

# news@springwood

## CLASS OF 2019

The 2019 Year 11 Prom, organised by the very talented Mrs Saxby, was a great success and a fabulous evening. With the theme being "A Night at the Oscars" we had a red carpet and gave out 20 Oscars, ranging from 'The student most likely to own their own business' to 'the student most likely to appear on Mastermind'. Joshua Ampomah and Maddy Rogers were awarded 'Prom King and Queen' for their wonderful outfits. We would like to thank: Harriets of Norwich for their High Tea Platter; The Juxtapositions for entertaining us during the evening by playing popular songs; Alex Birch for the excellent stage lighting and Jak Ropa for providing a lively disco. A fantastic evening was had by all.





	Yr 7 Girls	Yr 7 Boys	Yr 8 Girls	Yr 8 Boys	Yrs 9 - 10 Girls	Yrs 9 - 10 Boys	TOTAL	OVERALL POSITION
<b>BLICKLING</b>	118	83	105	101	146	109	662	5
<b>FELBRIGG</b>	105	126	144	127	160	159	821	2
<b>HOLKHAM</b>	162	119	63	118	91	128	678	3
<b>OSBURN</b>	100	124	159	134	172	142	831	1
<b>OXBURN</b>	84	120	107	102	119	146	678	3
<b>SANDRINGHAM</b>	100	124	159	134	172	142	831	1
<b>VICTRIX/VICTOR LUDORUM</b>	Jessica Beck (H)	Colby Wood (F) Thomas Turner (O)	Feigan Collicon (S)	George Tittle (F)	Poppy Beales (S)	Will Bradshaw (F)		



# sport@springwood

## SPORTS DAY RESULTS

### YEAR 7 GIRLS

EVENT	RECORD	POS	BUCKLING	Time/Dist	POS	FELBRIEG	Time/Dist	POS	HOLKHAM	Time/Dist	POS	OKBURNH	Time/Dist	POS	SANDRINGHAM	Time/Dist	B	F	H	O	S
1500m	5m23.00s	8	B FARR	8.34.82	4	C BELLAMY	7.28.40	1	A BECK	5.30.55	10	A SPILLMATE	9.45.62	9	M WALKER	8.48.06	3	2	10	1	2
800m	2m42.11s	7	S HAWKES	8.13.65	5	E ELFLEET	7.30.09	2	L TOLL	6.22.87	6	N HARVEY	7.52.27	5	M EGGLETON	7.14.63	4	6	9	8	8
		1	A DOHERTY	3.11.91	9	L SARGEANT	4.06.05	3	L TOLL	3.08.60	8	C JOPLIN	5.56.58	4	M EGGLETON	3.12.75	8	2	9	7	7
		10	V PERERA-STYCZEN	4.30.20	5	E ELFLEET	3.38.32	1	B BEE	2.56.48	7	N HARVEY	3.48.99	6	T MAYES	1.36.88	1	6	10	4	5
Shot	8m23	10	B FARR	2.58	1	N SANNAKKI	7.39	2	M HUNTER-WATTS	5.35	3	B BOWMAN	5.05	9	E COLLINS	3.17	1	10	8	2	2
		5	C BYRON	4.39	4	S GARNER	4.84	6	C TUCKER	4.25	8	D ZASADA	3.43	2	R MAYES	4.23	6	7	3	4	4
Javelin	17m34	6	S MELVILLE	8.8	3	T CLOSE	8.32	2	M HUNTER-WATTS	7.32	1	T JASON	15.61	9	E COLLINS	5.18	5	8	2	10	2
200m	29.08s	1	E ONWUCHERWA	30.9	8	C BELLAMY	57.01	2	C TUCKER	33.80	9	C JOPLIN	37.04	4	T MAYES	35.18	10	3	8	7	7
		6	D JEFFRIES	36	2	N KIRBY-JONES	36.84	2	B BEE	31.78	5	F SMOLLEN	35.53	10	T BARRITT	18.5	5	4	9	1	1
LJ	4m	10	V PERERA-STYCZEN	2.72	8	A LEE	2.44	10	KING	3.15	7	F SMOLLEN	2.66	8	C BOWELL	3.28	5	3	10	7	7
		2	F GOLDING	3.26	10	S GARNER	2.18	10	SH SHORTHORSE	2.34	9	K BEEVE		4	T BARRITT	1.09	8	1	6	7	7
100m	14.10s	1	F GOLDING		4	A LEE	15.45	2	D KING	14.80	5	F SMOLLEN	15.2	7	T M FLANAGAN	16.74	0	7	3	4	4
		1	E ONWUCHERWA	14.19	8	C MANA-AY	16.95	2	A BECK	14.0	9	T JASON	16.96	6	C BOWELL	16.33	10	3	8	7	5
HI	1m40	5	F GOLDING	1.13	2	F CLOSE	1.05	4	KING	1.38	10	B BOWMAN	0.95	2	C BOWELL	1.29	6	4	7	1	5
		1	E ONWUCHERWA	1.7	8	Z ROHDE	1.05	1	B BEE	1.26	9	B ROGER		1	T M FLANAGAN	1.1	8	3	10	5	5
300m	52.17s																				
4x100m	59.47s	2			5			1			4			3			18	12	20	11	18
																	118	108	168	84	88

