Acclaim

Be Positive, Be Respectful, Be Your Best

KHS Autumn 2023

Head's Space

I am delighted to bring you the first Acclaim edition of academic year, with our new editorial team and indeed new Head of Media and Film, Miss Mason. I am delighted to share with you celebrations of students' achievements across the term, in many forms and to do so in a compilation of articles shaped by both staff and students. Our aim with our newsletter is to give you some insight into what we get up to within and beyond the curriculum, showing our pride in our young people and all that they accomplish.

We produce our newsletter in a digital form to give due consideration to the environment and ever mindful of costs. I know that in a full inbox there is a risk that you press delete and don't digest its contents but I hope that in getting this far you will electronically open the pages and enjoy reading about our school.

If you are just joining us as a parent or carer of a Year 7 or a Year 12 student, welcome, to our school and our all-encompassing newsletter. We hope that in reading the newsletter you might see your child named or in picture, but moreover you can see the breadth and development that students encounter across the whole seven years of our school.

I hope that you enjoy reading about what we have been up to and look forward to seeing our students back refreshed and reenergised in the New Year.

Julia Upton

Top Autumn Achievers

We love to acknowledge the hard work of our students. Our achievement points are awarded to students for being their BEST, being RESPECTFUL and being POSITIVE. Students can also be awarded points for good work, community action or extra-curricular engagement. Congratulations to this term's Top 50 from each year.

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	
Lilly Heal	Emma Trill	Emily Sones	Faryl Hillebrandt	Clara Majeed	
Alexis Smith	Jack Clarke	Dhanya Balakrishnan	Isobel Sutherland	Charlotte Tunstall	
Tabitha Andrews	Lincoln Kidby	Jorja Bruce	Hettie Wells	Zara Tsang	
Valentina Bernardes Zanatta	Finin Anderson-Hurst	Alexis Ramsay	Lilia Tuck	Owen Cook	
Benjamin Percy	Mila Shikhant	Angela Mupundu	Katie Ryan	Olevir Frith	
Emily Race	Lewis Osbourne	Daisy Prior	Olivia Devereaux	Callum Nicholson	
Solly Leeder	Harry Harden	Hayden Leeks	Amelie Stephens	James Gregson	
Oliver Sawyer	Freya Clutten	Garcie Armes	Micah Tate	Maisie King	
Megan Gill	Isabelle Oakenfull	Jacob Bland	Niamh Cobain	Andrew McCormick	
Grayson Peat	William West	Lelani Brink	Hannah Squire	Harrison Arch	
Hayden Newland	Maelys Jacquet	Harry Black-Swallow	Kayla Perry	Indiana Rivers	
Adhiraj Kaushik	Oliver Bostock	Daniel Jones	Jack Davies	Eliz Fleming	
Sian Hondo	Christina Liew	Everlyn Butcher	Jaye Harvard	George Whinney	
Phoebe Owen	Emily Haig	Harriet McCart	Callum Peck	Daniel Ringland	
Callum Lay	Phoebe Cumberland	Ciaran Goodchild	Lilia Watts	Toby Marjoram	
Amelia Stenning	Isaac Ledger	Alex Georgalas	Kate Fulcher	William Dawson	
Charlie Firman	Freya Martin	Florrie Noble	Oliver Ward	Barnaby Mann	
Grace Wheatley	Billy Holland	Erin Patten	Riagan Huq	Daniel Flewitt	
Jessica Reavell	Jasmine Lowery	Bhumi Mahajan	Esther Fidler	Louis Hood	
Rebecca Elmy	Violet Wheatley	Kacie-Mai Coates	Jake Severwright	Ella Derrick	
Callum Mickelsen	Harriet Wood	Thomas Deer	Ava Melton	Amelie Armes	
Isabel Caley	Alfie Dorset	Avanisha Thasan	Pippa Gibbons	Bradley Clarke	
Alex Lock	George Garfield	Lleyton Fisher	Jessica Phagura	Charlie Markham	
Olivia Bassett	Isaac Woods	Elizabeth Tink	Caitlyn Youngs	Isla Groom	
Harvey Watson	Elodie Clayton	Alexander Abbott	Patrik Blaga	Anna Day	
Esila Aslan	James Ballard	Eva Mulligan	Isla Wheatley	Joshua Emmerson	
Niamh Crabb	Samuel Jennings	Eloise Shorey-Mills	Deborah Johnson	Olivia Oakenfull	
Scarlett Roper	Daisy Millett	Jack Barden-Beatty	Joshua Hagan Alex Larder		
Sadhana Gunasekar	Kiera Hawkridge	Gabriella Marriott	Jenna Baker Samuel Ashcroft		
Freya Jones	Michelle Stankova	Owen Wildon	Matti Goffin	Dylan Prior	
Jacob Ray	Noah Richardson	Alice Chaplin	Ethan Carey	Finley Brooks	

