THE DUCHESS'S COMMUNITY HIGH SCHOOL, ALNWICK NEWSLETE **AUTUMN 2018**

HEADTEACHER'S REPORT

Welcome to our Autumn Newsletter. So much to update everyone on! Our newsletter gets longer and longer in order to showcase all the wonderful things that have been going on at our school over the last few months.



This year already feels more positive than the previous year in terms of atmosphere and positivity. With our building now complete we are able to structure our work so much better. Students and colleagues are building good relationships and as we discover more about our younger students we are able to create learning opportunities that are more appropriate in terms of challenge and support. Our Year 7 in particular, our first cohort from our new Primary Schools, have settled in excellently and are already being talked about as a super year group. Not that I am saying we are the finished article. When you have been through so much change as our school community has been through we still have work to do. Good structures are now in place, however we now want to concentrate

more on the needs of specific children who need that extra level of support and intervention in terms of ability, behaviour, resilience or aspiration. I especially have some concerns about small groups of boys in how they relate to their learning, each other and adults in school. This is nothing new and is a concern in every school across the country. However when one combines this with the specifics that make up our local community where we sometimes have issues around insularness. aspiration and self-belief there is a definite increase in the issues that some boys present.

Having talked to Primary School Headteacher colleagues, the same problems begin to appear earlier than I first thought. Issues of losing interest in reading, too much access to the virtual world, lack of real understanding about

Safeguarding & Child Protection Policy & Guidance

Our policy, following the annual review, is now posted on our website.

Our Senior Designated Person for Child Protection is:

Mr Alan Rogers (Deputy Head)

what makes up a 'good man' all play a part in the issues we are now exploring jointly with our Primary Schools.

For those parents who have older children in the school you will receive this Newsletter in the middle of their mock exams. We are doing everything we can to 'push' all our students to achieve the best results they can in these exams and to test themselves. Your help in this is always much appreciated. I am excited by the potential outcomes for our Year 11 and 13 cohorts as most students are engaged and keen to do well. Quickly next term we will be working on Year 9 Options into Year 10 and continue to support our Year 11 and 13 in making the correct choices for the next step in their journey.

This Newsletter is full of exciting news about what many of our students are doing. If there are areas of extracurricular which you feel we can develop further please let us know.

condition, change to a condition or medication

for your child.

We are conscious that last year we did not have sufficient 'out of school' experiences for our younger students. We are working hard to rectify this. We are also always interested to hear of any parent or friend of the school who would be willing to support us in offering the extras that are so important to our students.

Finally we are looking carefully at how to better use and improve the exterior of our school in terms of outdoor teaching space, play space and planting. Again, if you have any ideas as to how we can develop (with limited monies) these areas please let us know.

Wishing everyone a very Happy Christmas.

Maurice Hall Headteacher

Tell us about medical needs and medication!

We keep records in school of information supplied to us by parents/
carers to enable us to support students with medical conditions.

Details of the full policy, Supporting Pupils with
Medical Conditions, is on our website as well as
copies of forms to complete should your child
need medication while at school. Please read the
information and complete the relevant forms if
your child has a condition we should be aware of.

It is your responsibility to inform us of any

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CLIMBING!



selected for the GB National **Development Squad** for climbing. He attended the squad selection event on 17th November, Just qualifying to get there was a huge achievement and there were only 8 boys from his age group competing for 6 places on the squad - Fred was by far the smallest! Often being small has been a disadvantage for Fred but he was determined not to let it stand in his way this time. The boys had to climb in three disciplines with lead (roped) climbing up first. Fred did brilliantly finishing joint second after two very hard climbs (watch his first climb here https://tinyurl.com/fredGB). Speed climbing was next and Fred came 7th - this is not Fred's best discipline! Then it was onto the boulders for the afternoon. Fred was tired but he worked hard and managed a very respectable 4th. With lead and bouldering carrying the most points, this put Fred in 4th place overall and earned him a very well deserved place on the GB Development Squad 2019. This

means that next year he will be

training with other GB climbers

a GB vest when he competes

at competitions in the UK and

Europe.

of all ages and he will be wearing

Fred Williams (Y7) has been



PSHE Teenage Cancer Trust Visit

On 8th November we were lucky enough to have **Rachel Wilkinson** from the **Teenage Cancer Trust** in school presenting to our Year 9, 10 and 11 students. The purpose of the visit was to introduces cancer to our students in a sensitive way and build on existing knowledge. This was done through:

- Explaining what cancer is, who it can affect and the main warning signs.
- Outlining the main types of treatment.
 The more we understand the better equipped we are for coping when it does happen to someone we know.
- Discussing the wider impact of cancer, not just for the person going through it but their family and friends. Often this is where students have experienced cancer.
- Encouraging students to become the expert of their own body through understanding how healthy lifestyle choices can reduce their risk of cancer later on in life and encouraging them to feel confident in speaking to health professionals.

After the presentation, feedback from both staff and students was excellent. We look forward to welcoming Rachel back next year to deliver a session to our current year 8 students.

General Data Protection Regulation (GDPR)

The GDPR replaces the Data Protection Act of 1998 and is designed to strengthen the safety and security of all data held within an organisation, and make sure processing and storage procedures are consistent.

Our school has worked hard to ensure compliance with the new regulation and that personal data is collected, stored and disposed of in accordance with the law.

Our Privacy Notices have been updated to include required new information and have been written in a clear, concise and easy to understand manner.

One of the biggest changes has been in terms of consent; consent must be a 'positive indication', which means that it has to be opted into, clear and unambiguous.

Any consent given under the Data Protection Act 1998 will be reviewed and reobtained if necessary. This means the school may have to ask for you to consent to things again. There are some items of data and its processing that are legally required but again that is explained in our Privacy Notices. Any request to reobtain consent is likely to be in time for the start of the new curriculum year.

The link to our GDPR web pages and updated Privacy Notices is available via the home page of our website



www.dchs-alnwick.org

Finally, schools are required to appoint a Data Protection Officer (DPO) – and our interim DPO is James Clark who can be contacted via gdpr@dchs-alnwick.uk DCHS NEWSLETTER • SUMMER 2018 DCHS NEWSLETTER • SUMMER 2018

MUSIC department



Firstly we began the year by welcoming Ms Lynn Ion to the music department, and congratulating Mr Ridley in becoming Acting Head of Music. Years 7 and 8 for a second year are overflowing with students who wish to take instrumental lessons with our wonderful peripatetic staff. It is fantastic to see so many young people who wish to take the challenge of learning an instrument

or developing their singing voice, and then coming to join in our various ensembles in school.

