



The Smithdonian

Smithdon High School Magazine



The May 2022 Issue



Mr Hirst and Mrs Gibbins welcome you....

Welcome to the penultimate edition of this year's Smithdonian. The picture on the front cover reflects just one of many fantastic events and opportunities our students have been involved with over the last six weeks - both in and out of school.

This half-term's magazine covers a pantomime, trips, awards and rewards, competition winners - and new competition launches - as well as some examples of yet more stunning work that has been done by students across all year groups.

It is with sadness that we say goodbye this week to Mr Giles from the Maths department and Mrs Bowyer from the pastoral team. We thank them for all they have done for Smithdon and our students and wish them well in their new roles.

We hope you have a wonderful half-term holiday and enjoy the Jubilee Celebrations in Hunstanton and nationally.

Look out for the final edition of this year's Smithdonian, which will undoubtedly be a bumper issue with all that is going on next half term - everyone is going to be really busy!

Finally, best of luck to Year 11 in the final weeks of their exams. They have made a fantastic start to the exam season and done their best in every exam. Keep up the revision and look forward to the Prom to celebrate the end of all the hard work!

Mrs Gibbins and Mr Hirst.

SMITHDON IN THE NEWS

Cinderella goes to the ball!



After months of rehearsals and cancellations, Cinderella finally got her night out on the town! Hunstanton Town to be exact.

Gracie in Year 10 played the iconic female lead, with Archie playing Arthur Knights and Macey playing Claudia, the maid. You may recognise these familiar faces from previous pantomimes as they have all been performing in the Hunstanton shows for many years.

We are always very proud of our students when they participate in out-of-school activities and community events.

Please read Gracie's article about her experience in the show, further in the magazine.

Smithdon wins the Mayor's Award!



Mrs Gibbins, our Head of school, was proud to represent the school to collect the Mayor's award in recognition for our 'dedication to provide the best education and care possible to its students during the very difficult time of the pandemic'.

Sometimes, that strange period in our lives of lockdowns and online-learning seems like a lifetime ago. We were all trying to navigate a time in our lives that was unknown, scary and stressful in so many different ways. Together, we pulled through and have been able to settle into a new normality.

And now, the work that the teachers, support staff, pastoral and SLT put in to continue teaching and taking care of our students' learning and well-being has been recognised with this award.

Freestyle & Algebra...

The teacher interview...

By Kira - Year 9



Mr Wells joined Smithdon High School in September 2021 as a trainee Maths teacher and will be qualified this year. But little did we know that Mr Wells is also a successful competitive swimmer that regularly wins medal, breaks records and beats his own personal bests.

Swimming for *The West Norfolk Swimming Club* (also known as the 'Purple Army') he recently represented the Club at the British Swimming Championships. The competition saw him claim the Norfolk County Record with his personal best time for the 50m backstroke.

Mr Wells kindly took the time from his busy training schedule to answer some questions about his swimming career, a world away from teaching algebra!

How old were you when you first learnt to swim and did you immediately love it?

I started to learn to swim when I was 4 as my parents wanted me to have the skill for later life and yes I loved racing people even when I had armbands on!

Do you have to follow a specific diet or exercise regime to be in top shape for the competitions?

Yes, I follow a strict diet which means I often have to meal prep in advance for the week ahead. We also follow a strict training regime which involves 6 swim sessions and 3 gym sessions per week.

What is your ultimate goal when it comes to swimming?

My ultimate goal is to compete internationally for Great Britain.

During the championships, did you feel more pressure from your freestyle or the backstroke?

I felt more pressure on my freestyle because it's the stroke which I am best at. However, putting myself under more pressure in these races didn't help.

What is your signature stroke of choice?

Freestyle because it's the fastest stroke!

Did you feel more competition or support from your team mates? Especially from Sarah O'Brien considering how close you both were during the opening day...

It's a mixture of both. We are all very supportive of each other which is comforting, especially if something goes wrong, but we are very competitive with one another when we are training and competing against each other.

Have you needed to make any sacrifices in your life for your career in swimming?

Yes, I have made a lot of sacrifices to get to where I am in swimming today. I have missed birthday parties, vacations with family and friends, nights out partying and many more but I wouldn't change any of it.

What's your opinion on trans women taking part in female swimming competitions, like Lia Thomas?

I think that it's great that they are being inclusive of transgender people but I feel they are doing it in the wrong way. I feel that there needs to be separate categories created for trans men and women so the playing field is kept fair.

What advice would you give to anyone who is hoping to be where you are today in 10 years' time?

My advice is that if you want something enough and you are willing to put in the hard work and the hours that many people don't see, then anything is possible!

YEAR 11



REWARD TRIP



ALTON TOWERS

By Mr Chapman

Friday 1 April saw 51 Year 11 students along with Mr Chapman, Mrs Charlton-Trewick and Mr Ward take the three-and-a-half-hour coach journey to Alton Towers. Students enjoyed breakfast at Grantham Services, which we returned to on the way home where many students took the opportunity to have a tea-time burger.

Students enjoyed a wide variety of rides and attractions with some brave enough to enjoy the

roller-coaster with 14 loops known as the Smiler. Several students were able to experience the 'big seven coasters': the Smiler, Oblivion, Nemesis, Galactica, Rita, Wicker Man and Thirteen.

Some enthusiastic and entertaining singing in the coach ended the day as the coach arrived back at Smithdon High School at 8.30pm. An excellent day thoroughly enjoyed by staff and students - worth the 6am start!

LIBRARY

Summer is here! We are celebrating with our favourite books about unforgettable summers that will make you feel like you are baking in the sun no matter what the weather is doing!

Whether Summer 2022 is all about stay-cations, lazy long weekends spent in the garden, or the chance to spread your wings and venture further afield once more, reading gives us the chance to explore and experience other places and cultures using our imaginations. From secret romances in Italy to hikes in Canada, school trips to mysterious manors and bittersweet stories of friendship, we can travel to Italy, India, and the Caribbean to Cornwall and South Africa.

Even if this summer's hottest reading place is in your garden or in your bedroom with the summer rain lashing at the windows, the best summer read is one that transports you, making the most mundane moments feel like a relaxing holiday.

Our library has all the books you need to create a summer that won't let you down - even if the British weather does!



This year's Carnegie shortlisted books have divided opinions amongst the shadowing group, *The Smithdon Shadows*.

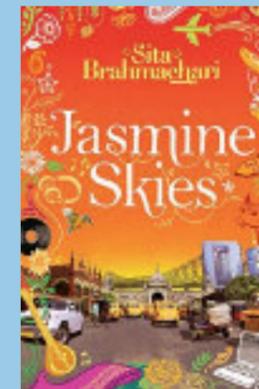
Cane Warriors by Alex Wheatle is set in 1760 in Jamaica during the Slavery Rebellion. The prose intrigued Kira but Mrs Carlton was apprehensive with the language and dialect that seems to dominate the text.

