

# News @ SVI



**SIXTH FORM**  
**SNOW BALL**  
**CELEBRATION EVENING**

**Dukes Head Kings Lynn**  
**13th February 2015**  
**8pm until late**  
**Dress Code Smart Casual**

**LIVE BAND \* DJ \* BALLROOM\* BAR**

**£13.50**

**BUY TICKETS FROM THE SCHOOL SHOP BEFORE THE 19TH DECEMBER**

# Editor's Page – News @ SVI

**Hello again!**

Welcome to our second edition of *News @ SVI*

A lot goes on in our Sixth Form, and sometimes it's hard to keep track of everything around us! Enter our newsletter number 2! Run by our 6<sup>th</sup> Form Student Voice Committee members and me! Our Student Voice Committee meets every fortnight on a Wednesday at lunchtimes.



***Firstly, massive congratulations to Mrs. Clark on the safe arrival of her baby girl! Both mother and baby are doing well.***

The Sixth Form assemblies are turning out to be a great success; with very diverse and interesting presentations. These have ranged from information about giving blood, homelessness, D of E experiences, talents of students and individual presentations from students. The Camps International presentation has launched the latest exciting venture to Tanzania in 2016.

The October SLD saw a number of students going out on various trips whilst students on site were treated to the excellent inspirational speaker Allister Humphries who you will read more about in this newsletter. The SLD also saw many Year 13 students finalising their destination choices including UCAS applications, gap years and apprenticeship opportunities. Some students already are reaping their efforts with university offers coming in and employment opportunities being confirmed.

Just a few highlights up and coming include the Humanities trip to Poland is happening at the end of the month with a number of Sixth Form students joining Miss Dennis, Mr. Scoles and myself on this 4 day venture. Miss Markwell will be taking a sold out trip to the Fashion show in Birmingham in December. We look forward to hearing about these trips! Also in December Mr. Merritt is busy preparing the Senior Citizens Christmas party. The Winter Snowball Celebration will take place at the Duke's Head on Friday 13<sup>th</sup> February 2015. Tickets priced at £13.50 are on sale now so grab yours!

Lots of news to catch up on so enough from me sees you again in December!

**All the Best with your December Mocks!**

## An Interview with ...Mrs. Clark Assistant Director of KS5

*Firstly congratulations on the safe arrival of your baby daughter from all of us!*



### Quick Fire Questions!

Favourite Food:

**Steak (rare!)**

Favourite band:

**Bon Jovi**

Best Holiday Experience:

**Paris**

Favourite film:

**The Birdcage - very funny film starring Robin Williams**

Favourite drink:

**Tea; and the odd glass or red wine – when not pregnant of course! ☺**

Did you know that... **Stephen Fry autographed my first Harry Potter book.**

### How long have you been teaching at Springwood High School?

*I started in 2009 ... so this year is my 6<sup>th</sup> year already?*

### What is your Favourite part of your job?

*Interacting with some great young people in a daily basis.*

### What does your typical day consist of?

*Teaching, planning and marking; reading personal statements and writing UCAS references; monitoring student progress; liaising with staff about the progress of students ... no time to rest!*

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

*Your inability to put your rubbish in the bin!*

### What would your advice be to all students?

*It's a very short two years, so work hard and always keep in mind the main purpose as to why you are here: to leave with good results that will allow you to progress on to your first choice future.*

### Do you have any hobbies or interests?

*Music: I play the violin and the piano; taking my daughter swimming; singing in the church choir.  
Next issue we find out more about **Mr. Merritt!***

## December

Monday 1<sup>st</sup> December – Year 12 Interim Mock Week

Friday 5<sup>th</sup> December – Internal UCAS Deadline

Monday 8<sup>th</sup> December – Year 13 Interim Mock Week

Friday 12<sup>th</sup> December – Christmas Jumper Day

Wednesday 17<sup>th</sup> December – Christmas Party

Friday 19<sup>th</sup> December – End of Term (Christmas Holiday), Sixth Form leave at 12:35  
(Closing Date for 2015 Year 12 Applicants.)