Top Autumn Achievers

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	
Dominic Gooding	Isabella Fleming	Mariyan Zhivkov	Jessica Dyer	Katie Christison	
Zara Khan	Katie-Anne Jones	Dharshini Radhakrishnan	Ethyn Smy	Annabel Race	
Moses Wright	Darcey Potten Risby	Millie Simpson	Kamron Davies	Oliver Claydon	
Finn Erangey	Amelia Loose	Jocasta Gent	Henry Cornish	Jake Dunnett	
Isla Knights	Ezri Theophani	Logan French	Phoebe Knock	Holly Cant	
Imogen Price	Tess Berry	William Allan	Gwyneth Albins	Darcy Circelli	
Amelia Legg	Danny Myers	Will Deer	Andrew West	Finley Craven	
Felicity Chapple	Irfaan Zuberi	Jamie Debnam	Jasmine Saxton	Ayton Kilfoyle	
Isabella Orvis	Oliver Hill	Elsie Almond	Erin Glasscock	Jack Lynch	
Aatmana Dwivedi	Oscar Camplin	Lily Munday	Emily Hawes	Ethan Linsell	
Brooke Parratt	Quinn Cavanagh	Liam Mitcham-Jones	Darsh Rippeth	Robert Neild	
Joey Derrick	Isabella Froud	Sukhmani Lovlee	Alexis Bartram	Aditya Nair	
Henry Noble	Erin Abbott	Lily Pope	Livio Johnson	Giselle Jarrett	
Amelia Sudeene	Caleb Eldridge	Samay Rippeth	Ruby Love	Keerthana Nair	
Wiktor Bednarek	Oscar O'List	Mia Burgess	Madison Dunlop	Mia Bobusic	
Tyler Dixon	Dylan Robinson	Lila Knights	Isla Cowley	William Turpin	
Jenson Leach	Benjamin Wood	Leo Mackay	Mia Paton	Lila Abbott	
George Thomas	Teagan Burgess- Dawes	Sophie Harper	Poppy Newman	Josh Lawrence	
Leonidas Mellor	Charlie Dunnett	Sadhna Senthil Kumar	Sophie Ringland	William Lawton	

1,000+ Achievement Points

Acknowledging the great work that our students do, is something that is important to us. And when students do this day in day out, they accrue a huge number of points over the course of a year. We have key thresholds that we encourage our students to reach; 250, 500, 750 and 1000. This year we saw a whopping 141 students achieve the 1000+ points threshold, thereby placing them in the top 9% of the school. To celebrate, they and their parent/carers were invited into school to meet with Miss Upton, and members of the pastoral team, to share a celebratory refreshment at the end of the school day. Our 3Bs and reward points really are an everyday part of our school life and next year we hope to see even more students in this exclusive club! Go for it Kesgrave.

House Cup

This term as part of the House Cup, our students from Years 7-10 have taken part in a range of both Sport and House events contributing towards the House Cup. We've seen a whole range of different students participating in Kimball, Chess, a Festive dance video and Table Tennis.

Every student that participates gains themselves achievement points that will be added to the overall house score. At the end of this academic term, Keller are currently in 1st place, with Hillary and Nuffield in 2nd and 3rd respectively.

It's been amazing to witness all of the different houses competing against each other and we can't wait to see what they are able to achieve next term.

Heads of House

HOUSE CUP OVERALL SCORES SO FAR							
	Quiz	Kinball	T Tennis	Chess	Festive	TOTAL	
Bader		40	60	20	0	120	
Hillary		100	80	80	0	260	
Keller		20	100	60	100	280	
Nuffield	15	100	40	100	0	255	
Royal	10	60	20	40	0	130	

House Achievement Points











78,959 83,999 82,924 85,954 78,066

House Events











Years 7 Play2Day!

Year 7 have started their academic life at KHS so positively, so we took time to enjoy a great social event at Play2Day! It was such a great opportunity for the year group to meet with new (and old) friends and let off some steam after working hard in school. Poor Mr Hunt and Mr Smith took time away from the bouncy castles to get a little marking done!

Mr Ozanne and Mrs Dring













Year 7 Play2Day!











Short Story Competition

This year we will be hosting our very own short story competition.

The rules are simple: Write a fantastic story of your own creation that is 500 words long. There will be options from you to choose from. There will be two categories: KS3 and KS4. There will be a runner up and winner for both Key Stages.

The winner will be decided by Miss Upton. Deadline: 25th March 2024

There will be lots of prizes up for grabs!

Entries can be either typed and emailed to Mrs Xenakis or handwritten and placed in the 'Short Story Competition' box outside the English staffroom.

There will be posters around the school but can form tutors please make sure your form is aware.

Mrs Xenakis







Year 10 Work Experience

During the last two weeks of the Summer term, **Year 10** were out on **Work Experience**. This was a hugely positive experience for students and the following captures some of the outstanding feedback received:

- "Everyone loves him."
- "Would employ her tomorrow."
- "...incredible... disappointed she is only with us for 2 weeks."
- "All brilliant. Would employ her if she was old enough. Uses initiative."
- "She is a natural! A credit to herself and the school."
- "Absolutely fantastic. Better than the Level 3 students from college."
- "...has a really beautiful way with the children... very respectful...
 exceeds what I would expect... will be talking to her about an
 apprenticeship."
- "Great. Brilliant. Fantastic. Can't speak highly enough of him."
- "It's refreshing to have a work experience student get involved and take interest in the job like she has."
- "One of the best work experience students we have ever had."
- "I wish all work experience candidates were like her!"
- "Everyone was in love with her. Positive, cheery, learnt quickly. Can we keep her?!"

