

# THE • ORIEL view



The latest news,  
views and events  
from your school

SPRING  
2016



## MAIN FEATURE

### COCO'S UPDATE [5]

*Coco's update- So what has your change changed? Coco's Foundation is very pleased to report that the ECDC (Early Childhood Development Centre) is very near to completion.*

## INSIDE THIS ISSUE

### ORIEL VOLUNTEERING [6]

*We take a look at the varied volunteering work that goes on at Oriel.*

### SPORTS UPDATE [10-11]

*Oriel's outstanding athletes.*

# WELCOME



Welcome to our Spring edition of 'The Oriel View'. We have a full newsletter that provides a glimpse

into some of our work and I hope that you will enjoy reading about our students' successes in science, literature, sports and dance and the other activities

that we report on in this edition. It also illustrates how generous our students are in terms of fund raising and of giving their time to the community; for instance, the monies raised for Coco's Foundation was an incredible £17,448 and our article on page 5 provides an update on the work being done with this fantastic donation by our students and their families.

We are a very busy school and these remaining few weeks before the public examinations begin for students in Years

11, 12 and 13 are perhaps the busiest of the year, but we strive to ensure that all of our students have a wide ranging, enriching and inspiring experience whilst at secondary school, regardless of their age or stage, as we hope you will gather from this newsletter. Thank you for taking the time to read 'The Oriel View' and I very much hope that you enjoy it.

Philip Stack  
Headteacher



FAST FORWARD

## KEY DIARY DATES...

### APRIL 2016

**11th Apr** - Inset Day - School Closed

**28th Apr** - YR 7 Parents Evening, 4-7pm

### MAY 2016

**2nd May** - May Day Holiday - School Closed

**11th May** - YR8 girls HPV Vaccinations

**16th May - 4th Jun** - Community Art Exhibition, Hawth Theatre

**30th May - 3rd Jun** - Half Term

### JUNE 2016

**9th Jun** - YR10 Music Performance Evening, 6.45-9pm

**20th Jun** - Y10 Pre-Public Examinations

**24th Jun** - Sponsored Walk

**30th Jun** - Sports Day

**30th Jun** - YR11 Prom

### JULY 2016

**1st Jul - Inset Day** - School Closed

**1st Jul** - Sixth Form Summer Ball

**4th- 8th Jul** - YR12 Work Experience

**7th Jul** - Summer Showcase

**5th Jul** - Oriel History Day

**11th Jul** - YR10 Post 16 Experience Day

**12th Jul** - New YR12 Welcome Day

**13th- 15th Jul** - Activities Week

**20th Jul** - PE Presentation Evening

**22nd Jul** - Last Day of Term, Early Closure at 12.45pm

### AUGUST 2016

**18th Aug** - A Level Results Day

**25th Aug** - GCSE Results Day

## ORIEL STUDENT TO REPRESENT THE SOUTH EAST!

Who would have thought a year ago Isobel Golding 8HNE would be preparing herself to go to the NEC Big Bang Fair in Birmingham to represent the South East of England in the Young Scientist of the Year competition!?

Since the last Science Fair, Isobel Golding's project has exploded (figuratively speaking that is...) picking up much media attention. After entering the project "Fear Vs Intelligence" into the regional heats and blowing the judges away (again, figuratively speaking that is...) with her pitch and ideas, she now has to compete against the whole country to see if she can win the prestigious "Young Scientist of the Year award" in the first week of March. Amazingly, Isobel is still improving her project, working every week to test whether horror themed video games affect concentration during an intelligence test. During our last project preparation session I asked Isobel a few questions (literally...)

#### What are you finding most difficult?

One of the largest issues was actually measuring whether someone was actually scared during the computer games.

#### In what way?

During the Science Fair I presumed the volunteers were scared throughout the computer game. However, that might not have been the case. That is what I wanted to test further.

#### How do you test fear?

It's tricky! I've been playing with a range of equipment. Heart rate monitors, video cameras and breathing rate monitors might give me a clue. I'm still collecting data.

