

## HEADLINES

From sporting success, to science, to literature and bake-off, what a bumper edition of Birchwood News to read over Easter! It has been really encouraging to sense that school life really has returned to how things were Pre-Covid. We also know that some students struggled more than others during lockdown and we are working hard in class or in catch-up to ensure we close the gaps.

I hope you enjoy reading the interview from the BBC reporting team with me and Mr Griffin, my successor below. Mr Griffin and I are working hard to ensure that there is a smooth hand-over, keeping to the things that work and tightening up on the things which need improving.

As I look forward to my last term in charge at Birchwood, there are many things I will miss but most particularly the students who I think are a great credit to their families. I was interviewed last week by The Bishop's Stortford Independent, reflecting on education over the last 21 years. If you have not read the story, here's the link:

<https://www.bishopstortfordindependent.co.uk/news/chris-ingate-to-leave-birchwood-after-steadying-ship-post-9283431/>

Have a restful and enjoyable Easter Break and for Year 11 and 13 students, good luck with the revising.

*Dr Chris Ingate, Principal*

### **Birchwood BBC Young Reporters interview Mr Griffin, Principal Designate from September:**

#### **Q Can you tell us a little about yourself?**

I grew up in the northeast of London (Romford), I have been teaching for 28 years. I went to the University of Manchester and University of Norwich, where I studied English and History. I have taught at six schools and this is the third school I will be the Principal at.

#### **Q Well done on your appointment, but why did you want to apply for the position of Principal at our school?**

I wanted to apply for the position because I liked how the school paid attention to everyone's needs. The word "kind" stood out to me and I felt Birchwood would be perfect for me.

#### **Q What is your specialist subject? Dr Ingate's is geography and he still teaches students every week. Will you continue to teach your subject?**

Yes, English and Drama are my subjects, I think it's important to continue teaching when you are a Principal.

#### **Q What do you think you can bring to the school and what do you think you can improve at the school?**

Better ways of how teacher's teach to make the lesson better so people enjoy them more.

#### **Q How did you get into teaching and why?**

I took careers advice, and it suggested I would be suitable for a career in teaching, so I thought why not!

#### **Q If you could change one thing about your career so far what would it be?**

I would change nothing. I like to use this quote "I am a part of all that I have met", which is a quote from the famous novel Ulysses.

#### **Q How do you think a Principal can make a real difference to the students here at Birchwood?**

By helping students learn new things, giving everything a student needs, help teachers to teach, you must keep up with the world. Above all, I want every student to be excited about coming to school!

#### **Q What have you done in the last year to improve your skills?**

As a Principal it is important to keep up to date with the news especially everything to do with Educational News. Also working with other Principals to see how they run their schools.

#### **Q What do you think about the future of education?**

That people need to believe in the future of young people, and make sure they have good opportunities. Keep teachers in teaching as they make such a difference to students. Above all, give all young people a chance!

### **Birchwood BBC Young Reporters interview Dr Ingate, current Principal Designate.**

#### **Q What was it like in your first year at Birchwood?**

It was very tough, a real step up from where I had been before. There were a lot of things to fix but the staff were really committed to help all children, regardless of background – and this has not changed despite the fact we've doubled in size.

#### **Q Can you tell us how the school has changed since you joined Birchwood?**

Much bigger. When I started the school, we had a population of 650 and now we have a population of over 1430 students. When I first started we only had B and C Block and now we have a new Sixth Form Centre, Sports Hall, the Birchwood Development Centre and a dedicated Maths and English Block with a new library.

#### **Q How do you feel about handing over the reins after 21 years at Birchwood?**

It feels a natural thing to do. It is nice to be able to help Mr Griffin with the handover of the school, teachers, and students. His values and style of leadership are very similar to mine and he will also bring a new lens on what the school needs to do to be even better than it already is.

#### **Q What are your plans for the future?**

I need to help my daughters with buying their first homes and I also plan to go travelling with my wife. I also have some consultancy work, helping aspiring Headteachers.

#### **Q How are you working with Mr Griffin to ensure we look to continue to strengthen?**

We will be working together throughout the Summer Term to ensure continuous school improvement.

#### **Q What will you miss?**

The students and the staff and our unique community here at Birchwood.

#### **Q What was your favourite memory and/or school trip?**

There are so many, and I would like to point out that it has been a privilege to lead at Birchwood over the last two decades. One memory that stays with me is when we had two ex-students return to talk to the Sixth Form. They had both gone to Cambridge University and had just qualified as Medical Doctors. They came to Birchwood in Year 7 having fled Iraq as asylum seekers. Their story was amazing but they also told our students that coming to a school like Birchwood allowed them to have an understanding of a wide cross-section of society which was so important in their practice. This tale says so much about our school community.



# Student of the Month

*Melanie Wedgbrow*  
Art

*Harry Anderson*  
Bedrock

*Petra Kolarikova*  
Business

*Dylan Sanders*  
Chef

*Gracie Ellis*  
Dancer

*Abigail Jones*  
English

*Amelia Pain*  
Film

*Evie-May Thornewill*  
Geography

*William Chandler*  
Historian

*Curtis Marfo*  
IT/Computer Science

*Daniil Pellizzoni*  
MFL Linguist

*Louis Browning*  
French Linguist

*Molly Range*  
German Linguist

*Daniel Baines*  
Spanish Linguist

*Sophia Coles*  
Mathematics

*Thomase Howe*  
Media

*Georgia Cope*  
Musician

*Mia Beer*  
PE

*Declan Jones*  
PE

*Layla Ellis*  
Performer (Drama)

*Ellamae Lindsell*  
PLC

*Olivia Caswell-Lay*  
RS

*Fred Cheung*  
Science

*Poppy Harris*  
Science

*Paige Gunner*  
Social Science

*Aaron Stevens*  
Statistician

## DATES FOR YOUR DIARY

### Summer Term 2023

Monday 17 April -

Tuesday 18 July

### Bank Holidays

Monday 1 May

Monday 8 May

Monday 29 May

### Half Term

29 May – 2 June

### Autumn Term 2023

Monday 4 September 2023

Year 7 and Year 12

Tuesday 5 September 2023

Whole School

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

### Upcoming Events, Exams and Trips

#### Monday 17 April

Thorn Grove Primary Construction Day

#### Sunday 30 April

Royal Albert Hall Dance

#### Wednesday 17 May

Year 9/10 Drama Theatre Trip

## A Welcome Break!

Last Thursday the Year 12 business classes went on a trip to Birchanger, Welcome Break. The purpose of the trip being to find out the figures and statistics behind the brand, but also their marketing strategies and how they reach out to the public to promote awareness of the organisation. We were shown Welcome Break's Profit and Loss account, getting an insight of how the business has been performing. The class also got a chance to write a CV and highlight key features of a good and bad CV which was very topical for us as a year group. It was an informative and interesting trip! The 50% off their services and Krispy creme donuts were definitely favoured by all!

