



# Reflections

A REFLECTIVE LOOK AT THE DAY TO DAY LIFE OF THE STUDENTS AT ST HELENA SCHOOL

## Merry Christmas!



With only days remaining until the end of term we have much to share with you before we break for Christmas.

We have enjoyed a busy and successful term. Alongside students' studies we have run trips, hosted and competed in a VEX Robotic competition, and been involved in fund raising activities including Water Aid, the Poppy Appeal, the McMillian coffee morning and collected donations for the local food bank. Our students, as always, have been outstanding.

This term we have also held our Year 11, Year 9 and Year 8 Parents' Evenings, our Year 11 Exam Information Evening, GCSE Music Performance Evening, together with our prestigious Sports Presentation Evening and Annual GCSE Awards Evening for past Year 11 students.

These events have given us invaluable opportunities to celebrate our students' successes and to meet with parents/carers. A big thank you for all your continued support.

We hope you find this edition of 'Reflections' interesting, giving you a greater insight into life at St Helena School. We have much planned for next term and hope to see many of you at one of our Information, Performance and/or Parents' Evenings.

Wishing you all a restful Christmas and a happy New Year.

Zoë King - Executive Headteacher

## Prefects Ensure Cash Flows in for Water Aid

This November our outstanding prefect team showed that team work is the best way to achieve their goals. The Senior Prefects, led by Events Co-Ordinator, Jessica Martin, decided to raise money for Water Aid, a leading international charity which campaigns to improve sanitation and provide clean water and toilets for everyone.

The group decided to raise money by collecting loose change and holding a tuck shop and cake sale, we also wanted to get students participating actively in the fundraising. So we organised a volleyball tournament too, under the slogan *'Can you Beat the Elite?'* This led to a fun packed day of activities for all students. Jessica Martin, who is also a Senior Prefect, co-ordinated all of the day's events and said, *"The day went really well. The students really enjoyed the tuck shop and cake sale – we were sold out in less than 20 minutes!"*

In addition to the Water Aid fundraising, the Prefects also co-ordinated the collection of food donations brought into school by all students in 'payment' for wearing non-uniform. Clio Long, Deputy Head Girl, commented, *"I was surprised at how much food we got. It was nice to see everyone working as a team. We came together really well as a team and used our initiative. This particular project really brought out our team working skills and helped us to bond as a group."*

Jedd Watson, who is a Team Leader and Senior Prefect, worked on organising the Food Bank collections. *"It was nice to see everyone volunteering to help."* Meanwhile, Head Girl, Mia Singleton, who led a team of Prefects on the collection during the morning, said, *"I think it went really well. The room was absolutely bursting with tins and pasta."*

Ms Metcalfe, Prefect Co-Ordinator, said, *"It was so brilliant to see the Prefects taking on the responsibility for organising the event. I think they did a super job and certainly learnt a lot about events management and improved their organisational skills. I am always pleased with their commitment to St Helena School and this event made me exceptionally proud of them."*

In total, the Water Aid fundraising came to over £300. This equates to the cost of developing three wells in poverty-stricken Liberia. Ms Metcalfe said, *"When you think about the real impact we've made with this project, it makes you realise what a caring school St Helena is and how wonderful our prefect team is for organising the event."*



Jan Spalding (Left) and Thomas Scott, Head Boy (Right). Jan donated an amazing £20.00 to Water Aid.



OUR NEXT ISSUE:  
March 2017

If you would like to contribute towards the next edition of 'Reflections', please email us at: [contact@st-helena.essex.sch.uk](mailto:contact@st-helena.essex.sch.uk)





# Reflections

## Pretty Curious

Recently, 43 Year 8 and 9 girls attended a hands on STEM (Science, Technology, Engineering & Maths) event, just for girls!

Sponsored by EDF Energy, Pretty Curious is an exciting experience, designed to encourage girls and young women into what has stereotypically been seen as a male-dominated field.

The venue itself was a huge inflatable igloo in the middle of Trinity Park, Ipswich. During the day, girls were involved in a range of activities which included: finding out about smart technology, building nuclear reactors using the latest virtual reality headsets and creating their own smart gadgets using littleBits (electronics equipment) and some crazy craft materials.

