

SPOTLIGHT

SPROWSTON COMMUNITY HIGH SPECIALIST SCHOOL FOR PERFORMING ARTS AND MEDIA

ISSUE 10 MARCH 2010

No matter how long the winter, spring is sure to follow – Proverb

Dear Parents, Guardians and Carers,

I trust you all had a super time with your child(ren) over the half-term holiday we had recently.

This is an extremely important half-term especially for all our students taking public examinations.



Please encourage you child (ren) to use SAM Learning, found on our website (www.sprostonhigh.org), which is an excellent piece of interactive software that research indicates can increase students study and examination techniques. We are actively promoting Fairtrade Fortnight and with over 3500 products to choose from we can all make a contribution to other people's life chances, even though we've never met them!

Best wishes,

**Andrew John
Headteacher.**

YEAR 7 PSHE

This term, Richard Wiseman who is Road Safety Officer for Norfolk has been visiting Year 7 PSHE lessons reminding students of the importance of taking care on the roads. Did you know that whilst cycling is the safest form of transportation in Norfolk for 11-15 year olds, our students are at most risk when travelling by car? All students have been made aware of the importance of wearing their seatbelt during every single journey made, even if it's a short distance as drivers are at most risk of having an accident within 5 miles of their home. It was also surprising for our students to learn that if they are involved in a crash at 30mph and they are not wearing their seatbelt, their weight increases by 30 times meaning that they would have the weight of a baby elephant upon impact! Even more reason to ensure that they buckle-up when in the car!

Ms. L Byles



YEAR 8

Year 8 Boys Dance

A small group of Year 8 boys began an adventure into dance with professionals from The Garage on Friday February 26th. We look forward to hearing all about this exciting new activity as the weeks unfold.

Year 8 Coffee Morning / Parent Focus Group

We are delighted to announce the next Coffee Morning for Year 8 Parents from 9.15 to 10.15 on Thursday 25th March. At the last coffee morning we chatted about homework and a possible end of year event for Year 8. If you would like to be part of a group which is shaping the future of your children, to bring along issues which are of concern to you or just to listen to others then please ring Mrs Owen in the office to let us know you are coming. We do not provide crèche facilities but other mums have brought their younger children along. We meet in the library so the atmosphere is informal.

Dads.....at present we have a lot of mums involved in school/home activities. A positive male role model is important and believe it or not children do like it when you say you want to get involved - honest! See the details about the Year 8 Coffee Morning or contact Mrs Owen in the office. Alternatively we could start a Dads action group - Newly Elected Regional Dads of Sprowston or NERDS for short. Maybe not!

Switch by Ace Dance and Music

The whole of year were present for a special assembly by Ace Dance and Music this week, where members of the dance group not only performed but also took questions from the year group. This assembly was in preparation for their visit to the Playhouse Theatre on Wednesday 3rd March to see the whole production called "Switch".

Easter Egg Challenge

Form groups are currently battling it out each week to win points for the Easter Egg challenge. So far forms have completed 3 out of the 9 challenges.

The winners so far are....

Embellish an egg = 8MS

Attendance = 8DK

Signed Journals = 8DK, 8GD and 8MS (joint winners)

Currently sitting in 1st position is 8DK, 2nd position 8MS is and 3rd position is 8WO. The points are very close so keep going!



Sue Worley



Anna Cook



Pete Sewell

The Year 8 Team

YEAR 10

We have been pretty busy in Year 10; here is a selection of some of the events we have been to recently.

SCIENCE RULES!

Mr Oakley took 12 Year 10 students to a Norfolk Physics partnership event at the UEA run by Mr Ashbee. The events included:

1. Construction and racing of land yachts.
2. Making a short movie including Physics words with ample opportunity to dress up in silly costumes.
3. A duck shoot using projectiles launched from compressed air guns.
4. Making submarines using bladder technology that will sink and surface.
5. Construction and testing of a hovercraft that was capable of surfing over a lake of jelly and then custard.



All the activities had an underlying element of Physics but the emphasis was on fun. We won the event! Norfolk Physics partnership will bring their activities to Sprowston Community High on the Collapsed Curriculum day after the Easter break.

GIFTED & TALENTED TRIP

Ten of our Year 10 students were given the opportunity to see what University life was like as we were invited by Cambridge University to attend one of the University's Challenge days!

It was a long day setting off at 7.00am and getting back to school by 6.30pm. I hope the students enjoyed the opportunity of seeing University life and what it has to offer them. Thanks also to Mrs Cunningham for helping on the trip and Mr Blake for driving the mini bus! The weather was not very good but we still managed at the end of the day to have a quick look round some of the colleges before heading home!



LEISURE & TOURISM TRIP

Big thanks to Ms Thurlow for organising the Year 10 Leisure & Tourism trip down to London. Once again thanks to Mrs Cunningham for also supporting the group on the trip. The main aspect of the trip was to see Madame Tussauds in action and how it worked as a thriving tourist attraction!



CITIZENSHIP COURSEWORK!

The coursework for citizenship has changed! It is now worth 60% of the final grade (upped from 40%) and lots more work on advocacy and representation is required.

We are hopefully looking this half term to set aside time as a Year 10 'Charities Week' where the students can inform others of their chosen charities during assemblies, create info boards, cake sales etc all ending on the last day with a non-uniform day, raising money for the dedicated charities. The students also need to demonstrate good communication skills. This is what we are proposing – watch this space!

The coursework title is 'The right of children not to be involved in conflict' so charities include NSPCC, Childline, SOS Children's Village, UNICEF and War Child.

Mr Cordeaux



Head of Year 10

Host International

Would your family enjoy introducing someone from another country to the British way of life?

There are international students from all over the world at universities in the UK, who would love to spend a weekend sharing your family life. You could have fun introducing them to British food, customs, your local community and area and you would learn about their countries and culture too.

HOST is a national charity, backed by the Foreign Office, which has been linking students with volunteer hosts for many years. See www.hostuk.org or call David Patey, the voluntary organiser in Norfolk, on 01508 483838.