### YEAR 7 BOYS

EVENT	RECORD	POS	BUCKLING	Time/Dist	POS	FELBRIEG	Time/Dist	POS	HOLKHAM	Time/Dist	POS	OKBURNH	Time/Dist	POS	SANDRINGHAM	Time/Dist	B	F	H	O	S
1500m	5m06.08s	8	C HAMMOND	7.46.12	8	K KANDOLU	8.35.92		A WALFORTH	6.83.96	1	T TURNER	5.40.81	8	D J WEBS	6.42.83	3	6	9	10	5
		7	B KIVLIN	7.25.23	9	G POTTER	7.50.18		ST MANNING	6.11.86	10	M PLUMITS	8.58.93	4	J MATHEW	6.14.23	4	2	8	7	7
TJ	9m45																				
LJ	4m17	8	P SZKURLAT	2.9	1	C WOOD	3.95	10	H HORNE	3.3	6	B FOSTER	2.9	8	A TAYLOR	2.6	5	10	3	8	3
		4	C HAMMOND	3.1	2	B NASH	3.6	10	HUNTER	2.3	5	J ROSE	3.05	9	C COCKE	2.5	7	9	1	2	2
800m	2m27.81	7	J PARKER	3.15.82	2	D GRIMMER	DNF	DNF	SF HUNTER	3.04.96	1	T TURNER	2.44.78	4	J MATHEW	3.02.47	4	4	6	10	7
		2	B HOWLETT	2.52.66	6	G OSBORNE	3.05.72	3	WICKENS	2.58.44	8	V NOVOSELOVS	3.27.91	9	J GRANGE	3.40.37	9	5	8	2	2
Discus	21m87	8	B KIVLIN	10.15	5	J PARKER	13.25	13	GRAY	12.85	3	J ROSE	12.95	12	5	J ROSE	3	9	8	2	2
400m	63.82s								SW COOK	11.35	7	V NOVOSELOVS	16.58	1	T SILVA	14.7	8	4	10	10	10
HJ	1m45	9	B HOWLETT	1.25	1	C WOOD	1.35	8	BAH	1.1	2	T TURNER	1.25	6	C TODD	1.15	8	10	3	8	5
		10	J CLARK	1	9	B BURRILL	1.1	10	GRAY	1.18	7	J GRAM	1.1	8	J MATHEW	1.18	1	2	10	2	2
200m	27.76s	3	B HOWLETT	32.71	2	C WOOD	31.07	10	GRAY	38.03	8	J ROSE	38.32	1	N CAGNANI	30.69	8	10	2	10	10
		10	C HAMMOND	38.94	4	K CANJO	32.83	10	FONALER	34.18	9	B SMALLWOOD	35.76	6	A JAMES	34.96	1	2	8	5	5
Javelin	28m12	7	H EOLEN	11.82	10	M MOORE	1.9	8	SF WICKENS	18.1	6	R FONSECA	10.81	4	C TODD	17.3	4	1	6	7	7
		9	C HAMMOND	9.22	1	S NASH	22.5	10	B MAUD	18.9	6	L HENSON	12.72	1	B RIDGES	17.85	2	10	3	8	8
100m	12.89s	8	B KIVLIN	16.14	4	G OSBORNE	16.96	10	BAH	16.83	5	B FOSTER	15.87	1	N CAGNANI	13.91	2	7	1	10	10
		9	S O'CRUELLY	16.4	2	S NASH	14.25	10	HORN	14.96	6	B SMALLWOOD	15.82	1	B RIDGES	15.86	2	9	4	4	4
Shot	9m39	4	B BUSH	7	9	J PARKER	6.9	10	FONALER	5.9	2	J GRAM	7.45	6	K OSBORNE	8.8	6	4	2	2	2
4x100m	58.95s	5			1			5			3			4	L HENSON	7.1	1	2	4	1	10
																	12	20	18	15	18
																	83	128	138	100	128



### YEAR 8 GIRLS

EVENT	RECORD	POS	BUCKLING	Time/Dist	POS	FELBRIEG	Time/Dist	POS	HOLKHAM	Time/Dist	POS	OKBURNH	Time/Dist	POS	SANDRINGHAM	Time/Dist	B	F	H	O	S
1500m	5m50.67	8	S IRONSIDE	7.49.44	1	K SYMONOS	6.59.4	10	S POREMAN	6.37.11	2	S BATHAMATE	6.11.76	2	M REALES	7.02.9	5	10	1	9	9
		5	N MOORE	7.28.52	3	A ESS	7.01.31	7	A G WILLIAMSON	7.48.27	1	S CARTER	7.18.83	9	R SCANON	6.35.83	6	8	4	2	2
HJ	1m46	6	N MOORE	1.17	4	K PUTTER	1.2	2	A DONALDSON	1.1	10	S CARTER	1.2	1	C RUSSELL	1.28	5	7	8	10	10
		2	F COLLIS	1.2	2	F COLLIS	1.2	2	F COLLIS	1.2	2	F COLLIS	1.2	2	F COLLIS	1.2	2	2	2	2	2
800m	2m47.36	8	N MOORE	3.50.43	2	N PUTTER	3.18.05	6	A G WILLIAMSON	3.28.91	2	S BATHAMATE	3.56.25	7	M REALES	3.37.08	3	9	3	4	4
		6	S IRONSIDE	3.32.01	1	K SYMONOS	3.12.34	1	A G WILLIAMSON	3.12.34	1	S BATHAMATE	3.56.25	7	M REALES	3.37.08	3	9	3	4	4
Javelin	20m53	2	S IRONSIDE	15.97	1	A FEATHERBY-REEVES	15.96	7	M TOWNSEND	7.48	2	S BATHAMATE	7.52	4	M WILSON	5.09	9	10	4	7	7
		8	A HARRIS	7.21	10	A ZAROVA	8.41	9	S CARTER	7.58	2	S BATHAMATE	7.52	4	M WILSON	5.09	9	10	4	7	7
Shot	7m77	3	L WALKER	7.04	8	O HARROD	4.85	5	S ENGLAND	4.85	5	S BATHAMATE	7.52	4	M WILSON	5.09	9	10	4	7	7
		8	A HARRIS	5.4	4	K LEADBITTER	8.25	10	A SCOTT	4.48	1	M SCOTT	4.48	1	M SCOTT	4.48	1	1	1	1	1
200m	28.55s	8	A WEBSTER	35.63	4	A ESS	32.27	5	S BATHAMATE	32.66	6	S BATHAMATE	32.66	6	S BATHAMATE	32.66	6	6	6	6	6
		1	E HENRY	30.24	6	C WILLIAMS	32.98	7	A WARD	30.31	3	S BATHAMATE	32.66	6	S BATHAMATE	32.66	6	6	6	6	6
LJ	4m27	7	L WALKER	2.7	2	A ZAROVA	3.4	6	S ENGLAND	2.5	4	S BATHAMATE	32.66	6	S BATHAMATE	32.66	6	6	6	6	6
		4	S HENRY	3.1	7	P TUFFS	2.7	10	R CHALHAM	2.4	4	S BATHAMATE	32.66	6	S BATHAMATE	32.66	6	6	6	6	6
100m	13.53s	8	A WEBSTER	17.09	5	A FEATHERBY-REEVES	15.1	7	A WARD	15.73	2	M SCOTT	15.73	2	M SCOTT	15.73	2	2	2	2	2
		2	E HENRY	14.02	3	A ZAROVA	14.52	9	M WEBSTER	11.36	1	M SCOTT	15.73	2	M SCOTT	15.73	2	2	2	2	2
Discus	19m50	5	E BELLWOOD	10.63	1	A FEATHERBY-REEVES	16.55	10	S CARTER	16.55	10	S BATHAMATE	16.55	10	S BATHAMATE	16.55	10	10	10	10	10
		9	R KILVINGTON	5.68	7	P TUFFS	2.68	8	S ENGLAND	2.58	4	S BATHAMATE	16.55	10	S BATHAMATE	16.55	10	10	10	10	10
350m	55.25s																				
TJ	7m70																				
4x100m	59.94s	4			2			5			3			1			59.07	14	18	12	24
																	108	144	112	100	112