Working in teams, the girls demonstrated excellent teamwork, ingenuity and resilience. One team were top of the leaderboard for the VR challenge, earning a small prize for building their nuclear reactor in the fastest time. Great fun was had by all, and the girls made Miss Grainger, Mrs Shah and myself very proud. They were enthusiastic, fabulous scientists and a credit to St Helena School.

*Miss McCollin – Teacher of Science*



### Don't Forget!!!

• Don't forget to follow us on Facebook and Twitter



In the summer term, students took part in Readathon. The aim was to encourage reading for pleasure, whilst raising money for good causes.

Last week, the school received a certificate and letter of thanks from the organisers of Readathon, acknowledging receipt of £500 raised by our students.

Particular commendation goes to William Hearn who, alone, managed to raise £56 and Lily Heaton who also raised an impressive £46. Both students will be rewarded with a book token for their efforts, courtesy of the organisers of Readathon.

The money raised will go to support charities that make a real difference to the lives of seriously ill children and their families. The charities chosen by the Readathon organisers include:

- ReadWell
- CLIC Sargent
- Roald Dahl's Marvellous Children's Charity
- Together for Short Lives

The achievement of our students has also earned St Helena School free books, provided by Readathon, in partnership with Scholastic Book Clubs.

Congratulations to all students who participated!

*Miss Congdon,  
Director of Studies*

# National Youth Theatre Visit — Romeo and Juliet

**Romeo + Juliet**  
By William Shakespeare  
Adapted by Owen Horsley

This term a group of gifted and talented English students visited London to see the National Youth Theatre's Rep Company's production of Romeo and Juliet.

The production was one of three shows performed this season by this illustrious company which trains the UK's best young actors. Set in the 1950s, this adaptation involved highly stylised costumes, modern set design and a vibrant interpretation of the story, ensuring the classic tale's contemporary resonance was still strong.

Grace McBurney, one of the students involved in the visit said, *"I really enjoyed the production. It was a good experience. I enjoyed the way the story was presented. It was a good twist on the original play."*

Ms Metcalfe, who organised the visit also commented, *"The National Youth Theatre are an incredibly creative company. This version was fresh and exciting, though still retained the timeless themes and poetry which makes this such a well-loved story."*

# COLCHESTER CASTLE TAKE~OVER DAY...

The following students represented St Helena School fantastically at Colchester castle where they created their own exhibition, ran the social media feeds, handled artefacts, led Primary School tours around the castle and more! Their objects will be on display until February in the castle if you manage to drop by and have a look.

Well done to all those who took part and thank you for making it such an excellent learning experience:

• **Albin Jashanica** • **Donovan Le Roux** • **Megan Dent** • **Joe Barnett** • **Greta Bagackaite**  
• **Alex Kryszczuk** • **Bea Vise** • **Chloe Gregory** • **Ola Berent** • **Sophie Kirk** • **Chloe Upson**  
• **Amelia Wong**



# Youth Health Champions

During November the Youth Health Champions held an assembly for our Year 7 students about the dangers of smoking.

We discussed the implications smoking can have on your health and the fact that most smokers start before the age of 18 (which is illegal).

The following week, the Youth Health Champions and 'Nasty Nick' went to every form group and asked the Year 7 students to sign a pledge, promising that they will never use tobacco products in later life.

*"This campaign was a huge success and we hope it will prevent the students in this school from smoking"* said Ms Wild, Youth Health Champion Leader.

Photo left to right;  
Greta Bagackaite,  
Nella Mccann,  
Gaby Morris,  
Maddie Blick,  
Isabel Croft,  
Joel Barnett as  
'Nasty Nick'



*Don't Forget!!!*

• Last day of term Wednesday 21 December at 1.30 pm 3





# Reflections

## VEX Starstruck

During the Autumn Term the VEX Robotics Essex Regional Competition was held at St Helena School. Teams from as far away as Coventry attended the competition called VEX Starstruck. Over the preceding months students have been hard at work building their robots capable of competing. The game involves the robots picking up and throwing yellow stars into the opponent's side of the playing field. Extra bonus points can be gained at the end of the match if the robot can climb up posts and hang, this is quite an engineering challenge.

St Helena School had two teams that took part in this competition. In one team we had, *Chloe Gregory Year 10, Evie Chaplin Year 8, Ola Berent Year 9, Kayleigh Gregory and Caitlin Wood both Year 7*. In the other team, we had *Tyler Sutherland Year 9, Sam Taseff Year 8 and Freya Smith Year 10*.

