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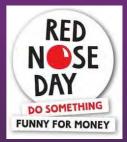
WN TEACHERS XV vs WN 3rd XV

On Friday 13th March, a group of teachers from the schools in West Norfolk embarked on the colossal task of taking part in a charity rugby match in aid of Comic Relief, against West Norfolk Rugby Club.

Of the 26 teachers taking part, 16 were from Springwood High School, including Messrs Feaviour, Donovan, Ward, Cuss, Payne, Hobbs, Calow, Grimwade, Rawling, Horvarth, Smith, Chima, Dawson, Grimes, Miles and K Thompson

The night itself can be described as nothing less than a huge success, masses upon masses of supporters arrived at the West Norfolk rugby club, bracing the cold conditions, many of them being Springwood pupils cheering on their teachers. Also many pupils from other surrounding schools were in

attendance, however they were somewhat outnumbered by the support from the Springwood pupils.





The game started at a frantic pace with tackles coming in left right and centre. On a few occasions Mr Payne felt the full force of some bruising tackles, however he dusted himself down and put in many of his own damaging tackles.

In addition first blood went to West Norfolk. They finally managed to break through the wall of the teachers' defence. Sadly the next two try scorers were from West Norfolk. The fast pace of the game had taken its toll on the teachers, with many of them calling to the subs bench for help.

The second half proved to be a complete role reversal. The teachers came out firing, with Mr Feaviour leading the team from the front, with marauding runs through the West Norfolk team, being backed up with some fierce

tackling from Mr Cuss, Horvarth and Hobbs. This pressure began to tell with Mr Griggs scoring the teachers' first points, and then came a try from Mr Horvath who just managed to get the ball over the line.

However the best was saved to last for the teachers as Mr. Donovan scored a superb solo try beating five West Norfolk defenders on his way to scoring in the corner.

The final result saw the teachers just being pipped to the post, with a score line of 34-21 in favour of the West Norfolk Rugby club. However the real winners were everyone who was involved on the night, from the players to the supporters and the sponsors.

The total sum raised was £1,400, a truly great effort from all involved.



lrc@springwood

YEAR 7 BOOKBUZZ



At the beginning of September every Year 7 were given the opportunity to choose a book from a list of selected books. Bookbuzz aims to inspire excitement about reading and discovering new books and authors. It is hoped that they will enjoy their Bookbuzz book and it will encourage them to continue reading. They might want to borrow some of the other titles from the school LRC or public library.



*Tiger Wars by Steve Backshall
Stories of WW1 edited by Tony Bradman
The Great Ice-Cream Heist by Elen Caldecott
Ruby Redfort: Look Into My Eyes by Lauren Child
Whale Boy by Nicola Davies

A Laureate's Choice: 101 Poems for Children chosen by Carol Ann Duffy

Extra Time by Morris Gleitzman
Wild Boy by Rob Lloyd-Jones
Chart Stadium by Town Balman

Ghost Stadium by Tom Palmer Geek Girl by Holly Smale

Operation Ouch! My Brilliant Body by Dr Chris and Dr Xand van Tulleken

A Boy Called Hope by Lara Williamson





Hair&Beauty@springwood

VISIT TO MANTON HOUSE

. On Wednesday 11 March , six Year 12 Hair and Beauty students spent the morning at Manton House residential home. The residents were able to have their hair cut and set and many enjoyed having a hand massage or their nails painted. The residents chatted to the students and everyone had a really nice morning. On Thursday morning Year 13 went to Eastgate House.













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CREATIONS

We have had a busy time at Creations Hair and Beauty salon recently. This term, the students have taken part in a barbering workshop by Olly, a local barber. Olly demonstrated to the sixth form students some clippering techniques and cutting skills used in barbering and all the students practised these techniques.

We have also had a Sienna X spray tanning workshop where the year 12 students all gained an accredited qualification and can now use these skills on clients.