*Amelia Nicholson, Year 12*

## Charles Dickens Day 7 February



### Who was Charles Dickens?

Charles Dickens was a famous British novelist regarded as the best of the Victorian era. His famous works include A Christmas Carol, Oliver Twist and David Copperfield. He is also known for being a notable campaigner for children's rights at the time.

### What is Charles Dickens Day?

Charles Dickens Day is a day-long celebration of his works and lifetime, celebrated on his birthday, 7 February, and often entails having friends over for a large feast and mulled wine, or fruit punch of some sort.

### Why is he famous today?

Dickens remains to this day an incredibly famous and accomplished author, known for his unique ability to seamlessly blend comedy with pathos (emotion), as well as his memorable cast of characters, including Ebenezer Scrooge and David Copperfield.

*Lucas Rugiero, BBC Reporter*

*Features contributions from Gabi Gadzina and Scout Kirkham.*





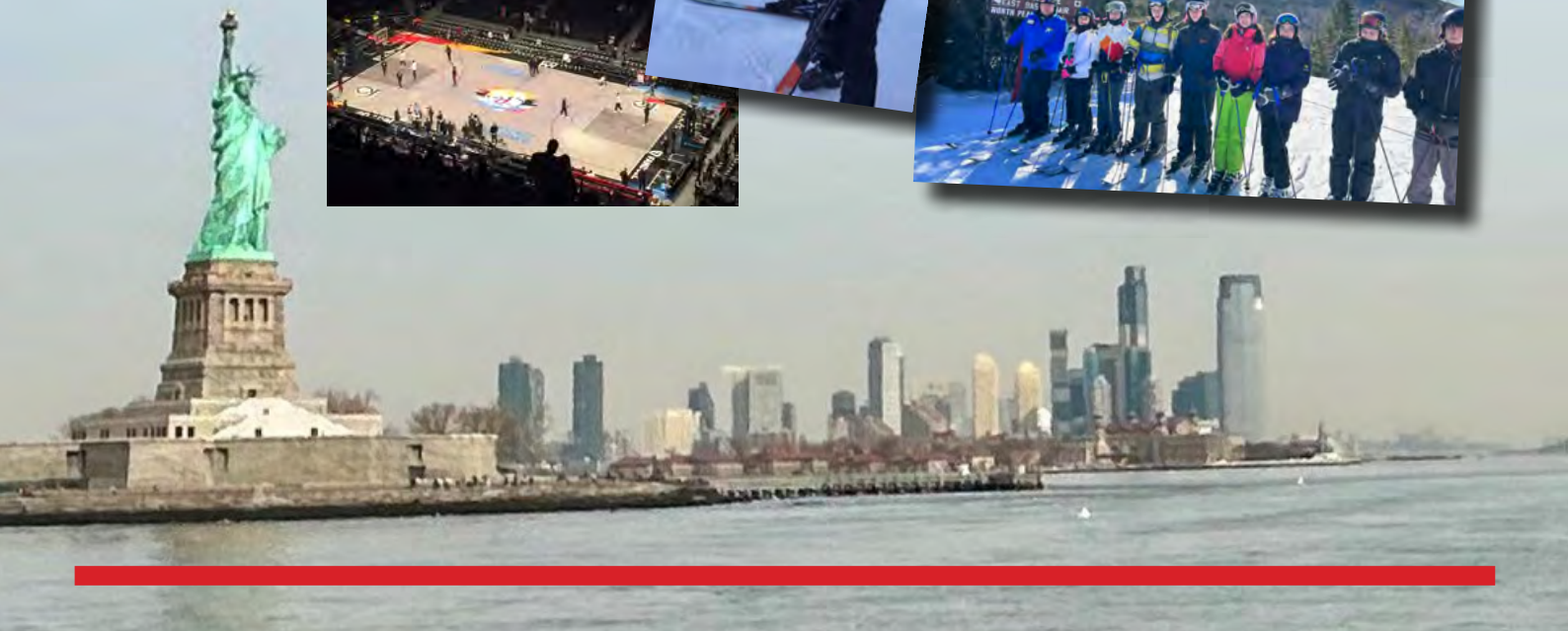
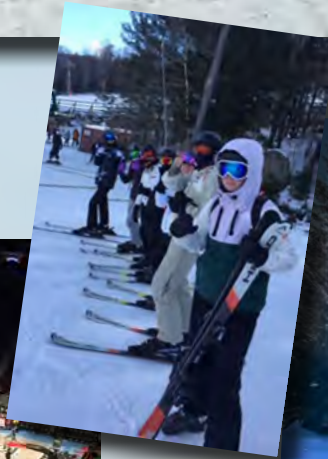
# So good to be back in the USA!

After two years of not being able to take groups abroad, we were back across the pond to ski and visit the Big Apple! The first part of the trip, we skied in the White Mountains in New Hampshire. Our resort was Loon Mountain and the hotel was right on the slopes! As usual, the hotel staff and ski team were absolutely amazing and very accommodating. Everything about the hotel was perfect for the group, where they filled themselves during meal times to replenish energy from a long days skiing and for Après ski time, they had access to the pool and spa facilities at the end of the day to relax! On the slopes, we had four beginner and one advanced group who were put through their paces and made really nice progress. For me the loveliest thing to see, was how well they supported each other and helped each other during their time on the snow. To top it all off, the weather was perfect with three days of sun and on the final day we had some fresh powder.

We took the weather with us to NYC, and on one day were literally wearing t-shirts, yes t-shirts in February. Students got the chance to take a boat trip around Manhattan, visit Time Square, go to the Top of The Rock and take in the spectacular views, and of course the obligatory shopping!

For many, the NBA game at the Brooklyn Nets, which was amazing, was a real highlight and something they will remember for a long time. The Sixth Form, were simply the best, a real credit to Birchwood and they were an absolute pleasure to spend time with.

A massive thank you to Mrs Dixon, for all her support in organising the trip and of course to Mrs Crimes, Miss Diver, and Mr Herbert for giving up their half term to run an amazing holiday.







### 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) Birchwood PSFA (birchwoodpsfa@gmail.com)

### 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.

Thank you to everyone who took part in our Virtual Valentine's Balloon Race. Congratulations and well done to our top 3 winners -1st place winning £60 Chris Levin with 'Ninga', 2nd place winning £25 Vicky with 'Love Always', 3rd place winning £15 Cathy Jones with 'Cathy'

### The Big Birchwood Quiz

Another fabulous quiz night was held on Friday 10 March 2023. Huge thanks to our Quiz Masters, Simon and Dave who once again gave us a brilliant fun night, to our wonderful talented pianists Jacob and Kieran, to all our raffle prize donors, our sponsors Reyland Johnson and to everyone who came and supported our event.

