

YORK HIGH HEADLINES

WEEK 39 – 17TH JULY 2026

Dear Parents, Carers and Students,

As we reach the final days of the academic year and prepare to break up this week for the summer holidays, I want to take a moment to reflect on what has been a truly remarkable year.

A definitive highlight of these final weeks was our wonderful Year 9 Graduation evening that took place this week. This special event marked our students' official transition from Key Stage 3 to Key Stage 4. It was an absolute joy to see our students looking so proud, dressed in traditional caps, gowns, and stoles. The evening was a beautiful celebration of their hard work, resilience, and personal growth over the last three years. As they step up into Key Stage 4 and begin their GCSE journeys, we have every confidence that they will continue to achieve great things.

An incredibly successful year like this doesn't happen by chance. I want to extend my deepest gratitude to all of our stakeholders who make the York High School community so special:

- To our wonderful students: Thank you for your hard work, your enthusiasm, and for bringing life and energy into our corridors every day.
- To our dedicated staff: Thank you for going above and beyond to support, inspire, and guide our young people.
- To our parents and carers: Thank you for your unwavering partnership, trust, and support from home.
- To our governors and community partners: Thank you for your continued dedication to making our school the best it can possibly be.

We hope that the upcoming break brings you all time to relax, recharge, and spend quality time with family and friends. Thank you all again for making this school year so incredibly special. Have a safe, happy, and wonderful summer break!

Warmly,

Gravin Kumar

WORD OF THE WEEK

We would like to thank all parents/guardians and carers who have supported our work with reading, literacy and vocabulary this academic year. Next year will see the return and improvement of Word of the Week. Pupils will be strongly rewarded when we see that excellent vocabulary in their work. Equally, excellence everyday will continue. This is a wonderful opportunity for pupils to show off their beautiful exercise books, independent writing and strong levels of SPAG.

Finally, we have a summer reading challenge for all Year 7 pupils who would like to take part. We have been reading the excellent novel 'The Bone Sparrow' by Zana Fraillon. Any Year 7 who wishes to borrow the book for the holidays just needs to see Mrs Young or Mr Kiernan. Again, rewards will be given for returns and reports in September.

We wish you a lovely holiday and please encourage reading and good literacy where possible!

AWARDS EVENING

The highlight of Awards evening as Ryan Read in Year 10 received the Trooper Ashley Smith Trophy from Mr Kumar.

Ryan was acknowledged for his outstanding contribution to sport in school and the wider community.

The whole evening was a fantastic celebration as the school community gathered to celebrate the fantastic progress and achievements of our Key Stage 3 & Key Stage 4 pupils from across the curriculum and enrichment activities.

DATES FOR YOUR DIARY

Friday 17th July
Last Day of Summer Term

Monday 20th July
Training Day



INCREDIBLE EVENING FOR OUR YORK HIGH SCHOOL PUPILS!

We were immensely proud to have the honour of presenting the flag before last night's York Knights vs Hull FC match. It was an unforgettable experience, and what a result—York Knights secured a third consecutive Super League victory!

Our pupils loved every minute, soaking up the electric atmosphere and the fantastic community spirit. Thank you to York Knights for giving our students such a memorable opportunity. We couldn't be prouder of our pupils for representing the school so brilliantly!



YEAR 9 GRADUATION

A huge congratulations to our Year 9 graduates; we couldn't be prouder of this excellent cohort as they take their next steps, continuing to champion our values of resilience, aspiration, and success in everything they do.