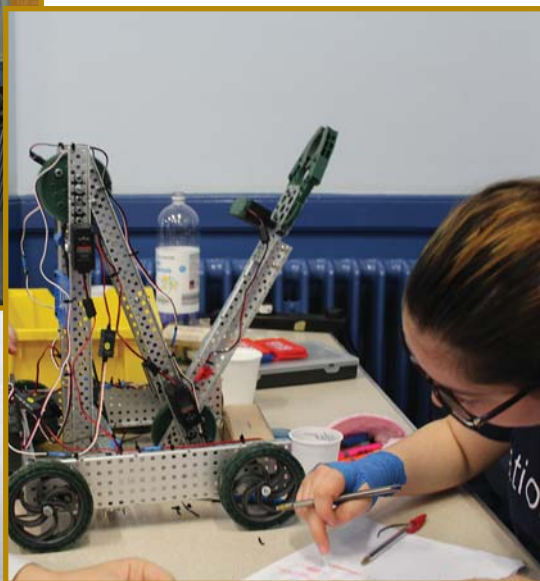
Both teams did really well. The girl's team went into the semi-finals, but sadly didn't make it into the finals. However, they did win the Vex Robotics Judges award.

Team Captain – Chloe Gregory said ***"Everyone that took part did extremely well and should be very proud of themselves."***

The next competition is in January and both teams can't wait to take part again. They are currently redesigning both their robots, having learned many lessons and formed lots of new ideas from the day.

We would like to thank *John Warner (Control Freaks), King Henry VIII (Stag), Thomas Lord Audley (Patient Zero) and Colchester Sixth Form College (Digital Circus)* for being such worthy opponents.

***Chloe Gregory and Mr James***



## Don't Forget!!!

• Spring term begins Monday 9 January 2017

## Master CHEFS!



In November, a selected group of 20 Year 9 GCSE Food and Nutrition students had the privilege to work with Chinese chefs from the Healthy Chinese Cuisine ambassadors project.

We were treated to a cookery demonstration and then we created a nutritious and delicious black bean chicken stir-fry ourselves. The team educated us on different foods from around China and that each different region has its own speciality.

We also got to discover how oyster sauce was made and that it had actually been discovered by accident. Everyone in the class really enjoyed the experience and have gone away with a better knowledge of Chinese cooking techniques and knowledge of traditional dishes.

***Chyna Clarke and  
Mikela Feldman (Year 9)***





# The careers offer is changing!

## The students talked~we listened!

In line with the school motto **'Aspire, believe achieve'** we want to give students the freedom to aspire to the futures they want, by providing them with the information and opportunities they need, enabling them to realise and achieve their aspirations.

Over the past 2 terms there has been lots of changes in the way Careers education, information, advice and guidance is offered at St Helena School. Some of you may already be aware that we've made the decision not to offer work experience in the same way we used to. It has become increasingly difficult to secure enough good quality placements within easy travelling distance for students. So it has been decided to do things differently this year. We're excited to tell you about some of the changes we've made so far and our vision for future terms!

We now have 2 members of staff dedicated to offering careers information, advice and guidance to students. They will also work with teaching staff across the faculties and with the Head of PSME to promote careers education and work related learning opportunities so they can be offered to students in their lessons. Miss McGuinness joins the team as our new Careers Coordinator, with a focus of re-vamping the careers offering at school to ensure it is aligned with the students' needs and wishes.

Since joining the school, Miss McGuinness has conducted a **'Student Voice'** activity – including a survey completed by each form to gather ideas about the careers services and information students would like to see at school. Miss McGuinness works Tuesday-Thursday and can be found in the LRC Office.

**Laura Eaves joins us as our Directions Careers Adviser** to provide impartial careers guidance to students. To ensure our students get valuable support and tailored guidance to help them choose the best next step. Appointments are available to students on Fridays on request (through Miss McGuinness) Year 11 students are given priority during the autumn term.

**Careers drop in sessions** –Thursday lunchtimes, where topics relating to employability skills (e.g. CV and personal statement writing and interviewing skills) are covered. In addition, visitors from various industries (as requested by students) are giving up their time to speak with students to share their work, education and training experiences.