## January

Tuesday 6<sup>th</sup> January – Spring Term Begins

Thursday 22<sup>nd</sup> January – Year 13 Parents Evening

## February

Tuesday 3<sup>rd</sup> February – Super Learning Day (Keynote from Ben Heason)

Monday 9<sup>th</sup> February – Year 12 Mock Week (FULL)

Friday 13<sup>th</sup> February – VI Form Snowball, Start of Half Term

Monday 23<sup>rd</sup> February – Return to school

## March

Thursday 5<sup>th</sup> March – Year 12 Progress Evening

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

## April

Monday 13<sup>th</sup> April – Year 13 Mock Week (FULL), Start of Summer Term

## May

Friday 22<sup>nd</sup> May – End of Year 13 (To Be Confirmed), Summer Half Term



# SHS Sixth Form Voice

Interview with Alistair Humphreys



On 22nd October 2014 Alice, Mia and Maddie interviewed Alistair Humphreys a motivational speaker on the adventures he has participated in his life.

He came to speak to year 12 and 13 about his four year cycle of the world and his micro adventures. We found him very interesting and so took the opportunity to interview him personally.

We were very surprised to hear that he had previously studied biology at university before setting off on his life's ambitions. He said "anyone can get a job as a teacher with the qualifications... But it was my real ambition to cycle the world" he decided to gain his qualification first as a fall back in case his journey didn't work.

He advised us girls to "get your feet on the ground before beginning your dreams" he suggested this because although you can live out your ambitions you need a sense of reality you can fall back on. After university he went to live in Africa for a year which inspired him to cycle around the world as he was already into marathon and physical challenges throughout university. "I wanted to combine seeing the world with something I love doing".

60 COUNTRIES. 5 CONTINENTS. 46000 MILES. £7000. 3BIKES. 2 PASSPORTS. And only banana sandwiches as food. He found it not only an emotional struggle but a physical and mentally challenging struggle too. Throughout his journey he travelled alone with metres of space around him of either ice or sand.

"I don't have a grand strategy for life".

He now does micro adventures and is inspiring people from all ages to step out from their reality for just one night and see their city/town/village from a different perspective. He has brought 3 bestselling books out, and is currently filming a pilot to show (a trial show) for BBC. "I like doing something that encourages other people"

Out of the ordinary. In today's world of dashing up Everest in less than a day, sailing around the world in ten weeks, bestselling books, and about three motorbike rides, Alistair's journeys stand out as amazing.





## Sixth Form Voice

Year 13 Business Class' Donation to Charity

On Tuesday 22<sup>nd</sup> July 2014, the Year 12-13 Business class ran the Year 12 celebration day. This day was not only to celebrate the end of Year 12, and for our coursework, but was also to raise money for charity. The day itself included many fun stalls and activities such as a henna tattoo stall, various inflatables such as a bouncy castle and bungee run, and live entertainment. All this was complemented by a BBQ, and small snacks on sale all day. The celebration day ended up being a big success with everyone attended saying they had fun and had a great day! The feedback was overwhelmingly positive!

After the event, totalling up all the money that we had raised and paying off any excess costs left us with a total profit of **£564.46**. After much delegation on how to split the money, it was decided to split the money between two charities, and the prom fund. The charities Red Wellies and Scotty's Little Soldiers were chosen between the groups for many reasons, such as because they were both local charities.

*"I think the day was a huge success and I am happy that we have raised a large sum of money for both of our charities" – Tasarla Hegarty*

The money was split as follows:

**£150 to Red Wellies**



*"Red wellies is a charity dedicated to raising funds for the continuing research of Glioblastoma Multiforme (GBM).*

*When new treatments that prolong the life of a GBM sufferer are discovered, and when an eventual cure is found, we intend to help fund, not only research, but the widespread use of this treatment/cure."*

*Website quote of what Red Wellies charity represent.*



## £150 to Scotty's Little Soldiers



"Scotty's Little Soldiers is dedicated to supporting the children of men and women killed while serving in the British Armed Forces.

The charity provides Christmas and birthday gifts, treats, trips and activities for the families of the fallen as well as enabling them to use the charity holiday lodges."

Website quote of what Scotty's Little Soldiers represents.

