



Kirkby Stephen Grammar School

A co-operative Academy

NEWSLETTER

www.ksgs.cumbria.sch.uk

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**Eden Valley
Sports Partnership**

Year 9 trip to the Manjushri Kadampa Buddhist Temple at Ulverston

On Monday 25th November, 40 Year 9 students visited the Manjushri Kadampa Buddhist Meditation Centre near Ulverston. The trip was organised as part of their current programme of study about Buddhism within their Personal Development (PD) lessons. Upon arrival at the centre we were met by Geoff Roe, visits manager who took us to see the large statue of Buddha Maitreya, who is the Buddha of loving kindness and who stands near the main entrance of the centre. Here we met a



Buddhist nun called Kelsang Zondru and we then walked to the beautiful Kadampa Temple for World Peace. Upon entering the temple, we were all asked to remove our shoes and were then invited to either sit on cushions on the floor or on chairs at the front of the temple. Zondru, who was originally a Shepherdess in the Eden Valley, then gave a very informative talk about her robes and appearance, her life as a Buddhist nun and also some of the teachings of the first ever Buddha, known as Buddha Shakyamuni - who started life as Prince Siddhartha Gautama some 2,500 years ago. A large bronze statue of Buddha Shakyamuni has a central position within the temple and this is one of the largest bronze Buddha statues in the western world. Zondru also led a short relaxation meditation session. Aside from a few giggles at the start, Year 9 managed to stay quiet and focused for almost 10 minutes, trying hard to follow Zondru's relaxing words. I think everyone felt a little bit calmer and peaceful afterwards!

After lunch in the priory dining hall, we were taken to see the onsite design studio, where fantastic statues are designed and made using a CAD 3D printer initially. From this, moulds are made which in turn are used to create large resin statues. The statues are then hand painted or sprayed with specialist gold paint and then sent from Ulverston to the various Manjushri Kadampa Temples all around the world. We were told that a new Temple had just been constructed in Arizona- near to the famous Route 66 highway.

Back in the main centre, students were provided with drawing equipment and were asked to sketch some of the images and Buddhist statues in the main corridor, giving them time to take in their surroundings and ask further questions about the religion. Well done to Clemency Clark who won the competition with her fantastic sketch drawing of Buddha Maitreya and runner-up was Louis Bland.

Although the visit was designed primarily to further aid students understanding of Buddhism and to make the religion really 'come to life', it also had a cross curricular dimension with aspects of Citizenship, history, art and D & T being covered throughout the day.

I was very pleased with the respectful way in which all Year 9 students conducted themselves during the visit to the temple and our guide Zondru also commented upon how well mannered and respectful our students were.

Thank you to Mrs Atkinson, Mrs Butterworth and Mrs Modlin who also accompanied us on the trip.

Joanne Sutterby- Head of Citizenship and PSHE



Dear Parents, carers and students,

At the end of another action-packed autumn term, I would like to wish you all a very Happy Christmas and New Year. As I am sure you will see when you read this newsletter, there have been a huge amount of activities, trips and events this term that I am confident have enriched the students' experience of school. I must thank the staff for this as they have gone even further above and beyond what they are required to do in order to offer and deliver these opportunities for our young people.

These activities cover all year groups and a wide range of subjects; from history in Year 8, citizenship in Year 9 as well as the IT and Food Rotary Challenges, to the CERN trip to Geneva for the Sixth Form science students. There are individual successes, team successes and whole school events, such as the invaluable careers information and guidance programme being offered by the school due to the considerable efforts of Mrs Modlin.

Also mentioned is the once in a generation opportunity for all of the students in school to witness the Tour of Britain pass through Kirkby Stephen in September. Given that this last occurred over thirty years ago, our young people may well be parents of Grammar School students themselves the next time this opportunity arises again.

There have also been some changes and developments to school systems and procedures this term that we think will improve students understanding of the progress they are making. In a letter that I recently sent to you, I explained that we have re-written our Assessment and Marking policy which is now called the Feedback Policy. Departments have also re-written their assessment policies to be in line with the new whole school policy. All of this can be seen on the new school website, which is a definite improvement upon the old one. It is now much easier to find the information that you are looking for. We are also in the process of changing the assessment data that we collect on the academic progress of the students and on their attitude to learning. For the next data report that we will send home to you, it will be much easier to understand how your child is doing at school. There will be fewer columns of information but they will be more clearly defined. I hope that you will find this much more helpful and informative when you get to see it next term. As ever, I would actively welcome any feedback on this.

