



Acclaim

Be Positive, Be Respectful, Be Your Best

KHS SUMMER 2023

As the days have passed this term, every now and then it feels like we might have overstretched ourselves, given the amount in the calendar. It has been tight on venues in school and timings of staff involvement, but it has been a vibrant, exciting term. Our Year 11 and 13 have conducted themselves impeccably in their examinations. Their attendance at revision sessions, engagement in morning warm-ups and general active revision has been impressive. Whatever comes in this summer's results, we are proud of their hard work and how they have worked with staff to achieve their best. Preparing for examinations is, of course, an important feature of school life, gaining the best possible outcomes that open doors to students' futures. However, you will see from this bumper edition that there is much more to life at Kesgrave than this.

We started our newsletter just two years ago, hoping to celebrate the breadth of school life at Kesgrave. It started with just a few articles, as we returned from the COVID restrictions and staff got used to capturing the moments to share with our community. As time has gone on, students and staff have embraced the opportunity to share with all our readers how proud we are of the students at Kesgrave and what a wonderful array of things they get up to. Particular thanks to Mrs Tighe who has helped this get off the ground and so expertly brought staff and students together. We shall miss her greatly, but know that her work leaves a legacy of others to take over the responsibility.

I don't think you'll find more breadth than this edition, with Modelling club, PhysX Factor, Sports Day, Royal Academy of the Arts, Sixth Form History excursions, dance workshops, Oxbridge workshops and ice-creams for Year 7!

Finally from me, a farewell to all who are leaving us this year. Our Year 11 students we hope will be back with us in the Sixth Form, continuing their studies and taking opportunities that are on the horizon for curricular and wider enrichment in 2023-24. Farewell to our Year 13, who leave to start the next phase of their education or employment. We know just how much that they have come through to get where they are today, and we wish them all the best with the next chapter.

We look forward to working with all our students and their families in September. For now, have a lovely summer.

Miss Upton

Top Summer Achievers

We love to acknowledge the hard work of our students. Our 3B 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 group.

Year 7	Year 8	Year 9	Year 10	Year 11
Emma Trill	Dhanya Balakrishnan	Orla Brown	Isla Groom	Joshua Makings
Finin Anderson-Hurst	Harriet McCart	Micah Tate	Ella Derrick	Thomas Argeles-Stuart
Benjamin Wood	Sadhna Senthil Kumar	Rhia Baker	Amit Gonen	Lottie Baker
William West	Jorja Bruce	Neve Bowerman	James Day	Madison Debnam
George Garfield	Fedra InanCSI	Jake Severwright	Riley Howell	Finley Read
Molly Gosling	Alexis Ramsay	Esther Fidler	Aditya Nair	Freya Knight
Michelle Stankova	Emily Sones	Henry Cornish	Eliz Fleming	Harry Bradbrook
Christina Liew	Sanjana Rajesh	Livio Johnson	Joshua Earye	Thomas Gill
Quinn Cavanagh	Thomas Deer	Isobel Sutherland	Indiana Rivers	Enzo Johnson
Lara Last	Elizabeth Tink	Jenna Playford	Daniel Flewitt	Lilli Gardiner
Harry Harden	Dharshini Radhakrishnan	Jessica Dyer	Andrew McCormick	Charlie Finbow
Isabelle Downing	Bianca Neamtu	Lauren Garnett	Annabel Race	Ilaria D'Angelo
Sofia Bowers Palencia	Will Deer	Lilia Tuck	Olevir Frith	Noah Wright
Lincoln Kidby	Chloe Leader	Matilda Woollard	Enya Swann	Joseph Stevens
Fynn Clarke	Jack Barden-Beatty	Joshua Hagan	Holly Cant	Joey Edgerley
Noah Wiseman	Lily Pope	Hayden Philips	Harrison Arch	Ruben Phagura
Harriet Wood	Lily Munday	Callum Peck	Mollie Tovell	Emma Goodchild
James Lovie	Annabelle Cockerill	Niamh Cobain	Charlotte Tunstall	Amelia Armstrong
Jasmine Lowery	Daisy Harrop	Oliver Ward	Charlie Markham	James Linfield
Harley Green	Daniel Jones	Jessica Lee	Emma Belton	Abrie Brink
Maggie Bowman	Elliott Parkin	Holly Loades	Maria-Luisa Catania	Bethany Wildon
Freya Martin	Leo Mackay	Darsh Rippeth	Amelie Ames	Mario Salter
Lily Clarke	Hayden Leeks	Faryl Hillebrandt	Leo Thacker	Katie Lister
Maelys Jacquet	Daisy Prior	Jacob Webber	Oscar Parkin	Isobel Haste
Cordell Dawkins	Joshua Beards	Jack Davies	Sam Read	Faye Chappels

Top Summer Achievers

Year 7	Year 8	Year 9	Year 10	Year 11
Callum Guildler	Jamie Debnam	Kate Macleod	Darcey Circelli	Ross Hammond
Poppy Bassett	Charlie Barrett	Matti Goffin	Robert Neild	Rebeca Neamtu
Isabelle Oakenfull	Poppy Rush	Benjamin Murphy	Zoe Wildon	Freya Bell
Yasmin Ottley	Zane Khan	Lilia Watts	Jack Lynch	Abdullah Kose
Mila Shikhant	Zac Evason	Madison Dunlop	Louis Hood	Poppy Manson
Emily Chambers	Jocasta Gent	James Nilsson	Lewis Bulstrode	Grace Agnew
Freya Clutten	Jacob Bland	Diako Korbani	Emma Fosdick	Emily Payne
Seren Murphy	Nell Mills	Bethany Jenkins	Finley Brooks	Ariana Solovjova
Leila Trevalliion	Ama Asare Asiamah	Alice Warrington	Daniel Ringland	Ellen Duffield
Isabella Fleming	Ciaran Goodchild	Myonie Saunders	Jake Dunnett	Jessica Todd
Arminas Matulevicius	Megan Stock	Connie Read	Ayton Kilfoyle	Ruby Adams
Violet Wheatley	Sebastian Porter	Emlyn Camplin	Barnaby Mann	Carly Cotton
Alfie Dorset	Isabelle Wilding	Jack Robinson	George Whinney	Arthur Reilly
Evie Woollard	Eloise Shorey-Mills	Alex Sayyad	Giselle Jarrett	Emma Toth-Ormindean
Polly Ruddell	Amelia Gill	Aneesa Begum	Maria Georgalas	Gabriel Scott
Daisy Tovell	Diego Cunha	Phoebe Knock	Callum Nicholson	Aaradhaya Pandey
Elsie Row	Darcey Peck	Andrew West	Iona Tait	Hannah Fray
Chloe Gardiner	Haiden Hall	Jessica Phagura	Anna Day	Oliver Haig
Alfie Martin	Maisie Watson	Sophie Lee	William Dawson	James Lobley
Seren Davies	Evelyn Wheatley	Caleb Vince	Finley Craven	Charlie Parr
Emilia Alcock	Amelia Paton	Ella Case	Imogen Oldman	Inez Manning
Ryan Page	Max Margetts	Milliana Osbourne	Amelia Downing	Daniel Robb
Ladislav Szucs	Tilly Mae Stewart	Lucy Briggs	Keira Pattison	Luna Camarinha
Tess Berry	Eva Mulligan	Lucy Jennis	Sam Mackay	Sky Bostock
Jenson-James Long	Liam Mitcham-Jones	Tia Fleming	Ethan Linsell	Zakariya Hussain
Leo Gleed	Jack Lees	Gwyneth Albins	Olivia Oakenfull	Ethan Lovie
Ellie Close	Samay Rippeth	Amelie Stephens	Genevieve Padman	Sofia Day