# sport@springwood

## YEAR 8 BOYS

EVENT	RECORD	POS	BLICKLING	Time/Dist	POS	FELBRIGG	Time/Dist	POS	HOLKHAM	Time/Dist	POS	OXBURN	Time/Dist	POS	SANDRINGHAM	Time/Dist	B	F	H	S
1500m	8m09.83	2	N TKACENKO	5:41.73	8	T NICHOLS	5:57.52	10	L TOLL	7:07.44	10	R REESE	8:51.88	4	H HILE	5:47.12	9	5	1	7
		1	O HOPOGOO	5:31.60	8	G GRICIUS	5:17.48	7	J BANSOME	8:05.38	10	W TITTLE	8:40.85	9	A LATCHFORD	8:44.05	10	3	4	2
100m	15m38	5	B HAILS	14	9	M GREEN	8.8	2	M MCKENZIE	14.35	10	R BRON	14.4	7	K LOOMELIS	13.5	6	2	9	4
		6	A JOHNSON	13.7	10	H LUDHARD	2.00	3	WAD	14.53	10	R TANSLEY	13.40	1	M HOVELL	25.35	5	1	8	10
800m	3m25.50	0	M HAWKES	2:54.17	9	T NICHOLS	3:29.03	7	D COLVILLE	3:13.42	10	R GUNDS	3:26.33	2	H HILE	2:42.38	1	2	7	9
		5	N TKACENKO	2:52.55	1	G TITTLE	2:34.25	6	L TOLL	3:17.80	10	W TITTLE	3:43.85	4	J GULL	2:45.73	8	10	3	7
TJ	8m75																			
LJ	4m75	0	N TKACENKO	3.49	4	G GRICIUS	3.70	1	J MOYSE	4.34	10	R HAWKINS	3.2	10	H DAVIDSON	3.05	5	7	10	1
		9	C QUINLAN	3.22	2	G TITTLE	4.14	3	T FISHER	3.78	10	R BRON	3.2	5	C BRUCE	3.54	2	9	6	6
400m	80.31s																			
Discus	25m45	7	J SMITH	10.7	2	A THOMAS	16.7	6	C ROCKWELL	10.6	10	R TANSLEY	10.6	5	H HILE	14.25	4	9	3	6
		6	C HAYLAND	13.5	4	C SPENCER	14.3	10	D COLVILLE	10.6	10	R BRON	10.6	1	M HOVELL	19.2	5	7	10	10
200m	27.20s	8	L ONWUCHE-KWA	31.25	2	G GRICIUS	29.13	4	J MOYSE	28.95	10	R REESE	21.85	3	M HOVELL	29.52	3	9	7	6
		10	R MTUKUDZI	33.76	1	G TITTLE	26.81	6	T FISHER	30.35	10	R TANSLEY	20.85	5	C WALSDENWORT	30.18	1	10	5	6
Shot	10m71	6	A JOHNSON	6.07	5	A THOMAS	7	10	L TOLL	6.3	10	R TANSLEY	6.3	2	J GULL	7.74	5	6	1	10
		7	J SMITH	5.75	3	A COSTACHE	7.1	4	J BANSOME	7.04	10	R TANSLEY	6.3	6	K LOOMELIS	5.67	4	8	7	3
100m	12.91s	8	R GONZALES	15.05	9	N BABANS	15.32	1	K OSTIL	12.81	10	R BRON	10.70	7	J GULL	14.76	2	2	12	4
		10	J JEFFRIES	15.07	4	H LUDHARD	13.68	3	T FISHER	13.35	10	R HAWKINS	10.40	2	C PARSONS	13.13	7	7	8	9
HJ	1m56	9	C QUINLAN	1.1	2	A MORELAND	1.26	5	D COLVILLE	1.17	10	R TANSLEY	1.15	1	H DAVIDSON	1.32	2	9	6	10
		3	C WAGLAND	1.2	6	N BABANS	1.17	10	M MCKENZIE	1.1	10	R HAWKINS	1.05	8	B FISH	1.13	8	5	1	3
4x100m	55.17s	5			3			2						1			12	16	18	20
																	101	178	114	103