Everyone Dies Famous in a Small Town by Bonnie-Sue Hitchcock, has had Madison and Jess scratching their heads at the unique short stories and the 'missing pieces of the puzzle' that ultimately connects them. Miss Cowles and Izzy enjoyed this structure and found it a rewarding reading experience.

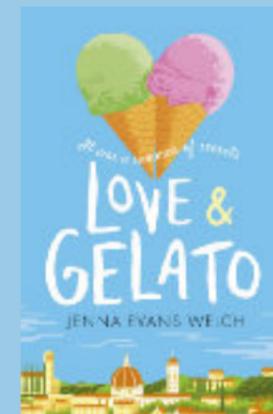
October, October by Katya Balen seems to be a firm favourite. With the beautiful, descriptive writing, it is a story that makes you want to throw away your iPhone and live in the woods, foraging for food and making friends with the woodland animals. This is a wholesome story that values the environment. The illustrations with natural imagery, adorn the cover.

The group have had breakfast meetings where they openly discuss their views on the books, write their reviews on the Carnegie website and watch the exclusive author videos.

The Smithdon Shadows are waiting in anticipation for 16 June when we will be live streaming the awards ceremony. I am only hoping there will be cheers of joy rather than jeers of disappointment!



14 year old Mira travels to India to finally meet her family and is quickly swept into a sweltering, chaotic world - full of new sights, smells and deeply buried family secrets.



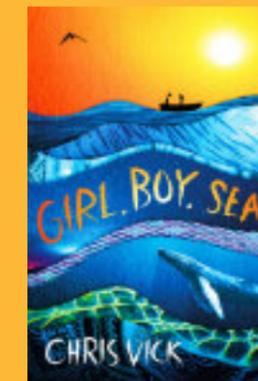
Lina is spending the summer in Tuscany, but she isn't in the mood for Italy's famous sunshine and fairy-tale landscape. She's only there because it was her mother's dying wish that she get to know her father. But what kind of father isn't around for sixteen years? All Lina wants to do is go back home.



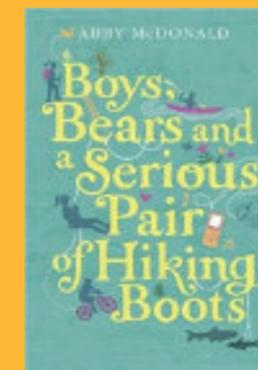
Stan is going on holiday with Felix, who is not his best friend. Stan has never been away from home, away from his family, away from his routine. How will he cope?



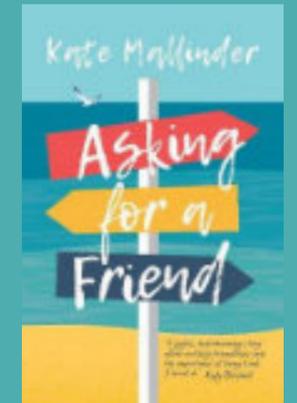
This is a story about a young girl who cannot remember anything from her previous summer after a hurricane destroyed her town.



A storm, a shipwreck, then survival. Chris Vick's novel delves deep into the might and majesty of the unpredictable ocean, the strength of an unlikely friendship between a British boy and a Berber girl and their will to survive against all the odds.



Jenna may hail from the 'burbs of New Jersey, but 'Green Teen' activism is her life. So when her mum suggests they spend the summer at her Grandmother's home in Florida, Jenna pleads instead to visit her hippy godmother, Susie, in rural Canada.



This book is a sweet, summer story about friendship and acceptance. It follows three students about to take their GCSEs, who decide to take a 'study-break' to Weston to get in some revision time. But all three have their own secret reason for really wanting to get away.



Set in Cornwall, Sass, a girl from Brooklyn, is sent to live with her uncle after her mother dies in a car accident. Forced to start afresh, her travels lead her to a silver horse.



Small Mercies is a beautiful and whimsical coming of age story, set in a small town of South Africa.

BOOK REVIEWS



The Bad Beginning - Lemony Snicket

The Bad Beginning is the first book in the series of The Unfortunate Events, a collection of 13 books. This novel follows the lives of three children, Violet, Klaus, and Sunny Baudelaire, who become orphans following the death of their parents. They are sent to live with Count Olaf, who repeatedly attempts to steal their inheritance.

I enjoyed this book because it made me want to keep reading and find out more about the characters. My favourite character is Klaus because he did everything to protect his sisters. I recommend reading this book if you like plot twists and unexpected events.

By Ella - Year 8



Operation Kind from the Planet Omar Series - Zanib Mian

I think that the book was great! The Planet Omar Series has a wide variety of cultures and different types of characters. They show the life of a young, male Muslim and it also shows why racism is bad when young children are exposed to it. Some examples are when Daniel (Omar's ex-bully that is now his best friend along with Charlie) calls out to the class that he and his family are Muslims and makes everyone laugh about it, but as you read on, you learn that when they get to know each other, they get along really well. Also his neighbour Mrs Rogers was questioning the family at first, but once again becomes friends with the family once she gets to know them.

I would recommend this book for children in Year 6-8 who also enjoy the *Tom Gates* Series and *Diary of a Wimpy Kid* as it has a young and fun aspect.

By Seb - Year 8



The House on Hoarder Hill - Mikki Lish and Kelly Ngai

A magical, spooky and mysterious story about a family mystery that is solved by two very brave siblings, Hedy and Spencer. When they find messages on dusty picture frames, they believe it is their missing grandmother Rose who tragically disappeared during a magic trick.

As soon as I picked up the book from the bookshelf, I knew it was going to be my type of book, especially after reading the blurb. By the second chapter, I knew I was right!

One of my favourite parts was when Hedy and Spencer went into the statue graveyard once they had touched Simon the Pianist. My favourite character was Jelly because we are quite similar. I found myself up late at night reading it.

I would highly recommend this book to anyone who enjoys magical and mysterious books. I would give this book...5 missing grandmothers out of 5!

By Hannah - Year 8



The Choice - Claire Wade

This is classed as an adult book, so one for the parents!

Imagine a world where everything you love is taken from you. No more baking. No more freedom of clothing and choice. No more life.

Well, Olivia lives in this world every single day. Living through the fear of exposure and punishment for both her and her family. Fear of her neighbours betraying her. Fear of her secrets coming to light. And, most of all, fear of Mother Mason.

Olivia must make the choice: sit behind the line and watch as hell spreads all around, or jump to the front and do what's right.

What would you do?

I absolutely adored this novel in pretty much every single way.

The plot. The characters. The twisted humour and horror within.