#### Is your project nearly finished?

Not really! As it is a national competition I want to make it the best I can.

#### Are you looking forward to it?

I think so. I'm not sure if I'm going to win as apparently sixth formers enter the competition but it should be fun!

Itching to know what Isobel has found out from her experiment? If you see her around the school ask her. I'm sure she'd appreciate your full support.

Mick Doyle



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REWIND ⏮

## SCIENCE FAIR 2015

Once again the quality of this year's work was incredibly high! During the month of November last term all KS3 students had an opportunity to produce a Science Fair project in class of their own choosing. Although looking around the classrooms the odd Mentos and Coke could still be seen... the array of variety was rather mind blowing! Some students took the opportunity to work on an idea that could be applied to everyday life and in some cases even improve it (e.g. which nail varnish was the most scratch resistant?) Some took the opportunity to research an aspect of science not currently on the curriculum (fear, dreams, taste and concentration were rigorously tested) and some even nurtured original ideas (e.g. such as the laser pen microscope).

As you can imagine it was tough deciding the class winners, but nonetheless, each KS3 class chose a winner to represent them

in the whole school heat that occurred on Wednesday 19th November.

### Meet the judges!

We were fortunate enough to have some great judges from the industry visit Oriell High School and help choose the winners. Ian Northwest, Jim Swift, and our very own Russell Arnott all helped choose the winners. They all agreed that the quality this year was one of the best so far.

"It's always a pleasure to see what the students have come up with this year"

**Ian Northwest from the Bloodhound Initiative**

"This fair is a very special thing Oriell does, always impressed with the talent"

**Jim Swift from the Astronomical Society**

"It's very special to be back, it was always one of my favourite days of the year"

**Russell Arnott from Whalefest**

### Below are the 2015 winners from each year group:

	Year 7	Year 8	Year 9
1 <sup>st</sup>	"What illusions affect people the most" Lilly Titterell (SSM), Niamh Wiltshire (SRO)	"Bacterial growth in light" Daniel Clark (MPE) & Tyler Whiteoak (RAS)	"Does colour affect our food preference" Amy Maguire (KJY), Sacha Jubb (HGL) & Becca Harvey (HNE)
2 <sup>nd</sup>	"Does chewing gum make you smarter?" Alex Gadsden (HNE) & Adan Wicker (SRO)	"Hamster maze" Maddy Potter (MDO)	"Bacteria on iPhones" Hannah Humphrey (SWI), Chloe Harrison (GCR), Emily Wood (PMY)
3 <sup>rd</sup>	"Horse ORGANisation" Lara Thompson (EBU) & Olivia Fairhurst (EBU)	"Does bacteria grow in space?" Ellie Bowen (LOL), Anna Philpot (LOL) & Hannah Allen (GCR)	"How ethical are you?" Ellie Haigh (MDO), Amarah Noor (MDO), Harry Langley-Roberts (PDI)

**Congratulations!** Each winner will have the opportunity to visit the Big Bang Fair later on this year. Further congratulations go to each first place winner: Lilly Titterell, Niamh Wiltshire, Daniel Clark, Tyler Whiteoak, Amy Maguire, Sacha Jubb, and Becca Harvey. Each of you have been entered into the SouthEast regional heats of the Big Bang Fair which will be held later on in the Summer term. Not only will you have the opportunity to represent Oriell High School but will also have the chance of scooping up some cash prizes!



## KS3 SCIENCE CLUB

Year 7 and 8 students have been hugely enjoying this year's Science Club. On a Tuesday Week A students have spent their time after school investigating a range of subjects that most students do not get an opportunity to see in class (as they do not necessarily fit into the curriculum). Below are just a few experiments that we have completed at Science Club. Please feel free to check out our videos on the Oriell High School Twitter feed @OriellHighSchool and our youtube channel Psyfychannel.

