

ISSUE 14 • SPRING 2019

HIGHLIGHTS



COVER PHOTO BY JOEL HARRIS YR13

In association with
STUDENT *life*

MEET THE TEAM

HIGHLIGHTS Magazine is brought
to you by our students
Journalism and articles by:



Emily
Hodgkin



Lily
Hall



Yanis
Kerampran



India
Thiruchelvam



Matthew
Chisnall



Niya
John



Erin
Lucas



Kitty-Boo
Capey



Abigail
Terry



Patrick
Holland



Leo
Vincent



George
Pennick



Elise
Reaville



Jake
Atkinson



Lydia
Walmsley



Mazen
Haggag



Amy
Smith

Photography by: Joel Harris and Bethany Wildon

“ WORDS FROM THE HIGHLIGHTS STAFF

This month's Highlight's edition contains a wide variety of interesting and diverse articles written by students from Years 7 to 12 who form part of the Highlights team. These young people have shown commitment, enthusiasm and pride in the work they have produced and I hope you enjoy reading what they have crafted. I am excited to have become part of this wonderful activity this term, assisting the team in the process of magazine production, starting with the generation of ideas, to drafting and re-drafting and finally to seeing the final version in print form. I would like to thank Year 12s too who have been a fantastic asset, helping the younger students with editing and checking their writing. The Highlights team is not exclusive; in fact we are keen to welcome new members. You do not have to be a perfect writer to be part of this activity – you simply need to have ideas for articles and the drive to go out and write them!

Mrs Tighe - Highlights Staff

”

Welcome To Highlights

Before I proceed further I would like to thank the HighLights team for a brilliant start to the year, however we are always looking for more pupils to write articles and submit photos. Each edition of HighLights would not work without the dedication and hard work put in by all those involved. I would strongly recommend anyone who is interested in being part of the team and furthering their English skills to speak to Mr Barber, Mrs Tighe or Miss Hunwicks.

This edition is the first edition of 2019 and is packed with multicultural traditions, step by step recipes for a delicious winter warming apple crumble and a DIY Chinese lantern page.

One of my many New Year's resolutions (which include taking up an instrument and learning a new language) is to read more. I would encourage you to try to do this too and what better place to start than with this edition of HighLights.

*Best Wishes,
Abigail Terry*



ABIGAIL TERRY STUDENT WRITER

Contents...

NEW YEAR TRADITIONS.....	4 - 5
"THIS YEAR I PROMISE"!	6 - 7
MAKING CHINESE LANTERNS.....	8
REVIEW OF FIREFLY.....	9
ELMER'S BIG PARADE SUFFOLK	10 - 11
SCHOOL COUNCIL.....	12
STUDENT LIFE.....	13 - 17
COUNTY LINES	18 - 19
GRACE HARMON INTERVIEW.....	20 - 21
ANDY BRIGGS	22
DRONE RACER BOOK REVIEW.....	23
SUPER SNACK SWAP.....	24
BOND MUSEUM REVIEW.....	25
APPLE CRUMBLE RECIPE.....	26 - 27
SPORTS NEWS.....	28 - 35



NEW YEAR

WRITTEN BY ABIGAIL TERRY

There's no denying it - New Year traditions are a big celebration that gets a whole country going but they are not exclusive to England. The whole world celebrates it - just in different and interesting ways. In this article, I am going to explore some different cultures and how they celebrate the New Year.

The Finns prefer to celebrate New Year's Eve rather than New Year's Day. A large national gathering is held in its capital (Helsinki). Songs are often sung after a speech or two are made by the city mayor. As they believe the New Year is a time of good fortune, many perform tricks to try to receive the gift of good luck. To predict the fate of their luck in the forthcoming year, a popular trick, performed annually is the giving of tin. Each person is presented with a small piece of tin in the shape of a horseshoe which is then melted into a liquid and quickly poured into a cold pail of water. The product is then carefully examined to explore the inner fate of one's

future. However, for those who would rather spend New Year's Eve with family at home, a multitude of fireworks are blasted into the night sky to celebrate the coming of the New Year.

If you like smashing things on to the ground, then you might want to join the Danes in one of their New Year customs. They will (up until the 31st of December) save all their unused dishes and invest in new ones; as long as they are made of porcelain. And when the big day comes they smash them on to the doors of their family and close friends. However, not only are plates thrown. Remember when you were told as a young child not to play with or throw food at your siblings? Well, if you lived in Denmark they would have said "Don't play with your food and don't throw it at your siblings ... unless it is New Year's Eve. Then you can do it as much as you want!" Yes, that really is a thing!

In the past, the Chinese believed that on New Year's Eve, a monster named 'The Year' came to harm mankind. That was, until it was discovered that 'The Year' is scared of the colour red, loud noises and



TRADITIONS

fire. This explains why, if you visit China, everyone will wear traditional red outfits, display lanterns outside their houses and will let off an array of eye-catching fireworks for everyone to see. Money is also given to children in red envelopes by the elderly generation to ensure a long, healthy life. This is known as the red packet. Unlike most countries, the date of Chinese New Year varies from year to year (although it often falls in between the 28 day gap of the 21st of January and the 21st of February). This is because it is based on the lunar cycle rather than our Gregorian solar-based calendar. The Chinese have their own calendar known as the Chinese calendar.

In the Southeast Asian country of Thailand, Thai people actually celebrate their New Year in April when historically the sun changes position in the zodiac. Thailand is a predominantly Buddhist country and the New Year celebrations focus on water as a central part of the festival. It is believed that water is spiritually cleansing and can wash away the past year's bad luck and negativity, so Thai people traditionally spend the three-day event visiting temples to pour water over statues of Buddha as a sign of respect and water was sprinkled

over the shoulders of elders and family members to prepare them for the New Year. However, the festival has developed over time into one of the most large-scale water fights in the world with hundreds of thousands of tourists from all over the world attending in order to experience the energy, entertainment and enjoyment of it all! It is not uncommon for both Thai people and tourists alike to blast water guns, spray hosepipes and throw buckets of water at passers by throughout the entirety of the celebrations. What a way to see in a New Year!

Whilst many cultures celebrate their New Year on different days, there are several common themes that run through the celebrations. Cleaning the homes in preparation for the New Year are often coupled with rituals to bring good fortune for the forthcoming year. The Puerto Ricans throw buckets of water from their windows to cleanse any bad juju from their homes whilst South Africans may even throw old furniture from their windows! All these rituals are often interwoven with feasts, partying and celebration.

Good luck for 2019!

January

1 Saturday

1-364
New Year's Day

NEW YEAR —
FRESH

WRITTEN BY PATRICK HOLLAND

“This year, I promise”!

About 40% of us make New Year's resolutions, and chances are, you've made one in the past. But, while many people do manage to hold on to their promises, a whopping 92% of us fail, most of these ending before February! So why are they so hard to keep? Here, I dive into the history of resolutions and find out facts and suggestions for creative resolution ideas. So, let's begin!

The History Of The Resolution:

Why do we have New Year resolutions? Both the Babylonians and the Romans would start the year afresh and pray to the

gods that they would return lost objects and repay debts in the coming year. Similarly, the knights of the medieval era would take a vow every new year as a promise to 'renew' their chivalry. These ideas have evolved over time to become the modern resolutions we know today.

Creative Resolution Ideas:

Stuck for ideas? For the past four years, the UK's most popular resolutions are to eat better, to exercise more and to save more money, which, to be honest, are all pretty boring. How about trying these new ideas?

- Help someone else achieve a goal. This can be anything: academic, physical or emotional, so long as it's positive and meaningful.
- Laugh more. This is really good as it is



Still stuck for ideas?

Visit www.smoothradio.com/quizzes/new-years-resolution-quiz to get some more suggestions.

How To Complete Your Resolutions:

Sure, setting a target is the easy part – but how do you actually follow through on your goal? Firstly, don't expect to get through it on willpower alone. The large majority of successful people have strategic, step-by-step plans for everything they do – there's a reason they are successful! As well as this, make your resolutions SMART:

Specific enough to give yourself a clear goal;

Measurable in either units or by counting something;

Attainable for you as a person;

Relevant to you as an individual;

Time-bound, as in three weeks, a year, the rest of your life etc.

Despite it already being 2019, there is no reason why you can't make a resolution to start today. So, why not make this year the one?