However, my utmost favourite factor was the growth of Olivia throughout the novel. I thought it was beautiful watching her grow from a mere, frightened caterpillar into a symbol of power and pride.

The way the author plotted this was impeccable and very clever as you could see the key points of her development.

My only personal critique is how lovely the ending was. Once we got past the climax and entered the falling action, everything became magical and perfect. My twisted mind was waiting for some kind of horrible twist where they were all doomed.

However, this never occurred!

Not even a little twisted humour! Nevertheless, it was a fantastic book that I'd love a sequel for - possibly where Mary took the role of Mother Mason!

If you enjoy this book, here are some other books I'd personally recommend!

Midnight Library - Matt Haig

Battle Royale - Koushun Takami

Bone Sparrow - Zana Fraillon

By Kira - Year 9



GCSE Science Live

By Mrs Pike

Just before the Easter holidays it was my privilege to take fifteen Year 10 students to see *GCSE Science Live* at included Dr Anna Ploszajki, a Materials Scientist, who told us all about how materials have helped her swim the English Channel. Fun fact: should you ever wish to swim the channel, chocolate rolls are perfect as a quick snack as they are wrapped to be water proof and float!

Professor Lord Martin Reece spoke about how long it would take to travel to Mars and why, at the moment, it would only be one way! Next came the Chief Examiner for his first session on top tips for exam preparation. After the lunch break was world renowned Professor, Lord Robert Winston and his talk on human fertility.

The final two scientists were Dr Hannah Critchlow, who spoke about brain power, and Professor Andrea Sella on strange ice.

This was an amazing opportunity to hear scientists, who are passionate about their subject, talk to students.

The GCSE Science Live trip was very insightful. We heard stories about science face to face and what professors and scientists have done first hand; whether this be a channel swim or culturing cells. We were also given useful exam tips from an examiner... to revise 5 minutes a night.

"If you get the chance I would recommend going on a trip like this - you'll enjoy it more than you think!" - Chloe, Year 10.

Professor Robert Winston, the distinguished scientist and well-known television presenter and politician, was one of many scientists that was carefully chosen for their ability to communicate with students in an engaging and exciting way.



MAY THE FORCE BE WITH YOU!

This was the most recent KS3 Science event held on 4 May!

The focus this time was *physics and forces*.

Experiments attempted were: exploding canisters, conducting dough, marble run, expanding marshmallows, stem aeroplanes, racing balloons and 'can you crush an egg?' (apparently although the science says no you can't, our students managed it quite easily!)

At times it got quite messy, especially the exploding canisters with alka-seltzer exploding all over the place! It would appear that the messier the experiment, the more the students enjoyed it!

There were some innovative designs for the stem aeroplanes with one being a flying dragon! The aeroplanes then morphed into wands....with some very intricate designs being made.

The students eagerly devoured the biscuits and squash at our break time and were soon ready to go again!

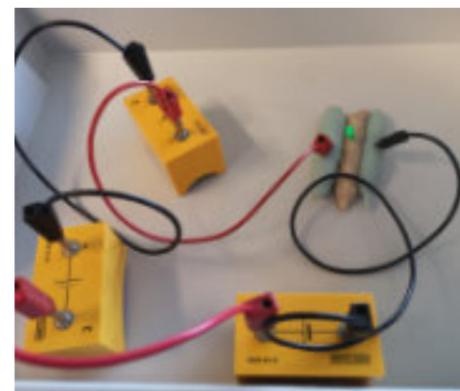
The students, as always, were amazing and it was great to see so many of our students realising that Science can be fun!

The session ended with them receiving their boarding passes for the next trip to Mars from NASA... their names will be on the next scheduled departure for Mars in July 2026!



The boarding passes have the students names on them and came from NASA!

Corey in Year 8, enjoyed making the stem aeroplanes!

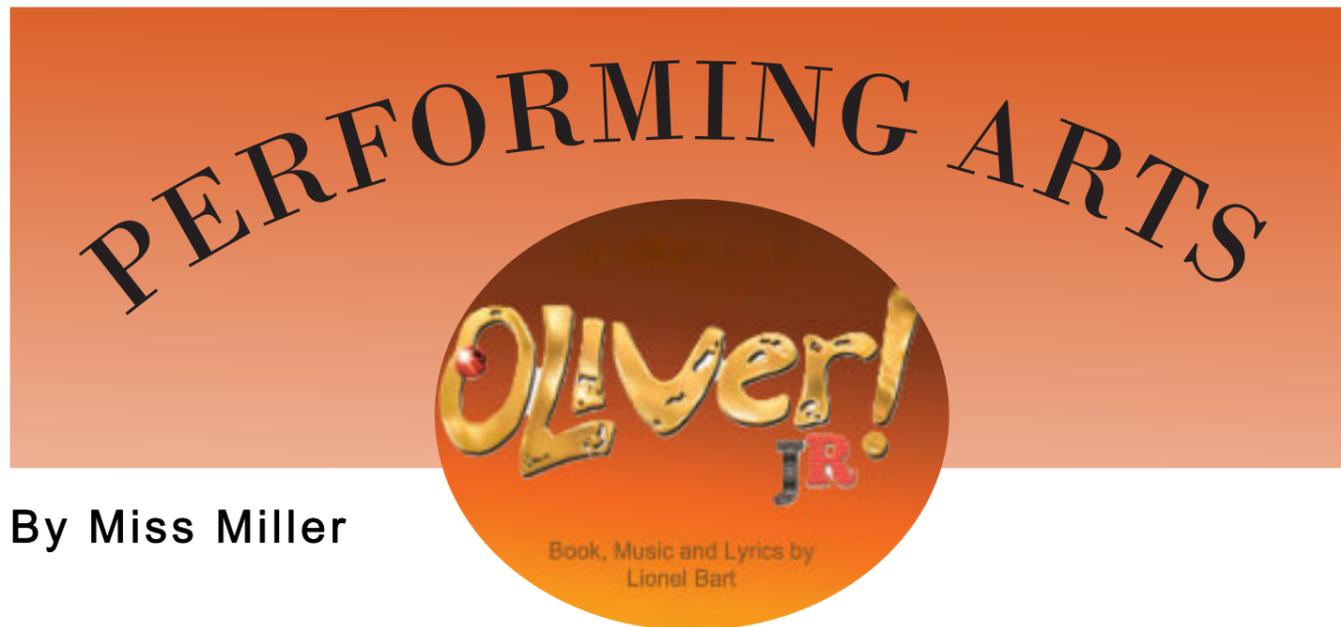


Conducting electricity? No...dough!

Marshmallows and Science.....pass the Hot Chocolate!



The next event (weather permitting) will be water rockets and a few other outdoor experiments on Wednesday 22 June - look out for posters for more information!