## YEAR 9-10 GIRLS

EVENT	RECORD	POS	BLICKLING	Time/Dist	POS	FELBRIGG	Time/Dist	POS	HOLKHAM	Time/Dist	POS	OXBURN	Time/Dist	POS	SANDRINGHAM	Time/Dist	B	F	H	S
1500m	4m52.38	1	S BARBER	6:16.77	2	R FAULKNER	6:37.33	7	E FERNANDES	8:26.28	4	E BURTON	8:41.84	5	D ALLBRIGHT	9:07.26	10	9	4	3
		8	K CLARKE	7:32.27	8	M MOORE	11:43.52	10	C PARWORTH	11:44.28	8	J JEFFREY	8:49.13	3	A LLEN	9:38.77	5	2	1	8
Discus	25m52	3	A BAPTIST	15.55	8	H JAY	12.35	7	K KING	15.75	4	K DOVSE	15.25	6	N NESPODOVANY	13.45	8	3	4	5
		2	N LARQIVA	16.5	1	K POWLEY-KEATING	18.6	9	C PARWORTH	10.35	10	A ANOOP	9.85	5	T READ	14.75	9	10	2	6
800m	2m20.78	2	S BARBER	3:01.46	7	R FAULKNER	3:31.52	10	K LEST	3:34.14	4	E BARTON	3:10.02	8	D ALLBRIGHT	3:42.94	9	4	1	3
		6	M PALMER	3:11.07	1	K RUDD	3:00.03	9	E WEBSTER	3:45.57	5	J JEFFREY	3:10.84	5	J SCOTT	3:09.22	5	10	2	8
HJ	1m58	8	K SRINATHA	1	3	T BIRD	1.35	4	E CLARKE	1.3	8	M VENCORNE	1	1	A BUDG	1.38	3	6	7	10
		5	L BARLOW	1.2	5	P ANDERSON	1.2	10	C BAILEY	1.1	2	E SIMMS	1.1	2	E SIMMS	1.38	6	6	7	9
Shot	10m21	1	K BURGESS	7.5	3	K RUDD	7.32	8	C PARWORTH	9.7	5	K DOVSE	6.75	7	T READ	6.5	10	8	5	4
		4	N LARQIVA	7.2	2	K POWLEY-KEATING	7.4	10	A JOHN	6.55	9	M VENCORNE	6.1	6	M FASTER	6.8	7	9	1	3
200m	28.55s	1	L HENRY	28.15	3	M BRADSHAW	33.17	10	M VAN-RIEL	46.58	7	H JUPPER	35.86	1	A BUDG	33.17	6	2	1	10
		5	K CLARKE	37.94	4	H SCANLON	34.13	8	E WHITMORE	35.43	8	E CARPILL	35.86	2	C FISH	39.41	2	7	6	9
100m	24m00	2	K BURGESS	18.55	3	S KWA	14.15	4	E WHITMORE	13.03	8	J JEFFREY	12.54	8	E BUSH	19.55	9	8	7	2
		10	R HOWE	8.33	8	J CARPENTER	11.04	2	C PARWORTH	11.31	1	K SAMWAYS	17.5	5	R DIACK	12.48	1	3	4	6
LJ	12.78s	9	L HENRY	16.30	8	H SCANLON	15.08	6	K SCOW	15.34	3	H JUPPER	14.66	1	P BEALES	13.65	2	6	5	10
		8	E HOWARD	16.72	7	A BURR	15.8	2	E CLARKE	14.1	10	K SAMWAYS	17.50	4	C FISH	14.83	3	4	10	7
HJ	4m53	8	K BISMARA	2.69	10	E RIGGS	2.37	9	K LEST	2.8	4	W TURNER	3.23	2	T CONLON	3.29	3	1	2	9
		5	H BYRON	3.13	2	R ELLIS	3.29	7	K KING	2.91	6	A FREETER	3.02	1	P BEALES	4.05	6	9	4	10
300m	48.26s	2	M PALMER	51.44	4	K RUDD	53.52	1	E CLARKE	53.36	7	C BAILEY	57.67	5	E SIMMS	53.88	7	7	8	6
		9	K MANSEY	61.57	1	M MOORE	67.32	4	K NICHOLS	59.06	10	C MCGONIGLE	92.27	6	A BUDG	54.85	2	10	4	5
TJ	8m70	3	S BARBER	7.85	5	S KWA	7.45	10	K LEST	5.38	6	C BAILEY	6.58	1	P BEALES	8.15	8	6	1	10
		4	M PALMER	7.82	7	A RUSSELL	6.44	9	E WHITMORE	6.28	8	A FREETER	6.43	2	L STEWARD	7.84	7	4	3	9
4x100m	57.34s	3			2			5			4			1			18	18	12	20
																	148	180	91	108