- 1 Students used methane and oxygen to launch coke bottles the whole length of the Science corridor!
- 2 Halloween gave use a great opportunity to demonstrate some spooky Science
- 3 Students explored the science of fireworks and why they burn different colours
- 4 Annual egg drop!
- 5 Christmas time was a great opportunity for some Christmas themed buzzer games
- 6 In the New Year we explored why some reactions release and absorb energy

If you fancy participating in some of these experiments come along to SC2 with Mr Doyle Tuesday Week A. Everyone is welcome!



## ST JOHN AMBULANCE CENTRAL DISTRICT CADET OF THE YEAR

Year 11 student Annabell Agate was chosen over 340 other candidates to scoop the title of St John Ambulance Central District Cadet of the Year.

Annabell only started learning First Aid two years ago when she joined the St John Ambulance's Horley and Gatwick Cadet Unit.

As a St John Ambulance Cadet Annabell, who blogs about First Aid and her medical aspirations, learns first aid as well as a wide range of other topics, such as leadership, radio communications and personal development.

To win the award, Annabell had to complete a First Aid challenge to demonstrate her lifesaving abilities, take part in a debate, give a presentation and be interviewed by judges.

She said: "I was quite astonished to win as there were some other incredibly talented cadets.

"I'm really proud, though.

"The challenge included knowing how to treat a diabetic who was having an attack.

"Being a St John Ambulance Cadet means a lot to me – it's helped increase my confidence, furthered my enthusiasm for first aid, and has also taught me a lot about communication, particularly with the general public."

She will now go on to represent cadets from across Surrey, North Hampshire and part of West Sussex throughout the next year at public and St John Ambulance events.

"I've always had a strong interest towards medicine and First Aid, so when I first heard about St John Ambulance cadets, I was particularly excited. From then on, I've always felt part of a large family. I haven't just learnt First Aid skills though; St John teaches you a great diversity of topics from radio communications, to going abroad. I was really excited to hear I had been nominated for the Cadet of the Year competition, so I began updating my skills and preparing before the big day. On the day of the competition, I had to be interviewed, have a thorough uniform inspection, participate in a debate, perform in a first-aid challenge, and give a presentation. I was so astonished to find out I had been appointed District Cadet of the Year, as my competitors were absolutely fantastic, so I was completely ecstatic. My biggest aims for this year would be to care for the young cadets and new members, to continue providing First Aid, and of course, develop more crucial life skills".

Thanks to St Johns, I had the confidence to provide First Aid to a woman on the street. My mum and I found her unconscious on the pavement, with a few people around, confused on what to do. Thankfully, I found that she was breathing, and that someone had already called for an ambulance. So, I put her in the recovery position and continued checking her vital signs. For me, St John Ambulance has been the key foundation for saving a life, and I would recommend it to anyone.

Well done Annabell for this amazing achievement.

## MATHS UPDATE NUMERACY NINJAS

Years 7, 8 and 9 Mathematics students have been starting every lesson training as Numeracy Ninjas. This mental mathematics challenge involves tackling 30 questions on a range of number skills against the clock. Students then get to find out their score, and are graded on a belt system. If they get all 30 questions correct they get a black belt. Every term teachers also nominate a student from their class to be "Grand Master" who has shown the most consistent level of performance in the class. This regular practice of key skills helps students of all ages and abilities improve and maintain the basics that help them in rest of their mathematics lessons. It has proved very popular and many students gave positive feedback in a recent survey.

### UK Mathematics Trust challenges

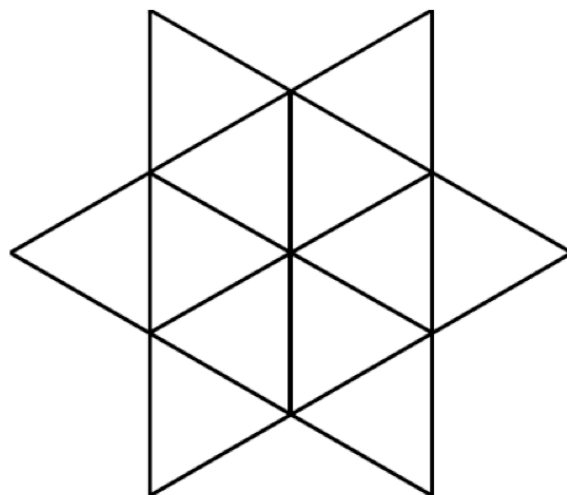
The Mathematics department regularly enters students into the variety of national challenges and competitions run by the UK Mathematics Trust. In the Sixth Form our students performed well in the Senior Challenge, in particular Emma Tye scored highly enough to be entered for the Senior Mathematics Kangaroo.

