



news@springwood

GCSE PRESENTATION EVENING

On Thursday 10th November former student Emily Blake (pictured centre) presented the prizes to students along with Mr Johnson and Mrs Arterton Vice Chair of Governors. Miss Blake currently holds the title of Miss Great Britain United Nations 2016 and gave an inspirational talk to parents and students. Congratulations to the prize winners on their excellent GCSE grades.

A vote of thanks was given by the Head Boy from Holkham House Daniel Harvey and the Head Girl from Oxburgh House Alimay Campbell.



Coming next... look out for the New York Barristers team; the Queen's Prize winner plus lots more!!

presentation@springwood

ART	Anam Khatri	
BUSINESS	Elliot Blazer	
COMPUTING	Daniel Jackson	
CONSTRUCTION	Isaac Muxlow	
DANCE	Ceylan Onurlu	
DRAMA	Isabelle Franklin	
ECONOMICS	Lara Sharpin	
ENGLISH LANGUAGE	Maria Ortega	
ENGLISH LITERATURE	Sharnie Elwin	
FRENCH	Megan Byatt	
GEOGRAPHY	Joseph Vayalil Lawrence	
GERMAN	Thomas Peacock	
HAIR & BEAUTY	Amber Freeman	
HEALTH AND SOCIAL CARE	Bethany Shaw	
HISTORY	Vladyslav Venger	
ICT	Luke Colbeck-Tate	
LEISURE AND TOURISM	Callie Bowman	
MATHEMATICS	Emily Carter	
MUSIC GCSE	James Playford	
MUSIC TECHNOLOGY	Darius Saunders	
MUSIC VOCATIONAL	Michaela-Jay Appleton	
PERFORMING ARTS	Chloe Taylor	
PHYSICAL EDUCATION	Louisa Claxton	
RELIGIOUS EDUCATION	Paris Fodden	
SCIENCE	CORE	William Tuck
	ADDITIONAL	Lucy Chilvers
	BIOLOGY	Kaveeta Malhi
	CHEMISTRY	Rohan Rastogi
	PHYSICS	Bayley Shaw
SOCIOLOGY	Lauren Carson	
TECHNOLOGY	FOOD TECHNOLOGY	Paige Twell
	GRAPHICS	Fergus Griggs
	PRODUCT DESIGN	Alexander Tunnicliffe
PUBLIC SERVICES	George Manser	
BLICKLING HOUSE	Nicholas Bigg	
FELBRIGG HOUSE	Talhaf Malik	
HOLKHAM HOUSE	Briony Maskell	
OXBURGH HOUSE	Daniel Webb	
SANDRINGHAM HOUSE	Ciera McKenzie	
OUTSTANDING ACADEMIC PERFORMANCE AWARD	Lauren Carson	
AWARD FOR BEST ACADEMIC RESULTS	Rohan Rastogi	
MOST IMPROVED STUDENT OVER KS4	Paris Fodden	
ATTENDANCE PRIZE	Phoebe Lyons	
JESSIKA-MAE PRIOR SHIELD	Abigail Peters	

info@springwood



1st November 2016

Dear Parent / Guardian

ATTENDANCE AT SCHOOL AND ISSUING OF PENALTY NOTICES

The Government's priority is to ensure that every child attends school regularly and where attendance is deemed to be unsatisfactory, that it is addressed promptly. There is clear evidence that any absence can and will have an impact on attainment. It is therefore important that schools maintain good attendance levels and that parents support this by ensuring their children attend school regularly.

This is a reminder regarding the law that requires all parents / guardians to ensure that their child attends school regularly. As of October 2015 Springwood High School and the Local Authority introduced issuing warnings and Penalty Notices.

The Local Authority operates a system where any pupil will meet the criteria for legal intervention where they have:

- 85% attendance or less, with a least 15% unauthorised absence over a 6 week period: or
- Below 90% attendance within a 12 week period where some absences are due to unauthorised term time holiday absence.

Any pupil in Springwood High School who meets either criteria will be referred to the Local Authority for action to be considered. Whilst parents/guardians can provide explanations for absences, it is at the school's discretion as to whether this absence will be authorised or unauthorised. Medical evidence will also be requested to support absences.

If a Fixed Penalty Notice is issued it is a fine of £60 per parent per child which must be paid in one payment in 21 days. If unpaid a further notice for £60 per parent per child is issued, both individual invoices would then have to be paid making a total payment of £120 in 28 days. You should be aware that failure to pay the total amount within the timescale will result in legal action being taken.

Our aim is to ensure that our pupils receive the most from their education and I trust we can count on your support in this matter.

Yours faithfully

Mr A Johnson
Headteacher

students@springwood

Are You a Carer? West Norfolk Carers



West Norfolk Carers

Supporting Carers
across Norfolk

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction struggles to cope without their support. Care may be full time or for just a few hours.

West Norfolk Carers is a charitable body working to support family carers because they understand the stresses and strains that carers may face. They run Carers Groups in Downham Market, Swaffham, King's Lynn and Hunstanton and they run Young Carers groups (8-16 years) too. One to one home visits can be arranged to help assess a carer's needs and advice is available in areas such as grants, benefits, activities, which organisations you should approach and so on. West Norfolk Carers can act as a friendly shoulder to lean on.

Recently WNC was awarded funding to run a TRANSFORMING LIVES project targeted at younger adult carers over 16. Here we can offer all the above support plus **free** training to improve personal wellbeing. Training and workshops can help in areas such as stress management, self-confidence, life skills, career planning and opportunities to access volunteering and work. Transforming Lives can give you the chance to have some time for yourself on something you enjoy, eg yoga, cooking tuition, nutrition, relaxation classes, walking, music, activity sessions etc. You may simply wish for a chance to socialise in a carers support group- a Young Adult Carers Group for 16 to 24 year olds meets monthly in King's Lynn.

Interested? For an informal chat and to gain more information call West Norfolk Carers on: **01553 768155** or email on info@westnorfolkcarers.org.uk or go to <http://www.westnorfolkcarers.org.uk/>. We're here to help you.



