



NUNNERY NEWS

February 2018

Issue 15

www.nunnerywood.worcs.sch.uk

@NunneryWood



Top of the Class!

LEAGUE tables showing how Worcestershire's high schools performed last year have finally been revealed. Our students performed particularly well with 58 per cent of students achieving a grade 5 or above in English and maths GCSEs and 20 per cent gaining the Ebacc at grade 5/C or above. The national average is significantly lower at 42.6 per cent of students gaining a grade 5 or above in English and maths. Our Progress 8 score of 0.25 is above the county and national average of 0.03. Progress 8 is a measurement of the progress that a student makes between Key Stage 2 and Key Stage 4 across 8 subjects. This encourages a broad and enriched

curriculum to be offered to all students. Mr Powell said, "It is wonderful to be part of a really great team of students and staff where the kids' hard work really shines through. It is also wonderful to be part of a city and a county where all students receive a fantastic education and where results are above the national average."

GCSE results and league tables are very important to Nunnery Wood, however, they are part of a much wider education. As you read through this paper, you will see all of the other experiences and opportunities that are provided for

our students continually. These include trips and visits, extra curricular clubs, outside speakers, school productions and performances along side exceptional pastoral support, all offered in first class facilities. We are extremely proud of the achievements of all students and believe in releasing their potential and preparing them fully for life and study beyond Nunnery Wood. Our excellent examination results arise from a calm, friendly environment and first class teaching. We know and care about each student individually. In our most recent survey, 99% of our parents would recommend Nunnery Wood to other parents and 99% say their child feels

happy and safe. Our students go on to fulfil their potential, whether at university, Oxbridge or a vocational profession. At Nunnery Wood, we share an irresistible belief that each child will succeed. We are determined that our students have access to wide a range of opportunities to explore their talents and interests. Trips, visits and clubs make education real and our staff work tirelessly to ensure that their subjects come alive through enrichment activities. Thousands of opportunities are offered to students, from international trips to lunchtime clubs.





Contact

Want to share your opinions or get involved with the paper?

Email

Press@nunnerywood.worcs.sch.uk

Website

www.nunnerywood.worcs.sch.uk

Twitter

@NunneryWood

Facebook

/nunnerywoodhighschool



Message from the editors

Alex Scoby - As the new editor of the Nunnery News, I look forward to furthering the great journalism of Nunnery. In this edition, we look over the many stories of this half term and the successes of the school. Many thanks.

James Thatcher - Senior Reporter. James has been writing for Nunnery News since it began in 2015 and has now become our senior reporter. He said “I really enjoy working on the Nunnery News and am delighted to take on this new role. I am looking forward to continuing to write more articles.”

Maj Begum - Maj joined the team as Senior Photographer and is responsible for many pictures in this edition and on our Twitter feed.

A message from Miss Speechley...

Although it is only February, we seem to have packed so much into just a few weeks of a new year. Rehearsals and preparations for the school musical, School of Rock, are well underway. There have been trips to The Natural History Museum and Birmingham University for a language competition. The maths challenge

Headteacher Mr Powell “Such An Impressive Young Man.”



Adam Hussain Dedication Event

You may recall from earlier additions of Nunnery News or elsewhere, the very sad news about Adam Hussain, a much loved student from 2016-17's Year 11 who passed away following an asthma attack. Adam had been participating in training for the National Citizen Service when he suffered the attack; a course that selects active, positive young people and trains them to support their communities. It also builds their confidence through team work, outdoor activities and performances.

We were keen to mark the five years Adam had spent with us at Nunnery and to highlight some of the caring qualities that made him such an impressive young man.

To this end, on January 26th, we welcomed some important guests at the school, including several senior leaders from the National Citizen Service, former Nunnery students and most importantly, Adam's family. Firstly, we joined our current Year 11 students to hear the recruitment assembly led by NCS staff that highlighted the

fantastic opportunities offered by the course. Then, we gathered in the newly finished Science Block where we shared memories of Adam and heard excerpts from texts he had studied at school. Our student readers, Darian Murray-Griffiths and Grace Mosely read beautifully and Hajra Iqbal wrote and shared a moving Islamic reflection. Music was provided by Abram and Elroy Vargas on piano and violin. We heard about what a superb help he had been to his family and how he had approached life with determination and ambition, no matter what challenges he faced. As you can imagine, this was a moving event and it was humbling to be reminded of how many wonderful students the school is privileged to teach. Most impressively, Adam's brothers from Year 7, Zashreen, Tayyeb and Asalan, played an important part in the event, gathering reflections and memories on cards and hanging them from a memory tree. They were hugely impressive throughout.

There is now a plaque on the Science wall dedicating the area to Adam and the values he

represents with the caption: Service to man is service to God.

GCSE Pod

As part of our drive to create meaningful homework and support students as they prepare for examinations, we have invested in GCSE Pod, an online resource that provides students with a vast array of podcasts, videos and study material. The unique feature of this powerful suite of resources is that all materials are tailored to the specific examinations that we study. At present, students approaching GCSEs have been trained to use this system but we will look to use with more students as time progresses. Students access GCSE Pod quickly and simply by logging on with their existing passwords. For parents of Year 11 students, this should make the eternal question of “What should you be revising?” an easier one to answer!

School Parliament Update

THE school parliament is made up of representatives from each form group in each year. They represent the views of their form and year group and work with the senior prefect team to speak up for the students and make changes to improve their time at Nunnery Wood. The

parliament is divided into sub groups with an area that each group focuses on. In meetings this term hot topics have been the canteen and toilets. The new anti bullying system is also up and running. It is very easy to report incidents via the portal and don't forget you can always

speak to any prefect, tutor or teacher. We have a zero tolerance approach to bullying, but cannot do anything if incidents go unreported.

top of the day to day amazing experiences that happen here at Nunnery Wood. The journalists have kept on top of it all and have done another great job of getting the news to you. Thanks as always to Mrs Tomb (formerly Miss Robinson) for supporting the students every week and to everyone who has helped get the news to us.

Enjoy this edition and remember that you can also read online so can share the link with relatives and friends near and far and our YouTube channel and Twitter feed keep you uptown date on a daily basis. Thanks also to Mrs Gleeson for coordinating the collection of sports news and competitions.

Welcome & Goodbye from Nunnery Wood



Mr A Portman

I have joined the premises team at Nunnery Wood after 6 years of being in the facilities side of a Worcester based Housing Association . In some ways a similar role and others new experiences , I'm realising just how big the school is and do turn the wrong corner occasionally! I have found the students very polite and staff welcoming and helpful. Outside school time I enjoy rugby , but only watching these days and being an arm chair referee, my playing days long gone .



Miss N Sharrocks

I have recently joined the PE department as a Teaching Assistant. I am a qualified Physiotherapist and have spent the last 3 years working in the NHS near London and decided to take a break from physiotherapy to join Nunnery Wood. I am enjoying my time at Nunnery so far especially getting to know the students on and off the sports field. In my spare time I enjoy working out in the gym and playing netball.

Head Boy & Girl

Darian Murray-Griffiths
Head Boy

IT'S been another busy half term! Grace and I have chaired the student parliament meeting earlier on in January where we all discussed your views on mental health, the canteen food, toilets and form time. We would like to say a very big thank you to all of the parliament representatives, their input was very helpful in considering the next actions to take. Also in this half term, the salad bar has continued open on Wednesdays and we are looking at ways to extend this to other days due to its popularity. We are also looking at widening food choices for those with specific dietary needs.

Next half term, Grace and I will be looking to introduce footballs for use at lunchtime and making the school a greener place. If you have any further questions or ideas the please feel free to contact me or Grace so that we can help to make your school journey the best that it can be.

Grace Moseley
Head Boy

THIS month has been another successful one. We have continued to make progress on improving the school parliament and have been thoroughly impressed by all of the amazing ideas made by so many students. We are also happy that the salad bar is here and is a big hit with students and staff. We are continuing to expand it next term. We have lots of new and exciting changes planned for next term and are hoping that they are as good as the ones we have seen so far. Thank you to everyone who has made suggestions on the school portal, it has been really useful for me and Darian when we present ideas to the senior leadership team and school parliament. Keep sending us your ideas and suggestions.

I hope you've enjoyed the first month and first half term of the New Year.



A Tribute to Adam

A COMMEMORATION ceremony was held to remember the life of former student Adam Hussain who tragically died following an asthma attack shortly after completing his GCSE exams in July. Members of Adam's family and friends gathered in school, along with teachers and support staff to celebrate Adam's life and pay tribute to his achievements and contributions. Memories and prayers were hung on a decorative tree and the new science building

was formally dedicated to his life. A plaque has been erected in the atrium of the building to remember Adam by. Adam was heavily involved in the National Citizenship Service scheme and

worked hard to support the local community and his family whilst developing his own skills.

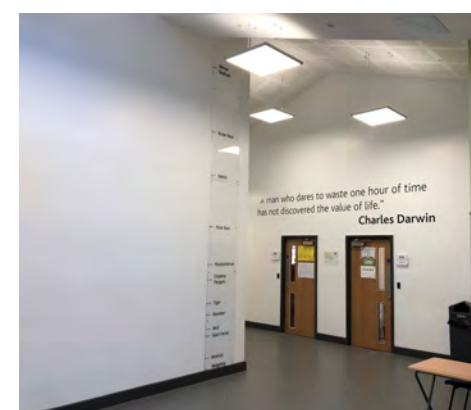
Adam's brothers from Year 7, Zasheen, Tayyeb and Asalan, played an important part in the event, gathering reflections and memories on cards and hanging them from a memory tree. Darian Murray-Griffiths and Grace Mosely gave readings and Hajra Iqbal wrote and shared a moving Islamic reflection. Music was provided by Abram and Elroy Vargas on piano and violin.



New Facility Formally Opened

AFTER many months of planning and disruption, the brand new science block has been officially opened. This new science block was completed in just 5 months at a cost of £750,000. This new build will help to ensure that the school continues to provide the best education in the best facilities and is part of ongoing investment in the school facilities. There are now two new specialist science rooms for students, fully kitted out with the latest equipment Also, there is a new area for teaching science outside and improved access to SC10 and SC11. The area is bright and open and has a very professional feel about it. The opening of the new block was tinged with sadness as the building has been dedicated to the memory of

Adam Hussain, who sadly passed away after suffering an asthma attack at the end of the summer term after completing his GCSEs. Miss Lott said, "It is very special that the new science area is going to be dedicated to Adam Hussain, a student that many of the team taught over his 5 years here. The new foyer area is bright, airy and colourful with some beautiful bespoke displays using ideas from the department and students. We also have two brand new laboratories to facilitate the number of students opting for science in year 9. It is an exciting time to be part of the science team".



