



Kirkby Stephen Grammar School

A co-operative Academy

NEWSLETTER

www.ksgs.cumbria.sch.uk

Issue 124, Dec 2021



**Eden Valley
Sports Partnership**



Children in Need - £283 was raised by the students who took part in a non-uniform day. Mellors Catering Team also sold Pudsey cakes to raise money to donate to Children in Need.



Duke of Edinburgh Award

This year, the Duke of Edinburgh Award group had two years of students to train and supervise due to the 2020 plans having to be postponed due to the pandemic. We were also unable to camp overnight in order to ensure the safety of the students, supervisors and members of the public, which is a great shame as I know this is one of the most popular parts of the expedition section. The 2020 groups completed their expeditions in June, with 19 students in 4 groups completing routes in the fells all around Kirkby Stephen. The weather was very pleasant and I think everyone enjoyed the weekend. Training for the second group started in September with a packed programme trying to complete all the training in time for the expedition weekend at the end of October. It appeared we were going to be lucky, as the weather for all the training was mild and even warm on occasions with just a little rain on one of the fell practice days, but come the expedition weekend, the students were really tested. Strong winds and heavy showers, particularly on the Sunday, tested their resolve and navigation abilities, but they all managed really well, and arrived back at the Mountain Rescue base at the end of the day, smiling and proud of their achievements.

In some ways, an expedition in challenging conditions can make you feel you've achieved more than one during warm dry weather, and all the supervisors and assessors were very impressed with how everyone coped and their positive attitude.

Plans for 2022 are well underway, with a new group having signed up for the Bronze award, and two Gold groups are also making their plans for expeditions further afield in July.

We hope to be able to return to a more normal training schedule and include camping as well, providing local restrictions allow us.

Adrian Cottrell Kirkby Stephen Mountain Rescue Team Leader and DofE Expedition Coordinator

Year 9 Create Volcanoes

This term Year 9 have been learning about the structure of the Earth and how the resultant processes are creating our dynamic tectonic hazards and land-forms. To demonstrate their understanding of volcanic processes and their hazards, Year 9 got creative by modelling and baking annotated 2 or 3D models of shield and strato volcanoes. Every year I am astounded by the students' efforts and enthusiasm; there were many models produced to a professional standard. Well done Year 9. Mrs Thompson



Dear Parents, carers and students,

So we approach the end of another partially disrupted term under the shadow of the Covid pandemic. We experienced a significant number of positive cases in September and early October. Then it settled down up to half-term. Since the beginning of November we have had a steady number of cases across all year groups and amongst teaching staff. Whilst this has presented us with some difficulties, we have been able to maintain the curriculum partly because the change in the Covid regulations has meant that we haven't had to send whole year groups or classes home.

Therefore, on balance, I regard this as being a largely successful term in which most students have attended school most of the time and subject curricula and lessons have been delivered in a relatively normal way because teachers are teaching in their own classrooms again. We have increasingly been able to offer extra-curricular activities, host visitors and run trips, as you can see from the content of the newsletter.

Lunchtime sports practices have been very well attended from Monday to Wednesday by all year groups. Sports fixtures have also been reintroduced after there being virtually none last year. We are not quite back to the level of pre-Covid fixtures but have managed to offer them in a wide range of sports and activities for all year groups and both genders.

The Duke of Edinburgh Awards Scheme has re-started with healthy numbers in the silver and bronze groups. Thanks, as usual, go to Mr Heys, for his in-school co-ordination, Mike Sunderland for his continued commitment as a volunteer activity leader with the silver group, and Adrian Cottrell of the Mountain Rescue team, for both his co-ordination and leadership of the bronze group. Without their huge contributions Duke of Edinburgh would be in jeopardy. However, I have just met with the regional director for DofE in the North West to try to secure the future of DofE in school. In fact, she and her team have asked us to run a pilot scheme that they are developing called DofE Young Leaders because they are impressed with the way it operates through school. I will tell you more about this in the New Year.

Our students have taken place in a variety of competitions and group activities, such as *The Royal Mail's iChild Heroes Stamp Design Competition*, and the *My Time Art Competition* with great success. I was particularly impressed by the *KSGS Lockdown Anthology* of poetry and prose writings which was curated by the English department.

