St Bernard’s High School

A Catholic Academy for Arts and Science

Newsletter 13  Autumn Term 2018
Dear Parents,

I am delighted to be writing the introduction to this edition of our school newsletter – not least because we are able to welcome back Mr Walls as its editor, after a period of ill health. We are grateful to Mrs Pestana for her stewardship of the newsletter in his absence, and it is stewardship that is the dominant theme in this edition.

The opening article will help explain our Year of Stewardship in more detail, and those who exercise stewardship in other ways are also acknowledged: the stewardship of our environment is a theme throughout the Duke of Edinburgh programme, whilst stewardship of our values and reputations are at the heart of our Year 11 Internet Safety Training. Those who preserve the Auschwitz camp are stewards in a very different way, and for the most important of reasons.

I hope you find the articles in this edition of our newsletter interesting. This common theme of stewardship serves to bind a wide range of student experiences into a coherent and thought-provoking read.

Yours faithfully

Mr A Sharpe
Head Teacher
SPIRITUAL & MORAL

THE YEAR OF STEWARDSHIP
By Mr P. Walls, Assistant Head Teacher

Following on from the Year of Mercy & the Year of Grace, The Holy Father, Pope Francis, has inaugurated the Year of Stewardship within the Catholic Church. Christian stewardship appreciates that we owe everything to God and have an obligation to pursue solidarity, as a way of glorifying Him and realising the Common Good. This means that our way of living must be virtuous and contribute to the well-being of society and the earth. Through prayer, hard work & collaboration we can gain intimacy with Christ and demonstrate commitment to the commandments to love God & love our neighbour (cf. Mark 12: 29-31). Only then can we become agents of demonstrative change. The Holy Father’s call echoes that of his predecessors, Blessed Pope Paul VI, Saint John-Paul II & Pope Emeritus Benedict XVI.

"Human beings legitimately exercise a responsible stewardship over nature, in order to protect it, to enjoy its fruits and to cultivate it in new ways ...”

His Holiness Pope Benedict XVI, Caritas in Veritate (50), 2009

Stewardship is rooted in the dignity of humanity (Genesis 1: 26) and it enables us to advance the Kingdom of God, since it offers a way to protect all of God’s creation and sustain life for the present and future generations.

The concept of stewardship has its biblical roots in the story of Creation, where God created humankind in His own likeness and gave dominion over all things (Genesis 1: 26-28). Adam & Eve’s Fall from Grace (Genesis 3: 1-24) brought sin into the world, but Christ’s death & resurrection offered redemptive salvation for all.

The Garden of Eden with the Fall of Man (1615) by Jan Brueghel the Elder and Peter Paul Rubens.
Jesus emptied himself of everything and we can imitate this by giving ourselves fully to God (cf. Matthew 19: 16-24).

How we act and use the resources under our control can express our love for God.

“I believe that when Jesus said on the cross, ‘I thirst’, that he was expressing his deepest and strongest desire, namely to be part of the lives of each one of us. It was a human cry to echo the voice of divine love calling us to intimacy with God who is the lover of each one of us”.

Cardinal Basil Hume

(in Horwood, T., Teachers of the Faith, 2002: 133)

The Year of Stewardship enables us to reflect on our lives and recalibrate, where necessary, so that we fully commit ourselves to the Common Good. This means that we must accept responsibility for the earth’s resources and for one another, our obligation being to use our skills, talents & time to giving all of ourselves as a gift to God, in thanks for His Creation.

When Jesus saw the widow putting her “two pennies” in the Temple treasury, He told His disciples:

“Truly, I say to you, this poor widow has put in more than all those who are contributing to the treasury. For they all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living.”

Mark 12: 43-44

That is what God expects from us.

Pope Francis’ call to stewardship can be seen back in March 2013 when he pleaded:

“Let us protect Christ in our lives, so that we can protect others, so that we can protect creation!”

In 2015, his second encyclical, Laudato Si (Praised Be), calls for an “ecological conversion”, warns of harming birds and industrial waste and calls for renewable fuel subsidies and energy efficiencies. There is a focus on global warming and climate change to abortion & population control.
The Holy Father has established an annual day for global prayer (September 1st) ‘for the Care of Creation’ to enable members of the Catholic & Orthodox Churches to reflect on their responsibilities as ‘stewards of creation’ and the need to adopt ‘appropriate lifestyles’.