Could you offer a placement to one of our current Year 10 pupils? Our next work experience week will begin on the 15th July 2024 and we have enthusiastic young people who are looking for opportunities across a range of sectors.

For more information please contact Mrs Jackie Williamson at jwilliamson@kesgrave.suffolk.sch.uk.

Year 7 Tour of Britain

On a wonderfully sunny September morning, Year 7 had the opportunity to enjoy the passing of the Tour of Britain cycle race as it passed our campus and local community. Students were exceptional in their enthusiasm, cheering on both the riders and police escorts. A credit to KHS!



High Voltage Auditions

Kesgrave High School's dance company – High Voltage – held auditions on Wednesday 20th September. 30 students attended with hopes of being selected for a coveted place.

After being taught a short routine to 'Sax' by Fleur East, students performed the sequence in small groups to the best of their ability in front of a small panel – it was jazz hands and grins galore!

All students showed excellent passion, commitment and talent.

After some difficult decisions the following students were successful in gaining a place in High Voltage for this academic year:

- Lilia Tuck
- Isabella Parker
- Daisy Prior
- Amelia Gill
- Freya Clutten
- Daisy Keeble
- Jasmine Lowery
- Jess Orin
- Ellis Perkins- Abdu
- Elise Downing
- Julia Vinas
- Isla Knights
- Chloe Gardiner
- Hermione Himsworth



Congratulations to those students who successfully gained a place and will rehearse on Wednesdays after school from 3.30-4.30pm. Their first project will be preparing a performance for a national scheme in collaboration with Sadlers Wells in London.

Commiserations to those who were not successful this year but never fear, if you love Dance then please come along to our open clubs:

Year 7 Monday Lunchtime Year 8 Tuesday Lunchtime Year 9 Wednesday Lunchtime

Year 8 Translation Bee

Foreign Language Translation Bee 2023!

- Are you in Year 8?
- Are you up for a challenge?!
- Do you want to have a bit of competition with your friends?!

Enter our Year 8 Translation Bee competition!

Translate as many sentences as you can in 1 minute

from English into French, German or Spanish:

Spring Term: Whole year competition

Summer Term: Regional heats

Summer Term: National heats

Watch this link to see an example of what you'll be doing:

https://youtu.be/g rOeaDHSQ



Come to B2 computer room on Wednesday lunch times at 1.10pm to find out more.

Under 12 Blue Netball

The Netball League is changing this year as a trial and, rather than running a league, each team will instead play one tournament every half term. On the 18th October, Kesgrave hosted and participated in our first official Netball tournament for our Year 7.

There were twelve girls in the team, and despite the colder weather and rain, they played brilliantly! We played four games, won two, drew one and lost one. Overall, we finished 3rd out of 5 which is a great achievement for our first ever tournament. Please say well done to any of the girls!

Lily Heal
Maddie Prentice
Grace Wheatley
Freya Smith
Eleanor Wright
Skye Dowson
Kensi Stout
Bailey Green
Alissa Shaw
Mimi Todd
Brooke Parratt
Jess Reavell



Year 7 Netball

After school on the 3rd October, we had our first netball friendly vs East Bergholt. It was fantastic to see the girls playing together for the first time. As this is our first game, this is a reminder to students that this isn't a final team. I had to pick 8 out of 41 girls! There will be plenty of opportunities for other students in the future.

It was an excellent game of four quarters (10 minutes each) so the longest they will have played at High School. The girls listened to instructions, showed great understanding of the rules, and overall came out with a win! 4-2 to Kesgrave!

Congratulations to the below:
Valentina Bernades Zanatta
Lily Heal
Lucy Rayner
Skye Dowson
Maddie Prentice
Grace Wheatley
Tabitha Andrews
Ruby Butler

Please give them a big well done if you see them!



U12 Farlingaye Friendly

On Tuesday 17th October we hosted Farlingaye for two friendly netball matches. It was a fantastic event with lots of pupils playing, some for the first time. Of the two games, we had one win and one loss. The girls all worked brilliantly together and really enjoyed their first Kesgrave netball game. Well done to everyone involved!





Year 8 Netball

On 3rd October, Year 8 had a netball friendly vs East Bergholt. They were an incredible team who played some excellent netball, even when I changed their positions completely!

After four quarters the final score was 27-2. Well done to all that played!



Year 9 Netball Fixture

On the 10th October, I had the pleasure of taking two of our Year 9 netball teams over to East Bergholt for a friendly in preparation for our upcoming tournaments. It was fantastic seeing the girls in action, and they all played really excellent games!

Unfortunately, we couldn't quite grab the win, however final scores were 5-3, and 11-2. Please do say well done to them all when you see

them!