**Miss McGuinness**

## Picture this ...

Before half-term Year 7s took part in a Roald Dahl picture quiz at the LRC. Congratulations to winner Joseph Berry and runners up Courtney Cook (not pictured) and Bailey Sharratt, seen here being presented with their prizes by St Helena Reading Ambassadors Wasit Rehman and Jeet Gohel.

**Mr Callegari, LRC Manager**

*Don't Forget!!!*

• Mock exam results day Tuesday 17 January 2017





# Reflections

## Magazines in Media is so much Fun!

In Year 10 Media Studies this term, we have been learning about representation in magazines, more specifically, learning about the connotations of magazine covers and why certain key elements are important ie. bold colours have connotations of being fun and entertaining.

We have also been learning about how to produce our own magazine covers and discussed whether certain magazine covers objectify women. Some members of the class have described the lessons as *“fun”* and *“extremely productive.”* Nathan Trainer describes his Year 10 Media lessons *“I came into Media in Year 9, not knowing much about it. Through all the work and everything I have learnt, I would quite like to have a Media-based job in the future.”*

Ms Metcalfe says, *“I am really proud of the Year 10 Media students. They show such passion for creating products and really understand the industry well. Some of the covers they designed are highly professional.”*

By Chloe Gregory, Year 10 student



Magazine covers

- *Easy Elegance* by Gracie-Mae Pettitt
- *Radio Active* by Suhaa Anandkrishnan
- *The Youtube Life* by Chloe Gregory

## Project Update...



A group of talented students have been involved with the design of the amphitheatre with the help of the Art department. Designs were submitted for mosaics, which are planned to go on the main stage.

Students have worked with the Art department to build and design the mosaic. Mosaic artist, Anne Schwegmann, came in to visit the students to talk about how we can link the history of the school to the design.

Darcy Candler said...

*“The amphitheatre is a pretty cool new experience as we are used to the hall so it's really exciting.”*

Meanwhile, Megan Dent said...

*“I think it is a great addition to our school it means so much to history drama, music and gives us another place instead of inside a classroom.”*

Visiting parents at our Open Evening in September told us that they were very excited by this project.

*“Such a good idea - excellent!”* said one. Another said *“It's so unusual - I didn't expect it in a school.”*

Miss O'Neill, Assistant Headteacher said...

*“The amphitheatre is without doubt my favourite bit of the school! As an historian I love the fact the school has a visible link to its Roman history.”*

Georgia Setchell, Year 8 and  
Intan Ahmed Year 9

## Don't Forget!!!

• Year 11 Parents' Evening 26 January 2017



# Sports Presentation Evening

This year's Sports Presentation Evening was once again a great success as we got to celebrate our wonderful students' amazing sporting achievements. We also had the pleasure of being joined by our special guest Mrs Seabourne, after she recently retired from St Helena School after 37 years of teaching.

The evening was spent recognising a both individual and team successes, all due to our students' continued hard work, incredible resilience and outstanding effort.

The turn out from parents and staff was fantastic, and we thank you all in sharing this special evening with us. All of the students involved are a true inspiration and they should be very proud of themselves.

Below is a list of those who were awarded with Sportsman, Sportswoman and Sports Personality of the Year:

## Sportsmen and Sportswomen

- Year 7 - Thomas Ramsay and Kirsty Cade  
Year 8 - Haydn Gentry and Sophie Wilkinson  
Year 9 - John Lyons and Holly Maudsley  
Year 10 - Elliott Cherry and Kelsey Grace  
Year 11 - Scott Cannon and Rebecca Jeggo

## Lower School Sports Personality of The Year

- 3rd - Megan Dent  
2nd - Holly Maudsley  
1st - John Lyons

## Upper School Sports Personality of The Year

- 3rd - Rebecca Jeggo  
2nd - Owen Cornwell  
1st - Holly Martin

Miss Stevens, Director of Learning Year 10

# PRIMARY Sports

## Year 5/6 Cross Country Relays

Our first ever Year 5/6 XC relays held over at Lower Hilly Fields was a huge success. Teams of 3, from our partner primary schools, showed great determination and team work competing in some extremely close and exciting races.

