



Dear Parents

A very big thank you to everyone who made Sports Day such a success, especially the Friends who served lunch, sold drinks and uniform and ran the raffle.

I hope everyone enjoyed the day even if your house didn't win!

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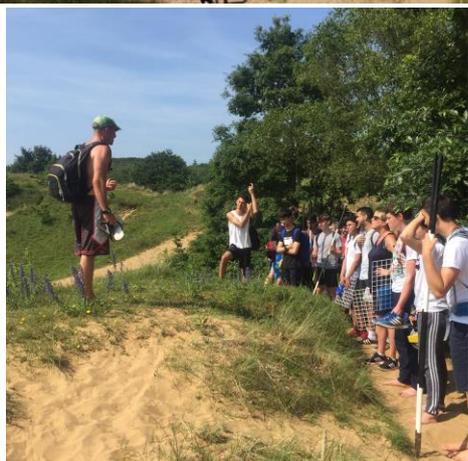
Letters available on the [Parent Portal](#) this week:

Year 12 UCAS Parents' Evening Powerpoint

Year 12 Biology Trip

On Tuesday, the Lower Sixth Biologists took a trip to the Merthyr Mawr Sand Dunes, which are designated a Site of Special Scientific Interest. In blistering sunshine more suited to the Costa del Sol than Wales, 18 students took readings of dune profiles and species diversity. All students were thoroughly warm by the end of the day, but came back with plenty of data for their A-Level Practical files.

Mr A Berry



Treasure Island

A huge thank you to the cast and crew of Treasure Island who have worked so hard this week, in the sweltering heat, to put on such a great show! The photos are fabulous and the acting superb. I am really proud of all of the boys. I will make the photographs available to the boys. If they can bring in a USB stick, come and see me, and they are welcome to have a digital copy of however many they like! Audience members have also thoroughly enjoyed the performances this week, and I've had some great feedback. With its pirate swashbuckling and parrot puppet, it's a great fun family show. If you haven't managed to see it yet, there are still a few tickets left for tonight's performance. Do come along! £5 for concessions, £7 for adults. 7.30pm start, finishing at 9.45pm.

Mrs N Holcombe
Head of Year 8



A – Z of Health and Wellbeing

This week's advice concerns W for Wellbeing and X for X-rated.

Also, as this is expedition season, I have spoken with all those students who are participating in trips and given them advice on ticks. This advice was also attached to the [QEH Matters](#), issue 148 on 31 March.

Health Centre

QEH Touch Rugby Tournament

Sunday 2nd July - 12pm-6pm - Failand

There are now 15 teams entered for the Touch Rugby Tournament, with the most recent addition being a 'Class of 1990' team! Other teams include 'Class of: 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016 and 2017', Staff Team, OE RFC Team and two touring teams. The event is always hugely enjoyable for players and spectators and it is free to attend. Refreshments are served all day too. The deadline for registering a team is Monday 26 June so any last minute entries must be emailed over the weekend to Mr Gent (egent@qehbristol.co.uk).

Mr E Gent

Diamond Merit Certificates

Huge congratulations to the following Year 7 boys on achieving Diamond level:

Timmy Malcolm	James Smith
Isaac Campbell-Wu	Shaun Seavill

Junior Maths Challenge

Over 250,000 pupils across the UK took part in the Junior Maths Challenge and the top 6% are awarded a Gold certificate. Congratulations to the following boys on gaining Gold certificates this year:

Year 7

Edward Neville	Thomas Watson
Louis Bennetto	Callum Evans
Ben Philips	Rakshith Jeevakumar
Ben Van der lande	

Year 8

Alex Wilson	Jason Jiang
Mahmood Ebrahimi	Hugo Holstrom
Edward Hunt	Dorian Tebbenham-Small
Wilbur Hornby	Freddie Purcell
Michael Freye	Theo Akande
Ishan Goyal	Barney Van der lande
Tali Evans	

National Final of UKMT Team Maths Challenge 2017

Congratulations to the QEH team who won their regional heat and qualified for the national finals in London last Monday. They came 31st out of 88 schools in the final and out of 1700 schools overall. The team consisted of:

Ed Hunt	Jason Jiang
Ryan Nitharson	Ben Goree

Mouthguard Fitting

Opro, a dental organisation that specialises in mouthguards will be in school next Friday, 30 June from 12 - 1pm in the Health Centre. If you wish your son to have a dentally fitted mouthguard, then you can pre-order on opro.com and the impression will be taken.

