

# news@springwood

## SPELLING BEE

A huge well done to our Year 7 Foreign Language Spelling Bee school champions, Ellen Archer, Jannis Koulman and Emily Riggs, who were three of only 116 students across the region to make it through to the Eastern Final at the Voyager Academy in Peterborough on April 27<sup>th</sup>.



Pictured above: Ellen, Jannis and Emily

Representing Springwood, Ellen, Jannis and Emily were up against competition from other schools stretching across the whole of East Anglia, a total of 10,836 students who originally started the competition last October. Participants had to learn a whopping 150 words in German or French, and accurately spell them in the foreign language



alphabet, with a time limit of only a minute!

All three competitors put on an amazing performance, with Emily and Jannis taking 1<sup>st</sup> and 2<sup>nd</sup> prize respectively in the German competition – an outstanding achievement for such a young age! Emily and Jannis will now have an extra 50 words to learn before representing the East at the national final at Anglia Ruskin University, Cambridge on Friday 1st July against competitors from all over the country. We wish them both the best of luck!

A big thank you also to all staff and students involved in supporting our winners. Miss Hannah



Miss Hannah with Ellen, Emily and Jannis in Mr Johnson's Office celebrating with biscuits and juice.

# maths@springwood

## TEAM MATHS CHALLENGE

On Wednesday 18<sup>th</sup> May, Springwood was invited to the Team Maths Challenge. The teams consisted of 4 pupils- two from year 8 and two from year 9; Amani Bensihem, Deepa Baskar, Alvin Jaison and Nikki Rastogi. Throughout the day, the competition gave us an opportunity to build on maths skills and also to develop teamwork and communication skills.

The day composed of 4 different activities. First was the 'Group Round' where the team had a choice to work as a team, in pairs or individually. The Second round was the 'Crossnumber'- fairly similar to a crossword but this was in numerical form. Third was the 'Shuttle' where the team is split into pairs and one pair works out one question and the answer will be used in the next question by the other pair. Finally was the 'Relay' where the pairs will be separated around the room where pairs take it in turns to answer questions. This round involved lots of running and a race against the clock!

Overall, Springwood came 7<sup>th</sup> and as a team we were all really proud of what we've achieved. Mrs Courtman then treated us all to ice cream!

Deepa Baskar



# btec@springwood



SPRINGWOOD  
HIGH  
SCHOOL

13TH JULY  
7PM MSFCH  
TICKETS £2.50

BTEC Fashion Show

## ICT COMPETITION WINNERS



Years 11 and 13 are entered into our Computing/ICT prize draw each time they attend a voluntary catch up session during lunch or after school.

Their names are entered into a box and half termly winners are awarded a prize.

These are the lucky winners for January-March 2016. The final draw will take place at the end of term.

# arts@springwood



Year 9 Arts  
Presentation  
Evening 2016



# poetry@springwood

## POETRY BY HEART FINAL

On 17-19 March our student, Maya Engledow, represented Norfolk in the Poetry By Heart national finals.

Forty one county competition winners and their teachers gathered at Homerton College on Thursday 17th for a dinner and formal welcome to the college from Geoff Ward, the Principal of Homerton and the poet Jean Sprackland. The semi-final stage of the competition began on Friday 18th.

In addition to watching fellow competitors recite, students enjoyed a range of activities including tours of Cambridge, creative writing workshops, poetry reading and book signing by the judging panel and talks on applying to University.

Jessica Mason, from St John Rigby Sixth Form College, became the new Poetry By Heart Champion for 2016. Reciting three poems in front of a highly appreciative audience at Homerton College, Cambridge University, Jessica triumphed at the end of a search for a champion that began six months ago with thousands of students taking part in school competitions up and down the country.

Though our student, Maya, didn't win in the National Final, nevertheless, even participating in the competition of such a calibre is a victory; carrying the joy of the spoken word, Maya was absolutely fabulous in matching her interpretation of the poems very closely to the poet's intention.

In her concluding remarks at the end of a highly successful event Co-founder and Co-director of Poetry By Heart, Julie Blake said: "Every year we are blown away by the remarkable recitations of so many different poems. These young people have so many different stories about why they chose what they did, how they learned them and why they matter. That they choose to share them with us in the spotlight of competition is moving beyond words. The very best are literally breath-taking."

BBC Radio 4's Poetry Please recorded students for a special episode to be broadcast on 17th April and Cambridge TV also made a short film of the event.

[https://www.youtube.com/watch?v=f\\_XtJ-GareI](https://www.youtube.com/watch?v=f_XtJ-GareI)

Mrs Morris



# sld@springwood

## YEAR 7 INDUSTRIAL AWARENESS



The Design and Technology Department organised the Super Learning Day for Year 7. The day consisted of students working in house teams, designing and making innovative Health and Safety products.