Roger Partridge and Sarah Nurse from West Norfolk Carers pictured above, came into School and spoke to the Year 12 and 13 students

sixthform@springwood

MASQUERADE BALL

These are the photos from the masquerade ball which happened on the 14th October 2016 at Lynnsport. Year 12's and 13's attended in masks and partied the night away to music from the DJ. It was a great chance for the Year 12's and 13's to mix together and also a welcome for the Year 12's to Springwood Sixth Form. Additionally to congratulate them on finishing their initial assessment week. The money raised from the masquerade ball will go to the Year 13's prom at the end of the school year; they raised approximately £350. Thank you to everyone who came to the event and we hope that you all had a great night and enjoyed yourselves.



YEAR 12 ASSESSMENT

The school's Initial Assessment Period is now complete and students have been graded 1-4 in order to assess their suitability and attitude in their subjects. Very high standards have been set and it is increasingly difficult to be graded a 1 (outstanding) in the sixth form.

However, 12 students in year 12 have managed to get a 1 grade in all of their A Level subjects. A magnificent achievement that is very promising for the future. The students' excellent start to A Levels was celebrated in an assembly on 17th October. The magnificent 12 are:

Florence Chung
Abbie Young
Chloe Pegg
Anam Khatri
Sam Reynolds
Megan Byatt
Emily Carter
James Wadey
Holly Chen
Joe Vayalil Lawrence
Lara Sharpin
Alex Read



A very well done to them. Some of them are pictured with Mr Pettitt, the school's Director of Sixth.

sixthform@springwood

EU MOCK COUNCIL

Reece Townsend and Alesha Jones Yr 13

On Friday 18th November we were fortunate enough to take part in the EU Mock Council Debate project at Church House, Westminster. Although we represented Springwood, there were 30 other schools there participating, including one school from Northern Ireland. Each school was given an EU country to represent and ours was Slovenia.

It was a project that we had been preparing for, for a couple of months and one that required us to learn about EU policies and the decision making process that real country representatives have to go through when there is political change to be discussed. We had to act as national leaders of Slovenia, in two different rooms, each debating a separate topic. In the afternoon, we came together in one of the rooms to reach decisions.

The event was introduced by Lord Boswell who gave us an insight into just how difficult debates are. This certainly turned out to be true. By the end of the day, we had to have discussed and debated both of the above topics and all schools had to reach an agreement. Many students also chose to speak in different languages, to make the experience even more authentic. For this, we had live translators, who spoke through earpieces which we had to wear. It was definitely different to a normal day at school! Throughout the day we discussed the real life challenges of the UK's decision to leave the EU

Alesha: "I was debating whether the Erasmus+ Program should still be available to us after we leave the EU. I struggled with this to begin with, however, the Slovenian Embassy in London were very helpful and even invited us for a meeting the day before the



debate which was really beneficial. This enabled us to discuss the two debate subjects with them to understand where Slovenia stood on the topics, to ensure that our representation was authentic; which was a brilliant thing to include when we were debating the following day!"

Reece: "The months prior to the day were very important as we had to research the topical issue we were to discuss: mine was whether the United Kingdom should still remain part of the European Arrest Warrant, after 'Brexit'. I felt that this topic suited me best as I would like to study law after sixth form."

After collecting lots of notes and statistics we had to develop our key points for the discussion in London, at which we only had 2 minutes to share our proposals so they needed to be clear, concise and well-argued. On the day, I felt like my proposal went really well. In the afternoon we were allocated time for group discussion, where we were also expected to team up with our groups to share our ideas. This also went well, and at the end we



Continued Page 7...

sixthform@springwood

EU MOCK COUNCIL

/cont'd...

were able to vote whether we agreed with the final outlined proposal, backed by the EU and the UK. We agreed with both of the offered deals, as did the majority of the other EU states.

This was an exciting, new challenge that has helped us gain an understanding of EU politics and improved our debating skills. We were also extremely privileged to meet the Slovenian councillor at their Embassy in London to discuss our ideas, on the day prior to the meeting. This helped us to gain a 'true' viewpoint of what Slovenia actually wants, and fortunately the councillor agreed with our ideas and proposal'.

We thoroughly enjoyed the experience of attending the mock EU commission debate. Not only did we gain many skills, such as public speaking and having to adapt and understand ideas, but it was also incredibly rewarding. It was a privilege to be the two chosen representatives of Springwood and a unique experience we will remember. Reece and Alesha



1066 RE-ENACTMENT



The History department once again turned the Sandringham playing field into a Battle ground by re-enacting the Battle of Hastings 1066. Celebrating the battles 950th anniversary all year 7's brought in a large home made painted shield representing either a Saxon or Norman soldier. The classes charged and shouted their way to victory or defeat and began to learn exactly how and why William won through luck, weakness and strength that helped crown William the new King of England.



cpr@springwood

CPR TRAINING



Springwood CPR team are out and about teaching again. The British Heart Foundation have funded equipment to teach the entire school this potentially life saving skill. At the moment only 2-12% of adults suffering from a heart attack survive in England because people are either scared or do not have the knowledge to step in. In Seattle in the USA over 50% of heart attack victims survive because they do have the knowledge. This is due to every secondary school teaching CPR to every student. The British Heart Foundation want a nation of life savers to increase the rate of survival for these victims.

The team so far have taught 9H2, plus all of year 7 and will shortly visiting your tutor group. This is your time to get involved and make a difference.



showjumping@springwood

SHOW JUMPING COMPETITION

True to form it was a freezing cold day on Sunday 27th November, yet over 70 riders from 14 schools across Norfolk met at Lime Kiln Equestrian Centre for the Alderman Peel Christmas Showjumping Competition.

The Springwood team for the 2'3" Novice, consisting of Sophie Fenn on Taran and Lucy Allen on Laxton's Gizmo, arrived, ponies festooned with tinsel. Despite being a rider short, both girls completed foot perfect double clears putting them in team 6th and giving Sophie and Taran individual 5th.

The competition from the 30 strong field for the 2'6" Intermediate was fierce, but no match for Georgia Moat riding Matilda who stormed to the lead with a breath taking 24 second jump off round. This, along with lovely double clears from both Sophie and Lucy and an unfortunate 8 faults from Summer Moat riding Suzy was enough to secure a win for Team Springwood, individual 1st for Georgia, and 4th for Sophie.

We were sadly a pony down for the 2'9" Open due to the loss of Summer's much loved pony Sally last week, but with 11 year old Summer gamely competing her new horse and Georgia now mounted on Bert as well as Matilda we were able to secure 5th place.

