



Reflections

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



This edition of reflections is packed full of exciting articles, which showcase the

opportunities and talent that we have at St Helena School. As you will see, once again our students have excelled in their academic studies, in sport and within the wider experiences afforded them. As always, there is much to celebrate and we hope you enjoy reading all about it.

With the end of the academic year fast approaching we have many activities still to come: Year 7 Mersea Camp, Sports Day, Year 11 Prom, sports fixtures, the Summer Music Concert, and curriculum and rewards trips to name but a few. We hope to see parents at a number of these events.

Finally, I would like to extend a warm welcome to all our new Year 6 students who will be joining us on 07 July for their Induction Day, in preparation for their official start in September. I am confident they will have a great day including taking part in lessons, meeting friends both old and new, meeting our staff, enjoying lunch and practising getting to and from St Helena School and home.

Wishing you all a great summer break and thank you for your support.

Zoë King - Executive Headteacher

Heritage Lottery Project

During the autumn of 2015 the school was successful in securing a £50,000 Heritage Lottery Grant through its Young Roots programme, to redesign our courtyard area between the main school buildings. This is an opportunity for the school to reveal the Roman heritage that is buried beneath the ground.

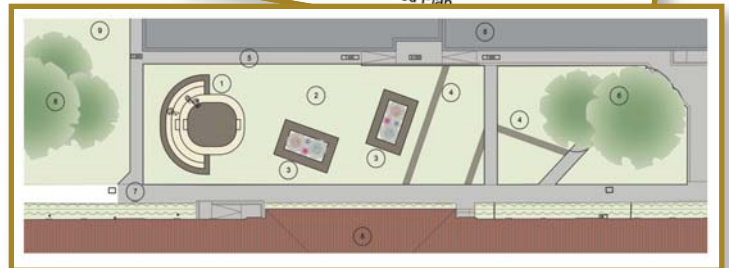
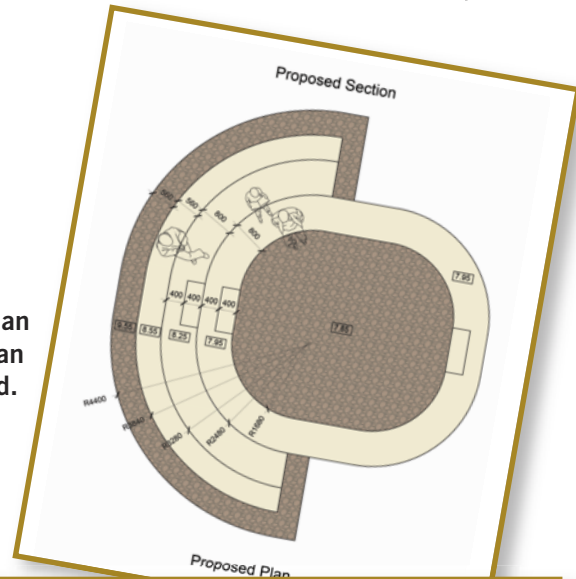
It is believed that St Helena School is unique in that it is situated above rich Roman commercial and trading activity in the Sheepen area. Later, the use of this area was changed following the Boudican revolt in AD 61 and it became a sanctuary, incorporating a number of temples. St Helena School has the remains of two out of the four Roman Temples that have been discovered in the Sheepen area. Near one of the temples

on the school site, a plaque was discovered, dedicating the temple to the God of Jupiter. More recently, following the construction of the new Science and Food Technology building, the remains of Roman precinct walls have been discovered together with many other smaller artefacts.

Being the custodians of important historical remains lead us to applying for the Heritage Lottery "Young Roots" Grant in order that we can celebrate and share this history with the wider community.

The Young Roots programme requires the project to involve young people, and along with St Helena School students, we have students from Essex University and Colchester Institute who are also participating in the project.

Following the students research, they have created a design for the courtyard which includes for a small amphitheatre as an outdoor seating and performance area. Cobbled pavers mark the foundations of the temple below. Work on the courtyard will commence during the school summer holidays. Other aspects of the project the team have worked on include a song, a children's book, mosaic and films diaries of the students' experience – these will all form part of the legacy of the project for everyone to enjoy.



