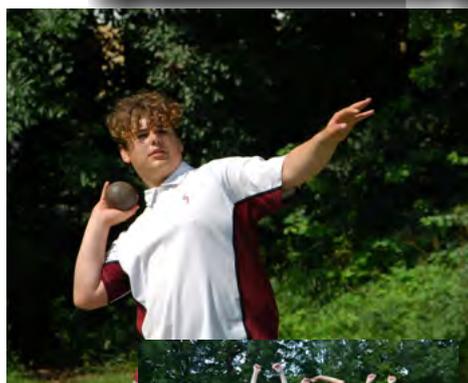


# BIRCHWOOD NEWS

[newsletter@birchwoodhigh.org.uk](mailto:newsletter@birchwoodhigh.org.uk)

## HEADLINES

### SPORTS DAY 2021



Inside this month's edition:

Sports Day ...page 3, Music Prom ...page 6, Virtual Art Exhibition ...pages 7 and 8, PSFA News ...pages 9 and 10

## FINANCE

I am Mrs Young, the parental and student contact in relation to all income to the school.

We use an online payment system, ParentPay, for administration of the school income, especially in these times. We would like to keep the students and ourselves as safe as possible so encourage everyone to use this payment method.

If you require ParentPay log in details or have any queries please do not hesitate to contact me via email: [jyoung@birchwoodhigh.org.uk](mailto:jyoung@birchwoodhigh.org.uk)



## News in Brief.....

**If you are struggling in these uncertain times HertsHelp can support you...**

This is a challenging time for everyone, and we want you to know that help and support is available for anyone who needs it in Hertfordshire.

HertsHelp can provide free, confidential advice and practical help for things like food, essential bills and emotional support.

Call 0300 123 4044, email [info@hertshelp.net](mailto:info@hertshelp.net) or visit [www.hertshelp.net](http://www.hertshelp.net)

## Huge congratulations to Mrs Crimes...

Last weekend Judith along with her daughter Felicity, completed a massive 60 mile NON-STOP walk in Northumberland, in under 28 hours! They are raising funds for Crisis, if you would like to donate to this worthy cause here is her JustGiving page.

Race to the Castle 2021- 100km for Crisis

<https://www.justgiving.com/fundraising/Felicity-Crimes2>

## Exams Information

Results days for Summer 2021:

10 August 2021 – GCE and BTEC Level 3

8:30 am – results can be collected from the BDC. Staff will be available if further advice and guidance is needed.

12 August 2021 – GCSE, BTEC Level 2 and Entry Level

8:30 am – Year 11 X side – results can be collected from the BDC

9:00 am – Year 11 Y side – results can be collected from the BDC

9:30 am – Year 10 GCSE Statistics results can be collected from the BDC.

Any results that are not collected by 11:00 am will be posted, by first class post, to the home address we have on our database, unless you have given us an alternative address.

Results will be given to the student only. If another person is to collect the results, the student must provide them with a signed letter giving permission and naming the person that will be collecting. The nominated person that is collecting must present their own ID on the day.

Unfortunately, results cannot be sent by email and will not be given verbally over the phone.

If you have any questions or concerns regarding results days please email Mrs Bothwell, Exams Officer [lbothwell@birchwoodhigh.org.uk](mailto:lbothwell@birchwoodhigh.org.uk)

## DATES FOR YOUR DIARY

### Summer Term 2021

School finishes  
for students at 12.30pm on  
Tuesday 20 July  
Staff will finish Thursday 22 July

### 2021/2022

#### Term Dates 2021/22

##### Autumn 2021

1 September - 21 December 21

Friday 3 September –

Years 7/12 only

Monday 6 September

– whole school starts

Half term

Monday 25 October -

Friday 29 October

##### Spring 2022

Wednesday 5 January -

Friday 1 April

Half term

Monday 14 February -

Friday 18 February

##### Summer 2022

Tuesday 19 April -

Friday 22 July

Half term

Monday 30 May -

Friday 3 June

##### CPD Days

Wednesday 21 July 2021

Thursday 22 July 2021

Wednesday 1 September 2021–

CPD (staff training)

Thursday 2 September 2021–

CPD (staff training)

Friday 1 October 2021

Wednesday 5 January 2022

Thursday 21 July 2022

Friday 22 July 2022

Please note that the school is closed to students on all CPD days, unless a member of staff has asked students to attend.



