

News @ SVI

Holocaust memorial 70th Anniversary January 2015



"Those who cannot remember the past are condemned to repeat it" (George Santayana, philosopher)



Welcome to edition 4 of News @ SVI

Hope you all had a restful break over December. We are now well



into the Spring Term which is a lot shorter in weeks than last term. However still loads to do including Pre Public Examinations in February for Year 12 and April for Year 13 students.

The Sixth Form assemblies continue to be a great success; with very diverse and interesting presentations. The latest presentations have included raising awareness about mental health and equal opportunities; discrimination against disabilities. Details are included in this edition.

A lot of great things happen in our Sixth Form which need recognition and to be congratulated.

Congratulations to all Year 13 students who have successfully completed their UCAS applications. Alongside studying for A Levels some students have also completed their Extended Project Qualification (EPQ) which consisted of research in their chosen field of interest and a presentation. Details of some of the projects undertaken are in this edition of the newsletter.

Further congratulations to Sam Saunders and Matthew Tuttle who have both gained places at Oxbridge this year. Many of you are now going for interviews and receiving positive notifications from your university choices. Gap years, employment and apprenticeship opportunities for other students are also looking positive.

Congratulations to those Sixth Form students involved in the excellent Perdition drama performances. You will find details about the show later on in this edition.

Throughout the next few weeks more opportunities for Year 12 are being provided regarding information about





University choices; I encourage you to attend to help your decision making with your next steps after Sixth Form.

A massive congratulation to John Nwaneri who has been selected to represent Eastern Counties U17 Rugby team we look forward to hearing about his success in the next edition.

27 January 2015 saw the 70th anniversary of the liberation of Auschwitz and 20 years since the end of the Bosnian War you will find a reflection on these events in this issue.

SLD will take place on the 3rd February 2015. We have 2 inspirational guest speakers coming in to speak to you plus a range of other events being organised. You will find details of the guest speakers in this edition.

This old chestnut! **The Winter Snowball Celebration** is due to take place at the Duke's Head on Friday 13th February 2015. Full price of tickets are £13.50 which you can purchase from the school shop. **Get Your Ticket! Join the fun, take photos share memories**.

Lots of news to catch up on in this issue so enough from me sees you again in February 2015!

Mrs. Saunders







12 Days Left to Get Your Ticket! Join the fun, take photos share memories



February

Tuesday 3rd February - Super Learning Day includes

Keynote speakers Ben Heason and Will King

Sizewell Nuclear Power Station Trip

Psychology Student Revision Day at SHS with the leading author Cara Flanagan

Monday 9th February - Year 12 Mock Week (FULL)

Friday 13th February - VI Form Snowball, Start of Half Term

Monday 23rd February - Return to school

March

Monday 2nd March Pre Public examination results

Thursday 5th March - Year 12 Progress Evening

Friday 27th March - Super Learning Day (Sixth Form FINAL Coursework Deadline), DofE First Aid Course - End of Spring Term (Easter Holiday)

April

Monday 13th April - Year 13 Mock Week (FULL), Start of Summer Term

May

Friday 22nd May - End of Year 13 (To Be Confirmed), Summer Half Term







The psychologist Milgram (1974) stated that

"From 1933 to 1945, millions of innocent persons were systematically slaughtered on command. Gas chambers were built, death camps were guarded, daily quotas of corpses were produced with the same efficiency as the manufacture of appliances".

These inhuman policies may have originated from a single person, Hitler, but could only be carried out on a massive scale if hundreds and thousands of others 'obeyed orders'.

Traumatic experiences can undoubtedly produce memory disturbances. The leading Psychologist Freud suggested that psychogenic amnesia often takes the form of memory loss for



events occurring over some specific time frame, e.g. the 2nd World War. It may last hours or years. Post-Traumatic Stress disorder is a term now familiar today. Shell shocked World War soldiers illustrated Freud's view of how memory disturbances can be caused by traumatic experiences. The emotional distress that war soldiers experience was and remains intolerable.

When the concentration and death camps were liberated at the end of the 2nd World War, the full extent of suffering emotionally in children was recognised. Anna Freud set up care for some of the children rescued. The house, 'Bulldogs Bank', was home to many of the child survivors, before being

adopted into different families.

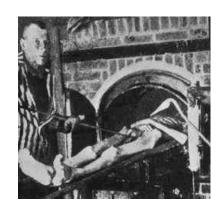


The emotional deprivation suffered by children being evacuated during the bombing in the 2nd World War in London led to many subsequent studies on the effect of separation. The psychologist John Bowlby was a leading pioneer behind the concept that if children are not cared for adequately in early life, it causes emotional distress and damage.