Last week we had The Eyelash Design Company in for Lashfx eyelash extension training with year 13. These students are now qualified in the application of lash extensions. We have also held an Affinage colour training workshop with the hairdressing students and visited Salon International and Professional Beauty at ExCel in London. Before Christmas we had Smart Polish, a gel nail company coming in to do training with the students.

All the treatments are now available for clients in Creations. Price lists with all the beauty treatments and hair services on offer are on the school website or pick one up from the salon.















mastermind@springwood

MATHS MASTERMIND 2015



So another annual Maths Mastermind Challenge is over, and once again Springwood can walk away from the tournament (this year being the fourth) feeling rather proud of what we accomplished.

Unfortunately, though, it wasn't quite to be this year. We headed into the challenge with 3 wins out of 3, and were looking to keep this 100% record intact, but we faced even sterner competition than usual from KES, KLA and for the first time this year, Terrington St Clement. Eventually, we finished second to the Academy, who were again hosting the tournament and fielded some outstanding candidates.

Nevertheless, we made a good impression, winning two out of the five competitions. Nikki Rastogi won the Year 8 competition, and I managed to win the Year 11 competition. Nikki's victory was pretty tense and hard-fought, as after all the Year 8s had contested, the scores were totalled and Nikki



had tied on points with another Year 8 from KES, so a tiebreak was needed to determine the winner. However, this year's tie-break format was different to how they have previously done it. It was a sudden death tie-break; one candidate was asked a question which they had to answer

correctly, and the other candidate was also asked a similar question. The two candidates would take it in turns to answer the questions until one candidate answered correctly and the other answered incorrectly. The candidate that gave the correct answer was then victorious. The tie-break was extremely tense; every time the Year 8 from KES (who was nother Year 8 from KES, so a tieermine the winner. However, this as different to how they have asked the questions first) answered a question right, we knew that Nikki had to give a correct answer as well. After about four rounds, the KES Year 8 finally got a question wrong, so all Nikki had to do was get her question right and she was the winner, but, unfortunately, she didn't! Eventually, the KES Year 8 answered incorrectly again, and this time Nikki capitalised by getting her question right, and she won her competition!

Fair to say, there was a lot of pressure on my shoulders going into this tournament, mainly because I had taken

part in the last three
Mastermind Challenges and
won my competitions in all
of them. After my two
minutes, I was really
nervous, because believe it
or not, I hadn't done as well
as I had done in previous
years (I know no-one will
believe me when I say
that!). I was contesting
second to last out of the
four Year 11s, and after the



final Year 11 (from KLA) had finished, and I was informed by the rest of the contestants that I had indeed won, it was a huge relief!

So I managed to take home a trophy for the fourth successive year, and because of that, I'm a bit sad

because I know I won't be able to do it again, unless KLA act on their proposed idea to run a Sixth Form Mastermind Challenge! Anyway, it was a really fun day and well done to everyone that participated, as well as our mates who came to watch! We'll be doing it all again next year, and hopefully with the team of 5 that competes next time round, we'll be able to reclaim what is rightfully







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CAKES & SHAKES FOR HOLKHAM



WELL DONE! BRILLIANT!

news@springwo

All achieved an Average ATL1 on latest report and celebrated with Cakes and Shakes.





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BLICKLING STARS

Blickling Star Celebration - nominated by Form Tutor's for continued hard work, celebrated in the traditional Blickling way with Bacon Rolls and Hot Chocolate and a letter of congratulation home to parents.





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LUNCH FOR YEAR 7

On Wednesday 4th March all of those who achieved strong ATLs across their subjects in year 7 were invited to a lunch celebration.

Staff escorted pupils down to the sixth form social area for sandwiches, pastries, cakes and drink. We then celebrated the best ATLs in the year group!

