

MESSAGE FROM THE HEADTEACHER

This spring term has been wonderfully busy and full of opportunities for our students to shine, learn, and connect with the wider world. We were delighted to welcome author William Hussey on World Book Day, whose energy and passion for storytelling inspired students across the school and reminded us of the joy that reading brings. A group of our Year 9 students also had the fantastic experience of visiting Oxford University, where they explored the historic colleges, met current undergraduates, and began imagining their own futures in higher education. Our Year 11 students, meanwhile, took part in a reflective and enriching visit to Samye Ling Monastery. Their time there offered a valuable chance to step away from the pace of exam preparation, learn about Buddhist culture, and experience mindfulness practices that they can carry with them into the months ahead.

The term was also filled with creative expression and celebration of the arts. Our annual Settlebeck Live concert once again showcased the incredible musical and drama talent within our school community, from confident soloists to enthusiastic ensembles. We were equally proud of our gifted dance students who performed at Brewery Arts, representing Settlebeck with professionalism, passion, and flair. Alongside these achievements, we marked National Careers Week with a wide range of activities designed to broaden students' understanding of the pathways available to them and help them take their next steps with confidence.

We also came together to celebrate Hygge Day, a much-valued opportunity for the whole school to slow down, reconnect, and focus on supporting our mental health and wellbeing. Whether through calming activities, time spent outdoors, or simply sharing moments of kindness, the day reminded us of the importance of looking after ourselves and one another.

Overall, it has been a vibrant, purposeful, and uplifting term - one that reflects the spirit, talent, and togetherness of our Settlebeck community. I am incredibly proud of all our students and grateful to our staff and families for their continued support.

HYGGE DAY - A CELEBRATION OF WELLBEING



Our recent Hygge Day placed wellbeing firmly at the heart of school life, offering students and staff a chance to slow down, reconnect and enjoy simple moments of comfort. Whether it was pebble painting, cosy movie sessions with hot chocolate, quiet reflection spaces or creative crafts, there was truly something for everyone.

The day created a wonderful atmosphere of calm and togetherness, and it was enjoyed by all who took part. A huge thank you goes to Mrs Williams for organising such a thoughtful and restorative event - one that reminded us all of the importance of taking time to look after ourselves and each other.

YEAR 9 STUDNETS VISIT OXFORD UNIVERSITY

A group of our enthusiastic Year 9 students enjoyed an inspiring overnight visit to Oxford University, where they experienced the excitement of university life firsthand.

During their stay, students explored the historic colleges, soaked up the vibrant atmosphere of campus life, and gained a glimpse into the academic opportunities that await them in the future. They also had time to discover the beautiful city of Oxford - wandering its iconic streets, admiring its stunning architecture, and learning more about its rich cultural and academic heritage.

The visit was a fantastic chance for our students to broaden their horizons, build their aspirations, and imagine themselves as future undergraduates. A memorable and motivating experience for all involved!



NEWSLETTER

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WORLD BOOK DAY VISIT - AUTHOR WILLIAM HUSSEY – 5TH MARCH

On 5th March, our school was delighted to welcome acclaimed author William Hussey as part of our World Book Day celebrations. Hussey, best known for his gripping thrillers and thought-provoking stories for young people, brought a wealth of creativity, energy and insight that perfectly complemented our school’s passion for reading. As a community that values curiosity, imagination and the joy of books, it was inspiring to hear from an author whose work has captured the interest of so many of our students.

Hussey delivered two engaging workshops tailored to KS3 and KS4.

For KS3, he explored the fascinating world of Witch Trials, guiding students through the history, fear and superstition that shaped these events. The session blended storytelling with historical insight, helping students understand how real-world beliefs and anxieties can influence fictional narratives.

Our KS4 students took part in a thrilling workshop on Horror Writing, where Hussey unpacked the mechanics of building tension, crafting atmosphere, and creating stories that keep readers truly gripped. He encouraged students to think deeply about what scares us—and why.