Heathlands Primary School proved to be the ones to beat, taking gold in the Year 5 boys, Year 5 girls and Year 6 boys races. St Georges managed to break their winning force by taking the Year 6 girls title. Well done to all who took part in an extremely enjoyable afternoon.

The success of the event was largely due to the girls of 10Y who volunteered to help through their lunch break and did everything from car parking, marshalling, toilet trips and litter picking. Thank you girls! Look out for the Year 3/4 XC relay event in the Spring!

*Mrs Taylor, Teacher of PE*



## Primary Football

Our Primary Schools have been making the most of the fantastic PlayFootball facility at St Helena School. In October, St Helena School hosted both a Year 3/4 football tournament and a Year 5/6 tournament for our local primary schools.

North Primary School have been using the facility weekly for training, and their hard work paid off when they took the title in an exciting and close Year 3/4 competition. In the Year 5/6 tournament, Heathlands held off a strong drive from last year's winners Bishop William Ward to take gold.

A huge thank you to our Year 10 referees Jamie Simpson, George Beard, Sudesh Rana Magar and Ryan Norfolk (Y11) who did a fantastic job.



*Mrs Taylor, Teacher of PE*

*Don't Forget!!!*

• Year 8 Pathways Evening 23 February 2017 7





# Reflections

St Helena School • Sheepen Road • Colchester • Essex • CO3 3LE

T: 01206 572253 • F: 01206 543049

E: [contact@st-helena.essex.sch.uk](mailto:contact@st-helena.essex.sch.uk) • W: [www.st-helena.essex.sch.uk](http://www.st-helena.essex.sch.uk)

Executive Headteacher: Zoë King BSc (Hons), PGCE, MBA, NPQH

## Imperial War Museum School Trip

### Roman River Music Festival



On the 2nd October the Year 10 and 11 music classes (and a Year 9) were all invited to take part in the Roman River festival, which was held in Stoke by Nayland church. Throughout the months before we had many visitors who came in and helped us to compose a piece for this event. The compositions had to be based on some of the famous pieces by Peer Gynt, like *Morning*, or *The Hall of the Mountain King*.

We all worked very hard to complete and polish our pieces before the event. On the day of the festival finale we made our way to the church and prepared for a long day. In the morning we practised in the church and got to listen to the orchestra practise too, however we shortly left to go and sit in the town hall. We stayed there and practised for most of the day, all having fun with the open space of the hall. All too quickly, it was then time for our performance, so everyone who was taking part made their way back over to the church where they learnt exactly where to sit.

Then it began. The primary schools went first, singing their sea shanty's with enthusiasm, after this it was our turn, with the Year 10s going first and the Year 11s going last. I'm sure everyone would agree that this was a thrilling experience for all, and that we are incredibly lucky to have had the opportunity.

**Nymara Blevins-Hay**

During October students from St Helena School were selected to take part in a musical project where they would be performing at Stoke by Nayland Church. This was for the prestigious finale Concert of the Roman River Music Festival. We were thrilled that St Helena School was one of only two Secondary schools in Colchester to be selected to take part in this event.

The students worked incredibly hard and were a credit to the school and music department. We received lots of excellent feedback and praise from the general public. Well done to all students involved.

**Mrs Davis, Mrs Radley and Miss Cann.**

## Don't Forget!!!

• Year 7 Parents' Evening 23 March 2017



During the autumn term, GCSE Drama and History students had a great experience on a trip to the Imperial War Museum in London. This gave us all an exceptional opportunity to explore the Holocaust.

For Drama students it gave a real insight into what it was like in this time period, in order for us to create and develop our characters for our Unit 2 practical exam. For History students, it felt as though they were in the time period of the Holocaust and they felt it gave them a better understanding of these terrible events. It will prepare them for their exam and refresh what they have previously learnt last year. It also provided an extension of knowledge to all students that didn't know or understand the complete details of the holocaust and World War II

**Emily Marlborough...**

*"I really enjoyed this experience, it gave me an in depth view and a better understanding."*

**George Fulcher...**

*"It was a good experience to refresh my memory on previous knowledge. Also the audios were a great idea to get more in depth information."*

Overall everyone really enjoyed the visit and took in all the information that was provided. The trip was a successful educational experience that will benefit everyone in the future in both history and drama as they prepare for their GCSEs.

**Nicole Clarke, Year 11**