The Senior Team Challenge team also represented themselves well at the Regional final held at Kings University in London.

In February 6 classes of students across Year 8, 9 and 10 entered the Intermediate Challenge. The results are expected soon but regardless of the outcome students met the challenge with a fantastic attitude and applied their Mathematics skills to the fullest.

Finally, in March four students from Year 8 and 9 represented Oriel at a regional final of the UKMT Team Mathematics Challenge at Holy Trinity School. A full report will follow in the summer.

### How many triangles can you see in this picture?







# BUILD4THEFUTURE COCO'S FOUNDATION

Coco's Foundation is very pleased to report that the ECDC (Early Childhood Development Centre) is very near to completion.

A team of eight builders completed the basic structure and then skilled tradesmen came in to fit electrics, plumbing and security. At this time, only the kitchen store and fencing are left to complete. The centre will be staffed by a team of 6, including a cook to provide nutritious meals for the children.

This centre will care for up to 40 younger orphaned children enabling older brothers and sisters to go to school to finally receive an education. Up until now they have had to care for their younger siblings.

Chris Connors, founder of Coco's Foundation, flew out to South Africa on 18th February for the official opening of the centre in Kwazulu Natal. We look forward to an update in the Easter Celebration Assembly.

None of this would have been possible without the tremendous fundraising efforts of students and the generosity of their friends and families.

The incredible £17,448.29 that everyone raised really is going to change lives.

Well done everyone!

Melissa Huxford



A view of the back of the crèche where a plaque thanking Oriel will be positioned.





# COMMUNITY VOLUNTEERING

## OUR CURRENT YOUTH CLUB YOUNG LEADERS

We welcome young leader applications from Year 10 students. The role is varied but rewarding and you can get an Asdan certificate for volunteering. The Young Leaders have the opportunity to go on trips to celebrate their hard work.



OVER THE LAST 8 WEEKS A GROUP OF YEAR 11 HEALTH AND SOCIAL CARE STUDENTS HAVE BEEN VOLUNTEERING THEIR TIME AT BURLEYS WOOD CARE HOME IN FURNACE GREEN



Burleys Wood is a modern purpose-designed care home which comprises of 6 self-contained wings each with 10 en-suite bedrooms and their own lounge and dining areas. Burleys Wood provides residential care for the elderly, frail and those with dementia.

Anabelle, Krystna, Simrandeep, Ella, Lucy, Hannah, Kayleigh and Courtney have spent 2 hours a week at the care home working one to one with different residents, engaging in art activities, reading or chatting about stories and memories.

Anabelle said "my volunteering at Burleys Wood has been completely fantastic! There are so many false assumptions towards care homes, and it has definitely destroyed any misconceptions. It's really nice to learn about the residents' lives, especially their families and what they used to do for a living. Perhaps the best factor is feeling like I've made a difference every time I've left the home. I've been bringing in colouring activities and that's always really relaxing (and a great opportunity to talk.)"

Please visit the youth wing if you would like to know more about volunteering in the community or contact Mrs Jordan, Community Development Coordinator for more details. [Kjordan@oriel.w-sussex.sch.uk](mailto:Kjordan@oriel.w-sussex.sch.uk)



## CAMPFIRE DONUTS

Sliced white bread  
Strawberry Jam  
Plain Flour  
Egg, Milk, Sugar, oil



- 1-Make up your batter using flour, eggs and milk.
- 2-Make a jam sandwich, cut off the crusts then cut into squares
- 3-Heat oil in a pan
- 4-dip your sandwich into the batter
- 5-fry the battered sandwich until golden brown.
- 6-drain excess oil, and sprinkle with sugar.