## £264.46 to the Year 13 Prom Fund

On Friday 14<sup>th</sup> November, we invited both charities, and the Lynn News, into school to formally donate our proceeds. Both charities were extremely grateful for our donation, and we are very grateful to have been able to work with them.

We would like to say thank you to all the students and staff who supported us through our initial fundraising and on the day. A massive thank you to Miss Russell, Mr Holmes and Miss Scarffe for helping us throughout it all, as well as the Canteen staff and Caretaking team, as without them, the celebration day would not have been possible!

- George Sabourin





During the Summer holidays, there was the chance for 16-17 year olds to participate in the National Citizen Service program, a program sponsored and partially funded by the government, where you experience a variety of activities before helping out society. In the particular wave that I attended, a bunch of teenagers from Norfolk and Cambridge were put together.



As part of my group, 12 individuals from around Norfolk formed the group Norfolk 4, or the group name we choose, The Avengers.

In the first week, we stayed at Mepal Outdoor Centre where we experienced a variety of challenges to meet our team and boost our confidence with each other, as well as face our fears and step outside of our comfort zone. The activities during this week included Kayaking, Raft-Building, Sailing, Archery, Rock Climbing and Ice Breakers. During the second week we stayed at CITB Construction College where we took part in various sessions in order to continue to bond together as a team, as well as learn about our community and how it is shaped and how it is helped. The visitors included the Guide Dog Association where we heard from two women who have been blind for a couple of years and are helped out significantly by guide dogs.



During part of the second week and onwards, we started to plan our social action project, where we contribute 30 volunteering hours each to the community, in order to create a legacy, a lasting impression on the community and people surrounding where we help out. We went through various phases and ideas, before settling on the Rudham Ward (children's ward) at the Queen Elisabeth Hospital, as many of our group had experiences or connections to the ward. This ended up with us calling our project, the Rudham Revamp, which included the creation of a logo and social

networking pages.

After many planning sessions and meetings with the ward staff, we ended up with multiple ideas that we went ahead with. We did fundraising in many different ways such as dressing up around town, and a car boot, in order to buy a selection of new DVDs, games and equipment for the play area in the ward, as they mentioned how they want stuff for the older children as well as the younger children. So amongst the stuff bought was a Microsoft Kinect with Games, Arts Equipment and DVDs. With the leftover money, we bought paints and equipment for where the renovation really began.



First off, we recreated some of the signage for the hallways leading up to the ward. One of the large signs outside the ward is Paddington Bear, which we were informed has been there from around the ward's opening over 30 years ago. We have replaced this, as well as added new signs, with a new set drawn and painted by our creative group, featuring the Rudham ward's own bunny featured in their logo.



We redid the children's play room, with some colourful and artistic glass drawings on the windows to help liven up the room, as well as adding a few small pieces to the parent's room to make it a happier place to be. Additionally we also helped refresh the outdoor play area at the Roxburgh centre, where we repainted the fences with many colourful paintings, repainted the benches, cleaned all the equipment and overall made it a fun place for the children.

While the project is long completed, we hope we have left a lasting legacy upon the grounds.

The National Citizen Service runs throughout the year, provided by the College of West Anglia. Sessions run during the summer, October Half-Term and Easter Holiday for 16-17 year olds. The cost of the course is only £50 (or can be negotiated if you receive free-school meals) and is a great deal considering the government subsidizes this by around £2000 and this includes two weeks of accommodation, food and transport as well as all of the activities.



I highly recommend you give the program a try, as not only is it a fun and memorable experience, but it will look great on your CV and your UCAS application. For more information on the course search 'NCS College of West Anglia'.

- George Sabourin



## NCS A great idea! Includes:

Personal Challenge staying at an outdoors centre and taking part in fantastic activities like abseiling, kayaking, hiking, rock-climbing etc

NCS Team Challenge: You'll have a University-style experience, learning new skills and meeting new people from the local community.

NCS Campaign Design & Action: Thinking about what matters to you and your team you will work together to create and manage a project or campaign in your local community and pitch it to some business "dragons" to secure funding.

