

Simon Field reporting...



## Amazing Athletics!

Our Year 9 boys returned to Lee Valley Athletics Centre in December for the third successive week. After qualifying through Round 1 and the Semi-Finals it was time to compete in the final of the indoor athletics championships. The indoor arena is a purpose-built facility where top international athletes train and compete. It was a great experience for the boys to have the opportunity to compete here.

The final started with Nathan (9GPr) being pipped on the line in the 60m hurdles in a time of 9.30 seconds. Tom (9LAs) quickly followed with another second place in the 60m with a personal best of 8.04 seconds. Piers (9ENi) set a new personal best in the 800m with a time of 2 minutes 24 seconds. Will (9CKe) ran a fantastic 200m in a time of 26.75 seconds against tough opposition. Finlay (9LAs) soon followed with a well-deserved second place in the 300m in a time of 40.66. In the field events Nathan (9GPr) won the long jump. Sean (9AHu) finished off the field events with a super throw in the shot.

The evening finished with the 4 x 200m relay. Edward (9AWe) joined the ranks and the district champion and record holder from the summer stormed home in a new personal best and a total time of 1 minute 45 seconds. Baton changeovers were smooth and slick allowing the boys to finish second in a tight-fought race. The boys finished in a well-deserved third place. With over 400 schools competing over the four rounds this is a great achievement and I look forward to the summer and witnessing the boys competing outside.

### Headlines by Andy Hodgkinson

**EASTER REVISION/AFTER SCHOOL WORKSHOPS**  
As parents/carers of Year 11 will know from the recent Parents' Evening, a comprehensive programme of workshops is now available for pupils, from 3pm to 4pm daily, and, hopefully, these will be well attended. In addition, we will, once again, have our Easter and May half-term Revision Schools, which will, hopefully, benefit pupils not just in Year 11, but also in Year 12 and 13. Watch this space!

**UNWELCOME VISITORS**  
As you may have seen in the press, late one night last week we unfortunately had three people break into the school site and cause some minor damage. Police have now arrested the culprits and all

the damage was repaired thanks to our superb Premises Team. The school was able to open as normal the next day.

**SERVING THE COMMUNITY**  
As Headteacher, I feel incredibly proud of what so many of our pupils do out and about in the community. Most recently, students in Year 12 and 13 represented the school at the Remembrance Day Commemoration, and also at the Holocaust Memorial Service last week. However, I know that many of our pupils are also involved in so many other events, many of which we may not get to hear about or celebrate. To this end, if there is anything that your son or daughter does, out of school, which you think we should celebrate, especially given the current doom and gloom in the media, please do let the school know, as there are so many good news stories out there just waiting to be reported! Thank you.

## DUTY PUPILS

*Thank you for all your help:*

- Elliot, Isaac, Aaron, Connor, Zoe & Scott (8SMY)
- Kian & Evan (8EPo)
- Cody & Alfie (8NGa)

*Pupil Services*

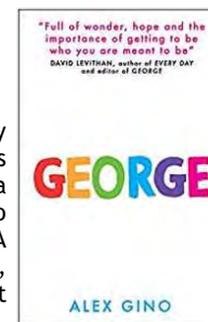
### IMPORTANT NOTICE

We have been advised by Essex County Council that due to illness the school crossing person will not be on duty for the foreseeable future. Please ensure your children are fully advised and reminded about how to stay safe when crossing the road.

Thank you.

## Book of the Week

**GEORGE**  
by Alex Gino



### BE WHO YOU ARE

When people look at George, they think they see a boy. George knows she's not a boy. She knows she's a girl and she thinks she will have to keep this a secret forever. A remarkable book full of love, wonder, identity and hope - a must read!

FEBRUARY IS NATIONAL LGBT HISTORY MONTH  
Come and "READ THE RAINBOW" in the Library!  
There is a wide choice of both fiction and non-fiction books.



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## Design & Technology

We are now half way through the first year of the new GCSE D&T. Thirty nine pupils have opted for the new subject and after the first year of studying common topics of environmental issues and technical principles, each pupil will complete a major project using textiles, woods, plastic or papers and boards in Year 11.

*"The course is interesting and I am enjoying having the chance to study a diverse set of topics within D&T."* Samah & Jessica (10HSt)

*"I am finding the course fun and interesting and it helps me to learn different areas of the subject I didn't expect to be interested in."* Thomas (10SWd)

*"I think there might be light at the end of the tunnel."* Jacob (10MJo)

Earlier in the year the A level Product Design students went for a visit to the Design Museum in Kensington High Street. The aim of the visit was to give students an insight into how technology has influenced designers and the products they have developed over the course of the modern era.



"Some of the items displayed have showed me the complexity and innovative thinking that have gone into products one uses on a daily basis. The evolution of design and function has evolved at a pace we could have only dreamt of. Some iconic and ground-breaking products such as the first generation Apple iPhone is evidence of immense influences that have shaped the world of technology." Giancarlo (12ZDe)

## Applying Science in the Food Classroom

Year 11 GCSE Food Preparation and Nutrition pupils have just successfully completed their Food Science investigations as part of the new NEA 1 (Non-Examined Assessment). They really rose to the challenge and confidently applied the concept of 'fair testing' as they planned, executed and analysed a set of practical experiments aimed at reducing the sugar content of cakes. This mirrors the current focus in food companies across the country as attempts are made to improve our diets. The pupils were proud of their achievements and one commented...

*"The NEA has helped me to be confident when using technical terms in my written work which will be very useful when I answer the written paper."*

Tilly-Elise, Yr 11



Year 9 pupils are enjoying making their own creative and healthy versions of recipes with an emphasis upon being independent and achieving a quality finish!

*Year 10 pupils are enjoying the GCSE Food Preparation and Nutrition course...*

*"I have developed confidence when making savoury products, for example, I made my own pasta last week."* Jack, Year 10

*"My organisation skills have really improved in order to get myself ready for practical activities."* Emilia, Year 10

*"I am pleased that I have become better at clearly putting my thoughts onto paper in more detail."*

Harrison, Year 10

*"In Food, I enjoy having regular opportunities to learn and practise new practical skills."* Mia, Year 10

## Year 7 pupils pictured using sewing machines in Textiles for the first time



*"I think using the sewing machine is really fun because I've never used one before."* Jayden (7MSi)

*"I really enjoyed Textiles; it was lots of fun and a new subject I have studied. I look forward to doing it again."* Bethany (7CFr)

*"I really enjoy Textiles. Before Christmas I had never been near a sewing machine. Now I am building confidence every lesson."* Charlotte (7CCa)