Netball Friendly vs St Albans

Monday 20th November was a busy night for school netball, with two U12 and two U14 teams playing.

U12 were playing St Albans, who had come to Kesgrave for a friendly in preparation for the upcoming tournaments. It was fantastic to have so many students out participating, with 15 students playing and representing Kesgrave. Pupils all played in a variety of positions and worked brilliantly as a team.

We played incredibly well, and both games finished with a win for Kesgrave! 5-2 and 7-2! A really excellent experience for the students, and great wins secured.



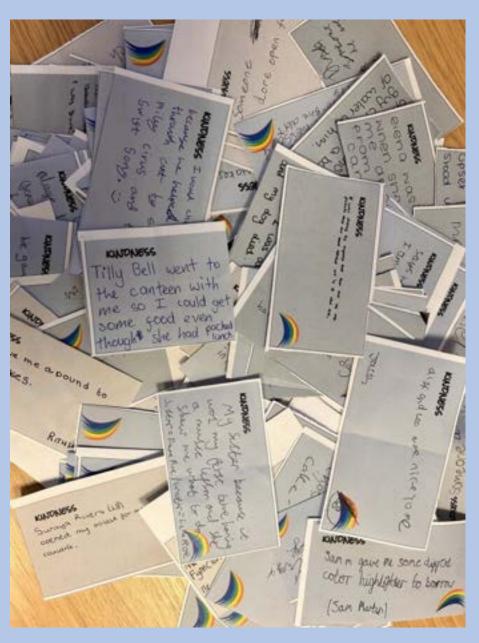
World Kindness Day

Year 8 marked World Kindness Day once again on 13th November which sat alongside Anti-Bullying week. This event was really important to our year group as 'kindness' is our hidden fourth B!

This year students told us about the random acts of kindness that they received form others, the little things that made a big difference to them, they shared over 200 kindness notes with us.

Well done Year 8 we are really proud of you!

Mr Finch and Mrs Carey



Year 8 Play2Day Trip

Once again, Year 8 enjoyed a fun evening at Play2day.....proving you are never too old for soft play!
Over 200 year 8's came together for a crazy night of laser tag, climbing, bouncing, ball pits and running around! A great, albeit tiring evening was had by all!

Mrs Carey & Mr Finch







Dance trip to Matthew Bourne's Romeo & Juliet

On Wednesday 11th October, 30 students from Year 7-13 ventured up to Norwich's Theatre Royal to watch Matthew Bourne's production of Romeo and Juliet.

When most people sit down and think of *Romeo and Juliet*, images of warring families spring to mind. They might be in Shakespeare's traditional version, Kenneth MacMillan's ballet, or Baz Luhrmann and Franco Zeffirelli's films. The essential lineaments of the story of young lovers kept apart by the forces of society around them will remain the same. The wrenching shock of Bourne's new version, set in the white-tiled Verona Institute, where groups of young people are drilled and drugged into conformist submission, is how huge a leap of imagination he has made. Just as Terry Davies's reconfiguring of Prokofiev's score makes the familiar sound strange and edgy, Bourne's approach lets an overworked story take on a different life. The approach is visceral and ferociously on the side of the young people at its heart, which is appropriate since one of the features of this production is that it deliberately showcases dancers who are at the start of their careers, and each member of the creative team is also shadowed by a young artist.

Students felt the piece was danced brilliantly, from beginning to end- Juliet shining with determination and vigour, and Romeo having a lovely, dreamy innocence. Full of insight into some of the deeper meanings behind the choreography students happily discussed the work on the journey home and many have found inspiration for their own choreography and performance work. A brilliant night had by all.



A-Level Economics Conference

Year 12 and 13 Economics students attended the Economics conference provided by POLECONUK.ORG. The conference brought together a range of speakers across a number of fields to discuss key themes and topics that could supplement A level student's understating of Economics to the real world.

The event was sponsored by the Institute of Fiscal Studies and as such its director Paul Johnson and employee Carl Emmerson provided talks, a keynote on public finances being a very interesting take as we head into an election year. We also had a Brexit update from Vicky Price and an interesting discussion the state of the NHS.

A key speaker was Kate Raworth, a professor form Oxford university who has written a very interesting book called Doughnut Economics, one I had on my Christmas list a couple of years ago! Her aim is to get people who study economics to change the fundamental way we look at the subject and how economies are expected to grow in the future. Her premise is that we need to radically change our approach to economic growth and sustainability if we are to survive the next 50 to 100 years not only as an economy but also as a global economy. It was a fascinating read for me but seeing her discuss this in person really brough home how we need to change the way we approach our economic understanding – perhaps this could be a book for your Christmas list this year?!



Mr Tingey

Young Writer's Competition

Recently Henry Jones, of B7, entered a Golden Fairytale Competition run by Eastern Angles. The competition required stories to be imaginative and feature something gold, as the Christmas show for the Angles is Rumpelstiltskin. He chose to take the time to enter and submitted a poem. Although he did not win the judges did give him a special commendation prize and commented:

"This was absolutely wonderful, and had a great use of rhyme." Very well done, Henry, what an amazing achievement, and an equally amazing poem.