Each team was provided with a set of arts and crafts materials and had to be inventive and pretend that they were using sustainable materials such as bamboo and cotton.

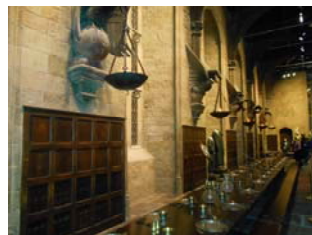
The aim of the day was to promote team-working skills, design and making skills and making students aware of recycling and reusable materials to encourage care for the environment.

The teams had to present their product in a "Dragon's Den" style pitch. The winning house team was Felbrigg, who designed and made a fantastic product and pitched their ideas in a very professional and effective manner.

The D&T department would like to say well done and thank you to all Year 7s and staff for making the day fun and a huge success.

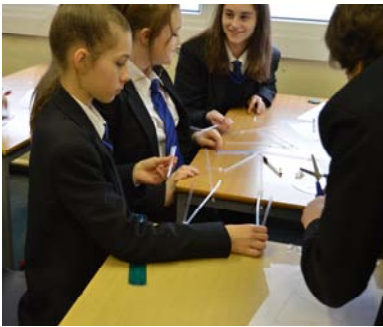


## YEAR 9 VISIT HOGWARTS



# sld@springwood

## YEAR 8 SLD – BUILDING BRIDGES



The annual Year 8 SLD Bridge Building competition was once again a fantastic day, full of enthusiasm and competitive spirit, possibly spurred on by the chance of winning a giant chocolate triangular based prism (commonly known as a Toblerone)!

The theme for the preceding Maths lessons has been 'constructions', with a focus on building bridges, with pupils learning about different types

of bridges; how they work and what can go wrong and engineering drawings. The Mathematical objective of the project was to learn the drawing techniques, but the overarching aim was to show pupils the usefulness of the Maths skills they learn, and to hopefully inspire some budding engineers of the future.



The project culminated in SLD, when teams were given a brief to design a new bridge to span the Great Ouse from King's Lynn to West Lynn, requiring design drawings, reasons, presentations and a scale model made of straws and sellotape. The teams were judged on their bridge design and presentation skills. The models were then tested to destruction to find the 'last bridge standing' for each classroom. The winning models then went through to the final, to be pitted against each other.

The final was held in the MSFCH, so all the pupils could watch the fun. Mr

Merritt was a charming host once again, encouraging everyone to shout the count down to the teams adding weights to their bridges, although Harvey Johnson never did manage to wait until the number 1. We finally had a winning bridge, built by a Blickling team of Dong Ting Xu (BG-02), Joshua McAllister (BG-02), Harvey Johnson (BG-03) and Jack Baker (BG-03), which managed to carry a weight of 2.4kg before falling, which was 500g more than last year's winning bridge.



Mr Wills and Mr Thomson then tried their bridges against the winning pupils' bridge. The pupils won once again!

A great day was had by all and we look forward to next year. Miss A Cook, Maths Learning Mentor



# sld@springwood

## YEAR 10—CAREERS



## YEAR 11 ALTON TOWERS





# sld@springwood

## YEARS 12 AND 13



Year 13 spent the day 'preparing for university' by attending interactive workshops led by the UEA on student budgeting, sourcing employment/ internships during and after university and preparing to leave home. The year group enjoyed having the opportunity to develop different transferable skills

and refresh their motivation towards making the last steps to secure their university place. Ashley Weirich, a past Springwood student from Santander delivered a session on student banking, explaining the vitals of managing university finance from APR, AER, overdrafts and interest rates. A year 13 student claimed "the day was so useful because it gave us a chance to think about stuff we hadn't considered before- finding about a student bank account has meant I now know how to handle my student finances and the UEA workshop helped me to find out about possible internships." An excellent day had by all!

## THE DEBATE



The debate took place on 24th March and featured panellists from political parties. The panellists were Alistair Beales, Jo Rust, Toby Coke, Richard Coward, Michael De Whalley. Students had been writing questions in tutor time recently and were invited to put their questions to the panel - questions were asked on topics including the sugar tax, Donald Trump and Arts funding for schools. The debate was chaired by the school's Director of Sixth Form, George Pettitt.



The event was a big success and Mr Pettitt commented 'we did it for the first time last year and we were asked by students to do the debate again. It was great to see so many students joining in to the debate and being able to take part in an election at the end.'