It was no rest for us as we had our first outing as a department to go and perform at the **Duchess Of Northumberland's Garden Party** and special guest **Prince Charles**. From here, in quick succession, the Big Band and Ceilidh Band had two huge nights. Ceilidh Band doing their first dance Ceilidh in a



long time and accompanying the Bailiffgate Singers, and Big Band hosting a 1940's big band night. Both huge steps for the groups and opening doors for us in the future.

A brief rest for us during half term, but on our return we had our annual Autumn Concert which showcased the huge array of talent we have here at DCHS. An enormously successful evening, with some stunning performances by George Moloney, Charlotte Smith, Greg Brewis / Ben Carter / Stewart Oxley, and Ailsa Batley to name a few!

Looking forward we have lots of events coming up to keep the music department busier than ever. Rotary Young Musician of the Year, The Rotary Dinner, Christmas Markets, the Annual Carol concert are just some of the events soon to involve students from various ensembles.

Perhaps the biggest news we have

is the fundraiser we are hosting for the Alnwick Playhouse - Ebony Scroogette and her Amazing Christmas Epiphany. More details will be released shortly about where you can get your tickets for this. It promises to be a Christmas treat for you as our young people give back to the venue that has been such a generous host to our shows over the years! We can't wait to be back.

The department never stops with constant rehearsals and performances going on. We would like to thank all those who take part and support our ventures and help make them a success.



School Closure Due to Adverse Weather Conditions

In the event of school closure due to adverse weather conditions, e.g.heavy snowfall making roads inaccessible, Radio Newcastle will be informed. They will issue school reports during the Breakfast Programme (on radio frequency 95.4) from 7.00am until 11.00am. There will be a daily update until the school reopens.

We will also be able to send any confirmation of closure by text and / or e-mail to all of those families registered with SchoolsComms. Should the weather deteriorate please check your mobile phone / e-mail to confirm whether any information has been sent. We will also post a notification on the school website (www.dchs-alnwick.org) and on Northumberland County Council website (www.northumberland.gov.uk).

Further details, with Bus Company telephone numbers, are on our website www.dchs-alnwick.org

A Squeamish Surgical Day at Duchess!

An 11 hour day packed full of intestines, lungs and other pig parts - what could be more interesting?

Operating Theatre Live is the UK's leading dissection based surgical experience, aimed at budding surgeons, doctors, and generally those interested in a career in healthcare. On Tuesday 30th October, they came to the Duchess's Community High School in Alnwick to host their event for GCSE and A-Level students from all over the North-East.



Putting on my surgical scrubs that morning, I felt many rushes of excitement - this was the event I, as well as many others I'm sure, were looking forward to most in our half term. Even then, this was such a unique experience that I was simultaneously intrigued and nervous about what was going to happen today.

Don't worry though, we weren't thrown straight into blood, guts, and gore! Working in small groups of about five, our first practical task was to administer anaesthetic to our patients. These patients were the only thing not real throughout the day, however, though plastic, we still practiced exquisite bedside manner as if they were real people.

The subsequent practical tasks... we could smell an unforgettable stench before we could even see what we were about to deal with!

Think of a body part. It is highly likely that we either dissected, studied, or looked at what you are thinking of throughout the 11 hours we were there. We did everything from a pig's brain and eyeballs, to its respiratory, circulatory and digestive systems, all the way down to its trotters. A day definitely not for the light-hearted.

Some of these dissections involved biological knowledge as to where different smaller parts of the body



were, however, most required pure, brute force to cut through tendons, muscles, ligaments, you name it!

For the people attending the emergency medicine event in the evening, we also carried out a leg amputation, using mattress stitching and plaster casting to patch up the pig.

Did you know that in a pint full of sea water, there are more viruses than humans on this planet? This fact, as well as many other interesting ones, filled our time between each practical task. We were given very detailed theory lessons on subjects like the brain, the heart, and how anaesthetics work.

Furthermore, we were also given medical admissions mock questions - very challenging questions that required a lot of critical thinking. These key skills are crucial for doctors and surgeons, and a lot of medical schools require undergraduates to pass these arduous tests.

In my opinion,
Operating Theatre Live
is a completely unique
experience, and I would
highly recommend it to
those interested in the

field of surgery, medicine or any other similar field. The knowledge that was given was so in-depth, I hardly knew what a lot of words meant, however, it has inspired me to learn more about this broad and interesting subject, and pursue medicine and surgery as part of my career.

Rowan Hart Year 12 Student DCHS





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MENTAL HEALTH FOCUS

- 20% of adolescents experience a mental health problem in any given year.
- 50% of mental health problems are established by age 14 and 75% by age 24.
- 10% of children and young people (aged 5-16 years) have a clinically diagnosable mental problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age

This year we are working hard to increase services and support around mental health and wellbeing for those in our school community. As well as improving elements of the school day and strengthening our skilled pastoral team, we have increased our working together with other professionals, all of whom are impressed with our commitment to mental health and wellbeing and the quality of the relationships we achieve with our young people. This is an exciting time - as we work closely with Community@NE66, and our many volunteers such as the chaplaincy service and counselling trainees who offer a listening ear, we hope that not iust school but our community as a whole will be positively impacted.

Together with Community@NE66 we are fundraising for our counselling and psychotherapy service so that increasing numbers of young people

can have access to free counselling or psychotherapy. Working with issues such as bereavement, anxiety and stress, self-harm and low mood, our skilled staff, pastoral and counselling team is offering a way forward - or sometimes just a way to make sense of things - for some of our young people who need that most. As part of this we now have a qualified child and adolescent psychotherapist in school working with students and staff and a team of six trainee counsellors working under supervision. Two therapy rooms have been equipped with a range of creative media so that our children and young people can explore their feelings, thoughts and difficulties, finding new ways to look at things and to move forward.

Many of our sixth form in particular have been benefitting from this service as they move into what can be a pressured and anxious time in school life. There is opportunity to work with particular issues around exam stress, sleep difficulties and anxieties about the future as well as opportunity to work with goals of increasing in confidence and healthy self-esteem. Friday afternoons provide a drop-in service for sixth form who can come along to the counselling room to talk or find out about making an appointment to talk more in depth.

Moving to a two registration day means that our form tutors are more available to speak with students about issues that are worrying them, and to spend vital time building relationships with students. Reducing the number of periods in a day to 5 has also helped to slow the day down, allowing our young people to improve their attention and focus.

