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FREE conference for all parents and carers
of children (0-25 years) with Special
Educational Needs and/or Disabilities (SEND)

Hear about
developments in
Mental Health and
Wellbeing for
Children and Young
People in Norfolk

Saturday 10th March 2018
10.00–15.30
John Innes Conference
Centre, Norwich NR4 7UH

Come and participate
in informative workshops and
individual sessions with service
providers, charities and others
More than 30
information stands

For more
information
and to book a
place

Bookings open from
15 January 2018

Via:

- [FamilyVoiceNorfolk.org.uk](#)
- Facebook
- Twitter
- Email info@familyvoicenorfolk.org.uk
- Or call us: 07535 895743 and leave a message with your contact details

Waiting lists may apply

Open to members and non-members
Free to attend
Free buffet lunch
Activities for children with SEND at The Clare School
BOOKING ESSENTIAL



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Christmas Fair

Who are young carers?



The official definition of a young carer is '...a person under 18 who provides or intends to provide care for another person (of any age, except where that care is provided for payment, pursuant to a contract or as voluntary work).' Children and Families Act 2014 Section 96.

- ◇ These young carers are forced to grow up early and miss out on the same opportunities as other children because they care for family members who are disabled or chronically ill, or for adults who are misusing alcohol or drugs.
- ◇ Some of these children are not only losing their childhoods they are also missing out on vital school and training, which will have a negative impact on the rest of their lives.
- ◇ Currently there are more than 166,000 young carers across the country. We raise awareness of their needs, campaign for policy change, support schools, and work to see that these young people get the future and support they deserve



The Year 7 council chose "Young Carers" as beneficiaries for their 1st charitable fundraising event. Fetes can be the perfect fundraising event for any school. However, they require commitment, time and planning to bring them to fruition therefore the team chose the date to coincide with the end of year celebrations that happen annually at the end of the Autumn Term. They then broke down tasks working out how many stalls that they could get in the space provided, then worked on what they wanted to achieve, how long each activity would take to organise, who was responsible and the costs involved. They decided on ten stalls with each person donating 10p per stall to have a go. A fabulous effort from the Year 7 committee who raised £199 for the young carers. The cheque will be presented to Mrs Kandjou who will be speaking to the Year 7 pupils about the organisation during an assembly on the 29th January.



For more Year 7 News go to: <http://www.springwoodhighschool.co.uk/page/?title=Year+7&pid=409>

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ENDEAVOUR

William Ess, Keaton Vincent and Craig Ward write:

We were in Sainsbury's and decided to buy some doughnuts, and there were a lot left over so we gave them to the homeless people in the town centre.

We have decided to carry on helping the less fortunate people in our society, some people may look down at them but we think that we should treat them equally, no matter how fortunate or unfortunate. So we are starting a charity for the less fortunate in our town, and visualising our charity starting out small but growing across Norfolk and hopefully the UK.

We are looking for other young people to join us. We are hoping to go round the school at form times to collect money and blankets from pupils and staff. If you are willing to donate to our charity please come to S1 at lunch times. We will be buying food kits for example; sandwiches, fruit, a source of sugar and some water, they will last approximately 2-3 days per food kit, also we will be buying and handing out blankets.



POETRY BY HEART



POETRY BY
HEART

Nina Koulman 10F2 and Merrissa Lawrence 8S1 took part in the Poetry by Heart National recitation competition, which was devoted to World War I. They were highly commended.

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LAUREN WRITES

Lauren Greengrass wrote the article below for the Girlguiding Blue Sheet

Article—to see the full newsletter go to:

<https://www.girlguidingnorfolk.org.uk/latest-news/blue-sheet/>



WE DISCOVER, WE GROW

Girlguiding

What is SOAR?

The Spirit Of Adventure Rendezvous, SOAR for short, is a week-long provincial 'back to basics' outdoor camp sponsored by the British Columbia Council of Girl Guides of Canada.

SOAR 2017 was held in Smithers, Northern BC and welcomed 2500 participants.

tops that we had been given on arrival in Vancouver. They were really oversized and we all looked stupid in them but embraced it and enjoyed a fun evening eating Mexican food.

Also on the last night we went up the Vancouver Lookout to see the city by night. A walk followed where we sang classic guiding songs. Seeing all of us joining in and having fun together was really special and it seemed like the people walking the streets enjoyed it too.

Altogether my experience in Canada was incredible and I'll never forget it, the friends and the memories made were so special. The Leaders we went with made the trip an enjoyable one, we were able to have a laugh and a joke with them and I couldn't have asked for a better experience.



Lauren Greengrass, Girlguiding Norfolk

One of my best memories from the home stay was the breakfast Robi made us on our last day. Canadian pancakes with maple syrup, amazing!

