



**Kirkby Stephen Grammar School**

*A co-operative Academy*

# NEWSLETTER

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Eden Valley  
Sports Partnership



## SUMMER FIESTA CABARET

A packed hall watched a sizzling selection of Summer -Themed music, Dance and Drama performed by Students and Staff of Kirkby Stephen Grammar School.



**YEAR 11 shirt signing** Year 11 leavers marked the end of 5 years at KSGS with a shirt signing. A great many of the students had planned for this event, designing intricate and detailed central motifs for their shirts.

Students were in good humour and enjoyed spending a couple of hours with their whole year group, Mrs Wealleans, Year 11 form tutors and Mr Bromfield to mark this important milestone.

Snacks and juice were provided during the traditional shirt signing as students took leavers photos with their friends and staff at KSGS. The day was completed with a rounders match on the Astro turf.

We hope all students have some fond memories of their time at KSGS and wish them luck in their next steps whether at KSGS or elsewhere.





The U13 mixed Years 7 & 8 rounder's team travelled to QEGS for the annual North Cumbria Rounder's Tournament.

The team played times innings over 6 games, winning four, one loss and a draw.

It was a huge surprise for the players when the team was announced as the overall winner !!

Team: Poppie Pike, Maddie Bainbridge, Jasmine Steadman, Abbie Heron, Roslyn Civil, Holly Treece, Tabitha Paul, Kate Thompson, Olivia Marston.



### Sports Day Record Breakers.

Holly Treece - Year 8 shot put & 400m

Nicholas Ritcher - Year 9 400m

Joe Bell - Year 9 100m & 200m

Martha Bainbridge - Year 9 100m & 200m

Tabitha Paul - Year 7 T- Triple jump and long jump

Poppie Pike - Year 7 javelin.

The Janette McWhirter Shield goes to the athlete with the most points collected through the day.

Joint winners were:

Martha Bainbridge (Year 9) - who won 4 events

and broke 2 school records and Tabitha Paul (Year 7) - who won 4 events and broke 2 school records.



**SAVE THE DATE** The Drama Department have decided to organise a post covid performance. Mrs Whitehead has chosen the musical show Matilda. Although the play is in early development, the performance will be held on Friday 16th December (Evening) and Saturday 17th December (Matinee and Evening). Ticket prices will be £7 per adult and £4 per child with a family of two adults and two children costing £20. Save the date ,don't miss out.

**On the 1<sup>st</sup> April – the last day of Spring term, non-uniform raised £913 for Ukraine. Great work**



## Year 8 Investigate Limestone LANDSCAPES AT Malham.

On Friday 10th June Year 8 Geographers escaped to the wilds of Malhamdale. Students carried out a range of activities to present their observations of the features of limestone landscapes and the processes responsible for them. They investigated the opportunities that the limestone creates for people and the impacts that the resulting tourism has on the environment and local economy. They also observed the role of The Yorkshire Dales National Park in managing tourism and its impacts to ensure that tourism is sustainable. Students were able to take advantage of the fair weather and walked to the base of the cove where they saw the rich variety of birds and wildlife and the people that this attracts, as well as the skilful climbers who were scaling the scar face. Having climbed the hundreds of steps built to aid the many visitors, they reached the impressive limestone pavements and dry valleys made famous by featuring in the penultimate Harry Potter film. Although there was much huffing and puffing on the way up to the top of the cove it was agreed that the views were worth the effort. Students rewarded themselves with an ice cream at the local store back in the village of Malham. I would like to thank the staff who accompanied the trip and commend all the students on their impeccable behaviour. Mrs Thompson



## UKMT Maths Challenges

The UKMT Maths Challenges are nationwide competitions designed to encourage **mathematical reasoning, precision of thought and fluency** in using basic mathematical techniques to solve interesting problems.

The problems are **designed to make students think**. Most are **accessible**, yet still challenge those with more experience.

This year pupils have competed in the Senior, Intermediate and Junior Maths Challenges.

To recognize the highest performers in the Challenge, the top-scoring 50% of participants are awarded Bronze, Silver and Gold certificates in the ratio 3:2:1.

