cambridge@springwood

ARCHAEOLOGY FIELD TRIP

A huge congratulations to those selected Year 9s who took part in Cambridge University's Independent Learning Archaeology Field School. Students dug test pits in the village of Hillington to identify the origins of human activity in its past. Old pottery, animal bones and medieval walls were unearthed and discovered, many items not having been handled for centuries. Over 3 days, students dug test pits, recorded their discoveries and archived their finds. Students were invited to Cambridge University to display their findings and to get a taste of university life in the world-famous university. Students completed their written reports and were awarded with a certificate and GCSE-equivalent grade to cherish and have the enviable name of 'University of Cambridge' alongside their name forever. Mr J Smith

dofe@springwood

DUKE OF EDINBURGH EXPEDITION

Springwood students complete Bronze Duke of Edinburgh Award practice expedition

Thirty seven students in year 10 have completed their Bronze practice expedition this term as part of their Duke of Edinburgh Award. On the 10th and 11th June, students walked from school to Sandringham house, camped overnight in the grounds, before returning to school the next day. The rules of the award required students to be self sufficient so all camping equipment and food was carried. In some cases, rucksacks weighed nearly 30% of students body weight making it a physical challenge as well as developing students navigation skills. Students were also required to cook independently outdoors.

Thanks has to go to Mr Durham, Miss Jupe, Mr MacKenzie, Mr Fitzpatrick, Mr Evans, Mr Thompson and Mr Donovan for giving up their weekend to supervise students.

Students will complete their assessed expedition in July.

sixthform@springwood

FUTURES DAY

Thursday 15th June marked the return of Futures Day, an event aimed at highlighting the range of opportunities available to our Sixth Students upon completion of their A Levels. The day started with a talk from a number of ex-Springwood students who outlined their current career and the different routes they took to enter them. The students heard Ethan who completed a Business & Marketing apprenticeship and is currently running his own business; Socially Unplugged. Amy is completing a degree at the University of the Arts, James has just completed a Master's degree in Chemical Engineering and commencing employment to work with nuclear weapons. Madeline spoke about her experiences as a Real Estate undergraduate and Jack who has taken a year out to complete volunteering in the Medical industry and is going to UEA in September to compete a Medicine degree.

Then it was on to the Employers Fair where students had the opportunity to speak to a range of employers from accountants to estate agents, the armed services to radiologists, primary schools to the insurance brokers, surveyors to the emergency services and many more besides. A number of past students including those who had presented earlier were also available for in depth discussions. During this hour long session students were able to ask questions about the qualifications required for different roles, speak to professionals about their experience of their role allowing them to gain a better understanding of the different roles available and the routes that can be taken to enter them. A number of local universities including Cambridge University, Bishop Grosseteste University, University of East Anglia, Lincoln University and University Campus Suffolk were also represented allowing students to make comparisons between degree and work based routes into different careers.

Having been able to speak to employers about the possibilities of apprenticeships, students then received a talk from Norfolk Apprenticeships and Coco Cola who discussed the benefits of undertaking Higher Level Apprenticeships and how to access them.

After lunch students went on to hear about gap year opportunities from Rebecca who represented Project Trust, a gap year organisation which provides placements in teaching, social care and outward bounds in South America, Africa and Asia. The students were captivated by Rebecca's accounts of her experiences and many signed up to receive more information.

The final session of the day, presented by 2 student ambassadors from UEA, focussed on applying for university through UCAS. This talk opened students' eyes to the sheer number of degree choices available to them (37,000!) and provided a brilliant starting point for our UCAS Super Learning Day on 8th July.

technology@springwood

DESIGN AND TECHNOLOGY (D&T) YEAR 9 STUDENTS

Year 9 D&T students are currently learning a range of design principles and have been given the opportunity to experiment with different themes to develop and explore their skills The Year 9 projects cover areas such as: **technical drawing**, **CAD/CAM (Computer Aided Design/ Manufacture)**, **specialist tools and equipment**, and the use of various construction materials including **fabrics, card, metal, acrylic, wood, etc**.

Examples of the projects Year 9 have already completed include a **canvas bag** and a **bird box**. Creating the bags required the students to develop their textiles skills, learning how to use natural materials such as felt and cotton, create embellishments, hand embroidery and using a sewing machine to construct the bag and handles. With the bird box project the students have learnt how to work with a variety of materials including **soft wood (pine)** and **manufactured wood (plywood)**, and have honed their carpentry and joinery skills by designing and making their bird boxes using a variety of wooden joints such as mitre and comb joints, and using workshop tools and machinery.

The Year 9 D&T students latest project, which will be included in the next Newsletter, is a clock designed with inspiration from Art Movements of the 20th and 21st Century, such as Art Deco, Bauhaus and Modernism - Watch this space!