## We had a fantastic Sports Day on Tuesday 13 July

It was wonderful to see all the students taking part in events, everything from Rounders and Javelin to the Relay Races - including the staff race!

Well done to everyone who took part, some of the many outstanding achievements are listed below.

Best Male - Joel Palma Year 7 - Year 7 boys, won the Long Jump and High Jump (pictured top left)

Best Female - Kiera Picton Year 9 for excellent performances in 1500m (2nd), 200m (1st) and relay (pictured top right).

### Records Broken

Bradley Monks Year 10 boys 100m 11.82 - previous record 11.93 (2006).

Oliver Fach Year 10 - 2nd place was also inside the previous record with 11.90.

Joel Palma Year 7 boys long jump 4.30m - previous record 4.06m (2003).

### Other notable performances

Neala Goddard Bird Year 8 who represented her House in both 1500m and 800m.

Owen McFadyen Year 10 who won Long Jump, Shot Put, Javelin and finished 2nd in the High Jump.

Will Gilbank Year 10 who won the 400m and the 800m.

### Winning Forms

**7MRY - Dane, 8JBD - Dane, 9DSS - Dane and 10AFN - Hadham**

**Dane wins the House Sports Day Cup!**

Thank you to all Sixth Form and Staff who helped to run the event including the PSFA who kindly donated icepops for the students during the afternoons festivities.



### 7MRY



### 8JBD



### 10AFN



Dear all,

I hope you enjoy reading this last Birchwood News of the academic year. Despite the unpredictable nature of the last twelve months, we have managed to produce monthly editions reflecting remote learning experiences, personal accounts of courage and achievement as well as, in more recent months, a return to more normal uplifting stories.

This edition is full of Sports and The Arts – and I will let the photographs of Sports Day, the Virtual Art Exhibition and the brilliant outdoor Summer Music Concert speak for themselves.

Whilst our students have been brilliant, showing resilience and determination, I would like to take this moment to say thank you to all our committed and hard-working teachers and support staff.

Mr Briscoe's story of endurance and mind over matter with his recent 100km run sums up everything about the staff at Birchwood. In the words of T.S. Eliot, "if you aren't in over your head, how do you know how tall you are?" I think there have been times this year when staff have all felt a bit overwhelmed and yet we have worked together to ensure we remained 'afloat' and we are all a little bit wiser and stronger than we were. I know everyone is tired, but morale is good and our commitment to providing a strong holistic education for all children regardless of background and ability remains our central aim.

Once again, thank you for everything you do at home to support your child in these trying times!

*Dr Chris Ingate, Principal*

# House

## TOP HOUSE STAFF MEMBER



1<sup>st</sup>: Mrs Pressland

2<sup>nd</sup>: Miss Payne

3<sup>rd</sup>: Miss Roderick



Dane win Sports Day Cup!



# Eastern Region Champion

Birchwood High School student William Gilbank has been crowned Eastern Region Cycling Champion after winning the hour long regional race at the new Cycling track at Colchester's Northern Gateway. The win topped off an impressive season for the rider who rides and trains with Lee Valley Youth Cycling Club in Redbridge. With a compressed season due to Covid-19, William has managed to rack up a number of wins at his home circuit as well as placing well in the National Series, which has seen him ride at Scarborough's Oliver's Mount, Cyclopark in Kent, Loughborough University and at the end of the month he will be going with his club mate to ride the Madison at the National Youth Track Games in Glasgow. Fifteen year old William has also been delighted to announce a sponsor for the 2021-22 season. One of Birchwood's alumni, Matt Attelsey of Matts Auto Repair Services, has stepped in to support William as he bids to make his way through British Cycling's Development Pathways. William said, "I would like to thank Matt for all his support, it will enable me to buy some new equipment which will make me faster and more competitive. It's also great to have support from someone from my school". If anyone else would like to get involved in William's journey to success please email: [gilbankracing@gmail.com](mailto:gilbankracing@gmail.com) or visit [www.gilbankracing.com](http://www.gilbankracing.com)