Springwood student Edward Brown asked a question about EU membership and found the comments intriguing ' I am old enough to vote for the first time in the referendum and so I was pleased to hear ideas from the panellists about which way I should vote.' Fellow student Erin McNeil said 'I asked about debts after university and found the responses useful in my decision as to whether university is the right thing for me to do after Sixth Form.'

The debate finished with an election that was won by Jo Rust. Mr Pettitt ended by thanking all the panellists for joining in with the debate and supporting the school's Sixth Form.



# visits@springwood



**Art  
Department  
Venice Trip  
March 2016**



Post 16 Pictures from Venice field trip 2016. The students were amazing and a credit to the school and staff. Mr Eveson



# people@springwood



## ADHD PARENT SUPPORT GROUP 2016

FRIDAY 10 JUNE

FRIDAY 15 JULY

10 am to 12 noon

Park View Resource Centre  
Birch Tree Close (off London Road)  
King's Lynn PE30 5QD

We would like to invite parent(s)/carers with a child diagnosed with ADHD to come along to our above mentioned support group.

This group will be run by:

Tracy Taylor, ADHD Nurse Specialist and David Swain, Senior Mental Health Practitioner (Child and Adolescent Mental Health—Thurlow House)

For further information or any queries, please contact us on

**01553 668514**

Please note, there is only very limited parking



## Food Technology

The Food Technology Department, would be delighted to receive any unwanted empty biscuit/sweet tins or take-away 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.

Thank-you Ms Beech

ARE YOU IN YEAR 9—12  
AND INTERESTED IN SKI-ING?

## SKI TRIP TO ZELL AM SEE ON

10-18 FEBRUARY 2017

For further details contact Mrs Churchyard  
(Computing Office outside F13)

The Price of £919 includes:

- Transport
- Full board accommodation at Hotel Piesendorf
- 6 days lift pass
- Fully comprehensive travel insurance
- 24 hours of ski/snowboard tuition
- Hire of skis, poles etc
- Ski helmet hire
- Snow guarantee
- 3 evening entertainments (Ice hockey match, thermal baths and bowling/curling)

At your **Library**

# Volunteer

with us during  
the Summer Reading Challenge



We are looking for volunteers  
aged 13 - 25 to help us during

## The Big Friendly Read

Find out more and pick up a recruitment pack from  
your local library

Alternatively, email

[volunteercontact@norfolk.gov.uk](mailto:volunteercontact@norfolk.gov.uk) for further  
information and to request a pack



Norfolk County Council

For further information see Mrs Frost in the LRC

# celebration@springwood

## YEAR 7 CELEBRATE



On Friday 18th March, Pizza and Flapjack all round to toast the students who are meeting the challenge set by the Headteacher head on and should they continue to approach school with the same positive attitude achieve exceptionally in the years to come. The Bronze, Silver and Gold badges were presented by Mr Ballman. At the time of the celebration the student with the most points was Charlotte Ashfield FB-06 (288) pictured right with Mr Ballman and Mr Feaviour.