Strutting Their Stuff For Prom Funds

Year 11 students who are working towards their Arts Awards qualification, organised a fashion show to raise money for their prom. Rimsha Akhtar, Abbie Teague, Lorien Peters and Erica Almeida orranged the evening. They recruited models to showcase prom outfits provided by local companies Promesse and Armstrongs in addition to modelling their own summer and winter themed clothing. There were also performances from the Year 11 Band and dancers Yasmin Li, Carla Shipley, Sophie Peach, Lorien Peters and Sian Norwood. The event was held in the school studio and looked extremely professional. Mrs Stevens helped students to compare the evening. There were plenty of opportunities for students to get their photos taken whilst wearing the beautiful prom outfits after the show ended. The students sold tickets in advance and on the door, with all proceeds going towards reducing the cost of their prom tickets. This year the Year 11 prom will be held at Spring Grove House, West Midlands Safari Park in July once they have finished their exams.



Artsmark Officially Awarded

IN our last edition we proudly reported on how we have been awarded a prestigious Platinum Artsmark Award. We are now delighted that we have officially been presented with the award. Mr Powell, Mr Steward, Mrs Stevens went to the presentation, accompanied by students Georgina Shough and Ellie Jackson. This was a very proud occasion for all involved and a reflection of what happens in the performing arts department every day. Staff and students have worked extremely hard to obtain this highly acclaimed award.

Artsmark is Arts Council England's award for schools that champion the arts and strive for excellence. It celebrates schools that embrace the arts across the curriculum, bringing them to life for children and young people. Platinum Artsmark status is the highest level of recognition given for arts provision by Arts Council England. Currently 1566 schools across the country hold Artsmark status, of that only 45 hold platinum Artsmark status. Within Worcestershire only 3 schools hold platinum Artsmark status and Nunnery Wood High is the only secondary school within Worcestershire to hold it.

In order to become an Artsmark school, Nunnery Wood had to develop their arts and culture provision to achieve a broad and balanced curriculum. This was achieved by creating an overall plan that was committed to and delivered across the whole school. The Artsmark panel commended the school's very clear focus on development.

As an Artsmark school, we have gained access to exceptional networks and resources from some of the most treasured cultural organisations in the country, which helped to strengthen and deliver their arts provision. Through Artsmark, the school will continue to incorporate art and culture into every pupil's life, learning and knowledge and understanding, helping them to build skills, resilience, confidence and character.

Nunnery Wood prides itself on encouraging creativity through a broad and varied curriculum. The school had previously been working at Gold level and is now one of the few schools in

the country recognised to be meeting the highest standard of arts provision. Although this accolade is a huge honour, it's important to note the award isn't just acknowledgement of the fantastic work that the arts teachers at Nunnery provide but also for the dedication, commitment and work ethic of the incredible students.

Artsmark has been created to help unlock the potential of children and young people, to develop their character and talent, and to increase their knowledge and understanding. In short, Artsmark has been created: to bring the arts and culture to life in every classroom.

Awarded by the Arts Council England, Artsmark is designed by schools for schools to help them deliver high quality art and cultural education.

Across the country Artsmark is rewarding more and more schools for championing the arts and culture. Artsmark schools gain access to exceptional resources as well as networks of the country's most treasured cultural organisations, helping them develop and strengthen their art provision.

Georgina Shough, who attended the presenta-

tion ceremony said that, "It was amazing. There were lots of guests there and we had food and drinks served to us. It is excellent that the school has such a wide variety of arts opportunities for students and that we have been recognised for all of the hard work that goes in to this from the staff and students".



Activity Week 2018

IN the final week of term students participate in two days of free choice activities. They choose from a wide choice of trips both in and out of school. Teachers are currently planning the activities which will be launched to students very soon. We have launched early so that parents and carers can plan ahead if they want to opt for activities with financial cost. We have ensured

that there are activities to appeal to every budget and every interest. No one will be left behind! The activities this year are more exciting and varied than ever and the week promises to be a great hit with everyone and a fantastic way to end the school year.



Nunnery Wood High School Has Launched GCSEPod

WE are excited to announce that we have signed up to GCSEPod this year.

What is it?

GCSEPod is a website that has over 5000 podcasts that can be used for revision.

What's a pod cast?

A short video and sound clip that explains a topic in a subject

Who is it for?

All students can log in through the portal but it will be most useful for students in Year 10 and 11

How do I log in?

You can log in by clicking the link on the portal

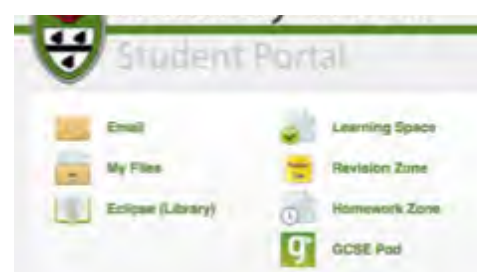
GCSEPod has already been launched to Year 10 and 11 students in assemblies and Year 11 students have spent a morning registration slot working through some tasks to make sure they are up to speed with how to use GCSEPod to get the most out of it.

On the portal there is a link to further information for parents and a copy of the step-by-step guidance students have been given showing them how to use the different areas of GCSEPod.

Parent information link:

www.gcsepod.com/parents

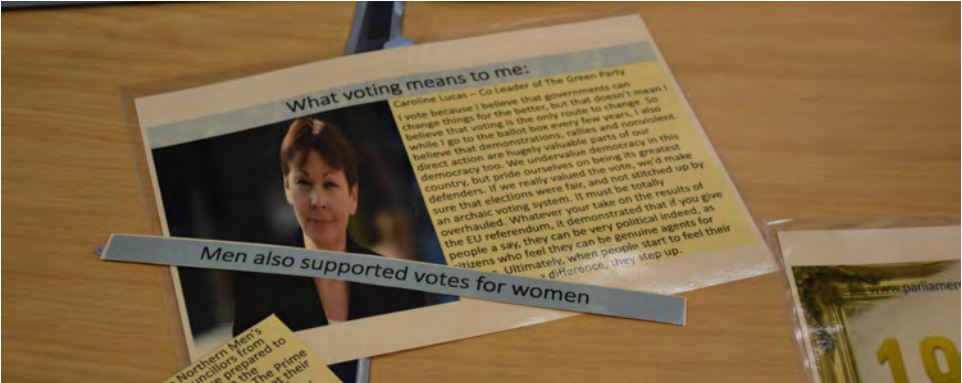
If you have any questions, problems or suggestions. Please see or email Mr. Raistrick a.raistrick@nunnerywood.worcs.sch.uk



100 Years of Votes For Women

2018 sees the 100th anniversary of the Representation of the People Act, which was the legislation that enabled all men and some women to be able to vote for the first time and paved the way for universal franchise 10 years later. This was the first in a series of milestones in the fight for democratic rights. This anniversary is being marked across the country with a series of events and exhibitions. In school, the history department has delivered lessons to Key Stage Three students in which they have explored how and why women got the right to vote in 1918 and the extent to which women have gained equality since. They completed a range of tasks and some of the discussions got quite heated. Miss Speechley said, "This is an important aspect of the development of democracy and political participation to acknowledge, in addition to the changing role of women in society.

It gave our students the opportunity to explore topics that are relevant to their lives today and see the challenges faced by women throughout the last century and into the current day. Students were shocked by how recently some legislation was passed, such as the Equal Pay Act of 1970 and that there is still a significant gender pay gap and disproportionate number of women in jobs such as company chairs, engineers and MPs. Students enjoyed participating in the lessons and being part of. National recognition of this historical milestone".



100 Years: Votes For Women; Their Changing Role

Aimée Webb
YEAR 9



TODAY it is normal practise for women to vote, the only age restriction is 18. But did you know that originally only landowning men could vote? It was also not an anonymous, politicians would bribe voters and most of them rented houses to members of the public, so they could threaten to evict anybody that did not vote for them. Originally, the women were not given the vote because it was widely believed that the opinions of women could be expressed through the votes of their husbands. Although now we can understand that the women were second-class citizens and that they did not understand politics, and that politics is for men and the women should look after the children and be a good wife to their hard-working husbands. The first votes for women, in 1918, were only given to married, well educated women, with rich husbands and over the age of 30. Despite the fact that women of all ages, relationship statuses and classes campaigned, and joined the forces of the suffragettes.

The suffragists, as of 1866, and the suffragettes, of 1903, were groups of women that campaigned for equal rights and votes, similar to modern day feminists. The methods of suffragists were a lot more propaganda orientated. They made sashes, scarves, posters and banners, but all of the effort and money spent was simply laughed at by the men of power. However, the

suffragettes resorted to violence, as they were tired of being ridiculed and patronised by men. They used militant tactics such as destruction of public property, chaining themselves to railings and disrupting public meetings. They were led by Emmeline Pankhurst, who believed that she was equal to her husband, so why doesn't she have equal rights to him. "Men, their rights, and nothing more; women, their rights, and nothing less."

However, getting the vote was, understandably, not enough for them. They did not want their rights determined by their husband's riches and their age, as at the time women did not know their own opinion, so that is why they decided the women had to be over the age of 30. So, the women continued to campaign for equal pay, voting age and voting qualifications. Yet it took another 10 years for the voting age to be lowered to 21. After that it took another 41 years to get the laws of voting equal for both men and women, anybody over the age of 18 could vote.

To this day, men and women do not have equal pay. Women on average earn just under 18% less than men, which is however the lowest that is has ever been. In the last general election over 9 million women did not exercise their right to vote. This leaves many people wondering why. Why did the women not vote? Did they choose not to vote because they don't care? Did they not vote because there is a huge stigma around politicians lying? Truly, in 2018 we should not be asking these questions. If Britain was a utopia, men and women would be entirely equal. There would be no discrimination, and no hate. Sadly, this is not the case, but as a country we should make it our priority to change our biases and stereotypes.



German Cultural Day

Lucy Evans
YEAR 9

THE Modern Foreign Languages department took 10 students on a visit to Aston University in Birmingham for an opportunity to discover more about the culture and lifestyle of different German speaking countries. It was also a chance to learn about different types of education in those areas.

Run by 'Routes into Languages', students from 8 different schools were split into 3 main groups: Austria, Switzerland and Germany. Within those groups were 5 smaller subgroups. During the first session, students looked at education and explored what their grading, subjects and types of school were like. The main task was then to work together to create a 'Schultüte' (a traditional German sweet given to children on their first day at school. They also had to give a 2 minute presentation to the other groups.

In the next session, students worked hard to prepare a presentation with a twist! This

involved presenting to over 80 people speaking as much German as possible. Everyone tried their hardest to use their best German language skills. Some presentations were given solely in German.

After the presentations it was time for the prizes for the best work to be awarded. Lucy Evans was awarded the prize for the best presentation, whilst Issy Hunt won a prize for the best Schultüte. They both received their own Schultüte full of stationary and sweets.