## YEAR 9-10 BOYS

EVENT	RECORD	POS	BLICKLING	Time/Dist	POS	FELBRIGG	Time/Dist	POS	HOLKHAM	Time/Dist	POS	OXBURGH	Time/Dist	POS	SANDRINGHAM	Time/Dist	B	F	H	S
1500m	4m31.00	8	A RIPPIN	5:19.58	9	M LLOYD	5:52.38	7	D TURNER-BUNTING	5:09.78	1	S CASALERO	6:57.32	8	C WARD	5:24.28	7	2	4	5
		6	D BALLINGER	5:41.50	2	J KOUJMAN	5:18.45	6	L ROBBINS	5:20.34	10	T DOUGHTY	6:02.84	3	J ORAY	5:19.33	3	9	6	8
TJ	11m84	5	A CASTLETON	8.35	7	J WOLFEH	7.3	9	H WIKINS	8.1	6	H WIKINS	8.2	4	D THOMPSON	8.85	6	4	2	7
		2	A GOODCHILD	9.6	1	W BRADSHAW	11.1	3	L TOLL	8.1	8	R MATHUNWA	5.3	4		9	10	8		
LJ	5m19	10	M FRYB	5.1	3	J WOBODO	4.35	8	D TURNER-BUNTING	4.7	7	J SCOTNEY	5.8	1	K CHLYNNAS	4.85	1	8	5	10
		2	A GOODCHILD	4.6	4	J TARRY	4.3	5	J RUSSELL	4.1	9	R MATHUNWA	5.5	8	J GOOD	3.5	7	7	6	3
800m	2m13.70	4	A GOODCHILD	3:30.02	3	J WOBODO	2:28.23	8	J RUSSELL	2:07.81	1	C PICK	3:11.88	6	J GRAY	2:36.96	7	8	3	5
		10	J HODGSON	3:18.09	7	D KITCHENER	2:37.48	4	J HARVEY	2:07.18	2	S CASALERO	2:25.19	5	K VINCENT	2:36.27	1	4	3	6
100m	30m40	8	B FEATHERBY	11.82	5	KADMIROZAK	17.1	4	J HARVEY	22.8	3	B GOTSSELL	22.6	2	H OSBOURNE	23.27	3	6	4	9
		6	S WOODLOW	19.3	9	J WOBODO	9.02	7	J WILLIAMS	22.89	10	H WIKINS	22.89	7	K VINCENT	11.85	5	2	10	4
400m	54.62s	8	T ROSE	63.72	4	J WOBODO	59.07	8	H MAYWELL	55.14	2	C PICK	56.32	10	C WARD	70.09	3	7	5	1
		3	C LAKE	59.2	1	W BRADSHAW	55.00	9	T WEBB	54.72	7	K HILL	56.72	6	D THOMPSON	59.40	8	10	2	8
Discus	32m30	6	J PARISH	16.4	9	KADMIROZAK	14.6	2	C MELLON	20.1	9	C PICK	14.6	7	J PINK	17.7	3	2	8	4
		3	S WOODLOW	19.19	5	E REED	16.8	3	L WEBBER	19.9	1	B GOTSSELL	25.25	6	J MAYES	16.4	6	6	8	5
200m	24.86s	8	E TAYLOR	29.15	2	T BLANDFORD	26.75	7	T WEBB	26.86	5	K HILL	27.91	10	E STRAITS	29.94	3	9	4	1
		6	M FRYB	29.36	1	J TARRY	26.33	8	R BONE	26.36	3	A MINNS	27.52	4	J LEALE	27.81	1	10	5	7
HJ	1m72	7	P BOLPERING	1.3	6	T OSBOURNE	1.4	8	D VANCE-FOSTER	1.2	5	S CASALERO	1.5	3	H OSBOURNE	1.5	4	5	1	8
		9	J GRIMES	1.1	2	J TARRY	1.6	1			4	A MINNS	1.5	1	K CHLYNNAS	1.85	3	9	1	12
100m	11.42s	9	E TAYLOR	14.41	7	KADMIROZAK	13.88	6	H MAYWELL	12.78	4	S OUNIKAKIS	13.05	2	D THOMPSON	12.51	2	4	8	6
		10	T GARSIDE	15.58	1	W BRADSHAW	12.11	8	L SCOW	14.36	6	F BROWN	12.62	5	K CHLYNNAS	13.34	1	10	3	5
4x100m	46.22s	3			1			5			2			4			18	20	12	14
Shot	12m70				8	M LLOYD	7.8	1	J HARVEY	9.77	3	D COLVILLE	9.2	2	L COSTA	9.6	3	10	8	
		4	J PARISH	8.96	7	E REED	8.24	5	J WILLIAMS	8.86	9	J SCOTNEY	6.7	8	J PINK	8.9	7	4	8	5
																	108	158	121	146





# mfl@springwood

## SNAIL AND FROGS LEGS FOR YEAR 7

A group of excited year 7 students were joined by 3 year 10 students from Smithdon High School for our annual trip to Paris recently.

Visits to see the famous sights of Paris and a learning experience in a French bakery proved to be the highlights of the trip.


All enjoyed a trip to the nearby town of Mondidier where students used their language skills to ask for pastries, sweets and bread in a boulangerie/patisserie while the Smithdon group ordered morning coffee in the local café bar.

Sunday afternoon was an opportunity for everyone to cool down as they participated in water sports and team games in the lake and grounds of the chateau where we stayed.

Our accommodation was in pods in the grounds of the chateau and the French food that included the opportunity to taste frogs' legs and snails was fully appreciated.



**Are you a Year 9 GCSE History student in September?**



The annual History trip to Belgium is happening April 2020

**MPN voice** **YOUNG LIVES vs CANCER**  
CLIC SARDEN

**CONOR'S**  
CHARITY FUN DAY  
RAISING MONEY FOR RESEARCH & SUPPORT

AT GOLDSTHORPE CLUB ON SUNDAY AUG 25TH FROM 1PM



**BLAKE'S ELEVEN VS. THE FEZ OF 92**

Big prize raffle & auction	<b>BBQ BAR</b>	<b>LIVE MUSIC</b> FROM KTONES
QUICK CRICKET	Cake stall	<b>ARCHERY &amp; ZORBING</b>
Temble	<b>KARAOKE</b>	

ISVP CHRISTINE ON 07722 438869 JUSTGIVING.COM/CHRISTINE-BLAKE  
JUSTGIVING.COM/CHRISTINE-BLAKE

# maths@springwood

## PRIMARY MATHS CHALLENGE



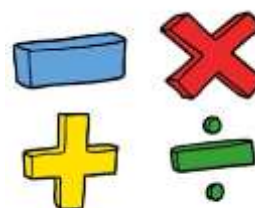
On the 28th June, 2019, the Peter Hopkins Hall exhibited an atmosphere of euphoria, as students from primary schools within the West Norfolk Academies Trust came together at Springwood High school and competed in the Primary Maths Challenge. The annual event organised by Mrs Forbes-Clarke, is aimed at the talented Maths pupils from the primary schools. Vying to be maths champions this year were Years 5 and 6 students from Walpole Cross Keys, Clenchwarton, West Lynn, Heacham Junior, Snettisham and Gaywood schools along with two other feeder schools, St. Marthas' primary and Fairstead Community primary.