We have also focused on important world and national events in school such as *Cop26*, *National Anti-Bullying Week* and the *CEASE Youth Programme*. These are all incredibly important issues for young people and it is a testament to the dedication of the staff leading these activities that they have found time to organise them whilst managing the uncertain landscape of day-to-day teaching during the pandemic. I would like to thank all of the staff for their unceasing commitment to the school and our students.

Finally, I would like to thank the students for their cooperation and support during this term. We know that we are lucky to work with and for such excellent young people, a fact that we are reminded of whenever we take students out on activities or have visitors in school.

I wish you all a Happy Christmas and New Year and fervently hope that it is peaceful and Covid-free.

Yours sincerely,

G.J. Hartley
Headteacher



The PTFA have raised over £4500 over the last year, from various fundraising and grants received. From this amount, they have helped to re-vamp the school library, adding computers and seating.

They have also contributed the following amounts:

£150.00 Drama Department to help with a Y10/Y11 trip

£73.00 purchasing Food Technology revision books

£200.00 purchased 2 reading pens for the SEN department.

£490.00 scientific calculators to assist Sixth form with A Level Maths.

£120.00 sweets for students last Christmas

£500.00 Science department to help with a Science trip

£500.00 PE department to help purchase equipment.

The PTFA would like to thank you all for your continued support, the school would like to thank the PTFA for their hard work.



Year 11 Geography Fieldwork

As part of the Geography GCSE Year 11 undertook some fieldwork along the River Eden. We worked with the Eden Rivers Trust who helped us understand how the river changes as it travels downstream and some of the work they are doing to create more biodiversity within the river and prevent future flood events further downstream.

We started off at Helgill Waterfall near the source of the River Eden, then moved onto Franks Bridge and finished off at Lazonby.

Students measured the depth and width of the river (lots of wet feet!) and how fast it was flowing – this involved measuring how long a dog biscuit took to travel down a 5 metre stretch of river (they didn't get very far at Franks Bridge as the ducks were more than happy to intervene!)

Students learned how to conduct fieldwork and now have a really good idea of how the river changes as it travels downstream through our communities. A big thank you to Eden Rivers Trust for guiding our day. Mrs Sayers

Year 11 experienced Mock interviews to help them with their career paths. KSGS would like to thank the Employers from the local community who offered their time and came into school to interview the students



Year 13 introduction to nursing

A big thank you to Rachael Faustino, Advanced Clinical Practitioner who joined our Sixth Formers in assembly to talk about routes into nursing. Rachael who works at a hospital in Preston, then went into a Year 13 Health and Social Care lesson to demonstrate to students 'aseptic technique'. She soon had students cleaning wounds and applying dressing using aseptic practice to minimise the risk of any spread of infection. After a few initial problems getting the gloves on students were soon demonstrating their new skills. Thank you Rachael for bringing a small part of nursing into our class room. Julie Park Health and Social Care Tutor



Gary Hartley, Headteacher, James White, Head Boy and Anna Bartie, Head Girl represented Kirkby Stephen Grammar School and laid a wreath at the Remembrance Service at Kirkby Stephen Parish Church on 14th November 2021



Art competition success This year all students in years 7 to 9 were given the opportunity to enter the Royal Mail's iChild Heroes Stamp Design Competition. Students at KSGS were given the opportunity to design a stamp in their art lessons to enter the competition.

Congratulations to all the children at our school who entered, as their designs contributed towards a GUINNESS WORLD RECORDS™ title for the largest postage stamp design competition! An incredible 606,049 entries were received by the competition organisers, from children across the UK, with an amazing 7,479 schools taking part.

Prime Minister Boris Johnson said: *"It is of great credit to the children of this country that in world record breaking numbers they picked up their paintbrushes, pens and paints and paid artistic tribute to the heroes of our coronavirus response. Their brilliant efforts represent the collective gratitude of the nation to everyone who went above and beyond during the pandemic. Congratulations to all those who have made it to the next round and thank you to everyone who has taken part."*

The entries were whittled down to 120 regional finalists by a network of judges consisting of current and retired art teachers who evaluated each of the 606,049 entries over a three-month period, the best entries from Northern Ireland, Scotland, Wales and the nine regions of England were chosen from each age group. You can see these final 120 entries on the competition website, including the entry from our own regional finalist Bicki Clark in Year 9

An important message about Testicular Cancer

On Tuesday 12th October all Year 9 and 10 students attended an assembly presentation by Robbie Wilmot from the OddBalls Foundation. The OddBalls Foundation was founded in 2016 to raise awareness of Testicular Cancer. Through the Foundation they hope to make a difference to male health around the world.