Year 11 Leavers

Our Year 11 have been absolutely fantastic throughout the final stage of their High School journey and especially during the exam period. The summer term is always exceptionally busy and eventful; we have had some memorable and wonderful moments over the last few months.

The first event which took place was The Proud Assembly. This was an amazing opportunity to connect students with parents, carers and loved ones to encourage, motivate and give some amazing messages to them. We also combined the event with the distribution of the Year 11 Leavers Hoodies. It was an emotional morning and one which will not be forgotten.

The Year 11 Awards Evening was again a brilliant success, and we recognised the efforts and successes of our Year 11 students. There have been some tremendous examples of students dedicating themselves to their studies since commencing KHS and this was a great opportunity to recognise those that have made many of the necessary changes needed to be successful.

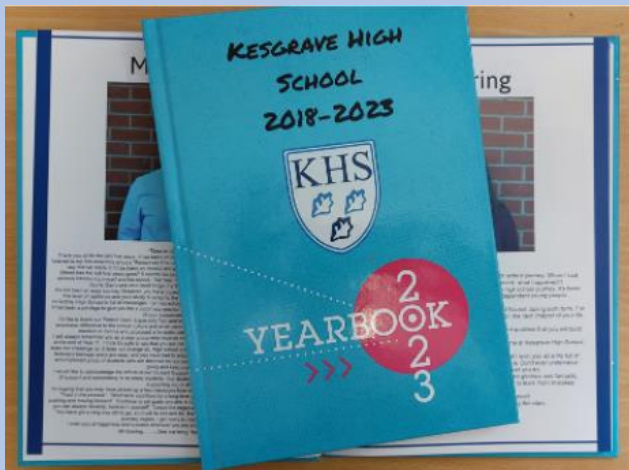
Our Year 11 Yearbooks have been a magnificent success this year and were produced by a small team of Prefects throughout the Spring Term. The Yearbooks offered an opportunity for staff to deliver a range of different heartfelt messages to their form groups. I'm sure that these will be looked at for many years to come.

We also had our final assembly together. The Leavers Assembly was a special event in which Miss Upton and I were able to deliver one final message to our students. The year group were then able to collect an ice cream, sign shirts and Yearbooks, before leaving and preparing for exams the following morning.

Lastly, The Year 11 Prom took place at Trinity Park in July and was a super event for all in attendance. Students and staff all had an incredible evening; it was a pleasure to see so many of our young people dressed for the occasion and celebrating this milestone! I wish all Year 11 students all the best for the future and look forward to GCSE results day on the 24 August.

By Mr Gosling

Year 11 Leavers



Huge thanks goes to Paul Armes of Pja Photography - www.thepjagroup.co.uk - for all the wonderful photographs of the evening.

KS4 Awards Evening

It was a lovely evening, in April, when students in Year 11, along with their parents and carers, were invited to celebrate their achievements both academically and their contributions to our school community. This was a chance to really praise individuals for their endeavours across the academic year. Miss Upton, Mr Gosling, Mrs Dring, Mr Winter and the Year 11 Form Tutors thoroughly enjoyed talking about the students in attendance and distributing certificates to them. Well done!



KS4 Awards Evening



Year 13 Prom

In May, Year 13 said their final farewells at their Prom, held at Venue 16. After an intense period of revision and exam preparation. With some exams having already begun, this was a chance for the cohort to take a moment to celebrate the end of this chapter in their education. Congratulations to all Year 13 students; we wish them the best of luck in their future endeavours.

Huge thanks goes to Paul Armes of Pja Photography - www.thepjagroup.co.uk - for capturing the occasion.



Lower School Production

The Drama department made it their summer mission to get more students involved in extra-curricular performance work. After the successes of Billy Elliot in Summer 2022 and The Lion, The Witch and the Wardrobe at Christmas, it was clear to us that our younger students have a love and energy for performance, so it was certainly time to give them their chance on stage.

This one act play by Paven Virk, originally written as part of the National Connections collection in 2012, resonates with our young people regarding the themes of acceptance, challenge and fitting in with their immediate society, but also accepting that to be different is not a flaw and that we are all superheroes in our own way.

This cast took to it from the very start, and it was amazing to see our students in Year 7 and 8, who may not have had the chance to perform formally since before COVID restrictions, really come alive on stage. There were some wonderful standout performances from our lead actors, but as an ensemble cast, they ALL worked so hard to produce a fantastic performance together.

It was a real pleasure to spend time with these very talented students in rehearsals and in production. Special mention must go to the Year 12 Drama students Benjamin Woodley and Daisy Bird who co-directed the performance and really did lead from the front as true ambassadors for Drama and as inspiration for our younger students who now are all keen to keep it going and perform some more!
Well done all - we are so proud of you!



By the KHS Drama Department

KS3 Science Club

This term, it has been really great to see some more Year 7 and 8 join us for Science Club. We have been getting competitive each week – just a couple of the activities we have done over the spring and summer terms; tower building, balloon launchers and strongest bridge competitions.