# Running my first 100km race

On Saturday 10 July I completed my first ever non-stop 100km event. Race to the Stones took me from Lewknor in Oxfordshire down to Avebury in Wiltshire along the historic Ridgeway. The event took me just over 15 hours to complete and was a culmination of a 6 month block of training filled with many highs, lows and 4am alarms.

WHY?????? The simple answer to that question is, to see if I could. I like to set myself challenges each year to test both my mental and physical resilience. As time has progressed, the events have gradually become longer and more challenging, before the pandemic I completed my first 24-hour event and knew that this time, a non-stop event was the aim. I initially signed up for a 50km event as my A race for this year, however my head decided that 100km would be more suitable and registration for that was completed the very next day.

I've not always been into fitness and running, just after the birth of my daughter six years ago I was 18 stone and would barely exercise at all. Her birth prompted me to make some changes and I joined a local bootcamp, with almost instant results, I lost body mass and felt much better as a result. I then started looking for events that would challenge me and enable me to push myself beyond what I felt I was capable of. I began completing Tough Mudder obstacle courses regularly and then entered their 12 hour overnight event in 2018. It was a humbling experience but I pushed through the night and knew I wanted to head back for more! In 2019 I did similar and then headed over to the US to participate in the 24 hour event there.

The training and these events have shown me just how far the body can go when asked to and has enabled me to develop a greater level of mental grit when faced with uncertainty and extremes. There are a number of moments in these long events where you doubt yourself and question your life choices but the outburst of emotions at the finish line is unrivalled. Race to the Stones was no different and the finish line picture showed my joy and relief at successfully pushing through the pain barriers to get to the end.

I have a number of other challenges for this year including the Manchester marathon (a running distance I haven't yet successfully completed), another 24-hour Tough Mudder event and the birth of my second child. Fitting the training in around a young family is a challenge in itself, hence the 4am wake ups to get the runs done before they wake up at home.

The event at Race to the Stones was also completed with charity fundraising in mind. Another reason I have the motivation to do these events is to help support some fantastic charities. In the past I have raised money for Cancer Research UK, Breast Cancer Now and this event was for Great Ormond Street Children's Hospital. The fundraising page is still open and I gratefully accept any donations. <https://www.justgiving.com/fundraising/matthew-briscoe1>

*Mr Briscoe Head of Science*



# Virtual Art Exhibition 2021

For the second year in a row Birchwood High school are running our Virtual Summer Exhibition 2021. The work exhibited includes a range of art, craft, and design with a wide range of contributors. The creatives include students from all year groups, including a Year 6 entry, current and previous staff members. The exhibition shows the range of creativity and talent we have at Birchwood High School and the wider community, and we hope that you can take the time to view the work on the Birchwood homepage during the summer break.

<https://www.birchwoodonline.co.uk/portfolio/summer-virtual-art-exhibition-2021/>

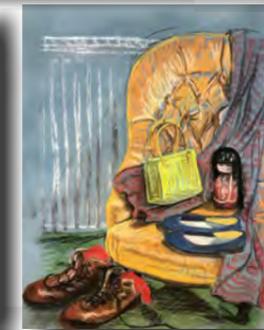
Following a public vote, the favourite piece from the Birchwood virtual summer exhibition 2021 is 'dog' by staff member Mrs Irene Barnard, a beautiful study in colour pencil.



## Despite the weather the Summer Prom managed to go on...

Mr Grogan and Mr Stock would like to congratulate all the soloists and performers who took part in our Summer Prom Concert on Friday 9 July. It was a wonderful evening of music, including solos from our Young Musician winners, Jorja O'Grady and Emily Robson, and performances from our Orchestra, Choir and more. Not even the 'great British weather' stopped us, true to form it started raining at 7pm, however with an amazing 'Birchwood community effort' we managed to move and find cover. Many thanks to all staff and students that helped with such a lovely evening of performances after such a difficult year.