Mrs Caven-Atack, Director of Finance and Administration

OUR NEXT ISSUE:
September 2016

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



Reflections

Spelling Bee

Since September all Year 7s have been preparing for the Routes Into Languages Spelling Bee. This involved learning sets of fifty French words and spelling them using the French alphabet and the French words for the types of accents and punctuation. In April Mrs Longshaw and Miss Bash took the three winners, Bobbie Chappell-Wood, Honey Gowing and Maria Ivanova, to the Voyager Academy in Peterborough to compete in the regional finals where they were judged on a random selection of the 150 words they have learnt so far. The girls were nervous but performed confidently and accurately under pressure. We are very proud of how they represented St Helena School. Well done!

Honey Gowing said 'I think this has benefited my French by allowing me to know the French spelling bee vocabulary and spell in French out loud when timed under pressure. It has also improved my knowledge of French accents. I was glad I took part in it and represented the school and I would definitely take part in other activities like it.'

Bobbie Chappell-Wood: 'I was very nervous but I was one of the last people so I gained courage. I was surprised at how fast some of the other students could spell. It was faster than I could imagine – I couldn't even understand! I was shocked that the judges could still understand them. When it was my turn, I was shaking with nerves and my voice was a bit croaky, which was embarrassing. Also, I passed three words that I knew!'

Maria Ivanova: 'Taking part in the spelling bee was really interesting, despite there being some really tough opponents! I really enjoyed it.'

Charlie Coombes: 'I really enjoyed the French spelling bee because as well as learning how to spell French words, it also helped me with my French pronunciation and even my spelling out loud in English.'

Mrs Longshaw, Teacher of MFL



Don't Forget!!!

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



It Snows!



Recently a Year 9 drama class were taken on an engaging trip to Colchester's Mercury Theatre. This was a fantastic experience for all involved as many students in our class had never been to a theatre before. Miss Herbert and Miss Francis decided to take us on this trip as it would be beneficial for us and our GCSEs.

The trip consisted of two separate performances from two different young people's theatre groups. The first performance 'It snows' presented by the Scrambled Eggs drama group, was the typical boy meets girl story but not was all as it seemed. It explored the non-naturalistic styles of famous drama practitioner Bertolt Brecht by making the ordinary seem extraordinary.

The second show of the evening was 'Gargantua' by Colchester Institute. 'Gargantua' described the story of a giant baby taking over the world! Although it also explored Brecht style techniques it portrayed them in very different ways. The two pieces we watched were very individual and original but equally entertaining and comical.

Overall, our drama class has benefitted greatly from witnessing these sterling performances from talented young people. Thank you to the hardworking drama department for allowing us the opportunity to see these amazing performances.

Megan Dent, Year 9

Athletics Success



At the recent Colchester Schools partnership athletics event the following students set new school athletics records - all in the Year 10/11 age group

Scott Cannon

100 meters 11.6 seconds

Callum McKay

200 metres 23.2 seconds

Rebecca Jeggo

200 metres 25.2 seconds

David Igbinoba

Shot Put 12.71 metres

Discus 29.45 metres

Scott Cannon, Callum McKay,

Jack Hughes and Jack Shepherd

4 x100 Relay 46.7 seconds



Rebecca & Callum both had very successful Essex Championships recently.

Callum won bronze medals in the 100 & 200m, as a first year U17 athlete, breaking the Harriers' club nine year old 100m record.

Rebecca won silver medals in both the 100m & 200m, again breaking her club record in the 100m, recording the 5th best time in the UK to date.

Her 200m was 24.95 seconds, which would have also achieved national schools standard, (25.20), but for a +2.8 wind.

London Marathon

Until recently, I had never run more than 5k in the annual Race for Life. I started doing the weekly parkrun in Castle Park (which is awesome and free!) and then two years ago I started running longer distances and completed the Colchester half marathon in 2014. While watching the London Marathon last April I decided I would do it this year, whatever it took.

I secured a charity place with Shelter, who are a charity who help people with vulnerable housing situations. I chose to support Shelter because one of the most basic human needs is somewhere safe to live and unfortunately, for a variety of reasons, not everyone has that security. Some people and their families face eviction at short notice with nowhere to move to, some people sleep on friends' sofas, some people lose their homes when they can't keep up with mortgage or rent payments and some end up sleeping rough.