A brilliant day was had by all and despite the wind, rain and freezing temperatures the girls all came home triumphant. A massive thank you to all the Mums, Dads, Sisters and supporters who were there to cheer the girls on and we look forward to defending our title next year.



sixthform@springwood

SKILLS COUNCIL CAREERS FAIR

A Careers Fair was held at Springwood High School on Wednesday 19th October 2016. The show was hosted by the Skills Service and was one of the largest career shows for young people held in West Norfolk in recent years.

Youngsters from local high schools attended. They were given the opportunity to see what skills are required when they leave school or college, and now to meet their highest aspirations in the work place.

The event included: an employment training marketplace, workshops and seminars, focusing on specific themes for example, science, technology, engineering and mathematics, higher and further education and apprenticeships.

Employers attending the event included:

CITB National Construction Collage 3AAA	Management Degrees Nova Training Motor sports, Job Center Plus	Gethin Archer Flagship Group Careers
Princes Trust	GAP Year opportunities worldwide	Bishop Grosseteste
NATWEST Bank	Army Armed Forces Recruitment Stand	Fraser Dawbarns
Anglia Ruskin	BCKLWN Environmental	Access to music
CWA	Wildcats Careers in drama and musical theatre	NHS
NCS	University of Lincoln HE courses and advice	Bespak
Aveva	Kickstart Moped rental scheme	British Sugar
NHS	Civil Service	BAE
Extra Hands Health and Social Care	Nottingham Trent University	UCWA
Norfolk Network Apprenticeship		Norwich University of Arts
UEA		RAF Recruitment
West Norfolk Mind		
UCFB Wembley Sports and Event		



If you missed the Sixth Form Open Evening, guided tours are now available by prior arrangement after school. If interested please contact:

Sixth Form Office—King's Lynn 779407

sixthform@springwood

CHOCOLATE FOR ATL STUDENTS



The first set of data is in and year 13 are on course to pass last year's record-breaking cohort! 17 students are on course to beat their target grades in all 3 of their subjects and 23 students are passing target grades in 2 subjects. Additionally, there are 7 students in year 13 who have received the top score for 'attitude to learning' in all 3 of their subjects.

This superb achievement is a result of the continued hard work of students at Springwood. These top performing students are photographed at their celebratory social event (featuring retro tunes and lots of chocolate!) with Mr Pettitt and Mrs Cuss, the Director and Assistant Director of Sixth Form.

VOLUNTEER FAIR

The Springwood Year 12 Volunteering Fair took place in the Sixth Form Social area Monday 5 September with 25 stands representing local and national voluntary and charitable organisations along with faculties within the school.



people@springwood

BLICKLING STARS

Very positive start to the school year for our Blickling Students, nominated by their Form Tutors for their enthusiasm, hard work and achievement. Breakfast of Bacon Rolls and Hot Chocolate were enjoyed with Miss Craig to say well done.

Keep up the positive attitude and hard work. Student names:

Michaelina Matoga 11B2
Kasha Burgess 7B1
Accer Rippin 7B2
Thierry Garside 8B1
Ellie Hansell 8B2

Eve O'Cruelly 9B1
Dong Ting Xu 9B2
Jack Napolitano 10B1
Noah Docking 10B2
Lydia Groom 11B1

Miss Craig



WORLD VOICE



World Voice afternoon was held on Wednesday 9 November. A huge thank you to the music team, the year 7 choir and of course the year 7s themselves (and a few year 8s too) for an excellent afternoon of singing. The whole of year 7 sang the German and French rounds beautifully. They nearly raised the roof at the end of the day, with their rendition of Frozen!! X factor watch out.

people@springwood

REMEMBRANCE



On Friday 11th November, Yr7 students and staff joined cadets from Norfolk ACF and Air Cadets and staff from 42F Kings Lynn ATC, as well as the serving members of RAF Marham, the chairman of the Royal British Legion David Norman and the British legion Standard to commemorate all those lost in combat. This year saw the centenary of the Battle of the Somme and Yr7 students culminated a week of lessons across Art, Design, History and English with the laying of Poppy-painted pebbles around the school's flagpole. Alongside the Reverend James Nash Rural Dean of the Woottons and the playing of the Last Post, students and staff remembered and contemplated the sacrifices made by past and present generations in service to this country.



"Students and staff were impeccable and the service was incredibly moving and thoughtful. Something I hope the students will remember for years to come." – Mr Smith.

Special thanks must be given to Mrs Petch, the Cadets, Representatives from Marham and the British Legion and Mr Eveson and the Art Department for the time and effort in the decorating of the beautiful poppy pebbles the Year 7's created.



Photographs taken by Ben Coxford and Ellen Cottis

poetry@springwood

THE DAY OF HALLOWEEN

The wolves howled in the distance,
As bats spiralled from the cave.
The Goths, ghouls and phantoms,
Such frights they always gave.
On 31 October, the day of Halloween,
Everyone hears the humans scream.
Neethu T 8B1

HALLOWEEN IS...

Halloween is fun;
You get loads of sweets, dressing up and make-up on;
Halloween is fun.
Halloween is scary;
You go out at dark,
Scary costumes and decorations;
Halloween is scary.
Halloween is happy;
You get to answer the door,
And look at all the children's lovely faces;
Halloween is happy.
Halloween is surprising;
People jumping out,
Screaming, scaring;
Halloween is surprising.
Phoebe 8H2

Fireworks Night

A burst of colour,
A dancing flame,
Exploding in the sky,
Without a name.
Roasting food on an open fire,
Eating snacks and sweets,
Enjoying the fireworks,
Oh what a treat!
Ciara 8O1

REMEMBER, REMEMBER

Explosions and sparks,
The fifth of November is the time to remember.
Fires blazing,
Kids going crazy,
The fifth of November is the time to remember.
Guy Fawkes is the one to remember,
As he attempted to blow up parliament,
On the fifth of November.
So...
The fifth of November really is
The time to remember.
Madeline 8B1

Bonfire Night

Bright colours cover the night's dark sky,
Light exploding, appealing to the gazing eye.
People come together to celebrate this day
Their happiness shared, clearing all dismay.
A bouquet of colours glowing in the sky,
"Down with Guy Fawkes," people cry,
Loud noises echo throughout the land,
Lights shining brightly, looking so grand.
Isaac 8H2

BONFIRE NIGHT

Bonfire night,
It's just so bright;
All of the colours – such a sight!
All the children shouting and playing,
All the trees waving and swaying,
All the adults cold as can be,
All the flames flying free.
Guy Fawkes, Guy Fawkes!
You and your seven men;
On one dark night
You tried to blow up the king
To blow up parliament
To give us a fright.
Bonfire night,
It's just so bright;
All of the colours – such a sight!
Emily, Emma and Millie 8O1

Fireworks

The flowers of the night,
Shining deathly bright
Above a dancing flame,
Above the people looking the same.
Flowers of the night;
Petals of rose,
Petals of daisy;
All in a colourful bouquet,
You won't see in day;
They're the flowers of the night.