Congratulations to the winning team -  
'7 Very Cool Nerds'!  
We raised a huge £1,388.00!



### Birchwood Bonus Ball

Congratulations to Lorna Cooke who was the winner of the February draw! Ball 59 was drawn by Mr Gilbank and Lorna won a massive £163.50!

The Bonus Ball is a great way to support the school, and at the same time be in with a chance of winning some cash every month! It is £3 per month per ball, payable either in one lump sum or monthly as a standing order. A draw takes place at the end of each month and the winner receives half of the money collected, the other half going towards PSFA funds, for our children. Our bank details are:

Barclays Bank

Account Name: Birchwood PSFA

Account Number: 23298728

Sort Code: 20-25-19

Email [treasurerbwpsfa@gmail.com](mailto:treasurerbwpsfa@gmail.com) to let us know you've paid and how many balls you would like.

### The Birchwood Futures Foundation

The alert for the Birchwood Futures Fund is on ParentPay. Please consider contributing a small amount each month. In the words of a well known supermarket 'every little helps'! Donations of any value are voluntary. 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 purpose of the Birchwood Futures Foundation (BFF) fund is to help raise additional financial resources to enhance students' educational experience whilst at Birchwood High School. We are hoping to expand assistance to support resources the School does not currently receive dedicated government funding for, such as mental health provision and the school minibuss.

### 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.

### PSFA Preloved Uniform

If you are replacing items of school uniform and the old items are still in 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 once a week and uniform requests will be available for collection from student reception, upon receipt of payment.

## 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.

## Upcoming dates:

Musical Bingo with the talented Snow White Trash – Friday 14 July 2023. Details to follow!

## News in Brief.....

# FIVE STARS for Cafe!

Birchwood Cafe has just had a hygiene inspection from the Food Standards Agency. These inspections are unannounced and very thorough (it's our first one in over 4 years).

I'm very pleased to say that we were awarded Grade 5 which is the highest grade possible.



We have recently started work on a major programme of works for the School with Airis being contracted to replace all of the lighting within the School with LED light fittings. Over the last six months the school has been in discussions around the financing of this project via a "Lighting as a Service" scheme and were ready to commit to a multi year contract with a supplier when the Department for Education announced some additional capital funding for schools to undertake energy efficiency

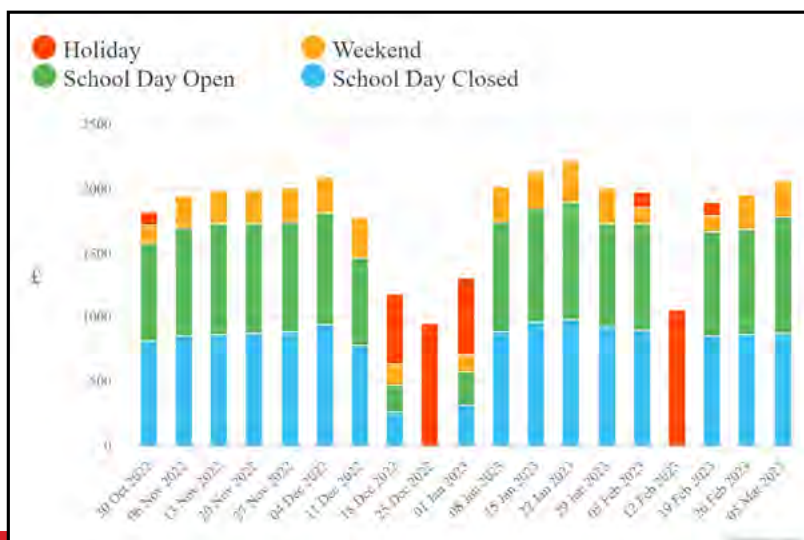
projects. The school received £54k and therefore the Governing Board decided to go for an outright purchase of the LED Lighting Scheme so that the school would immediately receive all of the benefits that would come with the reduction in energy usage from utilising LED Light fittings.

The project is anticipated to be completed over a four week time frame with Airis working night shifts so that classrooms are upgraded overnight to ensure that there is no "down time" / disruption to our teachers and pupils.

The project should be fully completed by the end of the Easter holiday, and we should be able to monitor our energy usage going forwards fairly easily using the Energy Sparks portal that the school has signed up to.

Students from the Environmental Group have the ability to monitor electricity usage on a weekly basis as the most recent graph is shown below.

*Mr Bull, Finance Director*



## Going for Bronze and Gold!

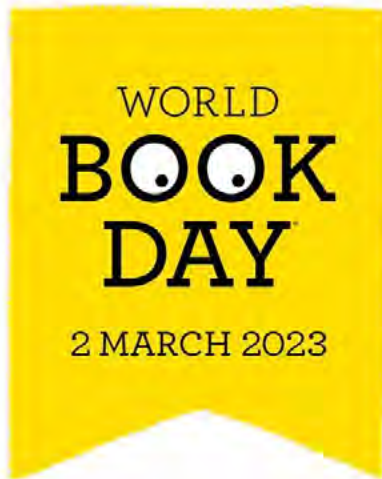
The Duke of Edinburgh Bronze and Gold courses have now started, and the last two weeks have seen students problem solving and map reading. Well done to all students for their enthusiasm and commitment.

*Mr Loveday and Miss LaLonge, DofE co-ordinators*





# World Book Day Brilliant Birchwood's Book Bonanza!



## Cake winners

1. Edie Allen, 2. Alfred Pressland, 3. Tyler Hotten 4. Amelia Higgs



World Book Day 2023 took place on the 2 March, and Birchwood took part! Before I talk you through what we did, here's a few bits about WBD. World Book Day was created by UNESCO on 23 April 1995 as a worldwide celebration of books and reading. It is now celebrated in over 100 countries, all over the globe! But, the first WBD that the United Kingdom and Ireland took part in was in 1997. WBD continues to encourage children and young people to read for pleasure, and has done for 28 years!

In its 26th year in the UK and Ireland, here's what Birchwood did for WBD 2023.

25 lucky students found the elusive golden tickets that were hidden around the library. Although, unlike last year's frenzy, they had to name the author of the book that was on the ticket to unlock the prize. There was also a bake-off for staff and students. All entries were incredible! Judging was hard, and was done by vote, but there had to be a winner. Edie Allen who baked an amazing Harry Potter and the half baked prince cake won first prize, each of the winners received a book token and certificate. Lastly, there was also a quiz for WBD. Many people attended, there were so many great teams. It was bustling! It was a very close finish, but there

had to be a team of winners. They were **Winners of the Book Bonanza Quiz**

**Emily Plant, Edie Allen, Ewa Laranjo, Holly Brown and Mia Lucas.**

Well done! To conclude, Brilliant Birchwood had an incredible Book Bonanza!





# Library News...

Congratulations to Alex Bond (bottom picture) and Alice Clark (top picture) who earned January's and February's 'Reading Achievement Awards' respectively.