We subscribe to ZUMOS; a web based service available to all of our young people where help and advice, relaxation strategies, how to feel happy and an anonymous reporting tool can help our young people to feel safe and well supported.

Upskilling our 'know-how' around mental health wellbeing has also been

a part of our focus this academic year. Staff are benefitting from training which helps us to better understand the complexities of child and adolescent mental health. As part of our focus on healthy peer-on-peer relationships, our school psychotherapist has delivered training on listening skills to particular groups of students: to our year 11, 12 and 13 peer mentors and to our school leaders. These sessions have been full of laughter but also have had moments of insight and reflection. It has been moving to see how empathic and caring many of our young people are, giving time to support each other and to learn skills in how to listen more effectively.

We are expanding our service to work in the community, providing counselling from skilled trainee counsellors at the community centre in Alnwick where parents or carers will have the opportunity to talk and be listened to where this is needed. The community centre is also the base for our new initiative in which some of our students have time-tabled enrichment activity and work experience, such as gardening or painting.

GREAVES GRINDLE

Chartered Accountants

Victoria House, Bondgate Within, Alnwick, Northumberland NE66 1TA Email: accounts@greavesgrindle.co.uk

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FOOD ALLERGIES

We have a growing number of students in school with severe nut allergies (covering a whole range from peanuts to pistachios). Some of these allergies are very serious and rapid in their reaction. Please be mindful of this if you are preparing packed lunches or snacks for students, and, where possible, avoid including nut products (or, if necessary, place in a sealed container).

Whilst this is difficult to police we ask for your help and cooperation to ensure minimum impact on students' welfare.

Please discuss with your child the potential impact of what is bought by students from shops and cafes and brought into school.

Our school kitchen does not use any nuts in the preparation of meals and snacks. School also delivers assemblies to all year groups regarding anaphylaxis to raise awareness and understanding.





Education Welfare Service Child Employment

Did you know that?

All children from the age of 13 years and who are working must be registered with the Local Authority and be issued with a work permit.

It is an offence for an employer to employ children without registering with the local authority first.

The numbers of hours you can work whilst attending school are restricted. Children must not work before 7am and after 7pm.

Any children working without a permit is not covered by their employer's liability insurance.

More information and application forms can be obtained from: Education Welfare

Vistual Cabaala

Virtual Schools

Education and Wellbeing Service Wellbeing and Community Health Service Brunel Building, 64 Regent Street Blyth,

> Northumberland NE24 1LT

Tel: 01670 622800



EBONY SCROOGETTE AND HER CHRISTMAS EPIPHANY

Duchess's Creative Arts Presents a play with Music in support of The Alnwick Playhouse Auditorium Fundraiser

It was supposed to be a year of metaphorical darkness after our successful musical performance of 'We Will Rock You' last February. However, on our return to school in September there were lots of students missing the regular rhythm of rehearsals that come with the creation of our shows and lots of sad faces!

By half term there was a growing clamour amongst the student body for us to do 'something'- particularly with a great desire from our young people to help and give something back to the town's Playhouse after all of the opportunities it has afforded students over the years to perform in a professional venue. The school's relationship spans back to October 2000 with two performances a year being performed in the Autumn and Spring and we are very proud of the excellent working relationship that has been forged with this important venue in the town.

So, after many requests and much badgering a plan was forged to write our own play with music. After many meetings it was decided that we should develop a Christmas show that should be loosely based on Charles Dickens 'A Christmas Carol' and should incorporate some music from the

shows we have performed in the past. from the present and perhaps even the future! So over a long week of many late nights in October the storyline for 'Ebony Scroogette and her Christmas Epiphany' was born. Ms Scroogette is the tyrannical headmistress of the best performing exam driven school in all the world but her methods and philosophy are at odds with her drama, dance and music students. As she works in her office one night she is visited by her old educational mentor Michelle Grave who died on that very night seven years ago who informs her that she must change her ways to save her and her students' educational souls. Informed that she will be visited by a ghost called Jukebox Jo she is told she will be reminded of the shows she used to do and could still do by being taken on a journey through some foot tapping and show defining songs from the past and present. Will this be enough to change her?

We would love you to come out and support our fundraising effort in the final week of the school term. Tickets are priced at £9 adults and £6 children and the show runs on Wednesday 19th December and Thursday 20th December 2018 with a 7.30pm start. We hope it will be an enjoyable start to

your festive celebrations. Tickets will be released in the coming days online and the website for purchases will be linked on the school website and sent via schoolcomms. There will be 210 tickets for each evening performance and we would hope these would sell quickly. So, if you would like to come along and enjoy some festive fun and some really bad jokes and also to support The Alnwick Playhouse and our efforts to contribute to the fundraising campaign watch out for

the website link. We would love you to come and support only the second production we have attempted in our school hall in 18 years! It promises to be a great night and a chance to see for the final time some of our senior performers before they prepare to leave us for university next summer and to see the excellent new cast members right from Yr 7-13 who will be stepping out onto the stage at the new Playhouse in the coming years.

MORE EXCELLENT RESULTS

FOR LONDON ACADEMY OF MUSIC AND DRAMATIC ART (LAMDA)
SPEECH AND DRAMA STUDENTS

Another batch of DCHS students took their LAMDA Speech and Drama exams last June and everyone passed with flying colours! This time, students all took Acting exams and are to be congratulated on the following results:

Gordon Rae - Grade 7 Solo Acting - Merit

Jamie McIntosh - Grade 5 Solo Acting - Distinction

Hannah Taylor - Grade 5 Solo Acting - Distinction

Joseph Brunger - Grade 4 Combined Acting
with Emma Jackson - Distinction

Emma Jackson - Grade 4 Combined Acting
with Joseph Brunger - Merit

All these students worked extremely hard to achieve such excellent results. Well done!

Speech and Drama lessons take place on Thursdays during the day and after school in the Drama Studio. Students choose to study Acting, Speaking Verse and Prose, Public Speaking, Reading for Performance or Musical Theatre.

Spaces to study extra-curricular Speech and Drama are currently limited, but there may be slots available shortly on a first come first served basis.

Anyone interested should contact Sally Pumford, Speech and Drama tutor

on 01665 604304 for further details.



As a school we are very happy with the services provided by Northern Rights Pathfinder in delivery of independent Careers, Information and Guidance to our students. We have now entered a further year of services with NRP and have an extensive programme planned on Careers to support all of our students:

CAREERS CORNER-WHAT'S HAPPENING!