The leading psychologist Adorno looked for reasons why some people had such a deep-seated prejudiced view towards the Jews. Their research led to argue that certain individuals have a personality type; authority personality. This research had led some way towards recognising homophobic, sexists, racists and xenophobic attitudes – behaviour associated with Hitler.

Hitler established the first concentration camp soon after he came to power in 1933. The system grew to include about 100 camps divided into two types: concentration camps for slave labour in nearby factories and death camps for the systematic extermination of "undesirables" including Jews, Gypsies, homosexuals, the mentally retarded and others.

People often ask me why I have previously organised and continue to encourage excursions to (Berlin and) Poland . . . It is for the very reasons that students who recount their experiences, can share with





others and maybe it can lead to more people who can gain informed knowledge and understanding from these historical atrocities and somehow play a small part in making other peoples' lives better.

In the words of Martin Luther King the American Civil Rights Activist

"History will have to record that the greatest tragedy of this period of social transition was not the strident clamour of the bad people, but the appalling silence of the good people."

His words can be echoed at the Holocaust and other more recent genocides in Rwanda, the former country Yugoslavia, *Darfur*, Cambodia, and Bosnia... and now Iraq threatens; as recent reports demonstrate on the Christian region alone that their

'Homes have been marked with the sign of the Nazarene for slaughter. Children are beheaded and even crucified. Christian women are being sold as sex slaves'. Furthermore... 'This jihadist army has unleashed unthinkable atrocities on Christians in the region. It is believed that over 400,000 Christians have been displaced from their homes'. (www.redstate.com/diary/matthewclark/2014/08/15/iraqs-christians-crying-help-facing-jihadist-genocide)

The rise of Hitler and the Nazi regime is well documented. The expanse of psychological research has gone a long way towards identifying some explanations and outcomes of human beings and their actions.

However, the genocides that occurred during Hitler's regime, the mass murders that still continue to this very day, and the immeasurable pain and suffering caused by physical, psychological, emotional and sexual abuse ultimately remain inexplicable.

Mrs Saunders 2015

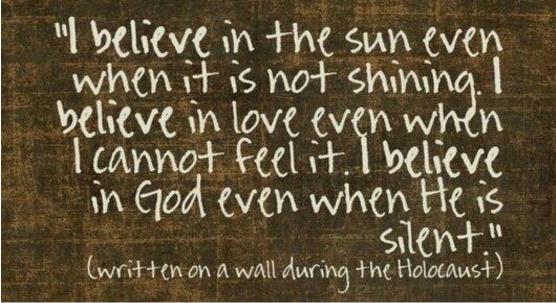












The red chairs line Sarajevo's main avenue as Bosnians marked the 20th anniversary of the bloodiest conflict in Europe since World War II.





Quick Fire Questions!

Favourite Food:

I like all food :-) but especially Mediterranean- I love antipasti!

Favourite band:

Take That. I went to Wembley 2 years ago and they were just amazing!!!

Best Holiday Experience:

Mexico 5* Gourmet Inclusive - although I have my honeymoon to look forward to in 2015 in Barbados.

Favourite film:

Bridget Jones.

Favourite drink:

Mojito (Gin & Tonic comes very close though)

Did you know that ...?

I worked in the Millennium Suites at Chelsea FC and served lots of famous people including Nicole Kidman, Craig David, & Roman Abramovich.

How long have you been teaching at Springwood High School?

This is my 4th Year.

What is your Favourite part of your job?

Seeing students reap the benefits from their hard work-results day is always emotional. I have loved Acting Head of Year 13 so far- seeing all those happy faces from UCAS offers and guiding students to achieve their best.

What does your typical day consist of?

Supporting students, intervening with students to promote achievement, meetings with parents, supporting staff, attending meetings, planning and delivering lessons and marking lots! I also try to find time to laugh if I can!:-)

What one thing would you change about the sixth form students?

I would make them pick their litter up! I would encourage them to all bake lovely cakes and deliver them to the office every break. Ha!

What would your advice be to all students?

Plan their time. Use free study periods to do work so they can maintain a work life balance.

Do you have any hobbies or interests?

I love eating out and cooking too! I am also very busy at the moment planning my wedding so I have been doing various craft activities.

Next issue we find out more about Mr Hirst!