The monthly award is presented to the student who has read the most books in a single month. The books can be fiction, non-fiction or a mixture of both. For more details see Mrs Gibson in the Library.



## Birchwood High School is a 'Reading Cloud' school.

Reading Cloud is the system we use to keep track of our library books and resources and make them available for students & staff to borrow, reserve and review.

Each student has their own individual login.

Students can login via:  
<https://www.birchwoodhighschool.co.uk/readingcloud/>

They can also login via the library page on the school website or via one of the dedicated iPads in the library.

For more information speak to Mrs Gibson.



DO YOU KNOW  
WHAT'S IN YOUR  
CHILD'S SCHOOL  
LIBRARY?

## 1 A SENSE OF SAFETY

School libraries are a refuge for many students, a place to escape from the daily grind, create new friendships and feel a sense of belonging. For some, the school library is the only place they feel welcome throughout the day.



## 2 INCLUSION

School library collections reflect the wide variety of experiences and backgrounds of the students, helping to build empathetic, literate and well rounded young adults.



## 3 POSITIVE LIFE EXPERIENCES

School libraries bring important events & experiences to students like author visits, extra-curricular clubs and a feeling of ownership over the space. They are vital wellbeing hubs where students can be themselves without judgement.



## 4 IMPROVED ACADEMIC OUTCOMES

School libraries are proven to combat poverty through improved academic outcomes while increasing positive attitudes towards learning.

Source



These are only a few of the amazing benefits that school libraries offer.

<https://www.greatschoolibraries.org.uk/>



# PE news....



Year 7 Netball District Netball Finalists



Year 9 Netball won 8-6 against Freman College



The Year 7 B netball team semi finalists



Year 10 District Netball Team  
Overall runners up in the Plate Final  
Girls played brilliantly in really awful conditions!!



Year 8 District Netball team



Year 11 District Netball - represented the school well.

*Well done to all of our netball teams.*

*The PE department is super proud of all of your achievements!*

*All the teams played some wonderful netball in a number of challenging weather conditions. It was wonderful to see the teams really gel as they progressed though the tournaments and this is reflected in their brilliant results this year!*

*Netball club will continue next term. So the girls can experience playing netball in the Sunshine!*

*Miss Perrett, PE*





On a bright but chilly afternoon, Birchwood U13's faced up to a tough opponent in Katherine Warrington School. Awaiting the winner was a place in the semi-final of the county cup competition. Birchwood started brightly and played the ball around the pitch with confidence. Bia, Erin and Mia B had chances after great work by Lilly and Maci down their respective wings however we failed to make a breakthrough.

Elle, Millie and Edie made some excellent interceptions and tackles to prevent Mia L from having too much to do in goal.

Around the 20 minute mark, Mia B showed some amazing footwork to skip around three defenders before rolling the ball into the bottom corner of the net. We took this 1-0 lead into half-time.

In the second half Deanna, Hollie and Anya came on and performed some good passages of play. Deanna had a couple of shots blocked, Hollie did an excellent cross over her head and Anya worked hard to track a pacy winger.

KWS caught us on a break and levelled up the game at 1-1 with 10 minutes to play. Neither team could find the winner in those final 10 minutes or during extra time and so we went to penalties.

Erin, Lilly and Mia stepped up to take our penalties and Mia Lucas made two incredible saves meaning that we won 2-1 on penalties.

A huge well done Team!

"The Year 8 Boys had their District Football tournament last week, where they finished in a well-deserved 2nd place, losing to a very strong TBSHS side. The team won one and drew two games in their pool (1-0 v BSC, 0-0 v TBSHS, 1-1 v JFAN) which meant we progressed into the semi-finals. We played a very strong St Mary's team, with the game ending up going to 'Golden Goal'. A deflected 'kick-in' from E. Pillinger meant we progressed into the final. Another very even game in which the score was 1-1 after normal time. TBSHS scored half-way through the 'Golden Goal' period which meant the boys lost the final 2-1.



Congratulations to our Year 10 football team who won against Saffron Walden 4-1. and Hockerill away 2-1.

Thank you Vaughan at connect, who has kindly donated parts for the cycling club to up-cycle (pardon the punn) into stands for our fleet bikes within our container. This will ensure essential maintenance, storage and washing is easily accessed in order to see increased usage throughout the season! Our thanks to them as a local company for supporting us not only in this project, but also through recruiting some of our student Alumni into the company. It's so good to see a local business provide secure futures for our learners leaving us in the current climate within industry!

Mr Barratt, PE







# BRITISH SCIENCE WEEK

Science week at Birchwood 13 -17 March 2023 kicked off with a guest speaker Dr Donna Arya speaking to our year 10 students about her role as a Consultant Forensic Psychiatrist. The students asked a variety of questions about Dr Arya's role and responsibilities at her hospital.

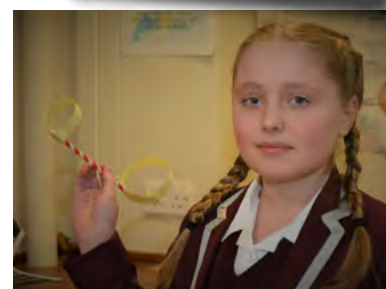
Year 7 students constructed an aerodynamic paper aeroplane which would rival loads of aircraft at Stansted airport. Students could link this lesson with their lessons from the forces topics and look at units such as drag, air resistance and speed.

The Year 8 students constructed an "operation" style board game from scratch, using basis circuit components and shoe box. The students did appear to be having fun and some looked like they could be doctors, nurses and medical professionals in the near future. This lesson linked with topics such as circuits and human body organisation. A number of Year 8 students took part in the "Big Bang" project.

Our Year 10 students also had a visit from Mr Gibson, Director of Corporate Safety, Security and Compliance at European Cargo. He kindly volunteered on behalf of The Aviatrix Project, who wowed our students with his experience of various aircraft and stories of all his fly time. Students was excited to see there are many career paths to becoming involved in the aerospace field.

During Lunch time and after school times various activities was run to promote scientific discovery such as making a rainbow, flame writing, making electromagnets and spaghetti towers. The whole school participated in the science week quiz which tested everyone's scientific knowledge. Along with subject areas who asked to teach an aspect of science in their lessons so students can understand that science relates to all parts of daily life.

*Mr Johnson, Science*





# BIG BANG!



The Big Bang Science Fair is a yearly competition where visitors from nearby primary and secondary schools come to Herts and Essex school to compete for a spot in the nationals at Birmingham. There are multiple categories, such as 'Best visual presentation' or 'Best communicator' for both upper KS2 and KS3. Everyone who visits is given a voting slip, even the competitors. You can stop by any project, and if you think they are best at one or more of the categories, you can vote for them. Each year group (from Herts and Essex) gets a certain time slot/period to vote for each category. This takes place during science week, where you learn about STEM (Science, Technology, Engineering and Mathematics). This year, it took place on Tuesday 14 March.

