

KHS HIGHLIGHTS IS PROUD TO BRING NEWS OF OUR STUDENTS TO THE COMMUNITY

ISSUE 09 • SPRING 2018

HIGHLIGHTS



SPRING EDITION 2018

COVER PHOTO BY ELLA WENDON-BLIXRUD YR7

In association with
STUDENT *life*

**MEET
THE
TEAM**

HIGHLIGHTS Magazine is brought to you by our students

Journalism and Photography by:



Harry Tibble



Regan Tuck



Arun Maudhoo



Lushan Maudhoo



Kitty-Boo Capey



Thomas Lewis



Fraser Girling



Jake Foreman



Finley Ashley



Ella Wendon-Blixrud



Patrick Holland



WORDS FROM THE HIGHLIGHTS STAFF

Farewell from the Highlights staff

It is with great pleasure that we now bring to you our Highlights Magazine completely run by the students. Kitty-Boo Capey, Year 7 has taken on the huge role of Editor of the Magazine. Additionally, Ella Wendon-Blixford is now our head of photography and Finley Ashley our design editor. We now have a complete student Highlights team. The students have excelled themselves in making this publication possible. Our mission from the start was to get students running the Highlights Magazine and interested in print media. We are so pleased to be able to hand over the student magazine to the students and let them make it their own. We are passionate about encouraging students at Kesgrave and it was the reason why we worked so hard to get this publication off the ground ready to handover to our students. The Highlights team are a great mix of students that give up most of their lunchtimes to work on the magazine, and although we are stepping back, we will be on hand to help in any way. We are always looking for eager students to join and get involved and I would encourage anyone to come and get involved.

Well done Team!

Mr Barber (Former Highlights Design Editor)



Welcome To Highlights

Hello and welcome to the new student run Highlights magazine.

I'm really grateful and excited about becoming the new student editor of Highlights magazine. I have been writing for the magazine ever since the beginning of the year. With every edition our team has expanded, and so many more talented people have had the opportunity to write for the magazine.

The magazine has been a great way for me and my fellow students to be able to write articles and take photos to show people about the great things we do at Kesgrave High School. It has increased our writing skills, taught us to be organised, and to keep to a deadline. It is amazing collaborating with so many different people and learning exciting new skills like using a camera or learning how to design something.

Without the amazing staff and facilities provided none of this would have been possible. Everybody in the Highlights team has been great to work with



KITTY-BOO CAPEY STUDENT EDITOR

and it has given us the chance to work as a team. We have a really great team and we look forward to bringing you news each term.

Well Done Team

Best Wishes

*Kitty-Boo Capey
Student Editor*

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NEW BUILD AT KESGRAVE COMPLETE

*New Build ready ahead
of time!*

WRITTEN BY FINLEY ASHLEY
PHOTOS BY REGAN TUCK

Back in October 2017 Mazen and Kareem Haggag went to find out about the new building-taking place next to the Café. Now the work has been completed I went along to speak to Mr Burgoyne about the new building before its grand opening on Friday 23rd March.

In the previous edition Mr Burgoyne and Ms Breckell were yet to announce the subject that would be in the new building. However, I was told that the new build is going to be for Ethics and Philosophy and it is set to be used ready for the new school year in September. This will allow the current space used for Ethics and Philosophy to be used for a bigger Maths department.

Mr Burgoyne explained that the new block took only seven months to build which is

extremely quick as they were supposed to be done at the end of the Easter half term. The building contractors were able to finish the work before time! The contractor started building it when we broke up for the summer and now we have a great new building ready to use.

Mr Burgoyne told me that he was amazed with the outcome and hopes everyone else likes it as well, he even admitted that it's his new favourite block. That may be due to its location to the Gallery Cafe...

I asked Mr Burgoyne when it would be ready and open to the students.

Mr Burgoyne said: *"It will be open in the summer for exams. Then in activities week ethics and philosophy will move in as we have time. After that students will be allowed in September"*.

I then continued to ask if there are any plans to build anything in the future?

Mr Burgoyne replied: *"Not at the moment as there is not really any building space left as we have used it all up, also we have all the teaching space we need so we don't really need*

to build anything else at present”.

Mr Burgoyne showed us that the new build also included unisex toilets, a disabled toilet, storage facilities, a resource area and a staffroom. The school now has 4 additional classrooms with lots of windows. Mr Burgoyne and I agreed that the natural light makes it a really nice place to be and a great teaching environment. The new build is in a great location if you have lunch straight after lesson, as it is right next to the Gallery Café.

The new build was successful as a result of a seven-year process to secure funds from the local authority as the amount of students has outgrown the space within the school. Kesgrave received over 700 applications in 2017 for 280 spaces. After a long drawn out application process and the hard work of all involved the new building is finally here for the students to use. Whilst no further building work is currently in the pipeline renovations to the existing site are set to take place in the future.

Looking around the new building I can't wait to be able to have my lessons in there. It is a really nice space and will be great for learning. Kitty-Boo and I also went to have a good look around before it is officially

opened on Friday 23rd by Stuart Lawson the Kesgrave Town Councillor and Sue White the Chair of Governors. Seeing the site before all the furniture goes in gives you a real sense of how big the space is. The outside has a really nice open area that links perfectly to the Gallery Café and the rest of the school. This area is also intended to include a communal green space with trees and even a herb garden.

Mr Burgoyne explained that they had deliberately not included lots of computers to go into the open area of the new build, but instead to keep it as an area for 'break out' moments for small groups to be able to work during lessons. Ms Breckell also explained that the need for dedicated IT areas is becoming less important with the use of mobile devices, students and staff can access their work anywhere. With the future of education becoming more mobile it seemed only right that the new building should embrace the modern aspects of IT.