BONFIRE NIGHT

Bonfire, bonfire
The night that gives light.
Bonfire, bonfire,
Shrieks of delight.
Bonfire, bonfire
Lots of treats.
Bonfire, bonfire
Where lots of friends meet.
Bonfire, bonfire
Please come again
Bonfire, bonfire
Burn and cause no pain.
Jaidan, Jimmy, Rohan and Caleb 8O1

BONFIRE NIGHT

Blazing, fireworks
Over the city
Night-time falls
Flying through the air,
Ignites the sky,
Red, blue, green and purple;
Everyone stares in amazement.
Noises everywhere
In the city.
Guy Fawkes night...
Heat rising,
Though it's freezing!
Alfie 8F1

HALLOWEEN

Haunting ghosts
Abandoned house
Lollies
Lingering spirits
Outfits
Werewolf
Escape from monsters
Elf costume
Night time.
Shona, Charlie, Teagan 8F2

BONFIRE NIGHT

People seem to forget
As the fireworks fly,
What the bonfire represents,
What secrets lie.
The sinister workings of one man,
One man known as 'Guy';
To sabotage parliament
And make its members die.
To reform a country, if you will;
And to think he almost did it;
One grand act of treason,
Would've worked, if he'd just hid it.
So much preparation,
And what does he have to show?
A night when the fire's lit,
And coloured explosions begin to glow.
Bradley 8H2

poetry@springwood

HALLOWEEN

You know that feeling...
The feeling of an unnatural breeze through your hair,
Never letting the pumpkins' light flicker through the night;
Happens every Halloween, it does.
It's the night of fear and fright,
The kids dressed up as monsters and demons,
Witches, zombies and spirits...
The uneasy tension of walking through the blackness,
Friends or family, or, even better, by yourself...
But please tell me...
Are you afraid of the dark?

FIREWORKS

Fireworks fly
Igniting the sky,
Round and round they go,
Everywhere...
Wow!
Orange the bonfire glows,
Red, silver, purple the fireworks show,
Katherine wheels spin around,
Sparklers sizzle in the dark.
Jess 8S1

AUTUMN

Autumn, Autumn,
Leaves fall off trees.
Autumn, Autumn,
People sleep with ease.
Autumn, Autumn,
Children trick or treat.
Autumn, Autumn,
Candy they will eat.
Autumn, Autumn,
Fireworks crackle in the sky.
Autumn, Autumn,
The watching people will all sigh.
Autumn, Autumn,
Leaves fall off the trees
Autumn, Autumn,
People sleep with ease.
Liam 8S1

HALLOWEEN

Hear the witches cackle and scream,
Adding the ingredients to their cauldron they beam.
Late at night the pumpkins glow,
Lots of people dressed up to show.
Over the graveyard ghosts are seen,
Whispers of terror that shout 'Halloween'!
Eye of bat, toe of frog,
Everyone's hiding from Meg and Mog.
Night is silent, rest your head... Stay away
from the dead.
Amelia 8F1

HALLOWEEN

Darkness appeared on the dim street,
Time to start with trick or treat,
Knocking on houses late at night,
Hopefully a trick won't give you a fright.
Kids collecting candy and sweets;
Who are these strangers you're going to
meet?
Most adults opening their door,
Just to give the kids loads more.
Alisha 8S1

Roses are red,
Violets are blue,
The smell of bonfire
Gets into your clothes.
Nathan 8O1

BONFIRE NIGHT

Bonfire night –
Sizzling
And crackling;
Sparklers sparkling,
Fireworks flying;
An explosion of colour.
Guy Fawkes, we may thank you
For this very special day.
Sufyan, Jacob 8F2

CHOCOLATE BISCUITS FOR YEAR 9

Well done to a super star group of year 9 students who gained the top ATL grades in their first report. The students pictured with Mrs Williams, Head of Year 9, who enjoyed the chocolate biscuits were:

Phoebe Claxton
Amani Bensihem
Holly Clark
Miriam Campbell
Dong Ting Xu
Shania- Paul Stephen-Paul
Joshua Ampomah
Kim Blankson
Ella Farnsworth
Charlotte Gallivan
Poppy Guyatt
Aaron Jackson
Meghan O'Dell



science@springwood



To access go to www.kerbooble.com

Students should then type in their **username**, **password** and the Springwood High School Institution Code which is **re9**

We are delighted to announce that Springwood High School Year 9 & 10 students now have access to the UK's most popular digital solution for AQA GCSE Science. Both Year 9 & 10 students over November and early December will have a dedicated lesson to introduce them to Kerboodle. This will enable students to have access to the following:-

Digital version of student text books – both Combined Science and Individual Sciences – Biology, Chemistry and Physics – all matching the new AQA GCSE specification (9-1). This will match what they are using in class.

Interactive activities to help students revise key aspects from lessons in class.

Revision resources at end of each module – these will aid students in revision for assessments

If you need any further information, please do not hesitate to contact any member of the Science teaching team. Mr. Thompson.

STEMM REPORT (SCIENCE FESTIVAL & SIR ISAAC NEWTON SIXTH FORM)

On the 18th of October 2016, a group of 30 students of mixed gender from Year 10, who had an interest in Science, travelled to the Forum in Norwich to witness the Norwich Science Festival. At the venue there were many other schools participating in the festival which held many events related to science. These included virtual reality, 3d printing, a model of the Hadron Collider and experiments with magnetism e.g. Ferro Fluids. This is where we spent half the day.

