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NEPAL EXPEDITION

On 11 October 2018, 30 students and 4 teachers left Catmose, heading to Heathrow to embark on a trip to remember to Nepal.

After fundraising for 2 years, each one of us was amazed at how fast the day of departure had come. I think it is fair to say that everyone was extremely excited and at the same time nervous for what we were going to experience when we reached Nepal. After a long journey, we finally landed in Delhi airport on Friday morning, hopped onto the next plane, and were off on our final leg to reach our destination.

As our flight landed in Kathmandu, the sight from the air was phenomenal. A huge city, filled with colour stretching as far as the eye could see, with stunning mountains, encasing it in a basin of its very own. Stepping out of the plane was the first time that I really understood where we were and what we were about to do. At that moment, I could never have imagined being anywhere more amazing.

Kathmandu is very different from London. That much I realised as I stepped out of the airport into our bus. For starters, seeing dogs, goats, cows just wandering the streets was certainly different from our Oakham high street. The whole city had a dusty and bustling feel to it, with bright houses lining every road in the city. Scooters raced around our bus to dodge through the immense crowds and people just going about their everyday business. The overhead wires simply tied to the posts in huge bundles. This first sight of the city was certainly a reality check and the extreme differences between London and Kathmandu will always stick with me. Arriving at our youth hostel was a relief and we all ran straight in, relieved to finally be able to sleep after travelling. Our room had a balcony that looked out over the city, which gave us a beautiful view with which to end our first night in Nepal.

The next part of the trip was our community project. We spent 5 days here and our aim was to help repaint and re-cement a

school in a small village in the foothills north of Kathmandu. Arriving here after 6 hours driving along dusty and bumpy roads was a relief, although it was a slight shock to see our bathroom facilities for the next week! A tap for our shower, a set of outdoor cubicles coated in cobwebs with a squat loo as our toilets. After setting up our tents, we trekked down the hill to reach the dining area. We spent most of our evenings here, enjoying lovely meals and playing card games. We worked on the community project during the mornings, and then visited local sites in the afternoon, such as a waterfall and river. One afternoon, some of the children from the school came to visit us and we presented them with all the gifts that we had brought them. They taught us some of their cultural dances and dressed us up which was certainly a unique experience in itself!

The second half of the trip involved white water rafting, a visit to Pokhara, where we trekked up to a peace pagoda on the top of a hill and looked out over the city. We visited Chitwan National Park, where we saw rhinos, elephants, crocodiles, monkeys and buffaloes. One evening we visited a cultural house where we saw some traditional Nepali dancing. We ended the trip with a few days in Kathmandu, shopping and visiting heritage sites, such as the Monkey Temple and Durbar Square.

Unfortunately the trip had to end at some point. After 2 weeks of amazing people, memories, food and experiences, we boarded our flight home dressed in our new Nepali-style clothes to return to the UK. An amazing part of our return flight out of Nepal was seeing Mount Everest appear above the clouds. A memorable way to remember a truly unforgettable trip. All in all, I think that everyone absolutely loved the trip; we learnt to realise what we are truly grateful for back at home and began to understand more about life outside of our western world. It was something that we will all remember forever.

By Annie, Year 10.





BALLOON DEBATE

On 8 November 2018 Catmose College took part in the balloon debate in Oundle. If you are not sure what a balloon debate is, then read on. It is a debate in which several speakers attempt to wow the audience with a 3 minute speech about their character. The characters are all in a hot-air balloon that is losing height because of the overcrowding and to stay in the balloon they need to persuade the audience that their character is worthy to stay and not get thrown overboard. You can either learn it off by heart or you can have the speech in front of you. At the start of the competition you perform your first piece. Once you have performed your piece the judges then decide who is going to make it to the final three. When the judges have decided the final three, they must then perform their second speech for everyone giving more points about their character, and even saying things about other contestants.