The opening lines of Laudato Si give life to the canticle of Saint Francis of Assisi:

“Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruit with coloured flowers and herbs” (Canticle of the Creatures, in Francis of Assisi: Early Documents, vol 1, 1999, 113-114).

We are then castigated for our “irresponsible use and abuse” of earth’s resources and for seeing ourselves as “lords and masters, entitled to plunder her at will” (Laudato Si, n2, 2015).

Pope Francis’ encyclical emphasises the interconnectivity between human dignity, human development & human ecology. How we respond in an age of changing moral and social values is for us to answer.

MACMILLAN COFFEE MORNING
By Miss A. James, Maths Department

On Friday 28th September, St Bernard’s staff took part in the Macmillan Coffee Morning to raise money for Macmillan Cancer Support. There were some amazing bakes donated and brought along. Staff enjoyed cupcakes, carrot cake, red velvet cake and many more.

Congratulations to Mrs Davies who correctly guess the length of the Vegetarian Sausage Roll.

So far, £132 has been raised. Thank you to everyone who donated money, cakes and their time to this very worthy cause.

Thanks to you, we can keep supporting millions of people affected by cancer.
HARVEST FESTIVAL MASS  
By Megan Mitchell, 7A

The Harvest Festival Mass this year was a beautiful celebration, with plenty of brilliant banners and helpful Harp donations. Many Year 7 students, teachers and their families all came to celebrate the gifts we offered. The Mass was led by Father Basil and Father Alex, and the congregation listened to the lovely singing voices of the Year 7 singers, and the Bidding Prayers were read out in various languages, reminding us that the Catholic Church is universal in nature. The whole event had a wonderful community atmosphere and was enjoyed by all.

CAFOD FAMILY FAST DAY  
By Beatrice Sleigh-Johnson, Deputy Head Student

On Friday the 5th of October the school took part in CAFOD’s Harvest family fast day. It was heart-warming to see so many students and teachers queuing up to buy soup and a roll for lunch, as well as witnessing lots of students donate their change to CAFOD. On behalf of the Liturgy leads, I would like to thank all those that took part in the day and contributed towards the charity. I would particularly like to thank the amazing catering team who provided us with delicious soups, and Mrs Abel & the liturgy team for organizing it.

FUNDRAISING FOR ALZHEIMER’S CHARITY  
By Katrina Barnes, 9R

A few of my friends from form 9R helped me raise money for the very worthy charity Alzheimer’s. Our first event was a Bake sale where we sold lots of delicious cakes, biscuits and confectionery. During the Bake sale, the girls of St Bernard’s helped us raise lots of money and we sold out of everything within 20 minutes!

Our next event was the showing of ‘the Greatest Showman’ over three lunchtimes. Whilst we were showing the film we sold popcorn and lots of yummy sweets. Our last event was a raffle. We started to collect raffle tickets on the second week of school and drew the raffle on the fourth week. We had a range of prizes: a candle, chocolate, beauty sets and a Topshop voucher.

In total, we raised over £120 and sincerely thank everyone involved in the charity fundraiser.

VISIT FROM GIDEONS INTERNATIONAL  
By Alana Moonie, 7F

On Friday 5th October, two visitors from Gideons International came to St. Bernard’s to talk to year 7 about using the Bible. The Gideons International help those without faith become Christians and support Christians to become stronger in their faith, to be closer to God.
During their assembly we learned about getting closer to God through the power of prayer and being kind to one another. Gideons International was founded in 1889 by Samuel E Hill, John H Nicolson & William J Knights. At present, there are over 270,000 members working for the organisation, travelling all around the world to spread the word of God and distributing free bibles. At the end of the assembly they gave each of the students a free copy of the New Testament from the bible to keep, so that if they felt the need to get closer to God they could always say a little prayer.

**LESSONS FROM AUSCHWITZ PROJECT**
*By Billy Piercy & Olivia Ewing*

Earlier this year, we had the privilege of attending a one day trip to Poland as part of the Lessons from Auschwitz Project.

