

# news@springwood

## YOUTH SPEAKS

On Saturday 21st April, three of our year 7 students travelled down to Chelmsford to compete in the third round of the Youth Speaks Rotary Club competition. This was the regional final and nerves were very present.



The team (made up of Harry Davidson, Mackenzie Whitehouse-Baker and Finley Meehan) made it through round 1 of the local heats in Kings Lynn, round 2 of the district heats in Norfolk and knew that round 3 in Chelmsford could be the end of the road for them if they did not make it through to the last and final round.

They presented on their chosen topic of E-safety; a topic they chose at the beginning of the year. However, each round they have edited and changed their speeches in order to improve them based on feedback from the judges. Therefore this was not a case of just learning one speech and repeating it each time. The boys have learnt their speeches off by heart for each round, despite the continuing edits. This has been a consistent piece of positive feedback each round; that they have been the only students not to use notes. Not an easy thing to do when the speeches last up to 6 minutes in length!



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However, all of this hard work paid off when at the end

of the day (after performing in the morning and watching the seniors in the afternoon) the results were finally announced with Springwood being announced as the winners! But his wasn't the end.....as not only did they come away with the winning trophy, but they also received 2 awards; Finley Meehan for Best speaker and Harry Davidson for best vote of thanks.

The Rotary club of Kings Lynn were present at the competition and have agreed to continue to support the team through to the national finals in Exmouth on May 12th. This will be the 4th and final round where one school will become national champions.

The team are looking forward to attending a tea party with Mr Johnson, Mrs Clark, Mrs Aviss, Mr Thompson, Miss Roberts and the Rotary, where they will be commended for their hard work and dedication.

Until then.....it's practise practise, practise for the boys who have proved that they have started their time at Springwood in very a positive way; showing dedication, commitment and enthusiasm for their learning. This has brought them the success they deserve.

We are all very proud of them. Miss H Roberts



# sixthform@springwood

## SLD-INSPIRATIONAL SPEAKER

On February 21st Springwood Sixth Form was fortunate enough to host Paul Papadimitriou, the founder of Intelligencr, a global innovation scouting firm. Paul describes himself as a founder, CEO and Digital Futurist. Digital futures was central to the inspirational talk he delivered.

Paul spoke about his upbringing; the son of a Finnish lady and Greek man who met in Geneva, Switzerland. He spoke about the countries he has lived in; from Japan to the Philippines and many places in between! Paul's main message during this part of his talk was the importance of feeling uncomfortable and taking risks in one's life to establish the true limit of a person's ability and ambition. Indeed, Paul arrived in Tokyo 15 years ago unable to speak the language and with no contacts in the country, yet he still now works with many Japanese firms that he met during his time there.

Paul gave stories of the many high street brands that he has worked with to make their products more desirable. He spoke about creating myths behind products to encourage their sale.

Students loved the talk and felt truly inspired to try different things in their lives. Adam White in year 12 described the talk as 'absolutely incredible as my eyes have been opened to the wider world.' Jenna Stevens explained that 'this talk motivated me to travel in search of new experiences.'

We sincerely hope to be able to welcome Paul back to Springwood in the future and are extremely grateful for him joining us today.



Paul is pictured with some members of the sixth form.



# sld@springwood

## YEAR 7 SUSTAINABLE MANUFACTURING AWARENESS DAY—FEB 2018



The Design and Technology department ran another successful Sustainable Manufacturing Awareness Day for the Year 7 cohort at Springwood High School. The students worked in groups of four and had to design and make an innovative and sustainable health and safety prototype product.

The focus of the task was to teach the youngsters about using sustainable resources. Students researched the benefits of using natural materials such as cotton, bamboo, etc. using recycled plastics and not just throwing all rubbish onto a landfill site, developing awareness of sustainable materials that can be made into safety products.

The students then undertook group tasks such as leaflet and poster designing and making a prototype product. Once the groups had completed the design

and make tasks they had to participate in a Dragon's Den style presentation. One group from each house was selected to present their product to the entire year group in the school's main hall.