Overall I am really impressed with the building. It's nice to see that we have such a nice school and that the school is investing in making our learning spaces better all the time. It was also great to see the building being built.





Young Carers Awards Day

“Young Carers Awareness Day 25th January 2018 was a day of recognition for the 700,000 young carers in the UK”

**WRITTEN BY MRS DRING
STUDENT SUPPORT OFFICER**

In our Kesgrave High School Community we currently have around 40 Young Carers. To mark the day at Kesgrave High School we had a number of activities running throughout the day such as: a cake stall, non-uniform day, and age related form activities including a poster competition. All the money raised on the day goes towards in house activities and support sessions for our Young Carers and Young Adult Carers at Kesgrave High School. I am delighted to announce that we raised an outstanding £1647.95. A huge thank you to everyone who contributed whether that be contributing to non-uniform day or buying a piece of cake. I'd also like to say a big thank you to all our Young Carers who played a big part in

making the day such a fantastic success.

To celebrate our success and on-going commitment towards the Suffolk Young Carers Schools Award we met in the Gallery Café and were presented with the Gold Schools Award by local councillor Stuart Lawson.

With the money raised from last year's awareness day we ran a number of support sessions including craft events, planning



events with pizza and a fantastic trip to Empire Cinema and Creams ice-cream parlour.

What is a Young Carer?

A young carer is someone aged between 5 - 24 who helps look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you're a young carer, you probably look after one of your parents, or care for a brother or sister. You may do extra jobs in and around the home, such as cooking, cleaning, or helping someone to get dressed and move around.

You may also give a lot of physical help to a brother or sister who is disabled or ill. Along with doing things to help your brother or sister, you may be giving them and your parents emotional support too.

Some people start giving care at a very young age and don't really realise they're carers. Other young people become carers overnight. If someone in your family needs to be looked after, you may really want to help them.

If you are a Young Carer or you know anyone who fits the criteria of a young carer and may benefit from some support please pop along and see Mrs Dring in the Head Of Year office for a chat.

For more information about Young Carers check out the following websites;

www.carers.org

www.suffolkfamilycarers.org/young-carers



Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress.
- In a survey, 39% said that nobody in their school was aware of their caring role.
- 26% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.



But young people can learn lots of useful skills by being a young carer.

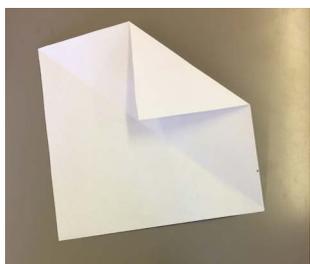
How to make an Easter fortune teller.

Step by Step guide

by Kitty-Boo Capey and Ella Wendon-Blixrud



Step 1) Get a square of paper. It doesn't matter what colour or size the paper is as long as it's in the shape of a square. Fold it diagonally making the top touch the bottom left corner. Crease the fold with your finger.



Step 2) Unfold your triangle and fold all of the corners into the centre of the square

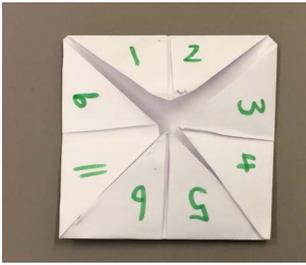


Step 3) Once you have folded all of your corners into the centre you should have a square with 4 triangles.

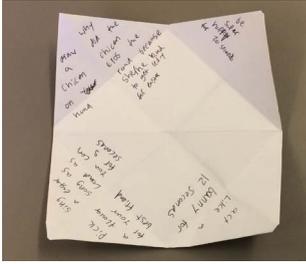
Now Turn your paper over again and fold the corners into the centre on the other side



Step 4) Decorate each square with either a picture or some nice stickers. You can be as creative as you like...



Step 5) Turn the square over and on the other side write the numbers 1 to 8 on each of the triangles



Step 6) Open out the four triangle and write a fun activity, task or fortune on each triangle



Step 7) Refold your paper and you have a fun Easter fortune teller that you can try out on all your friends and family.



SUFFRAGETTES: THE WOMEN WHO

*How far have women
come in 100 years*

WRITTEN BY KITTY-BOO CAPEY

This Year we celebrate 100 Years since the 'Representation of the people act' was passed by government giving women the right to vote. A cause that saw many women fight and even die to give women equality.

In the nineteenth century women had no place in politics, they could not stand for roles in parliament and they were not allowed to vote. After centuries of women being discriminated against the Suffragist movement was founded in 1866 and the Suffragettes founded later in 1903. The Suffragists were founded under the

leadership of Millicent Fawcett and was exclusively for middle class property owning women however they later allowed working class women to join the movement.

In 1903 the Suffragettes were created and founded by Emmeline Pankhurst. The Suffragettes (A spin off from the Suffragists) became fed up of protesting in lawful demonstrations and achieving nothing. The Suffragettes' motto was "**deeds not words.**" Emmeline Pankhurst went onto create the WSPU (Women's Social and Political Union), however due to conflict within the organisation Emmeline Pankhurst and her daughter Christabel left to form the Women's Freedom League.

The Suffragettes became involved in many protests that often turned violent with



RISKED ALL TO GET THE VOTE

Police. The Suffragettes attacked politicians, vandalised streets, chained themselves to Buckingham Palace and even set fire to buildings. They were quite happy to go to prison as this showed the country how serious they were about getting the vote for women. Their actions caused big news across the country and many working-class people supported their protests.