I first saw the competition when my mum sent me the link. It was a winter fairytale story writing challenge. I had to write a story in under 500 words. The story also had to include some element of gold. I decided to write a poem instead of a story to show my talent. I was influenced to write the poem about some things that I had seen, and it made me make this story. I thought that what I was writing about, for all we know, could have happened. There was only supposed to be 1 winner, but they gave me a special commendation with a prize (kind of like a runner up). I won 2 tickets to watch a showing at any time of my choice of Rumpelstiltskin.

Henry Jones (B7)

Spec of Gold

There was once a spec of gold, Who had a story that must be told. It started inside a cave. Where it slept for many days. But one eventful time. The cave turned into a mine. The gold got taken away, From January through to May. It was melted away with fire, Its pain increasing higher. There once was a spec of gold, Who had a story that must be told. It was begging, pleading, hoping, needing, As it was poured into a mould, This poor little clump of gold. It was now a part of money, Who was desperately in a hurry. It was taken all the way to the bank,

Where it dropped with a massive clank. There was once a spec of gold, Who had a story to be told. The coin was given to a man, Who left the bank and ran. But in such a hurry, Fell out the precious money. It landed in a middle of a field, It sank in the mud now sealed. But after many years of rain, The field became a flood plain. It was washed away in a river, So cold it began to shiver. It was smashed around against rocks. Passing lost shoes and socks. It was caught by a lucky gold seeker, Whilst turning so cold and weaker. The time for the gold is over. It deserves a four-leaf clover. So now you know that every spec of gold, Has a story that must be told.

Kesgrave Fireworks







lights, music and colours.

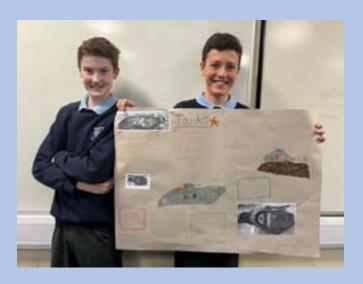




Year 9 History Achievement

Miss Boon's Year 9 History classes have had a fantastic term learning about the First World War. We spent a few lessons on a Dragon's Den style activity, where students were researching a different weapon from the First World War, in the hope to persuade the government of the time to invest in their weapon. They worked fantastically on this 2-lesson project in their groups, each assigning themselves a different role, looking up the pros and cons of each weapon. They were creative, focused and the results were brilliant! Many even presented their work to the whole class. A huge well done!

Miss Boon









Celebration of School's Music 2024 Workshop

On 18th October, composer Jessie Maryon Davies and Stephanie Wakeman from Britten Pears Arts joined our Year 10 BTEC and GCSE music students for a composition workshop. The idea of the workshop was for Jessie to collaborate with young people on her composition for the Britten Pears Arts Celebration of School's Music in March 2024. Every year a composer creates a bespoke work for the event and the theme for songwriting this year was 'youth voice and youth empowerment'. Our students were asked to create lyric and melody ideas inspired by the phrase 'children should be seen and not heard'. These ideas will be put together with the outcome of workshops from other schools to create the

Students from KHS have been invited to take part in the Celebration of School's Music on 15th March 2024 and we hope to showcase some scenes from *School of Rock*.







Mrs Gooch

Kesgrave Wellbeing Fayre

Thank you to all those parent and carers and students who attended our first ever Wellbeing Fayre on the 8th November. Our staff went to great lengths to bring together many outside agencies and professionals and showcase a wide variety of activities which can promote mindfulness, general health and wellbeing. If you missed it, whilst not as interactive as the event itself, for your awareness, details of the array of support and signposting can be found on our school website. Knowing where to go when facing tricky times can be confusing. Thankfully, there are avenues to go to, with professionals and services who can assist. We also showcased several provisions in school and externally that support wellbeing in a proactive way. We know it isn't always this simple, but having a plan for our down time and activities that way to manage ground us good our wellbeing

In 2024, we plan to host some parenting workshops across the school year to foster greater confidence when supporting youngsters through adolescence and the many challenges that they face in life. If you have any thoughts on what we could host, pertinent topics, then please do not hesitate to drop us a line, via office@kesgrave.suffolk.sch.uk. Help us to shape the direction of this new feature of our school calendar.



Miss Warfield

Kesgrave Wellbeing Fayre

















BT Enterprise Day

Two teams from Year 9 took part in the BT Enterprise Day in October. Out of the 12 teams taking part, Kesgrave finished 1st and 3rd! In addition, eight Sixth Form students supported the delivery of the event, working alongside staff from BT and students from other schools to run the various activities throughout the day.

Both Mrs Williamson and I were impressed with how the teams worked together to manufacture and build cars, build profit from shares, complete team tasks to earn an income and present their car concepts to panel of BT staff and Sixth Formers.

Although it is hard to pick out individuals, Sadhna (CEO), Dhanya (CFO) and Emily, and Chloe (CEO) and Harriet M (CFO) were excellent in leading their teams. Sophie, Tilly-Mae, Zac and Leo all delivered excellent presentations.