Across both sessions, Hussey emphasised the importance of research when writing. Whether diving into historical records or studying human psychology, he explained how strong stories grow from a foundation of understanding. This message resonated powerfully with our students, many of whom left the workshops feeling inspired to develop their own writing further.

It was a fantastic day that strengthened our shared love of reading and storytelling, and we extend our thanks to William Hussey for helping make World Book Day 2026 so memorable.

NATIONAL CAREERS WEEK – INSPIRING FUTURES AT OUR SCHOOL

This year’s National Careers Week began with a fantastic whole-school assembly led by Gen2, who set the tone for an exciting week focused on aspirations, opportunities and the future. Their message encouraged students to think boldly about where their strengths could take them and highlighted the many pathways available to them beyond school.

Throughout the week, every subject area played its part by showcasing real-world careers linked to their discipline. From engineering in maths to digital design in art, forensic science in chemistry to broadcasting in English, students saw how classroom learning connects directly to vibrant, modern professions. These subject-based spotlights helped students realise that every interest has a future - and every skill has value.

Adding to the excitement, our Careers Movie Club has been running each lunchtime, offering students an engaging way to explore different industries and the people who work within them. These sessions have sparked thought-provoking conversations about ambition, resilience and the many routes into success.

National Careers Week is an important reminder that our students thrive when they are exposed to the full range of possibilities ahead of them. By opening their eyes to diverse career paths, we empower them to dream big, make informed choices and build futures that reflect their passions and potential.

It was an inspiring week, and we are proud of how enthusiastically our students have embraced the journey. A big thank you to Mrs Modlin for organising it.



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SETTLEBECK LIVE 2026

Settlebeck Live was yet another unforgettable celebration of creativity, confidence, and musical brilliance - expertly organised by our hardworking Year 11 Music students as part of their coursework. The evening gave students from across the school the chance to step into the spotlight and showcase the incredible talent that thrives within our community.

Our Year 11 performers led the show with real flair. Ned set the tone with a powerful bass guitar performance of Smoke on the Water by Deep Purple, delivering this rock classic with confidence and style. Declan followed with an energetic and skillful drum rendition of Message in a Bottle by The Police, impressing the audience with his precision and stage presence. Isaac then captivated everyone with a heartfelt performance on vocals and keyboard, sharing Corduroy by one of his favourite bands, BoyWithUke, and demonstrating both sensitivity and musical maturity.

The evening continued with outstanding contributions from our KS4 and KS3 bands, whose musicianship, teamwork, and enthusiasm shone through every performance. Their dedication to rehearsals was clear, and each group brought something unique, vibrant, and memorable to the stage.

A stunning highlight of the night was the exceptional dance piece performed by our talented dancers—an emotive and mesmerising work originally showcased at Brewery Arts. Set to the inspiring narration of Sir David Attenborough, the performance held the entire audience in quiet awe and added a beautifully expressive dimension to the event.

We would like to offer a heartfelt thank you to Tom Pattison and Olivia Harrison-Townsend for their vision, guidance, and hard work in putting the show together and supporting our students throughout the process. We are also deeply grateful to The Freda Trott Foundation, whose generous support continues to fund and enrich music education at Settlebeck, ensuring opportunities like this remain possible. And finally, thank you to everyone who attended the event—your encouragement and applause made the evening truly special for all involved.

Settlebeck Live once again captured the creativity, courage, and spirit of our school community—a night to remember and a proud moment for Settlebeck.

SUCCESS IN THE UKMT INTERMEDIATE MATHS CHALLENGE

At the beginning of this term, 40 of our Year 9, 10 and 11 pupils took part in the UK Mathematics Trust (UKMT) Intermediate Mathematical Challenge. This national competition encourages students to stretch their problem-solving skills by tackling a series of challenging and unfamiliar mathematical puzzles.