Prior to our visit we attended an orientation in London, meeting our holocaust educator and the group with whom we would be travelling around Auschwitz. The main aim of the orientation was to gain an insight into the lives of the individuals around the world that were affected by the holocaust.

This gave us the opportunity of listening to a survivor of the holocaust willing to share his testimony and experiences with us. He was very open and answered any question no matter how emotional, with as much detail as he could. To conclude our orientation we discussed the extent of the tragedy and how it is still relevant and crucial to pass on the message of the holocaust and continue to educate people.
After landing in Krakow, Poland, we visited Rynek and the main market square of Oswiecim. Here, we discussed how the Jews were very much part of society; prior to the Second World War many Jews lived in the town, especially near synagogue which had been located in the market square. After the liberation many chose not to return, leaving only a few who still reside in this town today.

Arriving at Auschwitz 1, the smaller of the camps visited during the trip, we had a guided tour showing the entirety of the camp. This camp has now been made into an educational museum, with every room full of artefacts and memorials of many of those who lost their lives. Seeing the rooms full of hair, shoes, glasses, photographs and little trinkets evidenced for us the extent of the mass murder and really put it into perspective. Worst of all were the sets of keys, showing these individuals had the hope of one day returning to their pre-war lives.

The second camp we visited was the larger Auschwitz-Birkenau. Auschwitz 1 is only 20 hectares compared to Birkenau which is 171 hectares. There are no words to describe the atmosphere at Birkenau, no words do justice to express the sheer size and realisation of what went on here where so many people died over 70 years ago.

We visited the sleeping quarters the victims were forced to sleep in and it is hard to comprehend that people lived like this for a couple of years. The Nazis burnt down many of these cabins and also destroyed the gas chambers and crematoriums in an attempt to cover up the atrocities. However, viewing a small replica at the museum and the ruins made it obvious what took place.

To conclude the day we helped a memorial service at the ruins of Crematoria II in Birkenau. This service was led by a Rabbi, to honour all those lives lost. We were all given candles to light and leave at the memorial to signify our respect.

This experience, for the both of us, was very rewarding and we were both grateful for the opportunity we were given.
THE ALPHA COURSE
By Fr. Graham Smith, Parish Priest, Sacred Heart Catholic Church
parish@catholicsouthend.org.uk
01702 465720

If you are interested in finding out more about the Christian faith and the Catholic Church come along to our Alpha Course at the Sacred Heart Church Hall, 418 Southchurch Road, Southend-on-Sea, SS1 2QB.

The sessions will start at 7.30pm (immediately following the 6.30pm Mass) on the following evenings:

Thursday 4th October 2018
Thursday 11th October 2018
Thursday 18th October 2018
Thursday 25th October 2018
Thursday 1st November 2018 (no 6.30pm Mass today)
Thursday 8th November 2018

Thursday 15th November 2018
Thursday 22nd November 2018
Thursday 29th November 2018
Thursday 6th December 2018
Thursday 13th December 2018
Thursday 20th December 2018

Why not come along to Mass at 6.30pm before the sessions? There will also be a special "Holy Spirit Weekend” on Saturday 17th and Sunday 18th November 2018. For those wishing to become Catholic, the ABC (About Becoming Catholic) course will start after Christmas. A meal will be served at 7.30pm so, to assist with catering, please let us know at the above address, if you are planning to come along. You are very welcome to join us! God Bless.

SOCIAL & CULTURAL

Year 11 Internet Safety Training
By Eunice Erbynn, 11R

Last month, Year 11 participated in an Internet Safety talk, delivered by two ex-police women, which highlighted the dangers and explicit truths of using social media and the effect this form of communication is having on young people our age.

The talk began with a short recap on the different social medias available and we were asked whether any of us had private accounts or allowed ‘strangers’ to follow us online – many of us did! The speakers made it worryingly clear how easy it is for a mere stranger to trace you as a result of tagging any photos you upload online, and I must admit I was shocked to hear that there are actually age limits linked to certain social media sites - for example, to have a YouTube account you have to be 18!