Sam Sanders Oxford Candidate: Sam has recently received an offer from Lady Margaret Hall to study PPE in October, 2015

What is PPE and how did you choose it?

PPE is the study of philosophy, politics and economics in one course. I didn't decide on my course straight away, however it was really tough to choose between Maths and PPE; but in the end I chose PPE as I thought I'd enjoy it more.

So how did you start the process of applying to Oxford?

I started my statement in September and handed in 4 drafts before I really had something that I thought gave me the best chance of succeeding with my application.

Were there any pre-interview exams?

Yes, I had to sit the TSA which is really different to any exam I had sat before. There are two parts to the test - one part multiple choice and one part essay writing. I revised for the test as I would any other with lots of revision and practice!!

How was the actual interview? It must have been a fantastic experience going to Oxford?

Well I was there for just under four days and I thoroughly enjoyed my time there. I met new people and had a great



time relaxing by playing table tennis, cards and exploring Oxford. For the interviews themselves, I had 3. The first 2 were in Christ Church, the college I was applying to, with the other interview at LMH. Initially, I thought 2 of them went poorly! The tutors seemed daunting at first but they were actually really helpful and friendly during my interviews. If I was to choose a favourite interview it would have to be the politics interview - I thought it went really well!



So how did you react when you finally got your letter in the post?

Because I thought I had failed my TSA and2 of my interviews didn't go very well, I was really surprised and delighted when I found out that I had got an offer from Lady Margaret Hall!

Moving away from Oxford then, what hobbies and interests do you have outside of school?

I enjoy playing table tennis and tennis and I have a real passion for politics and economics; I even spent four months doing an EPQ on political voting systems.

How about a few favourites? Subject? Film? Food?

My favourite subject is economics, my favourite film is "The world's end", and my favourite food is Dominoes!

And finally, what do you want to be when you are older?

Something to do with politics or economics: possibly a banker, a politician, or an economist.





Super Learning Day 3rd February 2015

Ben Heason

I was born and grew up in Snowdonia, North Wales. Mountains have always been a natural part of my life. Both my parents climbed back in the 60's, and I have inherited their passion for adventurous travel - usually on a shoestring budget - to remote and challenging parts of the world.



Although I did very little actual rock climbing, with ropes and equipment, while I was growing up I had a somewhat unusually adventurous outdoor - orientated upbringing, walking the Annapurna circuit in the Himalayas when I was 4. I had climbed the highest mountains in Morocco, Greece and Thailand by age 13, and my 13th birthday present - a day climbing with local legend Eric Jones at Tremadog - was a crucial point in my climbing development, as was being a member of the Cliff Rescue Service for two years while studying at The United World College of The Atlantic. But it wasn't until I joined Birmingham University Mountaineering Club in 1994 that I became properly hooked. Some may say obsessed...

After graduating in 1996, with a BSc in Sports and Exercise Science, I moved to Sheffield - the undisputed centre of British climbing - and have lived here happily ever since. During that time I've travelled extensively and have climbed over 8,000 routes throughout the UK, Ireland, France, Spain, Italy, Germany, Switzerland, Czech Republic, Greece, Slovenia, Jordan, Mali, Egypt, Morocco, Norway, Greenland, Canada, USA, Venezuela, Australia, New Zealand, Sweden, Hong Kong, Thailand and Vietnam.

In the past few years I have been recognised as one of the UK's most experienced climbing coaches, which has given me an invaluable and highly rewarding opportunity to help others to develop their own climbing skills.

To be an accomplished all-round climber has always been important, but adventurous traditional climbing has been my over-riding priority. As my experience grew, my motivation shifted towards climbing new routes on big walls in remote parts of the world with successful big wall trips to Mali, Jordan, Italy, Morocco, Greenland and Venezuela.

In 2005 I was a lead climber on an international team who made the much heralded first free-climbed ascent of the main wall of Angel Falls in Venezuela. As the highest waterfall



in the world, Angel Falls stands at a colossal height of 979 meters (3230 feet), overhanging virtually throughout, and took us 20 days of continuous effort. Our ascent was described as 'one of the finest achievements by British climbers on foreign soil'.

Not only have the physical and mental aspects of climbing been important to me, but equally engrossing have been the wonderfully diverse and often unique cultures I have been privileged to experience in my life.