Almost a full set of ATL 1s for all,	well done!
Luis ALVES	FB-03
Joshua AMPOMAH	SD-01
Arushan ANTONY-VILVARAJA	BG-01
Deepa BASKAR	FB-01
Amani BENSIHEM	BG-03
Kim BLANKSON	FB-02
Holly CLARK	HK-02
Phoebe CLAXTON	FB-05
Ella FARNSWORTH	HK-02
Tate GILLER	BG-06
Esha JAISWAL	BG-07
Miriam MASSAWI	SD-06
Lara-Grace MOUNT	FB-04
Evelyn PERRYMAN	OX-05
Vivikth SANNAKKI	FB-08
Abigail SIMMS	SD-08
Dongting XU	BG-02



And then the highest achievement points in the year group so far	
Abigail SIMMS	142
Miriam MASSAWI	137
Lara-Grace MOUNT	136
Miriam CAMPBELL	134
Leanne JOARDAR	130
Holly CLARK	129
Phoebe CLAXTON	129
Luis ALVES	128
Aaron JACKSON	123
Amelia SPINDLER	123
Joshua AMPOMAH	121
Lucy HEARLE	120
Jack SMITH	118
Veronika ALEKSEJEVA	118
Kim BLANKSON	117



Once all the clapping was finished we ended by having a few year 7s dancing off against the legend 'Mr Singh'. It was a hard fought contest but the overwhelming winner was Mr Singh with a cheer that almost took the roof off!! I look forward to another celebration at the end of the year. Year 7 – keep working hard!!



environmental @springwood

MAKING BACON SUSTAINABLY!

Year 12 students visit a Norfolk pig farm ...

As part of our unit on sustainable farming, we were able to visit a Norfolk based farming business, Grenstein Farm near Mileham, which specialises in arable and pig farming. The trip was made possible by Catherine Leigh, of The Country Trust - an educational charity dedicated to bringing the countryside alive to students.

The owner of the farm, Mr Ellis, is an environmental enthusiast and showed us around his sustainable business. We first saw how he has allowed the Norfolk Rivers Trust to re-align the important River Nar that has its source on his farm - straightened sections have been put back to a meandering course to preserve and enhance its rich diverse ecology and to better sustainably manage the river. The whole river is a SSSI (Site of Special Scientific Interest). We saw many of the 940 sows he has and they produce around 450 piglets a week which are destined for Waitrose. We saw outdoor farrowing huts and straw-based finishing units, and Mr Ellis explained how the pigs fitted into his farm's four-year rotation (with spring barley and sugar beet) to help conserve the soil.

The farm also had a herd of water buffalo for local butchers and farmer's markets - there was a herd of deer as well and even some curious rheas! Energy for the farm came from two wind turbines - Mr Ellis told us "the pigs hardly get disturbed by them!" Finally we saw on the farm a historical barrow and ring ditch which Mr Ellis preserves and has protected by planting acres of trees around the features. It was a really enjoyable and informative trip even though, as Jonathan said "Waitrose will never be the same again when it comes to buying bacon!"