Overall the day was a huge success and the students had staff learned a lot but also had a lot of fun learning about German cultures. Wir hatten einen tollen tag! Auch ein großes Dankeschön an Frau Kendrick und Frau Telger für die Durchführung Der Reise.



Talented Student

SOPHIE Nicole Smith (Year 10 Student of Nunnery Wood High School) was asked to participate in a 3K running race which involved competing against girls and boys from Tudor Grange Academy, Blessed Edwards, Nunnery Wood High School and Worcester Athletics Club. The race took place on January 15th 2017 and we are extremely proud to say that Sophie crossed the finish line 1st place! She has always enjoyed sport and been apart of ballet & swimming, but we are excited to see what running has in store for her in the future. we are very proud, Well done Sophie!



More Than Just The 3Rs!

YEAR 7 students complete a programme in their PHSE lessons that aims to develop a range of skills through completing a variety of activities. The theme for this half term is initiative. Students were asked to try something that is new to them and outside of their comfort zone. They can choose tasks such as organising a primary school sporting event or taking up a new hobby.

Year 7 student Anna Rawlins chose to make and design a sock puppet. For this she had to plan the design, source the materials and then make the puppet. The final aspect is a thorough evaluation of the task and what she has learnt. Miss Dashfield, Anna's PHSE teacher, said, "I was very impressed with her initiative on this, she was very much out of her comfort zone and had to learn to do something that she had never done before. The final result is fantastic".



Students and Staff Supporting New Hope Charity



NEW Hope is a local charity situated very close to the school and in our catchment area. It provides daytime short break care, for children aged 6-19 years of age. They are open every school holiday throughout the year, and every Saturday. This is one of the local charities that the students have chosen to support throughout this year. New Hope takes the children to external locations and venues as often as possible, we know the children love the activities. Their facilities include a ball pit and soft play area, a multi sensory room & an extensive well equipped outdoor play area. The charity relies on fundraising in order to keep it operating.

The charity was delighted to received an extra donation from Mr Stuart Miller, the husband of Mrs Miller, a member of staff. He presented a £150 cheque to Jean Wilson from New Hope Children's Charity. Stuart works for Legrand UK, a manufacturing business specialising in cable management, power distribution and wir-

ing devices. They operate an incentive scheme for new and innovative ideas which he won last year. Part of the reward was a donation to the charity of his choice. Jean was very appreciative and said she liked receiving cheques. The students of Nunnery Wood will continue in their fundraising actives. New Hope has also opened up a new store, donated items are sold in order to raise vital funds to continue the excellent work of this local charity. Everything in the shop, which supports disabled children and their families, costs 50p with all money going towards the charity's work. New Hope charity founder and shop manager Jean Wilson, who has an MBE for her services to children, said: "It is great. We have worked very hard to get this shop open.

"We are in the heart of the city now. We have got two shops in Worcester now so it's very exciting."

She added that the charity is always on the lookout for volunteers, and anyone who can helped should visit the website.

Money raised at the shop will help fund the activities carried out by the charity, which has a day centre located nearby in Wells Road.

For more information visit newhopeworcester.co.uk. To make a donation to the charity go to justgiving.com/newhopeworcestershire or visit New Hope - Worcester on Facebook.



We're Off!

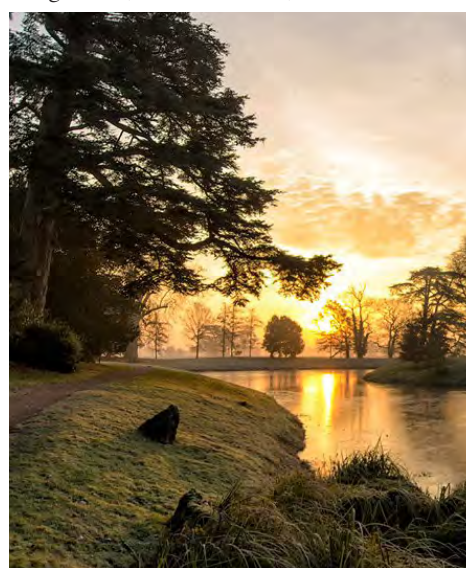
WE are proud of the trips and activities offered at Nunnery Wood. Over February half term the annual ski trip will take place. You can follow what they are up to on Twitter @NunneryWood. In May, Year 8 students are off the the World War One battlefields and memorials to deepen their understanding of the impact and events of this war. Late in the month Year 9 and 10 students are heading to Berlin to learn about Weimar and Nazi Germany and the Cold War to support their studies in class.



Lantern Walk For St Richard's Hospice

Markus Telger
YEAR 7

FOR the first time, St Richard's Hospice organised a lantern walk around the beautiful setting of Croome Park. Mrs Telger, joined by Markus Teller and nearly 300 people ranging from the young to the elderly walked in aid of the charity. The route of 1.5 miles took walkers around the grounds, around the lake, over several



bridges all decorated in lights. Each person was given an LED light and a holder to carry along the route. Time was given for people to stop and reflect about the charity and people who have been touched by cancer.

The walk started at 5.30pm, just as dusk was drawing. It was a lovely event and a good way to raise money for this local charity.



Dodgeball Coach of the Year Leads Lunchtime Club

MR B Williams, teaching assistant, has recently been awarded top accolade of 'Dodgeball Coach of the Year'. Mr Williams is truly passionate about dodgeball and is involved in all aspects of the game. He trains and competes in matches regularly, runs coaching sessions, works with players one to one to help develop their skills and is always working to improve his own skills and game. In 2017 Mr Williams successfully started 5 new dodgeball clubs in the Worcester-

shire area for people of all ages and abilities and also raises funds for charity Bethany's Legacy through volunteering and dodgeball events. He has now set up a new dodgeball club in school that takes place on Wednesday lunchtimes in the Gym and is open to everyone. No experience or knowledge of the game are needed, just turn up and have fun!



DESIGNER of the month



Love cooking? Why February is Flippin' Brilliant!

A very 'British' tradition... the humble sandwich

US 'Brits' love our convenience food and sandwiches are among the most popular take-away item.

Between 2007 and 2016, sales for sandwiches by retailers in the UK increased by £146.58 million - that's a lot of sandwiches!

However, the humble sandwich can pack in the calories and one of our favourite convenience foods can be very unhealthy; some gourmet sandwiches can exceed 500 calories just in one pack; that's about a quarter of our recommended calorie intake for the day!

What can we do about this? Well, we can make our own which gives us control over what we put in them.

Year 8 have been designing and making their own, even making the bread from scratch!



Post-Brexit; What Will Happen?

WILL post-Brexit bananas be how they used to be? Will the EU guidelines on size, shape and dimension be axed? Will they look like the bananas of old; not 'perfect'?!?

Will we be able to buy some of our favourite luxury foods – at the same price? Will the loss of splendid French cheeses be a casualty of us leaving the EU? Mon dieu! How will we survive?

Maybe it's time to regain our focus on Best of British? We have some amazing artisan food

producers in the UK; why not get out to the local food fairs over the Spring & Summer and check out what this Great Britain has to offer?



Valentines Biscuits



Ingredients

- 300g plain flour, plus a little extra for dusting
- 200g salted butter, diced
- 120g golden caster sugar
- 2 large egg yolks
- 2 tsp vanilla extract
- ½ tsp rosewater, or 25g/1oz freeze-dried raspberries, whizzed to a powder – we used Waitrose (optional)
- red or pink food colouring

Method

1. Tip the flour and butter into a food processor and whizz to fine crumbs. Add the sugar and yolks then whizz to a smooth dough. Remove one-third of the dough, add vanilla to what's left and pulse to whizz in. Wrap this dough in cling film and leave at room temperature.

2. Put the reserved dough back in the processor with the rosewater or dried raspberries, if using,

and a drop of food colouring. Pulse and add more colouring to achieve an intense colour. If the dough has become too soft, pulse in a few spoonfuls more flour until a similar consistency on the vanilla dough. Put the dough in the fridge, remembering to remove it 30 mins before you need to roll it out.

3. Thickly roll out the coloured dough between baking parchment. Use a small 3-4cm heart cutter to stamp out hearts. Keep re-rolling and stamping until all the dough is used. Line up hearts on top of each other and press to form a cylinder, taking care to retain the heart shape. Wrap in cling film and freeze for 3 hrs until solid.

4. When the heart dough is hard, roll the vanilla dough, using your hands, into 3 cylinders the length of the heart stack. Stick one to each 'side' of the hearts, pat together to form a fat cylinder, then gently roll on your work surface until it completely encircles the coloured dough, with the frozen heart dough hidden in the centre. Chill for 2 hrs.

5. Heat oven to 180C/160C fan/gas 4. Use a sharp knife to slice the log into 1cm-thick discs. Place on trays lined with baking parchment, allowing space for spreading, and bake for 20 mins. Cool on wire racks. Will keep for up to 4 days in an airtight container.

What a great month, the weather is perking up and Spring is on the way. With it comes a great chance for us all to get Flippin'!

We, in current and modern society, call it Pancake Day. It's correct name though is Shrove Tuesday. Shrove coming from the term 'shrive' which means absolution for sins and doing penance. Giving up materialistic items in order for forgiveness. Shrove Tuesday leads into what we know as a period of Lent. Food ingredients would be used to avoid any temptations during the period of Lent, hence the humble pancake was born.

These days, the sugary, buttery, lemony treats are eaten all year round. No reason is needed

though for you to treat yourself to a few extra on Shrove Tuesday!

Traditional Pancake Recipe

- 100g Plain Flour
- 2 Large Eggs
- 300ml Milk

American-style Pancake Recipe

- 200g Self-raising Flour
- 3 Eggs
- 1 ½ teaspoons Baking Powder
- 1 tablespoon Caster Sugar
- 25g Melted Butter
- 200ml Milk

Check out the BBC Good Food website for the methods

Rose Petal Cupcakes



Ingredients

- 300g plain flour, plus a little extra for dusting
- 200g salted butter, diced
- 120g golden caster sugar
- 2 large egg yolks
- 2 tsp vanilla extract
- ½ tsp rosewater, or 25g/1oz freeze-dried raspberries, whizzed to a powder – we used Waitrose (optional)
- red or pink food colouring

Method

Tip the flour and butter into a food processor and whizz to fine crumbs. Add the sugar and yolks then whizz to a smooth dough. Remove one-third of the dough, add vanilla to what's left and pulse to whizz in. Wrap this dough in cling film and leave at room temperature.

Put the reserved dough back in the processor

with the rosewater or dried raspberries, if using, and a drop of food colouring. Pulse and add more colouring to achieve an intense colour. If the dough has become too soft, pulse in a few spoonfuls more flour until a similar consistency to the vanilla dough. Put the dough in the fridge, remembering to remove it 30 mins before you need to roll it out.