In 1913 Emily Wilding became one of the most famous Suffragettes who died when she threw herself under the King's horse at the Epsom Derby sending a shockwave around the country and becoming a martyr to the cause. However this act did not change the law and the Suffragettes continued to battle the politicians.

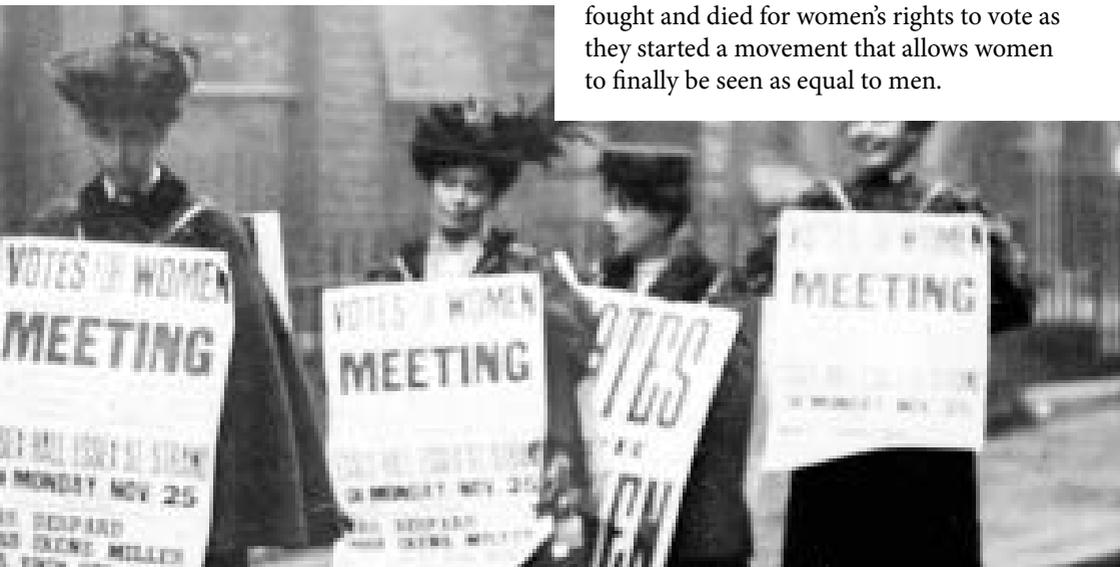
However, Britain and Europe was plunged into World War I in August 1914. In a display of patriotism, Emmeline Pankhurst instructed the Suffragettes to stop their campaign of violence and support the

government and the country with its war effort. The work done by women in the First World War was to be vital for Britain's war effort. And without whom Britain could have lost the war.

In 1918, the Representation of the People Act was passed by Parliament, giving the women over the age of 30 with a home the right to vote. However, it was not until 1928 that the act was amended giving women the same rights to vote as men.

How far have women come in 100 Years?

Equality between men and women has reduced massively over the past 100 years. We now have Women leaders, politicians, doctors, scientists, soldiers and many other jobs that would have been impossible in 1918. It seems only right that we look back at the brave Suffragettes and Suffragists who fought and died for women's rights to vote as they started a movement that allows women to finally be seen as equal to men.



TRIED AND TESTED

REVIEWED BY JAKE FOREMAN
PHOTOS BY THOMAS LEWIS

Reviewing the Kesgrave Kitchen

Thomas Lewis and I ventured out into the community to try some of the local restaurants and cafés. We decided to go to Kesgrave Kitchen on Main Road to try out the food, as neither of us had been before, and it has such a good reputation. The Kesgrave Kitchen located along the Main Road in Kesgrave, just after Bell Lane, is a family run business that has been a part of the Kesgrave community for many years. Boasting rave reviews on Trip Advisor it seemed fitting that we should try this local cafe. Thomas and I went for breakfast on a sunny Saturday morning. The menu had a wide range of food from toasties to a full English!

The café was bustling with customers enjoying their breakfast. It's in a good location by the layby allowing easy access and ample parking.

They have plenty of drinks for you to enjoy hot or cold, as well as sauces and seasonings



for your meal. The cafe was full of people of all ages and is a good place to just chat and have a quick coffee with your friends or family. The café is open from 8am to 3pm every day but is closed on Sunday. Make sure you take a trip to the cash machine before you go though, as Kesgrave Kitchen only accepts cash.

We found the overall experience very good. The staff were polite and welcoming. The food was of a high standard and was well priced. The food is prepared and cooked fresh on the premises and was fantastic. It's easy to see why this little cafe is so busy. It's clean, welcoming and good value. I would certainly recommend the Kesgrave Kitchen to anyone looking for either a quick coffee break or a place to sit and enjoy a meal.

In my opinion the only thing that could make it slightly better would be the use of debit cards. Apart from that it is a great place and I would certainly recommend it.

Kesgrave Kitchen CAFE
TEL. 01473
622484

ISSUE 03 • SPRING 2018

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With the end of year exams looming it is always worth reminding students of the need to use time effectively, but also look out for your own well-being. That fine balance between necessary revision and ‘overdoing it’ is difficult at all levels and I advise students to develop appropriate preparation plans. Exam stress is a normal reaction to the demands of ‘A’ level assessment and can actually be channelled to ensure high performance levels. Year 12 are at the midpoint of their studies and year 13 are looking forward to celebrating the end of their time at Kesgrave High School, beginning a new chapter in their lives.

We all wish everyone the very best of luck in preparation for external exams at both ‘AS’ and ‘A’ level.

Carpe diem.

Mrs Wheatley and the Sixth Form team.