I am very optimistic about the direction that the school is going in for 2020. The dedicated and talented staff at the school are providing ever more enrichment opportunities for our students, who never fail to do their school, community and parents proud when we take them out for sports fixtures or study-based activities. There is also lots of evidence that students are being well taught in calm, purposeful classrooms for the vast majority of lessons.

On that positive note, I wish you all the best for the holiday period whatever you are doing and wherever you are going. I look forward to seeing all of our young people in January, hopefully germ-free after a good rest. Best wishes,

Gary Hartley Headteacher

Students received Prizes and Trophies at the annual Presentation Day from the guest speaker Asha Richardson, Ankoma Outreach Project





Upper Eden IT Rotary Challenge This year has seen the resurrection and revamping of the Upper Eden Rotary Challenge, with all Year 9 students at KSGS being involved as part of their IT curriculum. Taking part in the challenge has given students the opportunity to not only develop essential skills for the world of work but has also allowed them to see the practical application of skills that they have developed. The students have all created a portfolio for a business where they have designed a logo, letterhead, website and a brochure as well as looking at spreadsheet skills and developed a functioning website. In doing this, students have used a wide range of hardware and software. Students were judged on skills used as well as the finished result. The top ten from each class went forward to the quarter finals with the Upper Eden Rotary judges selecting just 13 semi-finalists, each receiving a certificate, medal and £5 prize.

The semi-finalists were: Eleanor Armstrong, Phoebe Cullen, Jenna Drury, Charlie Ediss, Isabel McAllister, Laina Metcalfe, Lee Modlin, Dominic Moules, Madison Robinson, Madison Sowerby and Jack Weallans.

The finalists then went on to present their work formally to a panel made up of Upper Eden Rotary judges John Begg, Dianne Fothergill and Stephen Barnes along with Gary Hartley, Headteacher, Kirkby Stephen Grammar School before the final decisions were made. After a close-run contest, in which it was hard to separate the three candidates, the final results were announced: 1st Isabel MacAllister, 2nd Dominic Moules and 3rd Eleanor Armstrong. Each of the students receiving a medal and cash prize of £25, £15 and £10 respectively.

The three students, the Headteacher Mr Hartley and myself attended Upper Eden Rotary in the autumn term. Our thanks go to Upper Eden Rotary Club for their generous sponsorship and time. The students have not only enjoyed learning lots of different IT skills but have also hopefully developed lots of other useful life skills whilst carrying out this project. Julie Park IT Tutor

Bring It On Event STEM FESTIVAL On Thursday 10th October, a group of Year 9 students from KSGS travelled to Sunderland, accompanied by Mrs Slack and Mrs Knowles (the Lab Technician) to visit the STEM festival at The Beacon of Light.

It was a very fun and enjoyable day and we were one of many school groups participating in lots of the interesting activities put on for us at the Beacon. The most exciting activity was probably working in a team to build a bridge that we could all walk across. It was a really fun activity as we had to fix all the support cables and build it up properly so it could support our weight.

We programmed some robots to move around and complete challenges. We got to meet and experiment

with some Pharmacists and Engineers and talk to them about careers and the jobs available. They were all friendly and informative. We also had a look at Technology, Bio Tech, Environmental sciences and much more. It was a real eye-opener seeing how the STEM subjects relate to industrial practices and processes and how exciting careers and degrees within these subjects can be. It was a stimulating event, which we all enjoyed and came home with bags of leaflets, freebies and sweets! I hope everyone reading this gets the chance to enjoy this amazing experience. Everyone would like to thank Mrs Slack, Mrs Knowles and everyone who made this trip possible. Clemency Clark



SUMMER EVENTS

Cumbria Constabulary

came in to do a "actions have consequences workshop" in July 2019. They presented to students the dangers of drugs, alcohol and crime

PHOTO BELOW - SIX FORM STUDENTS COMPLETED A SEA-KAYAKING EXPEDITION TO SCOTLAND FOR THEIR GOLD DUKE OF EDINBURGH AWARD



Our Experience at the Cumbria School Games

On 10th July a group of young people went to Carlisle Sands Centre to take part in table cricket and table tennis matches against different districts in Cumbria. We played for the Trophy, our table tennis group won all their matches to come first and we came third in table cricket. It was a fun experience, winning and meeting new people. By Emily, Nathan and James now Year 10