The other half of the day was spent in the Sir Isaac Newton Sixth Form. There were many other schools there such as Neatherd High. We sat in a hall where we were welcomed by an entertainer wearing a Rubik's Cube costume. He then introduced us to a physicist who presented us an experiment that produced slime.

The slime was created using PVA glue, borax and some drops of water. This creates a polymer with both qualities of a solid and a liquid. It takes up the shape of a container (liquid property) and yet can be held in your hand (solid property). This is because the polymer molecules chain themselves meaning they can stretch and bend like chains.

After the slime experiment, the physicist filled a large con-

tainer with dry ice, aimed it towards a few students in the audience and smacked the back of the drum so the air was flown out as harmless smoke rings. Later, the entertainer introduced us to a few students from another school to perform their experiment. Their aim was to create bubbles with increased tensile strength which would allow them to be held on hands and lie on paper without popping. Their experiment wasn't quite as successful as they hoped it to be. The bubbles were barely even created. This was probably due to the lack of glycerol that they added.

Subsequently, a group of sixth form students from the same school presented us with a physics experiment. They were testing the laws of gravity and velocity by firing Nerf Guns at moving targets. This did not go as planned as their aim was quite dodgy. However, they did manage to hit a few targets.

In a nutshell, this day was quite enjoyable and informative showing us the fun side of science as science isn't always boring.

By Abdullah, Shayan and Alvin

science@springwood

LOGO DESIGN COMPETITION FOR THE ERASMUS + PHOENIX PROJECT

The Computing Department organised a logo competition for Year 9 and 10 students as part of the Phoenix Erasmus Project this month (November). 72 logo designs were submitted and a jury (Computing teachers and some students) picked the top 10 logo designs.

On Wednesday, November 2nd 2016, some of the students who participated in the European Phoenix Logo design competition gathered for the announcement of the results and the presentation of certificates to the top 4 logo designs winners from Springwood High School. The following students' logo designs were picked as the best logo design;



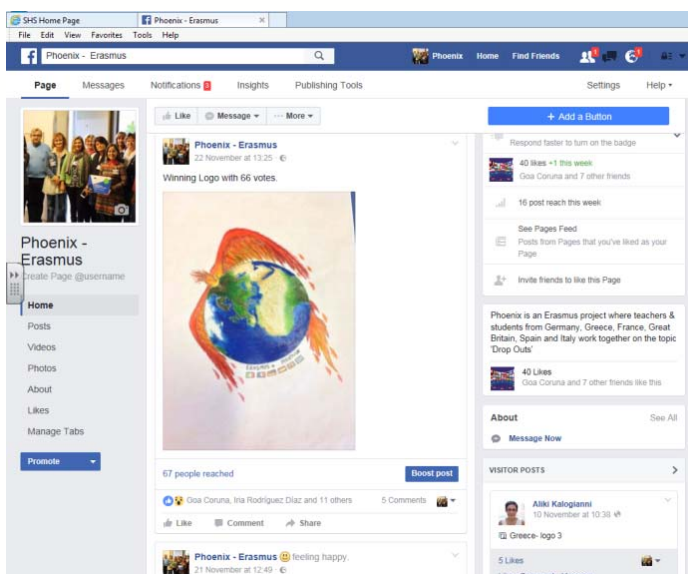
Harriet Tuck, Shanya Shaikh, Abdullah Far and Phoebe Claxton. The top 4 students have been awarded a trip to Italy – Sicily on the 12th to the 16th December 2016 as part of the Erasmus programme to meet the other students from the 5 other countries (Spain, Italy, Greece, Germany and France) who are involved in the Phoenix Erasmus Project.

Spain, Italy, Greece, Germany and France also participated in the logo design competition and the voting process to pick the best logos. Each country submitted the top 3 logo designs from their country for a final vote to pick the final logo design

On Tuesday, 15th November 2016, the European team submitted their votes to the England team for final verification and the final best logo design was announced. The best logo was designed by a student from a high school in Avola – Sicily, Italy to represent the Phoenix Project.

Once again, congratulations to the four students who won the top prize (to go to Italy) and huge thanks to all the Springwood High school students who took part in the logo design competition.

The next trip will be in April 2017 to Greece for which there will be another competition – Watch the space!!!!!!



charity@springwood

SUGAR APPEAL



Springwood took part in the Christmas School Sugar Appeal run by the Buckingham Trust. We managed to collect 50 kilos of sugar this is to help the homeless and families in crisis. Pictured above is Mrs Leeke's form 7S1 who helped with the collection.



BLICKLING CAKES

On Friday 2 December, Year 8 made cakes and biscuits. They set up a table selling their cakes during break and lunch and raised £34.25 (by selling these priced at 25p per slice). Not bad going in the short space of time they had.

£25.00 donated to British Heart Foundation - a charity close to Paisley's heart. (Chief Organiser) remaining £9.25 to Great Ormond Street, Blickling's chosen charity.

Well done to: Todd Whitmore, Paisley Goodrum, Maddy Thurston, Ella Melville, Oliver Weightman, Shannon Stott and Blane English.



RAFFLE FOR AIR



Raffle for the Air Ambulance and for the EXCEL appeal at the Queen Elizabeth, was held in the LRC. It raised £70 which was split between the two charities. Thank you to everyone who donated prizes.

SHOE BOX APPEAL

Sandringham students, years 7 to 10 took part in the Shoe Box Appeal 2016, organised by Blythwood Care. The students donated items to be packed into shoe boxes that will be distributed to countries such as Serbia, Bulgaria, Kosovo, Moldova and Pakistan.

In total seventeen boxes were completed and will reach both children and adults in time for Christmas and hopefully make this year a special one.

A huge thank you to everyone who donated items.

Mrs Willett, Sandringham House Manager



charity@springwood

TOMMY'S CHAIR

Dear All

I'm sure that most of you know him or have seen him around the school before but there is a young man in 8B01 called Tommy Fysh, Tommy suffers severely from Cerebral Palsy and Crohn's (Inflammatory Bowel Disease). At just 13 years old, Tommy has undergone a painful 27 operations and is booked in for his 28th in January/ February in the New Year. Tommy is a lovely young man who always makes the most out of every situation; he always has a huge smile on his face (apart from when Liverpool lose) and gives 100% every single day.