One of the main ways they deliver their message is through their University Ambassador scheme. The Ambassadors visit schools, universities and workplaces, delivering talks on Testicular Cancer; reminding boys and men to check themselves – and removing any stigma and embarrassment about it.

Testicular Cancer is around 95% curable so early diagnosis and regular checking is important. The foundation's aim is to fit 'check yourself' guides into male toilets and changing rooms across the country, encouraging males to check themselves regularly and in doing so detect any problems early. We at KSGS have installed 'check yourself' guides in our male toilets to remind our students of this important message.



MyTime Art competition finalist

In the summer term students in Year 9 were given the opportunity, during art lessons, to enter a competition to design a new logo for the MyTime Cumbria service which is part of Barnardo's. MyTime is an emotional and wellbeing service who support children and young people who are experiencing emotional health issues such as anger, anxiety, low mood, self-harm and depression. The countywide competition asked students to design a logo in black and white featuring the words "Barnardo's, MyTime Cumbria Service" and an appropriate logo image. There were three runners up from KSGS who received certificates. The overall finalist for the region was KSGS student Isabel Hastwell who received a hamper of prizes presented in an upper school assembly by Amy Armstrong, the MyTime representative. Well done to all who entered. Suzie Wealleans

Year 7 Spanish In Spanish this term, as well as learning how to introduce themselves in Spanish, Year 7 have also been learning about El Día de los Muertos (The Day of the Dead) in Mexico. Learning a language is not only about being able to speak but also having a good cultural understanding of festivals and traditions. This provides some good cross-curricular links with Art as well as Personal Development with discussions about religion and promoting tolerance of other cultures. Year 7 learnt about how the festival is celebrated and the importance of the altars which are created in people's homes to welcome back the spirits of the deceased. Their challenge was to work in groups to think about important things that an altar should have and to create one. I was impressed with their creativity using very limited resources and their thoughtfulness about what was important to put on their altars. The students engaged really well and learnt a lot of vocabulary as well as how to work as a team. Miss Vela-Castro



After a break of nearly two years, Kirkby Stephen Table Tennis Club have re-started their KSGS Lunch Time and After School clubs.

Run by Mike Sunderland – former KSGS staff member and experienced TT Coach – the school have asked if FRIDAY can be the day of choice and to re-introduce Table Tennis Opportunities:

Friday lunch time 12.25-1pm Years 7 - 9

Friday after school 3.20-5.00pm Yrs 10 & 11

The staff and students response has been overwhelming, attracting large numbers of well-behaved and keen students, to the **recreational lunch time sessions** and the **after school training** sessions, for those keen to learn and improve.

Cumbria Schools asked KSGS to enter the County Team Tournament, held after school in Barrow and we fielded two teams – some experienced players and some new players, preparing after school and at Kirkby Stephen Table Tennis club night on a **MONDAY 7-9pm.**

Yr7 Team Zac Allison, Freddy Scarr, Hugo Fennell & Leo Richter

Yr9 Team Dante Cousins, Theo Fennell, Sophia Cattán & Yanic Voican

Men of the match Awards went to Yanic, standing in to support the under 16's Yr9 team and to Zac, who did not drop a game all evening.

The Year 7 team drew in their 3 school competition, (St Bernards and Windermere) however on game count back they settled for Cumbria Schools County Runners-Up - they were robbed of the title!

The Year 9 team played well and fought hard, but were out classed by older students with more experience, coming 3rd against Windermere and St Bernards.

A great start to the competitive season by ALL Kirkby Stephen players.

Do consider the **table tennis opportunities on Mondays** with your son/daughter and please support them with transport home, if they are keen to join us after school on Fridays. Mike Sunderland & Chris Horn

KSGS Lockdown Anthology Last term, we asked you all to have a go at doing some writing so that we have a collection we can look back on in years to come... wow – what writers you are! We have had letters, poems, a cartoon script, a story, diaries, an entire play script, to name a few and all giving us a little bit of the picture of what it's been like for local people over this extraordinary time. As we hopefully approach the end, we really would like a few more voices in our anthology. Don't feel it has to be a certain type of writing or a certain style or even about a certain topic (so long as it's inspired by the strange times we've been through). It can be funny, sad, exciting, informative, or just plain ordinary if that's what you feel like writing. Re-write some lyrics for corona times? Tell us about someone local or famous who has been important to you? Let us see your letter to the Prime minister? Send it in and we'll put it all together at the end of term. Your English teacher will pass it on, or I bet any member of staff would pass it on to me if you ask them nicely. Go on, have a go! Maxine Bowness

Just to give you some inspiration, some of you will remember Mrs Roberts and she has kindly given us one of her own poems to go in the Anthology.