SIXTH FORM PROM AT THE MORRITT HOTEL



SIXTH FORM SCIENCE TRIP TO GENEVA

At the end of June students studying science in sixth form went on a trip to Geneva in Switzerland. The purpose of the trip was to visit the Large Hadron Collider in CERN which is located on the French and Swiss border. We headed to Manchester airport on the Thursday and finally arrived at our hotel at about 11pm that night. The next morning, we had an early start as we had a tour around the United Nations to look forward to. Here we were shown around the different conference rooms which all are themed to a country in some way. About 40 meetings take place in the United Nations every day. Geneva was experiencing a heat wave while we were there and so the weather was stunning but extremely hot. That afternoon we went to the History of Science Museum which was filled with lots of information about scientific discoveries.

For instance, it was home to the first battery. We finished the day off by going bowling which really brought out some of the groups competitive sides.

The next day was another early start as it was our day for visiting CERN. Here we first listened to a lecture about the basis of what goes on at CERN in an incredibly hot and stuffy room. We were then taken on a tour of the science park before having lunch in the café. Here we had the honour of being able to talk to an ex-Particle Physics student of Lancaster University called Adam Parker. He now works for the University of California. Talking to him gave us a great insight into life beyond university and the opportunities out there globally. For dinner that night we went to a traditional Swiss Restaurant.

On the Sunday we were treated to a small lie-in before heading out to go to the Cable Car. The cable car went up the side of Mont Sevele and at the top there were panoramic views of Geneva. Then for lunch we went to the Geneva street food festival which was full of a variety of cuisines from all over the globe. After lunch we had an hour-long boat trip around Lake Geneva, allowing us to see the city from a new angle. It was also a great cool down from the heat as we were treated to a breeze and air conditioning on the boat. Then as it was our last night, we had fondue by the lake. It was a great treat in a beautiful setting.

On the last day we went to the site in Geneva where the two rivers merge. Both the rivers are a different colour and so when they meet the colours swirl together and it was great to be able to witness. We then had some free time for the rest of the day to wander around a part of Geneva. Here some of us went on the Ferris wheel which gave us great views of Geneva. We then headed to the airport where our flight was delayed due to a thunderstorm. Overall it was a fantastic trip and a great end to the academic year. It was a jam-packed trip which we all learnt a lot from and enjoyed thoroughly. Thank you to Mrs Thwaites for organising a trip none of us will forget.



The Annual Mock Interviews sponsored by Full Circle

Accountancy took place on 3rd July 2019.

The results were

1st James White & Evie Ashton
2nd Eleanor Bowness & Molly Woodmass

Well done to all the finalists.

World Mental Health Day

On 10th October the whole school was given the opportunity to participate in World Mental Health day by wearing something yellow in addition to their normal school uniform.

Money raised went to the charity Young Minds who offer advice and support for young people and their families around issues of mental health. Thank you to everyone who took part and helped to raise the £172 for Young Minds.

Please remember that as a pupil at KSGS if you are dealing with a welfare issue or have concerns about your mental health you should speak to your Head of Year or Mr Bromfield who will be able to offer advice and direct you to support agencies and helpful websites.

Further information about useful websites and where to go for help can be viewed on the notice board outside the meeting room in school.



Junior Premier League Representative Team.

To be selected to trials for the northern jpl representative team is an honour and privilege, when I was asked to trial I was thrilled, the opportunity to play football at many great venues whilst representing the North.

My first trial was in August at Sandbach, a long journey but I knew it would be worth it, the trial lasted 3 hours, and we were split into groups ready to show the coaches how we played. I did all I could on the day and really enjoyed it.

Now I had to wait for the email to see if I had got through to the next round. It took ages for them to get back to me but then I received the email asking me to go to the second trial in October.

The trial was at Skelmersdale, a venue I had played at before, this time there were very competitive players who all wanted their place on the team, our time on the pitch was limited, I knew I was going to have to play well. At the end of the day we were told we would be notified within a couple days.