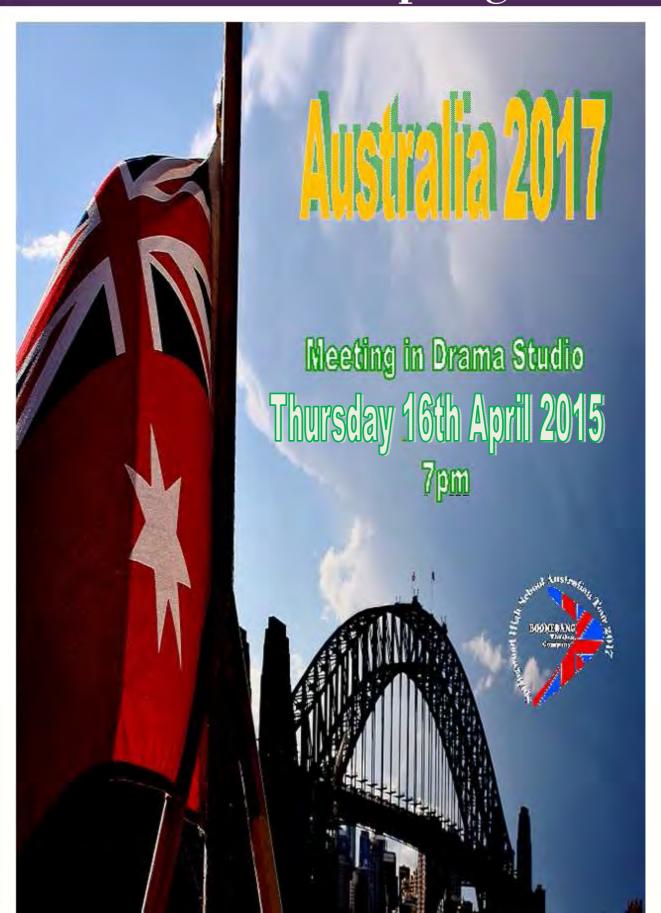


Year 12 students - Jonathan Playford, Ciaran Back, Holly Brown





australia2017@springwood





sport@springwood

2015 SKI TRIP

Over half term 29 pupils embarked on the Annual Ski trip to Austria - this year the destination Zell Am See. There was a range of mixed abilities from the experienced Skiers and boarders - to the very beginners who had never seen that much snow let along been on a set of skis, these included a mixture of Y10 and Y11 pupils with Miss Simons. There was a full 6 days skiing in beautiful sunshine on the slopes of Kaprun - resulting in a few pupils returning with interesting tans one their faces!!! The resort and food was fabulous everyday and plates were left clean. In the evening for entertainment there was a visit to a luxury thermal spa, fun sledging night and the local Ice Hockey team played in a packed stadium. Please listen out for details of next years trip we look forward to seeing your lovely faces again and those who are wanting to learn to ski or board and have a fabulous time with us in 2016.





Alesha Jones FB-09 writes:

This year we travelled to Zell am See in Austria for a week of fun in the snow. The whole week was brilliant, from skiing for 6 hours everyday, evenings of activities and being with friends in the evenings. In the evenings we went swimming which was relaxing and well earned after being on our feet everyday! The snow was breathtaking as were the views. We stayed in a lovely place...waking up to snowy mountains and fresh cold air hitting you as you went outside. There is no doubt the week was very tiring, but every minute of it was worth it and we all feel that our half terms were well spent! Our group who went this year all bonded really well and we came back with new friends, having gained new experiences and (hopefully) having learnt how to ski! Next year should be just as brilliant and we can't wait to go again next year!

2015 Norfolk Ski Competition



Alesha Jones, Abigail Simms and Ewan Grommett competed from Springwood to represent West Norfolk. The team achieved a bronze and gold medals for KS3 and KS4 respectively although sadly not from our members. They all performed extremely well and were invaluable members for the team as a whole, qualifying to participate in the Western area relay team. An enjoyable day was had by all with students showing commitment and team spirit.



sport@springwood

TAEKWON-DO CHAMPIONSHIP



I have been chosen to represent England in the +85kg division of the European taekwondo championships in Italy this April. I have also been asked to captain the men's team again this year which is a tremendous honour. Especially as the lads are so extremely talented. We have a strong team of athletes and we are expected to do well in both individual and team events. For more information on our club, please look at our website: www.senshimartialarts.webs.com













sponse

YEAR 8 CAREERS CHALLENGE





Year 8 students followed their Superlearning day on careers with their own extended project, investigating in more depth careers that they would be interested in. Pupils were excused normal homework for one week in order to complete the project, which was marked by Form Tutors, giving pupils an Attitude to Learning (ATL) grade. Pupils completing the project were able to use this towards the Understand stamp of their Endeavour project.

The quality of entries was exceptional, with over one hundred students achieving an ATL 1. This made Headteacher Mr Ballman's job to choose 3 winners extremely difficult. Eventually, he declared the winner to be Issy Woods, followed in second place by Chelsey Grimes, with Robert Messam in third. Each received a gift voucher.

Winner Issy said "I really enjoyed doing the project, and I felt proud when I found out I had won. It helped me because I found out so much more about my chosen career."



technology@springwood

HILLINGTON SQUARE

On Friday 6th March, Year 9 pupils studying BTEC Construction and the Built Environment visited the OpenDoors2015 event that was hosted by Lovell at Hillington Square.