Congratulations to all the pupils who took part; the Maths Department is very proud of your achievements and I hope you enjoyed the experience.

We would like to wish a particular 'well done' to these pupils:

### Senior Challenge (Year 13 or below):

Bronze certificates: Jenna Drury, Reuben Cross, Isabel McAllister

Silver certificate: Molly Woodmass (Best in School)

### Intermediate Challenge (Year 11 or below):

Bronze certificates: Charlotte Eife, Arsalan Kashiff, Tom Chapman (Best in School)

### Junior Challenge (Year 8 or below):

Bronze certificates: Olivia Marston, Toby Bowness, Marshall Repton, Euan Screen, Chloe Murphy, Corey Tallentire, Raff Coulthard, Lucas Bousfield, Indy Brittleton, Scarlett Chambers, Lucas Hoyle, Kate Thompson

Silver certificate: Ewan Morrison (Best in School) **Alison Dixon Maths Subject Lead**

## Year 7 UKMT Junior Maths challenge participants.



**Morgan Bateman won the 90cm Eventer Challenge at Dalston Green at the start of May representing Kirkby Stephen Grammar School and went on to compete at the Championships at Hickstead on the 29th May**



# SPORTS NEWS

The school hosted the nine standards yomp with many students and staff taking part in both the 20K and 10K race. Well done to Alistair Barr who was the fastest U18 full yomp, Charlie Dinsdale fastest U16 Yomp and Jessica Sampson who was fastest U18 10K.

## Athletics

The school competed extremely well at the Eden District athletics on Wednesday 18 May, Mr Bromfield and Mrs Paul took full teams and the school had many student successes including Joe Bell 100M and 200M district champion, Charlie Dinsdale 1500M champion, Harley Sowerby Discus champion, Tilly Rose 1500m champion, and Martha Bainbridge 1500m and 100m champion.

On Saturday 11<sup>th</sup> June Mr Bromfield took six students to represent the Eden District team in Athletics at Barrow Athletics stadium. These included Harley Sowerby (Discus), Holly Treece (Shot/Discus), Joe Bell (100m/200M), Charlie Dinsdale (1500M) Jessica Samson (1500M) and Tilly Rose (1500M).

Harley Sowerby represented Cumbria in the Discus at the Northwest athletics championship in Gateshead on Saturday June 18<sup>th</sup>.

## Cricket

The school has played many cricket fixtures this year with The U12 cricket team winning the Eden District championship on Friday 27<sup>th</sup> May. Liam Barr and Ben Allison have played for Cumbria. A big thank you goes to Kirkby Stephen cricket club and Paul Thornburgh for providing an excellent facility for the students.

1<sup>st</sup> XI cricket team



## Physical Education Conference

On Friday 18<sup>th</sup> March the Year 13 A-Level Physical education class went with Mr Bromfield to the Lancaster University Physical Education Conference. Here the students did workshops in Biomechanics, exercise Physiology and sports medicine. The conference was held at Lancaster University's school of Medicine.



## Rugby Union

The school entered the U15 County Sevens Festival and played Caldew School, Energy Coast Academy, Nelson Thomlison, and William Howard School. The team was unbeaten in the tournament playing fantastic rugby. Sam Burrell has played for Cumbria U18 this season and Joel Redmond and Barnaby Fothergill have played for Cumbria U15 as well as Newcastle Falcons. Nathaniel Twiss has been selected for Wigan Warriors Team.

U15 Rugby team at sevens festival





## Boys Hockey

The Boys have had a fantastic Hockey season they became Cumbria U18 Hockey champions and were runners up in both the U16 and U14 Cumbria championship. At local level the school played Sedburgh, QEGS Penrith, QES Kirkby Lonsdale, Windermere School, Lakes School, and QKS.

At the U18 North west championship at Timperly hockey Club the boys came third in the North West. The only state school to qualify playing Bolton School, Wirral Grammar School, Rossal School, Sedburgh, and Manchester Grammar School.