Thickly roll out the coloured dough between baking parchment. Use a small 3-4cm heart cutter to stamp out hearts. Keep re-rolling and stamping until all the dough is used. Line up hearts on top of each other and press to form a cylinder, taking care to retain the heart shape. Wrap in cling film and freeze for 3 hrs until solid.

When the heart dough is hard, roll the vanilla dough, using your hands, into 3 cylinders the length of the heart stack. Stick one to each 'side' of the hearts, pat together to form a fat cylinder, then gently roll on your work surface until it completely encircles the coloured dough, with the frozen heart dough hidden in the centre. Chill for 2 hrs.

Heat oven to 180C/160C fan/gas 4. Use a sharp knife to slice the log into 1cm-thick discs. Place on trays lined with baking parchment, allowing space for spreading, and bake for 20 mins. Cool on wire racks. Will keep for up to 4 days in an airtight container.

Year 10 GCSE Food Nutrition Choux Pastry



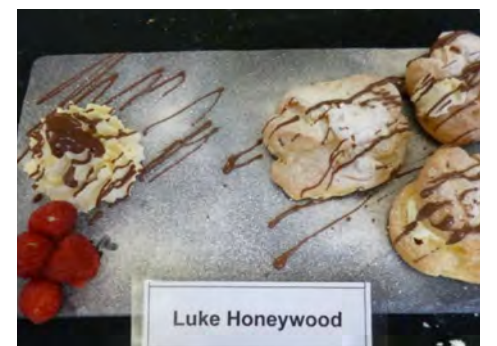
Bethany Dunford



Megan Winfield
5790



Harlan Vickers



Luke Honeywood

Harry Potter Book Night 2018

NWHS celebrated Harry Potter Book Night in style on Thursday 1st February by holding a Harry Potter themed Library Club (the day before) and continuing the celebration in the Library on the actual day. Students were able to choose from a selection of fun activities to complete; from Wizarding word searches to colouring worksheets. They

even had the opportunity to watch the Fantastic Beasts and Where to Find Them DVD which proved extremely popular. As a thank you to all those who came along to help celebrate this magical event, students were rewarded with a handful of jellybeans (I wonder who ended up with the ear wax flavoured ones!!)



OWL POST
On a selection of cream envelopes, write the names of all of the people (aka Hogwarts students) attending your party. Suspend them at various heights from the ceiling using cotton. If you have any owl toys, you might want to attach some to their beaks for added effect.

HAVE YOU SEEN THIS WITCH or WIZARD?
Create a selfie frame using either an empty wooden picture frame or a cardboard frame (either homemade or from a craft shop) and paint 'Have you seen this witch or wizard?' across the top. Your Hogwarts students can pose as 'most wanted' for photos. Use a # for social media.

SORTING CEREMONY
Why not start the night with a sorting ceremony to sort your students into the four Hogwarts houses. To set the mood, read Harry Potter and the Philosopher's Stone, Chapter 7, pages 125 – 126. One-by-one get your guests to sit on a chair and place a sorting hat on their head, whilst they select a piece of paper with either GRYFFINDOR, HUFFLEPUFF, RAVENCLAW or SLYTHERIN from a container.

BREED YOUR OWN MAGICAL BEAST
Get a collection of craft materials together and split your students into their houses (teams) to

use the equipment and materials to create their own fantastic beast. The groups could take it in turns at the end to present the fantastic beast they have 'bread' and take everyone through their magical characteristics.

CREATE YOUR OWN FANTASTIC POTTER POTION
Split the Hogwarts students into their houses and ask them to make their very own Potters Potion. Supply them with various juices and ingredients and ask them to think about what magical powers the potion will have. Your wizards and witches can show everyone what they have created at the end of the game.

Remember to award points to the winning houses for each game to see if the best house wins! Go a step further and create a certificate for the winners.

500 Words Competition

James Thatcher
YEAR 9

CALLING all year 7 and 8 students. Are you creative? Interested in writing? Do you think you could be the next J.K. Rowling? If so, read on for the latest news in the 500 words competition.

This year's competition has been launched and there are lots of tempting reasons to take part. This year's ceremony is being held at the magnificent Hampton Court Palace where actors and celebrities will read out the winning stories to be broadcast on the radio.

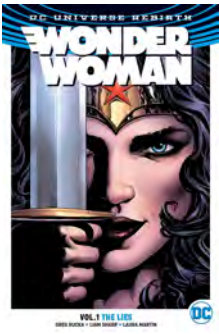
The winning writers will also get the chance to have tea on the Queen's Royal Barge and, not only that, but they get the opportunity to sit in 'the' car from the stage production of 'Chitty Chitty Bang Bang'.

Extra prizes include a stack of books, to match Chris Evans' height (1st place), the Duchess of Cambridge's height (2nd place) and the authors height (3rd place) – that's a lot of books, for the avid reader, and plenty of opportunities to read. This is an amazing time for people as a lot of the winning stories are remembered and it is a great time for young budding authors to really shine and do what they love. So everybody have a go as the next winner may be you. Deadlines are February 22nd and all entries can be submitted online. Any extra help, support or guidance with this then visit the librarians or Mrs Hotchen in En2 for more information. You've got to be in it to be win it.

The Excelsior Book Award

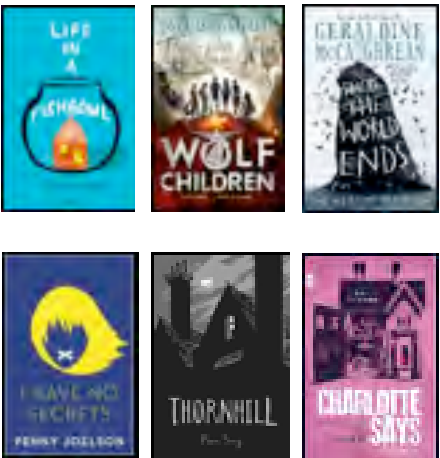
James Thatcher
YEAR 9

The Excelsior Book Award is an annual graphic novel award that celebrates graphic and manga novels. These novels are hugely important as they have inspired many films and TV programmes that have attracted a huge fan audience. Another of the benefits is the educational value. Scientific tests have proven that graphic novels help people concentrate and also interpret stories, as it is actually hard to read a story and follow along with the pictures which is a skill that happens with reading comprehension.



Worcestershire Teen Book Award

FOLLOWING many successful speed dating sessions, the Schools Library Service have announced the shortlisted books for The Worcestershire Teen Book Award.



These titles are initially available for members of Library Club to borrow, and will be available to all students after the Teen Book Award Ceremony on 20th March, when the winning book will be announced.

If you would like to take part in the Award, vote for your favourite book and join us at the Awards ceremony at County Hall on 20th March, why not come along to Library Club. All we ask is for members to read at least one of the shortlisted books, but please feel free to read more!

Just a reminder that Library Club takes place every Wednesday lunchtime. Why not come with your friends? Remember to bring your lunch.



SMSC Day

AT Nunnery Wood SMSC is taught through the curriculum and through specialist days that are dedicated to the subject. These regularly take place throughout the school year. This term gave students in different year groups the opportunity to explore a range of important topics that are relevant to their ability to lead a fulfilling and active life in the wider community, both now and in the future. Year 7 and 8 students focussed on 'The Law, Police and You' along with developing oracy skills. This included a visit from magistrates along with a drama activity and an outside drama company performing. There was also the opportunity to communicate ideas through singing workshops. Year 9 students the day was dedicated to options and careers. (A separate article is on P??) Year 10 students tackled the issues of body image, gambling and abuse whilst Year 11 students also looked at gambling and attitudes towards sex. They listened to a talk from a member of the transgender community and worked through a range of activities to develop their understanding of issues and how best to address them. Students in all year groups found the day to be interesting and useful and gained valuable knowledge and understanding.

Spiritual

Explore beliefs and experience; respect faiths, feelings and values; enjoy learning about oneself, others and the surrounding world; use imagination and creativity; reflect.

Moral

Recognise right and wrong; respect the law; understand consequences; investigate moral and ethical issues; offer reasoned views.

Social

Use a range of social skills; participate in the local community; appreciate diverse viewpoints; participate, volunteer and cooperate; resolve



conflict; engage with the 'British values' of democracy, the rule of law, liberty, respect and tolerance.

Cultural

Appreciate cultural influences; appreciate the role of Britain's parliamentary system; participate in culture opportunities; understand, accept, respect and celebrate diversity.



Craft Club Raises Funds

THE Craft Club made and sold cards suitable for Valentine's Day and Mother's Day to raise money for local charities. The cards sold for £1 each, the total amount raised has not yet been counted as the cards are continuing to sell and will do so up until Mother's Day.



Natural History Trip For Geographers

YEAR 8 geographers visited the Natural History Museum in London to support their studies in class. Students were able to explore the exhibitions on volcanoes, dinosaurs and the diverse wildlife and nature of the British Isles. They could learn more about geology and reptiles as well as whales and hands on activities. Miss Matthews had an amazing day and said that, "I had such a great day, I loved it there and my group pretty much had to drag me out, I will had that they had a great day too!". The learning will be followed up in class and will support the topics covered in the Key Stage Three geography curriculum.

Did you know that most London museums are free to enter? Why not take a trip to London over half term and explore what is on offer. There is a lot going on for children of all ages.



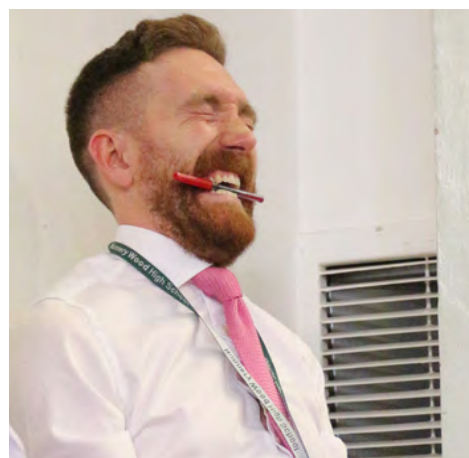
Christmas Continued In The New Term

DUE to the snow forcing school to close back in December, the annual Christmas party held for local older people was rescheduled for the start of the January term. The party included dance, gymnastics and musical performances from students along with traditional carols and a game of bingo. There was also a raffle and a Christmas quiz. Father Christmas and his elves made an appearance and each attendee received a gift. Everyone then enjoyed a festive feast and a chat to the students. Year 10 students organise the event each year, this year supported by Mrs Jasper. Each form raises money and buys and wraps gifts for the guests. On the day, two members of each form help to set up the hall and attend the party to chat to the older people and help out. A team of students, supported by Mrs Miller, prepare and serve the food and drink. It's then all hands on deck to clear up afterwards. The event provides a fantastic opportunity for young people to engage in their local community and the guests always have a lovely time and enjoy the conversation and entertainment provided by the students.