The email arrived and they want me to go back, the selection process is long, but I am so excited to go back, if I make the final team we go to Lillleshall (the old England training ground) also we get the opportunity to train at St Georges Park (the current England training ground). We will play against Premiership Academy teams and at the end of the season we will go to Madrid, to train and play against Atletico. By Ryan Cook

Years 7 to 11 all supported the Tour of Britain on 10th September



Y8 History Trip to Quarry Bank Mill

This article has been written by Jessica Seed and Emma Pedley who won the Y8 newsletter competition. Well done to them! We went to Quarry Bank Mill in September to study and explore what it was like to work in a cotton mill in the industrial revolution. We learnt that Samuel Greg built the mill in the countryside because land was cheaper, there were quarries nearby for building materials and there was a reliable river to turn the water machine and power his machines. A channel called a headrace was dug to carry water to the wheel and a tail-race carried it back to the river. The wheel rotated slowly, 4 times a minute at a steady pace. It is now the largest breast shot working waterwheel in Europe.

Later, steam engines were built in case of drought or the river freezing. An advantage of steam power was that it could always be working and it was easier to control the pressure. On the other hand it cost money to buy the coal to make the steam.

We also learnt about all the different jobs involved in turning the cotton into cloth: carding; drafting; spinning and weaving. Lots of us had a go at hand spinning so we saw how it took 6 hours of work to make enough thread to weave for only 1 hour. It was easy to understand why they wanted to invent machines to speed things up. The factory was a very dangerous place to work. Your arm could get caught in a belt and pulled off. Long hair could get caught in a spinning machine and your scalp could be pulled off. Your hand could get caught in a carding machine and you could lose all your skin. They called this de-gloving. It was also really noisy in the factories, they had to learn to lip read to talk. The cotton dust was a big problem. They had to work barefoot so the metal on their clogs did not spark a fire. The dust got everywhere and settled in their lungs.

Next we went to see the apprentice house. This is where 90 children lived. There were 60 girls and 30 boys. Samuel Greg hired children to work in the factory as they were cheap, nimble and small enough to get under the machines. He preferred girls, he thought they were easier to control. The children were pauper apprentices. They were mainly orphans and came from the workhouse. They signed up until they were 19, they did not get paid but they got food and a place to live. The children worked hard. They woke up at 5.30 in the morning and started work at 6 and worked a 12 hour day. After this the boys had lessons every day but the girls only did reading on Sundays. Apparently, in those days they believed that if girls did maths their brains would explode and they would grow a beard!

It wasn't very nice in the apprentice house, the beds were shared between 2 and were tiny, the mattresses were made of straw and were only changed once a year. They were locked in at night so they did not try to escape. They had to use chamber pots instead of toilets and straw instead of toilet paper. They did not wash except for their hands and faces at the water pump so everything stank.

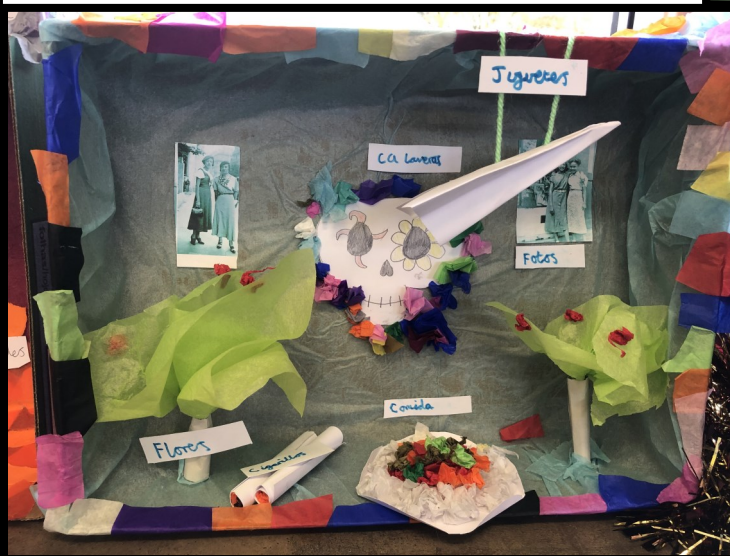
We all enjoyed learning about the secrets and stories of Quarry Bank Mill to see what it would have been like to live in those times but were happy to come back to Kirkby Stephen in modern times.

Thank you to all the teachers and Mrs White in the office for helping to organise such a successful trip.