The types of products were exciting, fun and innovative; students had creatively designed a health and safety hi-viz vests for animals, papier-mache helmets and wristbands with a safety feature to protect children.

"Every year the children's imagination surprises me" said Miss Markwell, the organiser of the event; "I love the team work atmosphere and it is always such a delight to walk around seeing all the creativity. There is also an important message about using sustainable teaching students about not just throwing away plastics and clothes but appreciating how they can be recycled".

The final round where a group from each house has to present to the entire year group in the main hall can be a very daunting experience. The Year 7's always act and behave in a professional manner and take the Dragon's Den experience very seriously. Unfortunately, there can only be one winner which was judged by the Pastoral Manager Mrs Moate and the Head of Year Seven, Mr Cuss. 'The winners presented in a clear and confident manner. The winning product had a unique selling point and the sustainable features were well illustrated in the form of posters and presentation. I can't wait to see next year's ideas and designs.





# sld@springwood

## YEAR 8 CAREERS-Feb 2018



## YEAR 7 VISIT ZOO- Mar 2018

Although it rained the entire day there were plenty of smiles when Year 7 went round Banham Zoo





# Yr10 reporting@springwood

Year 10 reports by India Knight 10B2, Chloe Church 10B2, Libby Bray 10O1 and Evelyn Perryman 10O1

## Rugby

The Rugby Season so far has been a variety of highs and lows. Zac Bunkle describes this year's rugby season:

"Our rugby season was ok, the games we won were against our year 11 and some year 10's from another school, this match was for GCSE PE. The first two games of the season our school won so we had to face Reepham for a match. We never went up against them before. Their pitch was on a hill, we lost against them. We also faced a year 9 team, we won that. The score was year 36—0, year 10—64. Our team think that they put up more of a fight than year 11."



## MFL trip



On Thursday 22nd February, several pupils attended a trip to the University of Cambridge to learn about future degrees and courses about languages, how they can help in the future, and why it is important to pursue them. Various different speakers shared their experiences around languages, including a former BBC news journalist, Bridget Kendall. Other speakers included students from the University, a GCHQ employee and many more. Furthermore,

after the speeches had finished you were able to either take a taster session in Korean, talk to the students from the University or participate in a talk and also practice interpreting.

## Mars Apprenticeships

On Wednesday 28th March, a Mars employee came to speak to a group of interested pupils about apprenticeships, pupils learned that when they finish their GCSEs they can apply to become an apprentice dealing with the mechanical side of engineering. The students learned that there are many opportunities when becoming an engineer such as working abroad and earn a good income at a young age. They found out that they didn't need the best GCSEs to be accepted for these courses.



# ptfa@springwood

## Meet the Team

### PTFA Committee:

Chair - Angie Kirkham  
Vice Chair - Hayley Webb  
Treasurer - Louise Paffett  
Vice Treasurer - Samantha Cullan  
Secretary - Jenine Samways



The Springwood Parent, Teacher, Friends Association or PTFA has recently been reformed as we feel it is an excellent way to bring together parents, teachers and the local community, to raise money and help support the school.

It provides an opportunity for everyone to work together to: Raise funds to help the school provide resources and extra for the pupils. Provide support for school trips and outings and other special events. All parents, teachers and school staff can get involved even if they only have a small amount of time available. You may wish to join the committee and be involved in the organisation, or just be available to serve teas and coffees at PTFA events - you may even just like to provide the odd cake here and there! Whatever your preferred commitment, large or small, the Springwood PTFA would be very grateful for your help.

For further information please contact Jenine Samways on one of the following:  
Email: [ptfa@springwoodhighschool.co.uk](mailto:ptfa@springwoodhighschool.co.uk)

## FORTHCOMINGEVENTS

Date	Event
5th June 2018	PTFA Meeting @ 6pm Room O11 SHS
12th October 2018	New Year 7 Disco @ 7pm Drama Studio



**Second-hand  
Uniforms**  
Available

### PTFA Vacancies

The following vacancy is available  
within the PTFA Committee:

**TREASURER (commencing September 2018)**

If you are interested in this position please  
contact:

Jenine Samways on [ptfa@springwoodhighschool.co.uk](mailto:ptfa@springwoodhighschool.co.uk)

for further information.