Tommy is in desperate need of a new sports wheelchair, his current chair is far too heavy for him to reach his full potential in PE lessons and out of school activities, this is also going to be very beneficial for his progression in wheelchair basketball, a sport he loves! His new chair costs in the region of £2000. As most of you know me, Tommy and a small group of Tommy's friends have been collecting donations and fundraising, to date (8/12/16) we have raised a fantastic £800. On the 10th December 2016, Me, Harvey Maxwell and Ollie Colville had our heads shaved as the main fundraising event, another fundraiser we have done is a 100 square box, it cost £1 per box with the winning number collecting a £20 prize.

We would like to thank everyone who has kindly donated to Tommy's cause, any other donations that people would like to make would be highly appreciated, lets help get this amazing lad the chair he deserves. Have a lovely Christmas and a very Happy 2017!

Kind Regards,
Mr Starling and Tommy Fysh x



SCHOOL CLOSURES

There are occasions, fortunately very rare, when the school has to be closed at extremely short notice. This could happen because of severe weather conditions which make transport dangerous or because of a breakdown in the heating system.

Any emergency will be broadcast on local radio at regular intervals from about 7 am onwards. This is our only way to notify all of our pupils, parents and staff in time to prevent them coming into school, so we therefore advise everyone to listen to the early morning programmes on KL:FM (96.7) or BBC Radio Norfolk (95. or 104.1 FM and 873 or 855 MW) particularly if weather conditions are severe.

science@springwood

WOMEN OF THE FUTURE CONFERENCE

Before I arrived I just expected there to be talks from influential women however, when we got there they gave us a goody bag and told us to go visit each of the stalls. By each of the stalls there were different women all from a science background but in different jobs. It was very interesting to talk to people about their jobs and how they got into it.

After that we all went into a hall and heard four women from a science background talk about their personal experiences. I previously thought that if you wanted to get into a scientific job you had to have straight A's, however that's not the case. Most of the women, who did talks, did not get A's but instead got more B's. They all had different jobs for example one worked for the BBC and was a youtuber while another one was an engineer. They all liked what they did and described their jobs being different every day.

What I enjoyed most about the day was that we received so much free stuff. I managed to get 7 pens, a stress ball, a hand sanitizer, highlighters, an Intel lanyard and so many sweets. Most of the jobs allowed the women to travel around the world which really interested me.

Before the whole experience I wasn't sure what kind of field I wanted to go in, but after listening to people about their jobs. I want to go into science but be able to travel around the world. By Hima

Whilst at the women of the future conference at the John Innes Centre I met many inspirational women that all came from different scientific backgrounds, each with different jobs. We visited each stall where were given free gifts and information booklets if we were interested in that area of work.

After this we were taken into a conference hall where we were given talks from 4 different speakers.

These were Claire West, Dr Helen Czerski, Sian Hill and Maddie Moate. Throughout the talks I learnt more about their experiences with science and how it has helped them to be where they are today.

I enjoyed speaking to the individual role models where they told us about their everyday routines and some of their best experiences. What I found most interesting is that science has allowed them to travel the world for research and has made me consider taking up a scientific career. By Hollie



This is us with the youtuber and TV presenter Maddie Moate (Harriet took the photo)



Poster that we made and stuck on the feedback wall



science@springwood

WOMEN OF THE FUTURE CONFERENCE

Women of the Future showed me that it's good to be a girl in STEMM subjects – but more than that, it showed me the massive variety of careers in science.

Going around the stalls in the John Innes Centre allowed me to restock on stationery as well as learn about how important science is in our everyday lives. There were lots of interesting stalls, like the one about using smartphones to help detect early symptoms of illnesses, like Parkinson's disease. Womenareboring ran that stall, which is a website about the current ground-breaking research of academic women.

The lectures in the hall were also very interesting. We met Maddie Moate – a TV presenter and YouTuber, who makes science videos for young people.

After that we met Helen Czerski, a researcher at University College London, who has had documentaries on the BBC. She is a physicist who studies oceans, so not only does she get to travel the seas, but she gets to do lots of hands-on physics which made me realise that physics doesn't just have to be about protons, neutrons and electrons. (She also explained why blueberries are blue but blueberry jam is purple.)

My overall take on the day was that just like you shouldn't stereotype girls as being worse at science than boys, you also shouldn't stereotype what a career in science looks like. STEMM is a huge field, and there are so many opportunities, like this, that comes with it. By Malu Nair, Year 10



This is us having our picture taken for the Women are Boring blog



Hollie trying out a VR headset

I thoroughly enjoyed my time at the Women of the Future conference; I learnt many new things and it really opened my eyes to how many jobs in science there actually are.

We started off by looking around the different stands and talking to many different women about their careers and what inspired them to get into science. I learnt about jobs that I didn't even know existed. I don't know what I want to be when I'm older but this made me realise that I might not even know that my future job exists yet.

The lectures that we had have inspired me to pursue a career in science. Before the WOF conference I was scared of not getting the right grades to be able to do science for a living. But the women taught me that you don't need to get perfect grades to do this. You don't even have to have a clear path that you are going to take.

Before the conference I thought that STEMM subjects were male dominated and that it was probably going to stay like that. However, now I believe that women are just as good as men at these subjects and we definitely need more women doing them. By Harriet

bookbuzz@springwood

BOOKS FOR YEAR 7



At the start of September Year 7 chose 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 encourage them to continue reading. The other titles can be found in the school library or public library. For more information go to <http://www.bookbuzz.org.uk/>. Year 7 pictured above are with their English teacher showing off their books.

houses@springwood

MEET THE HEAD BOYS AND GIRLS

BLICKLING



Molly Paffett and Jimmy Tillott

FELBRIGG



Lauren Roberts and Thomas Hitchcock

HOLKHAM



Paris Larham and Daniel Harvey

OXBURGH



Alimay Campbell and Harvey Bunting



SANDRINGHAM



Adam White and Sophie Ward



FOOD TECHNOLOGY

WANTED

The Food Technology Department would be delighted to receive any unwanted empty (or full) biscuit and sweet containers, as pupils often forget containers to take their products home in.