By Miss Miller

What a busy term it has been! We ended last term with the incredibly successful production of *Matilda the Musical Jr.* We were so happy with everything that the students were able to do. They received rave reviews and it was our best performance to date.

It is hard to believe, but the day after the show was finished, the Performing Arts Department started to plan for next year.

We are so excited to announce that we hope you will *'consider yourself'* an audience member as we hit a bulls-eye with *Oliver Jr!*

We have even held auditions already as the next big announcement is that next year's production will be performed as a Christmas show!



We have also had a really exciting performance this term. On Thursday 12 May we had our first ever Peripatetic Music Recital. We invited our peri students to take part in an invitation-only performance for their parents to see what they have been working on in their music lessons over the year.

We were so lucky to have 9 Year 7-10 students get involved and we filled the Drama Studio with their friends and family to enjoy a lovely evening of their music making.

We are so proud of them, as for many this was their first ever music performance. It takes a lot of courage to get up in front of an audience and perform for those that you love and they were all absolutely amazing!

A big thank you to Mrs Robinson, who MC-ed for us!



Our clubs are back in full swing!

The Ukulele Club has been growing, especially as we have started our ukulele unit in Year 7, and we have been preparing songs for our summer concert.

The choir has been preparing for a multitude of performances, including the Hunstanton Carnival, a Jubilee Performance at Springwood High School and, of course, the end of year concert.

One of the most exciting things we have begun is our Year 7 and 8 Boys' Karaoke Club, where about 30 students come together and sing a variety of songs. It has been so nice to see these boys turn up to enjoy music and sing their hearts out!



Summer Term:

Year 7 and 8 Ukulele Club continues

Year 7 and 8 Boys' Karaoke continues

Year 7 and 8 Choir continues

A new timetable will be available next half term for:

KS4 clubs, the primary orchestra and the rehearsals for *Oliver!*

Please contact Miss Miller for further information.



FILM MUSIC GALA

Students from across the year groups had the fantastic opportunity to attend the Film Music Gala at the Royal Albert Hall.

The event was a celebration of the incomparable music of classic cinema and today's biggest blockbusters and was performed by the Royal Philharmonic Orchestra.

Students heard the mesmerising music of the most iconic movie moments, from: Superman, Gladiator, Harry Potter, E.T. the Extra-Terrestrial, Indiana Jones, The Lords of the Rings, Star Wars and Jurassic Park. The gala also featured unforgettable songs from Frozen, La La Land, Titanic, Mary Poppins and The Greatest Showman, performed by their guest star vocalist Louise Dearman who performed in Wicked.

The students were impressed with the magnificence of the Royal Albert Hall and very much enjoyed hearing the music.



The Royal Albert Hall opened in 1871 by Queen Victoria as a tribute to her late husband, Prince Albert. The hall can hold 5200 people and has played host to thousands of shows and acts, with over 350 performances taking place there each year.

You Shall Go to the Ball!

By Gracie - Year 10



From Good Friday to Bank Holiday Monday this year, I performed in the Hunstanton Pantomime, *Cinderella*. I've been performing with the Hunstanton Pantomime since I was 7. When I was 11, I was introduced to the principal cast after being in the chorus for 4 years. It was always my dream, from the very first day to play a princess, and I always strove to be the best I could to play a title role.

When the scripts came out in August of last year, (after a year's break because of Covid) I was over the moon to see I had been cast as Cinderella - the princess I had longed to play since I was a little girl!

With our first show on the 27 December we got straight on with rehearsing. However, just 5 days before the show, it was cancelled due to cast members unfortunately going down with Covid. This left us all in a position, wondering would we ever perform the show? And when?

After many conversations, finally the show was rescheduled! I was ecstatic to be able to finally perform my dream role as Cinderella. In total, there were 7 shows, with audiences ranging from less than 50, to nearly 200. Each audience just kept on getting better and better with every show, we couldn't have asked for better audiences. My favourite part about this show was the iconic ball gown dress. Our wonderful costume maker hand-made my whole ball gown to make it fit perfectly and look the part, and it was absolutely incredible!

It truly was the best show I have ever taken part in, and I am blessed to have had the opportunity to play such an incredible role. The time and effort taken to put on a panto is exhausting but the end result is always worth it! Why don't you give it a go?

Now we roll on to this Christmas... watch out, you may see another panto coming very soon!



A Taste of Italy



Our Year 10 Hospitality and Catering students have been exploring Italian cookery recently. With the summer months upon us, Italian food is perfect for conjuring up images of azure seas, sun-drenched piazzas, gelatos and markets bursting with seasonal produce, the smell of garlic and fresh herbs in the air.

They began with the traditional Spaghetti Bolognese. They used fresh herbs and vegetables for the sauce and they also made the spaghetti pasta from scratch!

Cooking from scratch means using ingredients that are as close as possible to the way that nature delivers them. This often means we end up with more nutritious and better tasting food that is cost effective and gives us more control over what we are eating.

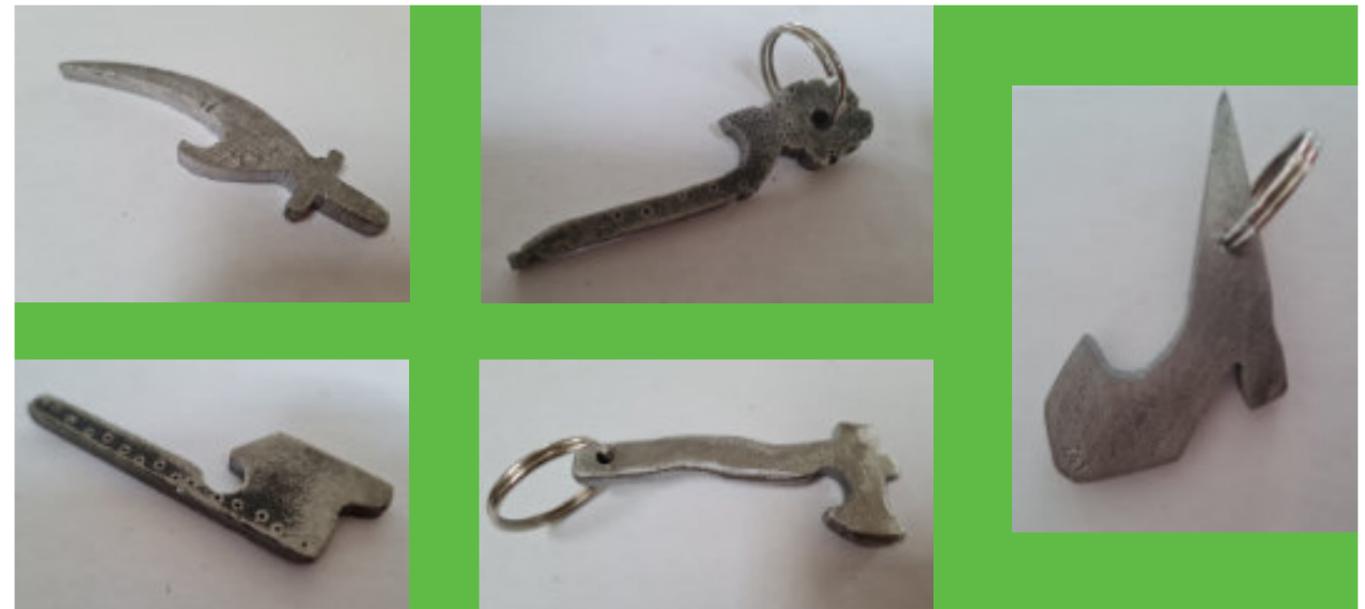
Focaccia Gardenscape



How beautiful do these garden focaccia breads look?