# computing@springwood

## ERASMUS—SPAIN MOBILITY March 18 –24th 2018

We (two members of staff and four students) left the UK in the grip of a late winter with snow and ice all around, hoping for some warmer climes.

We were greeted with and a very warm welcome if not warm weather. After the travelling we were all ready to head out for the host families and hotel to get a good night's rest ready for the full agenda lined up for all the staff and students from countries around Europe (France, Germany, Greece and Italy as well as us and the hosts, Spain).

The younger students from the host school, La Grande Obra De Atocha, wanted to meet us and we were all bowled over by the welcome and their ability to greet us in our own languages. All of the visiting students and staff were impressed by their singing and the guided tour of the school, which has students from the age of 4 – 18 years of age.

The students from the various countries began their work together, getting to know one another using English as the common language.

In the afternoon of the first full day, we were divided up into groups consisting of different countries and language abilities and had a guided tour of the old town/city with a competition of finding the answers to a list of questions. Staff were not exempt and had to take part. I must admit that we were all pleased that we had left Britain in the snow as we were able to wrap up and stay relatively warm in the unseasonably cold weather.

The Mayor's office and chamber was an impressive sight and the Mayor spoke eloquently of the links that bind us all as group of countries and young people.

One evening was giving to a cultural evening. We had all been asked to bring a typical dish/dessert. We took scones, butter and jam, as well as Bakewell tarts and apple pies. Everyone had a great time sampling the various foods. The highlight of the evening was the Headmistress lighting the traditional Gallician punch, the lights turned down and the story/poem of the witches and goblins read as the ladle was held aloft and the liquid allowed to fall back into the earthen punch bowl.

As the region is known as one of the places with strong links to the life of St Paul we were taken to Santiago de Compostela. The group walked the last 7 kilometres of the pilgrimage route to the cathedral where St Paul's remains are housed. There was no complaining by anyone about the walk even though the weather was still cold and blustery.

Each morning the students were engaged in a variety of activities and gave presentations on various subjects through the medium of English. It was brilliant to see how well they all supported each other and how their language skills improved. We also had a talk by a local business organisation that helps students, who may not have done so well at

school, to obtain training in other countries which could lead to apprenticeships throughout the EU. There is a local link in King's Lynn, as well as Germany, France and Italy.

We took with us a gift for the school, which we presented to the Headmistress. When it was explained to her, that it was a pen and ink drawing of our local minster and that it was by one of our students, who has special educational needs, she immediately said that it would have pride of place in their special needs department to inspire the students there to show them what they might aspire to.

One of the afternoons activities was to walk to the Aquarium, where the students saw the feeding of the seals, met a 6 foot shark and a famous footballer from Ghana that plays for the local big team. That evening the Spanish students had arranged for their colleagues to visit the local interactive museum.

After the presentations on the renewable energies in each locality of the participating school it had been arranged that we should visit the working Roman lighthouse, the Tower of Hercules. Unfortunately due to the weather conditions and an approaching storm it had been cancelled. The following day we were to depart and some of the returning students and teachers had their flights cancelled or re-directed to Santiago.

The hosting families played their part and organised a leaving dinner for the students, which was very much appreciated by the visiting students, many of whom found the thought of leaving emotional.

All of the students, who have had the opportunity to take part in the Erasmus project, would like to thank the members of staff and students of all the countries for their generosity and support in making these trips possible. The inspiration and encouragement to aspire to greater things will be an on-going legacy.



# charity@springwood

## TRICKY PERIOD PROJECT

On Monday 26th March, I took 4 students to Gaywood library to make the donations, we as a school have been collecting for the Tricky Period Project. This initiative aims to combat period poverty in the UK by providing free sanitary items to women in need, with no questions asked.

The project began in Norwich but has now taken residence at West Norfolk libraries including King's Lynn, Downham Market and Hunstanton. 1/10 women and girls in the UK have no access to sanitary items, and the Tricky Period relies on donations to keep it running.