WELCOME

”



Safer Internet Day

BLURRING BOUNDARIES CONFERENCE

WRITTEN BY KHS ALUMNUS
ROSIE STEWART

Back in 1993, there were no children online and no E-Commerce as we know it. In 2017 there were an estimated 2.4 billion smartphone users, with 91% of children aged 13-17 having one. As technology has reached new levels and social media is the 'norm' for children from a very young age, days such as Safer Internet Day have become increasingly important in raising awareness for the risks of the web.

As an ex Kesgrave High School student and new Business Development Manager for Student Life, I had the opportunity to attend the Blurring Boundaries conference at the University of Suffolk. This conference was taking place in honour of Safer Internet Day, and was mainly filled with primary and high school teachers brushing up on their knowledge to relay to their students.

It was very interesting to attend the conference from a 'youngster' point of view, seeing as I am only 18. I was the youngest in there (it seemed) by at least 10 years, so it was interesting for me to hear all of this information and the risks from an older adult's point of view, as I have grown up around social media and

smartphones from a young age. Websites such as Omegle were sites we'd have a laugh on at sleepovers in our early teens, but the conference brought to light the dangers of these sites that you don't realise as a youngster.

The conference brought up some interesting questions such as; Should we be blaming the platforms for these risks and problems? I thought this was an interesting question, as I don't think we really can blame them. Platforms are set up to enable people to be social, interact with people from all over the world and even make new friends. Most of these sites aren't set up to cause risks, but with over 2.13 billion monthly active users on Facebook for example, it is hard to monitor every single thing that happens on this platform.

Other interesting views were spoken from certain teachers in the conference room relating to the distribution of explicit imagery. Some high school teachers in the room were voicing that they would overhear in class that students were exchanging these photos, maybe even not of themselves. This brought concerns throughout the conference room, as anyone under the age of 18 that is taking part in this are breaking the law under distribution of child pornography.

This is why days like Safer Internet Day and conferences such as this one are so important. Although our awareness of the internet shouldn't be narrowed to just one allocated day, it is important to know the risks of the internet and know the law. It's also important to know that you can speak to people if you have any concerns over the internet. Teachers, parents and online tools can enable you to voice any concerns you may have and how to avoid coming face-to-face with some dangers.

Study Time

WRITTEN BY ROSIE WEDGE

Going into sixth form from GCSE feels scary. You over-hear the conversations of sixth-formers discussing the dramatic, crazy changes that go on regarding work load, and how the step up is just “too much to handle”. Well, believe me, it’s not. The step up, as expected, is large, otherwise a GCSE would have the same prestige as an A Level. However, it’s likely that these studying horror stories you hear are a result of being unprepared. As a second-year sixth former, I have several helpful tips that I often give to people before they start sixth form that I wish I had known, because they really would have impacted my first year of A Level studies for the better.

TIP NUMBER ONE: GET OUT OF THAT GCSE EXAMINATION BOARD MINDSET.

Most A-Level courses will run on the same examination board as their GCSE equivalent, as a lot of the GCSE content can be considered the foundation to the A Level, and therefore to use two separate exam board would be ridiculous. However, what is ridiculous is that the exam board uses different mark scheme approaches. What I mean by this is that the question

formatting is very different, and the expected answering formatting is very different. Don’t be fooled into thinking the content will just be harder, as the style of the content will also be altered. When answering questions and completing work, try not to write in good old GCSE style; really take on board the new examination style. I advise reading the examiner’s report before each module begins!

TIP NUMBER TWO: GET YOURSELF SOME FANCY-PANTS PENS

Now, I don’t mean come into sixth form, Hogwarts style with your quill and ink pot, but what I do advise is getting some good quality coloured pens, alongside your black-ink pens. When taking notes in class, don’t do what I did at first, which was write page upon page of notes in black ink like we had to do at GCSE, because none of the key information stands out. Of course, you may be thinking “What’s wrong with highlighters?” Well, the issue is it’s very tempting just to highlight everything! Its fun, its pretty, we all love some highlighting action. Whereas if you are constantly swapping into coloured pens, you will probably only have the patience to swap when you really need to. This means you only make the key points stand out.... instead of the key points, the secondary key points, the sub-secondary key points and so on, which makes revision easier.

TIP NUMBER THREE: WIDER READING

Ugh, I sound like all my teachers, and that’s because my teachers were right! Wider reading will be your saving grace. Now, at GCSE you show up to class, learn some stuff (hopefully!) then leave & revise what you learnt. Boom. Well unfortunately, at A-Level there is a little more to it. You



need to do your wider reading. Please note the use of the word ‘need’ there. It will benefit you massively, in three key ways;

1. It will generally expand your understanding of the subject, and over time will improve your interpretation and analytical skills.
2. If there is something in the class course; for example a study in psychology you do not understand, you may be able to replace it with one you discovered yourself and do understand. (always ask your teacher first before substituting studies in case the specification requires you to know that one exactly)
3. It will make your work a lot better. Having extra insights, another perspective, and information that isn’t what every other pupil up and down the country is writing, will make yours stand out and is likely to

secure you a few extra marks in the exam for showing a wider range of knowledge.

This may not work for all subjects, however for subjects that are essay-based, this is the key to your success.

TIP NUMBER FOUR: DON'T SET EXPECTATIONS

The worst thing you can do, is mentally set-up how you think the course will run. Instead, ask other people who were on your chosen course how it went, and prepare for that. There is no point creating some mental fantasy based off countless American movies, or expecting your life to be like an episode of ‘Skins’ - because the likelihood is that it won’t. Go in with an open mind because by doing so, you are more likely to enjoy the course and more importantly, succeed in it!