WHAT'S HAPPENED ALREADY

- Year 7&8 "Inspire Me" event took place in September to raise awareness of what Careers are, helping students to understand what University and apprenticeships are and to inspire them on skills and potential career options. This was supported by NERAP (University partnership), Northumberland College Forensic Science and Zoo Team, Northumberland Estates and Air Cadets. Students took part in interactive activities where they had to demonstrate their understanding of problem solving, teamwork, communication. Feedback from both staff and students was very positive as our young people took the first steps to think about their career ambitions!
- 6th form 1:1s many of our 6th form students have been involved in 1:1s to gain impartial
 and independent advice and guidance on their future career options. Feedback from
 students has been extremely positive with many feeling that they are much better equipped
 now to move forward towards apprenticeship applications, job applications or their future at
 university and beyond.

WHAT'S COMING UP

- Year 11 1:1s -- a programme of 1:1s with Year 11 students to help provide them with independent advice and guidance as they consider their future career options is about to start.
- External Business Forums: We have just embarked on a new programme of external business speakers to help students understand what career choices may exist. We have a broad mix of Global, Regional and Local businesses supporting including DXC (digital technology, project management, leadership), Nexus (passenger transport), Pure Fishing (factory work, engineering, finance), NHS Healthcare, Northern Clothing Company (owning your own business, working in an SME), Re-heat (Biomass energy specialists).
- Employer experience programmes following the success of our 4 week programmes last year, we are expanding the programme to involve more students this year. Students learn about transferable skills and spend time with an employer gaining hands-on employment experience. We also have some longer-term placements underway for several of our students which are working extremely well.
- Year 11 Apprenticeship workshop we will be running an apprenticeship event for Year
 11s who are considering an apprenticeship. This will be an interactive event which walks
 students through the process step by step. Interested students should register their interest
 with form tutors.
- **6th form CV workshops** we will be running CV workshops to support 6th form in the development of their CVs, focussing on bringing out their best in their CVs to support their progression into their future career choices.

- **Need help?** Northern Rights Pathfinder now have a dedicated Careers Adviser in school every Thursday Lorna Jennings. If any student would like to arrange to meet with Lorna, please let Mr Allenby know. Lorna will also be in attendance at Year 9, 10 and 11 parents'
- evenings and Year 9 Options Evening to provide informal advice to students and parents if required.
 Support for Adults: Northern Rights Pathfinder also offers information, advice and
- Support for Adults: Northern Rights Pathfinder also offers information, advice and guidance to adults who may be looking to get into or back into work. For more details or if you have any other questions with regards to Northern Rights Pathfinder please contact Gill Barrett, Director of Northern Rights Pathfinder via gbarrett@northernrights.org.uk

It is an exciting time to be involved in careers and the positive talks we are encouraging for our young people as they think about their futures. If you believe that you have some ideas or could offer a contribution to our growing careers service please contact Mr Martin Allenby at the school on martin.allenby@dchs-alnwick.uk

POPPIES

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This year the Creative Arts Faculty commemorated Remembrance Day with an installation to mark the end of the First World War.

With a global problem on single use plastics being heavily in the news at the moment we decided to make this year's poppies from plastic bottles. Within a few weeks students and staff had collected a vast amount of bottles allowing us to use the bottoms to create the poppy shape. As a school we are currently looking into conservation and how we can recycle more, and this was a fantastic way to recycle yet create some beautiful artwork at the same time. Keep an eye out for more of this coming your way....

There was great feedback from staff, students and visitors alike.

A huge thank you to students of 8CR and 9HEE who helped make the poppies - we couldn't have done it without you.



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WHAT'S AN EPQ?

EPQ stands for Extended Project Qualification. It provides an opportunity for students to extend their abilities beyond the A-level syllabus, stand out and prepare for university or their future career. It can also be used to earn extra UCAS points. EPQ helps to develop independent learning, initiative, a genuine passion for a specific field of study, research skills, project management, ICT, presentation skills, and consideration of ethical issues

Students research a topic of their choice and produce a 5000 word report or create an artefact accompanied by a 1000 word report. Students choose when to complete the project. Most students start the course in the September of Year 12 and then finish by May of Year 12 or November of Year 13, but can continue until May of Year 13.

What do the universities think about EPQ?

Durham University states 'high predicted or actual grade in EPQ will be considered a positive attribute when selecting amongst applicants with similar levels of overall achievement'.

Cambridge University states 'we welcome the Extended Project and would encourage applicants to undertake one as it will help to develop independent study and research skills valuable for higher education.'

What do our students think about EPQ?

Poppy McDonald produced an artefact and a 1000 word report on what makes a person beautiful. Her work has been awarded a grade A.

'EPQ is a difficult subject but I found it to be quite fulfilling as it allowed me to develop useful skills - this was practical for completing my Geography coursework and helped me reference reports in Chemistry. These skills will also be carried forward into my university studies which is very practical - as it also helped me to develop my communication skills. I also enjoyed doing my project as I found it satisfying to come to a sound conclusion'.

Rachael Moloney produced a report about the role of technology in childhood and has achieved a grade A.

'Completing an EPQ helped me to develop a lot of new skills that I have been able to use in my A-Level subjects. These new skills - such as how to reference - will also help me in the future, as I would like to go to university next year. I was able to learn how to plan effectively, organise my time and collect research for my own chosen topic. As I based my topic on child development, it will also help me

in my ambition to become a primary school teacher. Despite the extra challenge of completing this project, I have learnt a lot in a short time that will benefit me enormously in the long term'.

Olivia Henderson produced a report about how food and drink impacts on our mood and has been awarded a grade A*.

'Over the course of completing my EPQ I learned a lot of skills specific to how I work best and acquired an understanding of what is required to complete a project of this nature, something that will help greatly in potential future studies. I can now work in a way that is adapted for my weaknesses and makes the most of my strengths - certain areas, such as planning, I had struggled with at the beginning of the project but by the end they had become a strength of mine'.

Oscar Wilson produced a report entitled - Do emoji have the potential to become a universal language? He achieved a grade A*.

'I really like the freedom of research for EPQ: since you can write about anything outside the specification of your A-levels, you can write about almost anything you can think of! The organisational and writing skills have come in handy in other subject areas, and it has made a great talking point for my university

interviews and Personal Statement. In my interview at Imperial College London I was asked about my EPQ.' 19

Xenia Johnson achieved a grade A*.