Eden Valley Sports Partnership provide great Leadership and Volunteering opportunities for students at Kirkby Stephen Grammar School. Students from Year 8 through to sixth formers taking Sports Leader Awards, provide an excellent service and learn valuable skills. Recently a group of Year 8 students supported a hugely popular Sports Hall Athletics competition which saw many Primary Schools from throughout Eden, competing for top places to represent Eden at the County Final in March 2020.

Day of the Dead Altars made by Year 7
Ofrendas de muertos = offerings to the dead
 In Spanish with Mrs Vela-Castro (an amazing teacher) Year 7 had great fun creating altars to celebrate the Mexican festival 'The Day of the Dead'. The Day of the Dead is where families in Mexico remember their dead ancestors by dressing up in scary and funny costumes and masks, they also dance and play happy music. The Mexican families lay out altars for the dead with photos so that the dead can visit and find things that they loved when they were alive, for example, a teddy bear or a packet of cigarettes. Without their photograph put up the dead cannot visit the living.
 Mrs Vela-Castro showed us a film called Coco about the Day of the Dead and how important altars are to the living and dead's families in Mexico. We worked in groups to make our own mini altars in which we placed objects that related to death and religion. It was great fun and very creative and all the altars looked brilliant with a great range of ideas. All Year 7 pupils really enjoyed this project. A big thanks for Mrs Vela-Castro. By Bicci Clark, Year 7



Celebration Assembly school prizes July 2019

7B	Erin Treece	Callum Simpson
7H	Oliver Slack	
7V	Kitty Woods	Jacob Chappell
8C	Sarah Dow	Rowan Dey
8F	Clemency Clark	William Eld
9T	Isabell McAllister	Jack Wealleans
9Y	Evie Brittleton	Shaun Pratt
10D	Isobel Dargue	Matthew Pendlebury
10P	Jorgia Sowerby	Dominic Twiss

The Body Snatcher On Wednesday 13th

November, GCSE and A-Level Drama students went on a theatre trip to the Dukes, to see a Thunder Road production of the play The Body Snatcher. The Body Snatcher is described as an unnerving experience inspired by Robert Louis Stevenson's hair-raising horror: live action, music and storytelling combine in a tale of mystery, morality, and science unhinged where no-body is safe. The Body Snatcher certainly had the scare factor with plenty of eerie moments. But we also loved the more comical side of the show. Lively discussions about the play followed and students have made notes on it in order to prepare for their written exam. Students have also been inspired by the simplistic but multi-functional set used in the show as many of them are adopting a similar approach to their own productions. The Theatre Company were kind enough to send us a copy of the script which will be a fantastic resource when it comes to revision. Our next trip is to see We Will Rock You in Manchester at February which we are all really looking forward too! Mrs Whitehead

Library News

Thank you to all the students who entered our Poetry Competition. Some amazing and touching poems about animals made it really difficult to judge this competition. Congratulations to the winners who were Bicci Clark, Liam Shields, Kate Wharton, Matthew Clegg and Sophia Cattan.

Library Helpers have run a Trash and Treasure stall raising money for Eden Animal Rescue. It has also been great to have books donated and to be able to buy some of the Titles Pupils have chosen. Mrs Shannon



'Life Changing Experiences' provided by Duke of Edinburgh Award Group at Kirkby Stephen Grammar School

Yet another bumper year for the Kirkby Stephen Grammar School Award Group, who celebrated the achievements of this year's students recently, with a full evening of presentations by the participants.

18 students took part in the scheme this year, ranging from students in Year 9, right the way up to Year 13 students, together with a guest pupil from Sedburgh who was unable to complete their award with their own school.

Three Bronze Award groups and one Gold Award group gave humorous and detailed presentations on their expeditions.

The Bronze groups took three different routes between Coniston and Ambleside, all finishing their expedition at the Ambleside Mountain Rescue Base. Each expedition has a purpose, this year looking at erosion of paths, flora and fauna of the Lake District and the impact of and use of the Lake District by tourists.

The Gold Award group completed a 10 day expedition to the Caledonian Canal in Scotland where they planned, practiced and participated in two three night, four day kayak trips using the canal, and some open water travel around the coast. This included several long portages of the gear around locks and weirs. During the expedition, the students studied the varied attractions along the way, including castles, monuments and areas of scientific interest.

The presentations enable the students to show how much the DofE scheme helps them develop as individuals, and the opportunities it offers them, in an area where facilities for the young are limited by location and the lack of public transport.