NEGATIVE THOUGHTS MAKE IT REALLY HARD TO CONCENTRATE

WRITTEN BY **ANON**

I know for sure that suffering from a mental illness/having poor mental health can affect school and your studies. I'm currently studying A Levels and I find it really hard to concentrate when I have a billion negative thoughts going around in my head! Being in a bad place doesn't help when you are trying to complete tasks or revise. I was revising only a few days ago and about an hour had gone by and I had written about two sentences because I had so much going on in my head! The main problem around students with mental health issues is actually having the motivation to do some homework or go to class, and when it's started, it's difficult to keep the concentration going. But you have to know what works for you when trying to complete work. For example, for me, music keeps me in the zone and blocks out all background noise and thoughts.

HOWEVER, THERE ARE MORE TIPS AND TRICKS;

Study in short periods of time with breaks (if you can't concentrate for long amounts of time - do it in chunks with 5-10 mins breaks in between so you don't get too bored and distracted)

WORK SOMEWHERE QUIET AND MESS FREE. Also, try to eliminate any distractions like your phone or iPad or similar. (Unless you're using for educational purposes!)

USE MOTIVATIONAL METHODS.

Something that works for a lot of people is putting a chocolate or sweet every few pages in a text book so you have a reward for getting through them.

PRIORITISE TASKS. Don't do the easiest one first if it's got to be handed in in a couple of weeks, do the tasks that are most important and need to be handed in sooner.

Get anyone, whether it be your parents, siblings or friends to ask you questions on what you have just completed to make sure it's really gone in!

Something else I also did was let my school know I was struggling and asked for extra help with the topics I couldn't get my head around which was beyond helpful.

Remember, your mental health comes first. Don't put yourself under too much stress or beat yourself up, it's not worth it! I got so stressed and worked up last year that I didn't do well and I'm re taking year 12. So remember there are always second chances and alternatives to make things right, even if it doesn't feel like it now.

MATHS NEWS

Kesgrave's Cypher club on an adventure at the Puzzle Room...

WRITTEN BY MISS MCCARTNEY

On the 16th of January, the members of Cypher Club headed on an adventurous journey down to the Puzzle Room at Suffolk Food Hall. We were presented with the choice of either entering Gamekeeper's Bothy or the newer tale: Vanished - Prof Campbell's Lab. After a unanimous vote, we were set to be travelling back in time to the Victorian era. Gamekeeper's Bothy is based on the chronicles of the Rev. F. Barham Zincke, a well admired Vicar and Author. The scenario was exhilarating; the gamekeeper had caught us poaching rabbits kept by Sir Reginald Rackham, owner of the Wherstead estate. We only had an hour to escape as the police were rushing to arrest us. Determined to escape, the members of Cypher Club used vague clues from previous escapees to avoid capture- knowing that if we were caught, there would be a heavy fine, months of hard labour or even transportation to the colonies!

Entering the room, we scavenged around for what seemed like meaningless clues and riddles. Searching, high and low, near and far, we sifted through all the cabinets, drawers and even boxes. After finding the majority of clues we began to piece together our escape. The hour flew by, all sorts of problems were fired our way, including complex logic puzzles, ciphers and even room for extra challenges!



Under pressure, we pressed in our worked combination to open the combination safe. A huge sigh of disappointment spread across the room as we input the incorrect code. Like any maths question we went back to each clue and retraced our steps; however, after triple checking, we still found no fault. Dumbfounded, we caved in and pleaded the gamekeeper for a hint, the room was bitterly cold and the hopes of escaping were vanishing. The hint relighted our hopes of escaping and the warmth of the Food Hall seemed so near. We must have been blind to miss it! Swiftly, we restarted the clue and finished with an ace answer. Again, we beeped in the six-number combination and waited in suspense...

A sigh of relief echoed through the room. After fiddling with the door (because we're too weak to open it and it was a hefty door) we escaped having 10 minutes to spare! To celebrate our conquest, we hopped onto the bouncy pillow for a triumphant jump. The trip had been so entertaining that I forgot about the numbness in my toes!

We would highly recommend the Puzzle Room for a great day out and hope to be going back again sometime to complete the other scenario!



STORMING NORWICH CASTLE

Maths Students get a very different maths lesson at Norwich Castle

WRITTEN BY MISS MCCARTNEY

On 16th March 2018, 90 Year 7 students took on the challenge of working out what happened during the siege of Norwich Castle in 1216. This was not your traditional history lesson however: pupils used mathematical techniques and logical deductions to further piece together the jigsaw of the event.

Arriving at the castle we learnt about the context and the task. It was our mission to try and work out if it was the attackers or defenders who were successful. Students got into groups, and met the different characters involved: King John, the current inhabitant of the castle, and Prince Louis who wanted it for himself.

With King John, we looked at the water supply and how long we would have to survive in the castle, and handled the weapons and armour that would have been used in the battle. Despite having less money

than the attacking side, the Year 7's came up with creative solutions to cheaply defend such an imposing castle. Unfortunately, on the day to day living side of things, we found out that with the water tanks and the well available, we still would only have 14 and a half days water supply for the current inhabitants of the castle.

With Prince Louis, the Year 7's used scale models and measuring to work out the size of the keep if we were to break through its boundaries. The keep has got some excellent defences through its sheer size: no battering ram could get through the walls, and we calculated that they were far too high to climb over. Looking further into the finances of the siege, the attacking side had much more money to play with, and could continue fighting and sourcing weapons for the task.

After trying out lots of different activities and spending some time in this impressive castle, we made our conclusions and discovered the 'real story': the castle was surrendered to Prince Louis due to the timescale of the water supply.