Pain For a Good Cause!



YEAR 11 boys accompanied by male teachers braved having their legs waxed in order to raise money for the Year 11 prom. The students charged 50p to watch the event. Each waxing began with a countdown from 5 to rip! Students took great delight in seeing their teachers in pain and the girls who waxed the boys legs seemed to enjoy seeing the pain on their faces! The hall was packed out and so this was a very popular way to raise funds to reduce the overall price of prom tickets for Year 11 students at their leavers' prom.



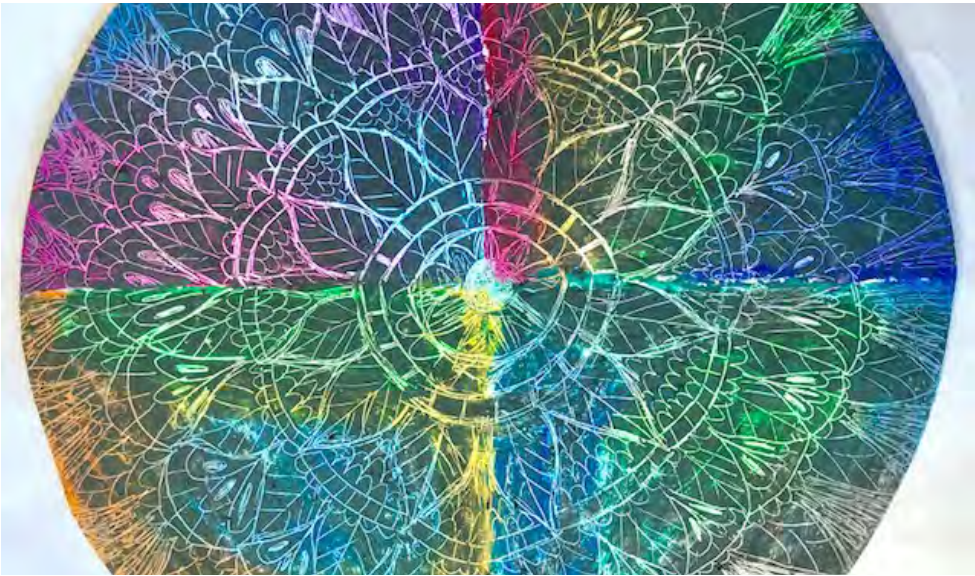
Missing Something?

ARE you missing anything? There is a huge amount of lost property that is stored in reception. Over each term all lost items are recored and stored awaiting collection from their owners. If you have lost anything in school, head to reception to see if it is there Everything you can imagine gets found, including pencil cases, PE kits, shoes, coats, memory sticks and glasses. We wonder how people manage without some of these! At the end of the term, unclaimed property is donated to local charity, New Hope, as we simply do not have the space to store it and at least it is used to support a local good cause.

ARTIST of the week



Left - Ashley Wise \ \ Above - Conor Rowberry \ \ Below - Olivia Lee

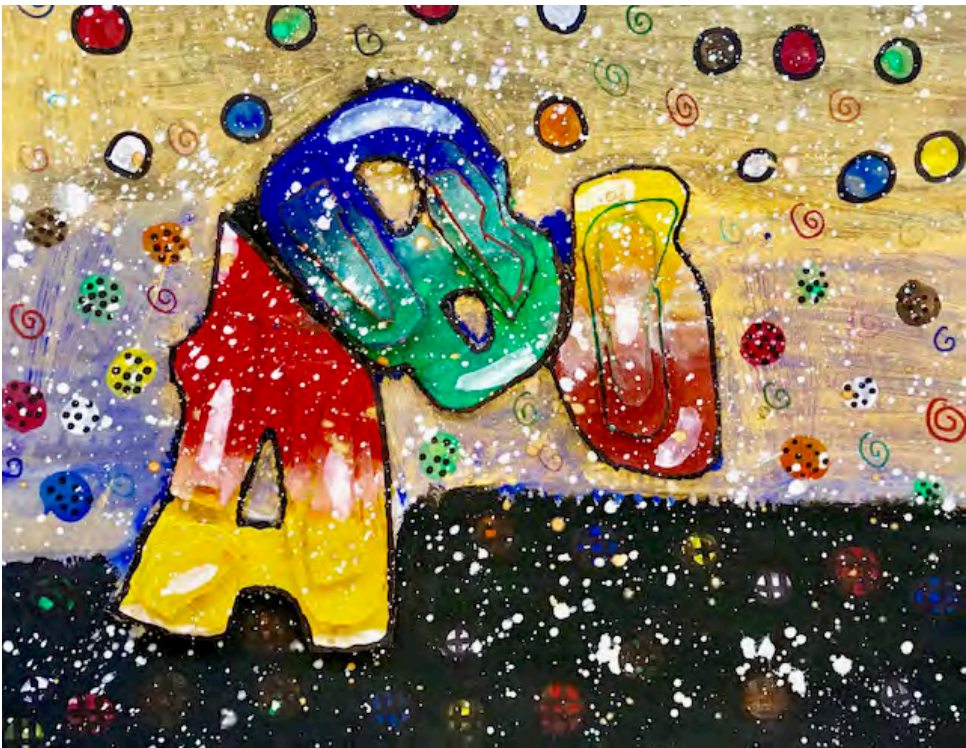


Bottom Left - Megan Honeywood \ \ Middle Bottom - Henry Rich \ \ Bottom Right - Theo Hodgson

ARTIST of the week



Top Left - Maj Begum \ \ Top Right - James Thatcher



Above - Abi Hinton \ \ Bottom-Left -Megan Hughes \ \ Bottom-Right - Laura Philips



Above - Lewis Allen \ \ Below - Zoe Littlewood



Options Time For Year 9

Katie Moule
YEAR 9

FROM the start of the week of 22nd January the options process began for Year 9 students. SMSC day for Year 9 was dedicated to options and careers. The week kicked off with year 9 having an assembly, which included one teacher from each subject having a few minutes each to explain what doing that subject for GCSE would include and what future study and career options it could link to.

Another part of options process for Year 9s was options evening, where students and parents

on Wednesday 31st January, went to discuss the different subjects they could take. Parents and students were able to find out what each subject includes in more detail, by talking to that subject teacher and viewing different stalls for each subject.

Following the SMSC day and options evening, all students in Year 9 began to decide what options they wanted to take for their GCSEs. They were given a detailed booklet that explained what each subject involved and the benefits of taking each subject. Students had been placed on pathways that guided them as to which courses most suited their needs.

On the 30th January, students were given their options form, so they could decide and allocate which subjects they wanted to take for GCSE, ready to be handed in on Wednesday 7th February. The decisions were very difficult to make and involved lots of discussions and research. Before students handed in their options form, they had an interview with a certain teacher, talking about what they would like to take for options to make sure that they had made good choices and considered their options carefully.

When you are reading this you'll have already have chosen your options, so I hope you chosen the right ones for you, and hopefully get the options you wanted.



Year 11 Revision and Examination Evening 2018



Time
for
Exams

YEAR 11 students are entering the final phase of their education here at Nunnery Wood High School and will be getting lots of advice to help them prepare for the forthcoming examinations from staff in the school. As you are aware competition for college places, universities, jobs and apprenticeships is intensifying. Recently the Russell Group, comprising the top universities in the UK, made a statement saying that they would be looking even more closely at GCSE results as well as A' level results to enable them to decide which students to offer places to.

We are very aware that success for students stems from a partnership between staff, parents and students. It is important therefore that what

we say about revision and learning at school is backed up and reinforced at home. To enable you to do this we will be running a parental "Year 11 Revision and Examination Evening" on Thursday 15th March 2018 from 7pm to 8.30pm which will focus on the following aspects of exam preparation:

- The organisation of GCSE revision sessions and examinations at Nunnery Wood
- Practical revision techniques that your child can use.
- Time management and resources to support time management

GCSE Pod What is it? How do we use it?

How to support your child in the build up to the examinations and during the examination period?

- Essential advice and preparation for English, maths and science examinations

The seminar will take place in the main school hall and may include some small workshop sessions that focus upon the core subjects of English, maths and science.

Mr Williams said "I am confident that the evening will prove to be very popular, a letter of invite will be on its way soon. Please return the slip to reserve your place."

What's going on in Worcester?

Get Active for Free!

Freedom Leisure's Active Communities Team will be providing 1 week of completely FREE multi-sports across Worcester from 19th-23rd February 2018.

14 venues across Worcester City All you need to do is Turn up, Sign in and Take part!

Multi-sports activities include: football, cricket, tennis and much more! Parental consent needed for under 16's



Villainous Victorians! At Tudor House Museum

As part of the city-wide Love Worcester Heritage Festival in 2018, we will be playing host of a whole range of villainous Victorians and their wicked ways! Learn more about their bad habits and naughty deeds with our children's activity pack and trail (£1 per pack), throughout the festival.

On 17th & 18th February, the award-winning Ragged Victorians will join us for a Living History weekend, featuring swindlers and crooks, bare-knuckle fighters, harlots and hawkers, mudlarks and pickpockets aplenty!
www.tudorhouse.org.uk

WW1 The War to End All Wars at Worcester City Art Gallery & Museum

From industry to the military, fashion to food, discover how the First World War changed the lives of Worcestershire people and shaped the future of the 20th century.

www.worcestershire.co.uk/



The Hive - Journey of Discovery Trail - Fri, 02 February Sun, 18 March 2018

Take the Journey of Discovery Trail with BBC Focus Magazine. From the dark heart of the black hole to the inner workings of toothpaste, science is everywhere if you know where to look. Pick up a quiz sheet in The Hive, find the boards and start exploring.

Part of the Micro Science Festival and British Science Week. Taking place within The Hive and the University of Worcester City Campus grounds.

For full details: www.worcester.ac.uk/discover/arts-and-culture

Noticeboard

Stay up to date

School Website

For the latest information on policies, admissions, uniform requirements, curriculum news; to download copies of the Nunnery News and press releases; visit or find out how our building project is progressing, visit:
www.nunnerywood.worcs.sch.uk.

Twitter

You can follow us on our Twitter page. @NunneryWood

Facebook

Make sure you like our new Facebook page. [Facebook.com/Nunnerywoodhighschool](https://www.facebook.com/Nunnerywoodhighschool)



Text Messages

We also like to send out little reminders via Text Message so please make sure you have updated your contact details and provided your mobile number.

Reporting student absence

To report your child's absence the most efficient way to get the information to us is to call our dedicated absence line. Our Year Team Leaders have teaching commitments which mean they aren't always able to pass messages on to the attendance team. If you require the information to be passed to your child's Year Team Leader please say so in the message and we will forward it to them.

Student Absence Line

Please ring 01905 363636 and press '1' before 08:30 AM if possible.