We have also been doing flame tests and looking at identifying colourless chemicals with the pH scale. We have had a couple of our Year 10 Silver Duke of Edinburgh students join us throughout the year to help run the activities – thank you to all for their help.

Well done to all those who have joined us and we look forward to starting up Science Club again in September.



*By Miss Huggett, Miss Hart
and Mr Harris*

Year 7 Success

Ice Cream Friday for Year 7

Friday 23rd June was the final day of Year 7's first assessment window. Despite some initial anxieties and worries we have all been really impressed with the way the vast majority of Year 7 students prepared for their assessments and behaved appropriately. The effort and commitment they applied throughout the fortnight was fantastic!

To acknowledge their efforts, every Year 7 student received an ice cream for their journey home on the Friday. This little treat is thoroughly deserved, and we are very proud of the way they approached their assessments.

Well done Year 7!



Year 7 Success

PC Lisa Yorke delivers joint enterprise and knife crime assembly

On 27th June, PC Lisa Yorke from the South Neighbourhood Partnership Team delivered an assembly to Year 7 about joint enterprise and knife crime.

We hope that students understood the message that it's important to spend time with friends you can trust to behave in a certain way. If you're out with a friend and one of the group does something serious, it could have implications on the whole group.

The year groups also heard some real life stories about how devastating the effects of knife crime can have on the wider community, not just the victim or accused.

Thank you PC Lisa!



Year 7 Success

Year 7 girls' finish the year in style, undefeated in all competitions

Following a fantastic first season the girls were asked to enter a 7-a-side "World Cup" football tournament to acknowledge the forthcoming women's world cup. Kesgrave were drawn out of the hat as England so the message was clear: a) we must win and b) we must avoid penalties!

The team knew the pressure was on because of the phenomenal season they have already had. In March they were crowned U12 County Futsal Champions, in December they won the 7-a-side winter tournament, and in April they won the County Cup final to be crowned U12 County Champions. Despite the pressure the team went into the competition with plenty of confidence and, although they finished second (on goal difference) in their pool, they won their semi-final game with ease to face Farlingaye (drawn as Australia) in the final. The girls were determined to finish this year well and played with real determination, spirit and flare. They beat Farlingaye 3-1 and won the tournament finishing the year undefeated, as they had set out to do!

Congratulations to all the girls who have played in the girls' football team this year.



By Mr Finch

Year 7 Success

Year 7 take the Schools' Athletics scene by storm

On 22nd June, Year 7 took part in the Suffolk Schools' Athletics competition at Northgate running track. They were competing against 8 different schools in a boys' competition and a girls' competition.

Although it was their first athletics outing as a year group, the team went into the competition full of excitement and confidence. They had experienced a lot of athletics lessons in PE and had turned in, in great numbers, for extra practices at Athletics club after school and at lunch time. With some outstanding individual performances, along with a team spirit that was second-to-none, the KHS team performed brilliantly; the boys finished in Silver medal place and the girls took Gold! Next year I know the boys will be even more determined to finish in first place to make it double Gold.

Well done to all pupils who took part and thank you to Mrs Carey who was a great team manager, cheering everyone on.



MUGA and Tennis Courts

The playing surface of the old tennis court carpet was in serious need of replacement. It had been severely damaged by years of use and extensive football being played on its surface (which was not the intended use of the space). It was originally installed by the local authority to cover up an existing concrete playground and had reached the end of its permitted lifespan.

We were thrilled that both our local charity SPARK and the Ropes Charitable Trust offered to part fund the refurbishment project, so students and external clubs could continue to use such a valuable and floodlit space. The work was completed over the Easter holidays to minimise disruption to curriculum lessons and before the exam season started.

Pictured below left to right:

Mr Finch, Nick Francis (SPARK Secretary), Judith Francis (SPARK Treasurer) and Mr Legg



By Mr Legg

Royal Academy of Arts

Taking inspiration from the annual Summer Exhibition (<https://www.royalacademy.org.uk/summer-exhibition>) the Young Artists' Summer Show is an opportunity for young artists aged 4 - 19 years to exhibit their work online and on-site at the Royal Academy.

Every year the Royal Academy of Art in London put on a summer show of young artists' work. The Royal Academy is one of the most prestigious art universities in London and to be able to exhibit in one of their shows is an amazing opportunity.

All of the artworks are viewed and judged by a panel of experienced and passionate artists and arts professionals, who work together to select which artworks will be shown online and in person at the Royal Academy from 18 July. Sophie Ringland and her painting of a Suffolk landscape has made it into the exhibition in the Royal Academy and Annika Bilchev's painting of red peppers has been accepted into the online gallery. Both paintings shown below, along with other entries:



By Miss Hatcher

Sensory Garden

Kesgrave High School was really proud to be awarded grants from both Tesco's and SPARK towards our Sensory Garden. The garden is a small sanctuary away from the bustling crowds of the rest of the school. It allows our students a quiet, peaceful, tranquil place to be able to regulate their emotions.

A number of our students have benefitted from the refuge it provides; not only students with special educational needs but also students working with Student Support Officers and Emotional Literacy Support Assistants.

The garden is tended to by two of our dedicated Teaching Assistants, Sally Peckham and Lyn Last, and our LifeSkills students, who have started learning about gardening for their BTEC in Vocational Studies. They have used the garden to teach the students about weeding, planting, taking cuttings and suchlike. Many students have started to enjoy the space that is provided, and I know many more will for years to come. We have, in recent weeks, implemented a plot for herbs and leaves and now are proud that our lettuces have come to fruition ready for consumption.



Kesgrave Primary Maths Challenge

Our annual Kesgrave Primary Maths Challenge took place on Wednesday 14 June, when we welcomed teams from Birchwood, Bucklesham, Cedarwood, Gorseland, Heath, Martlesham, Nacton and Waldringfield Primary Schools to join us for an afternoon of maths challenge and fun. This year's event was our largest so far, so help from Year 10 prefects and all the Maths Department staff was very much appreciated.

We started the afternoon with a fairly gentle, but tricky "group round"; then it was the "speed round", which kept everyone on their toes. The ever popular "logic round" followed, then we had a quick summary of the scores before starting the final round.

We finished off the afternoon with the much anticipated "dragon relay" where teams won a piece of their dragon for every question they correctly answered, the longest dragon winning the round.