The School is assisted in helping the pupils by members of the Kirkby Stephen Mountain Rescue Team, who not only supported the actual expedition weekends, but also provide all the training for the students.

Gary Hartley, Head Teacher of KSGS, said "The school is so lucky to be able to provide its students with such varied and challenging opportunities. The scheme enables them to mature, gain independence and self-reliance. The confidence gained by the participants is evident in how they mature through the scheme. This has a positive and long-lasting effect on the students in their school careers, and their future plans." He thanked Mike Sunderland and Kirkby Stephen Mountain Rescue Team, together with their supporters for helping the scheme be the success that it is.

One of the Gold Students summed up her participation in the scheme, by saying that it had been 'truly life changing'. A sentiment echoed by the other participants.

Jo Cottrell - Secretary to Kirkby Stephen Grammar School Duke of Edinburgh Award Group

STUDY SMART- On Friday 22nd November all of Years 10 and 11 took part in 'STUDY SMART' workshop delivered by Amy from the Northumbria University outreach team. Students were engaged in a fast paced workshop, involving a practical observation and recall task used to illustrate the importance of accurate note taking, as well as lots of practical advice about taking notes, summarising, revision and doing your best in the exam.

The workshop covered 3 main areas:-

Note taking throughout your GCSE years- effective note taking and how to consolidate notes to a summary at the end of each day.

Memorising and revision- different learning styles and methods, avoiding distractions and procrastination.

In the exam and the importance of GCSE's.

It is hoped that the students will use these methods to improve their practice throughout the year and to revise in a much more focused and effective way.

Student responses were overwhelmingly positive about the event, here are just a few observations by the students: 'very motivational, it made me want to revise as much and as soon as possible'

'I learnt lots of new revision techniques'

'the speaker combined theory with what she personally finds useful'


'10 out of 10, really useful'

'I would 100% recommend this talk, we learnt lots of useful methods of how to revise and how to use our time'

In the upper school we are trying to develop our support to help students to know how to revise and study effectively, the 'study smart workshop' is a way of doing this in addition to the CPG revision guides that we have purchased for all year 9, 10 and 11 students thanks to the generosity of the Foundation Governors. The upper school students are working through the revision guides with their form tutors, they will bring them home shortly. It is hoped the guides will continue to help students with revision techniques and advice. Mrs S Wealleans

Careers Advice and Guidance at KSGS.

Over the last few weeks I have been meeting with all pupils in Year 11 to discuss their next steps for life after GCSE's. Many pupils have expressed interests in staying at KSGS 6th form and they have had the opportunity to discuss their subject choices at the Open Evening. Many pupils are looking into moving onto college or apprenticeships and to help with this transition I have listed the upcoming open days and websites to help parents and pupils make an informed decision.

 Kendal College works closely with the school and will be coming in to see the upper school in a careers assembly in the New Year. They have just been voted the No.1 ranked college in the country. The next open day is on the 4th December, visit www.kendal.ac.uk to register an interest or apply for a course online.

Newton Rigg will have an open day on the 1st February and will also be speaking to Year 10 and 11 in school on the 3rd December. You can view course details on www.newtonrigg.ac.uk and also apply online.



 Carlisle College has an open day on Thursday 16th January and you can view courses and apply online at www.carlisle.ac.uk

For those pupils interested in apprenticeships I advise that they look at www.gen2.ac.uk to register for their open evening on Monday 13th January 2020 Session 1 - 4:00pm until 5.00pm OR Session 2 - 5.00pm until 6.00pm. RWP are another apprenticeship provider and you can search for apprenticeship vacancies on www.rwp.co.uk

In November we had the annual careers fair at school with many local business and colleges in attendance as well as some Universities. It was very well attended and we received excellent feedback from the stall holders and pupils and parents alike. The careers fair is in its 5th year and each year it continues to be a valuable source of information for our pupils. It is an opportunity for pupils to speak first hand to colleges, business and higher education providers in the comfort of the school and take away the travel. NCS were in attendance and many pupils registered an interest. If anyone would like to know more about NCS then please look online at www.wearencs.com



If any parents and pupils would like to contact me to discuss their child's future career options then please email me on katy.beckwith@ksgs.cumbria.sch.uk

How can you help?

I am always on the look out for ex pupils and parents, local business people that would be willing to come in to school to share your life and career path stories and advice with the pupils or to offer any work experience placements. It is vital that students get to meet inspirational impartial people to help them decide on the right career path for them. If you would like to offer any help in the careers programme then please contact me on the email above.