In the U14 North West Finals the school came 3<sup>rd</sup> also playing Kings Chester, Kings Macclesfield, Wirral Grammar, Manchester Grammar, Rossal school, Lakes School and Bolton school. A big thank you goes to Andrea Dixon for being the school's traveling umpire at the tournaments. Many boys have played county hockey and regional hockey this year including: Alistair Barr, Oliver Dixon, Liam Barr, Matthew Dixon, Oliver Slack, and Ben Allinson.



## Year 7 Trampoline Fun with Wheels of Wellness

All Year 7 students have experienced three interactive well-being workshops during the summer term. Staff members from iCan Fitness Cumbria brought their 'Wheels of Wellness' bus to KSGS. They ran a 30 minute trampoline exercise session alongside a reflective classroom session, based around the completion of a well-being journal. These sessions were run during Personal Development lessons. Students had great fun during the sessions and so did I!



**Nathaniel Twiss playing for Wigan Warriors**

Joanne Sutterby- Head of Citizenship and PSHE







## Alan McViety, High Sheriff of Cumbria 2022-2023 visits Kirkby Stephen Grammar School

I was born in Penrith and have lived in the Eden Valley all my life. Whilst rooted in Cumbria I have travelled extensively but always looked forward to returning home and have lived in my current house for almost 40 years.

I was educated at High Hesket primary school and after passing the 11plus moved to Penrith Queen Elizabeth Grammar School where I became deputy head boy.

After leaving school I trained as Chartered Accountant and was one of the founding partners of a local firm of Chartered Accountants. I am now fully retired but have been granted life membership of the Institute of Chartered Accountants.

I have been a trustee of Voluntary Action Cumbria for almost 20 years, a director of Appleby Community Enterprises for 10 years and I was trustee of Appleby Training and Heritage Centre for 20 years until its closure in 2020. I have recently become a governor at Appleby Grammar School.

I am an active member of Appleby Rotary Club having held the posts of president, secretary and currently treasurer. During my time in Rotary, I have taken part in an aid convoy to Mali, which included visiting Timbuktu, and have been on an excursion to the most northerly Rotary club in Russia, Murmansk. This together with my community work earned me a Paul Harris Fellowship.

My theme for my year as High Sheriff is "Youth Opportunities".

The last two years during the pandemic have been difficult for everyone but particularly so for students in education and those embarking on their careers. I would like to focus on both recreational activities and educational opportunities. The young are our future, and we need to not only pass on our skills and knowledge but also understand their concerns and aspirations for the future.



## Your Mental Health matters to us at KSGS

On Wednesday 4th May Lynsey Eland from Eden and Carlisle Mind delivered a 1 hour workshop to Year 9 and 10 students about Mental Health awareness. The workshop was called 'With you in Mind' and covered the following topics

what is mental health and mental illness?

Common mental health illnesses - e.g anxiety, depression

What can affect our mental health negatively and positively?

What can we do to have positive mental health?

Who can we talk to if we are worried or need more information?

Who can we speak to in school?

Students listened attentively to the delivery, taking part in answering questions related to mental health and sharing some of their own concerns.

Following the workshop a permanent display of the information delivered, how to improve your mental health, and the help that students can access both within school and from outside agencies, was set up on a display board in the main school hall and outside the meeting room.





## Kirkby Stephen welcomes two students from Ukraine

If someone had told me that I would have to live in the UK, I wouldn't have believed them. It's a lovely village with beautiful scenery, and amiable people. The air is so clean and here we can see different types of birds and animals. I like my school though it's not a Ukrainian one. I've been studying English from early age, that's why I can cope with it, though I'll still need help from my teachers here. I'm glad I can attend school here and make friends. When the war came to Kyiv on the 24th of February no one could believe that. It was morning time and we were going to have breakfast. Suddenly we heard powerful explosions not far away. The first thing which occurred to us was, we need to pack our suitcase and think of where to hide and then how to leave the country.