# WHAT IS FOREST SCHOOL?

Forest School offers a unique educational experience using the outdoor environment of the forest. The programme offers small groups of students regular opportunities to achieve, and develop confidence through hands-on learning in a woodland environment. With a clear set of safety routines and boundaries it allows students to develop a responsible attitude to risk.

A typical session would start with the fire circle. This is the place where our forest session starts and ends. Students partake in activities such as cooking, mallet making, bows and arrows and whittling. The woodland provides students with endless opportunities for den building, games and exploration. Students are free to spend time in a place of their choosing for self-reflection and thought.

At the end of each day, we come back to the fire circle to reflect on the session. Students each take a turn to discuss their positives and negatives of the day.

### Benefits of Forest School:

- increases the self-esteem and self-confidence of individuals who take part
- improves an individual's ability to work cooperatively and increases their awareness of others
- counters a lack of motivation and negative attitude to learning
- improves motivation and encourages concentration
- increases the skills and knowledge of the individuals who take part

We also have a friendly robin who likes to see what we are up to each day!





# CHILD LOGIC: MY POEM RESPONSE STUDENTS



## TS ELIOT POETRY PRIZE WINNER

Congratulation to Michael McCabe in Year 12 for achieving the incredible feat of winning the TS Eliot Poetry Prize for students. This was a national award for Sixth Form students and Michael was announced as joint winner alongside a student from another school. Michael's poem will be published in e-magazine and online at the Poetry Book Society website:

<https://www.englishandmedia.co.uk/competitions/ts-eliot-prize-for-poetry-writing-competitions-the-results/>

Michael was also lucky enough to be invited to watch readings of the shortlisted poets for the TS Eliot Poetry Prize and to attend the final award ceremony at which he was presented with a £100 prize and each of the shortlisted anthologies. As well as this he met acclaimed poets George Szirtes, Sean O'Brien and, winner for the adult prize, Sarah Howe.

Ah, the tomahawk you say? That sweeping  
sliver of river-born silver that can sweep  
through the air like arrow from quiver.  
And how does she fair, that u waya with  
the oaken hair? Hurt- crippled in the hunt,  
wounded in the woods- from the blade  
you say?

O! O! O! The brother's finger too? She  
took it from him they swore, a thug's idea  
to the dohi maiden's sword.

How she runs o how she runs! she  
Gallops from, Sprints from, Stalks from,  
dives and hides from prying eyes.

Home at heart, prison in her psychosis,  
the wary gigadanegisgi cannot bear, to ever  
dare to see her parents' angry warchief's  
stare...

But is she a gang-blade, a hooligan, a girl  
with fiendish aim?

Or was this bludgeon simply child's play, a  
harmless woodland game?

Fighter or wronged assault, ayastigi, it  
matters not to them.

When she acts so mad, so young, 'spite the  
crimson fissure on her finger.

Side note- the non-English words are  
Native American, specifically from the  
language of the Cherokee people.

"u": strong of heart

"wuya": wolf

"dohi": healthy

"gigadanegisgi": blood taker

"ayastigi": warrior

By Michael McCabe





## YEAR 10 GCSE HISTORY TRIP TO **IMPERIAL WAR MUSEUM**

As part of their controlled assessment research into the Effects of the First World War in England, our Year 10 GCSE History students were fortunate enough to extend their learning in the Imperial War Museum. Students were fortunate enough to participate in the Holocaust orientation and workshops, which is required before any child can visit the profoundly moving Holocaust

Exhibition. The presenters were impressed with the level of contextual knowledge, understanding and awareness they had in the events surrounding the Holocaust. When in the exhibition, students were moved by the many photographs, artefacts and individual stories left behind by Holocaust victims – and seeing a lot of the Nazi Germany artefacts helped to put their learning of Unit

1: Germany in Transition, into perspective and something tangible! The second-half of the day involved the students completing a research and analysis task in the First World War galleries, which provided great interactivity for them to see uniforms, propaganda posters, letters, photographs and individual stories from all those involved.