Level 6 Careers Leader Training

Over the last 6 months I have undertaken the Level 6 careers leaders' programme which enabled me to study under the Careers Connect Company based in Liverpool. I had 6 study days based in Preston where I got the chance to network with many other careers leaders from a wide variety of schools and colleges in the North West of England. After successfully completing and passing the first 3 units of the course I have decided to continue with my studies and have recently undertaken my first training day at the Careers Connect offices in Liverpool. The course covers all aspects of being a successful careers leader and running a proactive influential careers programme in school. I have started with a careers audit of the current provision in school and this will soon be found on the school website along with many other informative website links. I am setting up a careers team in school with staff and have already had Mr Wilson, Mrs West and Mrs Park join, we will be looking to introduce careers advocates from the 6th form to help with keeping the careers programme relevant. **Katy Modlin Careers Leader**

Putting a stop to Bullying

In our IWB lessons we have been talking about bullying, what it means to bully and the impact it can have on people. For anti-bullying week we decided to write a newsletter article for bullying victims and give them some tips on how to help.

The word bullying means to be repeatedly hurt in some way by another human, which is also intended to hurt and can make a victim feel fed up and worthless.

There are many different forms of bullying, however one of the worst is cyber bullying. This is where you can go onto social media and see lots of offensive words or nasty images flash up on your screen from anonymous people or those who are too scared to say things to your face.

Being bullied can affect people in lots of different ways, for example it could be traumatising for them because they are repeatedly being hurt or called names. Bullying can have a big impact on someone mentally as well as physically and over time, this could cause issues such as depression or anxiety.

But luckily we can make bullying stop by just talking to someone. Some people bottle up their feelings and this isn't healthy. Telling an adult who you trust is a great tip because sometimes victims are scared to speak up as they sometimes think it is their fault or worry about more bullying happening. But it is not your fault. No one should have to endure bullying. Tell your friends too as they could speak to an adult on your behalf or support you by making you feel good about yourself.

If you are being bullied and need more support or you know someone who is being bullied, then you can visit the Childline website for advice or call 0800 1111.

Just remember you're not alone and the sun always shines after a storm.

An amalgamation of work by Alfie Maltby, Theo Robinson and Erin Webb - Year 7

School Showjumping

Wednesday, 27 November saw two teams heading to Blackdyke Equestrian Centre near Carlisle to take part at the school show-jumping event organised by Austin Friars.



The team jumping the 75cm course consisted of Mira Tallentire and Princess, Carley Thwaites and Waxwing Ragamuffin, Niamh Winder and George and Eleanor Armstrong and Tic Tac. Eleanor had very kindly agreed to bring Tic Tac for the class at the last minute as, unfortunately, the day before the event, Emily Tyson, who was supposed to be riding in the team, suffered an injury which meant she could no longer take part. Emily did come along on the day to show her support for her team members and brought homemade cakes with her which we decorated with iced horses' heads.

The ponies and riders were fantastic and they carried forward no penalty points into the second round. The timed jump off round came next. There were 16 teams in total and KSGS were the penultimate team to go meaning tactics could be discussed as to what they needed to do. It was decided that clear rounds were essential to be in the final placings but speed was going to be important too as there were some very fast rounds before KSGS went. The team all went clear in very speedy times; they were placed second in very good company and only one and a half seconds off the winning time!



The 90cm team was competing in the afternoon and consisted of Mira Tallentire and Rosie, Morgan Bateman and Blossom, Eleanor Armstrong and Oliver Twist VII and Jess Chapman and Mary. The course was the same as in the morning but the jumps were bigger in the same confined space. The whole team did really well. They carried forward 16 faults to the second round but all improved and only gained four faults in the second round to add to their first round faults so ended with 20 faults in a very fast time. This meant they achieved an excellent fourth place!

Kirkby Stephen Grammar School was the smallest school taking part and to achieve two placings on the day was a fantastic achievement. Sue Dickinson

Rotary Young Chef

This year the school has entered the Rotary Young Chef competition. It is a National competition with schools entering from up and down the U.K.

We held two rounds of heats to find our 8 finalists; Liam Shields, Anna Eastham Yr7, Lilia Hutchinson, Jessica Seed Yr8, Mira Tallentire, Esme Thompson, Honey Woods Yr9 and Jamie Bell Yr10.