If your son/daughter has to borrow a container, please could you ensure that it is returned. Thanks Mrs Beech



sport@springwood

It has been a busy first term in the PE department with plenty of fixtures and some great performances. Here is a review of the first term:

FOOTBALL

There has been an enormous turnout at football training with the new year 7s. Lots of enthusiasm and talent has been on show with players showing real progression. The team put in a great performance against KES in their first game however just came up short. With league fixtures starting in February there is still strong competition for places.

The Year 8 team have had a fantastic start to the season. Again large numbers at training have made competition for places very strong. This has resulted in an unbeaten run in the West Norfolk league so far with some solid performances. The team face an upcoming County Cup fixture against Downham. The only downside was a close defeat in the National Cup.

The Year 9 squad have been on a fantastic run in the National Cup. This included a fantastic performance against Nene Park who reached the latter stages of the competition last year. They are also unbeaten in the West Norfolk league but however got knocked out of the County Cup to a good Downham side.

The start of the season for the year 10 team has been very much a mixed bag with super wins against Terrington 3-0 and Marshland 5-1 in the league.

However the Boys were very unfortunate to go out in the National and County cups narrowly losing to Framlingham Earl and Neale Wade respectively.

The Year 11 side have been limited to County and National cup due to a lack of league fixtures. The team had some good wins in the National cup until losing out in a closely fought game at Thorpe. However they have made good progression in the County cup with the next round to be played in the New Year.

The Year 8 and 9 girls team participated in the first Norfolk FA girls small sided programme at Lynnsport. The girls played 3 games drawing 1-1 with Downham and 2 narrow losses against Hamonds and Iceni.



CROSS COUNTRY

The West Norfolk Schools Cross Country was held for the first time at Springwood with runners from schools around the county competing. The top 10 runners from each age group move on to the Norfolk races in January. Successful students from Springwood include:

Toby Milward – Senior
Kian Smith
Louis Hardaker
Zak Simpson
Caitlin Bugg
Malu Nair
Molly Holmes
Ellora Howard

Alfie Holmes
Kyle Wells
Shakure Casilero
Jannis Koulman
Riley Wake
Mia Moore
Poppy Beales
Keaton Vincent

Josh Gray
Tyler Goodson
Jay Russel
Campbell Pick
Summer Moat
Izzy Scott
Amie Bugg



football@springwood

SPRINGWOOD WINNING RUN CONTINUES!



Springwood High School U14 has continued their fantastic start to the season reaching the latter stages of both the National and County Cups.

There was positive news for the team before a ball was even kicked this season with Jake Smith and Kyle Wells being picked for the Norfolk County side after 4 weekends of intense trials! They were chosen from a huge pool of players and made it into the final 23 squad. Captain Aaron Powell continues to play for Norwich City FC Academy Team.

The team kick started the season with a **14-2** victory over Smithdon in West Norfolk League. Little did the team know at the time that those were the last goals to be conceded up until the writing of this report! A walkover over Kings Lynn Academy finished off the league games for 2016 and put the team in a commanding position for the league restart in February.

The cups are where this team is really thriving at the moment though. An **11-0** victory over Lynn Grove Academy has set up a local derby with Downham Market in the last 16.

The best performances have been saved for the National Cup. A commanding **8-0** win over KES and a **4-0** victory away at Neale Wade set up a huge game against Nene Park Academy in Round 3. Nene Park reached the National Semi Finals last year and consistently produce players for Peterborough FC. It was back to the wall for the majority of the game but Springwood defended superbly and managed to grind out a **2-0** win, goals coming from Jak Uppington and Tauvydas Lembutis. The draw was not kind and Attleborough Academy was next in round 4. The teams have history with Springwood winning a fixture 2 seasons ago but Attleborough humbling SHS 4-1 at this stage last year. In an almost repeat performance from the previous round, Springwood scored early through Rio Culey and defended immensely in atrocious conditions. Jake Smith scored late on to secure a **2-0** win.

Round 5 sees SHS dealt another tough draw away at Thorpe St Andrew. Thorpe secured a 2-0 victory in the County Semis last year so hopefully SHS can keep another clean sheet and progress to the last 32 Nationally!

Mr Thurlow, Year 9 Coach

sport@springwood

RUGBY

The year 7 rugby side have made a great start to rugby. They have trained very hard and made great progress. They are unbeaten in matches at both the Emerging Schools and All-Schools tournaments and have played some fantastic rugby.

The year 8 have had a magnificent start to the rugby season with some super wins at their first rugby tournament at Wymondham College.

However the boys have been most impressive in their first two fifteen aside games in the County Cup beating Fakenham Academy 65 – 15 and beating K.E.S 55 – 20, the boys will be looking forward to the next stage of the County Cup after the Christmas break.

In addition many of the boys will be competing in the annual West Norfolk Barbarians game on the 17th of December at West Norfolk Rugby Club, another chance for them to showcase their ever-improving rugby abilities

The U13 Boys Rugby team Juggernaut rolls on.

The Year 9 team have used a large numbers of players with many new faces being introduced into Mr Horvath's team. The team were impressive in their All-schools tournament winning 7 games out of their 8 losing narrowly to Wymondham. In their other games there was a big victory against KLA winning 54-0 and a victory against Northgate after the game was abandoned due to a arm injury for Jack Hanson – we wish him a speedy recovery. The only other game resulted in a loss against Wymondham.

The year 11 team have played one fixture which resulted in a big win against Fakenham.



U12 Rugby 2016/2017
Back: Seth Benefer, Oscar Thomson, Judith Saju, Alfie Neil Billverstone, Thomas Blandford, Matthew Lloyd, Benito Cytac, Kyle Shattock, Jack Harvey, Josh Nwobodo, Tom Osborne
Middle: Noah Ess, Alex Billing, Aaron Stow, Edgars Stravski, Jake Good, Oliver Turner Bunting, Archie Campbell, Finley Blankley, Joseph Pink
Front: Vinal Jacob, Raphael Duarte, Reuben Mathunjwa, James McCleish, Harvey Estevo, Freddie Bray, Josh Scotney, Josh Coleman