'I completed an EPQ looking at how media influences our voting behaviour.

Not only did I improve my research and referencing skills, but it also meant I received an offer from my chosen university, with one of the grades lowered.'

Lucy Hodgson achieved a grade A*

'It was an incredibly enlightening experience, where I was able to work on a project called 'The impact of your socioeconomic status on your quality of oral health', which directly relates to dentistry, the subject I intend to study at university. This in turn provided me with transferable skills in the forms of workload management and essay writing techniques that I was able to put in my personal statement, making me more desirable to universities.'

Eve Buddle produced a report on how social media impacts on the mental health of adolescents and achieved a grade A*.

'Throughout my time doing EPQ I learnt a lot about how to communicate my findings in a way that is understandable to the reader in a written format but also I gained confidence in public speaking by presenting my findings to an audience'.

ADVERTISING IN THE NEWSLETTER

If you wish to advertise in the Newsletter please contact Karen Gregory at Admin@dchs-alnwick.org

DCHS: Striving For Sustainability

At the end of the last academic term Mr Dowson and Miss Tennant announced to Year 9 and 10 students that they were going to organise a trip to the Galapagos Islands that would take place in July 2020 to learn about ecology and conservation. The interest from students was huge and by the time the summer holidays came over 50 students had signed up for this very exciting adventure. The trip was sold as not just a holiday but a "Journey" over the next couple of years exploring and promoting conservation and sustainability Issues within school and around the community through the development of skills along the way. All students will be coming away from the adventure over the next two years with a John Muir Conservation award.

Many 'Galapagos students' have so far taken part in a number of beach cleans in the area with the support of Coast Care. Students are currently



making recycled christmas decorations and sourcing/making sustainable handmade gifts that they are going to sell at the Alnwick Gardens Christmas Market on the 15th December. A key aim at the market is to communicate the importance of reducing the use of single use plastics, recycling and the importance of using sustainable materials.

A Parent fundraising group has been set up to support the students with their fundraising and in the new year a number of students will be involved in planting trees for a local organisation; participating in Alnwick town clean ups just to mention a couple of activities that the fundraising group have organised.

Aside from our students who are going on the Galapagos trip we have a very keen group of students throughout the lower school who are very committed to encourage and promote conservation and sustainability issues. This September has seen the launch of the

Conservation Club within school. The students involved in this are involved in a number of ongoing activities. Students launched a competition in Year 7, 8 and 9 to produce a Conservation logo that could go on a DCHS life bag that we are in the final stages of producing with the support of the Art Department. We are hoping to get the bags made after the holidays and begin selling them to raise money to go towards conservation initiatives in the school. Over the last few weeks the Conservation Club have been asking tutor groups not throw away their single use plastic drinks bottles so they can build plastic bottle Christmas trees to raise awareness of how many plastic bottles people use and dispose



Final design for Bag for life taken from ideas from the competition winner in yr8 and produced by Ruby Barass in yr9

off. These trees will be displayed both in school and out and about in the community.

Conservation Club students have been making Eco bricks. This is an initiative that collects used plastic in a plastic bottle rather than disposing of it. The bricks are used to build many different objects. Students are keen to make some planters to grow some veg or bee friendly plants in the spring. Over the next month these students are hoping to encourage other students throughout the school to make eco



Recycled Christmas decorations workshop

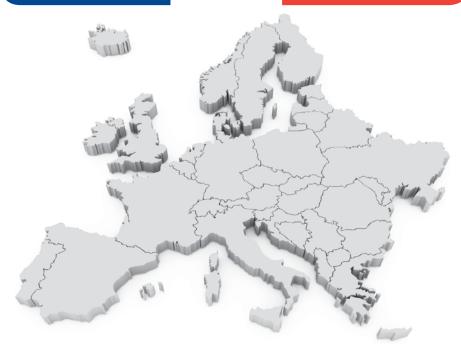
bricks as a way of reducing the amount of plastic that is thrown away.

In the second to last week of this term students are visiting St Paul's Primary School to promote conservation and sustainability. They will work with the children at the primary school to make recycled christmas decorations as well as create a plastic bottle christmas tree for the school. They will also introduce the Eco Brick initiative with a view to going back to the school in a few months to help the children make something out of their Ecobricks.

Miss Tennant has been very impressed with students enthusiasm and commitment to promoting, encouraging and looking at ways we can become a greener school. The Conservation Club is in its early stages but already the students have made great progress in raising awareness of the importance of sustainability and conservation within and around our local Community.



EUROPEAN DAY OF LANGUAGES



The Modern Foreign Languages Team took up the challenge of inspiring both students and staff to re-evaluate the use of languages at DCHS, whilst ensuring the event was memorable with Ms Guillen's excellent "Bake-off." The week began with Mr Hall and Mrs Brown setting the pace with a whistlestop tour of the place of English in the world and how having other languages could be incredibly useful for the future, as well as potentially life-changing as it has been for many notable celebrities such as David Beckham (Spanish) and our own Lucy Bronze, now living and playing in Lyon, France. This dove-tailed very well

indeed with Careers week! Typically for language teachers, they had so much to say that there was a "part 2" for students in lessons throughout the week delving even deeper into the issues raised and seeking to inspire students to consider languages as a natural part of their future careers. These lessons finished with some fine "bloopers" which put the final nail in the "Google translates" coffin!!

As the week progressed KS3 students were encouraged to guess the language that a brave band of staff wore on a sticker each day until finally the puzzle was solved and sweeties delivered as a reward. The inter-form

quiz was well received with 9CSN, winning a large tub of chocolates which they probably needed after they had solved so many challenging general knowledge questions about Europe! (Apparently even some staff were genuinely stumped!)

Finally the day itself beckoned-yes the day of **Ms Guillen's Bake-off!** As the tension mounted and the cakes arrived in G1, it was amazing how many extra members of staff (teaching and support!) came to offer their help in guarding the cakes before final judging at lunchtime! Just over 20 cakes battled for position, which resulted in a tie for first place. The winning cakes



belonged to **Anna Hopper** in Year 9 with an amazingly accurate Black Forest Gateau (or to give it it's proper name: Schwarzwaelderkirschtorte!) The other cake came from the dynamic duo of Katie Mae Underwood and Caitlin Ferguson in Year 11 with an terrifyingly authentic rendition of the Day of the Dead (with recipe in Spanish too!) In second place came our very own European climbing champion Fred from Year 7, with an amazing version of several mountains including chocolate peaks!" Third place went to Isla Barron and **Jenny Smith** for their version of the Day of the Dead as well.