New Year Fact

The most common resolution made is to increase the amount of exercise one gets. It is estimated nearly 40% of people fail this in the first week and 60% fail this within the first 3 to 6 months! Don't make your goals unachievable.

proven to greatly improve your mental health and well-being. Also, laughter is contagious!

- Start a new hobby. Be it playing an instrument, joining in at a sports club, writing cartoons, dancing or painting, a new hobby can really broaden your horizons and open your mind.
- Worry less. Worry is a factor which greatly increases stress levels – so relax.
- Put a smile on someone's face. This one is easy – whenever you are in a conversation, simply ask someone how their day has been, give them a compliment or tell a joke.
- Give yourself more 'me-time'. Just snuggle up on a sofa with some hot chocolate, your favourite music and a good TV show.

MAKING CHINESE LANTERNS

By: Erin Lucas, Lily Hall, Emily Hodgkin

Do you want to celebrate Chinese New Year or just want something fun to make? Then just follow these simple instructions and make your creative dreams come true. You will only need some simple, cheap items that you can get from any shop.

What you will need:

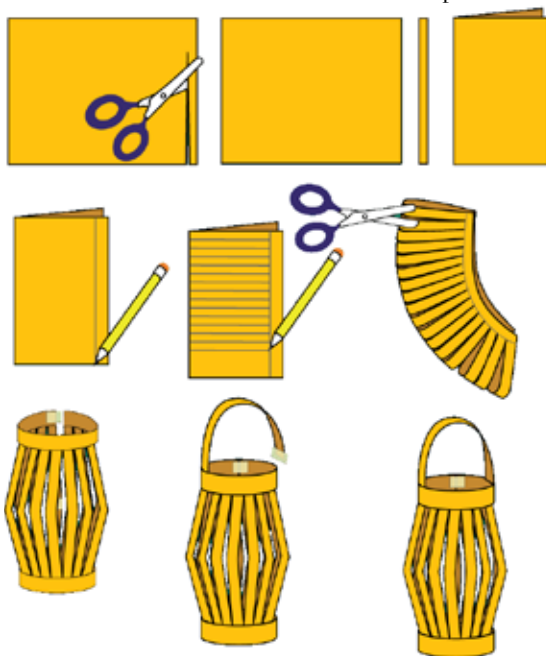
Paper or card
(preferably red or yellow as this is what the Chinese use for traditional lanterns)
Scissors
Stapler or sellotape
Glue
Ruler
Pencil

Decorations

Sequins
Glitter glue
Ribbon
Some pipe cleaners
Some decorative tape

Method

1. Start out with the A4 sheet of paper or card.
2. Cut a one-inch wide strip off one of the short sides; this will be used for the handle later.
3. Fold your bigger piece of paper or card in half (lengthways).
4. While the paper is still folded, draw a horizontal line one inch from the long edge that is opposite the fold.
5. Starting from the edge that you folded, cut a straight line from a short edge all the way up to the line you drew earlier.
6. Continue to cut more slits, about one inch apart, until you reach the opposite short edge of the paper or card.
7. Unfold your paper or card. The paper will have a number of vertical slits along the middle.
8. Erase any pencil marks or refold the crease the opposite way to hide the pencil marks.



Decorating the lantern

1. It is optional to decorate your lantern. If you want to, you can use the decoration ideas above to give you some ideas on what to add.
2. Roll your paper lengthwise into a paper tube to make a lantern shape and stick together along the long edge using sellotape or glue.
3. Lastly, you need to stick the paper strip you cut off at the start of the project for the handle to one end of the tube.

5 THINGS YOU DIDN'T KNOW YOU COULD DO ON FIREFLY

WRITTEN BY LEO VINCENT

Firefly was introduced to give students a platform to access their set homework, as well as resources from lessons. It is more eco-friendly (because you need less print-outs) and is easy to access and more convenient for the modern age.

I love Firefly because of the many features it has! If you thought you knew everything about Firefly, think again. This article will give you tips and tricks you probably didn't know about.

Why did KHS introduce Firefly?

Firefly is an online platform which can be accessed from home and school. It can be used for the following:

- *So students can keep track of homework*
- *Looking at Department resources (e.g. Music or English)*
- *So teachers can set classwork to be accessed during a lesson*
- *Parents, teachers and students can access school behaviour and attendance records*

Three phenomenal facts about Firefly!

- If you view 'More tasks due' and then click 'Done' you can go back to tasks you have previously completed. This can be useful if you accidentally marked something as 'Done' that you didn't mean to.
- **Personal Bookmarks:** This can be accessed as a hyperlink for any part of Firefly, so you can access any important content which you

need to go back to regularly. The bookmarks appear in the purple tab on your Firefly homepage.

- **Personal Task:** You can use this to set your own revision tasks and a reminder of when it needs to be done. There is a button on the homepage which simply says 'Set a personal task' which takes you to a page where you can decide on a title, description and due date, as well as add any additional photos.

Mrs Abbott's opinions

I interviewed Mrs Abbott to find out more about Firefly and what she suggests are good features to use. So let's find out what the Head of ICT and Computing thinks: Which Firefly features do you recommend?

- Planner tool is good for looking ahead at what lessons and homework you have.
- Firefly app – download onto your phone or tablet and it gives you push notifications about homework tasks.
- Tasks – for homework so that you know what to do and when it is due.

What features do you want people to use more?

- Tasks – "Mark as done" to get rid of the tasks from the task list but only when they have been done!
- Year 7 - Knowledge Organisers Page - this helps students to understand the topics covered in each subject.
- Bookmarks – for finding specific pages that you use regularly more quickly.



Photo courtesy of St Elizabeth Hospice

ELMER'S BIG PARADE SUFFOLK

WRITTEN BY KITTY-BOO CAPEY

Some of you may remember the summer of 2016 when the Pigs Gone Wild trail came to Ipswich. This involved forty decorated pig sculptures and thirty smaller sculptures, known as junior Pigs, being placed all around Ipswich for locals and visitors to the town to find. The trail, similar to the upcoming Elmer's Big Parade Suffolk, was run by St Elizabeth Hospice and once the trail was finished in September 2016, the pigs were auctioned off raising a total of £154,050 for the hospice.

St Elizabeth Hospice is a place where people with terminal illnesses or life-threatening conditions go to live the best quality of life possible, whilst gaining the support and care needed for both themselves and their families. Due to high popularity and the amount of money raised from the first trail, St Elizabeth Hospice are running Elmer's Big Parade Suffolk this year – a trail of the famous patchwork elephants located around Ipswich. In this article, you will find

out how our school is going to participate in this exciting local event.

Kesgrave High School has been selected to design and paint one of the 100 young Elmer sculptures distributed to organisations around Ipswich. The sculptures are around one metre tall and one hundred and twenty centimeters wide and are mainly being decorated by children from schools, scout groups or youth clubs. At our school, young Elmer is being painted by the charity team with a little help from Technology and Art teachers, however you could be the winner of the competition to design our Elmer! Mr Corker held a competition last term for students to enter their designs for selection. This design could have been of anything you liked, particularly something that represented our school. Students entering the competition even got to suggest the name of the elephant. Our Headteacher, Mr Burgoyne and School Council coordinator, Mr Corker will shortly be deciding on the winning design and name that will go on our final young Elmer and we are excited to learn what the KHS design will look like.

The school pledged £750 to have the sculpture and therefore needed to raise the funds for this special opportunity through charity events within school. The charity team did this through our non-uniform day in December last year. Our school received Elmer the elephant in January and we will need to have it ready in March for collection. If we finish the elephant before March it shall be on display in the Main Office for everyone to see. Upon collection, the KHS young Elmer will be taken to be put on display for the Suffolk Show in May after which the elephants will be on parade around Ipswich for twelve weeks so the public can participate in an art trail. Finally, all the Elmer sculptures will be auctioned off with the money raised going towards St Elizabeth Hospice and the wonderful work it does for its patients and their families.