# celebration@springwood

## YEAR 7 CELEBRATE

### The Badge Winners:

		BRONZE		SILVER		GOLD	
ALLEN	Lucy	SD-07					
ALLEN	George	BC-03					
ANAMAN	Lily	SD-08					
ANDERSON	Poppy	FB-05					
ANDREWS	Leonor	BC-04					
ANTHONY	Thomas	BC-02					
ARCHER	Ellen	FB-06					
ASHFIELD	Charlotte	FB-06					
ASTON-CULIBRAND	Mia	FB-08					
AU	Isaac	HK-02					
AVANZADO	Joel	FB-07					
BAILY	Carys	HK-02					
BARBORD	Sherron	HK-02					
BARLOW	Lily	BC-06					
BARSTYS	Evelyn	BC-07					
BARTHAM	Harry	SD-06					
BEALES	Poppy	SD-06					
BIR	Zara	SD-01					
BISCHER	Ellie	OX-05					
BELL	Elle-Louise	SD-07					
BIJU	Erin	SD-01					
BOWLING	Milla	BC-02					
BOWLING	Jack	BC-02					
BRADSHAW	William	FB-01					
BRADSHAW	George	OX-02					
BROWN	Scott	HK-04					
BURTON	Kyale	SD-02					
CAGLIARRO	Shahar	OX-04					
CHAI	Ella	BC-01					
CLARKE	Kiera	BC-01					
COOK	Liam	HK-05					
COLLINS	Alfie	FB-02					
COVILLE	David	OX-01					
COOK	William	SD-01					
CORNWELL	Emma	OX-07					
CULLIN	Emily	FB-07					
DALGA	Amy	OX-06					
DALY	Carissa	SD-01					
DWACK	Rudal	SD-01					
DOOLEY	Elara	BC-07					
DOMENGO	Ashlyn	SD-03					
DOSSON	Brandon	FB-06					
DOYLE	Tilly	FB-01					
DUMPLTON	Darrel	BC-07					
EASTER	Myah	SD-03					
ELLIS	Rohan	FB-04					
ELEGOOD	Lucy	OX-04					
ELY	Alida	HK-01					
ENGLISH	Carly	BC-04					
ENGLISH	Madison	HK-02					
FOBBER	Darrel	OX-05					
FOUNTAIN	Benjamin	BC-04					
FOX	Alice	FB-04					
FREEHAN	Benia	HK-03					
FISH	Darrel	SD-04					
GOOD	Liam	SD-02					
GOODRUM	Haley	BC-05					
HADJIMAR	Sarah	BC-04					
HALLS	Meghan	OX-05					
HANDES	Kurt	OX-08					
HANKELL	Ellie	BC-04					
HARRIS	Erin	BC-08					
HICKS	Zak	FB-03					
HILL	Sybil	OX-03					
HISHON	Elle-Mai	HK-01					
HOLT	Emily	OX-06					
HOPKINS	Sophie	SD-05					
HOWARD	Ella	BC-07					
HOWARD	Imelda	BC-07					
HUGHES	Milla	OX-01					
HUNTER	Rohan	FB-08					
HUTTON	Anna	BC-01					
IVANOVA	Venolba	OX-07					
JACKLING	Lily	BC-08					
JACOB	Amal	FB-08					
JAY	Meghan	SD-05					
JIFFERY	Isabel	OX-04					
KAZANTZIS	Oliver	BC-04					
KEDHAM	Calie	OX-02					
KERHAM	Matthew	FB-05					
KITCHENER	Owen	FB-02					
KOULMAN	Jarvis	FB-02					
LANGHAM	Hugo	SD-06					
LEE	Alexis	FB-04					
LIGARTE	Alan	BC-06					
LEGGETT	Benjamin	HK-01					
LEYS	Conor	FB-06					
MALLOTT	Darlan	HK-02					
MAPP	Joe	OX-01					
MARTIN	Jordan	OX-08					
MATHW	Nicola	SD-02					
MAXWELL	Harvey	HK-03					
MAYES	Isaac	SD-06					
MCCONIGLE	Clara	OX-08					
MCKENZIE	Jessica	SD-08					
MCKELL	Jack	SD-05					
MELLOR	Edward	HK-02					
MELVILLE	Ella	BC-03					
MENKHAM	Tom	HK-04					
MIRNS	Archie	OX-06					
MITCHELL	Ferry	HK-05					
MONTCOMERY-FISH	Brandon	HK-06					
MOORE	Mia	FB-03					
MOORELL	Narabha	SD-07					
MOYSE	Eleazar	HK-01					
MULDON	Law	OX-04					
NEHA	Karen	FB-01					
NEILON	Alex	HK-07					
NIXON	Chloie	HK-07					
OGORNE	Harvey	SD-07					
ONCINNIKOVS	Clara	OX-03					
PACE	Alice	SD-04					
PACE	Alex	HK-07					
PALMER	Megan	BC-05					
PAPWORTH	Chloe	HK-06					
PARRER	Teddy	FB-07					
PATERSON	Shona	FB-02					
PEGTLING	Megan	OX-01					
PITCHER	Louis	SD-01					
POWLEY-KELTING	Katlyn	FB-05					
QUERESH	Sofyan	FB-05					
REED	Fredia	SD-07					
REGES	Emily	FB-08					
ROSE	Toby	BC-01					
RUSSELL	Alexia	FB-05					
RUSSELL	Katlyn	SD-08					
RUSSELL	Harry	SD-03					
RTE	Emily	SD-02					
SAMBAYTE	Karina	HK-05					
SANTER	Harley	OX-03					
SMITH	Shawn	OX-01					
SMITH	Ella	SD-03					
SMON	Blay	FB-03					
SPARKS	Oliver	FB-01					
STOTT	Sherron	BC-06					
STUART	Tyler	HK-08					
SUTER	Milla	BC-02					
SWINSON	Anna	OX-06					
TAYLOR	Darrel	HK-01					
THOMAS	Loren	FB-02					
THOMPSON	Nerhu	BC-08					
THURSTON	Madeline	BC-03					
TOLL	Fluencer	HK-08					
TUCKER	Sophie	HK-08					
TYBES	Isaac	BC-03					
VILAESTE	Sofia	FB-02					
WALLER	Benjan	BC-02					
WARD	Jack	OX-05					
WARD	Tristan	FB-07					
WEATHERALL	Paige	HK-08					
WITCHMAN	Oliver	BC-08					
WELLS	Arabella	FB-06					
WHITE	Alice	SD-03					
WHITMORE	Ellie	HK-06					
WILSON	Jack	SD-02					
WINTER	Rhazra	HK-03					
WOODBINE	Kayleigh	FB-07					
YATES	Jessica	BC-06					