We are delighted to celebrate the achievements of our pupils, who performed exceptionally well across all year groups. Their results reflect not only strong mathematical understanding, but also perseverance, creativity and confidence when faced with complex problems.

Award Winners

- Eliza (Y9)– Gold Certificate -Best in school and automatic qualification for the next round, the Grey Kangaroo.
- Georgina (Y9)– Silver Certificate
- Reggie (Y11) – Silver Certificate
- Rory (Y10)– Bronze Certificate
- Thomas (Y11)– Bronze Certificate
- Frankie (Y10)– Bronze Certificate

A huge well done to all students who took part. We look forward to seeing how they continue to develop their skills - and we wish Eliza the very best of luck as she progresses to the next round!

NEWSLETTER

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WILD MOTION – DANCE PERFORMANCE AT BREWERY ARTS

Our students recently took to the stage at Brewery Arts with an inspiring performance of 'Wild Motion', a contemporary dance work shaped by the instinctive, diverse, and often surprising movement qualities found across the animal kingdom. Each section explored the unique physicality, rhythm, and energy of a different creature, transforming natural behaviours into expressive, powerful human movement. Set to a captivating David Attenborough soundtrack, the performance beautifully blended creativity, storytelling, and discipline.

A huge thank you to Miss Harrison-Townsend for her vision, dedication, and exceptional work with our students in bringing this dynamic piece to life.

HOUSE EVENTS ROUND-UP - A TERM OF COMPETITION AND COMMUNITY

This term has been an action-packed showcase of teamwork, talent, and friendly rivalry across our four Houses: Tarn, Beck, Dale, and Ghyll. With each event, students demonstrated determination, creativity, and impressive House spirit, making this one of our most vibrant terms yet.

The competition has been fierce as Houses battled it out across a wide range of activities. We launched the term with House Charities, where students worked together to support causes close to their hearts. Our ever-popular House Quiz brought out sharp thinking and teamwork, while House Assemblies gave each House the chance to celebrate achievements and share their identity with the school community.

The arts were well represented in our lively House Music event, showcasing the confidence and creativity of students from every year group. The term then concluded with high-energy sporting contests, as Houses competed in House Netball and House Basketball, both filled with skill, sportsmanship, and plenty of House pride.

This term also featured our amazing whole-school Cross Country, where every student took part - and every result contributed valuable points to the overall House totals, adding even more excitement to the ongoing competition.

Well done to all students for their enthusiasm and commitment - every event has truly shown the strength of our school community.

EVERY LIFE MATTERS

This term, our school has been proud to work in partnership with Every Life Matters to strengthen the mental health support available for our young people and the wider community. Through this collaboration, we have delivered a series of engaging and informative workshops, giving students practical strategies to look after their wellbeing and seek help when they need it.

To ensure families are fully involved, we also hosted both an in-person parents' evening and a virtual parents' evening, offering flexibility and ensuring as many parents and carers as possible could take part. These sessions provided valuable guidance on recognising signs of mental health difficulties and supporting children at home.

We remain committed to promoting positive mental health and building a community where every individual feels valued, supported, and heard.



PSHE UPDATE

YEAR 11

This term, our Y11 students took part in valuable First Aid and Resuscitation training, gaining practical, potentially life-saving skills. They learned the key steps to responding in an emergency and had the opportunity to practise their newly acquired techniques on Resus Annie, building confidence in delivering effective CPR. Students were also taught how to safely and correctly use a defibrillator, an essential skill that can make a vital difference in real-life situations.



A big thank you to Myles Ripley for coming into school and working with our students. His clear guidance, expertise, and encouragement made the sessions engaging, informative, and hugely beneficial.

Also, during form time this term, our Year 11 students have been exploring important themes around gender and identity as part of their PSHE curriculum. These sessions have encouraged thoughtful discussion, self-reflection, and a deeper understanding of how our identities are shaped.