Our school is very excited about decorating the young Elmer. Here are some views from members of our school community:

Photo Below: Kesgrave High School's blank Elmer ready to be decorated by our students



"It will be very interesting to see everybody's designs." **Benjamin Woodley – Year 8 student**

"I think it will be nice for visitors and the Year Six's to see." **Tia Duff – Year 8 student**

"The Elmer Project is an exciting opportunity for the pupils of KHS to not only demonstrate their artistic ability, but to help raise awareness of St Elizabeth Hospice; a worthwhile cause. I look forward to following the Elmer Parade around Ipswich and finding out our winning entry. The student body has responded well to the cause and cannot wait to see the outcome."

Miss Harrison – teacher at KHS

Overall the Elmer project is set to be a huge success and a fantastic opportunity for our school.

If you wish to find out more about Elmer's Big Parade Suffolk, please visit:

www.elmersbigparadesuffolk.co.uk

Photo Below: One of the Learning Herd young Elmer's from St Elizabeth Hospice



SCHOOL COUNCIL

INTERVIEWING

MR CORKER

INTERVIEW BY INDIA THIRUCHELVAM

Have you heard about the KHS School Council or know what it is all about? If not, you will soon find out after reading the interview that I conducted with Mr Corker, the Head of the School Council.

Hello Sir. I'm going to be asking you all about the School Council. First of all, what's the School Council all about?

The School Council is all about pupils having an opportunity to have a say about their school. At the start of the school year, I gave an option for students from every Year group to put themselves forward as there are a number of different teams to be a part of.

How big is this year's School Council?

This year's School Council is the biggest, with 38 pupils overall. As so many pupils wanted to be a part of it I had to split it up into teams!

What are the different teams?

The main teams are the Leading-Edge team; they're in charge of decisions and supporting each other. The next team is the Eco Team who focus on helping the environment. Another team is the Communications team helping pupils in keeping them informed. The last team is the Charity team who come up with ideas to raise money to help charities.



How long has the School Council been running?

The School Council's been running for over 10 years. I took on the School Council from Miss Warfield but I understand that Mr Burgoyne was responsible for it when he was Deputy Head.

Why did you want to get involved with the School Council?

In that area, I've had a passion for helping pupils having a voice in the school and a say in what's going on in the world. When I was at University I used to be in something called the Student Council which is the same thing as this, so things I saw that needed help had an impact.

What are the plans for this year's School Council?

The Charity team want to raise money and have many charities in mind and the Eco team want to keep our school tidy and more environmentally friendly. The Communications team would like to keep everyone informed and help people with any problems around school.

Thank you for letting me interview you. After all, it's really important to get your voice heard in a big school like this!

SIXTHFORM *Life*



www.student-life.co



UFFORD PARK
WOODBRIDGE

HOTEL | GOLF | SPA

Proud supporter of
SIXTHFORM *Life*



ENTERTAINMENT

ENTERTAINMENT CO-EDITOR
LOUISE DICKMAN

TOP TUNES

- ▷ **Trust My Lonely**
ALESSIA CARA
- ▷ **Trampoline**
SHAED
- ▷ **Wow.** **explicit**
POST MALONE
- ▷ **More Than That**
LAUREN JAUREGUI
- ▷ **Longshot**
CATFISH AND THE
BOTTLEMEN

Trust My Lonely ALESSIA CARA

I had never heard this song, despite it being released for 3 months when I heard it come up on my Spotify. So I take it I'm not the only one that hasn't heard this yet. But you definitely should. It sounds great and has a meaningful message behind it. She talks about our instinct to cling onto people or things that aren't good for us, even though we think they are and stresses how much better it is to be alone compared to that. She says we don't have to be afraid of being alone that we can 'trust our lonely' which I'm sure someone reading this needed to hear!

Trampoline

SHAED

SHAED is a trio I had not heard of at all until I heard this song playing, and after hearing 'Trampoline' it is one I will certainly look into more. Again, not a recent song at all and was used for the Macbook Air advert in October. I don't personally remember that despite it having a really great beat to it especially during the verses. As you probably guessed, it's about bouncing on a trampoline while the artists reminisce about doing so as a child at home. The vocalist has a very soft but powerful voice making it very memorable.

Wow. **explicit**

POST MALONE

Post Malone is, without a doubt, one of my favourite artists so I was hyped when I saw this on my discover page. It has a very catchy beat, one that definitely gets you moving. The majority of 'Wow.' is Post bragging about his success and material goods, but mostly to throw in the face of those who doubted him in the past so they can see what he has achieved. Although, he didn't really need to make a song for this, currently being one of the top artists in the world.

More Than That

LAUREN JAUREGUI

Personally, I believe Lauren is sounding much better as a soloist, making songs that suit her voice sound much better, just like the rest of previous Fifth Harmony members. There's no doubt Camila has been the most successful out of the five, but I believe Lauren closely follows especially with a song like 'More Than That'. It's a song that certainly gives off 'independent woman' vibes and is very flirty throughout. She has a very strong voice which is shown off when the beat gets louder towards the chorus.

Longshot

CATFISH AND THE BOTTLEMEN

Catfish and the Bottlemen are one of my top favourite bands mainly due to them having such a unique and distinctive sound. 'Longshot' is a very optimistic song, which makes a change for modern music at the moment. It is about going into a relationship, taking a chance with it and it all working out in the end. Lead singer Van explained how the person being portrayed in the song knew the risks of going into the relationship yet went for it anyway, and it paid off. As expected and as always, the song has a great rock/indie vibe which is always refreshing.





BEAUTY VALENTINES GIFTS

WRITTEN BY: **ROSIE STEWART** (FORMER KHS SIXTH-FORMER)

Valentines Day (or Galentines Day) is slowly approaching and a lot of makeup brands are bringing out Valentines Collections just in time. Presents can be a tricky thing to think of around this time of year, especially as we have just had Christmas out of the way. Here are some gift ideas I have come across, that you can either ask for or buy for your partner!!

Anastasia Beverly Hills is one of my favourite makeup brands. Norvina the owner seems really down-to-earth and the brand always comes across as sleek and professional. The Modern Renaissance palette may be old but it is perfect for Valentines Day.

The mixture of white shimmer, matte burgundy and beautiful transition shades make the perfect Valentines eye look – and perfect present!

Now, I've never been a massive fan of the Kylie Cosmetics collections. I have one of her lip kits but it didn't meet my expectations. I've always heard very mixed reviews about the brand and it's a bit difficult to get hold of in the U.K. However, she has recently just brought out a Valentines Collection and it is dreamy. Her collections are quite expensive as a whole package, I would personally opt for the eyeshadow palette. This has more pink tones to it and a beautiful range of shimmer shades. Please be aware that they do charge customs when you order from her!

Moving away from makeup, fake tan is a great gift to give. I'd be over the moon! It's getting even colder at the moment and that means I need a good splash of sunkissed colour on my skin. The SOSO Dripping Gold Tan is very hyped up at the moment with all the social media influencers and gives a beautiful golden finish. You can purchase it on Beauty Bay and retails at £19.95, so a similar price to Bondi Sands. This is a great present to give to make your partner feel 10/10 on date night!

Nails are probably the biggest thing I neglect in terms of beauty. I'll go and get my nails done for a special occasion but other than that, they are pretty neglected! The impress Fake Nails are adorable and a perfect alternative to getting acrylics or gels.

They are only £8 in Superdrug and are so easy to use and apply. It's mess free and you have instant results, a great gift to have a little pamper and doll up just before going out – no hassle and no mess!

Valentines gifts can be hard to think of and look for, but simple ideas like these are easy to find and can make your other half feel pampered and ready for whatever you have planned! Although chocolates and a giant teddy bear will always go down a treat as well, hint hint!



STUDYING

WRITTEN BY **ROSIE WEDGE**
(FORMER KHS SIXTH-FORMER)

Something of rising prominence throughout the past two years on YouTube has been StudyTubers; people who dedicate their channels to vlogs regarding how they study, exam advice, and so forth.

Whilst in many ways these channels have their benefits, and played a large role in my first year of A Levels, I now see them as something that, if done incorrectly, can be damaging for the audience.