# people@springwood

## "UK AND EU: TO STAY OR TO LEAVE?"



Year 11 and Year 13 economics students spent the day finding out more about the EU and the UK's awkward relationship with it, at a day-long event organised by UEA Professor Hussein Kassim as part of the ESRC's 'UK in a Changing Europe' initiative. After a session on what the EU does and how it works, and a talk by Professor Anand Menon, Kings College London and Director of the programmes on the significance of the coming referendum, pupils studied news reports and speeches on the key themes. This preparation readied them to put their questions to Cllr John Cowan, a pro-EU campaigner, and to Mr David Moreland, the UK Independent Party's candidate for Crime and Police Commissioner, in a Q & A session that provided the culmination of the event. The

event, held at EPIC Studios in Norwich, was attended by more than one hundred students from nine schools in Norwich and beyond. Mrs Cuss who led the trip said "it was great to expose students to some very differing views and be a part of a live debate."

## PIXL UP FOR DEBATE CHALLENGE!



On March 21<sup>st</sup>, 2016 the Springwood Debating Team took part in the PiXL Up for Debate Competition where we competed with other schools across the country in the exciting regionals.

Teams were made up of three students from Year 9. This was Jess Taylor, Caitlin Collins and myself, Agne Laukyte. We had been working with Miss Roberts who was leading and preparing us for the competition, which took place at Nottingham University.

We were provided with two of motions which were; "This house would ban violent video games" and "This house believes child labour can be justified in less economically developed countries". This meant that we could prepare for these two debates in school. However, we were aware that we would also be faced with 'surprise' topics on the day and therefore we had to learn the very basics of debating and develop our skills. This included gathering evidence to back up the points that we would raise in our speeches.

Our day started early in the morning when we caught two trains to Nottingham. We were excited and nervous, however we also felt confident.

We were given the opposition side for the first topic and so we had to argue that there is no link between violent video games and real life violence while supporting our

statement with clear evidence. Unfortunately, we lost this first round but only by a small difference! However, after the loss we did not give up. We spotted our weaknesses and planned a better strategy for the oncoming debate.

Our second debate was "This house believes child labour can be justified in less economically developed countries". For this debate, our position was difficult as we were the proposition. We had to argue against our own beliefs and give strong reasons to justify child labour. We touched on the seriousness of extreme poverty and that children needed to contribute to the countries' development. Our determination and hard work paid off with us winning the debate and the judges remarked on our sophisticated language, clear structure and engaging voice and body language.

The third round was the 'surprise topic' and was run as an impromptu debate (a debate that is presented without being planned or rehearsed) The topic was revealed: "This house would ban junk food advertising". We had only 15 minutes to prepare our speeches and make the best of our times! The teacher was not allowed to help us so we were on our own and were given the side of opposition.

Our hard work was done and we then had to wait throughout lunch to hear who the two top scoring schools were. The two top scoring schools would then go head to head in another impromptu debate!

We waited anxiously until we heard the words...

"Springwood High School!"



# springfling@springwood

## SIXTH FORM HAVE FUN



The Sixth Form Social Committee organised a Spring Fling at Lynnsport on Friday 18th March 2016.

**YEAR 11**

**Have you filled in your  
Year Book Order**

**ORDER FORMS FROM HOUSE MANAGERS,  
SCHOOL SHOP, RECEPTION AND LRC**

Also available for the Prom Evening

Vouchers for the Professional Photographer

**Gary Evans Photography**

£5.00 with a voucher (£7.00 on the night)

Please go to the LRC to pick up your order form  
or your Form Tutor.



**PTFA**  
PARENTS, TEACHERS &  
FRIENDS ASSOCIATION  
SPRINGWOOD HIGH SCHOOL

*Joules*

Children, women & men's

*Clothing*

Catalogue returns & seconds

*Sale*

**SPRINGWOOD HIGH SCHOOL**

**THURSDAY 9TH JUNE**

**7—9 pm in 6th Form Social Area**

Tickets £10 from [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

(ticket includes glass of bubbly)

All proceeds in aid of PTFA

# berlinvisit@springwood

## HISTORY VISIT BERLIN



The Berlin trip was amazing, to put it simply. The food was great, the accommodation was brilliant and of course the history!