The theme was children's literature. For my character I was given the role of Tinkerbell. I took this part and I wanted to use my drama skills to perform and persuade. After lots of research I wrote my first speech, no problem. There was plenty of information to add humour and drama to get the audience on my side.

When Archie and I arrived we were surprised at how many people were there. I was extremely nervous but had no time to think about that as we were up first. I did my first piece, as did Archie and all the nerves were gone. I was kind of glad that we went first. Then watching everyone else Archie and I were surprised at how many people were reading their speeches from a piece of paper! As soon as the last person had gone the judges had decided. I was nervous and just wanted them to say the names quickly. Again, all the nerves were gone when they said Tinkerbell. Plus, Archie had made it through too! Big smiles all round!

The final three performed. We all gave it everything we had and put our heart and soul into doing it. I went last. I knew the lines, I just had to focus. I finished, and everyone was clapping, and my friends were whooping and hollering. I felt proud that I had done this, and I had not only said my speech but also interacted with the audience which made people laugh. I sat down feeling like I had done all I could and even if I didn't win I had made it to the final three. As the judges stood at the front and gave a speech about how amazing they thought we all were and congratulating us on what we had all done. They finally held the trophy and were announcing the winner. My heart was practically coming out of my chest. "Tinkerbell." I HAD WON! I was over the moon! I was so happy and proud of myself for learning it on time and making it to the top. I then congratulated everyone else because to be honest they had put up a great fight. I won the very first balloon debate...too bad I had to go to gymnastics straight after.

Harrison, Year 8



MOSQUE & GURDWARA TRIP

As part of broadening their understanding of different religions and cultures within the UK students in Year 8 have this term visited a Mosque and Gurdwara in Peterborough.



NEW YORK HISTORY TRIP

On Monday 15 October, 41 Year 11 GCSE history students travelled to New York. The following day we caught the subway to Harlem, a place in NYC that has historically been the home of African Americans. We learnt about the civil rights movement and more about the life of Malcom X, a civil rights activist during the 1960s, standing in the exact spot where he delivered one of his most famous speeches. We caught the subway and boat to the Statue of Liberty, a gift from the people of France to the United States, and a symbol of freedom. Catching another boat to Ellis Island, we went around the museum. Many of us found this particularly fascinating, as we traced the process that immigrants would have taken in order to be accepted into the country. We learnt about America being 'a melting pot' of all different nationalities. Travelling back to midtown New York we walked through Times Square at night, an iconic scene in this city, to watch the Broadway show 'Chicago' which was very well performed and popular with the rest of the students.

Day 3 began with a 4 hour walking tour of midtown New York City, where we saw some of the most iconic structures including: the Rockefeller Centre; Trump Tower; St. Patrick's Cathedral; Central Park and Grand Central Station. We visited the 9/11 memorial, and the museum, which most of us found to be quite an emotional and moving experience. After this, we walked through Wall Street. It was fascinating to be shown where the greatest stock market crash in the history of the United States occurred kick-starting the Great Depression in America. Our final evening began at Planet Hollywood before free time in Macy's, one of the world's largest and most iconic shopping stores. Afterwards, we visited the Empire State building and we were lucky enough to see the iconic view of New York City at night time.

By Georgie Radford

After our time in New York we travelled by bus to Washington, stopping for a break to see what a service station was like in the United States. Driving through Washington we saw some of the significant buildings such as the Capitol building and the theatre where Abraham Lincoln was assassinated. On our walking tour the first monument we could see was



the Washington 'needle' because it is so tall. Outside of the Lincoln memorial we were able to stand in the spot where Martin Luther King delivered his "I have a dream" speech. We had some time to go to the World War 2 memorial and the Vietnam War memorial to commemorate those lost in both wars. We also visited the Franklin Delano Roosevelt memorial as we have studied him and his presidency as part of our GCSE course. In the evening we ate at the famous Bens Chili Bowl, a place where President Obama has eaten.