## HOLOCAUST MEMORIAL DAY

27th January 2016 marked the very first time Oriel commemorated Holocaust Memorial Day, and although very small in nature, it left quite a profound effect on students and staff across the school community in a number of ways. Through afternoon mentor sessions, students were invited to contemplate the millions of people murdered in the Holocaust, under Nazi Persecution and in the subsequent genocides in Cambodia, Rwanda, Bosnia, and Darfur. Commemorating HMD allowed Oriel to participate with thousands of others who have come together at activities all over the UK to remember the past and consider the part they can play in challenging hatred and creating a safer, better future for all. Mentees were told the story of David Berger, a Holocaust victim who was shot by the Nazis, allowing us to honour his wishes and remembering that “someone named David Berger once lived”. Students completed a postcard reflecting on “who/what are we remembering?” and “what would you like to be remembered for?” Many students wrote reflective and very thoughtful messages – many of which will be displayed outside the HUMS corridor later this year.

The school also marked in a small way, in the school reception area, the lighting of six purple candles in memory of victims and their families of the Holocaust and other subsequent genocides. Six members of the wider school community; Daniel Chew and Hannah Skilton (Headboy and Headgirl) Mr Stack, Mrs Barnes, Mrs Brooks and Mr Jayasuriya were invited to light a candle each. A massive thank you to all staff and students for the small part they played in our first commemoration of Holocaust Memorial Day this year.



# SPORTS UPDATE

## FROM MR ASHLEY

### YEAR 7 COUNTY CUP FOOTBALL

The Year 7 football team have showed glimpses of real class this year, class that saw them shoot all the way to the County Cup quarter finals. Although they lost to a very strong Warden Park team that day, they have enjoyed some excellent results, including a 7-1 win over Chichester High.

The boys have been an absolute pleasure to coach and I am already looking forward to next year, when I'm sure we can build on the positives of this season.



### YEAR 7 RUGBY

The Year 7 rugby team have had a tremendous start to the season, winning their first two games in convincing fashion against Thomas Bennett (60-15) and Hazelwick (35-0), before being narrowly defeated 7-0 by Warden Park.

Coached since September by Glen Jones, Haywards Heath coach and Oriel parent, the boys have shown great dedication to training and shown excellent skills during gameplay. We hope to play some more great rugby after half term and will certainly look to build on this great start to their school rugby journey in Year 8.



### YEAR 8 COUNTY CUP FOOTBALL

The Year 8 team march on to the semi-final of the county cup, against Downlands Community School. We have travelled far and wide in the cup campaign, to places as far afield as Eastbourne and Heathfield, and as the rounds have progressed, the opposition have got steadily harder, which has been reflected in our score lines: 6-2, 5-2, 2-0, and 3-1 in the quarter final played in Shoreham. The semi-final will be played against a tough team who will provide a real test for our footballers.

So far this season, Dylan Thiselton has led the way as captain, with new additions to the team becoming regulars in the squad. We look forward to seeing how far they can go.

## ORIEL'S OUTSTANDING ATHLETES



### DYLAN THISELTON AND FINN HARTLEY COUNTY FOOTBALLERS

(8RSM Asia and 8PDI Africa)

Dylan and Finn have recently been selected to be part of the Sussex Boys county football team. The boys have played since they were young but both currently play locally for Ferngate, Dylan also plays for Three Bridges. They have developed so much as players that they went to the county trials back in September and shone, meaning they were scouted and have begun playing at county level. The boys' commitment to playing is so high they usually play or train 6 times a week. Finn got into football through playing with friends when he was younger, and his dad's love of Manchester United. Dylan says "I really enjoy playing and being with mates. It's always fun." Although they are playing just friendlies for the county team this year, if they play well they get a chance to play in the county league U14 team next year.