This was a fantastic opportunity for our pupils to see for themselves the work that goes in to a major refurbishment project through the second phase of the Hillington Square regeneration (which involves Valentine House and Thompson House, refurbishing 48 flats, demolishing an overhead walkway and the creation of two new staircase/lift cores.

Pupils saw first hand how the old flats have been completely stripped back to the brick and blockwork structure, with the refurbishment program then involving the installation of new partition walls, plastering, suspended ceilings and a full refit of services to the flats including gas, electric, water, phone lines etc..



ROTARY TECHNOLOGY TOURNAMENT

On Wednesday18th March, four teams of pupils from Springwood High School took part in the first King's Lynn Rotary Technology Tournament, sponsored by Bespak and hosted at King's Lynn Academy. The other schools taking part in this tournament included KES, King's Lynn Academy, Smithdon High School and the College of West Anglia.

Each team participated in an age category and had to design and make a powered vehicle that could cross a gorge on an overhead wire. Each age category had an increasingly difficult task, with KS3 teams simply having to design a vehicle that could cross the wire; KS4 teams had to design a vehicle that could cross the wire and then

drop a package into a designated drop zone, whilst KS5 teams had to cross, drop and then return to the start.

All of our teams worked extremely well together, with out KS5 team (consisting of Luke Miller, Jack Goldy, Alec Hodgkinson and Lewis Brearley) being declared the winners of KS5 tournemant. The KS3 and KS4 tournaments were narrowly won by KES.

This tournament was a great experience for our pupils to represent the school in a STEM (Science, Technology, Engineering and Maths) activity during National Science Week, and we are looking forward to this becoming an annual event.



KS3 pupils



charity@springwood

VALENTINE

Felbrigg House Council sold Valentine Roses they delivered them to their fellow students and raised £41.50.





PANCAKE RACE









Springwood High School hosted a Pancake Day race which would help to raise money for Mind and also Charities in Tanzania. The race was set to take place outside of the 6th form but due to the weather it was held inside the sixth form. Six teams competed to win the overall Pancake Day trophy; three teams were made up of 6th formers and two by the teachers. The teams had to flip a pancake 5 times whilst walking across the room to then eat a pancake fully and then back again for the next person. The teams had great fun competing, with little cheating going on with a highly contested Pancake Race with an audience watching. Many thanks to everyone involved and a GRAND TIME WAS HAD BY ALL! Special thanks must go to Miss. Giffen who slaved over a hot frying pan to create the marvellous pancakes.

RED NOSE CUP CAKES



Thank you to all who so kindly contributed. £32.00 pounds was raised—Mrs Spooner

RED NOSE HAIRCUT









Ewan Samways, Year 7 OX-04, took to the chair to have his hair shaved off for Comic Relief, he raised £500 for Comic Relief. He was cheered on by Oxburgh Year 7. Well done Ewan.



history@springwood

YEAR 8 COMPETITION



During the second week of term, I was lucky enough to take two lovely Year 8 pupils on a government sponsored trip to the World War I battlefields of France and Belgium. Areej Khatri and Alvin Jason had won the Year 8 competition, 'How should we remember World War I a hundred years on?' We were accompanied by other students ages fifteen to eighteen from schools across London, Peterborough and Cambridge, alongside the Institute of Education and six members of the Regular Army. The trip was an intensive four days where we travelled across Belgium and France, visiting the muddy and wind swept battlefields of Flanders and the Somme alongside Allied and German memorial sites and cemeteries.



Our first site was the Tyne Cot Commonwealth cemetery situated on the high ground of the Ypres Salient. It is the resting place of some 11,954 soldiers and is protected by the gaze of two guardian angels. The sheer number of grave stones makes it difficult to comprehend those who had to make the ultimate sacrifice of life and both Areej and Alvin were at first uneasy about stepping over the plots. We had located previously the plot of a Sergeant R Payne from the Royal

Norfolk regiment and standing where he lay, so far away from home, added a further personal element to the trip. The German Langemark cemetery was our next location and the attitude and atmosphere towards remembrance was strikingly different to that of Tyne Cot. When asked to compare the sites and what they reveal about attitudes to remembrance, Areej remarked that at Tyne Cot she felt we were remembering heroes and at Langemark we were remembering the defeated and the bleakness of war. We pondered over who were the victors in this case, deciding that victory could not possibly be felt by those who lost their lives and will remain forever where they fell.