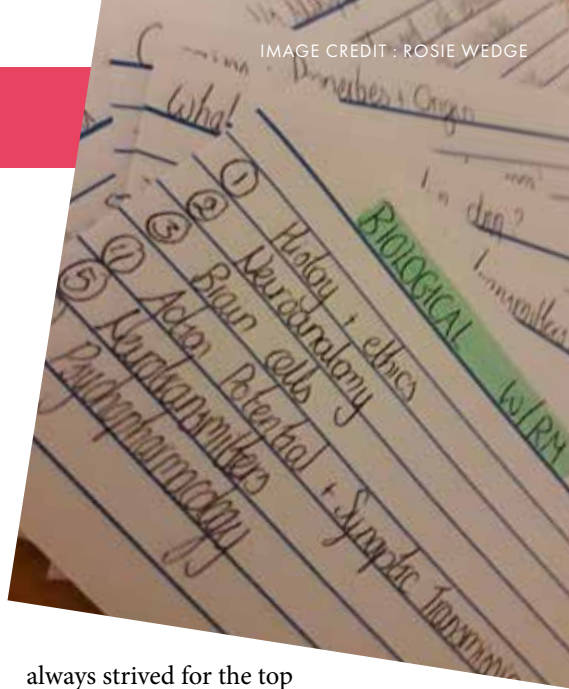
If you are not aware of the StudyTube community, there are several channels on YouTube dedicated to studying, with over 100k subscribers. Many people, including 16 year old me, found these individuals very influential, and found that they spurred me on to keep dedicated to my studying. However, one thing that soon came to my attention, was how this influence to succeed became over-whelming and started to have a negative impact. 9/10 of the successful StudyTubers are straight-A/A* students. Of course, there is nothing wrong with this; they worked hard and dedicated their time to this.

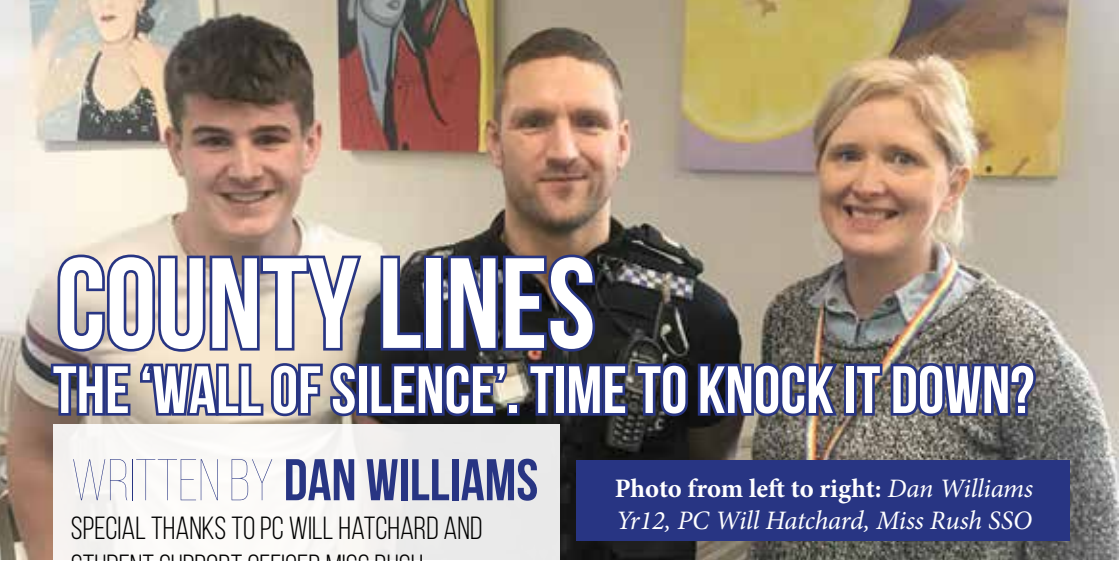
A popular video amongst these individuals is to do live reactions of them opening their results, which I personally find to be dangerous for viewers' self-esteem.

I've watched countless videos of these individuals get A* in all but one subject, in which they get an A, then cry on camera about how they've failed. Now, as someone who received good grades in school, and

always strived for the top grades, I understand the upset you may feel at not getting the grade you want. However, this is still a phenomenal set of grades, and when people who are not used to getting A* in everything see this content, it can be so devastating for them. For the people who worked hard, to get a B or a C, watching these reaction videos can make them feel even worse about themselves, when you really shouldn't feel upset. B and C are still fantastic achievements, and too many times have I seen people upset with this because they've compared their results to that of a StudyTuber, and are no longer happy with their grade just because they got lower than those online.

I personally do not recommend consuming this content around your exam periods, at all, because sometimes the way in which this content is created can be negatively influential. What matters is that you do your best, regardless of how other people do. Achieve your potential, and don't view your success in the light of other people's.





COUNTY LINES

THE 'WALL OF SILENCE'. TIME TO KNOCK IT DOWN?

WRITTEN BY **DAN WILLIAMS**

SPECIAL THANKS TO PC WILL HATCHARD AND
STUDENT SUPPORT OFFICER MISS RUSH.

Photo from left to right: Dan Williams
Yr12, PC Will Hatchard, Miss Rush SSO

It is a threatening subject to all of us.

Spoken about in the media, news and in general conversation, drug dealing is becoming more of a problem within our society. However, when conversation turns to 'County Lines' people will fall silent. This is because at Kesgrave High School, we just aren't exposed to the problems caused by County Lines.

County Lines is a term used to describe the movement of drugs from big cities into more remote areas of the country. This creates a problem for police as it is achieved covertly due to the organisation of gangs who use their detailed crime networks to supply drugs all over the country. But there's an even bigger problem. Children as young as 11 years old are being exploited by drug dealing gangs. They take advantage of vulnerable children- those who are homeless, living in care homes or trapped in poverty. This results in what is known as 'the wall of silence'. Often thrown about as if it has no meaning, the reality is, people hide

behind this 'wall' because they're scared, vulnerable and have nowhere else to turn. Now is the time to break the wall down.

We all sit here believing we are innocent to any danger because it seems so distant to us. But it is happening.

It's happening in Ipswich and areas even closer to us. In Kesgrave, it's easy to just assume we're immune to getting involved; we're not.

Will Hatchard, a police officer in Ipswich's safer neighbourhood team, and also involved in tackling gang crime within Ipswich said, "Ipswich is one of the hottest areas in Suffolk for the supply of class A drugs... we think Ipswich is remote, but I don't think it is anymore. It's incredibly easy to sell drugs now." Due to this, we must become aware of the problems and educate children, so they don't get caught up in the distressing events caused by drugs and gang culture. The harrowing reality of children as young as 12 being caught up in drug dealing

is frightening. Will also said he has seen “very young people from about the ages of 11-14 who hang around with our local gangs and sell drugs.” Imagine innocent Year 6 and 7s being used to sell drugs-how wrong is that?

A point Will made very clear was the children who get involved with drugs and gang culture tend to be from socially deprived homes. Of course there are exceptions, but gang members will look to exploit children who cannot afford to buy the stuff they want. They gain the trust of the children by buying new clothes or shoes for them. If they ‘pass’ the test and don’t tell anyone, the young children are made to feel as if there’s no way out. Vulnerable, young children are trapped behind a ‘wall’, with no way of telling anyone. This needs to change, now.

Associated with campaigns to stop County Lines is the catch-line “County Lines: National issue, local problem” To solve this ‘local problem’ we need to make more people aware of County Lines and the problems of drug dealing. This is why at Kesgrave High School there has been an extensive drive to educate students by making them aware of this ongoing issue. The school have put on ‘Theatre In Education’ performances which demonstrated aspects of gang culture, the consequences of using drugs, and the vulnerability of children being exploited by gang members. These performances gave students a powerful and informative insight. One Year 8 student said the performance on County Lines was “eye-opening and educational.”

Miss Rush, the school’s senior support officer and safeguarding officer, took a

group of students to the University of Suffolk, where 120 students from 12 schools from across Ipswich and Suffolk attended the ‘Making good choices conference’. Many of the speakers had experiences of gang culture and had been involved with drug dealing. The speakers spoke with complete honesty, making the students understand the consequences, in the hope that they learn from the speakers’ mistakes. The ‘Making Good Choices’ conference therefore provided the perfect insight for students to understand the problems and severity of this issue.

The school is also very keen on delivering and embedding this very topical issue into their PSHEE programme so students receive a high quality of education in topical issues such as County Lines. Miss Rush said that the PSHEE curriculum “has been developed further to cover links around knife crime, gang related behaviour and coercion.” These sessions mean students know what to do should they feel vulnerable or exploited and where to go to for support.