CURRENT APPRENTICESHIP OPPORTUNITIES



Vacancy	Link to apply	Reference	Employer	Location	Vacancy Overview	Closing date
Business Admin Apprentice level 3	Apprentice Office Administrator	VAC2000041804	Eborcraft Ltd	Dunnington	The role involves the delivery of an efficient and organised reception and administration function. The individual will play a key role in dealing with incoming and outgoing contact with customer and supplier contact with the business whilst supplying administrative support to key functions within the operation.	31/08/2026
Engineering Apprentice level 4	Electronics Service Engineer Apprentice	VAC2000041585	Envevo Ltd	Knaresborough	We are looking for a dedicated Electronics Service Engineer to join our team in Knaresborough working within our purpose-built on-site laboratory. You will be part of a cutting-edge electronics engineering company that operates in a privileged niche market sector.	02/08/2026
Bricklayer Apprentice level 2	N/A apply via email - see vacancy overview for details	N/A	Fourth Wall Projects Ltd	Various - Tadcaster area	Please email your CV to Stuart Griffin stuartgriffin@fourthwallprojects.uk or Charlie Mugridge charliemugridge@fourthwallprojects.uk You need a minimum of 3 GCSEs at grade 3, including Maths and English. It's desirable for you to have some bricklaying experience and transport to our various work sites.	22/08/2026
Business Admin Apprentice level 3	Operational Support Apprentice	VAC2000040342	Benenden Health	York	A great opportunity to join an award-winning, dynamic local company to support the Operations Department in a variety of day-to-day administrative duties. You will work in a friendly, supportive team while gaining a recognised qualification.	27/07/2026
Site Carpentry Apprentice level 2	Apprentice Site Joiner	VAC2000039157	Britcab Ltd	Tholthorpe	The apprentice joiner position is with a family-run portable cabin construction company. We build new cabins, refurbish old ones, and also refurbish modular buildings. You will work in each of the different areas of the business, working with both Young and experienced Painters and other trades.	01/08/2026
Painter & Decorator Apprentice level 2	Apprentice Painter and Decorator	VAC2000039182	Britcab Ltd	Tholthorpe	The apprentice painter position is with a family-run portable cabin construction company. We build new cabins, refurbish old ones, and also refurbish modular buildings. You will work in each of the different areas of the business, working with both Young and experienced Painters and other trades.	01/08/2026
Wellbeing and Holistic Therapy Apprentice level 3	N/A apply via email - see vacancy overview for details	N/A	Aldwark Manor	Aldwark	Please email your CV to Daniel Core daniel.core@aldwarkmanorestates.co.uk You need a minimum of 4 GCSEs at grade 4, including Maths and English, plus a level 2 Beauty Apprenticeship or equivalent qualification	31/07/2026
Business Admin Apprentice level 3	Careers The Recharge Hub	N/A	The Recharge Hub	York	The Apprentice Hub Operations Coordinator will support the day-to-day running of The Recharge Hub and TEAM HQ, helping deliver an exceptional experience for members and visitors while developing valuable business, operational, and customer service skills.	31/07/2026
Early Years Apprentice level 3	N/A apply via email - see vacancy overview for details	N/A	Melbourne Primary School	Melbourne YO42	Please email your CV to Jess Dunham jdunham@mcps.org.uk You need a minimum of 5 GCSEs at grade 4, including Maths and English.	31/07/2026
Marketing Apprentice level 3	N/A apply via email - see vacancy overview for details	N/A	York City Football Club	York	Please email your CV to Adam Crowle adam.crowle@yorkcityfootballclub.co.uk You need a minimum of 5 GCSEs at grade 4, including Maths and English.	19/07/2026
Business Admin Apprentice level 3	N/A apply via email - see vacancy overview for details	N/A	York City Football Club	York	Please email your CV to Adam Crowle adam.crowle@yorkcityfootballclub.co.uk You need a minimum of 5 GCSEs at grade 4, including Maths and English.	19/07/2026
Early Years Apprentice level 3	N/A apply via email - see vacancy overview for details	N/A	Twinkle Twinkle Day Nursery	Easingwold	Please email your CV to Claire Elsworth twinkle@twinkledaynursery@hotmail.co.uk You need a minimum of 5 GCSEs at grade 4, including Maths and English.	01/08/2026
Painter & Decorator Apprentice level 2	N/A apply via email - see vacancy overview for details	N/A	Calibre Property Services Ltd	Dunnington	Please email your CV to Jason Stockhill info@calibre-ltd.co.uk You need a minimum of 3 GCSEs at grade 3, including Maths and English. Some experience preferred but not essential.	01/08/2026
Chef Apprentice level 2	N/A apply via email - see vacancy overview for details	N/A	SoJo Bistro	York	Please email your CV to Sophie Armstrong sjsojbistro@outlook.com You need a minimum of 3 GCSEs at grade 3, including Maths and English	01/08/2026

Before you apply we advise you to read our guidance overleaf on how to write a strong application to ensure the best chance of success.