Vising the Menin Gate was also something to behold where the names of those whose bodies have never been found are located. Amongst those men who died, 'somewhere in France,' was the name of my Great Great Grandfather. It was a powerful moment standing next to his name. The three of us tried to grasp how the loved ones, wives, children and parents of those men might feel. Would they always hope their bodies could be found so that something 'real' could be paid homage to or was the memory of the dead enough? After the last post ceremony was held by the armed forces, we walked through the

beautiful town of Ypres, knowing that this reconstruction of the Medieval town had once been nothing but rubble and war devastation

On the last day we travelled to the death cells of Poperinge where the British forces executed men of their own side who tried to flee and or disobey orders and we took a moment to reflect on the whole trip. The Regular Army provided us with a current perspective on the necessity of discipline in the armed forces and the implications of not following through on orders, despite the fact that many of the 21st century, including ourselves, found the concept hard to swallow.

So what did we walk away with? Well, possibly the most striking image that stood in our minds was the final sacrifice that was made by all, regardless of what side they fought for. I asked the pupils if they would have been willing to trade places with them, their answer being a resounding 'no,' knowing full well that the boys in green would have done anything to trade places with our students today. World War I has always been known as 'the Great War,' and there is a lot to be learned from the human sacrifice that took place. Hopefully future generations, including ourselves, will never be asked to make the same level of sacrifice.

Miss R McComish



geography@springwood

BRANCASTER FIELD TRIP

On the 27th February Year 12 AS Geography students attended their first fieldtrip to Brancaster, North Norfolk to study sand dune succession with Miss Grant and Mr Durham. The day was bright and sunny, but very cold and many students were wrapped up to ward off the cold weather.

Students had the opportunity to complete a variety of field work techniques from measuring beach profiles to systematic sampling of the flora of the sand dunes. Students were able to appreciate the formation of dunes from the embryonic stage to the grey stage, and this was well explained by Nita from the National Trust Millennium Centre. The day ended with an explanation of the sustainable coastal

management which is being attempted along this stretch of coastline. Well done to all of Year 12 who took part and hopefully it will help with their Paper 2 exam!

I would like to take the opportunity to thank Mr Evans for driving the minibus and for Mr Durham who had to endure a cold day on the dunes!

Miss Grant



GERMAN PLAY

Onatti Productions know a great deal about producing theatre in foreign languages for schools. They were aware that students would be a little apprehensive about their ability to follow a whole play in German, but the script contained lots of words and phrases which they have come across in class.

The actors are native German who have come to the UK to perform. They know that the students are learning their language so they spoke slowly and clearly and included lots of repetition.

By picking out the words the students know and watching the action, gestures and sentiment, they had

no problem understanding what is going on. The students were amazed how much German they actually knew!





mocktrial@springwood

SIMPLY THE BEST



On Saturday 7th March, Springwood High School became the winning team of the Magistrates Mock Trial Competition for the third year running!

The event took place at Great Yarmouth Magistrates' Court and saw 13 students take on a variety of roles from solicitors and clerks, to defendants and witnesses.

Performances were judged by Magistrates and legal professionals and the criteria covered a wide range of skills such as ability to question and follow-up responses, exploring witness statements, etc. This year's case was about the theft of a mobile phone and involved two rounds of competition against two different schools. Miss Roberts, project co-ordinator commented:

'It's a great way for the students to get first-hand experience of how the justice system works. What's even better, is that they genuinely enjoy the rehearsals and preparation sessions and have even managed to watch some real trials taking place in Court'.

The students will go on to compete in a regional heat in May where they will have to prepare the defence and prosecution for a new case. We wish them the best of luck!