- Orchestra - Ecstasy of Gold, Ennio Morricone arr. M Grogan
- Jessica Newton - Piano - Changing Times, Heather Hammond
- Isabelle Ramsey - Voice - Wishing You Were Somehow Here Again, Lloyd-Webber
- Orchestra - Hero's March, Quin Seifert
- Logan Reid - Drum Kit - Fire, Jimi Hendrix
- Year 9 singers
- Year 9 singers perform with Matthew Reader soloist - Someone You Loved, Lewis Capaldi
- Lukas Ruediger, Toby Stanley - 3 Lions, Lightning Seeds
- Jorja O'Grady - Voice - Writing's On The Wall, Sam Smith arr. W Stock
- Year 11 Band - In the Mood, Glen Miller
- Emily Robson - Harp - Arabesque, Marcel Grandjany
- Birchwood Choir - Another Day of Sun, J Hurwitz
- Orchestra - Land of Hope and Glory, Elgar





Parents, Staff and Friends Association

Why not follow us on .....Facebook

We have a Facebook page where you can keep up to date with events and meetings. Please follow us at Birchwood Parents Staff and Friends Association (PSFA)

**DON'T FORGET** you can help us raise funds via **TheGivingMachine**

If you are a regular online shopper you can generate free donations to our school at no extra cost to you every time you shop via TheGivingMachine.

Please have a look online [www.thegivingmachine.co.uk](http://www.thegivingmachine.co.uk) and search for Birchwood High School.

**£5000 donation to purchase specialist equipment to support the teaching of STEM subjects.**

We are thrilled to have donated £5000 to the School for the purchase of new specialist equipment to support the teaching of STEM subjects (Science, Technology, Engineering & Maths). The VEX IQ 'Large Class Bundle' contains everything required for a class to build and programme wireless robots. These have been ordered and our new Year 7 starters will be the first students to use these during their Summer Transition Days. The equipment will help support the School's aim to harness the enthusiasm of our younger students, engaging them immediately as they come up from primary school and provide high aspirations for STEM subjects throughout their school career. The equipment will be accessed by students across all year groups during STEM curriculum lessons and the Technology Department will be running after-school clubs focusing on robotics and programming. Our donation has also covered the purchase of additional add on kits which will enable groups to take part in the national VEX IQ Challenge..

**BIG PTA Summer Raffle**

Ticket sales for The Big PTA Summer Raffle 2021 are now closed. Thank you to everyone who took part, we raised £423 which will go towards fulfilling funding requests from Faculty Heads next academic year.

**Sports Day**

We were pleased to help keep everyone cool on Sports Day by providing free ice pops to students after lunch. Thank you to the Sixth Form House Team for their hard work in helping to distribute them.

**PSFA Facebook Page**

Please follow us on our Facebook Page 'Birchwood Parents Staff and Friends Association PSFA' and stay up to date with upcoming events and meetings.

**Monday 8 July to Friday 16 September – 'What Makes You Happy' Photo Competition**

Our first PSFA photo competition has started and will run throughout the Summer break. This is open to everyone, including students, staff, family and friends. The winning photo will receive a prize and the best twelve photos will be used in our 2022 PSFA Calendar. Entries are £2 per photo, payable via PayPal and should be e-mailed to [ticketspsfa@gmail.com](mailto:ticketspsfa@gmail.com) together with a completed entry form. This can be downloaded from our PSFA page on the School website.

**SAVE THE DATES**

Friday 24 September 2021 – Race Night

Following our success in March 2020, we are hosting another Race Night in association with East Anglia Race Nights. Tickets will be priced at £10 per person which includes a food option, please purchase tickets by emailing [ticketspsfa@gmail.com](mailto:ticketspsfa@gmail.com). All monies raised will be donated towards Birchwood's Resilience Festival week, promoting mental health and wellbeing amongst students, staff, parents and the wide community.