The next day we went to the White House and the White House Visitor's Centre. This was followed by a visit to the Holocaust Museum to reflect on those killed as part of the war and to help improve our knowledge. We then went on a tour of the US Capitol and learnt about how Congress works.

On our final day we visited the African-American History museum which detailed the lives of African Americans and what happened to them; from slavery in America, through segregation in the 1920s, the civil rights movement of the 1950s and 60s, up to the modern day. Our trip ended with a visit to the Arlington cemetery to see the grave and eternal flame of John Fitzgerald Kennedy and all the graves of others who died for their country before setting off to the airport and back to England.

By Harvey Anderson



FUTURE CHEF COMPETITION

On Friday 30 November Oliver (Year 8) and Florence (Year 7) represented Catmose at Stamford College for the Future Chef 2019 Local Final Competition, after gaining first and second place against 22 other students in the college heat.

Both students had to make a main course and dessert for two people for £7 or under, with 90 minutes to complete the task and serve their dishes to the judges.

Florence decided to make chicken stuffed with sage leaves, parmesan and lemon zest wrapped in parma ham and served with crushed new potatoes. For dessert she made poached pears in a red wine sauce served with creme fraiche.

Oliver made stuffed chicken breasts wrapped in Parma ham which was served with a tomato based sauce and a sliced baked potato.

To compliment his main course he then made mini Upside-Down lemon and blueberry cheesecakes.

Both students performed fantastically and were a credit to the College. They were the youngest competitors taking part against the other local schools.

At the end of the competition Florence received a special commendation for being the youngest participant to take part at this stage.

Well done to both students and we hope to see as many students taking part in the school stage next year!



THE BEWILDERED LOOK

by Maisie Diep, Year 7

The wind whips up my hair wildly,
I can't hide the bewildered look,
The shimmering sun shines through leaves,
Creating a mosaic
I childishly crunch on leaves,
Traffic light colours decorate,
Effortlessly spelling fun,
Silky lace draped from branch to branch,
One creature's little masterpiece.

Unwillingly, the days shorten,
My ugg covered feet still shiver,
My penguin mittened hands very icy
Hedgehogs rustle hunting for warmth.

The second you open your door,
You smell the familiar scent,
Only the best ever casserole,
With breath like a chimney, I head out,
BANG, SNAP, CRACKLE, marshmallows over fire,

Misty mornings leave me in bed,
Grumpily nestled under covers,
But slowly the cold blankets me,
The wind torments trees as they sway,
It whistles through my sturdy roof,
It calls to its family.



UPCOMING TRIPS

YEAR 11 VICTORIA & ALBERT MUSEUM, ART TRIP, 17 JANUARY 2019

YEAR 11 ENGLISH POETRY DAY, 23 JANUARY 2019

YEAR 9 NOTTINGHAM UNIVERSITY TRIP, 4 FEBRUARY 2019

YEAR 8 LONDON THEATRE TRIP, 28 FEBRUARY 2019

YEAR 8 LA ROCHELLE, FRENCH TRIP, 1 - 4 MARCH 2019

YEAR 9-11 BADMINTON CHAMPIONSHIP TRIP, 8 MARCH 2019

YEAR 7-13 THE MAGIC FLUTE, MUSIC TRIP, 20 MARCH 2019

YEAR 9 BATTLEFIELDS HISTORY TRIP, 21 - 23 MARCH 2019

YEAR 10 ROME ART TRIP, MAY 2019

More information can be found on our website at www.catmosecollege.com/trips-visits



YEAR 7 NETBALL CHAMPIONS

Our Year 7 Netball team have had an outstanding first season playing together, They are the proud champions of the Leicestershire County Finals, winning 15-5 against Ratcliffe College in the final. The team were recently commended by the Principal and received gold ties in recognition of their achievements in sport.



PARENT GOVERNOR VACANCY

We are seeking a Parent Governor who is good at listening, asking questions, and has time to spare to support our Local Governing Body.