Learning about our own identity - and the identities of others - helps students build empathy, confidence, and respect. It supports them in developing a stronger sense of who they are while appreciating the diverse experiences and perspectives within our school community.

YEAR 9 AND 10 - RELATIONSHIP AND SEX EDUCATION

The Department for Education (DfE) updated its guidance in September 2021, making it statutory for all schools to provide age-appropriate Relationship and Sex Education (RSE).

Working in partnership with parents and carers is more important than ever to ensure that young people receive clear, accurate guidance that helps them make informed and responsible decisions.

This term, students have been learning about building healthy relationships, understanding personal boundaries, and recognising the importance of mutual respect. They have also explored how to make responsible choices, where to seek help or advice, and how to navigate situations that may arise as they grow older. Our aim is to ensure students feel informed, supported, and confident in understanding both themselves and others. We have then explored the different forms of contraception, their advantages and disadvantages, furthermore we have looked at the consequences of unprotected sexual activity to include sexually transmitted infections and pregnancy. We will begin to discuss pornography and the dangers of sharing intimate photographs online.

A campaign worth cringing over!

NHS advice says it's never too early to start talking about sex but many parents and guardians, as well as young people across the UK, can find it both difficult and embarrassing to talk about sex especially if you are unsure about how to approach the subject. Parents influence their kids' attitudes about sex and relationships more than they realise. It's a myth that all teens want to avoid talking to their parents about sex and dating. In fact, many young people want more guidance.

www.letstalkaboutit.nhs.uk
www.brook.org.uk

Sex education is compulsory in secondary schools. Parents can ask to withdraw their child from parts or all of sex education taught as part of relationships and sex education. Parents cannot withdraw their child from sex education taught in science.

PSHE UPDATE

YEAR 7 AND 8

In form time, our **Year 7** students have received helpful guidance on settling into secondary school, including support with building new friendships and adjusting to the routines of school life. They have also explored important topics around staying safe - both on the road and in the wider world.



In form time our **Year 8** have explored the foundations of healthy relationships, discussing how to recognise positive and negative behaviours and how they can affect our wellbeing. This led into learning about the importance of mutual respect and understanding within more personal relationships. Students also received an introduction to the decision-making skills needed as they grow older.



In addition, we have covered themes around gender and sexuality, helping students develop a deeper understanding of themselves and others, and promoting an inclusive and respectful school community.

In PSHE lessons this term, year 7 and 8 students have explored a range of topics linked to emotional wellbeing, including building awareness of mental health, managing emotions, understanding the influence of media and body image, and learning about the challenges some people face, such as eating difficulties and self-harm. These sessions aim to help students recognise signs of concern, know how to seek help, and understand how to support themselves and others.

For further support and reliable information, you can visit:

www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/treatment-support/

We have also explored a range of important personal and social development themes. These include Diversity, helping students understand and appreciate the differences that make our community unique; empathy and resilience, focusing on how we support others and cope with challenges; Identity, encouraging students to reflect on who they are and what shapes them; and Responsibility, highlighting the importance of making positive choices. In addition, we examined prejudice and discrimination, promoting awareness, respect, and fairness in all aspects of school life.

CADAS VISIT: RAISING AWARENESS ABOUT ADDICTION AND VAPING

This term, we were pleased to welcome CADAS (Cumbria Addictions: Advice & Solutions) into school to deliver an insightful whole-school assembly focused on understanding addiction and the impact it can have on individuals, families, and communities. The session helped our students develop a deeper awareness of how addictive behaviours can form and why seeking help early is so important.

Following the assembly, CADAS led a series of targeted workshops exploring the dangers of vaping, including health risks, common misconceptions, and strategies for making informed choices. These interactive sessions encouraged our young people to think critically, ask questions, and reflect on how to keep themselves and others safe.

We are grateful to CADAS for their expertise and for supporting our ongoing commitment to promoting healthy, positive lifestyles for all our students.