School Phone Number

01905 363636

Email

Office@nunnerywood.worcs.sch.uk

School Nurse

A reminder that the school nurse operates a drop in session on Mondays at lunchtime held in Mr Hawley's office. No appointment is necessary and you can just turn up. The nurse can offer

help and advice on a range of issues including mental and physical health and well being.

Industrial Cadets – Mazak 15th - 19th January

Jack Bearman
YEAR 10

DURING the week of the 15th to the 19th January, six year 10 students from Nunnery Wood High school attended the Industrial Cadets programme at Mazak Worcester. The opportunity was offered to all Year 10 students and students were required to write a short application as to why they think they would benefit from the programme. Out of all of the applicants there were only 6 places which were a mix of both boys and girls.

The Industrial Cadets programme is an organisation which encourages work experience for young people, the students completed the Silver award which is approximately 30hrs of work from 8:30 every morning until 4pm.

Jack Beaman, who participated explained that, "We arrived on Monday 15th January and received some information about what we would be doing during the week, we were provided with a uniform and we also went on a factory tour where we had a brief talk about some of the machines produced at Mazak and what exactly they did. It really did surprise us as to how many everyday items have been produced on a Mazak machine; they included the medical sector, aerospace sector and oil & gas sector.

On the second day we started work on the factory floor. We were divided into 3 groups of 2 (boy, girl) and completed a different task on Tuesday, Wednesday & Thursday. The departments that we worked in were Sheet Metal, Electrical Sub Assembly and Turrets, spindles

and ball screws. We produced something from each department, a metal box and spider was produced in Sheet Metal. Soldering and wiring was completed in the Electrical Sub assembly. Assembling a spindle base was completed in Turrets, spindles and ball screws.

Each day we had to completed team building tasks which relied on us to apply STEM (Science, Technology, Engineering and Maths) into a scenario where we had to design and produce something for a specific purpose.

Throughout the week we worked on a presentation which we presented on the Friday to senior managers at the company, parents and Mrs Gwynne and Mrs Jasper, this is where we explained

all that we had learnt throughout the week and how it relates to the original information which we knew when we first arrived at the company.

One of the highlights though was the food, every day we all had a full English breakfast and lunch at the company which was FREE!

We were looked after by two members of Mazak staff who guided us throughout the week and we also spent a lot of time with the Apprentices, hearing what they have to say about the company and what it means for them.

I would recommend the programme to anybody, you don't just have to be interested in Engineering as it provides you with some basic experi-

ence in the world of work which many young people have never experienced. It is also a fantastic opportunity for those who don't know what they would like to do in the future as it can give you some experience in different sectors. It is a fantastic opportunity for those who do it".

Mrs Jasper added that the students, "successfully graduated and had an experience that was both enjoyable and highly valuable to their future career plans".

See Mrs Gwynne in the careers office for further details about this scheme, work experience, apprenticeships or any other aspect of careers advice.



Media reviews

Spiderman Homecoming

Nawal Jamshid
YEAR 8

THERE have been many Spiderman films there was the original, The Amazing Spiderman films with Andrew Garfield and now Spiderman Homecoming. In the film Peter Parker is portrayed as a 15-year-old high school student who is coming to terms with his power of being Spiderman. Peter, who is played by Tom Holland, has been given an internship at Stark Enterprises and under the close supervision of Tony Stark (Iron Man) he is working towards being part of the Avengers. However, life is not that simple and Peter struggles with his high school commitments alongside his superhero ones. The film is great, full of funny scenes, great characters and an action packed plot. I highly recommend it.



Pitch Perfect 3

Nawal Jamshid
YEAR 8

PITCH Perfect Three came out and it was amazing! Following on from my Christmas film review, my sister and I went to go watch the film and we loved it. The film has more of an action based story line but still follows the Barden Bellas on their acapella adventure. After the Bellas splitting up and going their separate ways they get an opportunity to re-join their group and sing together one last time. The film is different from the first two as it has more of an unrealistic plot but it is still absolutely hilarious! The film starts with a snippet of the action three weeks later on the film and you are building up to the event collecting information on the way. The film is quite possibly one of my favourites and I would recommend it to everyone it will leave you laughing.



Suicide, Depression and Thirteen Reasons Why...

Asumayyah Iqbal
YEAR 9

ASUMAYYAH takes on difficult and controversial issues in each edition, this time she takes a unique look at issues surrounding mental health, exploring TV show 'Thirteen Reasons Why'.

"There was a time, when death asked life; why do people love you to heaven, but hate me to hell?"

And life replied; because I am a beautiful lie, and you are the dreadful truth...."- Hajra Iqbal

We all take the will to live for granted, no one really appreciates wanting to live. Millions and millions of us have dreams to achieve and the world to see, all of the parties to attend, people to meet. But not everyone stops to think about the people who don't feel the same. Who don't want to live and want to stop the nightmare that starts right after their alarm clocks scream them awake in the morning to a world, that other human beings have made cruel. I've now realised that to some people sometimes even to live is an act of courage. That the reason to end their "precious" lives isn't because they need attention it's because they think there is no option left. When people kill themselves, they think they're ending the pain, but all they're doing is passing it on to those they leave behind.

Suicide and self-harm are often thought to be linked together but this isn't always true.

Unfortunately, both often get grouped together because both are due to pain. People who self-harm may later commit suicide. Most of the time, to distract them from their emotional pain, they replace it with physical pain. Whereas suicide is a way of ending life. A significant difference between suicide and self-harm is intent. Simply put, a suicidal person sees no other way out and wants to end his or her life. People who are contemplating suicide are experiencing life stressors and possibly depression in which they don't have an escape.

Recently, Netflix released a show called 'Thirteen Reasons Why' which covers taboo subjects such as suicide, self-harm and rape. The show is both deep and meaningful and has cleared the air on the commonly reserved subject and has allowed people, young and old, to talk about suicide. However, it has also caused dispute among teachers, students, parents and many teen suicide groups who say that the show is 'romanticizing death' and 'aestheticizing teen suicide'. Moreover, the national association of school psychologists recommends that vulnerable youth, especially those who have any degree of suicidal ideation to not watch the critically acclaimed Netflix series at all.

So this means teenagers have yet again been kept in the dark regarding real issues. I mean, what I don't understand is: if there is a TV show, set in a high school, following the story of a 16-year-old girl, then why is it rated an 18? Also, if it's rated an 18 and teenagers can't watch it then how are the ignorant bullies learn that actually their actions have consequences.

However, within three weeks of the series premiere on March 31, there was a significant rise in internet searches concerning suicide, by about 19 per cent (900,000 to 1.5 million more searches than usual, in other words). In that same three weeks, it also set a record for being the most tweeted about TV series in 2017 so far. However, as well as increasing suicide rates it has also raised awareness of bullying and mental illness. More and more people will now realise what suicidal people go through on a daily basis, through the female protagonist, Hannah Bakers eyes.

'Thirteen Reasons Why' shows us that high school is a time that is very harsh for most of us. It's true. It's easy to feel depressed, overwhelmed and unaccepted. Almost like a trial by fire that will make us really value our adult years so much more. Right now, we are along side people who we may have absolutely nothing in common with, or who just don't even notice us -and that's not because we aren't just as important as they are.

The Netflix drama shows us It's hard when you're a teen: we are trying to sort out who we are and to be validated by our peers rather than our family. The thing is, we are also surrounded by people who are as much or more disoriented or clueless or self-involved as we are. The only way to fight this is to find the others who are alone like you, to comfort others when they are clearly not okay, to find interests that help other people and clubs that speak to what you enjoy. You just need to remember you are so young, these people are not going to be here all of your

life.

And I get it, sometimes you look at everything in this town and want to scream. I mean look at it, look at all those cul de sacs, those streets that turn in on themselves and all those houses that were built to fall apart. I have lived here all of the 14 years of my life and I struggle to meet people who care about anything that actually matters. There are seven billion people on this planet who I have not met, and 195 countries I have not visited, yet I am stuck in this town being pressured to make decisions about my future when I barely even know who I am. This is what I feel about life; in this world that we live in, nobody listens. We do have thoughts but nobody's thinking. I believe that is the reason that there are people out there who are so sad that they want to take their own life, so sad that they forget that there are people who will forever grieve them. It takes one cruel thing to one cruel human to one cruel crowd and every little thing that has ever happened snowballs into a death. A death that no one can reverse – no matter how much we want to prevent it. Life is a balance between holding on and letting go.

In summary, 'Thirteen Reasons Why' has allowed society to realise the amount of pain people with mental health go through. It has allowed us to treat suicide not as a taboo subject but as a problem we need a solution for. It has allowed us to process that actions have consequences and that bullying can lead to lifelong suffering. It has allowed us to witness first-hand what slut-shaming is and to realise the ugly role social media can play in our lives.

School of Rock

Adam Rowberry
YEAR 11

BASED on the iconic, hit movie, this irresistible musical follows Dewey Finn, a failed, wannabe rock star who decides to earn an extra bit of cash by posing as a supply teacher at a prestigious prep school. There he turns a class of straight-A pupils into a guitar-shredding, bass-slapping mind-blowing rock band. But can he get them to the Battle of the Bands without their parents and the school's headmistress finding out?

You can buy tickets through our website www.nunnerywood.worcs.sch.uk or from Reception.

Nunnery Wood High School

Present...

Wednesday 7th March at 6.30 P.M.

Thursday 8th March at 4.30 P.M.

Friday 9th March at 6.30 P.M.

Tickets £5 or £2.50 under 16s



The Issue of Universal Credit

Warning: This article contains opinion!

Alexander Scoby
YEAR 11

UNIVERSAL Credit, the Tory answer to increasing poverty rates and economic hardship, is both dangerous and antithetical to the goal of aiding the ‘just about managing’ families. The packaging of up to six formerly separate benefits will result in an ossified rental market, the erosion of tenant-landlord trust, and, most importantly, increased rates of local poverty. Before Universal Credit is fully rolled out in Worcester, its flaws must be addressed.

The fundamental problem with Universal Credit lies in its payment system. To understand this fault, one must look at the changes to rental payments. Under the previous system, a recipient’s landlord would be paid directly by the Housing Benefit and thus the tenant was not expected to pay the landlord themselves. However, Universal Credit removes this feature of the benefit and the tenant is now expected to pay the landlord directly; minimising the state’s role. Theoretically, this causes no problem and even increases a recipient’s independence. Practically, this is ill-thought out and demonstrates how little regard the Tories have for their most vulnerable constituents for two reasons: firstly,

they remove a safeguard against a tenant falling into arrears without providing ample training or information about landlord payments. Secondly, they fail to take into account how delayed Universal Credit payments can quite plausibly lead to eviction because, under the new system, a recipient must directly pay the landlord. Can they do this without receiving their benefits? Is this really going to help the most vulnerable members of society? Locally, these flaws have become a reality. Over the past few months, two cases of Universal Credit failing Worcester’s residents have come to the foreground. In the first, a single man fell into arrears with his landlord because of a delay in Universal Credit payments. Without being paid, he simply did not have the money to give to his landlord. The second case was a family with young children. As a consequence of delayed payments, they were forced to go to a foodbank as they simply didn’t have the money to buy basic items. After reading cases like that, cases in which members of our community are being degraded, is it wrong to say that Universal Credit is detrimental to recipients?