The session ended with a video of a real social experiment involving young girls aged 12+ showing how easily they allowed themselves to be groomed online.
Their parents had agreed secretly beforehand to having their children approached, confident that their daughters would never do anything rash. However, they were all extremely shocked to find that not only did their daughters respond to the messages they received – they agreed to meet their unknown ‘friend’.

Shockingly, one girl, only 12, opened her front door in the middle of the night to this ‘friend’ putting herself in all sorts of danger. Luckily it was an experiment but a very troubling one. Overall, the session was definitely informative and made me think about the dangers of social media.

DUKE OF EDINBURGH’S AWARD NEWS
By Mrs S. Clancy, DoE Co-Ordinator

Could this be you? Remember, this is no ‘walk in the park’! You need to get fit & it will hurt! Come & join DoE – every Thursday, 4pm-6pm.

Bronze and Silver 2017/18

Last year’s Bronze groups are being reminded to complete their EDoFEl so that they can receive their Award at the November Presentation Evening. If your daughter worked with the DoE team last year, please ask them if they have completed everything on their EDoFEl (this will save me a lot of chasing). Likewise, the Silver groups need to complete everything on line in order to receive an invitation to the Silver presentations which the Local Authority run around February.

Bronze 2018/19

This half-term saw Year 9 students take up the Bronze DoE challenge. If parents want further details on the DoE programme they can find this on our website under ‘curriculum/outside the classroom’.

Can I remind parents that DoE is a challenge and whilst it is very popular at the school, many will find the Expedition difficult and tiring.
**Silver**
The Silver practice expedition went out on 27th-30th September.

**Gold**
Students in Years 11-13 have been invited to express interest in completing the Gold Award. This requires commitment and dedication to complete Volunteering, Physical and Skill sections and also has an additional Residential section where participants spend five days and four nights away on an activity of their choice with a completely new group of people.

The Expedition is 50 miles over four days – a real challenge! Anyone interested should see Mrs Clancy to put their name down. This Expedition normally takes place the last week in the summer term and first week of the holidays (10 days) and can only go ahead if there is sufficient interest. If there is insufficient interest to run the Expedition in 2019, students can still register now, complete the rest of the sections and join an Expedition in 2020.

**General Requests**
May I make a plea to all parents of participants. I endeavour to give as much notice as possible of Expedition dates and costs involved. It creates tremendous difficulties if paperwork and payments are late (deadlines are always clearly marked). Also, if plans crop up which impact on Expeditions, this causes difficulties within the teams and has safety implications if students dip in and out. For this reason, students **must** be able to complete the whole of both weekends for Silver and Bronze in order to participate.

As ever, I am very grateful to the staff and volunteers (Mr Clancy, the two Mr Elmes, Mr Paige and Mr Thompson) who give up their free time every Thursday and on Expeditions in order for students to have this opportunity. We have three additional members of staff who are joining us on Thursday’s this year (Miss Clarke, Mrs Garel-Porter and Mr Plappert). I trust they will enjoy the experience too.

**SEAFRONT ART TRIP NEWS**
By Jessica Powrie, 9F

As part of the impressionism art project at the end of last year, the year 8 classes were given the opportunity to go to the seafront and experience working en plein air (outside- this is where many famous impressionists did the majority of their work) and develop a range of skills: drawing seascapes; using oil pastels; using view finders and practicing including the six features of impressionism into our work.

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*Love one another as I have loved you*

CLAUDE MONET
*"Impression, sunrise" (1873)*
Leaving in the morning, we walked down to Westcliff beach and sat on the cliff tops above the beach, in order to gain a view of the scenery from afar. Firstly, we used a view finder to draw a section of the landscape; a view finder captures a small section of the scenery as opposed to all of it. One of the six features of impressionism is that they use dots, lines and dashes. When drawing the scenery we experimented with these techniques and, in the spirit of impressionism, captured the effects of light by using different oil pastels and complementary colours in our seascape images.

Next, we moved to an area lower down on the cliff tops that overlooked the beach and the foliage in front of it. This time we began by drawing full landscapes that covered a full page and had the focal point in middle. To help us with this we were introduced to the rule of thirds - to do this you divide the page in three with the focal point in the middle.