The students took to the stage from 9:15 am to 12:30pm, in groups of four, and competed gallantly. The entertaining and energetic host, Mr Rawling, had pupils working in teams as well as individuals to try to achieve the highest scores in all five different and difficult rounds. In the end, only one point 175/174 separated the champions from the runners-up. Mr Johnson (Head of the Trust) and Mrs Loizou (Head of Maths) presented the elated winners with their badges and trophy.

Not only did this event bring the students and teachers from across the schools together, but it also signifies how the trust strives to raise standards across all of its sites, by sharing opportunities and staff in order to provide an excellent education for young people in West Norfolk Academy Trust.



Not only did this event bring the students and teachers from across the schools together, but it also signifies how the trust strives to raise standards across all of its sites, by sharing opportunities and staff in order to provide an excellent education for young people in West Norfolk Academy Trust.





# btec@springwood

## FIVE YEARS OF FABULOUS FASHION



Springwood High School held its fifth annual Summer Fashion Show on Wednesday evening, showcasing the coursework of the Year 12 and 13 BTEC Fashion students.

The garments were all designed and made by Year 12 and 13 Fashion students and modelled by themselves and other students from all year groups. Miss Markwell was especially proud of this year's show due to the creativity and flamboyance of the students' designs and creations. Their use of modern technology such as the school's laser cutting machine to create embellishments, surface decoration and fabric manipulation made the garments unique and stylish.

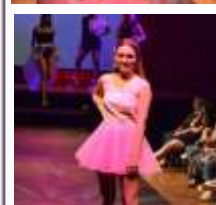


The models only had a day to rehearse the catwalk routine but by the end of the show were total pros, owning the runway with sass and confidence.

The BTEC Fashion students are taught how to design and create unique pieces ready for the catwalk. Students come to the course with a mixed range of abilities. Some have studied Textiles or Art at GCSE level, or have experience using a sewing machine at home, while others have never sewn or studied Art before. Course leader Miss Markwell said, "This isn't a problem as I soon get everyone up to speed, starting with hand embroidery skills then moving on to making a skirt and prom dress in the first few months of starting the course".



Every year the show has an opening music act and this year Miss Markwell asked the local Taal Rasa Bhava Dance Academy to stage a Bollywood style dance performance. The colourful outfits and make-up looked stunning on the stage and the show was very energetic and exciting.



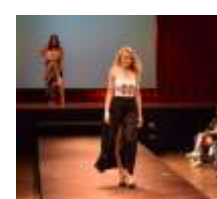
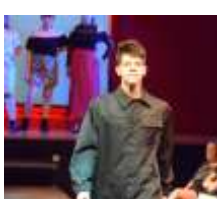
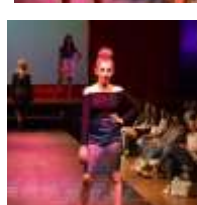
The show was very popular and was attended by an audience comprising students and their families, Springwood teachers, the Head of Springwood High School Mr Johnson (who has never missed a show) and special guests the Mayor and Mayoress of King's Lynn Mr and Mrs Geoff Hipperson.



Emma Markwell, Course Leader for BTEC Fashion, was delighted with the results of her students' efforts, "The great thing about this show is it brings so many students and staff together. This year we had students from Hair and Beauty styling the models' hair and make-up, A Level Media Studies and Photography students filmed and photographed the show, while students and staff members were busy behind the scenes helping everything run smoothly. There was also a professional photographer Matthew Usher who came along to give a paparazzi feel to the live event.



Miss Markwell has been teaching Fashion & Textiles for over six years now at Springwood and has been delighted in seeing students designs come to fruition on the catwalks. "Over the past few years students have taken career routes via university or apprenticeships. I can't wait to see one of them become the next Stella McCartney or Vivienne Westwood! Fashion and Textiles are becoming really popular in the school with girls and boys from all age groups wanting to take the subject or be involved with the Fashion show. Seeing the students' creations come to life on the catwalk brings some welcome glitz and glamour to the school and is a wonderful end of year celebration for everyone involved."



# people@springwood

## UEA SCRATCH OFF



Four teams of Year 7 and three VI form coaches went to UEA to take part in the Scratch-Off Competition. It was a really good day, we got to see the university and code a game in Scratch.

We had to make a 60s, 70s, or 80s arcade style game to be judges (the theme was the Golden Age of Arcade Games). We worked on it at lunchtimes until we went. We did pacman, and underwater games.



When we were there we had a challenge to make a digital and analogue clock in Scratch. It was really good fun and we worked hard in our teams.

There were university lecturers acting as judges along with our very own Rosie Huang judging primary, and prizes were awarded at the end of the afternoon.



Freya and Danielle got the Judges' "Shout Out" on the day for being a talented girl group. They won a prize for the "Most Promising Girl Team"

It was a really fun day out with Mrs. Howlett and Mrs. Churchyard.



## STEM

Year 8 student's took part in a STEM event during the last week of school before the summer holidays. The two hour session was delivered by Energy Quest, which aims to encourage students to learn about sustainable energy and engineering careers. In the first half of the session, students discussed what energy is, where energy comes from and different types of renewable and non-renewable energy. In the second half of the session, students built an electric car and investigated how voltage affects distance travelled. They had to then use the data collected to estimate how much voltage would be needed for the car to travel 4 metres. Miss Dawson





# people@springwood

## FOOD STUDENTS VISIT HOLKHAM



Springwood Year 9 GCSE Food students visited Holkham Hall to learn about where our food comes from.

They sampled local produce grown on the estate and had a cookery demonstration from the Head Chef at the Victoria Hotel.