I have been the Chair of the Governing Body now since 2013 and in that time the role of a governor has changed substantially. I am sure you are all aware of the current press coverage about number of exclusions, the funding crisis and the political fall out from increasing numbers of multi academy trusts.

Being a governor means that you are at the coal face of all this change which can be very interesting but it is also very challenging at times especially as the accountability of governors has increased dramatically. Governance is now inspected as part of the leadership contribution to the school and I have personally had to meet Ofsted inspectors 8 times in the last 5 years.

One of the main topics of national news is the rise in exclusions and issues around behaviour of children in schools. We are very lucky at the Duchess's High School. A dedicated pastoral team works tirelessly for the wellbeing of the students, our mission statement emphasises the importance of positive relationships and the vast majority of our students are charming, engaged young people who respond to all our efforts with enthusiasm, energy and good results. It is, as they say, "a pleasure to do business" with them.

However there is a small number of students as in any school who need much more in the way of support and help. It is these children that are suffering particularly from the funding cuts that are sweeping the education sector. The rise in exclusions nationally is often because there is simply nowhere else to send them. It is obvious to all of us that the normal school structure and curriculum is not suitable for these students and until recently there were several options available for them. Now most of the alternatives are often funded so poorly that the service they can provide is considerably reduced. I often find that people are unaware of the fact that if a school needs to make use of one of these provisions - and it can amount to as much as £200 a day - the costs come directly from the school's budget with no additional financial support.

That is why the support systems in schools are so crucial and is one of many reasons why headteachers and governing bodies are demanding that funding is increased. I hope that we may be able to find some way of making our voice heard. In Alnwick we watch every penny and one of our main roles as a governing body is to scrutinise the budget with the greatest possible care. Rest assured that a great deal of hard work is being expended by many people for the wellbeing of your children.

Lalage Bosanguet Chair of Governors

YEAR 9 HEALTH AND WELLBEING CURRICULUM

(LINZI BROWN/REBECCA MAKAMURE)

Our current year 9 students are the first year group to experience the new health and wellbeing curriculum led by the food and nutrition, health and social care, child development and life skills team of staff.

DCHS NEWSLETTER • AUTUMN 2018

This carousel combines the above subjects and gives students the unique opportunity to develop skills and deepen the knowledge that we believe is paramount to preparing them for life beyond the classroom.

With so many topical health and wellbeing concerns being highlighted in the national press, we took this as an opportunity to respond to this society wide issue and equip our students with the correct skills and guidance to support them in being able to make informed decisions about their own health and lifestyle choices.

What we study

The food and nutrition aspect of this new curriculum encourages students to build on the making skills and hygiene practices learnt in year 8. It allows students to experiment with ingredients and flavours and also highlights the importance of considering nutrition, allergens and dietary needs when preparing dishes.

The skills for life, health and child development aspects of the new curriculum provides opportunities for students to explore the importance of play for learning and development, understand the holistic health of all life stages (including mental and emotional health), know the indicators and signs of what supportive and unsupportive relationships and friendships look like, as well as understand how to safeguard their own physical health through appropriate lifestyle choices.

Celebrating Success Our NHS is 70 years old!

To celebrate 70 years of the NHS we are challenging all students to undertake a half term homework research project to enable them to gain an insight into the history, job roles and settings available through the service. Students are actively encouraged to interpret the success criteria given in their own way to promote engagement for all. So far we have had some outstanding entries, including cakes, structures, mood boards and 3D graphic design boxes.

Career opportunities Boys, we need you as positive role models in health and care!

As the NHS is currently the largest employer in the UK with roughly 1.5 million employees we took the opportunity during careers week to broaden the minds of our students and explore the vast amount of roles the NHS has on offer. Jobs range from information analysts and IT network managers, to biomedical scientists and electricians, along with numerous opportunities in the medical field.

If you want to explore further NHS roles linked to your child's interests take a look here: www.stepintothenhs.nhs.uk/careers

Duke of Edinburgh Award Scheme and Duchess's **Community High School**

The DofE is all about going the extra mile - gaining new skills, pushing yourself physically, helping others and exploring new territories. At the same time, you'll gather friendships, experiences and memories that will last a lifetime. It doesn't matter who you are or where you're from, as long as you're 13 (and in year 9) to 24, you can choose the activities that motivate you and go on your own personal journey. DofE know from other participants that the DofE helps you stand out from the crowd when you apply for college, university or jobs.

September saw the re-introduction of **Duke of Edinburgh** Award Scheme at the school.



DCHS have partnered with local Outdoor Activity Company, Adventure Northumberland, Adventure Northumberland are supporting students in school as they work through the various sections, including expedition planning and delivery.

The sign-up has been great with over 50 young people signed up to the Bronze Award and six young people signed up for The Gold Award.

The DofE award includes learning a new skill, helping others by volunteering and encourages participants to partake in physical activity.

Michael Curry from Adventure Northumberland says "It is great to be working with DCHS and re-introducing the award to the school - we are very excited and look forward to meeting everyone during our drop in sessions at school over the winter and then next Spring we start expeditions - a chance for everyone to enjoy nights out on

expedition, camping, cooking and fending for themselves. We are also pleased to announce that from Easter young people from the school will be able to sign up to a series of 'Learn to' sessions, where voung people can learn to canoe and kayak or rock climb. We are also teaming up with Coast Care for those looking for opportunities to volunteer"

If any of your children are interested, or you know someone who is interested in joining the scheme then contact Adventure Northumberland via their website, email or phone.



https://www. adventurenorthumberland.co.uk/ categories/dchs-duke-of-edinburghaward



dshs-dofe@ adventurenorthumberland.co.uk



Phone - 01665 602925



OFF TO THE WILDERNESS

Well the woodlands at Alnwick Gardens actually, but all in the name of Wilderness Schooling!

A fab group of Year 7 students took part in the 6 day course through the summer and autumn term. We were met at Alnwick Gardens by our Wilderness trainer, Nick. Each day consisted of a selection of curriculum related activities, with a math, science or English focus (we did also manage to fit in some games and have lots of fun). The activities moved us around, exploring the site and encouraging the students to develop team building skills and their confidence. Then after lunch we carried out some consolidation of our morning's work before sitting around the campfire and reflecting on the day. Below is an outline of some of the activities we covered each day:

- **1. English** writing poetry and exploring poetic language and imagery, with a performance of the poetry created.
- **2. Science** bug hunts, averages, exploring properties, materials and forces through shelter building.
- **3. Maths** tree measuring using trigonometry, area and volume.
- **4. English** story writing looking at basic story structure and useful language, followed by a storytelling around the fire.