All 11 teams worked really hard, and it was great to see their enthusiasm, effort and enjoyment. The hard work paid off for the team "Second the best" from Cedarwood Primary who came out in first place, closely followed by the team from Martlesham Primary. Well done to all the team members who were a credit to their schools.



By Mrs Excell

UKMT Junior Maths Challenge

Our Year 7 and 8 students had their turn at the UKMT Maths challenge at the end of April in the Junior event. This is the first time that Year 7s have had a go at this sort of challenge and they put in a super performance. Congratulations to Emma Trill who won a Gold certificate and Best In Year. Great performances by Finin Anderson-Hurst, Millie Ashworth, Alfie Dorset, George Garfield, Lara Last, Holly Moyes, Ellis Perkins-Abudu, Emily Severwright, Sarusan Thasan and Leila Trevallion earned them Silver certificates. Fabulous first attempts from Sofia Bowers Palencia, Freya Clark-Whinney, Oliver Copping-Woods, Caleb Eldridge, Harley Green, Francesca Hancock-Ward, Christina Liew, Jasmine Lowery, Samuel Read, Joshua Shanks, William West and Noah Wiseman earned them Bronze.

An exceptionally strong performance from Year 8 saw Lily Parr claim a Gold and Best In School; this meant that she qualified for the prestigious follow-on Kangaroo round, along with our next two high-scorers, Joshua Beards and Alexis Ramsay. Gold certificates were also awarded to Dhanya Balakrishnan, Lelani Brink, Jamie Crouch, William Deer and Leo Mackay for their great performances. Excellent work by Eduard Blaga, Jamie Debnam, Alex Georgalas, Zane Khan, Harvey Mills, William Minns, Andreea Neamtu, Daisy Parker, Dharshini Radhakrishnan, Emily Sones, Tilly Mae Stewart earned them Silver certificates. Arrow Al-Bayati, Amogh Mahajan, Freddie Meyer-Swift, Ethan Pitt, Sanjana Rajesh, Sadhna Senthil Kumar, Millie Simpson, Avanishan Thasan and Nathan Todd all did superbly to achieve their Bronze certificates.

This Junior event starts with quite approachable questions, but they soon ramp up in difficulty, as you can see below (answers at the end of the newsletter):

3. What is the value of $\frac{1+2+3+4+5}{6+7+8+9+10}$?

A $\frac{1}{2}$

B $\frac{3}{8}$

C $\frac{7}{16}$

D $\frac{9}{20}$

E $\frac{1}{3}$

23. Regular pentagon $PQRST$ has centre O . Lines PH , FI and GJ go through O . The six angles at O are equal. What is the size of angle TGO ?

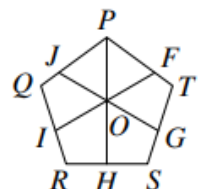
A 60°

B 72°

C 75°

D 76°

E 78°



Discovery Programme

This term, a group of Year 10 have been extending their knowledge beyond the curriculum by taking part in the Discovery Programme offered by Balliol College, Oxford.

Freddie Richer came to all the sessions and said “The discovery session webinars have been a great opportunity to gain insights into a wide range of university subjects such as neuroscience, maths, history of art, law, economics and others. I enjoyed learning about subjects that I hadn't considered before, and it has provided me with a better idea of potential university subject choices and careers. I especially enjoyed learning about History of Art, as it was something I was not expecting to find interesting, and Chemistry, where we learnt complicated models of atomic structure.”

The image displays three book covers stacked vertically. The top cover is for 'Introduction to the English Legal System' by Israr Khan, a DPhil Candidate, featuring a background of a library with floating mathematical symbols. The middle cover is for 'Animal Mimicry' by Tianqi Wang, from the Department of Biology at the University of Oxford, featuring a close-up of a colorful lizard. The bottom cover is for 'Detective Fiction: Tradition and Experiment', featuring a textured grey background and a red circular seal.

INTRODUCTION
TO THE
ENGLISH LEGAL
SYSTEM

Israr Khan
DPhil Candidate

ANIMAL MIMICRY

Tianqi Wang
Department of Biology,
University of Oxford

DETECTIVE
FICTION:
TRADITION AND
EXPERIMENT

Discovery Programme 2023
Balliol College, Oxford
Iris Pearson

By Mrs Excell

PhysX Factor

The annual PhysX Factor competition for Year 7 and 8 was held just before half-term. The challenge is to create a poster and build an interactive model to demonstrate a physics principle or an application of physics, with students presenting their work to the judges. This year's entries once again covered a wide range of topics and were all of a very high standard, which made judging very difficult.



The winners then went on to represent Kesgrave at an inter-school competition. These were:

Year 8:

1st - Alex Abbott - The Photoelectric Effect

2nd - Dhanya Balakrishnan - Newton's Third Law

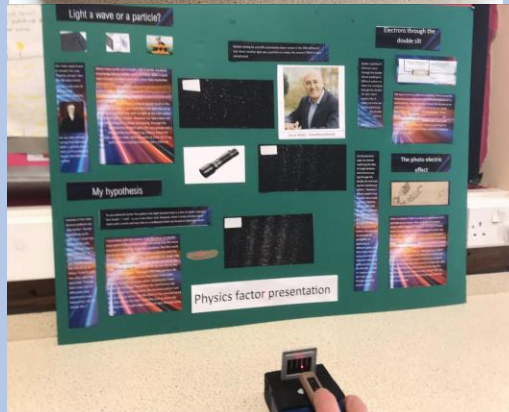
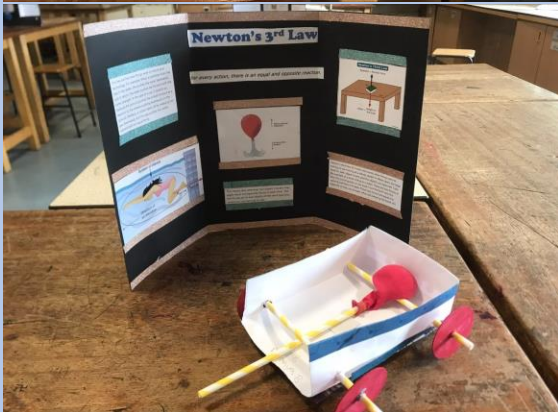
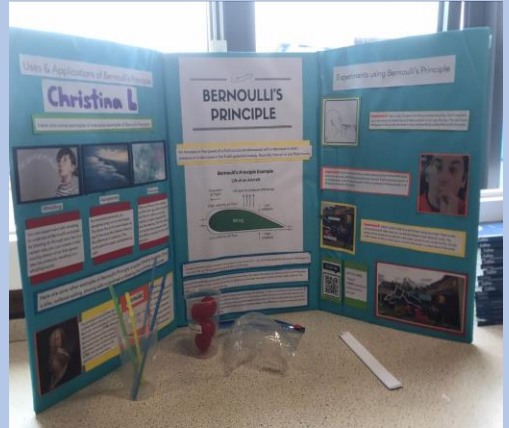
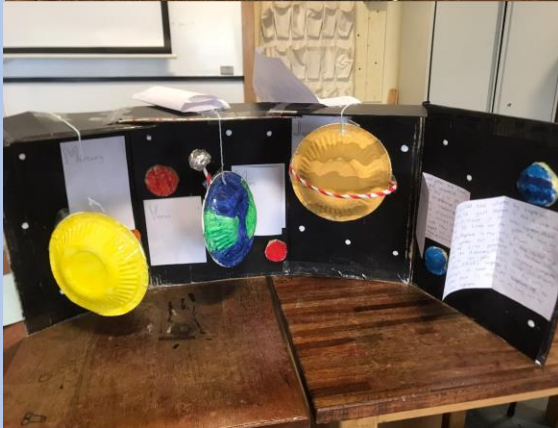
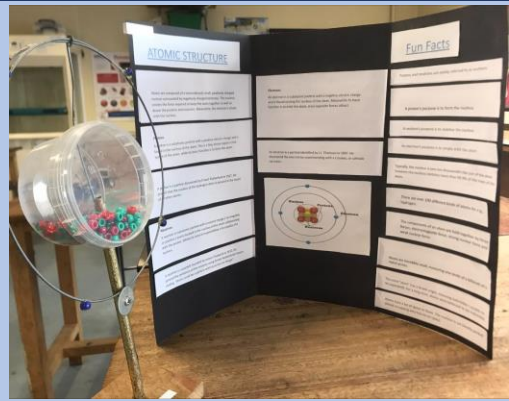
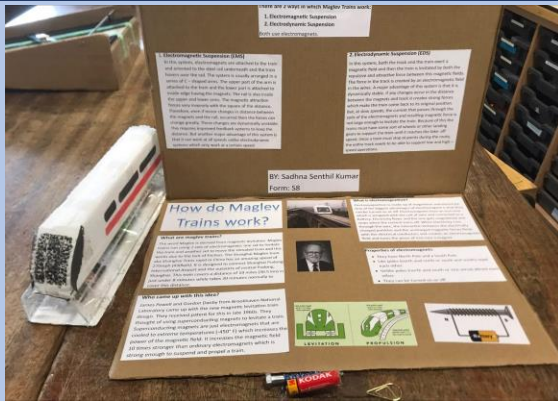
Joint 3rd - Hayden Leeks - Atomic Structure
Sadhna Sentil Kumar - Maglev

Year 7:

1st - Christina Liew - The Bernoulli Principle

The inter-school competition between Northgate, Hadleigh, Ipswich School and Kesgrave was then held here in the Thomas Theatre here at KHS, where Christina Liew won overall second prize. Very well done to all who took part.

PhysX Factor



Modelling Club

On Thursday afternoons throughout the year, a small group of students have enjoyed the opportunity to construct and paint a variety of plastic model kits. Modelling is a great way to develop fine motor skills, a keen eye for detail and, above all, patience; waiting for glue to set and paint to dry are things that just can't be rushed. Once constructed and painted, Warhammer armies can be pitted against each other in table-top battles.



German Exchange

It is with great pleasure that the MFL Department have been able to set up the German exchange once again, following a 3-year pause due to COVID, and in all honesty I think it is the best one we have ever done!

11 students from Year 10, 11 and 12 took part in the exchange in conjunction with Farlingaye High School.

Partners were paired earlier in the year and began to make contact with one another. Then, in June, the German exchange pupils came to us for a week and had a wonderful programme of activities. This started with a day at Kesgrave, attending registration, going to lessons and being with their partners for lunch and break. Pupils were given a tour of the school by our Year 12 German students (thanks to Abbey, Aidan, Ethan, Oliwia and Oscar) and had cake with Miss Upton. So impressed were they by the school, that they actually requested to be in school again the next afternoon instead of having a full day in Woodbridge!

Pupils also visited Bury St Edmunds, Aldeburgh, Southwold and Cambridge with their teachers. At the weekend, students spent time with their English host families. Some were lucky enough to go sightseeing in London whilst others had impromptu barbeques and get-togethers, including a glorious Sunday at the beach in Felixstowe. The German students were very upset to be going home with one student telling their teacher "the only thing I want is to stay in England!" Many parents also spoke to me about how much they had enjoyed hosting a student, with one parent going as far as to call it a "life-affirming experience".



German Exchange

A week later it was our turn to return to Germany. We too got to spend a day in the German school where many bleary-eyed students were shocked by the 8am start but loved the 1pm finish! We also went to an outdoor village of German life and to the Rhön area where we enjoyed summer toboggan rides. A tour of Würzburg, a visit to the UNESCO World Heritage Residenz, a reception at the town hall and a trip to the beautiful town of Bamberg were also on the programme. At the weekend pupils all did something exciting with their host families; there were late night visits to the observatory, barbecues, trips to the Kiliani festival, road trips to Nuremberg and Frankfurt, plus boat trips and cooling off in the outdoor swimming pool. Tears were shed when we had to leave and some pupils already have arrangements for return visits. Memories have been made that will last a lifetime and some friendships will hopefully go the same way.

As a German teacher, there is nothing better than to finally hear pupils using the language that they have learned in the classroom in an authentic environment. As one boy said: "this is what I have waited five years for!"

In September we will begin the process of recruiting partners to our next exchange and I hope that many take the opportunity to experience it themselves. All who went on the exchange this year would certainly testify to it being an amazing experience.