I had to raise a minimum sponsorship of £2000. I was worried that raising the money would be the most difficult aspect but actually I soon beat the target through generous friends and family and a few events. It was a relief to be able to focus on the training instead of worrying about how to raise the money.

I trained with my fabulous running group, Run Eat Sleep, building up to 20 miles in training. We didn't run further than that as you're supposed to leave the last 6.2 miles until the day.

The big day finally came and it was an amazing experience from start to finish. On the way to the start the London underground was full of nervous-looking people in running clothes or fancy dress, some of whom were novice marathon runners like me and some who were much more experienced. We saw people dressed as Paddington, Adam and Eve, firefighters, rhinos, a Cool Runnings team, a huge triceratops, a man carrying a washing machine on his back and so many more.

I loved every second of the day and grinned throughout the whole 26.2 miles with my two training buddies. We didn't hit the 'The Wall' and the crowds were amazing. Imagine thousands of people calling your name and encouraging you the whole way! We completed it in 4 hours 49 minutes and 44 seconds. My target was really just to finish but I hoped to do it in under 5 hours, so I was delighted with the result. I was very reluctant to take my medal off for at least a week!

I was even more delighted by the fundraising. The total is still to be finalised as I need to add in the money collected by our lovely prefects (organised by Ms Metcalfe) but it will be just over £4000 which is double the amount I had to raise. This will help make a big difference to people in need. If anyone would like to add to the total the link is: www.justgiving.com/Louise-LONGSHAW1

Thank you!

Mrs Longshaw, Teacher of Modern Foreign Languages



Don't Forget!!!

• 1st July – Year 11 Prom 3



Reflections

Media Students have the Time of Their Wildlives

During March this year, Year 9 media students took part in designing, publicising and holding our own fundraising event. In class we planned for weeks in order to come up with the best ideas to raise money. We all worked hard to design and eventually make the charity event happen.

We learnt about the Wildlives charity and created media products in order to encourage more people to attend the event. This included making posters that were displayed around the school and in the Parents' Newsletter, TV adverts that went out to forms, and finally we ran the event itself.

With support from the many students who attended, we were able to raise over £100.

Ms Metcalfe, our Subject Leader for Media Studies, recently went to visit the Wildlives charity to give them the money. Whilst at the centre, she found out that the money raised would support the many sick and injured animals brought in, maintain the

homes of their resident foxes and deer and pay for emergency treatments when needed.

The Wildlives charity thanked St Helena School for raising all this money and the students in Year 9 media would like to thank everyone who attended this great event.



Chloe Gregory, Year 9



Don't Forget!!!

• 8th July - Year 9 Study Skills Workshop

Snowdon



During the Easter Holidays, myself and my younger sisters, Hannah and Jasmine Liddamore, had the phenomenal experience of climbing Mount Snowdon in Wales, which is the second-highest mountain in the UK. It was definitely the most challenging experience I have ever faced. The early morning and the icy conditions left me absolutely exhausted by the end of the day, although the brilliant views definitely made up for it. However, despite the rain, wind and ankle-deep layers of snow and ice, we managed to trek to the 1085 meter high summit, where we were greeted by a massive cloud that blocked the view completely!



'It was an amazing opportunity with some fantastic views along the way,' says Hannah Liddamore, year 7, who conquered the mountain to the very top. 'I would definitely do it again and I would also like to climb Ben Nevis in the future!'

Jasmine Liddamore, who had to turn back very close to the top, says: 'It was a very good experience, although I wouldn't do it again as the rocks were too hard to climb over, and I was scared of falling off and dying. However, I am very pleased and proud of myself that I got as far as I did!'

Overall, it was an excellent experience for all of us and I would definitely like to climb it again one day. I wish good luck to anybody who might climb it in the upcoming few years, it is a brilliant opportunity that I hope more people will have in the future!

Isabel Liddamore, Year 10

A Wizard Day Out

In April, a group of 50 Media and Business Studies students from Years 9 and 10 visited the Warner Brothers Studio near London. While we were there, we got to see the amazing sets and props that were used in the making of the Harry Potter films. We also had a media lesson on the business that is involved in the film industry. Overall, the trip was an extremely enjoyable experience. I learnt many new things about how films are made and what happens behind the scenes.