I felt that this was such an important cause to donate to and spread awareness for, so decided to roll out a presentation across the school encouraging staff and students alike to donate what they could.

The end result after a 3 week campaign was an impressive donation, and the students pictures were incredibly generous with their contributions, and efforts to promote the campaign around the school.

Thank you to everyone who took part in the Tricky Period Project - an incredible effort from us as a school! :-)

Miss C Webb



## STEM CHALLENGE

On 15th March, several year 9 students went on a STEM challenge trip to RAF Marham. The day consisted of several interactive stands displaying the STEM careers available within the development and maintenance of RAF technology. As well as this, students had prepared model planes to compete in a "fly-off" competition. One of our model plans managed to achieve second place during the flight but we got first place for design - bringing home a prize of a framed photo of 3 tornado fighter jets.





# noticeboard@springwood



**ROYAL AIR FORCE AIR CADETS**  
the next generation

**RAF 100** **HERITAGE ARTS TRAIL 2018**

**Heritage Arts Trail Sportive**  
Sunday 17<sup>th</sup> June 2018

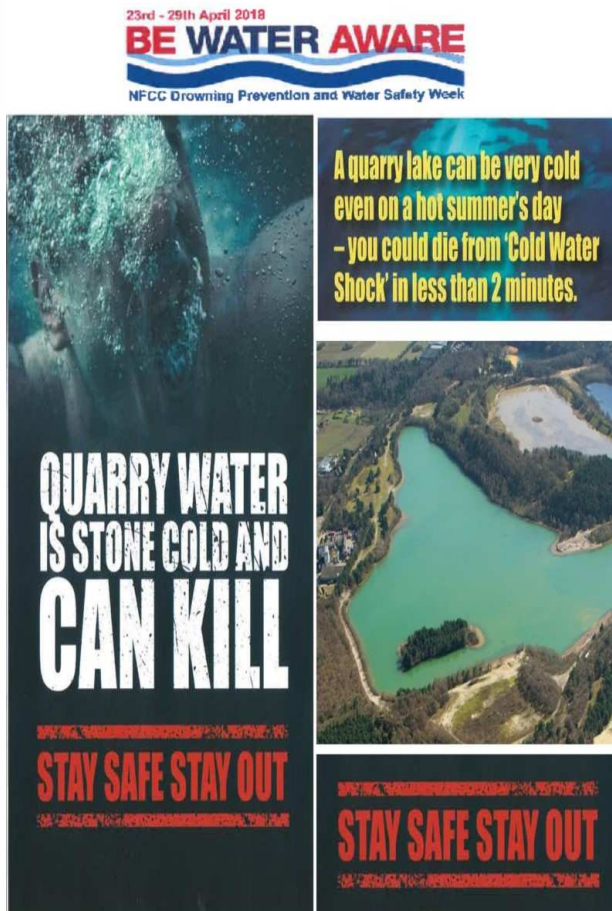
Varying distance routes starting and finishing from the Black Top Car Park  
Bespoke Cycle Jersey also available

Apply Online:  
Sign up Details & Ordering Cycle Jersey:  
[www.heritageartstrail.co.uk/heritage-trail](http://www.heritageartstrail.co.uk/heritage-trail)  
Cycling Sportive:  
[www.active.com/king-s-lynn-norfolk/cycling/raf100-heritage-arts-trail-sportive-2018](http://www.active.com/king-s-lynn-norfolk/cycling/raf100-heritage-arts-trail-sportive-2018)

serco openreach

Lottery Funded

23rd - 29th April 2018  
**BE WATER AWARE**  
NFCC Drowning Prevention and Water Safety Week



A quarry lake can be very cold even on a hot summer's day – you could die from 'Cold Water Shock' in less than 2 minutes.

**QUARRY WATER IS STONE COLD AND CAN KILL**

**STAY SAFE STAY OUT**

## ACCELERATED READER

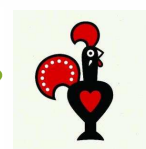


New incentives to be reached by the beginning of July...