### CEARA HYNES FOOTBALL 8 KDA (Americas)

Ceara is a rising football star, currently signed to Brighton and Hove Albion. Ceara began playing in Year 2, and joined a local Crawley club in Year 4. She says she got into football watching it and playing in the park with her dad; she enjoys playing and likes the people she gets to play with. She currently trains with Brighton 3 times a week, with matches on a Saturday. Ceara is doing so well she plays not only for the U13 team, but for the U15 team. She has also played for both the girls' and boys' teams in school, running rings around most of the boys she plays against, and helping the girls reach the national finals of a 5-a-side competition last year. Ceara hopes to go on to play professionally when she is older, possibly for Liverpool whom she supports.





## RHYS JONES COUNTY AND NATIONAL RUGBY PLAYER

(9 MSY Australasia)

Rhys is an up and coming Rugby star who at the age of 15 plays not only for a local Club (Haywards Heath) and Sussex Northern Tactics, but is also Training with Wales as part of the Welsh Exiles - their programme for training and developing young talent. Rhys's family have a history of following rugby; Grandad always liked to watch games and supported local teams, and Dad played and is now coaching (including Oriels teams!), Rhys has really followed in their footsteps. Rhys says he enjoys the physicality and the passion people in the sport have for Rugby. He trains and plays every week, and independently puts in the hours running, boxing and going to the gym so that he can perform his best at the weekends. As the six nations is on again at the moment, we asked him who he follows, he said "in a game between England and Wales, I am usually happy for either to win, but this year with the set-up of the England team and coaches, I have to back Wales!" The player he is shaking hands with is Colin Slade who plays for the All Blacks. Rhys was lucky enough during the Rugby World Cup to attend and participate in a training session with the All Blacks at Twickenham. The picture was taken at the end of their training session.

## SHANELLE KEOGH INTERNATIONAL IRISH DANCER

(10 HGL Australasia)

Shanelle began dancing at the young age of 4 after seeing Irish Dance on the TV and begging mum to let her go to classes. 11 years on and Shanelle is not only still dancing, but competes at an international level and was the world champion for her age group in 2015. She gained her title at the world championships held in Dusseldorf, Germany after seeing off the competition through 8 rounds and 8 different dance routines (a mix of traditional routines and choreographed pieces.) Dancing is not just the glitz and glam you may see on Strictly however. Shanelle trains for her sport every day of the week, including gym sessions, Pilates and yoga, spinning, plus 5 hours of dance training every Saturday. To top it all off, in order to help pay for it all, she works on a Sunday, two-thirds of which goes towards her training and dance classes. Shanelle says "it can be difficult juggling school work and dancing, but I enjoy it so much, and my friends and family are so supportive." She hopes to continue with her Irish Dance into a career later on as she loves the travel (including lots of trips to Ireland!) and all the events and charity work she gets to be a part of.



## ESTELLE IRELAND SPRINTER

(10 CMH (Australasia)

I am sure you will all recognise Estelle from her shining performances on the sprint track at sports day. Estelle runs the 100m and 200m, training every week with Crawley Athletics Club, and also gets called up to run in county competitions. Estelle got her inspiration from her dad who was also a sprinter, competing in the 100m, 200m and 400m.

She began running during primary school, enjoyed the experience of being on the track, and shone through winning races with her natural talent. She now trains on the track 4 times a week, and also does core training and independent road running a couple of times a week. She says she enjoys keeping fit, and running always gives her time to clear her head. Her sporting idols are Shelly-Ann Fraser-Price and Jess Ennis. Let's hope she follows in their footsteps and we see her competing in the Olympics for Team GB in the future!

## ELLEN REEVE AND JACOB REEVE LIFESAVING AND SWIMMING

(10 PHY (Americas) and 13 HMI (Sixth form)

Ellen and Jacob Reeve are both competing at a high level for a more unusual sport: Lifesaving. Lifesaving is composed of two disciplines: Squad and Theory. The theory covers lifesaving techniques and First Aid, while the squad element is made up of speed trials, obstacle swims, mannequin carries over 50m or 100m and rope throws. Both students got into lifesaving through originally swimming for their local club based at the K2 in Crawley. Key influences mum, uncle and grandad all swam, and grandad now runs the Crawley club. Ellen says "I really like taking part in a sport that not many people know about, I like to talk about it and explain what we do." They both train for lifesaving 2 hours a week and swim with Crawley Swim Club 3 hours a week. Ellen competed at the Nationals on 20th and 21st February where she had to competitively complete the squad disciplines, as well as analysing and responding to a staged incident in the pool.