OUR TIPS FOR SECURING AN APPRENTICESHIP



RESEARCH AND PREPARE

- Use these resources to find out about apprenticeships, how the training is structured and what to expect. There's lots of useful information, so take the time to read through:
www.apprenticeships.gov.uk
www.amazingapprenticeships.com
wwwucas.com/apprenticeships
www.yorkcollege.ac.uk/apprenticeships
- Understand the apprenticeship application process - it might be online, by email or phone call. It's important to start your search and applications early.
- Visit jobs fairs and careers events and speak with employers.
- Think about the skills you have and the skills employers want, such as communication, teamwork, reliability, adaptability, IT skills, technical or industry-specific skills.
- Look for some work experience in your chosen area. Even if it's only for a few days, it will give you something to talk to employers about at interview.
- Keep your CV up-to-date with exam results, volunteering, jobs and work experience.

APPLYING

- Read the job description carefully to be sure the role is a good fit for you. This includes checking the entry requirements and skills the employer is looking for.
- Check you can travel to the workplace before you apply.
- Research the company, so you can demonstrate a genuine interest in working for them.
- Give examples of your skills, strengths and experiences and link them to the job description.
- Sell yourself! Your application needs to stand out and impress the employer, so show your genuine interest in the company and the job role.
- It may be tempting, but don't use AI to do your applications for you - employers can always tell!
- Check your application carefully for errors, and to ensure you've included everything (all your qualifications/predicted grades). It's a good idea to ask someone to check it for you before you press 'send'.
- If possible, use a laptop or tablet rather than a phone for job applications, so you can easily see how your application looks.

WHERE TO FIND VACANCIES



Sign up to York College's mailing list by emailing apprenticeships@yorkcollege.ac.uk



www.findapprenticeship.service.gov.uk to search, view and apply for apprenticeship job roles



Employer websites



Social media



Approach employers directly by emailing your CV, by phoning or by visiting in person



Job sites such as **Indeed** and **GetMyFirstJob**



AFTER APPLYING

- Check your emails and your voicemail **frequently** for messages from employers - they may be inviting you to an interview and it's important that you respond without delay.
- Prepare for interviews - there is lots of guidance online. Here's a good place to start [www.apprenticeships.gov.uk/apprentices/interview process](http://www.apprenticeships.gov.uk/apprentices/interview-process).

A NOTE FOR PARENTS/CARERS

Employers tell us they want contact and applications to come directly from the person seeking the apprenticeship, so resist the temptation to apply on their behalf!

York College Apprenticeship Team
Email us apprenticeships@yorkcollege.ac.uk
Phone us **01904 770368**
www.yorkcollege.ac.uk



2026 – Summer

Newsletter

Welcome to Wellbeing at Home

As part of our commitment to supporting the wellbeing of our whole school community, this newsletter offers practical ideas and information to support family wellbeing. We know parenting can be rewarding, challenging, joyful and exhausting – often all in the same day. There is no such thing as a perfect parent, and every family faces challenges. Each term we will explore a different wellbeing topic, sharing evidence-informed strategies that can support both parent and child wellbeing. Our aim is to provide practical ideas that can be adapted to suit your family and circumstances. **Thank you for being part of that journey with us.**

What Children Learn from Us

Children learn far more from what we do than what we say. They watch how we manage stress, cope with setbacks, speak to ourselves, and treat others. When they see us taking care of our wellbeing, showing kindness to ourselves and asking for support when needed, they learn these skills too.

We don't need to be perfect role models. In fact, seeing adults make mistakes, repair relationships and keep trying can be the most powerful lessons of all.

A Break from Routine

As families prepare for the summer holidays and a break from the usual school routine, we acknowledge that this will look different for everyone. Some will welcome the break whereas others may feel uncomfortable with the change in routine. Every family's experience is different, and the summer holidays can be a time of enjoyment and adjustment. Whatever your plans, we hope the weeks ahead provide opportunities for rest, connection, and making special memories together.