They were tasked with planning and making a three course meal for under £20 in 2 hours. It was a very hectic night! All the students worked brilliantly and produced some lovely food.

The overall winner was Jamie Bell, he will now go onto the County Final in February. Second place was Jessica Seed and third place Mira Tallentire.

Well done to all the students who took part, it was a very memorable night. Lyn Ritson



International Berlin Banzai Cup October 2019

On Friday 4th October 2019, our Yanagi Kai Karate Squad flew to Berlin to compete in the International Berlin Cup, it is the second time I have competed in this tournament.

I was competing in the under 14 individual kumite. Kumite is the full contact type of karate.

There were 14 fighters in my category from 7 different countries across Europe.

In the 1st round, I fought a girl from Germany, I fought well and won 5-0. In round 2, I fought well but was beaten by a very good fighter from Denmark 6-0, this girl made it to the final and won the silver medal.

Due to the girl from Denmark reaching the final, I was able to compete in something called "repechage". If I won my repechage fight, I would win a bronze medal. In the repechage fight against a girl from German, I fought well again, but unfortunately, I lost 3-1.

My final placing was 5th, my best placing for an International Competition. I was happy with how I fought and pleased with my 5th place finish. My coach was impressed with my attitude and spirit shown. I will keep training hard to keep improving.

It was good to be able to do some sightseeing whilst in Berlin, it's a great city to visit. Kitty Woods

KSGS Table Tennis Club is open to all students FRIDAY lunch times and FRIDAY after school 3.45pm to 5.00pm in the school gym.

This term we have delivered a new and exciting Table Tennis England junior training programme to over a dozen Lower school and Junior school students.

TTKidz – a fun, active and engaging programme for beginners – 7-12 yrs of age. Run by Mike Sunderland (KS Table Tennis Club Coach)





Year 9 Tectonic Hazards - Some excellent examples of Volcano models created by Year 9 Geographers to illustrate the anatomy and nature of volcanic eruption



On 20th November Year 8 visited the Life Centre in Newcastle. The first exhibition we looked around was called Brain. Inside was a real human brain that had been donated. Some other activities we were shown were a toilet you could drink out of and a size illusion. We spent an hour in the Brain Section before we made our way to the science labs. The professor asked us to get lab coats on and once inside the labs we did many practicals such as; adding two substances together to see if there was a colour change; another to see if a liquid glowed under light; an investigation into what had given some children food poisoning.

After lunch and ice-skating we went to the Planetarium to watch a scene based around space and time, this was really interesting. Straight after the planetarium we wandered into a newly built exhibition called space. It included computers that you pretended to work on and an area where you could listen to astronauts talk about life in space. Overall we had a wonderful day and learnt many new facts about the world of science. By Erin Treece and Tilly Rose

I am extremely grateful to the Foundation Governors who met the transport costs for this exciting trip. With their generous support all Year 8 students signed up for this event and enjoyed the fantastic facilities in the microbiology Lab of the Life Centre. Claire Slack.

Tomorrow's Engineers Robotic Challenge.

Year 8 students have been given the opportunity to enter a competition where they build and program a LEGO Mindstorm robot to complete a range of exciting tasks. The students have to design two robots. The first robot is for a speed and control task and the second robot will be tested on its ability to carry out complex challenges within a time limit. The students will take the robots to compete at the regional competition where they will also give a presentation on how engineers could help future proof the world. Good luck at the competition in February!

Take on the Green Power Challenge.

At the inspirational 'Bring it on' trip for Year 9 students, a stall advertising the Green Power Challenge caught their eye. The Greenpower Challenge aims to inspire young people to excel in Science, Technology, Engineering and Maths (STEM) through a unique challenge: to design, build and race an electric car. Mr Thwaites (Mrs Thwaites' husband) has been competing in this competition with students from his own school for many years and with the support of Mr Gough, has kindly agreed to enter two teams from KSGS. Following an informative assembly Year 9 students have submitted their applications to try and secure their place on one of the teams. They are hoping to take their cars on to race at Croft, Aintree or even the annual International final at the UK's Silverstone National Circuit. The Year 9 students will not only be required to build and drive their cars, they are also responsible for finding sponsorship to cover the build costs. If you would like to provide sponsorship please contact me through school Mrs Slack.