Jasmine Mason, asked some of the students their views on the day. This is what she found out.

"I learnt that many people take part in making a film, this helped me understand the different job roles in film" – **Chloe Hallam**

"I loved the green screen it helped me understand how films develop, it's a shame I couldn't meet Channing Tatum who was working on set" – **Hazel Basson**

"I liked seeing the real props from the film it helped me understand how props are used and how they are important to film making" – **Harvey Foster**

"It was interesting learning about the process of making a film from the people who actually work at the studio" – **Kaye Rapanut**

"I learnt that there are many ways of advertising films using different media" – **Kieren Southgate**

"It was very surprising what we saw. I didn't think we'd see so much. My highlight was seeing Dobby" – **Chloe Gregory**

"It was really great fun!" – **Keira Bradbury**

"I found the lesson interesting. I learnt a lot about film companies and how some companies like Warner Bros change their style of films as the storyline continues." – **Olly Seymour**

By Holly Jackson



Don't Forget!!!

• 12th July – Summer Concert



Reflections

Prefect Life at St Helena School



It has now been a few months since the prefect team of 2017 stepped up into their roles and began representing the student body of St Helena school. In this edition of Reflections we catch up with many prefects regarding what it is like to be a member of the school's illustrious prefect team and find out how they have coped with the challenges of this role.

One member of the prefect team commented, "I had a few difficulties to deal with when I was first appointed as a prefect but as I have become more familiar with the roles I have to do, I am also becoming much more recognised as a responsible person within the School."

Prefects are dedicated to ensuring that the school's environment, atmosphere and community is as supportive as possible. Led by Ms. Metcalfe, our group are proving ourselves to be outstanding role-models within the school and community. Prefects contribute by giving up their free time in order to help with its day-to-day running.

"I like being able to help others when they need it, for example when the younger ones don't know where to go!" said Anna Chittenden, Year 10 prefect.

"I believed that applying for prefect would boost my self-confidence and ability to handle tough situations. My duties have already greatly helped with this!" said Alice Goodlad, who has helped with a variety of extra duties over the last few months.

"Duties can help to prepare us for later life," said Charlie Cotterill, who is one of the IT prefects, which specialise in helping to maintain the computers around school. "Also I enjoy helping others and it's a great chance to interact with new people and make new friends. I love computers and so it was great that we had a chance to apply to be an IT prefect as well!"

Another way in which the team support the school and community is by fund-raising. This year, we have already raised over £160 for Marie Curie Cancer Care with the Great Daffodil Appeal and a further £105 contributed to the Shelter campaign in support of Mrs Longshaw's marathon run. We're already looking forward to future fundraising projects for Water Aid and local projects within our own community.

One key aspect of working in a team is the annual Prefect Camp. In July we will be going to Danbury, where all the prefects can bond over group activities, fires and a shared hatred of mosquitos!

This term has also seen the start of the election campaign for the 2017 senior team. Nominated prefects are in the process of giving speeches to their peers outlining their vision for the team and the school, and demonstrating their own leadership skills. There will be more news on the selection process in our summer edition where we reveal our new Head Girl and Head Boy alongside other senior positions within the school. Prefect Leader, Ms Metcalfe, said, "It's going to be a tough decision as so many of this team are outstanding individuals with creative ideas to help make our school even better."

It's a great team this year, and we hope that we can help everybody in some way to make sure our school is the best school ever!

Izzy Liddamore, Thomas Scott, Mia Singleton and Amber Inman

Don't Forget!!!

• 24 June – Staff INSET Day – School closed to students

Year 5's Road to Rio!



It is an Olympics Games Year and to celebrate St Helena School is hosting a Year 5 Olympic Games Festival! In

preparation, Year 5 have been experiencing a different Olympic Sport each week including Basketball, Handball, Athletics, Rugby and Badminton. They are also learning an Opening Ceremony Dance!



The festival will comprise of four sports including football and handball, which will take place on our brand new Playfootball facility. Excitement is gathering now as each class has to decide which country they will represent!

We look forward to welcoming Year 5 on Friday 17th June.