Will King

Created in 1993 in Will King's kitchen, King of Shaves is a British company that is now firmly established as a leading challenger brand in the UK with a retail presence throughout the nation including Asda, Boots, Lloyds Pharmacy, Morrisons, Sainsbury's, Superdrug, Tesco and Waitrose. King of Shaves is also available in the USA at Target and drugstore.com as well as in several other countries including Australia and New Zealand. The launch of the UK designed and manufactured Hyperglide System



Razor that makes lube strips obsolete adds a unique new dimension to King Shaves brand – it is the future of shaving!

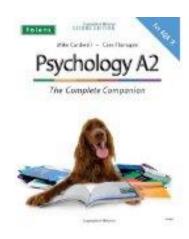
"Back in 1992 I used to suffer from shaving rash and razor burn but couldn't find a product on the market to solve my shaving problems. I suspected a lot of guys suffered in the same way I did, so I decided to solve the problem myself and develop a range of products to give a smooth, close and burn free shave – so in 1993 the King of Shaves was born. Like me, I want you to enjoy shaving rather than endure it and have pioneered our Prime, Shave, Protect regime to deliver you the very best results, what we've come to term the King of Shaves."



Cara Flanagan

Cara Flanagan writes textbooks for A level and undergraduate Psychology. Her main contribution is the Complete Companion series for AQA A co-authored with Mike Cardwell.

She has also co-authored Complete Companion books for WJEC. Working with Phil Banyard she has produced an AS Psychology book for OCR and a book on Ethical Issues in Psychology, part of the Foundations of Psychology Series for undergraduates that she edits with Phil Banyard.



She has a wealth of experience as a teacher and senior examiner, now spending more time speaking at student conferences and teacher CPD courses. She lives in the Scottish Highlands. Cara will be coming to Springwood to deliver AS and A2 revision sessions to support your learning in the Pre Public and Summer Public examinations.





Extended Projects carried out this Year by the following students

STUDENT	TITLE
Jess Reed	The History of Midwifery
Alice Skinner	Victorian Britain
George Sabourin	The Decline of Doctor Who; is sexism part of the problem?
Michael Mitchell	How to launch a successful rocket at Key Stage 3.
Alex Kendal	Is the popularity of theatre on the decline?
Rebecca Walls	Management at John Lewis
Molly Holmes	Aztecs
Sam Sanders	Which electoral system should be adopted by the UK in the 2015 General Election?

Summary of EPQ

Each student embarks on a largely self-directed and self-motivated project.

Students must **choose a topic, plan, and research and develop their idea** and decide on their finished product.

A project topic may be directly related to a student's main study programme, but should look beyond the specification. A **finished product** may take the form of a:

- research based written report
- production* (e.g. charity event, fashion show or sports event etc)
- An artefact* (e.g. piece of art, a computer game or realised design).

If you would like to find out more about EPQ please speak to one of the students above who has completed this qualification, the web page http://www.aqa.org.uk/programmes/aqa-baccalaureate/extended-project/the-aqa-epq or Miss Russell who coordinates it.

^{*}A written report must accompany these options.



Mental health

Being mentally healthy doesn't just mean that you don't have a mental health problem.

If you're in good mental health, you can:

- Make the most of your potential
- Cope with life
- Play a full part in your family, workplace, community and among friends

Some people call mental health 'emotional health' or 'well-being' and it's just as important as good physical health.

Mental health is everyone's business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us.

Everyone is different. You may bounce back from a setback while someone else may feel weighed down by it for a long time.

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.

There's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel

comfortable talking about their feelings. But it's healthy to know and say how you're feeling.

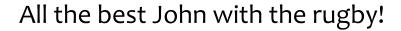
Information can be found at



http://www.nhs.uk/livewell/mentalhealth/pages/mentalhealthhome.aspx

http://www.mind.org.uk/











Perdition



Kinetic Theatre held the 10th year Anniversary of "Perdition", celebrating the play that Boomerang Theatre toured to Australia in 2005. "Perdition" is a play written by Alun Bliss, music written by Peter Strudwick. It is a play where four women meet to relive their lives and unfortunate pasts.

The four women:

Mary Smith - Burnt alive 1616

Edith Cavell - Executed during the Great War

Elizabeth Powley - Transported to Australia 1789

Boudica - Queen of the Iceni

The production took place the week commencing 19th January and was a thoroughly rewarding production to be a part of after four intense months of hard work in rehearsals, and sheer determination from the whole cast and band. Members from the original 2005 cast visited and were delighted to be able to share their memories from their performances, 10 years on. Overall, the experience was unforgettable for all who took part. Many thanks to everyone who gave their time to make our production a success and to those who came to give their support!!!

Alice & Maddie (Voice 1 & 2)