Students are studying food provenance and the environmental impact of growing and processing food so the trip allowed them to see the whole 'field to fork' process in action.

Ms N Thompson  
Food Teacher



## ENGLISH PRIZES

### 2019

#### YEAR 7

Elsa Mayes  
Akmeja Spulginaite  
James Grey  
Cameron Church  
Chloe Fenn  
Julian Samalburo  
Noah Brodowski  
Oskar Mitchell  
Freya Cartwright

#### YEAR 8

Harvey Isle  
Harry Daniels  
Sharlin Rozario  
Bryonie Widdows  
William Dickerson  
Lexie Amponah  
Mackenzie Whitehouse-Baker  
Michael Bramham  
Elsa Matthews  
Harley Donger

#### YEAR9

Alisha Burr  
Sophie Kwa  
Holly Scanlon



# celebration@springwood

## YEAR 8 CELEBRATE

The Year 8 Celebration Evening was held on 15th July at St Nicholas Chapel in King's Lynn. The evening was a huge success with hundreds of parents and students attending to celebrate the achievements of the students in Year 8. Guest speaker Rory Brown (Life Coach) delivered a thought provoking speech to the students which was well received by parents and staff.





# celebration@springwood

## YEAR 8 CELEBRATE



# sld@springwood

## SUPER LEARNING DAY

On 20 July 1969, Commander Neil Armstrong and lunar module pilot Buzz Aldrin successfully landed their Lunar Module 'Eagle' on the surface of the Moon. That was 50 years ago. As we celebrate this amazing scientific and technological achievement in human Space exploration, our Year 8 students were given a challenging task to create equipment that would be needed for astronauts to head for planet Mars. The equipment they needed to design and build included a 'rocket' to get them to Space, a 'Mars Lander' – a vehicle designed to land on the surface of the planet – and a 'Mars Rover' to drive the astronauts around the planet's surface. Finally, in order to ensure they would be able to survive in this environment, the students created 'solar ovens'.

A particularly difficult part of the challenge was to land safely on the surface of Mars, without crashing the lander and killing all the astronauts. To simulate this, we gave the students a raw egg each, with some materials to make the lander, then tested the lander by dropping it from first floor windows. An additional difficulty was that students had a very limited number of resources, and these had to be purchased sensibly – from our 'NASA shop' – in order to stay within the given budget.

Now, their real challenge was about to begin: to build their lander, taking into account how to overcome the pull of gravity of Mars and slow the lander down sufficiently, while protecting the fragile egg from breaking.

All in all, we had a cracking time trying not to break the egg, with plenty of successes and some spectacular failures. As it has happened with tragic results in the short history of manned spaceflight, we had some accidents that resulted in 'killing the astronauts' even before attempting to drop the Mars lander.





# maths@springwood

## YEAR 9 MATHS CHALLENGE

We entered four teams into the year 9 Maths challenge organised by the Advanced Mathematics support programme on Friday 12<sup>th</sup>. There were 12 teams entered in total from schools including Marshland, Terrington, KLA and KES. There were four rounds which included problem solving tasks and even some A-level further maths decision questions.

Team A came 7<sup>th</sup> and included  
Merissa Lawrence  
Sruthi Mampilly  
Alex Bryan  
Indie Kirkpatrick

Team D came 3<sup>rd</sup> and included  
Alex Billing  
Tom Blandford  
Aimee Bugg  
Neyah Laroia

Team C came second and included  
Jack Harvey  
Tom Osbourne  
Sophie Kwa  
Alisha Bedster

Team B came first and included  
Michael Huang  
Tabitha Pra deep

So we did end up winning 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> (Again!). All of the students were a credit to the school and worked as a team to solve the problems they were given.

Well done to all involved  
Ms Loziou

## DATES FOR YOUR DIARY

Term Dates 2019-2020		
	First Day of Term	Last Day of Term
Autumn Term	Wed 4 September 2019 Yr7 & Yr12 <b>only</b> Thursday 5 September 2019 Whole School	Friday 20 December 2019 (School finishes at 2.25pm)
Spring Term	Mon 6 January 2020	Thurs 2 April 2020
Summer Term	Mon 20 April 2020	Fri 17 July 2020
School Holiday 2019-2020		
	First Day of the Holiday	Last Day of the Holiday
Autumn Half-Term Holiday	Fri 18 October 2019	Fri 25 October 2019
Christmas Holiday	Mon 23 December 2019	Fri 3 January 2020
Spring Half-Term Holiday	Mon 17 February 2020	Fri 21 February 2020
Easter Holiday	Fri 3 April 2020	Fri 17 April 2020
Summer Half-Term Holiday	Mon 25 May 2020	Fri 29 May 2020
First day of Summer Leave	Mon 20 July 2020	
Training Days/Bank Holiday		
Training Days Mon 2 & Tues 3 September 2019, Fri 18 October 2019, Friday 3 April 2020		
Inset Day – Wed 22 January 2020 – School Closed for all Students		
To Commemorate VE Day Anniversary – Bank Holiday 8 May 2020		

# sport@springwood

## YEAR 7 FOOTBALL



Our first season was a big success. There were goals and wins coming left, right and centre.

Our first game was against Terrington and what a brilliant game it was. Not only did we win 6-1, we showed Mr Donovan what our team was really made of.

The next game was a tough one against Notre Dame in the Norfolk County Cup. Unfortunately we lost to a really good team when they scored

their 4th goal in extra time which was gutting, but we all took it on the chin and learned from it. They were a really good team and this game taught us that when we win we win as a team and when we lose we lose as a team.

After that we had a game against Downham in the league. This game was a hard one as they had a great team and some academy players. We went 3-0 up but conceded to make it 3-1. We then went up the other end and scored our 4th which was good enough to take the win.

Next game we played KES in the league, for us it felt a walk in the park winning 4-0 with ease which gave us our beloved bragging rights.