By Mrs Gwilliam

KHS Interns

Four ex-Kesgrave students were invited to come back to work with the Sixth Form Team as Interns for three weeks in July. They were invited to do this as they achieved exceptional A Level grades and have gone on to study English Literature, Law and Medicine at university. We felt that they had fantastic experiences and skills to pass on to other students. They have given one to one lessons to students who needed subject specific support and have stretched and challenged those students who are aiming to achieve the highest grades. They have also given talks on how to make a successful application to Oxbridge, supported students writing their personal statement for UCAS and have run practice interviews for Medicine and Dentistry. This has been an exciting new programme that we hope to continue next year so that more students can benefit from our Sixth Form high achievers.

Interns: Matthew Pryke, Jude Tate, Olivia Churchyard (photo) and Bradley Darbyshire



By Mrs McLaughlin

Year 13 History Trip

Have you ever wondered why you see elephant-shaped street signs on the streets of Colchester? It's not because of the zoo but because the Roman Emperor, Claudius, rode into Colchester on an elephant in AD43! It must have been quite a terrifying sight for the tribal people of the area! This was the crowning glory moment of Claudius' plan to conquer Britain and make it into a Roman province. Why did he come to Colchester? He came because it had become the most important settlement of the most powerful of the British tribes, the Catuvellauni (who had taken it from the local Trinovantes tribe). For Claudius, it was the key place to capture in order to demonstrate Roman power and to form a base from which to create a province.

We followed in the footsteps of Claudius and made our own invasion of Camulodunum – heading for Colchester Castle which is built on the foundations of the massive Temple of Claudius, another powerful symbol of Roman dominion. Only the foundations of it remain and we enjoyed a tour of these. The guide told us that Colchester Castle is the largest British keep castle because it was built directly onto the foundations of the temple. Inside the museum there are many Roman artefacts. We saw tombstones of some of the very first Roman soldiers to live in Camulodunum, which became a Roman colony for retired soldiers in AD49, making Colchester the oldest official city in Britain! There is also evidence of the destruction caused by Boudicca and her huge throng of British rebels who attacked Camulodunum in AD60, burning it to the ground and killing all the inhabitants who had taken shelter in the Temple of Claudius.



Year 13 History Trip

We also enjoyed a visit to the Balkerne Gate which was the main gateway built into the walls that were constructed after the Boudiccan rebellion and finally a tour of the roof top of the castle with commanding views across Colchester. In Roman times, this view would have included a massive chariot racing track to the south – the only one to have been discovered in Britain.

For us, Colchester really is a special place with amazing Roman archaeology everywhere and it was great to bring our Year 13 Ancient History course alive with this visit.



By Mrs Barnsley

Ballroom and Latin Dance

Congratulations to Sofia Szucsova in H9 who recently competed in the national 'Stars of the Future' Ballroom and Latin competition in London, coming first place in both the Ballroom and Latin categories for her age group, performing five different dances for each.

Sofia has been dancing for a total of nine years, currently attending Feathersteps Dance Academy, where she trains with two teachers, four times a week for up to 2 hours. Now that is commitment!

Sofia will be competing later this year in Blackpool Dance Festival; we wish her the best of luck!



By Mrs Tighe

DanceEast CAT Programme

In March, 25 students from Years 7-9 took part in four workshops led by Laura from DanceEast's Centre for Advance Training (CAT). DanceEast's CAT programme is one of nine centres in the country that offer training to talented young dancers from ages 10-18. As part of DanceEast's recruitment process for next academic year they ran several taster sessions in local schools. The workshops comprised of a technical warm-up allowing students to develop their own movement vocabulary, followed by a series of creative tasks that got them collaborating with their peers and producing some wonderfully colourful choreography!

The students clearly had an excellent time and some are now considering applying to DanceEast's CAT as a result of their experience. Laura was really impressed with the students' talents but also their focussed and mature approach to the sessions, describing them as a 'delight' to work with.



By Mr Ashworth

National Youth Dance Competition

In May, 20 students from Years 9-12 took part in a workshop led by Jena and Miriam from the National Youth Dance Company (NYDC). NYDC is England's Flagship youth dance organisation. They bring together talented young dancers from across the country to work with leading artists and create world-class performances. They support young artists to realise their potential and gain an insight into the dance profession. After a technical warm-up, students were taught a section of repertoire from NYDC's performance last year. The choreography was complex, grounded and required students to embody a very intense performance quality that pushed them outside of their comfort zone.



Students were then placed into groups and asked to work choreographically to develop ideas they had been taught and had an opportunity to teach other material they had created, helping them develop their own leadership skills.

The workshop material was of huge benefit to students and will aid them in developing their own choreographic work as part of their GCSE and A Level Dance courses. Jena and Miriam were very impressed at how quickly students were able to learn the material and their openness to trying something different.

University Of Suffolk Dance Workshop

In May students from Year 7 took part in a part in workshops led by Kaff and Katie from the University of Suffolk and DanceEast's degree programme. The workshops comprised of an energetic warm-up allowing students to work on their technical skills (accompanied by some fantastic music that got the students pumped!) followed by learning a short motif in a contemporary style. Students were then placed into groups and asked to work choreographically to develop ideas they had been taught. It was great to see students exploring creatively and developing the essential skills they will need to be successful in dance on their journey through KHS. All pupils clearly had a wonderful experience and learnt some new moves to incorporate into their own choreography. Kaff and Katie were amazed by the students' talent and said they had underestimated how good students would be at this age – clearly, they have been trained well!



By Mr Ashworth

Summer Music



Over 100 students, past and present, joined together this term in music and song. Along with our normal summer concert programme with ensemble and solo performances, there was an extra night in order to say farewell to Mr Woodley. Students from as far back as 1996 return to KHS to perform alongside current students. It led to a memorable and impressive evening of performance.




Spirituality Conference


This term, the Ethics & Philosophy Department hosted their annual Spirituality Conference for Year 10 students. Pupils were able to select, in advance, from a range of activities, many of which were offered by outside providers. The purpose of the day is to encourage students to investigate different ways of being spiritual and explore it as a concept. Activities included Yoga, Indian Dance, Egyptian Belly Dancing, Meditation, Promoting Spirituality through the Media, Karate and African Drumming. KHS would like to thank all those who gave up their time to offer these sessions to our young people. Many students came away from the day having experienced something really unique and their willingness to get involved and be open to trying something new is commendable. Below are some images of the day, including some campaign materials students produced in the Media session.




Spirituality Conference




Your eyes are the
reflection
of your
spirit



Take
a
walk
with
nature




MINDFUL.