Focaccia bread is an Italian, olive oil-rich bread that is reminiscent of pizza dough in both texture and style. Seasoned with olive oil, salt and herbs it is the perfect blank canvas for pretty edible pictures made from vegetables and fragrant herbs

The Year 10 students created these wild and wonderful accompaniments that would compliment any Italian dish. But these works of art do look too good to eat!



DT

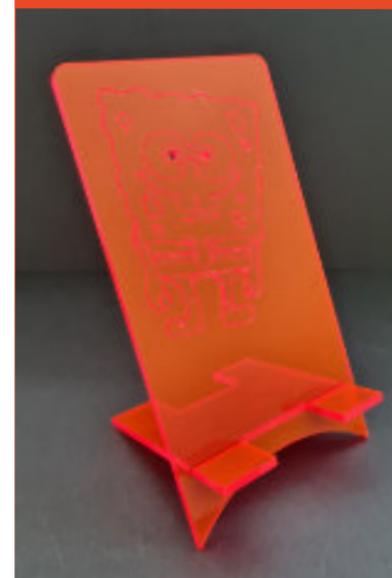
Year 10 Project: Resistant Materials

Resistant Materials is the study of the design and manufacture of products using a wide range of materials. Our students learn how to design and make products with creativity and originality, using a range of materials and techniques.

'Resistant Material' is the term used for materials such as wood, plastic and metal. Matching a material to the job it is designed to do is a very important part of DT.

Part of the GCSE course is to work with resistant materials, designing and producing a product to a good standard.

Year 10 have been working with metal to produce a bottle opener and plastic to create these colourful phone stands.



SMITHDON HIGH SCHOOL
PRESENTS

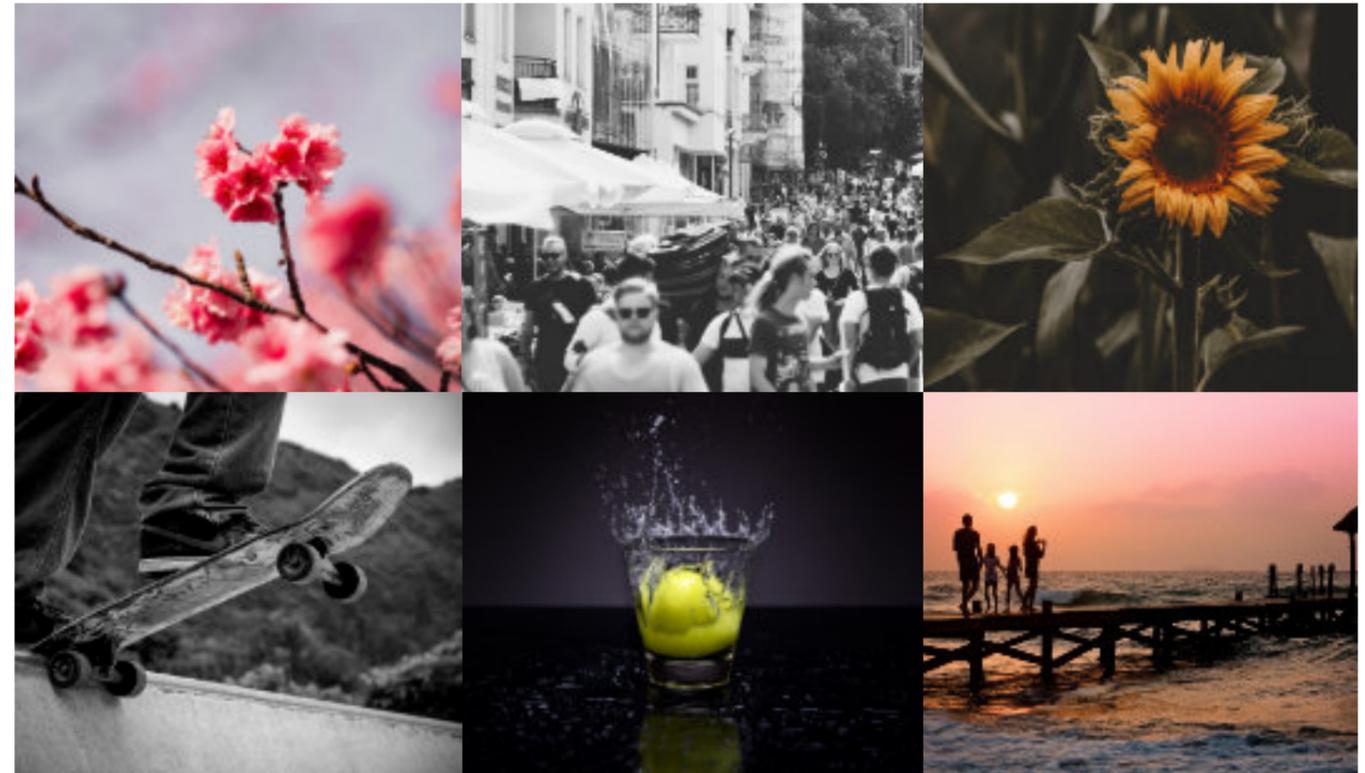
REVIVE

A COLLECTION OF YEAR 7, 8 AND 9 ART WORK
ALONGSIDE AN INSTALLATION IN COLLABORATION
WITH ARTIST JESSICA PERRY

JUNE 8TH 2022

FROM 4.30PM - 6.30PM
SMITHDON HIGH SCHOOL, PE36 5HY

PLEASE RSVP BY VISITING
[HTTPS://BIT.LY/3YWD9C7](https://bit.ly/3YWD9C7)



PHOTOGRAPHY COMPETITION!

TO BE IN WITH A CHANCE OF WINNING A SELECTION OF CAMERA LENSES TO UPGRADE YOUR PHOTOGRAPHY FROM YOUR SMART PHONE, YOU NEED TO TAKE A PHOTO THAT YOU BELIEVE SHOWS THE THEME OF REVIVAL.