Saturday 27 November 2021 – Christmas Fayre

More details to follow but we are looking for stallholders. Please email [birchwoodpsfa@gmail.com](mailto:birchwoodpsfa@gmail.com) for more information. We are hoping to host Gin tasting and beer tasting events in the autumn term too!

**PSFA Preloved Uniform**

If you are replacing items of school uniform and the old items are still in fairly good condition, please consider donating good condition items of preloved uniform to the PSFA. Please drop off clean items of uniform to our reception. If you would like to make a purchase of preloved uniform, please email [psfapreloved@gmail.com](mailto:psfapreloved@gmail.com). Please note this email address will be checked on a Wednesday, and uniform requests available for collection from Student Reception on a Friday, upon receipt of payment.

**Birchwood Bonus Ball**

Congratulations to Nicky Beales who was the winner of the June draw. Ball 81 was drawn by Mrs Walker, the monthly prize is £102.

The Birchwood Bonus Ball is a raffle style club, with up to five numbers available to purchase per person, per subscription period. If you would like to take part by purchasing one or more numbers, please email [treasurerbwpsfa@gmail.com](mailto:treasurerbwpsfa@gmail.com) confirming your name and contact telephone details. Full terms and conditions of the Birchwood Bonus Ball Club can be found on the PSFA page of the school's website.

**Birchwood Futures Foundation Fund**

A big thank you to everyone who has donated to the Fund so far. The purpose of the Birchwood Futures Foundation Fund is to help raise additional financial resources to enhance students' educational experience whilst at Birchwood High School. With your support the PSFA is hoping to play a significant role in helping to keep Birchwood a well-resourced school with opportunities for all students.

# The Year 8 Henry Moore Foundation Trip Wednesday 7 July 2021

On Wednesday 7 July 2021 a group of Year 8 Art students visited the Henry Moore Foundation studios and garden at Perry Green. The trip was a fantastic opportunity to interact with some artwork in real life after the restrictions of the Covid pandemic. The day started with a guided tour in which the students found out about Henry Moore's inspiration and working practices as well as viewing many of his iconic pieces in situ in the beautiful gardens.

After a much enjoyed picnic lunch, the students had time to draw in the gardens, exploring the detail and form of the sculptures as well as the surroundings. Meanwhile smaller groups were able to visit the internal exhibition spaces. The work seen included further sculptures, some inspiring drawings by Henry Moore and several skilled tapestries produced by weavers from West Dean College working from Henry Moore's drawings.

The students produced some excellent drawings, capturing the beauty of the work and gardens. The Art department would like to take this opportunity to say a big well done to all the participants for a really fantastic trip and for the excellent work!

*Miss Morrison, Head of EPA*



Every penny goes a long way to helping raise additional financial resources to enhance students' educational experience whilst at Birchwood High School. With your support the PSFA is hoping to play a significant role in helping to keep Birchwood a well-resourced school with opportunities for all students. There are two ways to make a donation to the Birchwood Futures Foundation. Either by ParentPay or via Virgin Money Giving, details of which can be found on the Birchwood PSFA Page of the School website. As a registered charity, Virgin Money Giving is the easiest way for us claim Gift Aid, which means that if you are a UK tax payer you are able to boost your donation by 25p for every £1 you to donate. Donations of any value are voluntary and collectively will make a huge difference for the School.

#### Other ways to support the PSFA

You can support the PSFA when shopping online with Amazon Smile. Find us on there under Birchwood Parents Staff & Friends Association or by searching our registered charity number 1184425. Alternatively, you can generate free donations to our school at no extra cost to you every time you online shop via TheGivingMachine. Please have a look online [www.thegivingmachine.co.uk](http://www.thegivingmachine.co.uk) and search for Birchwood High School.