Your Path is Endless.

**DISCIPLINE IS
THE BRIDGE
BETWEEN YOUR
GOALS AND
YOUR
ACHIEVEMENTS.**




MINDFUL.



Think of a calm place

**DON'T LET
TOO MUCH
OF YESTERDAY
TAKE UP
TOO MUCH
OF TODAY.**



Spirituality Conference



EXHAUSTION UNCERTAINTY
ANXIETY SLEEP
CHANGE PRESSURE

"You don't have to control your thoughts; you just have to stop letting them control you."
-Dan Millman

DEMANDS RELATIONSHIPS
STRESS CHANGE
SUPPORT CONTROL
ROLES

"Stress should be a powerful driving force, not an obstacle."
-Bill Phillips

Spirituality Conference



*Just be
at peace.*

F.O.I



*Just be
free.*

F.O.I



*Just stay
calm.*

F.O.I

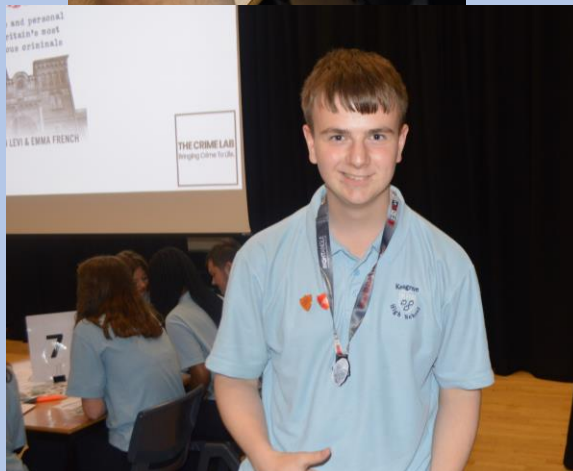


*Just stay
positive.*

F.O.I

Forensic Psychology Day

The Year 10 Psychology students had the opportunity to study Forensic Psychology for a day with ex-Scotland Yard Detective, Steve Gaskin. Now based in Norwich, Steve's company, The Crime Lab, provide interactive sessions for schools where students have the opportunity to gain hands-on experience of Forensic Psychology. Based in the Thomas Theatre for the day, the students learnt about Aggression and Crime, how to conduct crime scene finger printing, as well as taking a look at what life is like inside HMS Broadmoor. The day was fun and interactive and provided the students with a great baseline knowledge of Forensic Psychology ready for when they study the topic in Year 11.



By Mrs Hands

Cambridge Centre for Computing History

In May, Year 10 computing students visited The Centre for Computing History in Cambridge. They got to explore the museum and take part in workshops including Pi Power! Controlling External Objects (Python) and the Microprocessor Zone. Students got to see the size of memory and how it has changed over the years and used retro machines in the exhibition. They were given a tour of the museum to see the development of computing over the years and saw a typical office of the 70s. It was a great day out!



By Miss Summers

A-Level Art and Photography Exhibition

Saffron Mackay



Matilda Creton



Esme Clark



Harriet Webber



Noah Fitzgerald



Sophia Horsup



Aleyah Monk



Maya Dalliday



A-Level Art and Photography Exhibition

Olivia Hunt



Poppy James



Harriet Lait



A-Level Art and Photography Exhibition

Holly Baldock



Harriet Lait



Eve Mansfield



Millie Whatley



Esme Clark

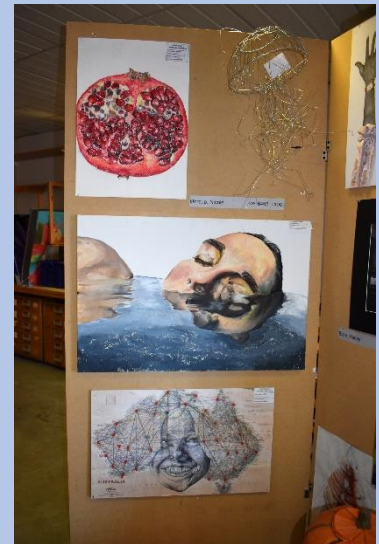
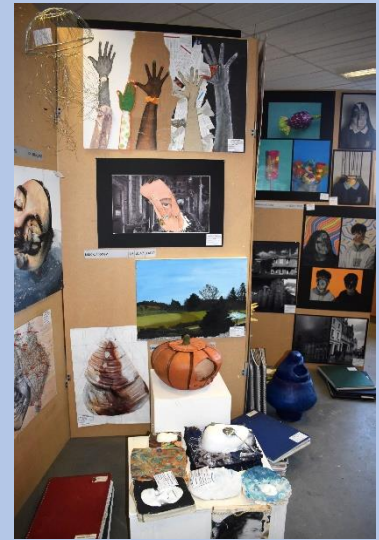
Jack Ryan