They can do mouthguards for boys who wear braces also.

There are leaflets on the table on the Headmaster's landing with full details.

Boys can just turn up and order on the day, but it makes life easier if it is pre-ordered.

Mr P Joslin
Director of Sport

Sports Team Photos

Sports Team Photos for rugby, football and cricket can be downloaded using the link below:

<http://stephenlewisphotography.dphoto.com/album/fb765r>

The password is QEH-Teams-2017

To download on a PC click on the arrow in the bottom middle of the photo. On iPad/iPhone, click on the arrow in the top right of the photo.

Mr P Joslin
Director of Sport

Sports Results

Cricket v Beechen Cliff School

U15A	won by 8 wickets
U15B	won by 1 run!
U14A	won by 22 runs
U14B	won by 65 runs (Ben Goree- 2 overs 3 wickets for 0 runs)
U13A	lost by 18 runs

U13B	lost by 60 runs
U12A	lost by 5 wickets (Archie Joslin 54 n.o.)
U12B	lost by 1 run!
U12C	lost by 1 run!

Sports Day Results

1 st	Birds	963	2 nd	Hartnells	897
3 rd	Ramseys	812	4 th	Carr	711

The Crispin Shield will be decided by the House cricket!



SUMMER CELEBRATION OF CREATIVE TALENT

There is a special opportunity to end the term on an inspirational note with our Arts Festival: 6pm on Tuesday 4 July.

There'll be a gallery of art exam work on display and QEH musicians, including the staff band, will entertain you on the live stage – as well as a number of short drama performances.

The Friends' will also be selling freshly grilled food, pies and drinks will be available from our open air café and Yard bar. The Pimm's is already on ice! Do join us for what has become a wonderfully memorable evening and discover the eclectic mix of creativity here at QEH.

Tickets priced at £3 each can be purchased on ParentPay now

Save the Date - Old Boys' Annual Dinner

Saturday 11 November, 7.30pm

After last year's record attendance, the 119th dinner promises well. We are told that ours is the best attended Old Boys' Society dinner in Bristol.

To give the dinner a more relaxed atmosphere this year, we're going to change the format and make it less formal. It will be a buffet style dinner and the dress code will be lounge suits.

The Annual Dinner is a great opportunity to meet old school friends from years ago. If you'd like to put together a reunion table we can probably help you find the people from your year. It is usually a sell-out, so a prompt decision is advised. Clive Dash (QEHOBS) is also hoping to arrange accommodation in a hotel in Bristol on the Saturday night at a reduced rate, so please get in touch if you require accommodation.

Ticket prices will be announced soon.

Tea & Tour

On the same Saturday at 3:00pm, Steve Ryan (former Deputy Headmaster) will be at the front door to welcome any Old Elizabethans and their families for a brief tour of School followed by a cup of tea! This is always a popular and fun event.

There is no need to register but if you do plan to bring a large group it would help if you emailed Fiona Ledger at fledger@qehbristol.co.uk to make sure there is enough tea and cake available.

Ms F Ledger
Events and Alumni Coordinator



W is for wellbeing

The definition in the dictionary for wellbeing is
“The state of being comfortable, healthy, or happy.”

Mental wellbeing which looks at how you are feeling and how well you are coping with day to day life. Our mental wellbeing is ever changing and can alter from moment to moment, day to day, month to month and so on.

The Mental Health Charity MIND states that by having good mental wellbeing means that we are more able to:

- Have greater self-confidence and have positive self-esteem
- Be able to feel and express emotions more easily
- develop good relationships with others
- live and work productively
- the resilience to cope with the stresses of daily life as well as times of change and uncertainty
- feel engaged with the world around you

The NHS website suggests that the following five steps can help to boost our mental wellbeing and that by investing in these actions we may feel happier, more positive and getting more out of life.