In the semi-finals of the Peter Plowright cup we had to play Downham again, this time at home, and this time was a completely different story. We went 1-0 up and cruising, but Downham replied with 2 quick goals putting them up 2-1 at half-time. In the second half we wanted it more and got another 3 goals making it a final score of 5-2. Relieved when the whistle blew and we went into the final to play KES.

Before we played the final there was our last league game against Litcham. This was a chance to play the boys that had attended training all year and rest the players for the final. The boys played incredibly well and ended with a score line of 1-1.

Last game of the season, Peter Plowright Final against KES. They put out a different team and pushed us at the start of the game but we got the early goal to set our minds in the right place. We then got a second, third and a fourth. KES were able to get one past us, but then we came back and scored two more. Finally the whistle blew and we were able to deservingly take our medals and lift the cup with pride.

All in all, a brilliant season from the whole team and from the looks of our first season, we are going to smash the next seasons in years to come.

Opponent	Score	Scorers
Terrington (L)	6-1 W	Wood x 2, Grimmer, Howlet
Notre Dame (CC)	3-4 (L)	Wood, Hunter, Howlet
Hammonds (L)	2-2 (D)	Wood, Howlet
KES (L)	4-0 (W)	Wood x 3, Kandjou
Downham (L)	4-1 (W)	Kandjou x 3, Wood
Downham (PC)	5-2 (W)	Wood x2, Kandjou x 2, Hunter
Litcham (L)	1-1 (D)	Hitomi-McKenna
KES (PC) Final	6-1 (W)	Wood x2 Hunter x2





# sport@springwood

## YEAR 7 BASKETBALL JUNIOR NBA TOURNAMENT SPRINGWOOD CAVALIERS

We've had a very successful season, with more wins than losses. We kicked it off with our first game against our rivals KES. Seeing as this was our first game, we were all very nervous and uncertain about how it would turn out. After about an hour of playing, we managed to secure a win.

Feeling confident because of our last win, we went in with high hopes against Marshland School. Again, we were victorious but only narrowly won by one point. We were happy about the win but knew we would have to up our game for the upcoming matches.



For our next game, we travelled to Great Yarmouth to play against Benjamin Britten. We were careful at the start because we did not know if they were good or not. After the first quarter, we were confident and played brilliantly. We left with a win and we were all very happy with our performance.

We faced a past opponent again. It was Marshland. Since we only won by one point last time, we were very cautious. But the pressure got to us and we played terribly. Marshland had got their revenge. We left with our heads down. We had to improve.

Once we had found out that we had made it to the quarter finals, we trained as hard as we could. We went to Northampton to compete against Wollaston School. We were quite nervous because of the previous game. They got most of their baskets from the first quarter but once we knew how good they were, we got used to it and played much better. Unfortunately, we didn't score enough baskets to take a win home. But, unlike the last game, we were still happy. We were proud about getting to this stage in the competition.



We would like to thank Mr Donovan for making all this possible and supporting us throughout this season and our coach, Kia Henson for giving up her time to train us and help us get to where we are now. Without them none of this would have happened. By Jeremy Mathew 7S2

# headteacher@springwood



## MESSAGE FROM MR JOHNSON

I have written numerous end of term newsletter articles since become the Headteacher of Springwood nine years ago. I can honestly say that this end of term is the busiest ever with some many excellent events and opportunities available to your child. I will endeavour to mention all of the excellent extra-curricular events but even then I may miss one or two!

This term is the end of the Springwood journey for some students in Year 11 and all in Year 13. It is also the beginning of a new journey for the current year 6 and the new students in our Sixth Form. Both Year 11 and Year 13 have been excellent year groups with a great attitude to both work and extracurricular activities alike. The Prom nights provided a fitting tribute to both year groups. In particular, Mrs Saxby's organisation of the Year 11 Prom was outstanding. The taster days provided a warm welcome to our new year 7 and year 12. They were both well organised and well received events by the respective teams

As ever, Springwood extracurricular arts event this term have been numerous and of an exceptional quality. It was great to see our younger students take part in the Kickstart production. I thoroughly enjoyed this performance and hope to see many more. There are genuinely too many music performances to mention this term. All I will say is that if you attended one or more of the events then you will know of the excellent standard of music at Springwood. If you haven't attended an event yet, I strongly encourage you to do so. Last night's Summer Concert started with the Primary Recorder Group (who performed after only 5 weeks of tuition) and ended with the Concert band which had some musicians who have been learning their instruments for over seven years. This to me, demonstrated perfectly the wonderful journey available to any student to learn a musical instrument at Springwood. Creativity is abundant at our school. The Visually Connected exhibition and the Fashion show were examples of the quality of this. Well Done to Mr Eveson and Ms Markwell for organising the respective events.

Sport is another huge facet of the Springwood experience. Ms Blandford and her team provide numerous sporting fixtures and clubs for our students. When Ms Blandford presented to the new year 6 parents I was blown away by the success of our Sports teams. The Sports Day was another outstanding success with so many youngsters taking part to compete for the House Trophy. A massive thank you to the Sports Department and all the other staff who contribute to our excellent sporting provision

I haven't forgotten that academic excellence is also central to the Springwood experience! Attending the Year 8 Presentation evening it was evident that both academic attainment and progress is a central part of what we do. Mr Cuss and Ms Ridgewell have done a fantastic job with this year group and I am sure they are ready for Key Stage 4 next year. The summer results day are fast approaching, as you know these are my two favourite days of the year where we get to see our students success. Both staff and students have worked hard this year so I hope they reap their reward in the summer

Finally, it is with mixed feelings that our Newsletter Editor and LRC Manager, Mrs Frost is retiring at the end of the year. Mrs Frost has made a significant and tangible contribution to the success of Springwood High School. The children, staff and myself will miss her but we wish her a long and happy retirement!

Andy Johnson  
Executive Headteacher  
West Norfolk Academies Trust