A key point must be raised though. Why would anyone want to do it in the first place? You put the chances of having the best opportunities in life at risk. There’s always a choice though. Do you involve yourself with the wrong people, get money quick, but ruin your life? Or do you earn it through the honest route, like everyone else?

This leads us back to the ‘wall of silence’. All the work done by schools, charities and the police is slowly chipping away at that ‘wall’, knocking it down bit by bit, allowing vulnerable children to be heard.



GRACE HARMON AND HER LOVE OF MUSIC

WRITTEN BY **NIYA JOHN**

Who is Grace Harman, you may ask? Well, she is a Year 12 student with a striving passion for music and an eagerness to share her thoughts and experiences on her love of classical music and her recent opportunity to sit in the orchestra pits of two London theatre shows. I have been given the chance to interview Grace and discover more about her experiences and aspiring talent.

What instruments do you play?

‘I play the trumpet, violin, piano and cornet’

What was your recent experience like with a real pit orchestra?

‘I sat in at two West End shows in London in the orchestra pit; it was really cool! This was a very fitting experience as I enjoy musicals and one of the musicians in the trumpet section where I was sat plays for Strictly Come Dancing. There were two cameras, one on the conductor and another on the stage which allowed us to see clearly what was happening during the show and

they played a variety of different styles of music.'

How big was the stage and the orchestra?

'The stage was a lot bigger than I was expecting and there were about 15 musicians who all doubled up on instruments so one person could be playing 4-5 instruments!'

How did this opportunity come about?

'I took the initiative to plan and organise this myself as I wanted to gain some experience on what it would be like so I emailed one of the musical directors.'

What genre of music do you play?

'I'm more of a classical player and play with the Suffolk Youth Orchestra which is an orchestra for 13-18 year olds of Grade 6 standard and above. That is really fun as we get to tour a country abroad each year and play in prestigious concert venues.'

What inspired you to get into music?

'My parents aren't really musical; I just took it up in primary school and continued to become more interested in it. But I would say that the past few years is when I've wanted to do it as a proper career.'

Music is quite tough so what made you want to continue?

'I really enjoy playing and have stayed committed, as well as moving up all my grades. Most people find practising hard so you do need to stay very dedicated. The musicians I sat with in the orchestra pit in the West End said how the whole career

path is quite tough in itself because there is so much competition to get into it. More recently I was asked by a local classical magazine to write an article about my experiences.'

What advice would you give budding musicians?

'You need to practise a lot and have the passion and commitment to do it. As well as listening to the music you enjoy, you will need to have a broad style range with new and different genres you haven't heard of before. Also, the right resources would help you and sticking with lessons and exams.'

Would you say this field is expensive?

'Some music lessons don't come cheap and you might end up spending a lot of money so I would say you need to know that you want to take up music. You can get second hand instruments which is quite good as they aren't as expensive, then you can slowly progress up to the better ones.'

Do you look up to any famous musicians?

'I recently got the opportunity to meet Mike Lovatt, one of the UK's leading trumpet players and he was absolutely outstanding, so I really aspire to play like him.'

Do you have a talent? Would you like to showcase your success with the school?

If so please come and see the HighLights team.

ANDY BRIGGS

WRITTEN BY YANIS KERAMPAN

A while ago, an author, screen writer and graphic novelist called Andy Briggs came to talk to some of us in the hope of changing the views of some about reading and to show that being an author is maybe not as boring as you may think. He told us a bit about his childhood and why he loves what he does now.

Surprisingly, as a child, Andy found reading and writing quite boring, although he found that he loved comics and graphic novels. Stories surrounding dragons and fire were one of his main preferences. He would often spend his money on junk like x-ray glasses and invisible helmets and obviously, nothing worked and most were just illusions. However, it inspired him later on in his life to write his most recent series, INVENTORY.

Andy also told us about his life as an author. If you thought that all authors do all day is sit and stare out of a window waiting for an idea to write about, you're wrong! Andy Briggs once read Tarzan and wondered what it would feel like to ride an elephant. He went on the internet and to his local library to find out how riding one would feel, but soon became bored. Instead, he decided to actually go to Africa to experience it in reality! After that, he wrote about it in one of his books. He also climbed a volcano, felt

the heat and observed the steam coming from the floor. He witnessed the lava inside the volcano and wrote about it in another one of his books. Throughout his career, he's already met scientists and spies, as part of research for his books. He once wondered what a gorilla smelt like.....you can work out the rest! Andy is a graphic novelist too, which means that he writes the storyboard for comics before an artist comes and illustrates them.

Andy Briggs recently found he had an interest in drones, which inspired him to write his latest book, Drone Racer. He told us that in America, Amazon have already tried to deliver by drone! If you're interested in this book, be sure to read the review in this edition of the Highlights Magazine.

Amongst his most interesting series are Hero.com and Villian.net which are about a group of friends who stumble across a website where they can download superpowers for real-life. To add to the excitement, characters jump from book to book to keep you reading. He has also worked on comics such as Dinocorps. Now, if you want to become an author just like Andy Briggs, here are his top tips for budding authors:

1. *Finish what you start.*
2. *Go and see your librarian and show them your work.*
3. *Post your work online and get it out there!*

Remember, whatever job you might have in the future, if you wake up with an idea, write about it. Batman's creators (Bob Kane and Bill Finger) died millionaires because their one good idea of Batman became famous! And whatever you read, don't read for the words, read to experience the story.

DRONE RACER REVIEW

WRITTEN BY YANIS KERAMPRAN

Drone Racer by Andy Briggs is his most recent book and the perfect novel to begin the year with. This action-packed story is about Carson and his two best friends, Trix and Eddie, who together are the Carsonators. They love drone racing, although Carson's dad doesn't approve of it.

At the beginning of the summer, they enter a drone race in a car park and accidentally get their drone smashed! They know the summer will be no fun without a drone to race so they decide to let Carson illegally search the scrapyard for some parts that Trix (the brainiac of the group) can fix the drone with.

By surprise, Carson finds a drone that can go really fast – and also has a few other abilities.....but as this is a spoiler-free review, I mustn't tell you. The drone is in great condition and it's almost too good to be true!

With this drone, Carson and his friends can win big prizes in racing leagues (similar to the real-life ones that you can read about at thedroneracingleague.com) - but this stunning drone has a backstory.....and someone mysterious wants it back!



This page-turner will keep you on your toes as the adventure unravels before your eyes. Watch as the Carsonators experience their ups and downs in their hope to succeed and never give up on their dreams.

Andy Briggs has stuffed the book with all his humour and fun to keep you reading, yet it still has some emotional parts. This book is perfect for you if you are looking for something fresh and new.

Some quotes by KHS readers:

"I like the book as it tells us what the future might be like". Owen A, MN7

"This was great! It used vocabulary different to the normal children's books. It was also very thrilling!" Noah W, TI7



SUPER SNACK SWAPS

WRITTEN BY KITTY-BOO CAPEY AND PATRICK HOLLAND

Grape sorbet

For this super simple recipe all you need is grapes; that means no added sugar making this snack extremely healthy. Put your required amount of grapes in the freezer (one portion of sorbet needs seven grapes). Leave these in the freezer for 1-2 hours. When your grapes are completely frozen, taken them out and put them in a blender. Once blended, spoon the grape sorbet into a bowl and serve. If you are not immediately serving the sorbet, keep it in the freezer.

Fruit pizza

This delicious snack looks and tastes amazing! Start by cutting up watermelon to make large watermelon circles; these will be the base of your fruit pizza. Prepare some other fruit to make toppings for the pizza: some particularly tasty options are strawberries, raspberries, blueberries and pineapple. You can stop here and add all your toppings onto the watermelon circle, then enjoy or you can also cover the watermelon circle in fat free yogurt and place your chosen toppings on the pizza.

Ice-lollies

Ice-lollies are jam packed full of sugar, making this recipe ideal as it's easy to make

and super healthy! To make these you will need a plastic, recyclable water bottle and lolly sticks. Begin by cutting the water bottle in half; use the side with the lid on and recycle the other half. Get your favourite fruits and put them in a blender, some tasty options are watermelon, mango, strawberry and kiwi. If you don't want to blend your own fruit, use fruit juices instead but remember to check you're using a juice with no sugar or no added sugar, keeping this snack healthy. Pour your juice or blended fruit into your newly made mould, making sure the lid is screwed on tight enough. Put your lolly stick in the middle of the filled mould and place upright in the freezer for 2 hours. Once frozen, take out and enjoy!