Overall, the Year 7's were brilliant, and a super day was had by all.

THE BEAST FROM THE EAST HITS THE UK

Temperatures plummet to arctic temperatures with snow causing chaos.

WRITTEN BY PATRICK HOLLAND

At the end of February and the beginning of March, temperatures as low as -12 degrees centigrade were recorded across the country, and even lower temperatures were recorded across Europe. For example, in Bosnia and Herzegovina temperatures as low as -24 degrees centigrade were recorded, and Rome, in Italy, was almost completely shut down, with transport networks quite literally freezing and power failures occurring across the ancient city as the 20cm deep snow fell. Obviously, like everything that happens on Earth, this is all down to science. Thanks to the Coriolis effect – the deflection of objects moving in a straight path due to the Earth's rotation – the winds do not travel directly north or south. To illustrate this effect, imagine a spinning top (or a fidget spinner).

Parts of the spinning top closer to the spindle rotate at slower speeds than parts further away, as they have less distance to travel to complete a full circle. Similarly, the equator has to travel much faster than the poles do as the Earth rotates. As air travels north from the equator, its extra momentum compared to the slower rotating land that it is moving over makes it curve across to the east, while air travelling to the south pole curves westward.



Here in Kesgrave, we all enjoyed a day off school and, if you were like me, a day in the snow. However it made me reflect on how lucky I was as there were some who didn't have a warm place to go to in the snow or vulnerable people who were isolated in the snow. It was great to hear of heart warming stories of people who went to help people less fortunate.



HISTORY NEWS

Kesgrave History Students go on an Italian adventure

WRITTEN BY MISS BARNSELEY

The start of March found our intrepid A level Ancient Historians braving the snow-bound roads of Suffolk to escape to the glorious streets of Rome (which were actually quite wet as well)! We study Rome in the 1st century AD and we had a fantastic long weekend taking in the sights of Rome. We started with a visit to the overwhelming grandeur of the Vatican Museum, taking in the very famous Prima Porta statue of Augustus, an icon of our course and ending up in the Sistine Chapel where we could appreciate the achievements of the Renaissance in Michelangelo's famous ceiling.



Our Italian guide, Vito, brought the Colosseum to life for us, telling us that gladiators were far too valuable to allow to be killed and that most deaths in the Colosseum were condemned criminals. The scale of the 2000 year old building left a deep impression on us all. On to the Palatine Hill, home of the Emperors and then down to the Forum, the beating heart of Ancient Rome. Although these places are little more than ruins now, we could start to imagine the Rome of our text books. This was followed by an amazing step back in time to the archaeological site of the Palace of Nero – now buried underground but enormous in its proportions. Here, we donned some hard hats and descended into the forgotten, cavernous corridors and rooms. A virtual reality mask enabled each of us to see how ‘The Golden Palace’ would have been and this was truly breath-taking and a highlight for many of us.

On our last day we took in the sights of Rome by foot; the Spanish Steps, the Ara Pacis, the Piazza Navona, the Pantheon and the Capitoline Museum to name some of the highlights. The view from the top of the Spanish Steps was wonderful but not as impressive as the view from beneath the dome of the Pantheon, the largest unreinforced concrete dome in the world, unsurpassed since its construction in the early 2nd century AD. And so all went well (except for the Metro debacle!) and we enjoyed good Roman food and gelato! We dabbled in a little Italian. Bellissima Roma!!

Year 7 Historians visit Colchester Castle

WRITTEN BY JAKE FOREMAN



Just before the end of last term some year seven students went on a trip to Colchester Castle. The 918 year old castle was built over the Roman temple of Claudius which was built in AD60. Lots of students who went on the trip had a great time. I interviewed: Benjamin Woodley, Daniel Pryke and Sophie Wilson in HA7.

What did you think of the trip?

Benjamin: *“I found it very fun and exciting”*

Daniel: *“It was really interesting and there were lots of things to purchase from the gift shop”*

Sophia: *“I found it really good”*

What was your favourite part of the trip?

Benjamin: *“The chariot-racing simulator”*

Daniel: *“The chariot-racing simulator”*

Sophia: *“Making the Roman villa”*

What was the most interesting part of the trip?

Benjamin: *“The exhibits and activity sheet”*

Daniel: *“The underground tour”*

Sophia: *“The underground tour”*

Colchester Castle is a Norman castle, dating back to the 11th century. The main keep (where the people stayed) is the largest in Britain. The castle was ordered to be built by William the Conqueror in 1069. However during the 17th and 18th centuries the castle was used as a jail before it was turned into a museum.

The trip was put on as our current history topic all about William the Conqueror and the Battle of Hastings in 1066. The trip included an underground tour and presentation followed by a worksheet which took you around the exhibits. The teachers studied the worksheets after everyone got back to school, and three people were picked to win a prize for their effort. Overall, the trip was enjoyed by all students that went along, giving them lots of extra knowledge. I hope that the school continue with this trip as it was a great way to learn about the Normans.



WHERE ARE THEY NOW?

Past Student Tania Hambleton WOWS the judges on The Voice

WRITTEN BY ROSIE WEDGE-YEAR 13
PHOTOS BY TOM ALLEN -YEAR 13

For anyone who has recently been watching The Voice UK 2018, the name Tania Hambleton may sound familiar. Tania and her boyfriend Ryan North recently passed through the blind auditions, joining ‘Team Olly’, inarguably an amazing achievement. However, what makes this story even more amazing for us is that Tania is an ex-Kesgrave High School student, who left in 2009.