U13 Rugby 2016/2017
Back: Odishej Kazakevics, Ben Gotsell, Klaidas Chlyminas, Luis Costa, Isaac Mayes, Jake Parish, Harvey Maxwell, Shakur Casaleiro, Amal Jacob
Middle: Jack Ward, Jacob Tarry, Joe Williams, Bobby Green, Dan Gohille, Ed Mellor, Allen Legarto, Aaron Keating, Liam Good
Front: Gleba Obcinikova, Iannis Koulman, Harry Russel, Daniel McNeice, Liam Cockesidge, Freddie Reed, Daniel Forder, Doyle Selfe



U14 Rugby 2016/2017
Back: Zak Bunkle, Matthew McDermott, Rad Dobrowski, Ezra Nwobodo, Nathan Poll, Charlie Drew, Harry Buzzard, Brandon Lee
Front: Tate Giller, Josh McCallister, Ewan Samways, Lennon Packwood, Josh Burgees, Joseph Singh, Akram Ziane, Myles Russel I



U16 Rugby 2016/2017
Back: Sam Wilkins, Lewis Seymour, Dan Harvey, Josh Wilson, Tom Hitchcock, Dawson Partleton, Mr Edwards
Middle: Leonardo Esteves, Bruno Silva, Brandon Jones, Joe Toopie, Lewis Ruck, Tom Hulce, Rikab, Stawenskas
Bottom: Ryan Quiliani, Liam Bureford, Conor Russel, Sonny Raist, Matty Starling, Brad Gallacher



U15 Rugby 2016/2017
Back: Joe Pembury, Brandon Andrews, Ethan Hewitt, Ewan Grummett, Lewis Rudd, Morgan Harley, Zack Clarke, Alex Herbert
Front: Luke Johnson, Ches Mayes, Harry Tipple, Matty Starling, Brad Rix

sport@springwood

NETBALL

The year 11 team has had a fantastic start to their final season, with wins against Marshland & St Clements. Players of those matches were Rachel Ampomah and Danni Peacock respectively. Unfortunately due to weather other matches have been postponed until after Christmas. The team has also taken part in the U16 Netball Tournament held at KES last month. It was represented by 7 schools in the West Norfolk area. The tournament was a round robin event with Springwood having 5 very convincing wins against KES, Marshland, Litcham and St Clements. Their first game slip up with a loss to Sacred Heart was their only defeat. Winners of the tournament were Sacred Heart with Springwood coming second. They would have then gone onto the Norfolk County Tournament at Norwich but unfortunately they had to pull out because of unavailability of players due to the New York Barrister Trip. Still lots more games to play in preparation for Barcelona.

The Year 10 team have had a shortage of schools playing a team for that age group but have secured one win against Smithdon. Player of the match for that game was Ellora Howard. More games to follow in the new year.

A good turnout for the new Year 7's trying to gain a place in the school team. They had their first match against Terrington St Clements winning the game 3 – 2. Kasha Burgess got Player of the match having scored 2 of the goals. Their second match was against KES and again they were the winning team. The final score was 8 – 1. Mia Sutherland got Player of the Match after scoring 6 of the goals.

Springwood's Year 8 team has also had a good start with a close game against Terrington St Clements and only just losing, but made up for it with a brilliant win against KES 14- 4. Poppy Beales achieved player of the match and Megan Palmer needs a special mention for her fantastic shooting and play.

The Year 9 team has played against Marshland with a good win. Jess Bateman achieved Player of the match. The team has also taken part in the U14 West Norfolk Tournament. They came 5th overall out of the 9 teams in the tournament. Only just missing out of getting into the semi-finals.



U12 Netball 2016/2017
Back Row: Kayleigh Rudd, Hollie Jay, Kasha Burgess, Alyssa Baptist
Middle Row: Lucy Parish, Katie Fenn, Mia Sutherland, Amie Bugg
Front Row: Chloe Fysh, Ellie Clarke



U14 Netball 2016/2017
Back: Anna Howlett, Lillie-Anna Kirkpatrick, Kim Blankson, Olivia Maxwell, Jessica Bateman
Front: Abbie Simms, Madison Rogers, Kasey Foster, Nyah Onurlu

headteacher@springwood

Message from Mr Johnson



Although the weather has been unusually mild, the dark mornings and evenings indicate that we are in the depths of winter! This has been a fantastic term for Springwood High School. There has been so much happening it will be difficult to choose which to highlight in this report.

Firstly, I must congratulate Hayley Roberts and her Barristers competition team. Having successfully reached the top 4 in the country they then raised over twenty thousand pounds to allow them to enter the international final in New York. I am pleased to report that the team came fourth in the World with Sam Mount winning "best witness"! This is a phenomenal achievement for these youngsters. Well done to all involved! (Report to follow in next edition).

Springwood was proud to host the West Norfolk Academies Trust Careers Fair. Large numbers of employers came to talk to our youngsters about potential careers. We had a huge attendance from Springwood students both in the afternoon and evening. The feedback from the exhibitors was fantastic and they look forward to employing our students soon!

Year 11 have been working particularly hard this term: alongside working hard in their timetabled lessons they have also been attending lectures during tutorial time. I thoroughly enjoyed attending with them on subjects including Mathematics, English Literature and History. Many thanks to all the staff who delivered these excellent sessions.

I am pleased to report that the Year 10 parents evening was very well attended. I enjoyed speaking to parents and students about the excellent progress being made. We have trialled a new online booking system which parents have told me worked very well. Please look out for this when your child has a parents evening.

This term, I was invited on behalf of the school to take part in a British Council exchange programme which has been funded by the Government. Springwood was selected due to its consistent high standards in Mathematics, particularly with the most able and advanced level students. I spent a week in London with our Singaporean colleagues looking at the best practice in Science and Mathematics teaching. I will then travel to Singapore in February to look at their best practice. I look forward to utilising this experience to further improve Science and Mathematics teaching here.

Can I say a massive thanks to our Associate Headteacher, Mr Wills, our new Deputy Headteacher Mrs Aviss and our new Behaviour Manager Mr Hind. Mr Wills and Mrs Aviss have worked tirelessly for Springwood for many years and it is great to see the Governors reward them with their promoted posts. Mr Hind (whose children attended Springwood) has really "hit the ground running" in ensuring that every student is safe within our school community.

I would like to wish Mr Merritt a very happy retirement at end of this term. He has been an excellent teacher at Springwood for over 35 years. He has kindly agreed to work part-time after Christmas so we will still see him for a little while longer!

Wishing you all a peaceful Christmas break.

A M Johnson