Our students had an amazing day!

"I learnt so much by the end of that day. I learnt how to work as a team, delegate tasks and manage time.. It was very fun, and I totally enjoyed myself." Sadhna Senthil Kumar

"It allowed me to form friendships with people that I would not otherwise speak to and have fun with others that I do." **Daniel H Jones**

"Going to BT was one of my favourite things that we've done at school. The best bits were trading with other teams and deciding where to put shares." **Emily Sones**

"I learnt a lot of important life skills such as teamwork. If I could, I would go again." Tilly Mae Stewart

"It was a very enjoyable and unique experience. It taught me and my group to cope under stress and taught me a bit about the stock market." **Alex Abbott**

Sixth Form Students taking part were Thomas Argeles-Stuart, Tom Hunns, Enzo Johnson, Abdullah Kose, James Lobley, Vaughan Owen, Ruben Phagura and Hayden Williamson.

BT Enterprise Day

















Library Wellbeing Displays

After a successful Wellbeing Event, I thought it might be useful for everyone to know about a selection of books that I have been able to purchase for the Library.

Be Resilient – How to Build a strong Teenage Mind for Tough Times *by Nicola Morgan*

Social Media Survival Guide by Holly Bathie

Queer Up by Alexis Caught

A Better Day by Dr Alex George

Outsmarting Worry by Dawn Huebner PHD

The Awesome Autistic Go-To Guide *by Yenn Purkis and Tanya Masterman*Being You – The Body Image book for Boys *by Charlotte Markey, Daniel Hart & Douglas N. Zacher*

The Body Image Book for Girls by Charlotte Markey

How can books help?

These titles come recommended by The Reading Agency and have been selected by health experts. They have been chosen to help you understand your feelings and deal with difficult times. They are all aimed at young people and you can read them on your own or you can talk about them with someone your trust.

They are available alongside other wellbeing titles in the Library for you to borrow at any time. I also have a selection of leaflets from The Reading Agency all about 'Reading Well'. A helpful website you might also like to visit is www.reading-well.org.uk

The Library is open every Break and Lunchtime and I am available to assist

you find anything you may need.

Written By Mrs Caley, School Librarian





A-Level Law Trip

In the Autumn Term, the A-level Law students had the opportunity to go to the Criminal Courts in Ipswich and sit in the public galleries. We went to the Magistrates Courts in the morning and saw three trials, and then went over to the Crown Courts where one group saw the end of a complex fraud case, and the other group saw the pre-trial procedures for a case of a breach of restraining order and burglary. At the Magistrates Court, the lead Magistrate also had some free time and allowed the students to ask him questions about his role and about the cases that they had seen that morning. It was a great opportunity for the students, and they asked some excellent and informed questions. The whole day really made the learning from lessons 'come alive'.



Year 8 Dragon's Den

In PSHEE this term, Year 8 have been working in groups to create their very own restaurant concept. They had to consider its location, the type of food it will serve, what their target market is and how much money it will cost to run. After several weeks of preparation, each group then pitched their ideas to their form group who voted for the winning group.

The winners from each form group then had to pitch their idea to the Dragons, a panel made up of Mr Finch, Miss Carey and two industry experts; Chris Cooper, the Caterlink Manager from KHS, and Peter Osbourne, Managing Director of hotel and wedding venue portfolio Heritage Rocks, which includes Seckford Hall.

The standard of pitches was amazing with several groups providing food for the Dragons to sample, 3D models of their restaurants and detailed profit and loss accounts using business management software! All 4 Dragons agreed the standard was so high it was impossible to choose just one winning group. The 4 winning groups, have won "a money can't buy prize" of a day behind the scenes at Seckford Hall and an afternoon tea, in January, courtesy of Peter Osbourne.

Congratulations to

<u>H8</u>- Lily Clark, Fynn Clark, Elodie Wood, Noah Wiseman, with their restaurant "Cargocrates"

<u>T8</u> - Christina Liew, David Torofleaca, with their restaurant "Maeve" <u>LE8-</u> Bobby Frost, Isabelle Downing, Emma Trill, William West, with their restaurant "Starlight Diner"

<u>S8-</u> Ishaan Shah, Dylan Davies, Dylan Ball, Oscar Camplin, with their restaurant "Maeve"



Mrs Carey and Mr Finch

Year 11 Macbeth Trip

Back in October, we were lucky enough to be able to take 140 Year 11 students to see a production of Macbeth at the New Wolsey Theatre in Ipswich town centre. It was an ETT, Northern Stage, Shakespeare North Playhouse & Theatres de la Ville de Luxembourg production directed by Richard Twyman.

The production was a visceral and contemporary version of Macbeth that speaks to the world we find ourselves living in now - a struggling and divided nation, tearing itself apart. Against a modern backdrop featuring video recordings and a very modern castle, the Macbeths see their chance at the crown and take it.

But – as any Year 11 student can hopefully tell you – things don't go according to plan! Dreams quickly turn to nightmares, humanity erodes, and nature stirs. As society strives to make sense of the darkness that sits inside it, the people of Scotland contemplate a rise to action and find an ability to fight back against the endless cycle of violence and corruption that Macbeth personifies in all his dark glory.