Throughout her time at Kesgrave, Tania said she had amazing teachers and loved the school in itself, and “looking back on it, wouldn’t change it”, however she had a hard time at school also. Throughout her years at Kesgrave, Tania was bullied for her dyslexia, and was often mocked for her differences.



“At one point I wasn’t even coming into school because I didn’t want to face the bullying”, she told us. However, it was singing and her passion for music that helped her over come this.

“In year ten, my head of year, Mr Page, spoke to me and thought ‘Right, what would make me come back into school?’ and so he just made me sing in front of my year group”.

After performing in front of all the people who bullied her, Tania’s fantastic talent for singing and beautiful voice wowed her fellow students, “and after that, nobody bullied me anymore”.

It wasn't just Mr Page who helped Tania, as she remembers all her teachers being very supportive of her, and encouraging her to use her talent to build her self-esteem and overcome her shyness. She fondly remembers singing in the Kesgrave High School Dance Show and Kesgrave's Got Talent.

Between leaving Kesgrave after GCSE's in 2009 and meeting her boyfriend Ryan just over a year ago, Tania moved to London and worked regular jobs to pay the bills, but says on the side she was always looking for opportunities to perform.

Since May 2017, her and Ryan went through six separate audition processes before facing the judges on The Voice UK, where they wowed all four judges and the audience.

As someone with a very inspirational story of following their aspirations,



Tania advises anyone going through the same thing to keep reaching for your goals, "what is happening now, isn't forever, and I think my experiences has made me a stronger person".

We all wish Tania and Ryan the best of luck on The Voice, and hope to see them both do well!



SPORTS NEWS



SUFFOLK SCHOOLS' CROSS COUNTRY FINALS

The following runners all performed superbly to complete the very tough, hilly, slippery and muddy Woodbridge Cross Country course for the Suffolk Schools' final race. Top 8 are selected to represent Suffolk in the up-coming Anglian Schools' championships with ambitions of making English schools later in the year. All pupils showed great strength of character as well as highlighting the dedication they put in and talent they have in running. A huge well done. Mr Roberts

Rhiannon Evans, Minor girl = 39th
Ryan Grady, Minor boy = 4th
Isabella Crawford, Junior girl = 18th
Chloe Gilbert, Junior girl = 8th
Jasmine Cant, Inter girl = 8th
Matthew Johnson, Inter boy = 41st
Matthew Snowdon, Senior boy = 3rd

Huge Congratulations to Ryan Grady in Year 7.

Ryan was selected to represent Suffolk in the UK Inter Counties Cross Country in Loughborough. He finished in 88th place, which is now his ranking in the UK (for Under 13's of which he is the lower age group).

He also competed in the Anglian Schools' race in February, he finished 8th overall (2nd for Suffolk), again in the lower age group for the Under 13's.

Well done Ryan!



MOTOCROSS SUCCESS &

TEAM GB REPRESENTATION

As we have mentioned in previous editions of Highlights, Freddie Wyard (Year 8) is extremely successful in the sport of Motocross. He has won many championships, last year he ended the Summer Season with titles of 1st in Peterborough, 4th in East Anglia, 2nd in Norfolk & Suffolk Championships and represented Team GB in the French MX World Masters (unfortunately due to a rider's death on the track the event was cancelled early). Freddie and the team had very high hopes for a high finish position but the finals were never finished although it does highlight the fact that this sport is so dangerous and unfortunately it has

not been the first fatality during Freddie's competitions.

Freddie will begin the new Summer season in March with the first round of the Nationals in Shropshire, with the other rounds being hosted all around the country, and he will be representing Team GB again in France.

In between different championships Freddie combines training most weekends, so as you can appreciate life has become very busy. Well done Freddie and keep up the hard work!

WATER POLO SUCCESS

Well done to Cameron Baigrie (Year 11) and his Swim England East Region under 18 teammates on winning the Division 2 of the national 2001+ Inter Regionals Water Polo tournament in Liverpool in February. This gives them promotion to Division 1 for next season where they have a good chance of repeating the success of the under 16 last year! The final match saw the East beating Wales 9-6 with Cameron scoring 3 of the goals.



FOOTBALL NEWS AND RESULTS

YEAR 7 BOYS

Kesgrave vs Horringer Court
(County Cup)

Kesgrave won 4-1

Scorers: Arron Okpolokpo x 4
Player of the Match: Arron Okpolokpo

YEAR 9 BOYS

Kesgrave vs Northgate (County Cup)

Kesgrave won 3-2

Scorers: Marcello Flores x 2, Owen Boyd
Player of the Match: Matt Williams

Kesgrave vs Holbrook (County Cup)

Kesgrave won 2-0

Scorers: Marcello Flores x 2
Player of the Match: Rory Willis

YEAR 10

Kesgrave vs Castle Manor (County Cup)

Kesgrave won 5-1

Scorers: Ben Hunt, Mason Sinclair, Ken Harris, Jacob Thomas and Charlie Hudson
Players of the Match: Mason Sinclair and Luke Mullett

Kesgrave vs Copleston
(County Cup Quarter Final)

Kesgrave won 1-0

Scorer: Patrick Ashton
Players of the Match: Pacey Forsdike and Luke Mullett

UNDER 13 GIRLS

East Bergholt High School vs Kesgrave High School (County Cup)

Kesgrave won 2-0

Scorer: Tatiana Flores x 2. One in the first half and one in the second half. As well as this in total Tatiana hit the woodwork at least 5 times!!!

Despite this East Bergholt were a very strong team and the KHS girls had a real battle on their tough hands in blustery conditions. Mr Hetherington refereed the game and it was great to see him once again and have a brief catch up!