Examples of the students' work will be on display in reception soon.

btecfashion@springwood

Springwood High School will be holding its annual Sixth Form Fashion Show on Thursday 13th July, showcasing the designs and creations of the Year 12 and Year 13 BTEC Art and Design Fashion and Clothing students.

The show will be full of glitz and glamour and will feature catwalk models recruited from students in all years. A massive range of clothes will be modelled on the catwalk, along with accessories such as embroidered handbags and elegant hand-sewn evening gloves. There will be collections inspired by famous fashion designers, retro vibe style skirts, sophisticated evening dresses and many more garments.

Tickets are £2.50 and are available from the school shop. Please come along to support the models and designers, and be part of a fabulous event!

safety@springwood

Hello Springwood,

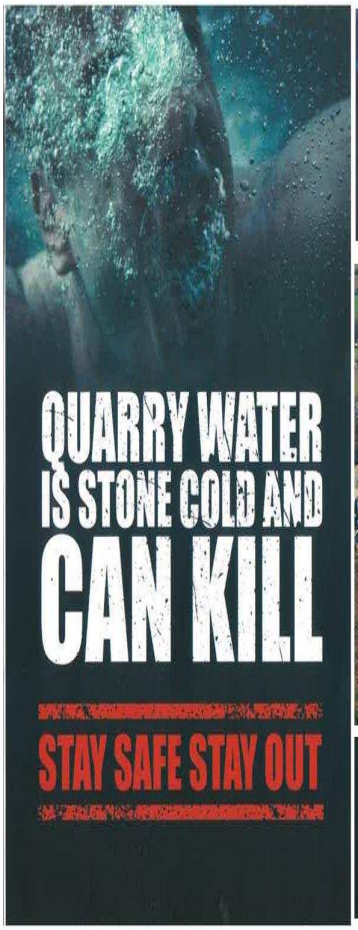
I hope you are all enjoying school and having a great time in the lovely weather we are having lately.
I would like to just quickly talk to you about the dangers of open water. You may have read the sad news this week that there has been 3 separate incidents around the country where 2 teenagers and an elderly female have died from drowning after getting into difficulty.
When the weather is so hot there is a huge temptation to go swimming to cool ourselves down. That's great but it's where we decide to go swimming which is the problem. Open water beauty spots such as lakes and reservoirs may look very tempting but do we actually know what's hiding under the water? What's the temperature of the water? How deep is the water?

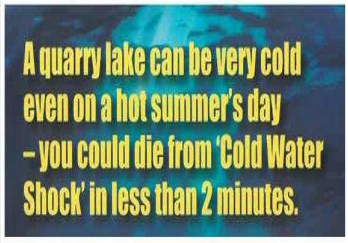
Unfortunately jumping into the unknown can have devastating consequences such as injuries or death. You may have heard of a local location called Bawsey or Bawsey Pits as you are probably aware Bawsey has a number of huge lakes which looks very appealing for swimming when the weather is nice, but did you know that Bawsey is an old quarry and that the lake is full of old metal equipment/ machinery ? it also contains a lot of chemicals which have been dumped in there over the years, It doesn't sound very appealing now does it? Also the water is extremely cold and more than 30ft deep in some parts.
Did you know jumping into very cold water when you are very hot puts you at risk of a cardiac arrest, your body will go into shock and you could become unconscious in less than 15 minutes. Also jumping into deep water we cannot see what is at the bottom, you may injure yourself and then be unable to swim to safety.

Sadly people have died in the lakes at Bawsey in the last four years from drowning after getting into difficulty in the water. Swimming is BANNED at Bawsey and there are numerous signs around to remind people.

Now I'm not writing this to scare you or to put you off swimming and we are not wanting to become the fun police but we have to highlight the dangers that some youngsters are putting themselves in. Be sensible, read the signs and listen to them, they are there for a reason. Try and swim in locations where there are lifeguards and swimming is safe and allowed.
Make sure you have a phone with you and in emergencies always dial 999.
Have fun but please keep safe, #besensiblebesafe

PCSO SMITH
Safer schools officer





POLICE NORFOLK & SUFFOLK

sport@springwood

DOM DWYER

Dom Dwyer may not be a household name in the English Football League but in his adopted country, the Sporting Kansas City forward is a true superstar.

It is a far cry from Dom's youth in England, where the former Springwood pupil and Blickling boy spent his youth at Norwich City, King's Lynn Community Football and King's Lynn Town. In his early career he suffered a series of foot injuries so serious that doctors told him he would never make it as a professional footballer.

But while he was trying to rebuild his career at non-league level, at Staines Town and King's Lynn, Dom's life changed forever when he went for a trial at QPR's training ground in front of US college scouts. Whilst at QPR, Dom was offered a full scholarship at Tyler Junior College in Texas, where he spent two years before moving to the University of South Florida.

