory, forensic psychology and biopsychology. My hour-long lunchbreak was then spent catching up with my friends before I went off to the computing room to help supervise the younger students as part of my prefect role.

After lunch, I had a free afternoon which gave me time to catch up on any assignments I had coming up in addition to starting revision for the summer exams. I then left school at 2:30pm to go home and finish the remainder of my studies for the day!

We're always looking for students to share a day in their life. Are you interested in writing for the school newsletter? Email [Mr Hall](#) for more information.



Evening of Dance returns - 2023

More photographs of our evening are available on our website [here](#).



Newly formed Badminton team takes on Plantsbrook and Bishop Walsh

by Sharleez in Year 7

On the 19th of January 2023, Sharleez in Year 7, Jovita and Megan in Year 8, Haimi in Year

9, Attia and Maahi in Year 10, Hannah and Lineysa in Year 11 all competed in a badminton tournament against Plantsbrook and Bishop Walsh. The games

consisted of full court singles and doubles which were played by KS3 and KS4. Even though it was a tough competition both year groups came out on top winning first place.

Megan participated in the badminton tournament and said "it was a really fun time and everyone played great. Everyone was so supportive of each other it felt like a really good time."

It was a very memorable experience which we hope to do again!



New Year 7 Football team show great determination in schools competition

by Poppy in Year 7

At the very end of the autumn term, the Year 7 football team played a series of matches against three different schools.

Our first match was against Plantsbrook. We played well and fought hard, being very close to scoring but we sadly let a goal slip through, resulting in a 1 - 0 loss.

The second match was against Bishop Walsh and again, despite perseverance and a tremendous effort, we unfortunately couldn't match the opposition's skill leading to a loss of 2 - 0.

In the final match against Arthur Terry, things were getting fierce. Our team played with determination and performed



significantly better than before. However, despite their best efforts, we finished with an overall score of 2 - 0.

Overall, the results sadly didn't match the extreme effort that all the team members (Evaleen, Jocelyn, Esmie, Ashia, Eshar,

Zaynah, Shania, Inuli, Ruby, Yvette, Amelia, Annabelle, Poppy, Preet and Jessica) put into all the games we played but hopefully we can keep that going and with extra practice, we can push hard next time.

You can look forward to our next newsletter at the end of the Spring 2 half term in April.
In the meantime, keep up to date by following us on:

[facebook.com/suttcold](https://www.facebook.com/suttcold) or twitter.com/suttcold



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