A BIRCHWOOD HIGH SCHOOL FUNDRAISING EVENT ORGANISED BY THE PSFA

**WIN!** Email your photos of what makes you happy to [ticketspsfa@gmail.com](mailto:ticketspsfa@gmail.com) by 16 September 2021. Payment by PayPal: Birchwood PSFA

£25 Amazon voucher

£2 per photo

The 12 best photos will be used in our 2022 calendar

Award winning judge: Sophia Spurgin, AAPS



Please Note: Any images you submit could appear digitally in the Birchwood High School Newsletter and also as a printed image in the 2022 Birchwood PSFA calendar. Any other usage is beyond the control of the PSFA, and you accept that as a condition of entry into this competition. You retain copyright of any images you submit and will be credited as the copyright holder.

# Gardening Club

Thanks to the funding we received from Stort Valley Healthcare and the PSFA, our school garden has become a valuable resource. Following the success of our lockdown Gardening Club for keyworker's children last summer it has continued to flourish.

We have run a gardening club this term with twelve students from Years 8-10. This has been a wonderful opportunity for them to develop their gardening skills and socialise with each other. It has been lovely to see them getting on so well together.

We have planted flower beds, filled the raised beds with vegetables and have tomatoes, chillis and cucumbers growing in the greenhouse. Some of the students have expressed an interest in horticulture in the future as they are enjoying it so much.

Wendy Gordon from Wellbean Gardening has also been running a gardening club with Year 7. So the garden is full of lovely things growing.

Science have spider plants growing in the greenhouse and food technology are keen to grow vegetables as well. For me, the best part is seeing students who are quiet and lacking in confidence, become more relaxed and chatty while gardening. They are all very keen that the gardening club continues in September.

Mrs Homer



**Birchwood High School PSFA warmly invite you to a**

# *Family Fun Race Night*

*with East Anglia Race Nights*

**Friday 24<sup>th</sup> September 2021**

**6.30pm arrival for a 7pm start**  
**Tickets £10 per head (inc food options)**

**Bring your own refreshments**

*All funds raised on this evening will go toward*  
**Birchwood's Resilience Week**  
*promoting mental health and well being*

**Email [birchwoodpsfa@gmail.com](mailto:birchwoodpsfa@gmail.com) to book your space**

EAST ANGLIA RACE NIGHTS  
*The Fun Way To Fundraise*

Birchwood High School  
**PSFA**  
Parents, Staff and Friends Association

## Year 7 Science investigations

Year 7 students have been learning more about density. Density is the measurement of how much "stuff" is packed into a measured space. That's how we get the equation for density: Density = Mass (the stuff) ÷ Volume (a measured space). Nearly every substance and material imaginable has a different density. This is especially true for the five solutions students were given made using sugar and water.

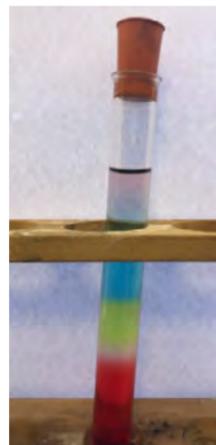
The Sugar Rainbow is a creative and engaging way to see how liquids of different densities stack on top each other.

By increasing the amount of sugar in the solution but keeping the amount of water constant, we created solutions that have increasing densities. The more sugar that's mixed into a measured amount of water, the higher the density of the mixture. As the Sugar Rainbow reveals, a solution with a low density stacks on top of a mixture with a high density. Check out our cool results.

Mrs Pressland and 7x2.