REVIVE means to start to grow, develop or to become successful again.

You could take photos of:

Nature

People

A hobby

Family

Your photo could be shown in the Revive Exhibition on 8 June to fellow students, parents and the public!

Please make sure that you send them by 6 June to : s.phelps@smithdonhigh.org.uk



RESULTS:

Year 7 Rounders – The Year 7 rounders team won their first game for the school against The Nicholas Hamond Academy, scoring 11.5 rounders! TNHA came close but only managed to score 9.5.

The player of the match was awarded to Taya.

“We were all excited for the game and even though we were losing the first innings, we worked together and came back to win the second innings and the game. We were all buzzing as it was our first rounders game for Smithdon.” Kayla and Abbie - Year 7

Year 8 Rounders – The Year 8 team were also playing their first game of rounders due to COVID cancellations in Year 7. They played well and scored 8 rounders but TNHA were able to score 11.5.

Player of the match was awarded to Bonnie.

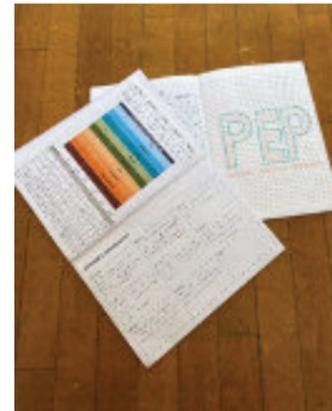
“It was our first game of rounders for Smithdon. We started the game very well, batting and fielding; however, Hamonds were a very strong, tidy team and put the pressure on us. Overall, we could not respond to them. We will learn from our mistakes and go again.” Isabel - Year 8

By Mr Tilley

The Summer Term has kicked off at Smithdon High School within the PE department!

KS3 students have been doing well in developing their skills in a variety of the sports that we offer in our curriculum: Tennis, Rounders, Athletics, Cricket and Softball.

Year 10 core PE has also seen students take part and showcase their skills in a new sport, Kin Ball...which has never been played at Smithdon before!



Year 10

The Year 10 students are coming to the end of their first year on the GCSE course. They have been working hard completing their personal exercise programmes so they can improve and be better in their chosen sport.

Keep up the good work!

Year 11

The Year 11 students are coming to the end of their course and are on the final stage! They have been working hard to get ready for their exams. The final one is on 10 June.

Good luck to you all!



Year 9 Rounders – The Year 9 rounders team won their opening game of the term by scoring an impressive 14.5 rounders!

TNHA could only respond by scoring 12.

Player of the match was awarded to Ruby.

Year 10 Rounders – The Year 10 team opened their Summer Term games with a draw. They were evenly matched with TNHA as they both scored 8.5 rounders.

The player of the match was awarded to Elizabeth.

AFTER SCHOOL CLUBS:

Students have been given the opportunity to enjoy a variety of after-school clubs. Sports such as Tennis, Athletics, Girls Rugby, Rounders, Cricket, Golf and Running have been keeping our students active after school.

These will continue after half term.

Please contact Mr Tilley or Mr Ward for further information.



“It continues to be a very great privilege to work with some absolutely fantastic young people at Smithdon High School. It's been incredible to see the science garden grow into something truly inspiring thanks to the amazing efforts of some extraordinary young people. It's so incredibly important that young people know how to grow their own food for a better and more sustainable future”.

- Matt, Papillon Project.

By Amelia and Hope - Year 7



Our school allotment is a place where people can relax whilst also doing work. We have wonderful people like Matt and Poppy from the Papillon Project who have helped us with our allotment and are so kind to us.

They have given us something fun and interesting to do at lunch-time and after school and we have used our own time to be involved in this. We love it here!

This is what we have planted:

Strawberries (very delicious)

Beetroot (they turn your tongue purple)

Chard (good in salads)

Runner Beans (very healthy)

Peas (good for roast dinner)

Sweetcorn (very nutritious)

Leeks (very sweet)

Charlotte Potatoes (good for jacket potatoes)

Broad Beans (slightly sweet)

Winter Beans (great in stews)

Red Onions (full of vitamins)



Amelia working hard in the school allotment.

We are very grateful for everyone's help with our allotment. We are so proud of what it looks like and how it is growing. We have worked very hard and had to pull up many dead flowers and a tree to make room to grow everything.

Bushcraft is the art of survival in the bush.

The history of bushcraft is in the history of humanity. But as modern living and society has taken over, fewer and fewer people have found it necessary to learn what used to be just everyday, basic skills. Foraging, purifying water, fire-starting and building basic shelters are skills that a lot of us have lost or just never learnt in the first place.

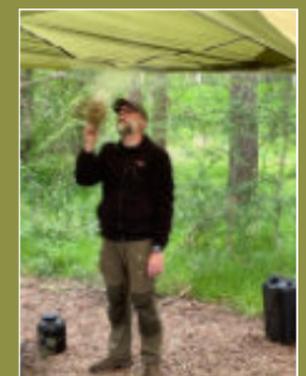
Groups such as the Scouts do teach their members these skills and nowadays more families seem to be discovering the joy of going in the woods together with survival courses, wild camping and expeditions being more readily available. Blogs, social media pages and websites are praising the benefits on mental health and well being. Getting back to nature, increasing confidence and working together is an adventure away from our normal, comfortable lives. Becoming a 'wild human', even just for a day or two seems to be an amazing remedy to stress.

A few of our Year 8 students were invited to attend the Trust's first ever Bush skills trip. Jacob, Lillie, Sebastian, Jack, Oliver, Isabel, Freddie and Taylor went on the trip to help them understand more about the world around them. They learnt survival skills, as well as giving them their first experience of what camping might be like on the Duke of Edinburgh's Award scheme that they are offered in Year 9.

The students learnt how to conduct themselves safely and responsibly in an outdoor environment and improve their ability to listen and communicate effectively with others.

The students took part in shelter building, camouflage and concealment, fire safety, foraging and eating insects. They also slept in 10-man bell tents.

It was a fantastic trip as they were able to work with others from across the four high schools in the Trust where they were able to make new friends. The students also demonstrated their great attitude and were a real credit to the school!



The Maths Feast is a competition with the best young mathematicians across West Norfolk, competing in teams of four. The aims are to improve problem-solving skills using recreational Maths and to improve teamwork and communication

Eight Year 10 students represented our school in this year's Maths Team Challenge at Springwood.

The challenges consisted of 4 head-to-head rounds: rounds 1 and 2 focused on problem solving; round 3 was all about their comprehension of Maths, and the final round was a paired relay where the first pair's answer was required for the second pair to answer the next question and so on.

Smithdon entered 2 groups of four:

Team 1: Jake, Shelby, Viktorija, and Elizabeth.

Team 2: Chloe, Roxy, Gracie and Olivia.