Self-Care Matters

It is often easy to overlook our own needs as caregivers. Parenting brings many competing demands, and the constant hamster wheel of life can lead us to burnout. Taking time to tend to our own physical, mental, emotional and spiritual health plays an important role in enhancing our overall wellness and resilience. Self-care will be different for everyone, what matters is that it is enjoyable to you, helps you switch off and regulate after the difficult days. What self-care helps you?

Five Ways to Wellbeing

Evidence suggests there are 5 ways in which we can improve your mental health and wellbeing. Trying these things could help us feel more positive. Try to make links with things that you really enjoy or what really matters to you.

Connect - Connecting means building positive relationships with other people.

Be Active - Being active means moving our bodies.

Take Notice - Taking notice means paying attention to the world around us and appreciating the present moment, recognising how we feel, or being grateful for the good things in our lives.

Keep Learning - Keeping learning means trying new things and developing skills.

Give - Giving means showing kindness and helping others.



We teach the 5 Ways to Wellbeing in your child's school – why not sit down with them and brainstorm some ideas

Wellbeing Wins

We also teach the following techniques in your child's school so they may already be familiar with them. Grounding / breathing techniques and self-care can help us to regulate and 'switch off' after emotionally charged days. They are best practiced when we feel ok so that we are ready to use them when we really need them.

Grounding Techniques

Shifting our focus using our five senses works to calm the nervous system and reduces physical symptoms. These techniques work by controlling our breathing and override the brain's anxious thoughts. These exercises help our brain slow down, relax our body and bring our mind back to the present moment.

Describe Choose an item in the room and describe everything about it: colour, texture, size, shape 	Room Search Think of your favourite colour and see how many things in the room you can find of that colour. You could also do this with shapes, textures or items 	5 4 3 2 1 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste 
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Breathing Techniques

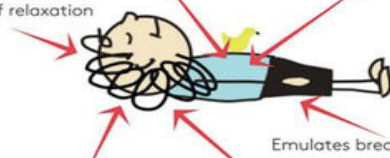
Breathing techniques can be used to reduce the physical symptoms of anxiety and help us to feel calmer and more focused. The best time to practice them is when you are feeling ok, then you will feel ready to use them when you need.

Progressive Muscle Relaxation

Sometimes we don't notice how tense we are or how much it is affecting us. Focusing on one muscle group at a time, tensing it for about 5 seconds before fully releasing it helps us to experience the contrast between tension and relaxation. It can help us to identify the places in our body where we carry tension the most.

Check out our Instagram @wellbeinginmind.mhst for lots more resources to support your wellbeing at home.

Belly breathing



Automatically slows the heart rate, helping to relax & calm

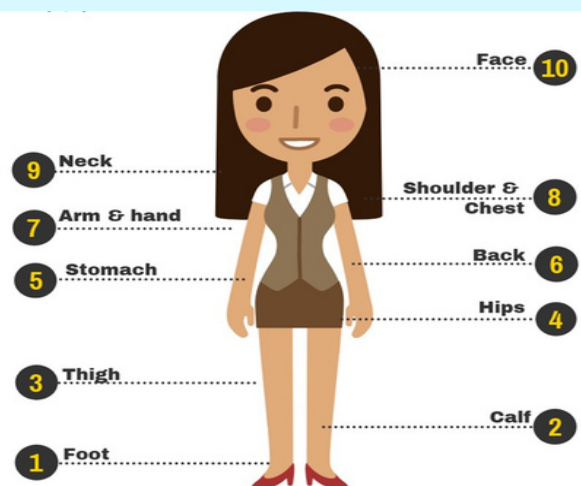
The most efficient and relaxed way of getting enough air into your lungs.

Supports the life skill of relaxation

Emulates breathing during the regenerating processes (sleep, digesting food or resting)

Can boost energy levels with a few minutes of relaxation throughout the day

Increased awareness of the breath & its effect on the body



We wish all our families a safe, enjoyable, and restful summer break and look forward to seeing you in September.

HAVE A GREAT SUMMER!



RESILIENCE

ASPIRATION

SUCCESS