Each day was busy. The first day there we had a walking tour which took us around Berlin, finishing at the Holocaust memorial. Everyone's feet were aching, however it was worth it. During the trip we were able to see sights, such as the Berlin Wall, the Reichstag (German government building) and even being able to enter and look around a bunker that was built in case of an atomic bomb attack during the years of the Cold War. Other sights we were able to see and look around was the Wannsee Conference house, in which Hitler met with his people to discuss the "Jewish problem" and eventually come up with the "the Final Solution", Potsdam Palace, Checkpoint Charlie, the Jewish museum and more. We were given free time as well, to do what we wished to, such as shopping.

All in all, this trip was fantastic, and has given me a deeper understanding of both the events that occurred during both Hitler's reign and the Cold War. If given the chance, I would love to go again. This trip is a must for any History students.



Emily  
Reeves  
12-08





# dance@springwood

## CONGRATULATIONS

Congratulations Dancers!

AS practical exam: 3 A grades and 1 C grade

Dancers: Caitlin Kitney-Foster, Sophie Williamson, Olivia Grummett, Naomi Goddard

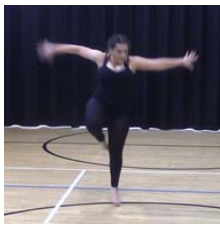
GCSE practical exam: all A grades and A\*s

Dancers: Molly Barlow, Georgia Dawson, Ceylan Onurlu

\*\*Special Mention to A2 dancers and BTEC dancers who have all completed their practical exams, we await the summer to find out their results! Fingers crossed!



Victoria Butterfill A2



Ceylan Onurlu GCSE



Molly Barlow GCSE



Georgia Dawson GCSE



Olivia Grant A2

## EASTER EGGS FOR HOLKHAM HARLEQUINS



Congratulations to the hard working harlequins of Holkham House.

## BUNNY HOPS FOR BLICKLING

Blickling Fund Raiser A HUGE well done and thank you to everyone who took part in the Easter games. We have our winners! The Easter Egg Hunt Josh Tyers - BG-04 Spot the difference Kirsty Harris- BG-08 Evaldas Barstys - BG-07 Sabel Russen - SD-01 Blickling Bouncing Bunnies Josh Burgess - BG-04 (with an amazing 121 hops in 1 minute)

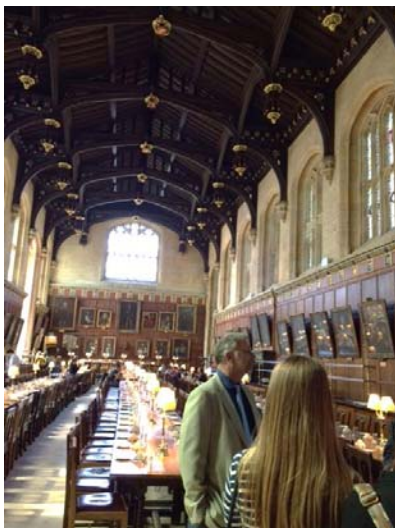


# oxford@springwood

## YEAR 10—VISIT OXFORD

In May, Mrs Williams and Mr Ballman took a group of year 10's to visit Oxford University and experience what it would be like to study there as a University student.

We started the day at Christchurch college where we were shown a presentation on what studying at Oxford may be like, the types of courses they offer as well as some practice interview questions that students are faced with when applying. It was safe to say the year 10's were very good at thinking outside the box and Hannah (admissions & outreach officer) was impressed with their answers.



Christchurch College has over 5km of land and its own meadow, and boasts that most of the Prime Ministers and leaders of the country are college alumni. Whilst most students have lunch in the College Hall surrounded by portraits of famous alumni we were able to sit out on the meadow to have our lunch.

We then had the opportunity of a tour around the college grounds by existing students who gave us great insight into the life of students and the difference between what studying at Oxford or Cambridge is like compared to other universities.

We met up with ex-Springwood student and Queens Prize Winner Sam Saunders who is currently studying PPE at Oxford at Lady Margaret College.

Sam was able to talk to students about his experiences so far and show the year 10's that they can aspire to study at Oxford if they work hard and placed importance on picking the right A-Level



subjects. We finished the Day with

a tour of St Johns College and a City tour from Mr Ballman who showed the students his own college (*Exeter College*) and some of his favourite streets and walks in Oxford. Hopefully we have inspired some future Oxford candidates!!



*Mrs Williams (Art/Photography/Art History)*

# rugby@springwood

## ALL-SCHOOLS RUGBY - TWICKENHAM SHIRT UNVEILING



On the 27<sup>th</sup> February Year 11 student and rugby player Anthony Nwaneri was chosen to represent Springwood High School at the Six Nations England Vs Ireland rugby game at Twickenham. Earlier in the year Anthony had attended a Canterbury workshop where he, George Dye, Matthew Baker, and Sergei Kudrin created a design for a brand new unisex school Rugby kit.