Kindness

At times, no doubt, it's felt like this world's end, with such uncertainty and sense of threat, where change has scarred us all, dividing friends and families. With loved ones lost, regret could easily command our hearts and minds – *We were not there, we could not kiss goodbye* – and Trauma's outstretched arms invite unkind self-criticisms, doubts and questions why. But we can strive to change that narrative: Value what's here and, in THIS moment, live. The past we cannot change, so don't regret. The future we can't see, so let's not fret. Be kind to YOU, then make time for each other; the surest way to help our world recover.

Third Time Lucky!

An enormous strength of character was illustrated by the Year 12 and 13 Geographers who finally made it to Easedale. After twice cancelling the trip due to Covid outbreaks, the group withstood the unpleasant weather to make the walk to Easedale Tarn in the Lake District. On their way they were able to identify and assess the various erosional, depositional and fluvio-glacial landforms which remain as evidence of past glacial processes. Although no booklet work was possible, simply seeing the landforms has provided vital context and will allow students to exemplify in exams. Thanks go to Jane Verity, who was our Mountain Leader and to Mrs Sayers who also braved the rain. Mrs Thompson



Congratulations to Nathaniel Twiss who has gained a two year scholarship with Wigan Warriors



Kirkby Stephen Grammar School Summer School ran from Monday 2nd of August to Friday 6th August.

The summer school was split in two groups.

Group A - Years 6, 7 and 8 History group looked at Romans in Britain and in the local area. This was a cross curricular project where students investigated and learnt about Roman Britain through a range of different subjects. These subjects included design and technology, art, drama, and history. The students made a range of Roman equipment including shields, catapults and ballistae. Group A had a focus on supporting transition especially Year 6 students.

The students had a workshop with a Roman Soldier on the Wednesday which included army life in this area and shield and battle formations. On the Friday students produced a play about Roman Life.

Group B were Years 9 and 10 more able students. The students worked in groups, writing and developing songs. The project linked in with GCSE music and focused on performing in groups. This work led up to a performance on the Friday. Michelle Brunskill



Year 11 Prom at Roundthorn Country House

COP26

In addition to form time activities which focused upon what COP 26 was and what it was trying to achieve, a small group of geographers met to create a whole school display. The objective of this is to inform and encourage the school community to take individual action and responsibility for our role in keeping global average temperatures below 1.5C above pre-industrial temperatures to avoid reaching the 'tipping point'. We also hope to create a 'Forest of Promises' whereby students commit to changing their behaviour in a way that will help reduce emissions. Thank you to Sophia Cattan and Bicci Clark for their enthusiastic and passionate contributions. Poster by Bicci Clark. Mrs Thompson

WHAT YOU CAN DO?

USE NONTOXIC
CLEANING PRODUCTS

EAT LOCAL

CONSERVE WATER

USE PUBLIC TRANSPORT

Don't support
polluting companies

Hang dry
your laundry

Educate yourself
and others

WALK OR
RIDE A BIKE

Use biodegradable
material rather
than plastic

**SAVE
ENERGY**

Compost garden
waste and kitchen

Never use open
fires to dispose
of waste

**REDUCE JUNK
MAIL**

**DON'T DROP
LITTER**

REDUCE, REUSE AND RECYCLE

Wear a hoodie or coat rather than turning on a heater

BUY WHAT YOU NEED
NOT
WHAT YOU WANT

**SUPPORT GREEN
COMPANIES**

Eat less
meat

Drink tap
water



National Poetry Fun Day

KSGS staff and students celebrated all things lyrical as part of a country-wide festival of poetry. Teachers from all departments read poems at the start of their lessons to mark National Poetry Day. The titles saw pupils and staff engaging with poems on topics including Covid-19, growing up and choices about the future. As part of the day, on October 7th, pupils were able to enter competitions including a poetry 'treasure hunt' where competitors had to find details from the poems throughout the day.