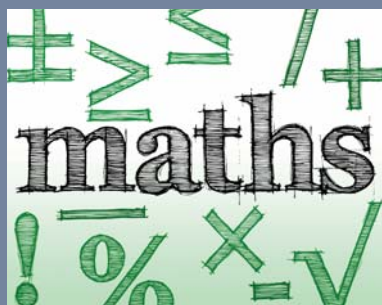
Mrs Taylor, Teacher of PE

Public Speaking

Three of our Year 9 students have represented St Helena School with grace, articulation, and tact at two public speaking competitions since the new year: the Rotary Club's Youth Speaks competition in January; and more recently, the fifth annual St. Mary's School for Girls public speaking meet.



Joel, Megan, and Bowie, it's been an absolute pleasure to work with you at these events!



Over 120 of our students have been taking part in Maths Challenges set by UKMT (UK Mathematics Trust). St Helena School has been using the resources created by UKMT for several years now, to extend and develop our most able students.

In February, 51 students from Year 9 sat the Individual Intermediate Challenge. Congratulations to Superstar Inthesar Uddin who received a Silver award and 'Best in Year' for his amazing effort. Steven Godfrey, Travis Tatum and Djamel Ouhachi are also to be congratulated for working at Bronze level standard.

In March we competed in the Junior Team Challenge, held in Cambridge. Thomas Ramsay and Cinta Reynolds took the challenge on behalf of Year 7 and Travis Tatum and Amelia Wong for Year 9. Our teams were extremely focused, having discarded their coats and bags and dived straight into the first Maths question. We didn't come first, but thoroughly enjoyed the experience.

Finally in May, 70 Year 7 and 8 students completed the Individual Junior Challenge. Congratulations to everyone who took part but especially for the Bronze Award: Year 7 - Gus Birchmore, Beatrice Vyse, Danny Hao Long Chen, Charlie Coombes and Cinta Reynolds; Year 8 – Serena Curtis, Aleesha Cobbold, Rosie Burnside-Fitch and Carolina Escalante. Silver Award: Year 7 – Thomas Ramsay and Ethan Smith (Best in Year); Year 8 – Chloe Brown, Katie Owen-Davies, Jurij Sevchenko and Alice Martin. Two students received a Gold Award, Emma Mitchell and Gareth Evans (Best in Year). Gareth's marks were high enough to include him in the next level of Challenge, the Junior Kangaroo, which he will sit in June. We congratulate them all and wish Gareth every success.

The Maths Department



Whilst Year 11 settled down to a focused day filled with reviewing their examination results Science students at St Helena School are taking part in the Royal Horticultural Society's (RHS) Rocket Science Experiment as part of STEM club. The RHS Rocket Science project is working in partnership with the UK Space Agency. This project is a UK wide experiment and we are delighted to be part of such a unique project. It is a fun, interactive way to get students thinking about how plants might grow in space and factors affecting growth. It will also help them understand the challenges of life in space.

An application for the seeds was submitted back in December 2015. Earlier In September, 2kg of rocket seeds were transported to the International Space Station on Soyuz 44S. The seeds were kept in microgravity for 6 months by Tim Peake who cared for them on the ISS for his Principia mission starting in December.



The seeds have now landed on Earth and St Helena School will be one of 10,000 very lucky schools to receive 100 seeds from space. These will be grown and compared to seeds that have not been to space to see if there are any differences in growth. No one at St Helena School will know which seeds have been to space and which have remained on

Earth. The 200 seeds will be marked up in packs of RED or BLUE and nothing more, their origin will remain a heavily guarded secret.

Students will be given a briefing session on how to plant and care for the seedlings prior to the planting date so that experimental procedures are followed.

Due to the nature of the experiment measurements will be taken on fixed days over a six week period. The data is then entered into a database and submitted for analysis by scientists from the RHS and European Space Agency. Results and conclusions will be published on the RHS Campaign for School Gardening website.

It will be an exciting way for our young scientists to contribute to a National experiment and share their learning with the whole school community. The seeds were planted on Tuesday 19th April and we hope to update readers further in a future edition of Reflections.

Mrs Reading, Science Technician



Don't Forget!!!

