

Connect

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CAMBRIDGE ART TRIP

Year 10 art pupils and staff had a fantastic day in Cambridge on Thursday 26 June. Our visit to the Museum of Archaeology and Anthropology gave us the opportunity to experience artworks and artefacts from all around the world and provided inspirational sketching and photography opportunities. After taking in the Cambridge architecture we spent the afternoon exploring the University botanical gardens where pupils gained inspiration from the impressive variety of plant forms from different environments in the gardens and glasshouses.

Thank you to all pupils who attended the trip and were a great reflection on the school.

ACADEMIC SCHOLARS

After College on Wednesday 9 March, the Language Academic Scholars used recipes in French to create some sweet and savoury crêpes. Our translation and interpretation skills were put to the test, whilst also testing our cooking techniques, especially to create the "Suzette" sauce. We have learnt a range of new vocabulary, which we will be able to apply into our everyday lives in the future. As the session was so successful, we plan on testing our Spanish and German cooking and language skills, showing that we are all adaptable to learning cultural aspects of other languages that are new to us.

by Georgie Radford, Gold Academic Scholar.



AUTHOR VISIT

Creative Writing Workshop with Tamsin Winter
by Holly Perril Year 10

Tamsin Winter is a published author and has a profound love of creative writing. She recently published her new book 'Being Miss Nobody', a heart-warming and insightful story following the life and struggles of a girl with a severe case of SM (Selective Mutism).

In her workshop, she described her method of taming ideas, putting pen to paper to fill the - often intimidating - blank page. It was an inspiring experience to see her talk about her art so passionately, speak so enthusiastically, about her work and the emotions that arose in her readers after her first novel was published; which focuses thoughtfully on the stigma of mental health and its relation to social media.

Imaginative sketches on maps, landscapes and artwork all helped us to centre our stories as we were guided, allowing us to envision the surroundings of our characters in detail, which, as we soon learnt, would help us greatly in creating an authentic and compelling situation to climax our character's experiences in the worlds we created. We learnt how to plot and structure our ideas in artistic ways, through drawing across images to extend our descriptions and mind-mapping the tensions that our characters may have encountered. This gave our stories direction; a sort of structure that would help us understand our narratives as a whole, rather than individual sections, ensuring that each of our stories had an ending and could be completed within the time set.

Moreover, these fictional universes made me rediscover the beautiful inner workings of the imagination, helping me understand how intricate descriptions can bring a story to life, make it dance across the page, paint tapestries for the reader. It was a fantastic experience to hear an author describe the sparks of creativity and difficulties she faced in the creative process, motivating us to follow through with our ideas and believe in our work; never giving in to doubt or impatience. Most memorably, she spoke so affectionately about her characters, particularly that of 'Miss Nobody' in her first novel, explaining that the best characters are those you fall in love with, the best stories, like daydreams, are the ones you get lost in. It was a truly inspirational experience.

MUSIC WORKSHOP

On Wednesday 18 April a group of Year 8 students took part in a music technology workshop where they learned about DJing and Beatboxing. The students worked with two professional musicians, who demonstrated some of their own work, and then helped the students to create their own piece. The students played instruments, used the DJ and mixing equipment, and wrote their own lyrics to perform a Reggae song on the theme of 'school life'.

The workshop allowed students to think about potential careers in the music industry, and also developed their performance and composition skills. All of the students thoroughly enjoyed the day, and we look forward to making more music together in the future!



THE DUKE OF EDINBURGH AWARD

Congratulations to our Students that took part and successfully completed their bronze practice expeditions over 28 – 29 April and 12- 13 May. The expeditions took place around the Billesdon, Harborough area of Leicestershire. Students worked in teams of up to seven following their planned routes and covering distances of between 14 - 16km each day. All eleven teams worked extremely hard to achieve their aim, experiencing a challenging environment whilst being self-sufficient for two days and one night. Despite the rainy conditions students remained focussed demonstrating skills such as leadership, team building, commitment, perseverance and organisation, not forgetting a sense of humour too.

With all of the expedition training framework complete our students are now looking forward to completing their qualifying expeditions in September, navigating around the Loughborough, Charnwood area of Leicestershire.



POSITIVE MENTAL HEALTH WEEK

Recently at Catmose College we held our first Positive Mental Health week. We at Catmose College do our best to support students who are affected by mental health issues. We have done a lot of work recently in directing students and their families to the most appropriate support when mental health has become a barrier to learning and attendance. We felt that it was the right time to celebrate the positive and proactive approaches that can be taken to cope with the pressures that we all face in modern life, and so we held the Positive Mental Health Awareness Week. Alice Burton, Year 10 has written an excellent round up of the week:

'Monday was a fantastic start to Catmose's Positive Mental Health Week. We are taking a break from mobile phones in school! Initially slightly controversial but as the day went on we found that our phones aren't as necessary as we sometimes think and that it is always useful to have a bit of space from the occasionally overwhelming social media.

Lunchtime was the brilliant Karaokeathon, kicked off with some amazing and not-so-amazing singing from the staff. The entire school was singing along together to 'Don't Stop Believing', 'Wonderwall', 'Uptown Funk' and 'Happy'. It was hilarious and I can safely say was a hit!

Assemblies from TOFU (Time Out For You), a support group for young carers, began today. They are kindly visiting and presenting assemblies throughout the week to all the year groups. To support positive mental health throughout the school day teachers have been running mini yoga sessions during lessons, messages of positivity have been circling the screens and the day ended with some relaxing mindful colouring in the gallery after school.

Positive mental health was being encouraged further throughout Catmose on Tuesday with an energetic Zumba session at lunchtime. The entire school danced together outside the restaurant, boys, girls, staff and students alike. It was a great way to let off some steam and forget about exam stresses by just enjoying dancing. After school there was a meditation session, which encouraged relaxation.