- **5. Science** creating and conducting our own scientific investigations.
- **6. Maths** through scavenger hunt and story creating.

Highlights were the shelter building and the story writing weeks which saw the students engaging the most and working really well. Oh and not forgetting the "1,2,3,4,5 - where are you?" game which they really enjoyed playing and asked to dpagain every week!



The group did very well with creative and active tasks; shown best when they created the basis of stories with natural materials and when they completed the scavenger hunt around the gardens. On the tree maths day the students really excelled with the tasks linked to the ideas being explored around the measurement of the trees circumference to calculate the age of



the tree. They also loved the bug hunt and recording the different species! A number of the students were excellent at problem solving and communicating when working through tasks. Often in their break you could see them working well at tasks they themselves had created - there was a group of boys who created a lovely den area just off the main camp.



Across the group the level of confidence increased throughout the course. Although with all of this team building there were inevitably tensions within the group from time to time, however we worked it out and by the final week we were all getting along 'champion'.

The teamwork displayed was fantastic, however when the element of competition was introduced it could be distracting for some, while others responded really well and for them, competition was a great motivator.

The group enjoyed their stories and would listen well and sit engaged; as part of the reflection process the stories worked well. The self-reflection elements often produced insightful comments on the work and the day itself. The reflective space sitting around the fire was an important part of the day that I feel was valuable for



the students. The balance between the active and passive elements also reveals the real benefit to the students who took part in the Wilderness Schooling experience. Having the space though the day to engage with their work in a more active and practical way away from the normal constraints of school, with a contrasting element of space to sit and be and reflect while in a natural environment - definitely something to explore further.

Diane Murphy



GIRLS' SPORT

Another very busy start has been made to the sporting year by all girls participating in sport, whether recreationally for fun or for more serious competition.

HOCKEY

The U14, U16 and U18 hockey teams as always have made a positive start to the new season. It's so pleasing that the U18 squad are still keen to play despite the pressures of A levels and jobs and have drawn matches against some tough opposition. It is a real pleasure to work with such a talented and fun group of young women. Well done Kitty Lindley and Jade Craddock for gathering the troops! The U16 team are enjoying matches as they are another year more 'hockey wise' and have a real fighting spirit. They have been the most successful team so far with a good win under their belt and have made big improvements in their play and tactical awareness. The new U14 players show real promise having played very little 11 aside before due to no pitch to train or play on at school. Well done girls! Emma Walsingham Yr8, Annabelle Turner Yr9 and Harriet Robson Yr10 are training and playing for the JAC- county squad. Girls are also training and playing for the Morpeth and Alnwick clubs. Hockey is alive and well in Alnwick despite the home pitch being 16 miles away!

FOOTBALL

This year we have entered our usual league which takes place at Cramlington on Monday nights, but we also decided to enter a series of tournaments for our U13 and U12 teams, due to a huge influx in talented young footballers. We have performed really well this year so far, with skill level and tactical knowledge really overpowering some of our rivals. Our U14 team are currently sitting 4th in the league, this is great considering the majority of our team are year 7s and 8s who are playing up against year 9s. We also have our U16 team, who are playing much stronger this year, currently sitting at joint 3rd in the league, this is really good as we struggled last year with the step up from U14s. We have also welcomed a number of new players to our U16 team this year, who have really got stuck in and have done well to support our older players, to form a much stronger team. Our extra curricular football club has also been well attended throughout the year so far, as we have a number of keen girls who are committed to playing. For the first time I am having to select teams, which although means not everyone can

play every game, it means we are making some real progress in women's football and hopefully we can enter even more tournaments and leagues next year. The girls are really making great progress in their games, and I am really looking forward to developing these girls through the years and seeing how far they will go.

NETBALL

Netball this term has been very positive with lots of girls attending practice and keen to play in matches. Seniors U18 are struggling with the pull of academic and extra classes but try to prioritise for matches. We compete in county leagues and tournaments.

Like all extra-curricular we aim to include as many students as possible, years 7 and 8's have been super keen. **Mrs Carter** has helped with Tuesday evenings and Yr11 girls have been great on a Friday lunch-time. Girls are attending Boulmer, Amble and Morpeth clubs to gain more experience, which is great. Practices continue on Tuesday after-school and Friday lunch-times.

Notable success is the **Year 9 team** who finished runners-up in the County Tournament and now represent Northumberland at the County Event in January. Team: **Lauren Brown, Hannah Johnson, Abbie Davies, Erin Ternent, Iona Morrison, Eve Lewington, Millie Breese, Abby Coulter and Alfie Davies** (year 8 playing up).

Abby Coulter has been selected to play for the County.

RUGBY

As in previous years we have had our local rugby development officer come in to school to deliver some of our lessons, in the hope to spark interest in rugby for our Yr 8-10 girls. We have had a change in development officer this year with Rob Green relocating, however Jack Lambert (our new officer) has really made an impact in the lessons and many of the girls have thoroughly enjoyed these.

We also run Rugby practice every other Thursday (Week B) with another external coach; unfortunately, this year, they have



been very poorly attended. We are currently speaking to the students to discuss how we can improve this, however it may be that we are currently experiencing high levels of female footballers at younger ages and our rugby girls are now slightly older, with more commitments to GCSE. Fingers crossed this will improve after we attend some of our rugby festivals. Our first festival is the 6th December when we will play at Kingston Park. I am really

looking forward to this as our girls are very quick to develop in the game and bystanders often comment on the talent in our school during their matches which is always great to hear. When we do play, the girls have a real enthusiasm for the game and are always ready to get stuck in - whatever the weather! We will look to enter more Tournaments after Christmas and hopefully this will spark an interest in our extra-curricular club.





CROSS COUNTRY

First challenge of the year was the Tyne and Wear event at Haydon Bridge. We took 3 teams (Yr7/Minors, Yr8+9/Juniors, Yr10+11/Inters) who all ran good races in tough hilly conditions. Well done to **Lilia Purvis** Yr7 who came 5th in her race, **Millie Breese** Yr9 came 1st in hers and **Lydia Smith** yr10 who came 4th in hers.