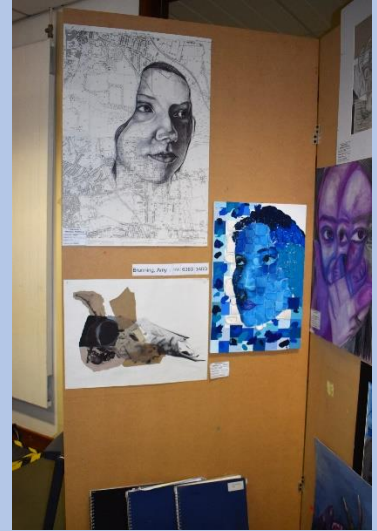
Frankie Tyler



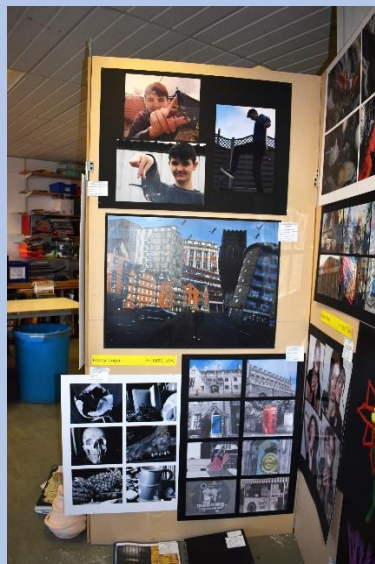
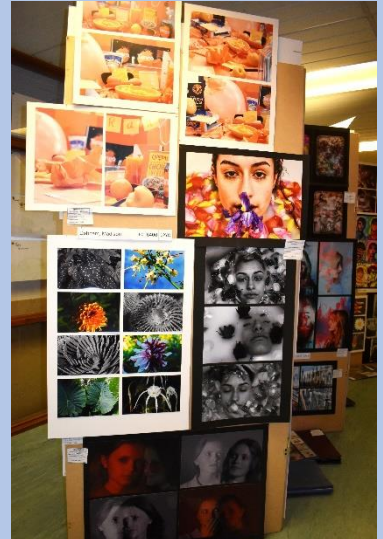
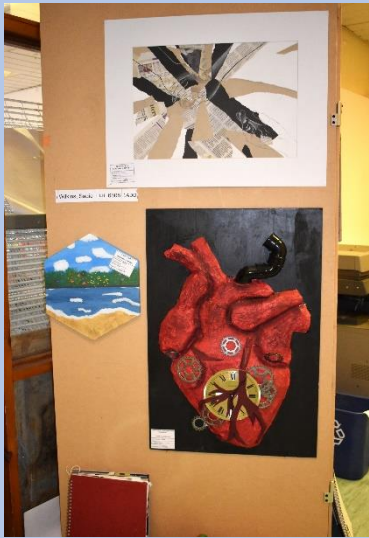
GCSE Art and Photography Exhibition



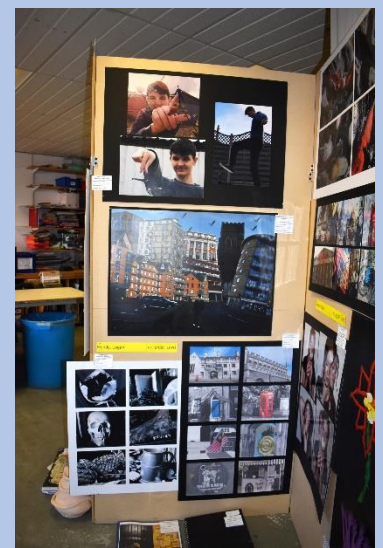
GCSE Art and Photography Exhibition



GCSE Art and Photography Exhibition



GCSE Art and Photography Exhibition



GCSE Art and Photography Exhibition



Activities Week

Once again, staff and students dispersed for the final week of term to enjoy a huge variety of activities; from cycling to retro gaming, football to Legoland, Arts and Craft to surfing in Cornwall, outward bounds to make-up tutorials. There really is something for everyone to enjoy during this week! Thank you to all the staff who worked behind the scenes to organise and lead the trips. Below are some highlights.



Activities Week



Activities Week



Sports Day

It was another successful year with students from Years 7-10 competing in a wealth of events on Sports Day, including running, athletics, orienteering and mini-Olympics. Well done to Bader for winning Sports Day and for all the students and staff, especially the PE Department, who made the day such fun!

Here are some Sports Day statistics for 2023:

- Over **130** pupils competed in the 800m races.
- Nearly **200** pupils competed in the Vortex and Medicine Ball throwing events.
- Over **250** pupils were cheered on by large crowds during the Tug of War competitions.
- Across the five Houses, **317** pupils competed in the 100m heats with the fastest 2 from each House qualifying for their respective finals in the afternoon.
- A staggering **1370** pupils completed the Millennium Mile and scored points for their respective Houses.
- Mini-Olympics – an immense amount of activity was seen across the 5 events of Standing Long Jump, Standing Triple Jump, Skipping Challenge, Ankle Skipping Challenge and Speed Mats. Over **600** Standing Long Jump attempts were made by just one House in Year 7!

And finally...

- **1** Sports Day record was broken – Regan Tuck, Year 12, smashed the Millennium Mile record, which has stood for 10 years, in a blistering time of 4 minutes 39secs!



Sports Day



Sports Day



Sports Round Up

Well done to the KHS winners of the U12 Mini World Cup. Despite the torrential rain, everyone played with great spirit and Kesgrave beat Farlingaye in the final!



It's always fantastic to hear about sporting successes that are achieved outside of school. Well done to Jo in Year 7 for recently receiving his Top Goal Scorer trophy!

Once again, Year 8 competed in the Athletics Event at Northgate High School. There were a number of students returning from last year, but a great number of students who are new to this event. Miss Mitchell and Mrs Rush were so proud of the students who represented the school, and of those who stepped into events they may have not been as confident with. Congratulations to all who took part!



Sports Round Up

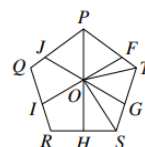
This term, Miss Malster and Miss Mitchell took a Year 7 and 8 rounders team over to Northgate to take part in their first ever rounders tournament. The girls played in a number of games and learnt so much about the game, the rules and the skills too. It was a pleasure to take the fixture and the girls should be really proud of themselves!



UKMT Junior Maths Challenge Answers

$$3. \quad \mathbf{B} \quad \frac{1+2+3+4+5}{6+7+8+9+10} = \frac{15}{40} = \frac{3}{8}$$

23. E As the six angles at O are equal, each is $360^\circ \div 6 = 60^\circ$. The five angles at the centre of the regular pentagon formed by joining each of its vertices to O are also all equal. So $\angle POT$ is $360^\circ \div 5 = 72^\circ$. Therefore $\angle TOG = \angle POG - \angle POT = (2 \times 60 - 72)^\circ = 48^\circ$. Consider triangle TOS : $\angle TOS = 72^\circ$ and, as O is the centre of the pentagon, $SO = TO$. Hence $\angle OTS = \angle OST = (180 - 72)^\circ \div 2 = 54^\circ$. In triangle TOG , $\angle TOG = 48^\circ$ and $\angle OTG = \angle OTS = 54^\circ$. So $\angle TGO = (180 - 48 - 54)^\circ = 78^\circ$.



TRAIN TO TEACH

**RECRUITING FOR PRIMARY
& SECONDARY NOW!**

eastscitt.co.uk



Visit our website or
call 01394 389178
for more information



Truly school - centred teacher training

Be trained by expert practising teachers

A welcoming and supportive environment

Over 95% of our 2021/22 cohort of trainees secured employment

No previous school experience required

**We offer primary plus a wide variety of secondary subjects'
programmes**

Bursaries & scholarships available in some subjects

**Talk to one of our friendly team to start your journey into the most
rewarding career!**