U14 GIRLS

Kesgrave High School vs Castle Manor Academy (County Cup)

Kesgrave won 4-0

Scorers: Bella Crawford x 2, Bo Driver and Molly Sievewright

GIRLS FOOTBALL SUCCESS

WRITTEN BY MR FINCH AND
NICK GARNHAM (SUFFOLK FA)

Kesgrave High School's Girls' Under-13 side are reflecting on a memorable journey after reaching the last four of a national competition.

The Suffolk side bowed out of the English Schools' Football Association Under-13 Playstation 9-a-side Schools' Cup, after losing 2-0 away to Bohunt School Wokingham in Berkshire on Monday. The defeat brought an end to their seven-match winning sequence in the competition.

Their run started with an 8-0 victory over Thomas Mills High School from Framlingham, before beating Westbourne Academy from Ipswich 4-3 in round two. The Kesgrave Girls then beat Sir John Leman from Beccles 6-1, Notre Dame High School, Norwich 3-2 after extra time and St Ivo School from Huntingdon 3-2. Victories followed 3-0 against Shenfield High School from Essex and 2-1 versus Kingsdale School from South London to reach the last four.

PE teacher Chris Finch, who is also the team's manager, said of Monday's match: *"The semi-final was a highly competitive contest with two talented teams playing fast flowing, attractive football. Despite having a number of chances and us hitting the woodwork midway through the first half, Bohunt were able to put their chances away, scoring once in the first half and then their second, a great header from a corner, with five*

minutes remaining. We were always in this game and in the second half really applied the pressure but without getting that all-important goal. Despite the result the school are very proud of the girls' achievements. The girls have performed brilliantly, growing in confidence as a team and playing with real heart and desire. It's the first time any Kesgrave High School team have reached the last four in the ESFA national cup competition and the support from parents, teachers and pupils along the way has helped make this a really memorable journey for the girls. Although the girls were initially disappointed about Monday's result they have soon been able to realise what an achievement it was reaching this stage and are now even more determined to replicate and beat this year's national cup achievements, next year".

Just under 400 schools initially entered this Under-13 Girls' national cup competition which is a tremendous reflection of how girls'/women's football is growing in this country. To reach the semi-final by winning seven fixtures is a fantastic achievement. Kesgrave High School are still in the Under-13 Girls' county cup competition, and are waiting to see whether they will play Westley School or St Benedicts Catholic School in the last four.



NETBALL RESULTS

YEAR 7 GIRLS

Kesgrave vs Ipswich School

Kesgrave won 9 - 4

Player of the match – Emma Drave

YEAR 8 GIRLS

The Yr8 Netball A Team secured a massive victory in their A league tournament for the 2017-2018 season.

The girls were unbeaten in their 6 games, with some very convincing wins. Well done to all the girls, this is an excellent achievement.

Squad members: Lera Vite, Eva Asemota, Mia Chandler, Jada Scoulding, Yasmin Ling, Iris Lin, Natasha Payne and Holly Mapplebeck - voted as Player of the Tournament.

The Year 8 B team took part in their B tournament in March, held at Copleston in very cold and blustery conditions.

Their effort and energy never waned and their team spirit remained positive towards each other throughout. The team came 6th overall out of seven and enjoyed a KFC on the way home as a treat!

Squad members: Milly Whatley, Megan Pallant, Leena Deelarwar, Irin Lin, Dylan Boudeville (PLAYER OF THE TOURNAMENT), Taylor Harvey Gibson, Jessica Rodwell, Esme Clarke, Claudia Majeed, Joely Bell and Lillie Collins

YEAR 10 GIRLS

Kesgrave vs Ipswich High School

Kesgrave lost 25-5

Huge congratulations to Lucy Munro in Year 10 who has been selected to attend the Suffolk Netball Performance Academy in the Mavericks Futures Academy Programme. The Academy consists of training sessions, which will be held between September 2017 and May 2018 and are run as part of the England Netball Performance programme. Well done Lucy!

YEAR 11 GIRLS

Kesgrave vs Copleston

Kesgrave won 18-8

Player of the Match: Jasmine Shackleton

Kesgrave vs St Josephs

Kesgrave won 15-2

Player of the Match: Jasmine Shackleton



BASKETBALL SUCCESS UNDER 14 GIRLS

The Under 14 girls basketball team have continued their unbeaten run this year. Having become the Suffolk U14 Champions in January they have progressed their way into the England Basketball Dynamik competition.

In the first Regional round the team travelled to Framingham Earl School in Norfolk where the girls completed an excellent win against a very good side. *The final score was 65-33.*

In the second Regional round we were given a home tie against Beaumont School from St Albans. This was a nail biting game right to the very end with Kesgrave winning by just a single point in the final seconds of the game. *The final score was 65-64.*

Huge thanks to Mr Roberts for refereeing the game and to Danny Manning and Joe Winder for completing the table official role.

The team have now been drawn away to Northampton School for Girls in the first Zonal round taking place at the end of March.

Good luck in the next game!

Squad Names: Susannah Rafiu, Makenna Williams, Leera Vite, Evie Pilch, Olivia Manning, Mia Chandler, Eva Asemota and Yasmin Ling. (We must also mention Abbie Yorke who played in the first regional round before leaving the school).

UNDER 16 BOYS RESULTS

KHS 32 – 25 Stoke

This result confirms 2nd overall in the Ipswich area championship, having only lost one game.

A brilliant season from the whole squad.



Photographer RUNNERS UP



Sophie Tibble



Molly Smith

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, only that the image depicts Kesgrave as a community and 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 faces of students or 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: JULY 2ND 2018

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

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