• 21st July – New Uniform Sales in School 4.00 pm – 6.00 pm 7



Reflections

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

T: 01206 572253 • F: 01206 543049

E: contact@st-helena.essex.sch.uk • W: www.st-helena.essex.sch.uk

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

Making Music was Magic

During last term, Year 10 Media students have been studying the Promotion of Music. This assignment requires students to explore how a band or artiste has been promoted across the media. It's a modern way of looking at the music industry; since the advent of the internet, many acts are now making use of the web to tell the world about their new songs and tour plans. Students then get the opportunity to create their own band or artiste which they promote by making web pages, posters, magazine features, scripts and storyboards. Ms Metcalfe, Subject Leader for Media Studies, said: "This is probably my favourite assignment as it enables students to gain skills that they would use if they go on to work in the industry. Music promotion is a really inspiring topic and completely relevant to our students."

Callum McKay, told Reflections about the work he did on this topic. "I studied Justin Bieber because he used to be a bit troubled and now he's come back from that and is even more famous than before. This shows his resilience! I used Bieber's success for my own campaign for the artist Kingsley Parker. I was really proud of my work. I'm really looking forward to working on the film project now. I'd consider working as a sports journalist at the end of my athletics careers."

Fay Harrison added, "During our project for 'Promotion of Music', we were given full responsibility for the outcome of our assignment. We had to use our own time in order to take photos for the poster, giving us the freedom to use our ideas creatively and effectively. The best part of the project was being given the chance to experiment with Photoshop and find the best way to promote our products."

Following the award of Star Student, Eloise Parratt, said, "When creating our own poster for the promotion of music, we were able to have independence by taking images ourselves outside of school, and using the software of Photoshop to create our final piece."

William Crawford continued, "I used my friend Bradley as a model for my poster. I decided to create an urban rap artiste because that's what my target audience is into and I thought the outfit he was wearing suited this genre. I did enjoy the project and learnt a lot about the language used in the promotion of music. I found out about record labels, for example how they work. I would quite like to work in the music industry, though perhaps as a graphic designer creating promotional material like CD covers."

Another successful project was created by Grace McBurney. She said, "In this media assessment, I created a band called Cipher. They are an indie band, so I was inspired by similar artists such as Panic! At the Disco and Bastille. I enjoyed this project, as it has helped me to learn a lot more about the promotion of music, and has also improved media skills, as I had to work independently and create the poster on Photoshop."

Finally, Holly Jackson commented, "In this project, I designed an Indie band called Intermission. I researched existing Indie artists and took inspiration from their style. I took photos similar to those belonging to Indie bands and used Photoshop to edit them. I enjoyed this project as it enabled me to be creative and learn more about the music industry."

Eloise Parratt, Fay Harrison, Grace McBurney, Holly Jackson, William Crawford and Miss Metcalfe
– Subject Leader for Media Studies and Prefect Co-ordinator.

Speak Out Challenge



Year 10s had the opportunity to do a Jack Petchey Workshop which helped us to develop our speaking skills by writing and giving speeches. In the first round there were about 30 Year 10 students, all of whom had to perform a short speech about something that they felt strongly about. We were judged on our timing, delivery and speaking skills by Miss Iliffe and Charlie Fulcher (who managed to get through to the third round last year). Three of us were then chosen to go on to the next round: Mia Singleton, Keeley Duncan and myself. After this we were given a few weeks to prepare another speech based on our chosen topic in the first round, of which we would have to perform in assembly. Mia's speech was about feminism, Keeley's was about stereotypes and I did mine on equality. Throughout the week of assemblies students had the chance to vote for their favourite speech. In the end, the winner was announced and the amazing Mia Singleton had won! Again, she was given some time to develop her speech on feminism, entitled 'Feminism or FemiNazi?' The third round took place on Tuesday 17th May at St Benedicts Catholic College.

17 students perform a speech in this round and they were all fantastic! Miss Iliffe, Miss Templeton, Ms Metcalfe and several Year 10s, including Keeley and I, went to see Mia perform her speech. The Year 10s from St Helena School gave her a standing ovation and a deafening applause! Mia's speech was incredible and I cannot begin to think how brave she must've been to do an amazing speech like that in front of several people from several schools, including the Mayor of Colchester! St Helena's own Mia Singleton came third! Congratulations Mia! You made us all so proud and your speech was incredibly inspirational! If you wish to see it then head over to the Jack Petchey website.

Chantel Leyland, Year 10