Find out more on the website <http://www.ncsthechallenge.org/about-the-programme>







For Springwood's musicians in Years 9 and above, a trip was arranged for Friday 21<sup>st</sup> November to see '*Classical Spectacular*' at the Royal Albert Hall in London. This trip was organised as part of Music GCSE and A Level students' studies, as well as a reward for the commitment students have made to Springwood's various ensembles, for example Concert Band, Big Band, and Cantabene.

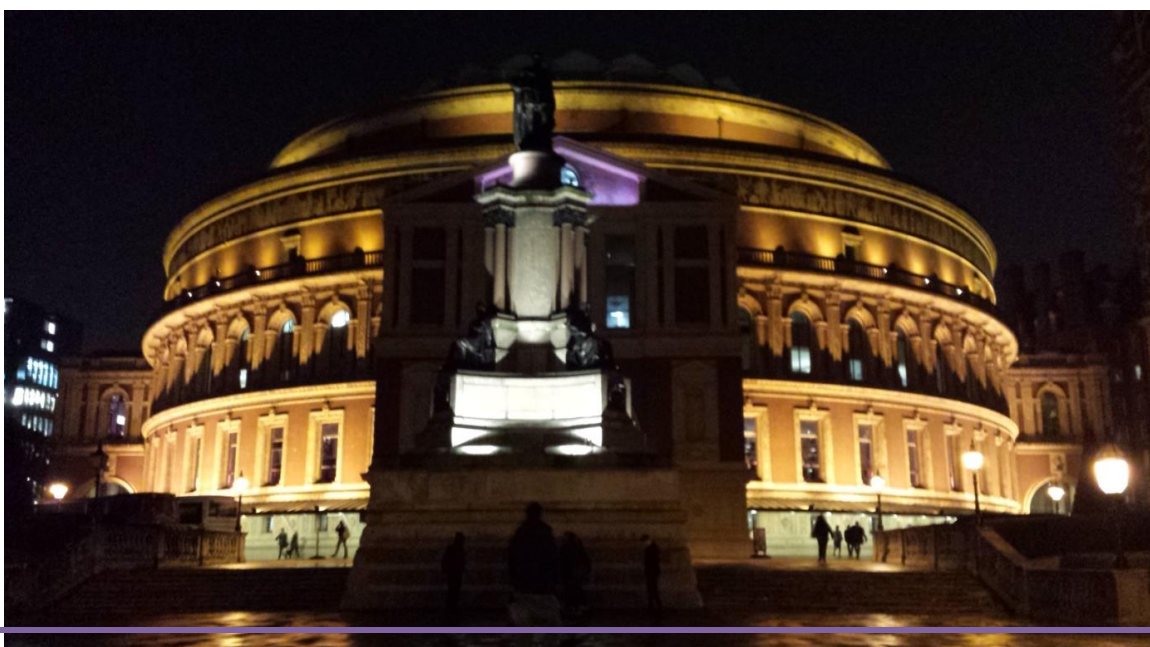


It was an incredible experience. The Royal Albert Hall is one of the UK's most renowned concert halls, and it was a privilege to be able to witness such a fantastic performance by such celebrated ensembles, including the Royal Philharmonic Orchestra, the London Philharmonic Choir, the Band of the Welsh Guards, and even the Muskets and Cannons of the Moscow Militia.



The programme of '*Classical Spectacular*' was comprised of iconic pieces such as "*O Fortuna*" from *Carmina Burana*, "*Scène Finale*" from *Swan Lake*, *The Blue Danube Waltz*, *Pomp and Circumstance March No. 1*, and the "*Hallelujah Chorus*" from *Messiah* – most, if not all of these pieces, everyone knows and has heard of, even if the names are unfamiliar.

The concert was, indeed, a spectacle. All the performers were, unsurprisingly, extraordinary; the music and the sound were exquisite. There were dancers involved, as well as balloons, flags, indoor fireworks, and cannons. We had the fortune of being seated just below the cannons, which were set off during the last piece (before the encore of Offenbach's "*Infernal Galop*" – otherwise known as the Can-Can song), Tchaikovsky's *1812 Overture*. It was certainly an especially memorable piece to end such a spectacular night.