First, we decided to go outside of Kyiv to my Grandparents' house. We had to care for our pets, a dog and a cat. We were planning to stay there for a while as well, luckily there was a cellar where we could hide, it was very scary we had no water, no electricity no

heating, the nearest little shop was empty all we had was a supply of home preserved food which we had stored through the winter months. We realized we couldn't stay there any more, we decided to leave and walk to the nearest village where the local train station was. It was challenging to get out from there though it was very dangerous because time after time we would hear explosions, we were lucky to move here and now we feel safe, being away from the violence. **Mark Saietov Year 7**

I am happy living here in the UK away from the violence in Ukraine. When the war started in 2014, we were staying in Ukraine but now the war has come to every Ukraine city, so we had to flee the violence. My aunt has been living in the UK for a long time, so when she found out about the war she suggested we move to the UK. It didn't take long within two weeks the documents were complete and we moved here. My Uncle managed to find us some accommodation. My Mom got a job and my sister and I went to school. I've been studying English for a few years in Ukraine, but here I study all subjects in English, it is not easy but I try to do my best. My teachers are very helpful and I do appreciate what they do for me. Everything here is so different in comparison to my home city. The air is not polluted, the traffic is less, there are beautiful sceneries, there are different types of birds and animals, and everything is green. The weather is changeable here, it can be sunny in the morning and then raining in the afternoon, but I like it. It doesn't affect my mood. I miss Ukraine and my friends, but they all had to leave to flee the violence. Hopefully one day the war in the Ukraine will come to an end. **Artur Kriepkyi Year 9**



## After 6 weeks of GCSE and A Level exams,

they have now come to a close and Year 11 and Year 13 students will be taking a well-earned rest. The examination period went smoothly, despite continued challenges with Covid and no students were absent for their exams. The Joint Council for Qualifications were also pleased with the school when their Inspector came to visit.

I wish the A-Level students all the best for their results on 18th August and likewise the GCSE students on 25th August.

Internal exams have also been running this summer for Years 10 and 12. The students have been given the opportunity to learn how to conduct themselves in an exam room and practise sitting a formal exam paper. They will receive their results in due course later this term. **Rachel Woof Exam Officer**

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

During the summer term, all Year 9 students have taken part in the C.E.A.S.E Youth Programme - which stands for 'Creating Empowerment and Self Efficacy'. Carolyn Naseby and Harley Day came into school each week to deliver the 4 week programme, which had been devised by the charity Remedi UK.

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 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.

The workshops encouraged active dialogue within the classes and used a number of different methods to provoke discussion. These included advert clips, handouts, statistics, music videos, newspaper articles and group mind mapping. Joanne Sutterby- Head of Citizenship and PSHE



## Y9 Imperial War Museum and Liverpool

What an amazing day out. First of all, Year 9 travelled down to Salford Quays and visited the Imperial War Museum North. They enjoyed looking at artifacts from conflicts from the present day and dating all the way back to WW1. They watched a great film about the impacts of war and how it affects people. Very relevant with what is happening in today's world.



Then it was onto Liverpool to look at regeneration of a major UK city. The bus dropped us off at the iconic Albert Dock and we walked our way through Liverpool One and then up to Bold Street completing fieldwork on our way. Our aim was to see how the environment around us changed as we wandered through the regenerated part of Liverpool and then into an area which has seen substantial decline. There was even time for a cheeky McDonalds – what more could they ask for! Mrs.Sayers



**Poetry by Heart** A small but perfectly formed group of KSGS students took part in the Poetry by Heart Competition this year. Poetry by Heart is a National Competition in which students choose poems to learn 'off by heart' and perform for an audience. After lots of careful learning and practising the students were filmed and their recordings were sent off for judging. All students received certificates and individual feedback. Pictured are Tabitha Paul and Poppie Pike in Year Seven, both of whom were commended for their entries. Bethan Sowerby in Year 12 was also commended for her performance of Simon Armitage's 'The Shout' while Nicholas Richter in Year Nine took on the extra challenge of learning not one but two different poems and received a 'highly commended' certificate for his efforts. Well done to all four students for taking on this challenge and I hope that more students will feel inspired to have a go next year. Please come and chat to me, Mrs Fitton, about this opportunity if you are interested: you can start learning your poems now if you want to get a head start!