I was in the Salt Water Car group, which made it into the nationals last year. This year, we were more experienced and had a better idea of how to present our planning and months of preparation at the convention. At the beginning, we were swarmed by judges who had inquiries about our project. After the judges, we did not get much luck with voters. However, we still managed to explain thoroughly to the few people who would visit us throughout the multiple time slots whilst getting some votes. I hoped that at least one of us in the four groups would be able to qualify for the nationals and succeed this year. Near the end, we were starting to get tired and forgot basic things (such as talking about why, when, and how). Overall, I undoubtedly enjoyed it!

All sixteen of us received a participation award, with four of us getting special prizes (Certain certificates and sweet bags) for winning in the judge's vote with their stunning 'Laws of Motion'. As said earlier, this happens every year so if you wish to do it next year, you can join Science Club in C20 afterschool on a Wednesday from 3:15 – 4:00.

**BIRCHWOOD  
BROADCASTING  
CORRESPONDENTS**

*Filip Adamski, BBC Reporter*

Well done to Mr Loveday's year 7 class who have been studying chemical reactions. This week they have been focussing on thermal decompositions in class.

*Mr Loveday, Science*

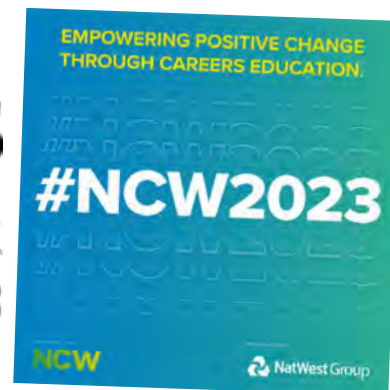
- This week Year 7's have been dissecting flowers
- as part of their reproduction topic.
- Congratulations to Sophia C, Bella B, Nieve M
- and all of Mr Loveday's amazing class.





# Apprenticeships

National Apprenticeship Week  
6<sup>th</sup> to 12<sup>th</sup> February 2023



## Birchwood celebrating National Apprentice and Careers Weeks....

February and March are busy months for careers with National Apprenticeship Week and National Careers Week to celebrate. In February our Sixth Form students had the opportunity to attend recruitment talks by Weston Homes and Price Bailey. Both of the talks highlighted the great school leaver and apprenticeship opportunities on offer and hearing directly from two of our alumni who secured positions with the companies last summer definitely added a Birchwood dimension. Ellie Woollard started her Trainee Accountant Apprenticeship with Price Bailey in the summer while Leah Tappin is a Trainee Marketing Assistant at Weston Homes; it was lovely to welcome the two girls back to Birchwood.



Year 10 students were treated to a talk by Tom Culley, a Network Engineer with BT and also a Co-Vice Chair of the Apprenticeship Ambassador Network. More recently some of our Year 12 and Year 13 students attended a talk from a Probation Officer who spoke about the nature of her work and her career journey to date. The talk was of particular interest to students studying Sociology and Psychology as the Criminal Justice System forms part of their course. Lower down the school our Year 8 students have been working on the Step into the NHS competition, learning about the variety of job roles available in a large organization as well as developing an understanding of a job description and what employers look for when recruiting.



*Mrs Crimes, Careers Leader*



## What is the I'm In Healthcare Easter Challenge?

Win a £50 Amazon voucher and a live Q&A for your school with NHS ambassadors by taking part in the NHS Easter Careers Challenge between 20<sup>th</sup> March – 20<sup>th</sup> April 2023

All you have to do is start by signing up to the NHS Careers Easter Challenge!



This is what you have to do:

1. Register at <https://hee.connectr.co.uk/hee/> - use your school email
2. Complete 2 tasks - start with Easter Challenge and take the What is the NHS? quiz
3. Send a message to an Ambassador to find out about a career



HM Courts &  
Tribunals Service

## Wood Green Crown Court Open Day

Thursday 6th April 2023 10am – 2.30pm

Visit our cells, take part in a mock trial, meet a police dog,  
dress up as a Judge and lots more...  
Learn about the Criminal Justice System.

**Admission Free**



Wood Green Crown Court, Woodall House, Lordship Lane, Wood Green, London, N22 5LF

**Justice matters**

Entry into the court building is subject to a security search. No sharp objects, cans or bottles permitted.

## Celebrating STEM during National Careers Week!

During the week of 6- 10 March we celebrated National Careers Week in school, with a focus on STEM (Science, Technology, Engineering and Maths). Students were given an important insight into the future of work and further learning. Students across all year groups were inspired and enthused towards great choices and fulfilling careers. Feedback was fantastic from both teachers and students.

To kick things off, Birchwood secured an incredible Medical Mavericks Academy Pass which gave us unlimited access to live stream shows, assemblies & quizzes, alongside pre-recorded mini episodes to help inspire our students.

Tom from the Medical Mavericks was available via TEAMS chat to answer student career related questions, and even sent us a package of NHS career related posters and REAL medical kit which included; GP pen torches to test pupil reflex, stethoscopes and reflex hammers. He also provided us with 'How to' videos that showed us how to use the kit and explained the science behind them.

During the week, students in Years 9, 10 and 11 were able to tune in to The Human Guinea Pig Show, either live streamed or pre-recorded. During this show, Tom took students on a journey through 6 different careers from the Healthcare Science sector in the NHS. These careers were NOT doctors or nurses, but specialist scientists that perform 85% of all the diagnostic tests in a hospital. Inspiring careers included both laboratory based and patient-facing careers; Medical Engineering, Vascular Science, Cardiac Physiologist, Renal and Urodynamics, Ophthalmic Scientist and Respiratory Physiologist.

Tom performed REAL medical tests on himself to show students some of the equipment that they use. He carried out ultrasound on his carotid artery & jugular, recorded an ECG, scanned his veins, took a picture of the inside of his eye and much more. For the bold, he also showed amazing video footage of a bronchoscopy procedure, so that students could see the inside of his lungs!

Students in Years 7 and 8 were able to tune into The Senses Show. In this show, Tom explored the senses and quirks of the human body with practical demos that students could try alongside him. During the demos, Tom showed students what to do and then allowed them time to try it out. Following that, he explained the science. It was lots of fun!

Demo's included; Looking at our blind spot in the eye, investigating the evolution of the hand muscles, we showed how it is more difficult to separate your index fingers due to a shared tendon, and even make each other's arms float up into the air (the Kohnstamm phenomenon).

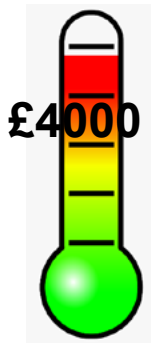
We were also delighted, earlier in the year when Mrs Cramp invited her former colleague Gareth Langley, a Drug Discovery Scientist from the Charles River Laboratories in Saffron Walden to visit Birchwood. Together they inspired KS3 students with an amazing hands-on 'Drug Hunter' workshop, which involved activities using pipettes and red cabbage indicator to simulate target drug identification. Both shared a wealth of knowledge from their time in the drug discovery industry and truly inspired our students.