## Gig Night, 17<sup>th</sup> October 2014

Various Springwood students from a range of years participated in the Gig Night, held by the Springwood Music Department.

One of these students was James Purple, who is currently in Year 12 at the Sixth



Form. James and his band, *Cranial Discharge* (including members Will Taylor-Bennett and James Smith), performed in front of an audience for the first time as a group on Friday. *Cranial Discharge* has recently signed a record deal with SAF Crew Records, which will no doubt come with more phenomenal opportunities to perform and to widen their musical experience.

“I love performing,” said James. “It’s a lot of fun, I really enjoy doing what I love in front of people. Playing with the guys in the CD was the most fun I’ve had performing – it was amazing to be up as active at the front as opposed to being hidden behind a piano.”

Mr Cuss, who played a significant role in the staging of the Gig Night, said that the night was very successful. “One thing that was really good was that we had Key Stage 4 acts,” he added. “The gig nights we hold are usually Sixth Form based, so it was good to see younger talent to showcase.”

Next year, the Music Department plan to hold one or two more gig nights, as part of practical assessments for Year 10 and 11 BTEC classes. More of the Sixth Form’s budding musicians could also participate and experience musical performance, even as part of the audience to help encourage everyone to explore their musical creativity.



# SHS Sixth Form Voice

## Sponsored Walk

On the last day of the October half term, Super Learning Day, a group of Year 12s embarked on a Sponsored Walk in order to raise money for the funding of their expedition as a part of their Duke of Edinburgh Gold certificate.

The students left at around half past nine in the morning, and returned at a range of times in the afternoon from half past three to half past four, having walked around 80 kilometres. It was an undoubtedly tiring trek – the relief of not having to go to school the next day with half term must have been indeed rewarding after constant walking for an entire day.

Each student raised an average of around £50-£60, and will be holding more fundraising events to go towards their expeditions. A qualification of high prestige like the Duke of Edinburgh Award will be a fantastic achievement for these students, with all the hard work that they have done and will continue to do.

“It was a really enjoyable experience,” one student commented. “It was also tiring, but it was good that everyone had the opportunity to speak and get to know each other, laugh with each other, especially since we were all so tired! But I definitely felt like I achieved something.”





# Sixth Form Voice

Joke Corner! By Christian

**What do you call the chemistry's police department?**

COPPER

**What did the bacteria say to the white blood cell at the party?**

*I came out here to have a good time and honestly i am feeling so attacked right now*

**A photon checks into a hotel and is asked if he needs any help with his luggage.**

*He replies 'No thank I'm traveling light.'*

**Why can't you hear a pterodactyl using the bathroom?**

*Because the 'p' is silent*

**Did you hear about the man who got hit in the head with a soda?**

*He's lucky it was only a soft drink!*

**What kind of materials do dinosaurs use for the floor of their homes?**

*Rep Tiles*

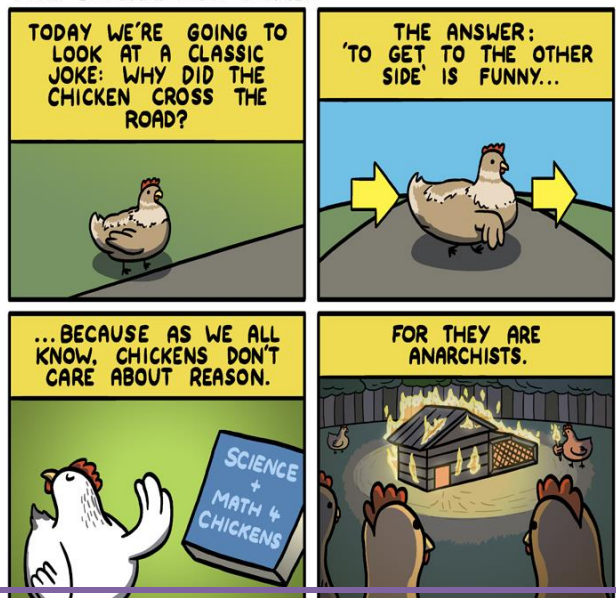
## Puns:

The person who invented the door knock won the No-bell prize.

Never trust atoms, they make up everything.