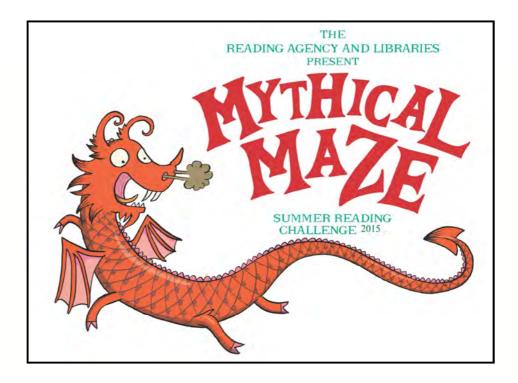
The team celebrating their success with local magistrates



community@springwood

Gaywood Library are looking for volunteers over the summer holidays, if you are interested please contact

Elena Parkin Community Librarian - Tel: Gaywood - 01553 768498 - Downham Market - 01366 383073







sport@springwood

YEAR 7 FOOTBALL



Springwood secure places in 2 Cup Finals!

Springwood under 12 Football team have continued their excellent form throughout the Spring Term, with the reward of 2 cup finals after Easter!

County Cup

SHS were given their toughest test to date in the Semi-final, away at Attleborough Academy. We did not get off to the best start and had Bradley Ironside to thank in goal for making several crucial saves. After weathering the early storm, we managed to gain a foothold in the game. Both sides wasted several good chances in what was a fiercely competitive fixture. With extra time looming, it did not look as though it was going to be our day as Attleborough were awarded a dubious penalty. Fortunately the penalty was not converted, Springwood countered and Jak Uppington finished well. With seconds remaining, Aaron Powell hit a 30 yard wonder strike to send Springwood into the final at the FDC. The final will be contested in early May against Notre Dame Academy.

FT - Attleborough 0-2 Springwood

League Cup

SHS have cruised through their side of the league (A) with resounding wins over Downham Market, KES and Nicholas Hammond. We will now meet the winners of the B league in a cup final to be staged at KES after Easter.

Nicholas Hammond 0-5 Springwood

Springwood 5-0 Downham Market

Springwood 4-1 KES

National Cup

SHS equalled a school record by reaching the last 32 in the national cup. Over 600 teams had entered the competition so this is a remarkable achievement by the boys. We produced some great team performances along the way before eventually being beaten by a very strong side from Nottingham. We will be back next year!

Round 2... KES 1-3 Springwood

Round 3... Neale Wade 0-5 Springwood

Round 4... Springwood 8-1 Reepham

Round 5... Springwood 5-1 Northgate (Ipswich)

Round 6... Toot Hill 4-0 Springwood



headteacher@springwood

Message from Mr Johnson



As you can see from the contents of the Newsletter, March has been a very busy month for Springwood and the Easter holiday has come around very quickly. It is hard to believe that we are two thirds of the way through this academic year already.

We have the list of pupils who will be joining us in September as Year 7 students and staff will be going to visit them in their junior schools during the summer term; preparations are already under way for our Taster Days in June.

When we come back after Easter the exam season will begin in earnest for Year 11 and Year 13 so, hopefully, all these students will be taking advantage of some rest from the daily journey to school and revising hard over the holiday. Mocks have already taken place and progress evenings have been held along with an 'exam prep' evening for Year 11 and there will be extra classes taking place over the Easter period.

We have lots to look forward to in the summer term – Sports Days, Leavers' Proms, taster days for Year 7 and 12 and educational visits but before all that the exams will take place.

Happy Easter to all and we will re-open on April 13th.

A M Johnson

Good Bye and Good Luck

We would like to say goodbye and good luck to two colleagues who are leaving us at the end of this term:

Mr Clark who has been in the English Faculty for almost 12 years, most recently as Head of English, and who will be taking up a new post as Director of English at Newmarket Academy in Suffolk.

Mrs Saunders who has been in the Social Sciences Department for almost 2 years and for family reasons is moving out of the area and will be taking up a new post at a school in Milton Keynes.