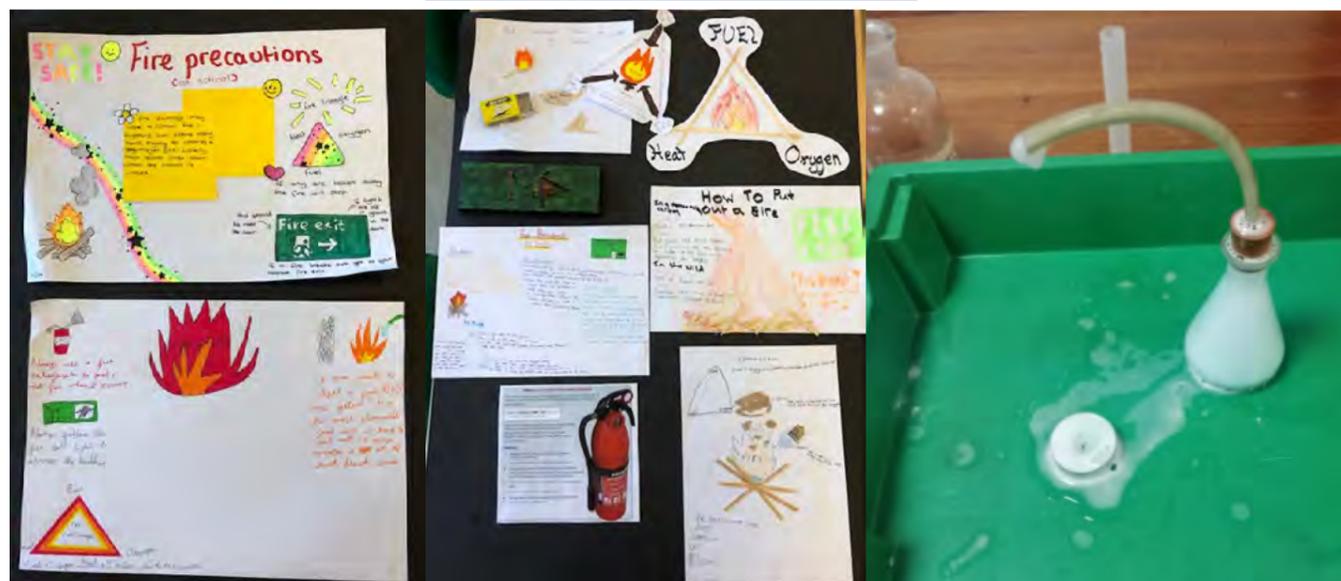
Fun Fact:

A dramatic salt water density change can be experienced in real life. While humans will (sort of) float in an ocean, they really float in bodies of water like Utah's Great Salt Lake and the Dead Sea in Israel and the West Bank. They are so salty that it's nearly impossible to sink in them! Just be sure to rinse off really well when you get out.



## Students in 7x2 made fire extinguishers!

Students have learnt that when an acid reacts with a carbonate, a salt, water and carbon dioxide gas are produced. We used this principle, together with wash foam to make our own fire extinguishers. Students also summarised Fire Safety Precautions in these informative posters.



Congratulations to Thomas Forbes, Year 7 who has recently second in the National at Fulbeck, and been awarded 3rd in the NatSka Championships. Thomas has been part of the Barnwell school Kart club for four years. He takes part in the National Schools

Karting Association (NatSKA) championship. NatSKA is celebrating its 50th year this year. Taking part in NatSKA is a big motivator for children aged 8 to 17 as Thanks to the funding we received from Stort Valley Healthcare and the PSFA,



# COVID CRISIS SCIENCE GAMES

In Science with Mr Loveday students have been designing and creating their very own board games.

They had to be science based and the board games were simply inspirational.

Mr Loveday's 1st prize went to 'Covopoly' which was designed by Layla Ellis and Jayda Lloyd-Warren in Year 9, 2nd prize Harry M (Year 8) 'Covid Crisis' and 3rd prize to Sian Reilly and Scarlett Sturrock (Year 7) 'Murder at the Lab' Well done to everyone!



## Rewards Day - Thursday 15 July

After what has been a very uncertain year, it was great to finish on a positive with the end of term celebration events. This year, 'Xtreme Events' from Sawston, Cambridge, came in to run 'Zorb Sports' and 'Battle Archery' sessions with our students. Over 120 students from Years 7, 8 and 10 were selected either for their excellent attendance, behaviour or for the number of Achievement Points they accrued this term. Students thoroughly enjoyed the day, and from a spectators point of view, it was very funny to watch. A big well done to all the students this year!

Mr Noblett, Rewards co-ordinator