## CICELY COLE POLE VAULT

(11 CMU (Africa)

Another student who is vaulting to new heights in the sporting world is Year 11 Cicely Cole. Cicely is currently the U17 county champion in pole vault with a PB of 3m! Cicely began training for athletics with Crawley when she was much younger, and got into pole vault just by getting the opportunity to give it a go one night at training when she was 13. She said "it was scary the first time flying up into the air" but has clearly overcome her fears. Cicely trains at Crawley Athletics Club 3 times a week in the summer. That is not it however; she does 3 gym sessions a week to keep up her strength and does conditioning once a week too. Cicely also says she enjoys pole vault as it is a sport not many people get to take part in.



## STUDENT OF THE MONTH

### November

Africa- Harry Langley Roberts  
Americas- Jason Davies  
Asia- Olivia Cooper  
Australasia- Shanelle Keogh

### December

Africa- Daniel Clark  
Americas- Annabell Agate  
Asia- Morgan Redgrave  
Australasia- Emily Pratt

### January

Africa- Ellie Simmons  
Americas- Hari Gunturu  
Asia- April Latter  
Australasia- Maddie Golder

## YOUTH WING

Oriel youth club is open every Tuesday 6-8pm (term time only).

Students from Year 7 and up are welcome to come along and join in with activities including sport, art, cooking, and team games. Trips and events are organised throughout the year so keep an eye on the community noticeboard near reception for the most up to date information.

Oriel High Schools Community Development Team run it along with two adult volunteers. The young people who attend are further supported by a team of young leaders who volunteer their time to run activities. We are always looking for dynamic and enthusiastic people of all ages to volunteer. If this opportunity sounds of interest to you, please email [smcwilliam1@oriel.w-sussex.sch.uk](mailto:smcwilliam1@oriel.w-sussex.sch.uk) for further details.

## CONGRATULATIONS TO KATIE TYSON...

...who has been recognised by Outset Youth Action and the West Sussex Volunteering Agency for Young People for the incredible amount of volunteering that she has done in the community. Katie was invited to attend the 2016 OUTSET Youth Awards ceremony on Friday 19th February to collect her award which included the citation 'Outstanding Contribution in Crawley'.



## CRAWLEY OPEN HOUSE

Following the whole school food collection to celebrate the Harvest Festival, members of our Forward Thinking Community Group met with Glenn from the Open House in Crawley. Whilst there Elise Berry, Rebecca Holt, Ben McWilliam and Julia Stawecka delivered the food students had collected as well as having a tour of the facilities and learning how the Open House helps those "In Need" within our community.

The students were keen to talk to Glenn about how they could help further and discussed the need for warm adult clothing. The group have now decided that this is their next challenge!

**UPDATED FOOD APPEAL:** The Open House is currently in great need of sugar to put in the teas and coffees that they provide for people using the day centre. If you would like to make a donation please call into the Oriel Youth Wing.



At Oriel High School we are committed fully to Safeguarding our Students. We promote the welfare of our students and expect all staff and volunteers to share this commitment. All staff undergo Child Protection Training and screening, including reference checks with previous employers and an enhanced criminal records bureau check with the Disclosure and Barring Service.

The Designated Safeguarding Lead for Oriel High School is - **Jane Jones** (Assistant Headteacher, Safeguarding and Inclusion)

The Deputy Designated Safeguarding Leads for Oriel High School are - **Helen Everitt** (Deputy Headteacher) and **Tim Matthews** (Deputy Headteacher)

Your learning Community Pastoral contacts are listed here. Please contact the Pastoral Co-ordinators initially if you have any concerns about your child or another child in the school.

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