Celery and peanut butter sticks

The name of this snack may sound disgusting but this option is positively delicious! Begin by chopping up celery into small sticks. Next, put some peanut butter in the inside of the stick and store in the fridge until you're ready to eat them. This snack only has seven calories and can make you feel energetic which makes it an ideal snack swap.



HE'S BACK IN **BLACK** THE BOND FILM MUSEUM, LONDON

WRITTEN BY **MATTHEW CHISNALL**

On the 29th of November 2018, Year 10 students doing Media Studies for GCSE were treated to a fantastic trip to London to experience a museum that showcases all the props, cars and gadgets from the legendary book and film series, James Bond! Bond films are studied as part of the Media Studies GCSE, as well as in Film Studies GCSE so this trip enabled students to develop their knowledge of the franchise history.

Spoiler Alert: if you want to see everything for yourself then avoid the rest of this article.

The Bond Film Museum is awesome for both newcomers and regular James Bond fans. Some of the things you might come across in the museum will give any James Bond fans some nostalgia and insight into the films.

I saw the car used in the James Bond film Spectre and Bond's suit which was as black as the night! I even saw a trashed version of the car which, of course, looked extremely damaged which suggests either that they literally destroyed the car or it is a really amazing special effect. Going down memory lane, there is a realistic mannequin and a vehicle from one of the older James



Bond films and there was a Lego version of the Aston Martin, the brand of all of Bond's cars.

There were also some posters and storyboards of the James Bond films and also some props like passports belonging to Bond including weapons such as his gun. As well as the museum, there is a mini café where visitors can sit down and eat the food they buy there. Near the café, there are some of the bikes that were ridden in the Bond films; I recognised two of the bikes from Skyfall.

In my opinion, although I am not much of a James Bond fan, I still enjoyed the visit. While the museum is small, it is definitely worth a visit, especially if you are a James Bond fan yourself. For those that are interested in visiting yourself, the museum is located at 45 Wellington Street, Covent Garden, London WC2E 7BN.



APPLE CRUMBLE

A Winter Warmer

Do you want something to do when it is chilly and wet outside or you are hungry and cold? Well then follow this simple and fun recipe and send your boredom out of the window!

METHOD

1. Preheat the oven to 190°C/375°F.
2. Peel and core the apples, then quarter and cut into chunks.
3. Put the apples into the pan with the sugar and one tablespoon of water, then cook over a very low heat for about 5 minutes to soften slightly stirring occasionally.
4. Tip the softened apples into an ovenproof cooking dish, with enough space for the crumble mix to sit on top.
5. Next, place the flour and oats into a separate bowl and mix together. Chop the butter into small cubes and add this to the oats and flour.
6. Rub the butter into the oats and flour with your fingers until it resembles a crumb texture.
7. Add the sugar to the flour mix and stir through, then cover the fruit with the crumble mixture.
8. Bake in the centre of the oven for about 20 minutes or until golden on top and cooked through.
9. THEN ENJOY! (if you like custard, you could pour some on top)

INGREDIENTS:

For the filling

400g cooking apples

50g caster sugar

For the crumble

35g wholemeal flour (or

you could use plain flour)

35g rolled oats

35g unsalted butter

20g caster sugar

Easy to make

Cooking time 20 mins

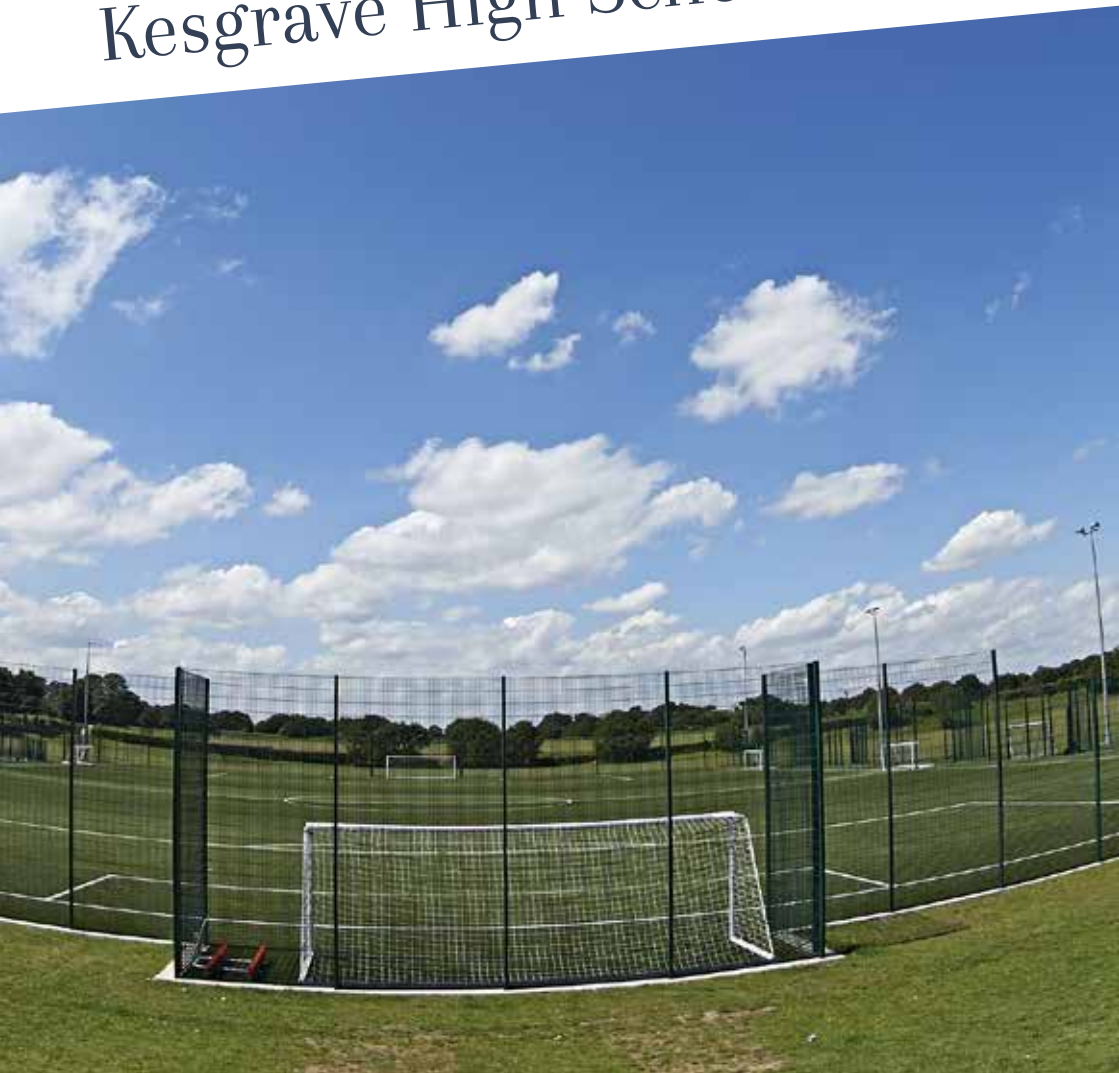
Enjoyed with custard or cream

Recipe by:

- Erin Lucas
- Lily Hall
- Emily Hodgkin

SPORTS NEWS

A round up of all the latest sporting success at Kesgrave High School



FOOTBALL RESULTS

In October the Year 8/9 boys finished as the winners and runners up in the Rotary Club of Felixstowe Community Cup at ITFC.

Both teams played extremely well, winning all their group games and semi-final clash, whilst conceding 0 goals to face each other in the final. The year 9 team eventually won the very well contested game on penalties after a 1-1 draw in normal time.

Very well done to every student involved.

Player of the tournament: *Reuben Swann*

Under 12 Boys

Kesgrave 10 – 3 Harwich & Dovercourt

Players of the match – *Thomas Argeles-Stuart, Blake Denny*

Too many scorers to mention!

County Cup result

Kesgrave 5 – 1 St Albans

A really good performance against a strong St Albans side. Well played boys!