It was an intense watch and one that Year 11 committed to wholeheartedly (especially remarkable considering it was the last day of school before the half term and non-uniform day!). Seeing such an interesting production has provoked lively discussion in class and has been a useful reflection tool for learning the text.

Thank you to all the staff (from school, Vertas buses and the Wolsey theatre) and students that made it such a great trip!





Written by Mrs Scalco

Year 7 Celebration Breakfast

162 Year 7 students who managed to achieve 100% Attendance in the first half of the Autumn Term were invited to commemorate their achievement with a Celebration Breakfast! Croissants, fruit and juice - the perfect start to a day as we recognised their great start to educational life at KHS!

Mr Ozanne





Year 7 Celebration Breakfast









RAG Week

This term our Year 12 students were involved in organising RAG (raise and give) week. Our year 12 students were required to work together to organise and prepare many different fundraising activities; each day throughout the week a different activity took place. There were a variety of activities including: a bake sale, Mario Kart, guess the weight of the cake, guess how many sweets are in the jar, and one of the most popular activities - 'soak the teacher'. Traditionally, this has involved students paying to throw a wet sponge at a teacher – thank you to Mr Smith in geography for volunteering this year to be soaked. However, some of our year 12 boys decided that they would like to adapt the activity to 'soak the sixth former', which many of our KS3 students gained lots of enjoyment out of.

This was a really successful week which brings together our school community and I am pleased to announce that we are donating a massive £902 to our chosen charities this year which are Suffolk and Cambridgeshire 'blood runners' and Dementia UK - the money will be equally divided between the two. Thank you to our KS3 and KS4 students for donating and taking part in these activities to help raise money for such important causes. These events could not have taken place without the hard work and effort put in by our 6th form committee, so a massive well done to all students involved. Please keep a look out on our KHS twitter page to see what other fundraising activities our sixth form students organise throughout the year.







Written by Miss Fitch

Dance Jam 2023

On Wednesday 29th November, students from Dance Clubs, the Year 9 Dance Pathway and our GCSE and A-Level Dance pupils took part in an informal Dance Jam to showcase their creativity as well as perform in front of an audience. This allowed them to improve their performance skills and was a lovely evening. What a fantastic opportunity to show just how talented our students are – well done everyone who took part!











Dance Jam 2023





















Dance Department

Sixth Form Disney Conference

In November, the Business department took Year 12 and 13 Business students to Disneyland Paris for the Annual Business Conference. This was an opportunity for students to get an insight into how the park is run and take part in an interactive We received a seminar from park employees outlining how marketing, human resources and finance work both in the park and for the wider Disney brand. Students were then put into groups for a workshop on marketing and had to design a marketing campaign for a mystery product. They had to stand and present to the group and the park employees and choices. justify their

Having spent over 2 hours in the seminar, workshop students were then given their park passes and disappeared into Disney Studios and the main Disney park for the day to experience the rides in what turned out to be a very wet day!

Mrs Abbott, Miss Fitch and I also found our way onto several rides, before then watching the Christmas light parade in the evening, where not only did we get to see Mickey and friends, but also saw Santa bringing up the rear of the parade! Students commented on how they thought it was useful to see how what they have learnt was being used in the park in real life situations and that a good time was had by all.

Mr Tingey







Kesgrave High School Expeditions Team

On-Line shopping donations opportunity



Since 2012, the Expeditions Team at Kesgrave High School have been using an online system that generates funds every time we shop online but we would also like to take this opportunity to raise awareness of our work and hopefully recruit new supporters to our cause.

Kesgrave High School Sixth Form has a proud record of encouraging our students to "look beyond" their academic studies and provides opportunities for teams to travel to South Africa to participate in conservation and community-based projects. These educational visits have a profound impact on our students and have promoted communication, teamwork and leadership skills and provided them with a unique opportunity to develop these skills further whilst on expedition in an unfamiliar environment. These are skills that we believe will help them through their remaining studies and in later life.

How it works

easyfundraising.org.uk helps schools to raise money when their supporters shop online. It works in a similar way to many other loyalty shopping sites, but instead of earning points when you shop, you raise a donation for your nominated cause instead.

You can shop with over 7,000 well known stores and each will donate up to 15% of what you spend. For example, John Lewis will donate 1%, The Body Shop 6% and thousands of other retailers all provide a similar contribution .The great thing is it won't cost you any extra; Additionally, there are lots of voucher codes and special discounts so you can actually save money while you help your good cause - the service is totally free. We currently have several supporters for our cause and we would like to thank everybody who has helped us in our fundraising so far. This system has been so successful that our "Funds Raised" now stands at around £30 per quarter. This is a great achievement and all the donations are put to a very good use by the Expeditions team and help support our overseas sustainable projects.