The whole year 7 word count total should be **50 Million words** (including the 22 million they previously reached from Jan-March) If they reach this total we will have a BIG summer party on the field; including games such as tug-of-war, space hopper races, egg and spoon race, with food and music too!

There will be a raffle at the end of the year; one boy and one girl will win a voucher worth £50. (students can choose from 'fortnite' vouchers / restaurant vouchers / high street shopping vouchers / amazon vouchers) **In order to have their name added to the raffle; they must: have passed 50 quizzes, OR have read 100,000 words (from Jan - July)** The raffle will be drawn in July.

Miss Archdale  
AR Co-ordinator



# people@springwood

## CONGRATULATIONS

Well done Mark Fitzpatrick, Director of Operations, West Norfolk Academies Trust on completing the Marathon des Sables 2018.

The Marathon des Sable is known as the toughest footrace on earth, with competitors having to run 6 marathons in 6 days across the Sahara desert, carrying all their food, clothing and sleeping equipment required for the week!

Mark covered a gruelling 250 km in temperatures reaching 50 degrees C over Rocky Roads, Sand Dunes and Jebels (mountains), whilst on several occasions also battled against sandstorms to reach the finish line. When asked why he took on this challenge he said *'I have always wanted to do this event from a young age and I did enjoy it and would like to go back to do it again'*

Mark took on this challenge to raise funds for the charity Walking with the Wounded a charity set up to support the employment aspirations and vocational outcomes of our wounded, injured and sick servicemen and women. WWTW assists them in finding new long term careers outside the military, re-integrate into society and provide long-term security for themselves and their families.

Mark being an ex serviceman himself is passionate about this charity and of course keeping fit!!!

He would like to thank everyone for their support over the past few months saying *'The support from all the students and staff from across the trust has been fantastic'*

The question is what's next.....

## MARK'S ADVENTURE

Day One – Sunday 8<sup>th</sup> April – 30.6km



Day Two – Monday 9<sup>th</sup> April – 39km across Sand Dunes and Jebel El Otfaal



Day Three – Tuesday 10<sup>th</sup> April – 31.6km across Jebel Joua Baba Ali and Jebel El Otfaal





# people@springwood

## ADVENTURE CONTINUED

Day Four/Five – Wednesday 11<sup>th</sup> April – 86.2km - the dreaded Double Marathon Day – across Sand, Dunes, Jebels and walking through the night to reach the finish line before the Camels catch you up!



Day Six – Friday 13<sup>th</sup> April – 42.2km multi terrain conditions but the end is in sight with the race bling (medal) glistening in the sun!



Day Seven – Charity Day – 7.7km in aid of Solidarity. A nice easy walk across the sand dunes with a much lighter back pack to recollect the week long adventure!



After not showering for 8 days—off for a well deserved bath with his medal

If you would like to support Mark to raise funds for Walking with the Wounded then please visit the Virgin Money Giving website and search for Mark Fitzpatrick, alternatively Mrs Frost is holding a raffle in the Springwood LRC, tickets are available to purchase now!

# headteacher@springwood

## Message from Mr Johnson



As I sit and write this article, the summer weather has arrived! After what seems like a long (and sometimes arctic) Spring, this good weather is very welcomed by our school community.

It is great to see that the year 13 are fully prepared for their mock examinations after studying hard over the Easter break. I am sure the feedback from the mock examinations will provide the crucial final stage of advice and guidance to enable them to fulfill their potential in the real examinations later this term. Similarly, Year 11 are incredibly focused on achieving their academic potential. With continued hard work and commitment this could be a record breaking year for the school in August.

With our outstanding Assistant Headteachers and Year Managers leading each Year group, I feel that every year group is highly focused on academic progress, engaging positively with the school and taking part in extra-curricular activities. It is fantastic to see so many positive and engaged youngsters enjoying their schooling.

Let's hope the weather holds until September!

Andy Johnson  
Executive Headteacher  
West Norfolk Academies Trust