Subject Leader for English, Ms Newstead, said: "We really wanted to join schools from across the nation in celebrating poetry. Poems have the power to teach us valuable lessons about life, history and about ourselves in just a few words."

"Here in the English department we were delighted by how many teachers said they loved reading the poems with their classes. We also had practically every student in the whole school taking part in our competition. We are looking forward to next year's event already! "Winners of the poetry treasure hunt competition were Izaak Rawlins, Callum Morell, Millie Cunliffe, Kitty Woods, Scarlett Milburn, Liam Pattinson, Lucy Smith, Katie Winder, Oliver Hughes and Hannah Eife.



NATIONAL ANTI-BULLYING WEEK 15th-19th November 2021

To mark National Anti-Bullying week KSGS students were reminded of the impact bullying can have on individuals and how to access help or advice should they become the victims of bullying themselves, or know of someone who is.

During form time students watched an assembly presentation and video made by the Anti-Bullying Alliance, which had the slogan 'One Kind Word' as its main theme. The message from the video was: *In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change the course of a conversation and break the cycle of bullying. Best of all, one kind word leads to another. Kindness fuels kindness.*

As part of their Personal Development studies, all Year 7 and 8 students worked either individually or in small groups to produce a piece of art work centred around the 'One Kind Word' theme. These art works have been sent to Carlisle Library where they will contribute to a large 'paste up' art installation, which will then be moved around Cumbria throughout the year to spread the anti-bullying message.

Year 7 students Jessica Diggle and Poppie Pike wrote the following article to inform everyone about bullying:

'The word bullying means when somebody is being repeatedly hurt on purpose, by another individual or group. There are many different forms of bullying including physical, verbal, cyber or online abuse and also mental.

We think that one of the worst forms of bullying is verbal because some of the words people say can make you feel more hurt and insecure about yourself than anything else in the world. Getting beaten up can leave physical scars which can eventually heal, but hearing mean or hurtful comments can leave scars on a person's mental health that can last forever. This can affect people in lots of ways such as making them really emotional, shutting themselves away from the outside world, not talking to people, lacking motivation in school and even leading to depression.

There are lots of things that can be done to stop bullying. Try not to be alone, because if you are alone less, people will tend not to target you. If you hang out with a close friend or friends, they can help to protect you and give you moral support. Speaking to someone about your feelings is also important. It can help to get things off your chest and get it sorted out so that you can feel like your normal self again. Talking to a trusted adult such as a parent, grandparent or teacher is a good start. They could also try and find out what the bully is going through, to help understand why this person is putting pressure on you. Sometimes people don't realise how bad or hurtful their actions are and the impact they have on other people either mentally, socially or physically.'

There are lots of organisations that can offer advice and support about bullying or mental health issues. These include Childline, Anti-Bullying Alliance, Young Minds and Kooth. Joanne Sutterby Personal Development Subject Leader

C.E.A.S.E Youth Programme at KSGS

Since the start of the Autumn term, all Year 10 and 11 students have taken part in the C.E.A.S.E Youth Programme - which stands for 'Creating Empowerment and Self Efficacy'.

The aim of the C.E.A.S.E. programme is to help young people recognise the subtle indications of an abusive relationship and for them to have an understanding of the options available to them should they encounter or witness such behaviour.

The programme was delivered over four sessions to all students and took place during their timetabled Personal Development lessons. The programme was specifically centred around young people. Each session highlighted a number of behaviours and scenarios that constitute abuse within a teenage relationship. The workshops encouraged active dialogue within the group and used a number of different methods to provoke discussion. These included advert clips, handouts, statistics, music videos, newspaper articles and group brain storming.

The desired outcome of the C.E.A.S.E. programme was for young people to have an understanding of these key points;

- What you could do if you suspect or personally experience Domestic Abuse.
- Who you could talk to if you suspect or personally experience Domestic Abuse.
- Why a person cannot "just leave" an abusive relationship.
- Domestic Abuse is a behavioural choice on the perpetrators part.

I would like to express thanks to Carolyn Naseby and Harley Day who came into school each week to deliver the programme, and to Megan Wright; Pathways Co-ordinator at the charity Remedi UK who organised the programme. Joanne Sutterby Personal Development Subject Leader