### Designing the Kit

The boys created a design that utilised the school colours of purple and green with patterning that was based on a tiger print, curving across the back and the sleeve. They had to consider details that could be used for both the boys and girls rugby teams, whilst looking "smart" and intimidating. This design was then given over to graphic designers who went through the requirements with the students needed to print a full kit for the school.



### Unveiling the Kit

It was decided by Mr Feaviour that Anthony should be the sportsman to represent the school and wear the kit and sing the national Anthem at Twickenham. This involved a radio Interview with BBC Radio Norfolk which was played on air on the Saturday morning whilst Anthony was travelling to Twickenham.



Mrs Williams and Anthony explained to presenter David Whiteley what the design was about and even though

he was very nervous Anthony was able to explain that he would be singing the national anthem alongside England Rugby Players on the pitch wearing our brand new school kit with 100 other students from the All School Rugby Programme.

Once at Twickenham Anthony was given a set of Canterbury skins, Canterbury England Kit shorts, Socks and was to wear the Schools shirt he had helped design. He was then able to meet and listen to a talk by England Rugby Player David Attwood about how important it was to continue to play rugby in school and how it shaped his education and career, before learning the national anthem and performing it at the opening of the match.



# rugby@springwood

## AT TWICKENHAM *Anthony Nwaneri HK-09*

I woke up really early and travelled down to Twickenham with my brother to meet Mrs Williams. Once we arrived I was given Kit to wear which is the same as what the England players wear in 2015 Sixth Nations matches. I was also given my school shirt that I had helped design in September.

I had the opportunity to listen to David Attwood talk about his rugby career, and how he balanced that alongside his education, and then had a photograph in our school kit.

During the rest of the day we had the amazing opportunity to learn the national anthem and sing it alongside professional Anthem signer Laura Wright. Once we had learnt all the words and sung it as loud as we could we were taken out onto the pitch to practise whilst no-one was there and were given strict instructions about where to stand and how not to move once we were on the pitch.

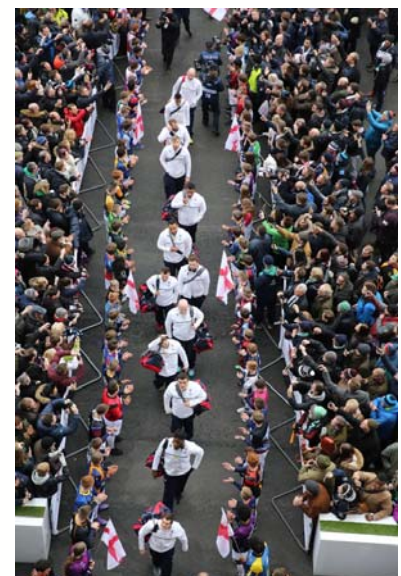
Instead of going back upstairs in the warmth we were then escorted to form the guard of honour at the gates of Twickenham to applaud the teams when they arrived. It was an amazing opportunity to get to see the players up close, they are massive in real life and I was right at the front so I was the first to welcome them to Twickenham.

Just before the game we went onto the pitch and sang the national anthem with the teams and Laura Wright. It was amazing to sing and hear 80,000 people singing and watching us on the pitch at Twickenham. It was an amazing atmosphere and an unforgettable experience!  
AND WE (ENGLAND) WON!!



**To see a video of Anthony's Experience of the day you can go to:**

<http://www.englandrugby.com/news/cbre-all-schools-unveil-new-canterbury-kit-twickenham/>



# dance@springwood



## **SPRINGWOOD DANCE SHOW**

**TUESDAY 5TH JULY 2016, 7PM MSFH**

Rehearsals start week beginning 6th June straight after half term. Every lunch 12:35—1:05pm and every after school 3:25—5pm on your house's rehearsal day. DR2 for the first week.

**Monday—Holkham**

**Tuesday—Oxburgh**

**Wednesday—Sandringham**

**Thursday—Felbrigg**

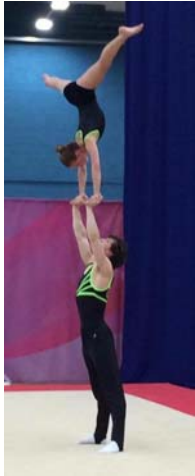
**Friday—Blickling**

*Additional show requests needed by Friday 27th May*

# sport@springwood

## BRONZE FOR ELEANOR

Eleanor Simms, Year 7 SD-03



I have been a member of King's Lynn Gymnastics Club for the last six years, and I currently train for eleven hours a week. On ~Saturday 14th May, I attended the National Acrobatic Finals, having qualified as the gold medallist for the region. I competed with my acro partner Will Evans as a grade 6 mixed pair. We performed two routines—dynamic and balance. We were thrilled to be award bronze medals. This just proves all the hard work was worth it!