At Birchwood, we recognise the importance of early career guidance and mentoring. By the end of the week, we had better-informed students, which will ultimately impact in better careers decision-making.

*Mrs Pressland, Science and Mrs Crimes, Careers Leader.*



£5000



# House



## Top 10 Forms....

7VCN	4,526
7MCS	4,498
7CLE	4,060
7HPN	3,045
7LCY	2,884
7GSH	2,932
8MLY	3,010
8RES	3,267
9CPD	2,799
9CSO	2,769

## Overall House Points...

Dane	25,900
Waytemore	25,404
Hadham	25,328
Stort	22,177

House students celebrated LGBT+ History Month (1 February - 28 February) by raising money selling a number of items for sale on the day to try and raise more money including rainbow mini chocolate bites, rainbow themed sweet bags, rainbow glitter tattoo/face paint for the Albert Kennedy Trust. Who help support LGBT+ young people who are homeless or living in difficult home environments.

Students are permitted to wear an item of any colour of the rainbow, alongside their uniform.

Mrs Collyer, Head of House



## Key Dates for House

Date	Event	Theme / Comments
End of Spring Term	Inter-house	Netball/ Football
Monday 3 July- Friday 7 July	Charity Enterprise week	Environment group Green or blue
Monday 3 July	Rewards Activity (Year 7-10)	
Wednesday 5 July	Rewards Activity (Sixth Form)	
Monday 17 July	Sports Day	
Tuesday 18 July	Sports Day (reserve)	





## Celebrating International Women's Day



Birchwood High School's Ocean group celebrated International Women's Day on Wednesday 8 March. Students wore purple t-shirts which is the colour associated with the National Day of celebration. The day reflected on the role that gender plays in our lives, work, and our planet. Birchwood's Sixth Form Ocean group was setup to tackle gender equality within the Birchwood community and to educate younger years (and staff) about misconceptions and assumptions that are made about gender in our daily lives. To celebrate the day, we created a PowerPoint to share in tutor time about women who have inspired staff members throughout their lives and an Ocean member also created a quiz that enabled students to consider the varied successes of men and women through time and the assumptions we make about professions relating to gender. We held a fayre at lunch time where Sixth Form students created stalls with a twist; we had squash pong with pictures of famous women in the cups - if students got a ball in the cup they had to answer a fact about that woman; we had pin the sash on the suffragette; hook a duck and answer a question about the named woman on the duck; bean bag throwing at bottles with photos of famous women; guess the sweets in the jar relating to facts about women and Paige Gunner set up a literacy stall with books written by or about inspiring women through time along with a literary review and recommended book list for students to take away with them. The effort, energy and success of the event was palpable and we are so proud of everyone involved.

*Mrs Hassani*



## Celebrating LGBT+ history month

LGBT History Month



Every February in the UK is LGBT+ History Month - an annual month-long observance of lesbian, gay, bisexual and transgender history, and the overall gay rights movement. The month was marked at Birchwood through form time presentations, explaining the reasons for LGBT+ History month, advice on how to ensure Birchwood is a place all students feel able to be fully themselves, as well as a video of England footballer Jordan Henderson's interview with Pride in Football co-chair, Joe White, about increasing inclusivity within the game. On Friday 10 February, the house team organised "rainbow day", selling rainbow cakes, rainbow laces, rainbow flags and other rainbow items. There was also a showing of the film "I am Pauli Murray" - Murray being a non-binary black lawyer, activist, poet and legal trailblazer whose ideas influenced Ruth Bader Ginsburg and Thurgood Marshall. The film showing was a sellout and well received by all in attendance. On Wednesday 22nd February, Fusion - Birchwood's LGBT+ group - also attended a talk by representatives of Just Like Us - an organisation that works with schools and young people across the UK to ensure LGBT+ young people can thrive. The speakers answered student questions as well as explaining actions that can ensure that both school and the wider world can be a place where all LGBT+ people feel safe to be themselves.

*Alex Burke, BBC Reporter, and Mr Harlow*



# The wonderful world of film making!



Year 10 Business students visited Warner Brother Studios on Thursday 2 February. Students engaged in a marketing workshop, in which they had to create and design a film title, storyline and think about the advertising methods they would use to promote their film. Students also had a tour of the Warner Brothers Studios where Harry Potter was filmed and created. They had the luxury of visiting real life scenes from different Potter movies and delve into the special effects world of movie making.



*Mrs Dervish, Business*





On Friday 12 March Year 9, 10 and 12 Dance students had the opportunity to visit London's Excel centre for 'Move It' a huge Dance Exhibition. Where they were able to watch fantastic performances from youth companies, colleges and universities on the main stage. (Including a performance from our very own Zoe Lloyd-Rossi and Spirit Youth Performance Company) They could also attend dance classes and purchase dance products and merchandise. This year we also opened it up to Year 8's who were thinking about taking dance as a GCSE option and this broadened their minds to a future in Dance. They were a fantastic group and thoroughly enjoyed their day - Particularly collecting bags and bags of freebies!

*Mrs Goddard, Dance and Drama Teacher*



## 2:22 A Ghost Story

A level Drama and Theatre students went to see 2:22 A Ghost Story on Wednesday 8 March, a play that opened with an ex-Birchwood student (Rhiannon Handy) playing the lead role. Once we had recovered from the disappointment of discovering that Cheryl Cole had taken the lead role from a trained professional actor, we journeyed to the big smoke for an evening of jump scares and intrigue. A course requirement is to see a live theatre show and review its impact in line with given statement set by the exam board. In a completely full theatre, with a very nervous and twitchy audience, our students were exemplary in their conduct and demonstrated perfect theatre etiquette. The de-brief on the journey home was immense, with opinions flowing and such sophisticated analysis about key moments in the play. An absolute pleasure to be with such enthused students.

*Mrs Hassani, Head of Drama*





Well done to the Music Department for receiving the Music mark accreditation to become a Music mark school



MUSIC MARK  
SCHOOL  
2022 - 2023

# Young Musican of the Year

On Thursday 23 February Birchwood's Young Musician 2023 final was held in the school hall. The competition final, which is now in its ninth year, was judged by Mr Peter Foster who is East Herts Area Manager for the Herts Music Service. It was a wonderful evening of music, and the performances were outstanding. The range of talent on display was inspiring and the final included solo performances on clarinet, piano, saxophone, voice, cello, heavy metal guitar and a band. We would like to thank all students who entered the competition. The quality of entries made deciding on the overall finalists exceedingly difficult. Many thanks to Peter Foster for judging the final and Mr Stock for accompanying.