Universal Credit is not only flawed in its payment system. This year, as the national rollout began, clear evidence of it eroding social capital and tenant-landlord trust has emerged. The National Landlord Association has reported

that, according to a survey, just 18% of private landlords are willing to rent to local housing allowance (LHA) recipients, down from 46% in 2011. The primary reason for this decrease is fear of non-payment or late payment, fears which Universal Credit payment delays will only exacerbate. Assuming that the national trend is mirrored at a local level, the implementation of Universal Credit across Worcester will be harmful to vulnerable tenants and will in many cases prevent recipients from getting a ‘foot in the door’ of home ownership as landlords do not want to assume risk. Should this premise be accepted, it becomes an apodictic truth that Universal Credit must be rethought and its shortcomings addressed before Worcester is subject to them. The erosional power of Universal Credit has also pervaded mortgage lending. To receive a loan for a house is, as we all know, critical to getting onto the housing ladder. Universal Credit is making this critical step much more difficult for recipients. As part of the ‘modernisation of the welfare system’ there is a proposal to make Universal Credit wholly online and paperwork-free. Similar to the payment system, this is brilliant in theory. But, drawing parallels to the payment system once more, in practice it is counterproductive because most building societies and mortgage providers still require a hard copy of benefit details. Thus, there is a kink in the system.

An example of this kink was reported by The Guardian; one Universal Credit claimant had her proposed loan from NatWest slashed from £103,000 to £59,000 because she couldn’t provide the bank with a letter detailing the breakdown of her payment. How then can Conservative ministers argue that this is a better system? How can they argue that this will help their constituents? How can they argue that this is a fair system?

As you can see, Universal Credit is deeply flawed in its current form. The product is the derivative of rushed thought in the face of rising poverty rates for which the Conservative government is accountable. It is axiomatic to the prosperity, wellbeing, and community of Worcester that we oppose the rollout of Universal Credit as it stands and help, not harm, the proposed 10,000 local recipients of it.



Engaging With English

THE English department has been a hive of activity this half term and we are delighted to show off some of the incredible talent of our students. Each year group has had a different theme to encourage their skills and creativity.

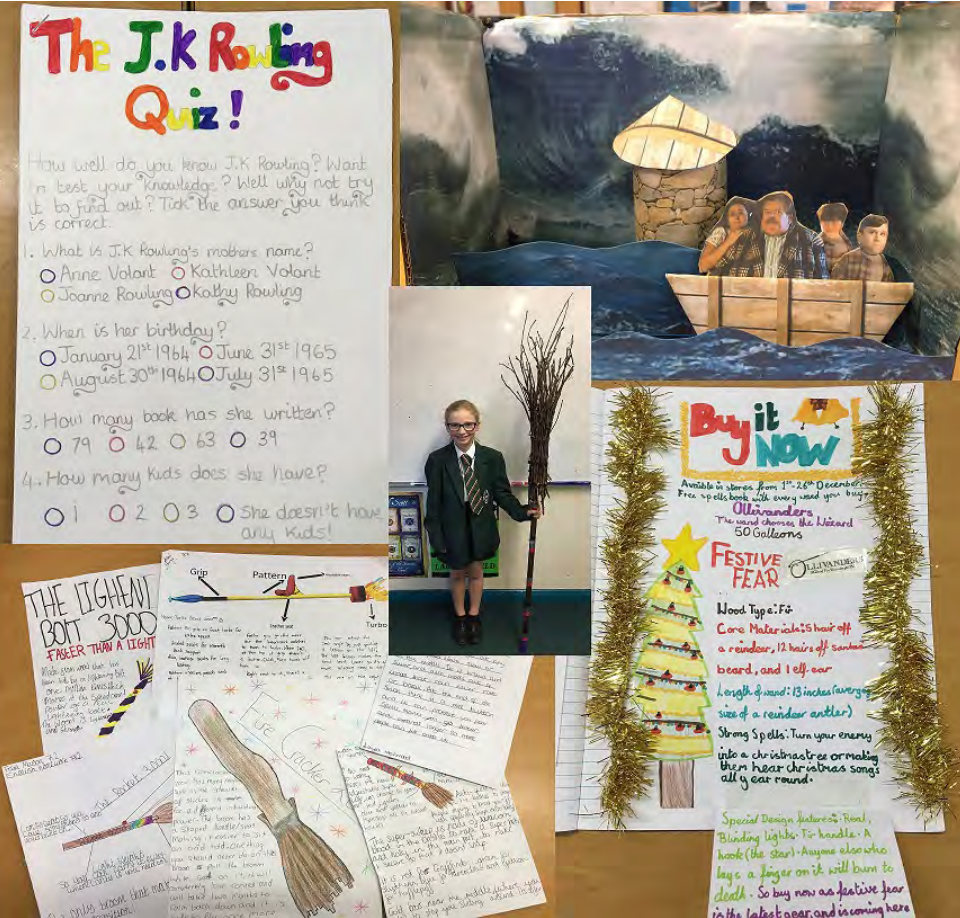
Harry Potter- Year 7:
Produced by students in 7X2 and 7Y3 and special recognition to others in the year group: Katie Lancaster, Thomas Palmer, Anika Yasmin, Daisy Graham-Kevan!

Travel Islands - Year 7:
Excellent examples of travel islands produced

by Oliver Duffy, Tayler-Rose Spencer, Daisy Regan, Louis Foreman and Leah MacKinnon!

Book Buzz:
Great competition entries for the national Book Buzz book cover competition. This is a nationwide competition to promote the love of reading.

9 Desk Quotes Year 9 :
Year 9 examples of desk quotes, where students had a go at annotating and analysing quotes in a different way!



NUNNERY SPORT

National School's Badminton Competition

THE Key Stage 3 Girls badminton team, who were District champions earlier in the year, progressed through to the County Round where they were playing the winners of all the other Districts in Worcestershire. They travelled to Perdisswell Leisure Centre to compete in County Round, full of enthusiasm and positivity. They were put in group 1 with South Bromsgrove and Haybridge High where they performed exceptionally well as a team. They demonstrated grit and determination to come back from 2-0 down in games to beat a very strong South Bromsgrove 3-2. The girls clearly grew in confidence and went on to beat Haybridge High

5-0 in games and therefore winning the group. They faced a talented and experienced Chase School in the final with the winners progressing through to the regional round. All four Nunnery girls played extremely well, unfortunately were beaten in a close final, 3-2 in games. Mr Kempster said, "The team should be very proud of their efforts and their performance as they did a fantastic job representing Nunnery Wood and eventually coming 2nd in the County".

Team: Diya Dinu, Niketa Thomas, Ella Ford and Isobele Webb



PE Raises LGBTQ Awareness

THE PE department launched a competition to encourage students to consider issues in sport relating to LGBT issues in sport. A recent national survey found that the experience of LGBT was negative in school sport and were more likely to say that this influenced their future views of sport. One of the main reasons cited for abuse or exclusion was that LGB people were considered 'different', because they didn't act like typical boys or typical girls. 55% of LGBT men were not active enough to maintain good health, compared to 33% of men in the general population. 56% of LGBT women were not active enough to maintain good health, compared to 45% of women in the general population and 64% of LGBT people who identified as something other than male or female (eg gender uid or genderqueer) were not active enough to maintain good health. Homophobia in sport and in school is completely unacceptable and so the PE department wanted to send out a clear message that we will promote sport for all people, tackle homophobia and encourage a more open environment with positive gay role models within sport. Over the last few decades more gay sportspeople have come out, such as Gareth Thomas and openly gay sports teams such as the Kings Cross Steelers have been established. However there is a disproportionate number of gay female teams and very little representation for bisexual and transgender sportspeople. The winning form was 7.6 who focused upon the contribution of Gareth Thomas in sport and how he can be a positive role model for young people.

Raising Star



COUNTY player Daisy Wickett was named 'girl of the game after helping her football team, Birmingham Academy, to beat Wales 2 – 1 at the weekend. The game took place at the weekend at Bromsgrove High School and Nunnery Wood student Daisy was commended for her efforts; she continuously passed the ball which assisted the two goals. Daisy has been playing football for Warndon villages since she was in year 5 and now trains with the Birmingham Academy. She plays left wing and has aspirations of playing for the ladies' national team as a professional footballer in the future. Daisy is devoted to this hobby and trains three times a week with extra time allocated for games. Daisy encourages all girls to give the sport a go and promises that football is both competitive and a fun way to develop team skills and confidence. If any other students are interested they should speak to Mr Barrell or attend the training, Tuesdays after school.

Captain's Corner



OUR new feature of Captains Corner allows the sports teams captains to update us on team news. We Caught up with Dylan O Kaine and Niall O Kaine who chatted to us about hockey.

Why did you start your sport?
Niall- I started hockey because I did it in PE and enjoyed it I then joined the school club
Dylan- Our first PE lesson in Nunnery we were sat in at the sports centre and told of the range of extra-curricular sports clubs that went on. I was intrigued by Hockey as some of my friends from primary played it.

How long have you played?
Niall-I have played hockey since Year 7 and until present day. So that's 4 years



Dylan- I've been playing since the start of year 7

What do you enjoy about it?
Niall-I enjoy the intensity of hockey and loved the competitive aspect.
Dylan- I enjoy how hockey is so unique from other sports and requires a different skill set then other popular sports.

What's your match winning breakfast?
Niall-My match winning breakfast is a humble bowl of crunchy nut cornflakes
Dylan- Much the same as my match losing breakfast any cereal in the cupboard drizzled with golden syrup

How do you celebrate you win?
Niall-I can't really remember how I celebrate my wins It has been a while.
Dylan- no particular match winning celebration other than a much happier atmosphere afterwards.