Positivity continued to be spread around school on Wednesday with some relaxing mindful colouring at

lunch on the hellerup. Colouring is a great way to be creative and take a bit of time out. After school a pilates session took place in the gallery, continuing the calm and positivity at the end of the day.

Thursday saw more exciting events, with Bhangra outside at lunch for everyone to join in! It was a great display of the community at Catmose coming together for some fun, getting involved and enjoying themselves. After school there was some Tai Chi, helping students and staff to unwind after a busy day at school.

Friday was the grand finale to Positive Mental Health Week - the entire school were allowed to wear whatever they liked in an effort to raise money for local groups supporting young carers. The college was awash with colour and individuality as students celebrated the wonderful week we have had for a worthy cause.

At lunch was the College favourite - 'Catmose Has Talent!' where we all watched and cheered for our classmates and friends as they performed songs, dances and musical ensembles. We all enjoyed a rendition of 'Ice Ice Baby' swaying along to 'Hallelujah' and gasping at some daring Toy Story dance moves! To finish off the day there was Yoga in the gallery to unwind.

A huge thank you to all the amazing staff who organised the week and all the lovely instructors who came in to offer Zumba, Bhangra, Pilates and so much more throughout the week to help promote positive mental health.

The week's activities have really encouraged us to relax and step back from hectic everyday life - Positive Mental Health week was a success!

The question everyone is asking is 'When can we do it again?'

Should you know of any young person who needs support at present, you can direct them to see their GP, the School Nursing Team at all Primary and Secondary schools. There is also excellent support available online at Kooth.com or Youngminds.org.



DRAMA FESTIVAL 2018

On the evening of Thursday 17 May 42 students performed monologues and duologues at the Drama Festival in Catmose Theatre. This was our third Drama festival and will hopefully continue to be an annual event, following on from the success of the last two years. Students prepared and rehearsed their performances during Drama clubs and LAMDA lessons, as well as their own time. Adjudicating the event was Paul Shelley, a professional actor and also the husband to Paula Matthews, our LAMDA teacher. It was a privilege to welcome Paul to our festival and have him judge and hand out all of the certificates. Paul had to work extremely hard during the evening, watching and marking 25 different performances at which he did an excellent job. The audience of around 100 family and friends enjoyed food during the evening as they watched the variety of performances.

Results:

Year 7 Duologue

Winner Joel Condron & Henry Cross
 Runner-up Polly Dudin & Eve Sloan
 Competitors Ellie Mackay & Monica Milroy, Daisy McKnight & Kayleigh Nevin

Year 8 Duologue

Winner Ben Atkinson & Harrison Lang
 Runner-up Ruby Holton & Lara Woolhouse
 Commended Georgia Dryland & Sheliz Ismail
 Competitors Lydia Orton & Lily Peace, Henrietta Gillie & Bay Mitchell, Tia Palmer & Chloe Rose, Brooke Palmer & Keira Robertson

Year 9 Duologue

Winner Lia Hornby & Verity Rawlings
 Runner-up Mollie Clitero & Izzie Dowling
 Commended Alisha Hoy & Katie Weston

Junior Monologue

Winner Kiera Edwards
 Runner-up Ella Pollard
 Competitors Meredith Dolecki, Pippa Hines, Joshua-Lee Perkins, Lucy Turley & Isabel Yardley

Senior Duologue

Winner Mia Cole & Holly Gregory
 Runner-up Janie-Lea Jarvis & Chloe Walters

Senior Monologue

Winner Jack Monaghan
 Runner-ups Charlotte Holm & Andrew Smith

Thank you to Mrs Newel who did all of the publicity for the event, the Catering staff for the delicious food, Site team for setting up, Tech team for their help and the Performing Arts team for putting the whole event together.



TRACK AND FIELD CUP - ROUND 1

Thursday 17 May was the first round of the Track and Field Cup. All students did a fantastic job representing Catmose College with lots of "personal best" distances, times and heights recorded as well as many wins and top 3 finishes.

Most notably the Intermediate girls team (Year 9 and 10) won their section and will progress through to the next round.



UPCOMING TRIPS

YEARS 9 - 10 SPANISH EXCHANGE - 30 MAY - 5 JUNE 2018

YEARS 8 GEOGRAPHY TRIP, HUNSTANTON, 21 & 22 JUNE 2018

YEARS 9 - 10 EARTH & FIRE CERAMIC EXHIBITION, 22 JUNE 2018

YEARS 8 - 11 PERFORMING ARTS TOUR, AMSTERDAM, 4 - 8 JULY 2018

YEARS 8 - 10 NEPAL EXPEDITION, OCTOBER 2018

YEAR 11 - WASHINGTON & NEW YORK TRIP, 15 - 21 OCTOBER 2018

More information can be found on our website at www.catmosecollege.com/triplanner



SPRING MUSIC CONCERT

On Thursday 10th May, a number of students from Catmose College and Harington School performed in our 'Music on a Spring Evening' concert. There were performances by the Junior Choir, Chamber Choir, String, flute and wind ensembles, Jazz Band, Harington Band, and also a solo by Jack Monaghan and duet by Maddy and Hannah Thornley. The evening was a lovely way of the students sharing their competition success with family and friends. We would also like to extend our thanks to the College catering staff who provided refreshments for the concert. Thank you to everyone who came to support this concert, and we look forward to seeing you at future events



ROUNDERS SUCCESS

The Year 7 team played in their first varsity fixture on Thursday 10 of May keeping a clean sheet with some excellent debut fielding and batting, securing wins over all the other participating schools - John Ferneley, Casterton and UCC.

The Year 10 team played on Tuesday 15 May in their second fixture of the year, beating Longfield and narrowly losing out to John Ferneley and Belvoir.