## ROAD TO WIMBLEDON



The U-14 West Norfolk Road to Wimbledon Tournament was won on Saturday by Springwood pupils. Poppy won the girls, beating Malu in the final and Hitesh won the boys competition. All three will go forward to the County Finals at Lime Tree Road in Norwich on the weekend of 11th & 12 June. If successful they could qualify for the national finals being held at Wimbledon in July.



All three students have been attending the Springwood Tennis club which has been running throughout the year after school on a Monday between 3.30 and 5pm. Attendance at the club is free and, throughout the summer term, the club will be operating at the KES Community Tennis Centre with all the courts being booked out exclusively for Springwood students. The programme is being directed by Mr Gerry Bird the LTA Licensed Coach attached to the school. Anyone interested in playing tennis is welcome to attend.

# spotlight@springwood

## TWO PERSONAL BESTS FOR LILY

A very hot week-end in May for Lily Edwards who took part in the East Region Disability Athletics Championship in Chelmsford.

She came away with two Gold and a Silver medal, and two personal bests:

Long Jump 1.68 m (Gold)

Shot Putt 3.57 m (Gold) (PB)

100m Sprint 21.95 sec (Silver) (PB)



## AND NOW NORFOLK COUNTY CHAMPION

Lily took part in the Norfolk County Championships in Norwich on Saturday 14th May. She is now the County Champion in 100m & long jump IPC (*International Paralympic Committee*).

Long jump 1.95m (PB)

100m 21.1secs

Lily's sister Lucy (Y12) is also County Champion for long jump 5.04m and triple jump, receiving two gold medals.

Lily pictured right with her sister Lucy.



## PAISLEY BEFRIENDS

Introducing Paisley Goodrum BG05 who is a volunteer with the West Norfolk Befriending group, she goes with her Mum and meets elderly and often isolated people who probably don't see anyone during the day and chats with them and sometimes plays card games. She said that she really enjoys doing this and the people she visits look forward to seeing her.

In February she met the Queen at Sandringham and on 17th June she will be celebrating the Queen's 90<sup>th</sup> birthday at a tea party for the group, she is busy making crowns for the party.

If you are interested in joining the group the website link is: <http://www.wnbefriending.org.uk/about.html>



## PB FOR MASON

In February Mason Higby HK-08 was one of eight juniors from the West Norfolk Athletic Club, who represented the Club at the Hatfield Sportshall Athletics Regional Championship. He achieved a Personal Best in Shot with 11.12m and battled bravely in the relays.



If you are interested in joining the club it trains at Lynnsport on Thursdays. For further details see: [www.westnorfolkac.co.uk](http://www.westnorfolkac.co.uk)

## GOLD FOR ELEANOR



Year 7 pupil Eleanor Simms SD-03 pictured left proudly showing Mr Johnson her regional gold medal for gymnastics.

# headteacher@springwood

## Message from Mr Johnson



This half term has passed very quickly. Year 10, 11, 12 and 13 students are working incredibly hard with their teachers to ensure they do the very best in the summer examination season. This year we have worked harder and more creatively than ever before to ensure each student is best prepared. I cannot wait for the students to receive their reward on results day in August.

As a school we rightly place a strong emphasis on academic achievement but we also emphasise the importance of a rounded education for every student. A team of year 10 and 11 students won through to the national finals of the Barristers competition. It was a privilege to watch them compete at the Old Bailey in London against teams of Sixth Form students from other schools. Although they didn't win overall, they achieved a high position enabling them to enter the International competition staged in New York! On a similar note, students studying musical instruments have also had numerous planned events this term. As one of the few schools still subsidising music lessons, I would like to encourage more students to take up a musical instrument as part of their rounded education at Springwood.

I had a fantastic evening watching the monologue, duologues and larger scale performances for the AS Drama examinations. Both staff and students have put in many additional hours to ensure the pieces watched by the external examiner are of the highest standard.

Last week, we were pleased to be visited by our local MP, Sir Henry Bellingham. He enjoyed meeting our Barrister competition winners (as an ex-barrister himself) and to listen to a string quartet led by our resident Cello expert, Ivan McCready.

Next term I am looking forward to meeting our new Year 7 students. Mr Feaviour and his newly trained Transition Leaders will begin meeting them all soon prior to the taster day later in the term. It has been great to see so many parents wanting their child to attend Springwood and we look forward to welcoming them in September.

Have a good half term.

*A M Johnson*