Congratulations to the overall winners who were outstanding -

## Musical Theatre

Sophie Springham (voice) -  
On My Own - Les Miserables

## Classical

Jacob Lei (piano) -  
2nd mov. Pathetique Sonata -  
Beethoven

## Pop

Ben Hamilton (Saxophone) -  
Launch the Raunch - Andy Hampton

Young Musician of the Year

With so many talented musicians at Birchwood, we are looking for as many students as possible to enter a performance.

Categories you can enter are; Pop, Musical Theatre or Classical (make sure you state which category).

To enter the competition students should send a video recording of themselves performing their favourite piece to Mr Grogan - [mgrogan@birchwoodhigh.org.uk](mailto:mgrogan@birchwoodhigh.org.uk) by 5.00pm Wednesday 8 February. (Please note that recordings should be made in a communal space e.g. living room).

The Live Final will take place on Thursday 23 February, 7.00pm in the School Hall. There will be prizes up for grabs, and a guest judge to award the winners, we look forward to getting your entries.





## Rotary Young Musician 2023

An exciting competition for young performers residing or in full-time education in postcodes CM21, CM22, CM23 and CM24

**SATURDAY 22 APRIL 2023**

**Bishop's Stortford College**



Junior, Intermediate and Senior Classes for:  
BRASS; WOODWIND; STRINGS (including Guitar);  
PIANO (including Organ); VOCAL

*Although there are likely to be some very high standards of performance amongst the participants, we also wish to encourage entries from young instrumentalists and singers at the beginning of their musical journey, who will benefit from the experience of performing and from sympathetic and positive adjudication*

For further information, please contact [margaretwebb01@gmail.com](mailto:margaretwebb01@gmail.com)

**DEADLINE FOR ENTRIES 11th MARCH 2023**

## Gardening CLUB

Every  
Wednesday  
after school  
3:10 - 4:10 pm

Any keen gardeners who would like to join our club, please get in touch with Mrs Homer via email:  
[khomer@birchwoodhigh.org.uk](mailto:khomer@birchwoodhigh.org.uk)



Bishop's Stortford Lawn Tennis Club

**INVITES YOU TO A FREE GIRLS ONLY TENNIS EVENT**

**Sunday 16th April  
10.30am-1.30pm**



Try out tennis coaching, cardio, liveball, mini tournaments, and we will finish with a giant round the world game!

For girls in Year 7 and above

[www.bsltc.co.uk](http://www.bsltc.co.uk)



## Birchwood Fitness Suite Gym Membership

Fifteen station fitness suite with Technogym cardio and strength equipment, free weights and power rack.

Changing rooms and free car parking available to members.

No contract or one-off joining fee.

Pricing:

Weekly membership £3.60 inc. VAT

Rolling weekly membership available.

Opening Hours:

Monday to Friday 18:00 – 21:30

Saturday 08:00 – 17:00

Sunday 09:00 – 13:00

For joining details visit [birchwoodfs.schoolhire.co.uk](http://birchwoodfs.schoolhire.co.uk)



# BIRCHWOOD BROADCASTING CORRESPONDENTS



## St. Patrick's Day

Saint Patrick's Day or in Irish Lá Fhéile Pádraig is a cultural and religious celebration which is held on March 17, the death date of Saint Patrick (Patron Saint of Ireland).

### Names of places in Books!



CHOCOLATEFACTORY CITAGAZZE COOPERCHASE  
FORBIDDENFORREST HOGWARTS LITTLEKILTON  
MIDDLEMARCH NARNIA OVERLOOKHOTEL

### Celebrations and Traditions

Celebrations generally involve public parades and festivals. Irish traditional music and dancing also known as céilíthe and the wearing of green attire or shamrocks. On Saint Patrick's Day, it is customary to wear shamrocks, green clothing or green accessories. Saint Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish. Also, Irish traditional readings are normally at the parades and before dinner (dinnéar in Irish) a 'may' reading is read. The reading is as follows:

*May there always be work for your hands to do*

*May your purse always hold a coin or two*

*May the sun always shine upon your windowpane*

*May a rainbow be certain to follow each rain*

*May the hand of a friend be near to you*

*May God fill your heart with gladness to cheer you*

### Where is Saint Patrick's Day celebrated?

Saint Patrick's Day is celebrated in at least 22 countries around the world including England, Malta, Norway, Fiji, Japan and even on St Kitts and Nevis (Monserrat)!

*Oliver Alexander, BBC reporter*



### What is Pancake Day and why do we celebrate it?

On Tuesday the 21 February 2023, it was Pancake Day in the UK. Pancake day is also known as 'Shrove Tuesday' and is always the day before Ash Wednesday. Many countries celebrate carnival during the five days before Ash Wednesday. Sweet things are sometimes given up for the 40 days of lent. Pancakes are filled with sweet things (such as maple syrup and/or chocolate spread). Lent is the 40 days leading to Easter, tradition for Christians. Lent is traditionally a time of fasting and sacrifice, and often Christian children give things up - such as chocolate or sweets. The tradition comes from families using up all ingredients in their cupboards so that they can start Lent the next day. On this day, in the school canteen they were selling pancakes and maple syrup as a warm dessert, and it was delicious!

*Daniel Anderson, BBC Reporter*



# Student News.....

## Raising funds for Dancers with North Star Academy

We're raising £500 to Help the young dancers from the North Star Academy to raise funds towards expenses to represent Team England at the 2023 Dance World Cup.

The students of the Norths Star Academy have qualified to represent Team England at the 2023 Dance World Cup in Braga, Portugal!

The North Star Academy use Birchwood facilities every evening during the week to teach various dance styles to the students who come from schools in Bishop's Stortford and Welwyn Garden City, including Birchwood High School. The Starlets from the North Star Academy are from all age groups, from junior to senior. They perform in seven pieces across many genres, including jazz, musical theatre, modern and contemporary. They were chosen from thousands of dancers that went through the rigorous qualification process to represent Team England this year.

We are looking for your support to raise funds to help our starlets with Team England kits costs and membership and entry fees. Your support will be greatly appreciated!

<https://www.justgiving.com/crowdfunding/>

Well done to Michaela Panturio for organising a collection for the Turkey Earthquake appeal. Four car loads of clothes and essential items were taken to the local collection point for shipping out to Turkey in February.



## Cheerleading Club

Cheerleading club recently put on a display to their parents. The Cheer Routine was heavily contributed to by the Cheerleaders ideas for music, choreography, formations and stunts and it was great to see their creativity and passion.

"We Are Proud of You"

*Cressy MacDonald-Williams, Coach, Stortford Cheerleaders*



# Red Card For Diabetes

On a snowy Friday morning in March, Ryan Ellis from Year 10, and his five team mates (from all over the East of England) and families, set off for Poland for an exciting (and exhausting) weekend playing football in a very unique tournament. The tournament name translates from Polish as "Red Card For Diabetes" as every young player in this tournament has Type 1 diabetes, but they don't let it stop them from playing the sport that they love.