ARMAND GUILLAUMIN "Soleil couchant à Ivry (sunset at Ivry)", 1873

NATIONAL STUDENTS’ ART EXHIBITION
By Mr Galton, Head of Art Department

Between 18-21 July, in the last academic year, the National Students’ Art Exhibition had its 16th anniversary and, as always, was held in the prestigious Mall Galleries in London.

This exhibition is sponsored by the Royal Society of British Artists (RBA) and showcases the best student work in the country.

Competition to get work on display is always fierce and, this year, we managed to get five of our students work into the exhibition.

From Year 13 we had Nothando Ngwawaira with her mixed media painting of a group of youths, Bryony Colquhououn-Driscoll with her amazing take on the photo-realist Chuck Close, and Mia Cann with her painting of two figures from African cultures. From Year 12 we had Luke Clare with his “Father & Son” painting. Having not studied Art at GCSE, it was a fantastic achievement to get his work into the gallery, and he has developed outstanding painting skills in only a year.
Finally, we had our youngest entrant into the exhibition, Olga Hermann (Year 11). The exhibition is often dominated with A Level work, so to get a student from Year 11 clearly shows Olga’s amazing creative talent and skill. Her image of a face cut into fragments demonstrated that she was not afraid to take risks and this risk paid off.

I would like to congratulate all students whose work went on display.

KEW GARDENS TRIP
By Rhiannon Reid, Year 10

The October trip was exhilarating: arriving at Kew Gardens via coach, we instantly took in the beautiful views of flowers and plants bursting with life. Our first task was to take photographs and collect a range of items, including small leaves, to sketch out in our art pads.

Branches and colourful leaves inspired my double-page creation, before we walked to the Mariana North Gallery, where we perused drawings from Brazil, Africa, Peru, Jamaica & the Philippines.

We then had the opportunity to take photographs of the flower arrangements and gathered plants to look at them in greater detail as we sketched them. Overall this trip inspired me to focus on the things you may take for granted or just not notice.
BIENVENUE A PARIS!
By Poppy Sullivan 11C & Caitlyn Walton 11A

Earlier in the year we visited Paris, a city of culture, mystery and Disneyland!

On the first day, in teams we hunted around Notre Dame for clues, looked at cultural sites riding a “Bateau mouche” along the river Seine and posed for lots of photos outside the Eiffel Tower. Then, we watched Beauty & the Beast, “La Belle et la Bête”, in French with French subtitles.

The following day we went to a shopping centre, but instead of visiting designer shops some of us practised our French by ordering Ben & Jerry’s ice-cream.

Additionally, we went to the Sea Life Centre and posed with cute penguins and then went on our own D. of E. expedition hiking up Montmartre to the Sacré Cœur Cathedral in the sweltering heat.

To finish the day we took the lift to the Montparnasse Tower’s 56th floor to observe panoramic views of Paris’ skyline, before taking a trip to a French supermarket where we bought lots of sweets.

We spent our final day at Disneyland Paris, screaming as we were thrown upside down on some of the rides. We also bought souvenirs for our family and friends, ending the day taking pictures with our group outside the Disneyland castle. Shockingly, on the way home, the coach journey was nearly silent! We went through a very long border control and as a result we missed our ferry and had to catch the next one.

But, we had an exciting trip with lots of thrills and are grateful to the staff for taking the adventure with us.
60 MINUTE MENTOR
By Mrs H. Davies, Careers Co-ordinator

60MMSE is an inspirational mentoring service available to some young people in Year 8, whose aim is to increase self-confidence, motivation, attainment and school engagement.

The ten students who participated last year were matched for seven months with a mentor, Jane Bean, a former civil servant of thirty-six years’ experience working.

During this time our students received four sessions with the mentor. Each session was designed to help these young learners to start thinking about the world of work, considering GCSE subject options, setting goals for the future and celebrating success.

Student success was celebrated at an Awards Event at South Essex College, where two of our students were presented with Awards. Congratulations go to all the students who have been a credit to themselves and the school.