- **Connect** – connect with those people who surround you: friends, family, neighbours, teachers, work colleagues.
- **Be active** – This can come in any form whether it is through visiting the gym, running, cycling, playing team sports, or just walking the dog. The point is to find an activity you enjoy and make it part of your life.
- **Keep learning** – learning is not confined to the classroom. We can all learn new skills such as learning to play a musical instrument, art, learning a new language or improving your cooking skills. The point is that by embracing new skills can give you a sense of achievement and therefore increase our confidence.
- **Give to others** – Obviously we all feel better if we donate money or our time to charitable causes but even smaller acts can count. Just think about how much happier we feel if someone smiles at us, compliments us or indeed just thanks us. Treat people as you wish to be treated...a smile is very contagious!
- **Be mindful** – There is so much about mindfulness around lately. Basically it is embracing the present moment, being more aware of your thoughts and feelings, your body and the world around you. There are many courses available on mindfulness which aims to help with our coping strategies. Next year all pupils in years 7-10 will be introduced to mindfulness during their enrichment afternoons. The hope is that it will help them cope with everyday life as well as situations such as exams and school work. In the meantime there are a few mindfulness apps that you may find useful such as Headspace and Smiling Minds (specifically created for children and young people)

You may find the following sites useful

<https://mind.org.uk/information-support/tips-for-everyday-living/wellbeing/>

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx>

X is for X Rated

The internet is a glorious thing. However, there are times when the internet can be of concern. As well as using their computers to help aid their academic studies, play games, communicate with friends, more and more children are using the internet to access porn.

A study undertaken by Middlesex University found about 53% of 11-16 year olds have seen explicit material online with nearly 94% before the age of 14. So while some teenagers stumble on to these images accidentally there are those who are seeking out these websites.

One of the concerns is that youngsters are becoming desensitised to Porn and they are seeing unrealistic depictions of Sex. In fact the study went on to show that more than three quarters of teenagers surveyed felt they didn't truly

understand the meaning of consent due to pornography. This is frightening! These sites are misleading youngsters about the reality and responsibility regarding sex, blurring boundaries and giving unrealistic interpretations of relationships.

There is no doubt that pornography can also affect one's body image. Male and females now feel they are inadequate physically because they don't match up to the images they are bombarded with. They feel pressured into being sexually active before they are ready and some are feeling pushed into acts/behaviour that they are uncomfortable with but feel pressure if they refuse. More youngsters are sending inappropriate images online because they are being coerced into it and not really understanding how vulnerable they become. Unfortunately Porn is giving power to some and taking power away from others.

As a result we need to ensure we keep children safe online. At school we regularly discuss online safety and over the years we have invited Brook Advisory Centre to come and discuss pornography and the realities of sex and relationships with those in year 9 and above.

So what can we do? Well we need to offer a safe place for our children to discuss all issues relating to sex and relationships whether this is at school or within the home environment. Like with many topics such as smoking, alcohol and drugs we need not to ignore what is available to our children in the hope it goes away but we must be equipped with knowledge and allow them to discuss such topics without feeling they are being wrongly judged.

Research has shown that kids are mainly shocked and appalled by what they have seen but don't know how to deal with these feelings or make sense of it all. By having open and frank conversations at home and in school may help them understand the realities of sex and empower them in their choices and ability to say no.

An obvious thing is to ensure you have adequate filters on your internet at home but with smartphones this is difficult as sites can be accessed away from the home and school. My suggestion would be to speak to your phone provider and discuss what safeguarding is available.

So talk to your children about Pornography, ask them if they have ever encountered it whether accidentally or on purpose. Discuss reality TV programmes, adverts and music that often can be seen as pornographic and misleading, then teach them what is appropriate and acceptable and how they can protect themselves now and in the future after all the internet is not going away!

The following websites may be of use:

<https://www.brook.org.uk/>

<https://www.thinkuknow.co.uk/parents/>

<https://www.4ypbristol.co.uk/about-4yp/>

**Become a Host Family for International Students in
Bristol!**



Would you like to add between £7,000 to your annual income and experience new cultures?

We are looking for friendly homeowners who would be interested in looking after International students attending QEH from September 2017.

Our students need a room with space for clothing and a desk for study. During weekdays when they are at school breakfast and an evening meal will be required; at weekends and during the half term break three meals a day will need to be provided. Students will generally return home for the Christmas, Easter and summer holidays.

Please contact guardian@gabbitas.com or 02077340161 and ask for Barbara Hurrell or Danielle Flood if you would like to find out more. We look forward to welcoming you as a Gabbitas Family!

Our Past ... Your Future