Players of the match:

Jake Howells and Tristen Yule

Under 13 Boys

ESFA National Cup Round 2

Kesgrave 5 – 0 Claydon

Player of the match: *Aaron Okpolokpo*

ESFA National Cup Round 3

Kesgrave 12 – 2 Thomas Mills

Excellent performance from all the boys, including a brilliant penalty save and overhead kick goal.

Players of the match: *Reuben Swann and Mackenzie Travis*



Photo above: Callum Brooks, Ben Batho, Josh Moore, Reuben Swann, Mackenzie Travis, Sam Gill, Finn Mills, Aaron Okpolokpo, Owen Markham, James Markham, Euan Fisher, Cameron Young, Toby Dean, Matt Mullis, Matt Webber, Jimmy Williams

ESFA National Cup Round 4

A disappointing result last night with Kesgrave losing 3-2 to a good Sir John Leman side.

Kesgrave had much of the possession and created some very good opportunities but couldn't find the finishing touch and conceded a goal late on in the second half from which they couldn't find a response. The boys all played really well and played some excellent football but just couldn't make their chances count.

Goals: Mackenzie Travis, Noah Gillings

County Cup Round 1

Felixstowe 0 - 11 Kesgrave

Player of the match: Reuben Swann

County Cup Round 2

East Bergholt 1 - 2 Kesgrave (After extra time)

A difficult game for our U13 boys away from home. A quick goal in the first half from Mackenzie Travis, was cancelled out later by an equaliser. The team battled and worked very hard in the second half but could not create a clear goal scoring chance taking the game into extra time! In the first minute of extra time Aaron Okpolokpo scored the winning goal straight from the away teams kick off. The boys then held out against a good East Bergholt side, demonstrating passion to hold on to the result. The boys showed a lot of character and demonstrated excellent team spirit and togetherness. A well contested victory for the boys to savour.

Player of the match: *Finn Mills*

County Cup Round 3

Copleston 2 – 7 Kesgrave

After conceding 2 early goals, the boys played brilliantly and outplayed the opposition to record an excellent 7-2 victory. All the boys played incredibly well and showed real class and a brilliant mentality to come back from 2 early goals to dominate the game.

Player of the match: *James Markham*

Under 14 Boys

County Cup Round 2

Kesgrave 8 – 3 Hadleigh

Goals: Dimitri Gayle – 4, Matt Mullis, Jimmy Williams, Ben Syrett, Joe McNeil

Player of the Match: *Dimitri Gayle*

Under 15 Boys

County Cup

Kesgrave 7 v 1 Westbourne

Goals: Harry Greenhalgh x 3, Sam Donnelly x 1, Harry Haste x 2, Tom Humphrey x 1

Players of the Match: *Harry Greenhalgh and Sam Donnelly*

Under 16 Boys

ESFA National Cup Round 1

Westbourne 2-3 KHS

Goals: Patrick Ashton x 2, Charlie Hudson

Players of the match: *Charlie Hudson and Ben Hunt*

ESFA National Cup Round 2

KHS 3 – 1 Farlingaye

Goals: Euan Lister, Mason Sinclair, Patrick Ashton

Player of the match: *Matt Thomas*

ESFA National Cup Round 3

East Bergholt 2 – 3 KHS

A very unusual game! After 10 minutes we were 2 – 0 down and finished the half strongly but still behind at 2-1. The game could easily have been lost without some calm players, particular mention to Matt Bloom and Euan Lister for doing this when they came on in the second half,

so it was pleasing to see the side finish well after scoring two more goals to take the lead. A very good Bergholt side nearly knocked us out of the ESFA cup but we are through to another round and will be playing Bungay High School in the very near future!

Goals: Ben Hunt, Ronnie Harris, Patrick Ashton

Players of the match: *Ben Hunt, Jacob Thomas*

Under 18 Boys

County Cup Round 2

Kesgrave 4 - 3 St Joseph's

Goals: Lewis Dyer x 3, Josh Howe 1

County Cup Round 3

KHS 5 – 1 Northgate

An excellent team performance. All players worked well and achieved a thoroughly deserved win. Player of the match Bradley Pack and Captain John Steel were outstanding in their communication and organisation of the team.

Special mention also goes to Harry Tuck for his fine hat trick in the second half! Goals: Lewis Dyer, Josh Howe, Harry Tuck x 3

Players of the match: *Bradley Pack, Jaryd Challis*

Under 13 Girls

ESFA National Cup Round 1

Kesgrave High 2 – 1 Debenham High

Goals: Emma Drake and Rhiannon Evans,

Player of the match: *Katie Yorke*

ESFA National Cup Round 2

Westbourne 1 – 3 Kesgrave

A really hard fought victory with two very able sides playing attractive football and in the right spirit.

Goals: Kimberly Stock x 2, Lottie Barker x 1

Players of the match: *Kimberly Stock and Lottie Barker.*

County Cup

Kesgrave 3 – 1 Copleston

Goals: Emma Drake x 2 and Kimberly Stock

Players of the match: *Emma Drake and Hannah Nilsson*



Photo above: Under 13 Girls in the new football kit

County Cup

Farlingaye 1 -3 Kesgrave

Goals: Kim Stock, Emily Buck,
Emma Drake

Player of the match - *Lottie Barker*

Friendly vs Ipswich High School

Used as a training game for both teams with Kesgrave playing two different teams in each half. All of the girls involved played brilliantly with a final score of **KHS 4 – Ipswich 0**

Goals: Emma Jezik x 2, Lottie Barker, 1 OG

2 Players of the Match due to two teams:

1. *Amy Brunning – fantastic decision making in the first half.*

2. *Emma Jezik, brilliant attacking throughout the second half.*

Under 14 Girls

County Cup

Farlingaye 1 – 3 Kesgrave

Goals: Emma King x 1, Brooke Morling x 2

Player of the match: Brooke Morling

Under 15 Girls

ESFA National Cup Round 1

Kesgrave 2 – 1 East Bergholt

In a wind affected game, East Bergholt dominated the first half and despite some

excellent defending by Kesgrave, EBHS went into the half time break winning 1 - 0.

With the wind behind us in the second half Kesgrave dominated and took camp in EBHS half of the pitch. Despite all this pressure KHS still found it hard to break down the East Bergholt defence... until Ellie Hardwick our Goalkeeper, struck a monstrous fly kick that bounced once before sailing over the keeper's head and into the roof of the net to draw level!!!! This was quickly followed by a second goal from striker Bella

Crawford who pounced onto a loose ball in the box and who fired home the winner.

Player of the Match: Yasmine Ling

ESFA National Cup Round 2

Kesgrave 2 v 1 Northgate

Goals: Bo Driver, Bella Crawford

Player of the match: Bella Crawford

ESFA National Cup Round 3

Thorpe St Andrew 0 – 1 Kesgrave

Goal: Molly Sieve-wright

Play of the match: Bella Crawford

A fantastic battling performance by the girls who beat a very able Thorpe St Andrew side. Every player gave their all today and thoroughly deserved the victory.

Kesgrave progress to round 4 of the National Cup which means they are now in the last 32 schools left in the competition. Our round 4 fixture is away again unfortunately – this time at St Ivo School (Huntingdon).

Under 16 Girls

ESFA National Cup Round

Thomas Mills 0 – 5 Kesgrave High

Goals: Bo Driver, Bella Crawford, Molly Sievewright x 2 and Rebecca Stephenson

Player of the match: Rebecca Stephenson

NETBALL RESULTS

Under 12's

Kesgrave (A) v Claydon - Lost 6 - 2

An unfortunate loss for our first ever game of Netball but some really good play from both sides. Kesgrave showed some excellent skills, and will work brilliantly together.

Player of Match: *Lottie Barker*

Kesgrave (A) v St Albans. Lost 5-4

We were away at St Albans and played four quarters of excellent netball! Unfortunately in the final quarter St Albans just squeezed in a goal to go ahead.

Opposition awarded our Player of the Match to *Tia Higgins.*

Copleston v Kesgrave (B) - Lost 2-12

Our B team started really well against a strong Copleston side. There was some excellent passing and moving throughout the game. But Copleston were strong and got the ball into the circle well.