YEAR 10 WORK EXPERIENCE
Mrs H. Davies, Careers Co-ordinator

Year 10 students successfully completed two week’s work experience in July. Placements were extremely varied, with students working in the following areas:

- Administration
- Finance
- Accountancy
- Banking
- Publishing
- Advertising
- Marketing
- Promotion
- Business
- Estate Agency
- Retail
- Charities
- Clothing Design
- Hairdressing
- Beauty
- Pharmacies
- Veterinary Work
- Animals
- Equine Care
- Canine Care
- Childcare
- Teaching
- Care Homes
- Legal Profession
- The Arts
- Entertainment
- Dance
- Sports
- Medical Profession
- Catering
- The RAF

Love one another as I have loved you
Once again, the school has enjoyed amazing employer feedback.

Here is a sample of the comments received:

‘The students have been polite, well-mannered & incredibly helpful to us’

‘She was an absolute delight’

‘It has been a pleasure to have her & she has conducted herself impeccably during her time with us

‘She is a very pleasant young lady & a great ambassador for students at your school’

Some students have been offered part time Saturday jobs and some apprenticeships when they leave school. Our year 10 students should be proud of their achievements. They are a credit to themselves, their families and the school. Well done and thank you. We are proud of you all.

Meet the Professionals at Southend Hospital
By Mrs H. Davies, Careers Co-ordinator

A group of year 12 students had the opportunity to spend the day at Southend Hospital in July. Hospital staff delivered presentations on areas as diverse as Breast Cancer Screening, Physiotherapy, Midwifery, Ophthalmology, and on being a Matron, a Practice Development Nurse, a Stroke Specialist Dietitian, and a Speech and Language Therapist.

Students had a hand washing demonstration by the Infection Control Department and were then invited to wash their hands; their attempts at a thorough handwash were examined under ultraviolet light, the results were surprising! Students also had their blood pressure and heart rates monitored! Visits were arranged to the morgue; a popular choice, as well as the patient Simulator and the Radiotherapy departments.

Thanks go to Southend Hospital for arranging an interesting and insightful day into the working day of a busy NHS hospital.

FIRE SAFETY TALK
By Imogen Gregory & Jessica Ellington, 8C

In the fire safety talk, the fire-fighter told us numerous things that showed us how to stay safe, help others, and protects ourselves in the event of a fire. In addition, we learned how we could prevent a fire and might escape from one, if the need arose. We were also shown images of recent fires that occurred because of young people. This was very helpful. There are simple ways to stop fires and keep safe, including fire alarms. Also, if you are caught in a building and want to know whether
the fire is the other side of a door then place the back of your hand on the door to check whether it is hot. Always stay low and keep doors shut as a door will usually protect you for at least 5 hours.

The fire talk was helpful and reassuring; it established what to do and not to do in the event of a fire.

YOUTH PARLIAMENT VOTE
By Mr P. Walls, Assistant Head Teacher

The Youth Parliament is run by young people for young people and provides opportunities for 11-18 year-olds to have a voice. It is made up of 300 MYPs (Members of Youth Parliament) elected by their peers in youth elections throughout the UK.

On the 9th November 2018, Members of UK Youth Parliament will debate the top five issues voted on by young people in a Make Your Mark ballot which took place earlier this month.

CATHOLIC SCHOOLS

British Values & Catholic Ethos

The focus on democracy, engagement and participation are key aspects of what is recognised as being part of British values. More importantly for a Catholic school is that this process supports the emphasis on SMSC (Spiritual, Moral, Social & Cultural) which we have been actively encouraging over recent years.

We are now in the Church Year of Stewardship. By engaging in the Make Your Mark ballot students hopefully feel more politically-aware and determined to use their God-given talents for the Common Good. This will enable them to recognise that stewardship is discipleship and should be transformative.

The Bernardine Tradition

The Bernardine Order believe that everyone should grow in faith and respond to the grace God gives us. Through their teaching, they wish for each young person to reach their full potential, be equipped for life and contribute towards the Common Good.
At St. Bernard’s there is an emphasis on the Bernardine traditions of Respect, Justice and Service. The Make Your Mark ballot has helped support these noble traditions.