MATHS FEAST 2022

Team 1 was awarded a certificate for the highest scorers in round 3 and grabbed an impressive 3rd place in the overall standings.

Team 2 also performed incredibly well, achieving high scores on every round and finished top 10 in the overall standings.

All of the students really enjoyed working in their teams and thrived on the competitive atmosphere!

"The best round was the relay, I enjoyed the pace and structure of it!"

"Four in a row was fun and fast paced. Had to work together and rely on team mates."

"All the rounds were enjoyable and challenging."

Many congratulations go to all of the maths students for their excellent participation and achievements. Well done!

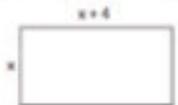
By Mrs Evans

MAY ... A LITTLE BIT OF MATHS EVERY DAY JustMaths

1 What is $238 + 7$?	2 Calculate $50 \times (36 + 6)$	3 What is the missing value? $7 = 942 - 395$	4 What is $6 + 0.3$?	5 Calculate $5 - 14$	6 Jade cuts 4 metres of ribbon into three pieces. The length of the first piece is 124 cm. The length of the second piece is 1.65 metres. Work out the length of the third piece.
7 A toy shop orders 11 boxes of marbles. Each box contains 6 bags of marbles. Each bag contains 45 marbles. How many marbles does the shop order in total?	8 Calculate $\frac{57}{100} - \frac{43}{100}$	9 What is 7 ?	10 What is $6 + 0.25$?	11 How many vertices does a cuboid have?	12 Work out 150×12
13 What is $12.007 - 7.8$?	14 Calculate $-7 - 12$	15 Lara chooses a number greater than 20. She divides it by 2 and then adds 8. She then divides this result by 4. Her answer is 4.5. What was the number she started with?	16 Calculate 18×46	17 Calculate $3.9 + 12.042$	18 Work out $4 + 1$
19 What is 5 million minus 150,000?	20 Which two numbers multiply together to equal 1 million. 200 2,000 5,000 50,000	21 What is $894 - 89$?	22 Round 8 486 to the nearest thousand.	23 Calculate 0.2×10	24 Put these numbers in size order (smallest first) 0.78 0.607 5.6 0.098 4.003
25 What is 25% of 1800?	26 What is $1089 - 100$?	27 Calculate 15% of £120	REMEMBER: The best way to revise maths is to "do Maths"!		

Try these Maths challenges and look out for the answers in the next magazine!

MAY ... A LITTLE BIT OF MATHS EVERY DAY JustMaths

1 Simplify $2x^2 + 5x^2$	2 Write 2.81×10^{-3} as an ordinary number	3 Solve $3x - 5 = 16$	4 Simplify $\frac{5m^4 \times 3m^2}{m^2}$	5 Solve $(x + 2)(x - 3) = 0$	6 There are 912 litres of oil in 6000 kg of fuel. It uses 15.7 litres of oil each day. Estimate the number of days it will take her to use all the oil in the tank.
7 Work out 130% of £120	8 Work out 0.4×12	9 What is the highest common factor of 22 and 14?	10 Three numbers have a mean of 12 and a mode of 10. What are the numbers?	11 Write 24.7×10^4 in standard form	12 Paul bought a new car. The value of the car was £15 000. In the first year, the value of the car depreciated by 20%. After the first year, the value of the car depreciated by 15% each year. Work out if Paul's car lost more than half of its value by the end of three years.
13 Factorise $3g + 6$	14 A 'king' is valued in a club by 20%. The club price is £30. What was the original price?	15 Write 325 as a product of its prime factors.	16 Simplify $a^2 + a^2$	17 Expand $x(x - 3)$	18 What is the surface area of the prism? 
19 What is the area of a circle with a diameter of 10 cm?	20 Work out $\frac{3}{5} + \frac{2}{3}$	21 Work out (without a calculator) $123 \div 12$	22 Simplify $4x^2 + 2x + 3x + 8$	23 Work out 35% of 800	24 Simplify $3(x + 4) - 2(4x + 1)$
25 What is $\frac{3}{5}$ of 80	26 Given the perimeter is 45cm, calculate the value of x	27 	REMEMBER: The best way to revise maths is to "do Maths"!		



DUNGEONS & DRAGONS

By Mr Duncan

The Dungeons and Dragons club is about meeting new people, growing in confidence, expressing yourself creatively, problem solving and developing social skills.

Initially, most members of the dungeons and dragons club were quite timid and lacked confidence. However, they have very quickly transformed into far more confident and comfortable individuals, now regularly getting involved in class, when before they would have been content to sit and not be noticed.

I think this is partially due to the game but also from the new friends they have made, which are not always in their own year.

Overall, Dungeons and Dragons is a fantastic, if very confusing and chaotic, way for students to make new friends and grow their confidence!

Please see Mr Duncan for further information, if you would like to come along and try the club for yourself.



Mock Interviews Return



On Thursday 28 and Friday 29 April, our Year 10 students were invited to attend a mock interview. The students were requested to attend an interview, off school site, with members of our local Rotary Club. Over 70 students were brave enough to take themselves out of their comfort zone and give the interviews a try. With some preparation tips from form tutors and the option to dress accordingly or in their uniform, students were allocated a day and time to attend.

On the day, the students arrived looking fabulous. Some you would even have mistaken for members of staff in their suits and business attire! The students made their way to the interview venue where they were met by a member of staff and invited to be interviewed by the Rotarians. After their interview, students were requested to return to the waiting room whilst their performance was discussed and rated in areas such as appearance, greeting, body language and listening skills, along with some potential performance improvements.

The feedback was incredible, students interviewed fabulously and it was a really positive experience, particularly in preparation for their upcoming work experience and post-16 interviews! We are extremely grateful to the 12 Rotarians who gave up their time to support this much-valued experience.



Get in touch!

Contact the Careers Lead, Ms Fairweather, if you have any career-related questions, including to book a one-to-one appointment with our level 6 careers adviser, or if you require any further information on post-16 choices or future employment.
s.fairweather@smithdonhigh.org.uk

TOP REVISION TIPS

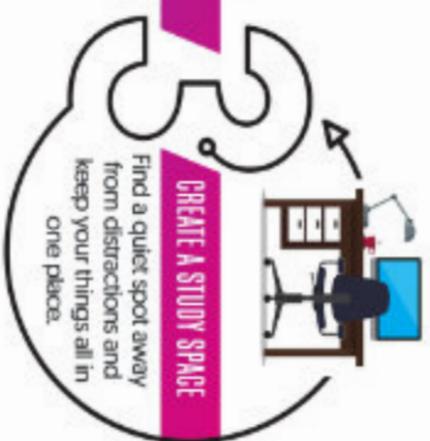


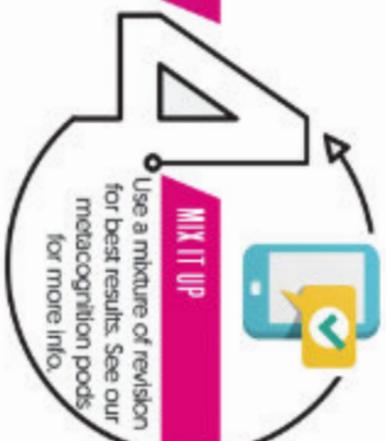
gcsepod
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Don't let the stress of revision overwhelm you. Stay in control with these top tips.