Another great memory was the "Disney Flim Marathons" on the last night. We only managed two movies as we all fell asleep!

Throughout our stay we also got to use the hot tub that Robi had in her garden, we all used it every single day. I also really enjoyed playing fetch with her cogs in the lake. On our last full day with

Robi she organised a barbeque for all of the Anglia girls and also invited her Guides that we had become friends with at camp. It was a very relaxing afternoon where we all just got to have fun and hang out.

Altogether Robi made us feel so welcome in her home and it's an experience I'll never forget.

The final part of our trip was to Vancouver. It was the first time that our whole group had been properly together since the flight as we were separated for camp and home hospitality. We took a super trip to the Capilano Suspension Bridge where I was awarded my 75 nights away badge, achieved whilst on camp.

Another one of my favourite memories was on the second night when the girls decided to surprise the leaders by wearing our Canada

SOAR 2017

me and I came home with many different SOAR badges from all over the world. One of the best parts of camp was that everyone from different countries would come and talk to us just so that they could hear our accents, and it was lovely but weird to see how excited they got when we spoke to them!

For our "home stay" 10 of us stayed with Robi, a Guide Leader from the Canadian group camping next to us. She had an absolutely beautiful log cabin style home which was located on the lakeside.

I joined a service project at the Northern Lights Shelter. Our task was to clear the forest of all the dead trees and wood. We also had a day trip to an old tribe hut which was incredible because we got to learn about the cultural history of Canada. It was also a special day because we all got a warm, decent shower which we hadn't had on camp!

The most memorable part of camp was the International and Interprovincial performances. Anglia got to perform a piece about being British and we got to watch

performances from Guides all over the world.

During camp I swapped almost all of my badges and traditions and brought with relaxation crafts.

In July 2017, along with 15 other girls and 4 Leaders, I left the UK to fly to Canada for a 2 week experience exploring Smithers and Vancouver. We spent 7 nights camping in Smithers, British Columbia at SOAR 2017, a camp hosted by the Girl Guides of Canada. Camp was filled with so many incredible memories, starting with our arrival at Smithers where we took a classic yellow school bus to the campsite. The first memory of camp is that as soon as we walked into the campsite it began to rain - so everyone made the point that we bought the weather with us! When we got to our camp plot we instantly became friends with the Canadian group next to us who offered to help us set up.

While I was at SOAR I got to do a variety of activities including the Twins Fall Hike, capturing the little things (photography), Obstacle course, Cool chemistry, Dig this (Archaeology) and homemade relaxation crafts.



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UNIVERSITY CHALLENGE



The brightest students were given the chance to have a taste of higher education which was held at the university centre at the College of West Anglia. The Year 11 students came from nine schools across the area, this was the second conference which had been organised by the West Norfolk Academies Trust (WNAT) and supported by the West Norfolk Council.

The students worked in groups mixed between the schools tackling a series of challenges in English, maths and science. The organisers hope the sessions will help to boost their confidence and inspire them to even greater successes in their GCSE exams this summer.

During the day two keynote speeches with the Sixth Formers from Springwood, who finished third in the mock trial competition in New York, were also there to talk to the students.

The WNAT has plans to stage a maths and English conference on 19-20 March for all of West Norfolk's Year 11 students at the Corn Exchange.



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Message from Mr Johnson

The Spring term has definitely "sprung" into action as this half term has flown by! The term began with the celebration of last year's Year 13 at the annual presentation evening. It was fantastic to see all of the wonderful students and their parents to celebrate our student's excellent academic achievements. It makes me incredibly proud to see our Springwood Sixth Form students making such an impact on the wider world when leaving us.



It was a privilege to accompany our Queen's Prize winner, Leah Bowman and her parents to receive her prize from her Majesty at Sandringham House. Her Majesty was very interested in the international travel plans and future University career of our most talented student. Those of you who visit our school reception will see our new painting of Her Majesty as a constant reminder of her patronage of Springwood High School.

Our intrepid International Barrister competition finalists had another unique celebration of their success when Lady Leicester invited them, their parents and sponsors to an evening reception at her home in Holkham. Lady Leicester has been a strong supporter of our Magistrates team since the very beginning and we are all so thankful for her continued support.

As many of you will be aware, sadly just before Christmas, Peter Hopkins, my predecessor passed away. He was a magnificent man who gave so much to this school. I was proud to watch Peter Strudwick and Mark Ballman contribute to his memorial service held at St Nicholas' Chapel alongside the wonderful musicians from our school. Our thoughts are with his wife and family.

Andy Johnson
Executive Headteacher
West Norfolk Academies Trust