Ashes Review

Captain: Joe Root (ENG)
Vice: James Anderson (ENG)
Captain: Steve Smith (AUS)
Vice: David Warner

1st Test – AUS WON BY 10 WICKETS
• Player of match – Steve Smith (AUS)
• ENG won toss and batted 1st
• Day 1 ended 9.3 overs early due to rain
• Bancroft (AUS) made Test Debut
• Starc (AUS) took his 150th wicket
2nd Test - AUS WON BY 120 RUNS

• Player of match Shaun Marsh (AUS)
• ENG won toss and fielded 1st
• Day 1 ended 9 overs early and Day 2 ended 18.5 overs early due to rain and light
• Overton (ENG) made test debut and took 1st wicket
3rd Test – AUS WON BY 1 INNINGS AND 41 RUNS
• Player of match Steve Smith (AUS)
• Cook (ENG) first player to play 150 tests
• AUS 1st innings had the highest score in

Ashes whilst at home
ASHES REGAINED BY AUSTRALIA
4th Test – MATCH DRAWN
• Player of match Alastair Cook (ENG)
• Curran (ENG) made Test Debut and 1st Test Wicket
• Cook (ENG) made highest score by visiting player
5th Test – AUS WON BY AN INNINGS AND 123 RUNS

• Player of match Pat Cummins (AUS)
• Crane (ENG) made test debut
• Bairstow (ENG) played 50th Test
Statistics
• 20 or more wickets taken in same series – Starc, Hazlewood, Cummins and Lyon
• Youngest player to reach 12000 Test runs – Cook (33 yrs)
• Quickest Time to reach 12000 Test runs – Cook (11 yrs and 312 days)
• Most runs conceded by bowler – Crane (193 runs and 1 wicket)

NUNNERY SPORT

Cross Country Runners Turn on The Style at County Champs

A number of Nunnery Wood High School runners started in this years County Cross Country Championships at Sanders Park, Bromsgrove. The Nunnery runners qualified for the race through the local Worcester District Cross Country Championships to compete against the County's best for the Worcester City team. The conditions proved horrendous with an extremely muddy course and freezing temperatures.

Huge congratulations to James Dale who was crowned County Champion after taking the Gold Medal in the 5.5km Intermediate Boys race.

Georgia Fox came 2nd in the Intermediate Girls race, followed by Lauren Kennard who finished in 8th.

James, Georgia and Lauren will now represent the Midlands at the National Cross Country Championships in Leeds in March. This is an incredible achievement and the first time Nunnery Wood High School has had more than one runner qualify for the Nationals in the same year.

Congratulations also to the following students:

| | | |
|-----------------|------|--------------|
| Joshua Williams | 11th | Inter Boys |
| Ruby Jarman | 25th | Junior Girls |
| Dan Lowe | 24th | Junior Boys |

Mr Russell said that, "The students put in exceptional performances and did themselves and the school proud".

James Dale to represent Nunnery Wood High School at National schools' Cross-country championship. James successfully ran his 5km competition in



an impressive 21 minutes. He achieved 13th but qualified in first position. The course was hilly and muddy but this did not deter the young runner.

James has been competitively running throughout his time at Nunnery Wood and now he is in year 11 he is considering his future options. Although he says, running competitively is just for 'fun at the moment' he has the potential to continue in the future.

The national event in Leeds will see James competing against all U16's who qualified in Hereford and Worcester.

Girls Give RGS Stick!

Freya Lawrence & Charlotte Wilkinson
YEAR 9



THE U15's girls hockey team fought hard against RGS Worcester in a recent match. Although the team did not win the match, they showed massive improvement since their previous games. Aimee Webb demonstrated excellent goal keeping skills and a strong defence made up from Beth Franklin, Charlotte Wilkinson, Freya Lawrence and Millie McCormick prevented the opposition from gaining further ground. Thanks to the efforts of the midfielders and attackers, the Nunnery side almost broke the strong defence of the opposition may times. In the second half, the team started strong but unfortunately conceded luck goals from the RGS side. Overall , the team gave a strong performance and gained valuable match experience. Many thanks to Ben Dimmock (umpire), Grace Moseley (coach) and Mrs Gleeson for all supporting the team. The tea is looking forward to the next match. Player of the Match: Freya Lawrence



Netball Team Takes on Local Tournament

Nawal Jamshid
YEAR 8

THE Year 7 U.12 netball team went to RGS Worcester to compete in the School Games Tournament; with the first two qualifying teams going into the School Games League. The girls played well against some tough opposition playing back to back matches in the cold against; Kings, RGSW, Christopher Whiteheads, Blessed Edwards, Bishop Perowne, Tudor

Grange and Westacre. This was the first away tournament that the team have played and therefore some were new to their positions and team mates. Unfortunately, Nunnery did not win any matches but it was very close and the players worked well together. Everyone played their hardest. We enjoyed the tournament and can't wait for the next one!

Players Player of the Matches: Lily Salisby and Jessica Fox

Player of the Match:Leah McKinnon.

Overall a big well done to all the girls that played; Leah McKinnon, Melanie Mariga, Lily Salisby, Jessica Fox, Awa Sannah, Abi Smedley, Emily Palmer, Ellie Stokes, Jemima De Souza and Nia Hillyard and also Miss Gonzalez for her umpiring.

Caption Competition

Simply come up with a witty and/or clever caption to go with the image below for your chance to win a prize.

Email entries to:
Press@nunnerywood.worcs.sch.uk



Sports Quiz

1. Which UK City is hosting the Common Wealth Games in 2022?
2. Who won BBC Sports Personality of the Year 2017?
3. Who captained the England Cricket Team in the 2017-18 Ashes?
4. Who beat England 0:1 in the Women's World League Hockey Semi Final 2017?
5. Where did Usain Bolt finish in his final race of his career?

Answers

1. Birmingham
2. Mo Farrah
3. Joe Root
4. New Zealand
5. He didn't! He pulled out injured in 4x100m relay.
- 6.

NUNNERY SPORT

Year 7 Nunnery Wood Cross Cross Country Team Strides To Success

WELL done to the following Year 7 runners who competed in the Worcester District Cross Country Championships, held at RGS The Grange.

This proved to be a very competitive race with runners from all Worcester schools including The Grammar & Kings' Schools. All Nunnery athletes ran particularly well on a testing and muddy course.

Particular congratulations goes to Ellis Hartland and Will Doughty who finished in 3rd and 5th place respectively. Due to both finishing in the top 6, they qualified for the County Championships at Bromsgrove School in March. Jess Fox also ran very strongly, coming 8th in the girls' race overall.

Below are listed the names and positions of the Nunnery team.

BOYS

Ellis Hartland - 3rd
Will Doughty - 5th
Zac McGretton - 18th
Jack Christie - 19th
Harry Rebbeck - 20th
Tom Parry - 23rd

GIRLS

Jess Fox - 8th
Ellie Stokes - 21st
Alice Dixon - 23rd
Abbie Smedley - 24th
Daisy Graham Kevan - 26th
Nia Hillyard - 27th
Lily Martin - 35th



Term dates - 2017 / 18

AUTUMN TERM 2017
Term Starts - 6th September
Half Term - 23rd October - 27th October
Term Ends - 19th December

SPRING TERM 2018
Term Starts - 4rd January
Half Term - 19th February - 23rd February
Term Ends - 29th March

SUMMER TERM 2018
Term Starts - 16th April
Half Term - 28th May - 1st June
Term Ends - 20th July

OTHER DATES
Good Friday - 30th March
Easter - 2nd April
May Day - 7th May
Whitsun Bank Holiday - 28th May

INSET DAYS
4th & 5th September 2017
8th December 2017
16th February 2018
23rd & 24th July 2018

School shop

The Finance Office have a wide range of items for sale, including stationery, equipment and revision guides.

The Finance Office is open...
Monday to Fridays:
8.00am - 8.50am
10.50am - 11.05am
1.10pm - 2.00pm
3.05pm - 3.30pm

Our current price list is as follows:

| Stationary | |
|----------------------|-------|
| Pen | 10p |
| Pencil | 10p |
| Ruler 6" | 10p |
| Ruler 12" | 15p |
| Rubber | 5p |
| Sharpener | 5p |
| Protractor | 10p |
| Set Square | 10p |
| Compass | 25p |
| Small Pencil Case | 85p |
| Large Pencil Case | £1.10 |
| Art Pencil Set | £1 |
| Mini Highlighter Set | £1.40 |
| Large Glue Stick | 40p |
| Stationery Set | £4 |
| Art Sketchbook A3 | £3 |
| Art Sketchbook A4 | £2 |
| 16GB Memory Stick | £5 |
| Calculator | £5.95 |
| Yr11 Tie | £4.20 |
| Water Bottle | £1 |

Revision guides only available on ParentPay



Interesting Valentine's Day Facts:

There are enough candy hearts made each year to stretch from Valentine, Arizona to Rome, Italy, and back again. The number of these candy hearts produced is approximately 8 billion.

There are approximately 50 million roses given on Valentine's Day around the world.

Women tend to buy approximately 85% of all the Valentine's Day cards sold.

Valentine's Day is the second most popular day of the year for sending cards, second only to Christmas.

There are approximately 1 billion Valentine's Day cards exchanged every year in the U.S. alone.

Approximately 27 percent of those who buy flowers on Valentine's Day are women. The other 73% are men.

The phrase to wear your heart on your sleeve has historical meaning. In the middle ages young people would draw the name of their valentine from a bowl. They had to wear the name on their sleeve for one week.

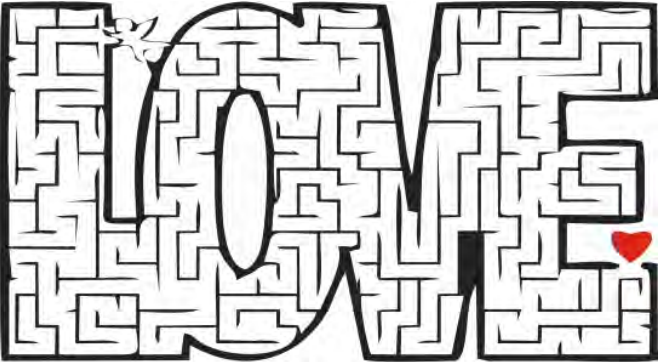
Every Valentine's Day, the Italian city of Verona receives approximately 1,000 letters that have been addressed to Juliet. This is where Romeo and Juliet, the young lovers in Shakespeare's play, lived.

The first Valentine's Day candy box was invented by Richard Cadbury in the late 19th century.

On Valentine's Day, 1876, Alexander Graham Bell applied for his telephone patent.

Cupid is the son of Venus. Venus was the god of beauty and love.

Approximately 15% of women send themselves flowers on Valentine's Day.



Valentine's Day Word Search

m i a n z t c v u o
m f y l r o s e s y a a c m c
j v l r e h f q v d m r m s g u h
h t o a c m e f n z g i f t s v s
o s w u u r f a j d y n r e t s u
x j e r p s c y r n e g v l e s k
g r b i d p p v t n o a n k n
s e d r k i s s l e d k i
f v a l e n t i n e p
c n i f b i g
f g b k d
x f e
r

love
cupid
valentine
heart

candy
cards
flowers
kindness

caring
February
red
kiss

hugs
pink
gifts
roses