Type 1 diabetes is an auto-immune condition whereby the immune system attacks and destroys insulin-producing cells in the pancreas. When we eat, insulin moves the energy from food (glucose) from the blood into cells in the body. A person with Type 1 diabetes has to regularly monitor their blood glucose levels, and make adjustments to their blood glucose levels either by eating glucose to bring the levels up, or by injecting insulin to bring the levels down.

There are many factors that make blood glucose levels go up and down, such as food, activity/exercise, hormones, stress, illness, and even the weather. So managing diabetes is a real balancing act, done every single day (and night), with no "days off" or "holidays".

This inspiring football tournament on the outskirts of Poznan brings together around 300 young people aged between 5 and 18, all united by diabetes. This year was the 6th "Red Card For Diabetes" tournament. First tournaments just had teams from Poland competing but then in 2019, an invite went out to our Diabetes group here in the UK - if we could get a team together, then we were welcome to play in the tournament. So the team (known as T1 Warriors) was formed in 2019 and attended the tournament as the first non-Polish team to participate. They finished 4th overall out of 12 teams. Considering they had trained together for only about an hour, that was a very impressive achievement.

The T1 Warriors returned to Poland again in 2020 (literally just before the pandemic) and this time a team from Germany also took part in the tournament. Other invited countries had to pull out, because of local lock downs. The Warriors finished 3rd in that tournament.

Then "Red Card For Diabetes" was put on pause for a couple of years because of the pandemic, but came back bigger and better than ever this year with teams from Bulgaria, Germany, Hungary, Sweden (and Team GB) taking part in a slightly different format of tournament whereby they competed in groups (mainly because of the increased amount of teams and participants this year).

The T1 Warriors played 5 games on the Saturday, playing Bulgaria, Germany, and 3 different teams from Poland in their group.

It was semi finals and finals day on the Sunday and the T1 Warriors beat Sweden 6 - 0 in the semi final.

They then played the Bulgarian team, this time in the final, and won 3 - 0 to secure 1st place in their group.

Ryan was top scorer for the team with a total of 8 goals over the 2 day tournament.

The boys were presented with their medals and trophy during a big presentation ceremony, this was followed by a visit to the local KFC for a celebratory feast before the flight home!

It was a great weekend, seeing young people from different countries coming together, all speaking different languages and from different backgrounds, but having so much in common with their love for playing football and coping with the challenges of being a type 1 diabetic.



## WORD SEARCH ANSWERS

N	L	K	H	K	T	M	D	B	G	N	A	F	W	C	Y	D	A	Y	O
V	X	R	Z	T	R	X	G	W	D	P	T	G	E	H	L	N	F	D	L
B	K	H	F	M	V	O	E	A	N	G	R	B	R	O	D	M	O	O	B
E	L	C	O	O	P	E	R	S	C	H	A	S	E	C	H	S	F	G	S
C	U	N	R	G	C	O	G	G	D	K	O	L	K	O	A	G	O	T	A
E	Y	Y	B	J	W	B	E	L	C	K	E	O	O	L	V	L	S	M	G
N	Y	L	I	A	T	A	J	I	B	O	I	E	X	A	E	A	H	I	Q
R	L	C	D	G	N	P	R	T	O	G	K	N	F	T	G	S	V	D	F
M	I	P	D	L	A	M	A	T	C	H	J	K	O	E	T	A	R	D	G
F	F	H	E	P	M	I	O	L	S	V	B	H	Z	F	N	O	C	L	G
T	W	J	N	M	U	P	S	E	O	A	K	Z	I	A	R	D	E	M	V
M	F	S	F	L	U	R	G	K	F	O	A	E	H	C	K	V	D	M	C
I	S	Q	O	M	X	A	C	I	O	G	I	G	V	T	R	S	F	A	Z
T	Q	R	R	D	O	F	S	L	A	Q	X	S	C	O	O	R	W	R	S
E	O	D	E	L	B	Z	R	T	K	A	B	R	S	R	Z	G	H	C	I
T	L	S	S	K	N	E	I	O	I	A	J	T	J	Y	Y	T	I	H	U
O	A	K	T	X	V	C	G	N	B	M	O	N	O	E	G	F	R	D	R
O	R	I	X	O	I	S	R	K	R	Z	J	G	N	G	M	C	A	O	O
N	C	D	I	D	C	A	Y	D	H	N	B	O	Q	P	G	B	J	D	O
A	D	N	M	T	N	R	Q	O	E	L	I	C	K	N	T	T	K	A	O







# Easter Bird Houses

On Thursday 23 March students and staff enjoyed the opportunity to get creative.

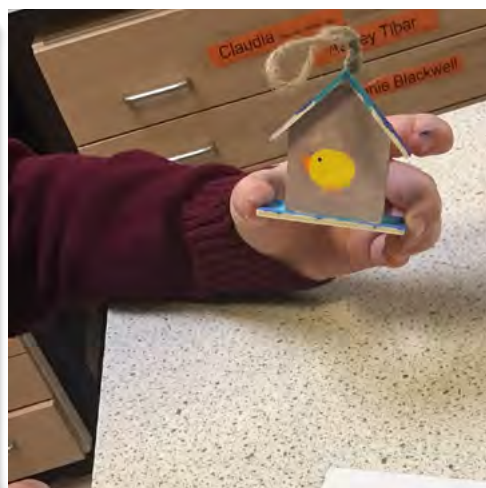
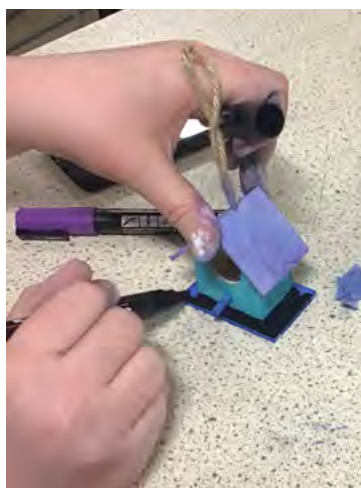
The theme was Easter and each participant was given a bird house hanging model to decorate. The patterns were varied from Easter chicks, flowers, playing cards and pretty cottages - a really creative range of ideas!

The students also embraced the Easter theme by decorating papier-mâché eggs.



The event was supported by the PSFA who paid for the models and all students and staff had a fun, creative time.

Miss Morrison Head of Art and the Expressive and Performing Arts faculty commented that it was a great event. 'It was so lovely seeing staff and students working alongside each other and enjoying getting creative. Well done to all involved! Plus, a huge thanks to the PSFA for supporting the event, we hope to do more in the future'.







CAMPEXCEL



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YEARS

# Club EXCEL

Multi Activity Camps

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AND NORTH LONDON



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