Player of the Match: *Rachael Smith*

Kesgrave (B) v Stoke Won 4-3

Our first win for our Year 7 side was a brilliant game. All girls played really well, and showed great understanding of the game. The final quarter proved tense as it began with the score line at 2-2. Stoke then going 3-2 up, required our team to stay focused and composed which they did brilliantly. Excellent play getting the ball into the circle meant that we could secure our 4-3 victory.

Player of the Match: *Rachael Smith*

Kesgrave (B) v Hadleigh Won 10-0

Year 7 Netball team faced Hadleigh High School. Girls played absolutely excellently some lovely Netball skills, and they kept their cool when Hadleigh pushed on.

Under 13's

Kesgrave 30 - Claydon 0

The U13 netball team started the season off with an impressive 30-0 win over opponents Claydon.

Kesgrave dominated from the first whistle with prolific goals from Abi Wagstaff and Daisy Linassi. The team were held together with the dynamic movement of Drake, Evans and Nilsson in mid court positions. Hammond captained the team honourably balancing healthy competition with sportsmanship. McDonald (new to the squad) made an impressive contribution to the game and has quickly established herself to be a key player. The girls were a delight to coach and represented the school impeccably.

Kesgrave 40-1 Ormiston

Player of the match: *Opposite choice: Daisy Linassi*

Coaches Player of the Match: *Phoebe Hammond.*

Kesgrave 23 -3 Chantry

Kesgrave produced another impressive performance tonight away against a keen Chantry side. The weather was testing with strong winds and low temperatures but the team were dominant throughout the game, 6 - 1 up after the first quarter. The team continued to sink goals through shooters Abi Wagstaff and Daisy Linassi. The final score was Kesgrave 23 - Chantry 3.

Coaches players of the Match: first half - *Lily McDonald* for key interceptions and second half *Emma Drake* for holding the team together in the centre, keeping them calm and focused. Well done to all. Especially for putting up with the traffic and late return back.

Under 15's

Kesgrave Vs Ipswich

Kesgrave lost 23-15

Player of the Match: *Lily Hammond*

Kesgrave Vs Claydon

Kesgrave won 8-5

Player of the match: *Ozde Duran*

Under 16's

Kesgrave Vs Holbrook High School

Kesgrave lost 7-11.

Player of the Match: *Rhoda Oyeade*

Round 2

The second round of the County Schools Cross Country was held at Ipswich High school for the first time and proved to be a fitting challenge which was added to by the typical XC conditions of wind and rain! All runners competed with great determination and courage, braving the cold to complete the exciting course. The runners below all achieved qualification positions for the finals to held at Woodbridge school on 10th Jan. Well done to all runners this year and good luck to those going into the finals.

Runner's Results

Snowdon, Matthew	4th
Ross Hammond	6th
Ryan Grady	10th
Chole Gilbert	5th
Jason Cooper	15th
Isabella Crawford	20th
Ben Syrett	34th
Lauren Squirrell	31st
Madison Debnam	33rd
Zofia Campbell-Robson	37th
James Evans	38th

Suffolk Cross Country finals at Woodbridge School.

Once again Woodbridge School hosted an excellent cross country event, and even though it was biting cold the conditions stayed calm and dry. All runners showed great determination to attack the challenging course and apart from a few unfortunate DNF's all others finished with personal bests and results to be very proud of. Often the top 8 are selected for the Suffolk team with up to the top 20 considered as extras or reserves. A brilliant and successful day out. Well done.

Runner's Results

Ross Hammond	5th
Chole Gilbert	7th
Isabella Crawford	19th
Lauren Squirrell	33rd
Madison Debnam	35th
Zofia Campbell-Robson	27th
James Evans	39th

Hamish Crawford's success at the Special Olympics

During the Summer Holidays, Hamish Crawford (Year 10) along with two other Orwell Panthers athletes represented the East Region in Stirling, for the Special Olympics 40th anniversary games. He had a very successful competition and won Gold in the shot putt, Silver in the 50m and Bronze in the relay as well as a 7th ribbon in the turbo javelin. Following on from this achievement Hamish was invited to an afternoon reception hosted by the Mayor of Ipswich to celebrate his participation in the games.

Gold medal at the British Gymnastics finals

Huge congratulations to Leo Gaeta who back in July won a Gold medal at the Gymnastics British National Finals in the DMT category- Double Mini Trampoline! A fantastic achievement Leo, Well Done!

CROSS COUNTRY

Round 1

Well done to all the Kesgrave High School runners who took part in the first round of the area Cross Country at The Royal Hospital School on a warm and windy October day. All runners showed great determination to not only race against their peers from across south Suffolk but against the demanding and exposed course. We were very proud of all the pupils in the manner they approached this challenge and supported each other throughout a very enjoyable and successful event. Of the 42 runners, 11 qualified for the next round achieving a top 50 position. Notable finishes included: Matt Snowdon 3rd, Ross Hammond 5th, Ryan Grady 7th, Chloe Gilbert 9th, Tien Frost 10th. Huge congratulations to all athletes for representing the school at this fantastic event.

PE DEPARTMENT SUCCESS

*Exciting news for the PE department
On Friday 16th November Mr
Simmons, Mr Roberts, Mr Finch
and Miss Wright represented the
PE department at the Suffolk Sports
Awards.*

The School were shortlisted by the panel and voting was then completed by the public via the Suffolk Sport Website and Facebook app. We finished as Runners-Up to Copleston High School on the evening and would like to thank everyone who took the time to vote for us.

*"8th Place in the Top Sporting
State Schools of 2018"*

The school are very proud to have achieved 8th Place in the Top Sporting State Schools of 2018. This top 100 is completed by the School Sport Magazine and is based on more than 20 different sports and more than 120 different National competitions. Being in the top 30 means we are in the top 1% of sporting schools in the country. Our success in becoming the U14 girls Basketball Champions and the U13 girls Football team reaching the semi-finals of the English Schools Cup as well as our 5 County Cup winning teams will have contributed to this success.

The PE department are looking forward to the forthcoming year and continuing their success. Well done to all staff and students in Kesgrave who make such great success stories happen.



DANCING TO VICTORY

In November Ozde Duran (Year 10) competed in the Suffolk Dance Festival. She has been continuously improving her dances at every festival and all her hard work, patience and commitment have paid off at this particular festival. She even achieved 1st place with Distinction on her weakest area which proves that being resilient and working hard does bring successes.

Her full results as below:

1st place - Song and Dance

1st place- Character solo

1st place- Modern improvisation

1st place - Classical own choreography

1st place - Character Duet

1st place- Modern own choreography with 90 marks Outstanding which is the top mark and rarely given by Adjudicators.



As well as these fantastic results Ozde also won the Dennis Lowe Memorial Song and Dance Solo Rosebowl, the East Anglian Daily Times Choreography Cup, Festival Masks Award for Stage Presence, the Gary Avis Senior Character Cup and the 13&14 Years Aggregate Cup.



RUBY'S SUCCESS CONTINUES

Back in September Ruby had a very successful weekend at the British International Karate Open at Leicester Arena, winning gold in her category (12-13 girls kumite (fighting)) to become British Champion. She's over the moon, her hard work and dedication, and that of her coaches is paying off. She has since flown out to Berlin for the Banzai Cup competition, represented the England Midlands region in the Netherlands and been to Venice for the next WKF K1 youth league competition.

Ruby was also runner up in the Young Personality of the Year awards at the Suffolk Sports Awards for 2018, another amazing achievement!

Photographer RUNNERS UP



Kitty-Boo Capey



Bethany Wildon

CALLING ALL *Photographers*

**“Are you a keen photographer?
Would you like to have your photo
on the FRONT COVER of the next
edition of Highlights Magazine?”**

KHS Highlights are running a competition every edition, for the best image for the front cover. We don't mind what you use to photograph with, as long as the image depicts Kesgrave as a community; it can be as abstract as you like!

- You must be a student of Kesgrave High School
- You can't use any filters
- One photo to be sent only
- Photos MUST be in before the deadline!
- You must not photograph any students without their consent or photograph members of the public
- Photos must be portrait orientation

All images must be brought in digital form to Mr Barber in the Media Office

DEADLINE: APRIL 1ST 2019

Design and Layout by W Barber - KHS Media
EMAIL: highlights@kesgrave.suffolk.sch.uk

KESGRAVE HIGH SCHOOL • MAIN ROAD • KESGRAVE • SUFFOLK • IP5 2PB