Expressions of interest should be emailed to office@catmosecollege.com in order to arrange a meeting with Mr Williams. Dependant on the number of applications, the process may involve a Parent Governor election.

The College is committed to safeguarding and promoting the wellbeing of young people and expects all staff to share this commitment.

LONDON THEATRE WEEKEND

The students arrived in London at midday and after lunch in Covent Garden went to see School of Rock at the Gillian Lynne Theatre. It was a fantastic production with all the young actors playing instruments in the band. The singing, dancing and acting were all incredible and students reported that 'it was like being at our very own rock concert!' The group went on to dinner at Pizza Hut and then headed to the Drury Lane Theatre to see 42nd Street. This amazing production was in a completely different style to School of Rock. The show featured tap dancing, amazing sets and hundreds of costumes; it really was a 'wow' production and Bonnie Langford, playing Dorothy was superb.

Following an early breakfast, students took part in a workshop at Pineapple Studios where they learnt the dance routine to 'Stick it to the Man' from School of Rock. It was really energetic and students learnt how to use their bodies and facial expressions to convey the anger and passion in the song. It's safe to say that this song was stuck in heads for the rest of the weekend!

After some free time, the group had a backstage tour of the Drury Lane Theatre. This was a unique opportunity to go behind the scenes at one of the most famous theatres in the world. During the tour they met characters from a range of eras who told the story of this magnificent theatre.

Following dinner and a sing-a-long karaoke session at Planet Hollywood, they headed to The Criterion Theatre to see a hilarious production of The Comedy About a Bank Robbery. Students absolutely loved this show and laughed throughout. It was completely unique with a brilliant story line brought to life through wonderful acting. The design of the set was a revelation to students and staff alike, with much of it being interactive.

On the final day, the group headed to the iconic Southbank for a fantastic backstage tour of the National Theatre. During the tour, students were able to go inside the three large theatres housed within the building as well as the rehearsal rooms where shows are prepared. The group witnessed first-hand the building of sets, props and amazing puppets for the National's current production of Warhorse.

Throughout the weekend, students gathered lots of ideas to take back and use in their GCSE drama classes. By taking part in a very enjoyable weekend, students learnt not only what it takes to be a professional actor, but a member of a theatre production, and experience all aspects of theatre work.



DISABILITY ATHLETICS

Students from Catmose College recently took part in the Disability Athletics Competition.

KS3 students competed at Crown Hill Academy at the end of November and placed 6th out of 27 teams. KS4 competed the following week at Aylestone Leisure Centre and again came an incredible 6th out of 18 teams.

Special mention to Amy, Year 11, who took part in all events; target throw, javelin, speed bounce, hi stepper and shot put and was ranked the overall wheelchair athlete of the day. Well done Amy!

Scores from the first round are calculated depending upon the severity of the disability and the top 5 scorers from each team go through to the next stage. Team Catmose qualified for the regional round of the competition which took place on Friday 7 December at Aylestone Leisure Centre

The students performed brilliantly at the regional round with our KS3 team achieving 4th place and our KS4 team placing 3rd and all received bronze medals.

Special mentions to Harvey, Year 8, who gained an outstanding National Standard Silver Award and Harry, Year 10, who gained the highest score on speed bounce out of all competitors, an amazing 73 jumps in 30 seconds! An amazing result from all who took part.



TEMPEST PERFORMANCE

Following on from their successful performance of Shakespeare's *The Tempest* at the Curve Theatre in Leicester, students in Years 8 – 10 took to the stage again once more for fellow students at Catmose College. The live sounds track, skilfully played on the harp by Matthew added a whimsical feel to the whole production. The show started with the whole cast on stage as they depicted the boat in the *Tempest*, created by Ariel (Izzie) with her sea nymphs who danced around the stage to overturn the boat.

The students will perform for the final time on the 17 January in the Catmose Theatre.