If you would like further information about the Expeditions Programme, then please contact Mr Stapleton.

https://www.easyfundraising.org.uk/causes/khsexpeditions/

Year 9 Play2Day Trip

On Thursday 30th November, Year 9 had their first social event of the year at Play2Day! It was a fantastic event with over 115 students attending! There was football, laser tag, slushies and chips! Pupils conducted themselves really well, and it was a pleasure to see everybody socializing together as a year group!













Written by Mrs Pringle

Lower School Production

Continuing our focus on student involvement in Drama, our drama club *Acting Out* involves our lower school Yr7 and 8 students, who have been working hard over the last 3 months, to produce a showcase of the stories from the **Grimm Tales** selection.

Our sharing will include well known stories of Little Red Cap, The Emperor's New Clothes, The Hare and the Hedgehog, Snow-White and Rumpelstiltskin.

For some of our students this will be their first time performing to an audience; they have challenged themselves with learning lines and taking bigger roles that they may have never done before. Some of our year 8 students have taken the role of directors or production managers for their group, which is no easy option!

Lower school performances like this are very important to our young performers; as it allows them to grow in confidence, make new friends and overcome challenges. It also helps them understand about what is means to commit to something and see it through to the end.

The team are very proud of them and we can't wait to share this show with an audience!

Drama Department



Year 9 Love Ipswich Boxes

This Christmas, Year 9 have taken the lead with organizing the Love Ipswich Hampers. These hampers provide ingredients for families for a Christmas dinner and are then delivered across Ipswich. Pupils worked hard promoting and collecting donations from everybody in the school, and we had several volunteers help with packing the hampers on Tuesday 4th and 11th December.

We are so proud of the work the year group have done, but also our whole school community spirit in providing enough donations to pack 286 hampers in total and a further 30 treat bags, which were also delivered to the local community. Our charity reps went above and beyond and those from the charity commented on how well they all worked as a team. It was fantastic to see them in their elements!

We want to send a huge thank you to all who made any donation, it was gratefully received, and we know is going to have a massive impact on a lot of

families this Christmas.









Mrs Pringle, Miss Rush and Mr Cresswell

Year 10 Golden Tickets

Year 10 have had a brilliant first term in KS4, impressing their teachers with their dedication, effort, hard-work and rigour around completing the work they've been set so far. Moving up into GCSE is a big step, yet many have taken to this challenge and are really enjoying the many new subjects which are on offer at KHS. The Year 10 team have really enjoyed the feedback we have been receiving from teachers and seeing them excitedly handing in their golden tickets to us every day. The end of term sees them enjoy both an achievement assembly where students receive nominations from subject teachers and form tutors, and a golden ticket assembly, where their many tickets are added into a raffle! Since September, Year 10 have earned 2700 golden tickets as a collective - this is outstanding! Enjoy your Christmas break Year 10 and let's aim for the same next term!

Miss Boon and Mrs Newman



KS3 Science Club

An exciting first term in KS3 Science Club with lots of new members joining us each week. It has been really nice to see some of the Year 9s take the lead in helping some of our Year 7's complete practical tasks and explain the science.

Leading up to Christmas we have done some more seasonal activities including making Christmas decorations from salt crystals and pipe cleaners. We also used a Poinsettia plant to make a natural indicator for pH and then tried it with a range of "mystery solutions" to see whether they were acid or alkali.

Miss Huggett







Year 8 Christmas Disco

Ho, Ho, Ho! Year 8 thoroughly enjoyed their Christmas Disco!

It was a great turn out, lots of dancing and merriment had by all.....behaviour was impeccable, and a lovely opportunity to have some fun after what has been an exceptionally good first term!

Well done Year 8 and Merry Christmas!

Mr Finch and Mrs Carey



Christmas Dinner Day

The second to last Wednesday of term saw the return of our annual Christmas dinner day. All of the pastoral staff across Years 7-11 and Sixth Form got involved in serving over 600 Christmas dinners to our students. The catering team with us at Kesgrave did an amazing job preparing and serving this meal to our community. A massive thank you to all those involved in making this happen and we hope you have a lovely winter break!

KHS Pastoral Team







A-Level Further Maths Trip

On 14th December we took ten of our Year 12 Further Mathematicians to the Centre of Mathematical Sciences at Cambridge University for the Advanced Maths Sixth Form Problem Solving Conference. Students had to be up at 7:15am for the four hour round trip through the traffic to Cambridge where they met up with Sixth Form students from other secondary schools. Students attended a mixture of sessions designed to improve their ability to use familiar concepts to tackle unfamiliar questions, whilst also being given a mini-lecture from a Cambridge lecturer. We finished the day by looking at a selection of problems used for university admissions tests and considering the route to university for those interested in studying a maths-based course at degree level. Overall, it was an enjoyable day spending time thinking, and developing our thinking, about tricky maths problems which will enhance the students' ability to understand and gain marks on the harder A-Level concepts. Thank you to the AMSP and the University of Cambridge for organising and hosting the event.

Mr Cresswell



Santa Run

This year's Santa Run was a fantastic event that saw a range of students from across all year groups come together for some festive-inspired fun. Congratulations to the over 450 students took part. Massive thank you to the P.E department for organising and manning the event.









Santa Run