Area- 40 girls ran a very hilly course up at Longridge Towers in perfect conditions. They dominated the team events so much so that 25 have qualified for the county finals in January.

English Schools Cup - Following a 1st place in the first round in October (beating all the Newcastle private schools) the Inter squad (Yr9&10) qualified for the Regional Finals at Middlesbrough on Saturday 10th November. The girls team came 5th out of 11 schools from all over the North East. First 3 teams to qualify for national finals - they just missed out by only 6 placing points. Team: Millie Breese, Hannah Johnston, Samantha Potts-Marshall, Lauren Brown, Lydia Smith, Ailsa Batley, Maddi Hall. Millie Breese - 4th place overall- a fantastic achievement.

BOYS' SPORT

RUGBY

The winter term has seen a good number of boys attending the after school rugby club. A particular standout has been the year 7 and 8 boys who have played in a few fixtures. They enjoyed a comprehensive victory in a development game against James Calvert Spence College, with a number of year 8 boys playing their first game of rugby. This was great to see with the boys turning out to play under the floodlights at Alnwick Rugby Club and demonstrating the excellent progress they have made during the year so far. The year 7 and 8s have also been successful in the County Cup, winning their pool despite

it featuring strong teams from RGS and Longridge Towers. The students performed superbly, demonstrating their ability in both defence and attack and coming out comfortable victors. Huge credit goes to **Ryan King** who has attended every session and pushed for other students to get themselves involved in both school and club rugby whilst playing to a very high standard himself. The boys will now play in a finals day at the home of the Newcastle Falcons against some of the best teams in the county; a fantastic achievement in itself!

Good luck to the boys.



FOOTBALL

The year 7 football squad are very enthusiastic and numbers are high for the Monday training evening.

In the most recent game against
Tweedmouth Middle School the boys
showed great team spirit and played out
a very entertaining fixture. They were on
the losing end of the result but showed
lots of promise. Man of the match was
Josh Penman.

Team pictured on the right:



CROSS COUNTRY

A number of students from years 7 to 11 have been involved in cross country this term. In early October two teams of 7 boys travelled to Gateshead Stadium to take part in the Cross Country Cup. Both teams acquitted themselves well in very strong fields. In the year 7 and 8 race Max Murray John ran well for the team, finishing in the top three positions. For the year 9 and 10 group **Joe Godden** ran a very strong race finishing ahead of the rest of his team. A mention must also be made of Findlay Wilde who competed extremely well despite being a year younger than most of the other competitors.



In November a group of around 35 year 7, 8, 9, 10 and 11 boys made the journey north to take part in the Area Cross Country Championships, with the aim of finishing in the top 16 to then qualify for the Inter-Area round at Temple Park, South Shields. From the 35 competing from Duchess, an extremely impressive 23 qualified for the next round. From KS3 there were some very strong runs, with **Gregor Batley** and **Max Murray John** leading the field and our year 7 boys enjoying fine debuts for the school. In KS4

Barnabas Harvey performed well to finish first in his event in addition to almost all boys from years 10 and 11 making it through to the next round. We wish the boys every success at Temple Park in January.

SQUASH



George Cockayne (year 12) and James Taylor (year 9) are having a fantastic season on the squash court. Both are members of Alnwick Squash Club and compete successfully against adults there. Whilst in their age groups they have both received county recognition and play regularly for Northumberland against other counties.

In their latest competition they travelled down to Manchester to play in the Northern Regional Qualifier. George's team were successful and enjoyed victories over North Wales and Lancashire to qualify for the next round in Nottingham whilst James' team found the going tough but still qualified for the plate finals. Good luck to both for the rest of the season.

U19 FOOTBALL

The sixth form football team are currently third in the league table with lots of fixtures remaining. Impressive victories against NCEA, RGS and St Thomas More RC Academy have resulted in plenty of goals being scored and competitive performances against some tough opposition. The most recent victory against St Thomas More RC Academy in the Chronicle Cup ended in a 3-0 victory with goals coming from Harry Byrne, Chris Case and Joe Threlfall. It was a fine performance against tough opposition which has been rewarded with a place in the quarter-final. The squad consists of year 12 and 13 students who have been captained by Liam Cravigan. Liam deserves a huge amount of credit for the way he has led from the front both on and off the field. A big thank you goes to Alnwick Town Football Club who have allowed Duchess to play home fixtures

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at St James Park which has been a great experience for all students involved. The players are looking forward to the rest of the season which could see a possible title challenge and hopefully further progression in the Chronicle Cup.



Important Calendar Dates

Weeks beginning December 3 & 10

Year 11/12/13 Mock Exams

Thursday, December 13

Additional Y7 Consultation Day

Monday, December 17

DCHS Christmas Carol Concert - 6.30 p.m. (St Paul's RC Church)

Wednesday 19th and Thursday 20th December

School Show - 'Ebony Scroogette and Her Christmas Epiphany' Playhouse Fundraiser at DCHS 7.30 p.m. start. Tickets only available online.

Friday, December 21

Reminder that this is a normal school day School closes for Christmas Holidays

2019

Monday, January 7

School reopens for Spring Term
Progress Check 2 for Y11, Y12 & Y13 opens

Wednesday, January 9

Y13 Mock Results Day

Friday, January 11

Twelfth Night Ball (Sixth Form)
Progress Check 2 for Y11, Y12 & Y13 closes

Wednesday 16 January

Y8 Consultation Day

Thursday 17th January

Y13 Parents' Evening

Wednesday 23rd January

Additional Y8 Consultation Day

Thursday 24th January

KS4 Options Evening

Wednesday 13th February

Post 16 Options Evening

Friday, February 15

School closes for Spring Mid Term holiday

Monday, February 25

School reopens after Spring Mid Term holiday

Monday, February 25

Progress Check 2 for Y7/8 opens

Friday, March 1

Progress Check 2 for Y7/8 closes

Thursday, March 7

World Book Day Activities Y10 Subject Parents' Evening

Week beginning March 4

GCSE Music exam recordings

Week beginning March 11

A Level Music exam recordings

Week beginning March 18

Y10/11 Mocks English/Maths

Friday, March 22

Hospice Care Fashion Show

Week beginning March 25

GCSE Fine Art & Photography controlled assessments

Monday, April 1

Progress Check 3 opens for Y11/12/13

Friday, April 5

Progress Check 3 closes for Y11/12/13

Friday, April 5

School closes for Easter holiday

Tuesday, April 23

School reopens after Easter holiday



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