I can't believe I got fired from the calendar factory.  
All I did was take a day off.

## JOKE EXPLANATION CORNER





## Camps International: Borneo Summer 2014

In the summer of 2014, Jack and I travelled to Borneo with camps international. We had been fundraising for this trip for about a year and for anyone thinking of going to Tanzania, it's not all that difficult.



*Here is me and my group on the 18 metre dive and that's a sea*

Anyway, upon arriving in Borneo we were shuttled of to camp Tinangol. Bamboo long houses, a volley ball court and a kitchen... all on the edge of a jungle. It was so hot and so humid and the mosquitoes were relentless! I still loved it so much. From night trekking to volleyball games, it really was so fun and where the team bonded!

Next was Gaia Island. This place was AMAZING! It was also were we qualified for our scuba diving course. 4 nights with the beach 10 steps from your bed, you can't complain about that. Scuba diving was an amazing experience and is defiantly worth doing! When underwater I felt so relaxed and loved to just float around for a bit. You'll eventually get to dive down to 18 metres, it so cool.



Next was Bonkud. This is where we did the hardest, hottest and heaviest work. We were digging trenches for a new school's foundations and digging holes for water tanks... which is where I stuck my hand in a fire ants nest without realising. Don't do it... it seriously hurts. It was also here that we got

the play basketball with all the local kids and donate some stuff to them; they were so much fun and ran everywhere!!

Next Bata Putea... The jungle. 3 days and nights in the same cloths without changing or showering, we all smelt divine. It was here that I got with 5 metres of a dominant male orang-utan, saw wild crocodiles and soooo many spiders. It was unbelievably hot and humid especially after working in the





jungle all day, planting trees and cutting down vines. However I was the only person who really slept, we were all in hammocks. Most of the group detested them, personally I felt quite cosy apart from when animals came into our camp in the night, that wasn't great.

Finally there was Mantanani. We essentially lived on a beach, it was luxury! The sun rise was amazing, there was a lot to do and we even climbed coconut trees (which by the way are seriously difficult). It was also here that we got stuck in the craziest thunder storm I've ever seen in my life, it rained for a good day. The locals here were so nice and were always friendly, even if they couldn't speak English. It was such a nice end to the trip and such a nice place where we could reflect on everything that we had been through.



Okay and maybe we sunbathed a bit as well...

## Camps International Tanzania: 2016 highlights include:



- One month all inclusive expedition
- Work on a range of projects
- Be part of the team in a fun and supportive environment
- Help to improve education standards for children
- Take part in conservation activities to protect wildlife and the environment
- Safari in one of Tanzania's Premier National Parks
- PADI Open Water Diving Course
- Volunteers looking to enter UK universities have the opportunity to gain 70 UCAS points on completion of the expedition

For more information on Camps International visit [www.campsinternational.com](http://www.campsinternational.com) SHS Sixth Form web site





## Sixth Form Voice

November...

The month of November has become known as Movember, encouraging men to grow their moustaches in support of men's health. To this day the Movember community has raised over £340 million and funded 800 programmes in 21 countries.

This work is saving and improving the lives of men affected by prostate cancer, testicular cancer and mental health problems.

Men are challenged to grow moustaches during the month of November, to spark conversations and raise vital funds for men's health programmes.

These are the 5 rules that each "MoBro" must follow:

1. Each MoBro must begin the 1<sup>st</sup> of November with a clean shaven face.
2. For the entire month each MoBro must grow and groom a moustache.
3. Don't fake it. No beards, goatees, or fake moustaches.
4. Use the power of the moustache to create conversations about men's health and raise funds for these issues.
5. Each MoBro must conduct himself like a true gentleman.

To become a MoBro, you can simply sign up at [uk.movember.com](http://uk.movember.com). Once you have an account you can raise funds by yourself, in your own team, or join the school team SPRINGWOOD HIGH SCHOOL. If you don't wish to sign up you can make donations on the website to a person, a team or just a general donation.

There are many ways which you can fundraise e.g. getting sponsored for a sort of activity; cake sales etc.

For more information about Movember visit their website [uk.movember.com](http://uk.movember.com).



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