The top three issues for students at St. Bernard’s were:

1. **Put an end to knife crime** (149 votes): too many young people’s lives are lost to knife crime; the Government need to do more to help end the knife crime epidemic.
2. **A curriculum to prepare us for life** (57 votes): schools need to cover topics like finance, sex and relationships education & politics.
3. **End period poverty** (45 votes): sanitary products are an essential item. The Government & the NHS should make them free and accessible for all who need it.

**The Shack**

The Shack opened this term outside the West Wing, selling food at break and lunchtime.

**Monday, Wednesday & Thursday**

A selection of paninis, hot rolls and wraps, cakes and drinks.

**Tuesday/Friday**

A selection of paninis, hot rolls & wraps at breaktime and burgers & chips Tuesday lunch, nuggets & chips Friday lunch.

Come and beat the queue!

**TALES FROM TEXTILES**

*By Annie Wickham, 11M*

After finding out that it was an art-based course, Textiles didn't look as inviting as it had before. We all considered dropping it. We didn't think we were going to make it! But, alas, Mrs Roberts was not going to stand for that as she attempted to carry us through the year in one piece: 'Natural Forms' was the name, textiles the game. With great reluctance we began the journey and researched, quilted, printed and stencilled. But that wasn't enough for Mrs Roberts. 'Dresses' she said. And dresses we made. Focusing on a theme, we desperately tried to link one thing to the other whist somehow being original at the same time. Challenge after challenge was thrown at us, and we made it to the other side. And with us we had 17 dresses.

**TEXTILES NEWS**

*By Mrs D. Roberts, Technology Department*
FRANTIC ASSEMBLY REVIEW
By Annie O’Leary, Year 12

Monday 17th September began with friendly introductions and an outline of our truly “frantic” day ahead. Our morning consisted of fast paced activities, which explored the essential precision and stamina the ‘Frantic Assembly’ theatre company requires.

This exercise also enabled the Sixth Form drama students to comprehend the essence of theatre, and how day-to-day colloquial gestures (for example eye contact) can affect an individual’s whole interpretation of a performance, as well as the actors’ motivation and emotion behind a scene.

We also experimented with chorus movement to create a wholesome effect, with more exercises requiring mental and physical engagement, as well as the importance of pace and energy which a “frantic” performance requires. By this time the cardio had caught us up.

After our much-needed lunch, we went on to experiment with chairs and partner work, incorporating lifts and skills we had developed which affect movement and gesture. We were also enlightened by our practitioners in the creative process behind ‘Frantic Assembly’ pieces; to initially begin with no narrative or motivation, simply the build-up of a movement sequence and specifically designated gestures to be paired with eye contact or no eye contact (depending on the actor’s individual perception) eventually allowing a natural story to evolve from the movement.

Overall, as a drama student I felt empowered and inspired by our ‘Frantic Assembly’ workshop, and being exposed to a modern theatre style, with a youthful and fresh approach to traditional theatre- flooded my mind with innovative ideas that challenge stereotypical views as to what conforms to the dramatic arts.
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<td>21/11/2018</td>
<td>YR 13 Parent Consultation Evening: 4.15 – 6.30pm</td>
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<td>23/11/2018</td>
<td>Chamber Choir Trip to Crowstone Church - Southend Music Festival</td>
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<td>28/11/2018</td>
<td>DofE &amp; Sports Awards Evening 7-9pm</td>
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<td>29/11/2018</td>
<td>Year 11 Trip to BFI Southbank Centre London - German Film Study Day</td>
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<td>06/12/2018</td>
<td>Advent Service – 7pm (6.30pm refreshments)</td>
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<td>Staff Training Day</td>
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<td>10/12/2018</td>
<td>YR 9 Full Reports issued</td>
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<td>12/12/2018</td>
<td>A Level Theatre Studies Trip to see the immersive “Great Gatsby” at Gatsby’s Drugstore, London</td>
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<td>12/12/2018</td>
<td>Year 7 Music Trip to the Cliffs Pavilion to perform at the 12 Days of Christmas</td>
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<td>Last Day of Autumn Term</td>
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<td>18/12/18</td>
<td>Student Christmas Dinner</td>
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<td>04/01/2019</td>
<td>First Day of Spring Term</td>
</tr>
</tbody>
</table>

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