He was then drafted by Sporting Kansas City and after a frustrating first season on the sidelines he went on loan to Orlando City, then in the third tier United Soccer League. There he scored a hugely impressive 15 goals in 13 games, including four in the USL championship match against the Charlotte Eagles.

After returning to Sporting Kansas, Dom became a main part of the team and helped the team to the 2013 MLS Cup, his second championship in a matter of months, earning him a trip to the White House.

2014 has been his best season so far which saw him score 22 goals, the best single-season goal scoring total in the club's history, and earned him a place in that year's MLS All-Star team.

Dom's profile has not just risen on the field but also off it due to his relationship and subsequent marriage, in 2015, to Sydney Leroux, an Olympic champion and World Cup winner with the US women's team.

In 2013 he received his US green card which qualifies him as a domestic player for MLS which means he has the potential to be picked for the USA national team. Dom's and Sydney's first son, Cassius Cruz Dwyer, was born in September 2016 and you never know, could follow in Dom's footsteps.

On 17 March 2017, Dom became an American citizen and was named in the provisional 40 man squad for the USA. Not bad for a local lad and former pupil.

sport@springwood

LILY EDWARDS

Lily has had a busy May competing, she belongs to West Norfolk Athletics Club.

On 6 May Lily competed in the Eastern Regional Disability Championships at Chelmsford. She came :

1st Under 16 Long Jump PB.

1st Under 16 Shot Putt

2nd Under 16 100m PB

On 13 May Lily took part in the Norfolk County Championships with Mason Higby, Joe Williams, Hannah Greenhalgh and Lucy Edwards pictured below showing their medals also with their results. Congratulations to them all. (Lily organised the photo below) (pictured left to right: Joe Williams, Lucy Edwards, Mason Higby with Lily, missing from photograph Hannah Greenhalgh.

NORFOLK COUNTY CHAMPIONSHIPS				
Lily Edwards	100m	20.6 secs	Gold	
	Long Jump	2m 41	Gold	PB
	Shot putt	3m 70	Gold	PB
Mason Higby	Discus	29.45 m	Gold	
	Shot putt	11.92 m	Silver	PB
Joe Williams	Long Jump	4.99m	Bronze	
	Triple Jump	9.90 m	Silver	PB
	100m	13.0 secs	Bronze	
	Javelin	26.45 m	Silver	
Hannah Greenhalgh	200 m		Bronze	
Lucy Edwards	Long Jump	5.28 m	Gold	
	Triple Jump	10.64 m	Gold	PB

SPECIAL OLYMPICS NORWICH

Lily took part in the first Special Olympics at UEA Sportspark on 14 May. She competed in the:

100 m—20.3 sec—Gold (PB)

Shot Putt—4m. 02 - Gold (PB)

Long Jump—1m 90—Gold

sport@springwood

TOP OF TOWN SPORTS

The Town Sports Day took place at Lynnsport. Schools participating were Springwood, KL Academy, KES Academy, Downham, St Clements, Hamond Academy and Smithdon. Springwood came first in the Years 7, 8 and 9 age groups and third in Year 10, and ended up as overall winners, making it 14 wins in the last 15 years. More than 20 of the Springwood team will now progress onto the regional finals at the UEA, Norwich competing against pupils from other parts of the county.

YEAR 13

On Friday 23 June the Sixth Form had a fantastic night at the Dukes Head. The social committee organised the Casino Night Prom. It was a great night for the whole year to spend time together for the last time.

A big thank you to Mrs Cuss and Mr Pettitt for their support.

headteacher@springwood

Message from Mr Johnson

It is great to report on anther fabulous term at Springwood High School. As I write this report the students in year 11 and 13 are coming towards the end of their examination season. I have to say the students have worked incredibly hard both in preparation and in the examinations themselves. The year 11 students are the first to take the new examinations in Mathematics and English whilst many of the Year 13 students are also taking new examinations for the first time. I am sure they will all get the great results. My two favourite dates in August will soon be here. I hope to see the smiling faces of many successful students who will move on to the next stage of their life journey with a great set of examination results.

I had the privilege of watching our annual Primary Music concert which took place at St Nicholas' Chapel in the town. It was fabulous to see so many of our Primary feeder children enjoying taking part in the concert and also watching the work of Springwood students. I am sure that our new year 7 students will continue to take part in the excellent extra curricular music offered at Springwood.

It is fantastic to have so many school events this term. Next week the school has a new event every single night of the week. I cannot wait to attend our Visually Connected Arts exhibition, Our House Dance competition, the year 6 parents evening, the Summer concert and the year 11 Prom!!! I am so proud of the commitment from Springwood staff and students as these events make Springwood the good school it is!

The hot weather has brought its challenges but I hope we can enjoy the remaining few weeks before the summer holiday!

Andy Johnson
Executive Headteacher
West Norfolk Academies Trust