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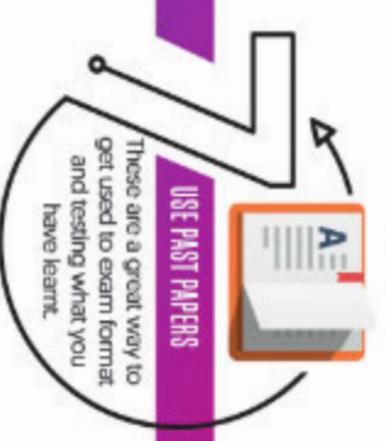
START AS EARLY AS YOU CAN
Cramming at the last minute is stressful and has limited success.
- 

MAKE A PLAN
Work out how much time you have and how long you can spend on each subject.
- 

CREATE A STUDY SPACE
Find a quiet spot away from distractions and keep your things all in one place.
- 

MIX IT UP
Use a mixture of revision for best results. See our metacognition pods for more info.
- 

TAKE REGULAR BREAKS
It is possible to work too hard, make sure to take regular breaks.
- 

REVISE WITH A FRIEND
Talking through what you've learned can help information stick.
- 

USE PAST PAPERS
These are a great way to get used to exam format and testing what you have learnt.
- 

EAT HEALTHY
Certain foods boost your brainpower and will help you remember more.

 podup

 gcsepod.com

 info@gcsepod.com

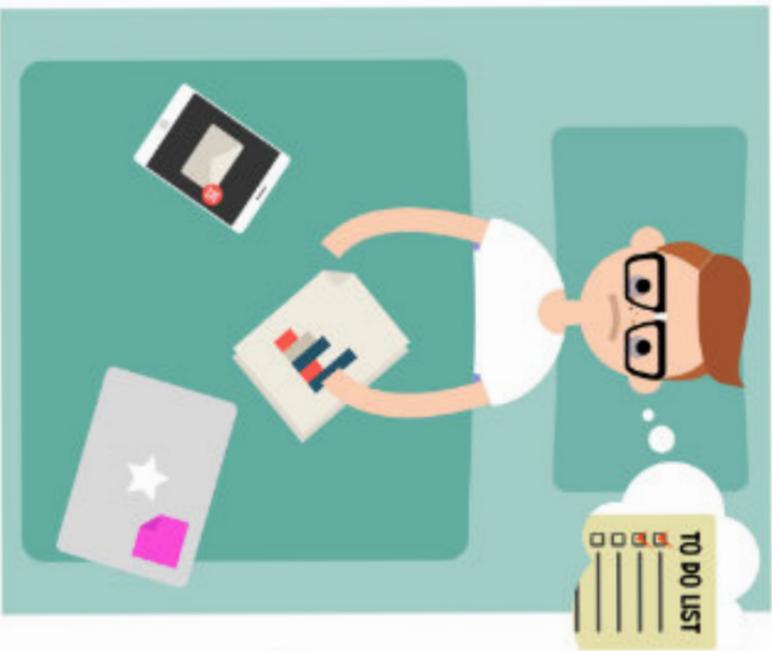
 0191 338 7830

DEALING WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



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EXAM SUCCESS



BELIEVE IN YOURSELF
If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



GET ORGANISED
You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



MAKE SLEEP A PRIORITY
Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-8 hours every night helps you have a relaxed and well-rested mind and body.



OVERCOME PROBLEMS
If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or reaching out on GCSEpod.



EXERCISE
A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.



EAT RIGHT
Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!



TALK ABOUT YOUR NERVES
Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to relieve any stress and worries they maybe experiencing.



KEEP THINGS IN PERSPECTIVE
Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them they can only do their best and that's enough!

 podup

 gcsepod.com

 info@gcsepod.com

 0191 338 7830



BUSINESS OUTREACH PROGRAMME

Thank you to: Mr Bun the Baker, The Princess Theatre, SJP Solicitors and Proctor Roofing for continuing to support our weekly attendance raffle prize draw this term.

We are proud to have these links with local businesses and we appreciate the support they have shown us this academic year.



**32 High Street
Hunstanton
mrbunthebaker.com**



**13 The Green
Hunstanton
01485 532252
princesshunstanton.co.uk**



**Waverley House
37 Greengate
Hunstanton
01485 532662
Sjpsolicitors.co.uk**



**Unit 12 Cheney Crescent
Heacham
01485 570469
proctorroofing.co.uk**

ATTENDANCE MATTERS

We have only 34 school days left of this academic year!

It's been positive to see many of our students working on improving their attendance. As we go into the final weeks of this year, Mrs Cummings will be meeting with those students who have had lower than expected attendance this year. This will mean they'll be asked to come and have an informal discussion which looks at the reasons for absence and how we can support students going forwards.

Every day counts:

98% = 4 days; 20 lessons lost
 96% = 7 days; 35 lessons lost
 95% = 9 days; 45 lessons lost
 94% = 11 days; 55 lessons lost
 90% = 20 days; 100 lessons lost
 85% = 30 days; 150 lessons lost

Raffle Winners this term:

Year 7: Harry, Alice, Olivia, Daisy, Erin, Lily
 Year 8: Sophie, Reece, Florence, Hope, Isabel
 Year 9: Jacob, Lily-Jean, Bayley, Ruby
 Year 10: Harrison, Joshua
 Year 11: Amber, Caitlin, Thomas

Well done to the forms with the best attendance this half term:

Year 7 - Miss Soper
 Year 8 - Mrs Dibble
 Year 9 - Miss Ruskin
 Year 10 - Miss Fairweather
 Year 11 - Mrs Charlton-Trewick

To report a student's absence, please use one of the following methods:

Phone: 01485 536123

Text: 07935 059774

Email: attendance@smithdonhigh.org.uk

Get in touch...

Phone: 01485 534541

Email: office@smithdonhigh.org.uk

Website: www.smithdonhigh.org.uk

Twitter: [@smithdon_high](https://twitter.com/smithdon_high)

We hope that you all have a fun and relaxing break.

Stay safe!

We will see you all on Monday 6 June.

Thank you for taking the time to read our school magazine. If you would like to be involved by producing work or creating content, please contact Miss Taylor in the library:

m.taylor@smithdonhigh.org.uk

