



King's Academy Ringmer Newsletter

December 2020

Dear Parents, Carers, Staff and Governors,

This time last year, I was privileged to experience my first King's Academy Ringmer Carol Concert. What a joy that was and how little did we realise what lay ahead.

Ironically, in last year's Christmas newsletter, I quoted Charles Dickens: "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness... it was the season of light, it was the season of darkness, it was the spring of hope..." So, fitting for the present moment.

I am drawn to the line 'It was the Spring of hope...' and find myself wishing and yearning for longer days and sunshine. We have all been indoors for far too long.

BUT...

I end this term triumphant. Triumphant on behalf of every single member of our school community. On behalf of parents who have worked tirelessly to get their children into school every day, smartly dressed and keen to learn. On behalf of staff who, despite the classroom travel, have continued to produce fabulous lessons - on and off the screen - and triumphant for our fantastic students, who play, smile, laugh and learn while all around the world battles on.

We have discovered new ways to learn. We have managed to launch our new house system, Year 11 have

completed their first round of mocks and we have even managed a school trip which sold out in hours!

I know the pandemic is not over yet, and it may get darker before it gets lighter, but King's Academy Ringmer is creative, resilient and determined. Determined to be a beacon of hope and strength in this community. We promise to strive for every student's potential and we are committed to making KAR students the best version of themselves, in every aspect of their lives.

I know that Christmas this year may not be what we hope for. We may not get a chance to see everyone that we want to or celebrate in the usual style but we can still give, we can still love and we can still be thankful for each other.

Now more than ever we can appreciate that love is our strength and the giving of love makes us stronger.

I wish you all a safe and loving Christmas

Sian Williams
Principal



That was 18 years ago and now King's Academy Ringmer is recognised as one of the leading Eco Schools in the country.

Along the way there have been awards, a visit from Royalty,

presentations in Parliament, new head teachers and hundreds of students as well as new boilers, solar panels, a wind turbine, ground source heat pumps, a car charger point and a comprehensive insulation scheme.

The school has reduced its waste by 40%, saves 400 tonnes of carbon going to the atmosphere every year as well as recycling over a 100 tonnes of material but, most importantly, it gives every student the opportunity to play a part in making a difference.

Stephen says, "Our school is a microcosm of society and there are always going to be people passionate about a topic in the same way as there will be those who are opposed to it. The important thing is to appeal to the mass in the middle. That's been the success at Ringmer.

Our Eco Reps aren't seen by their peers as being odd, they're just doing something that is eminently worthwhile. I can't tell you how much fun working with so many brilliant and inspiring students I've had and I've lost count of the packets of chocolate biscuits we've eaten!"

Not only will Stephen be missed for all the amazing work he has done over the years, but he is also the nicest man you can meet and will always do whatever he can to help. Take care!



FAREWELL TO STEPHEN GREEN

It is with a very heavy heart that we say farewell and wish Stephen a very happy retirement. Steve joined the school in 1998 and has been nothing but a complete revelation. The original Eco Warrior has transformed the school into one of the top trailblazing eco schools in the country which has recently been invited to join the National Eco Schools of Fame!

When Stephen was asked if he would start an Eco Club, Stephen replied that he didn't want to have a group of geeky kids meeting in a science lab but wanted to start a movement that would include and engage with students of all abilities.

SCHOOL UNIFORM

If parents are purchasing new uniform over the Christmas break, this is a reminder that the school skirt should be purchased through Sussex Uniforms.

The new style school skirt is the only acceptable skirt from September 2020 as we have now had our period of transition.

Students can of course wear trousers if they prefer. Sussex Uniforms are providing the service to even more schools this year so we suggest purchasing well in advance.

Shoes should not be trainers, but black leather, or leather effect shoes without any logos. Black leather Nike, Vans (or other sport provider) trainers are not an appropriate school shoe.

Thank you.



CHRISTMAS FUN

Because this year has been the hardest ever for students, staff wanted to say a big thank you to all students for their fantastic resilience and perseverance with their learning. It's been particularly hard for students adapting to the new learning techniques, bubbles, oneway systems and all the learning from home, so in an attempt to lift spirits, staff have produced a Christmas Fun Video. Enjoy!

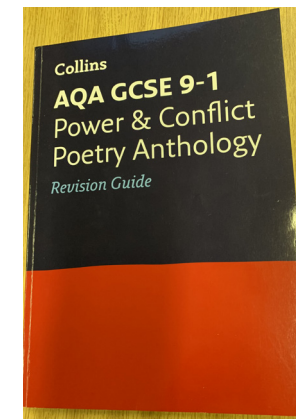


We are collecting used stamps for CLIC Sargent to help raise vital funds for young lives against cancer.

All you need to do is cut, or carefully tear, the stamped corner from any envelope and bring then into reception.

THE ENGLISH DEPARTMENT

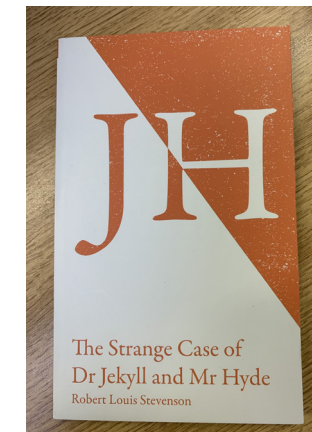
It's been business as usual in the English department this term: our high expectations of students have been matched with an enthusiastic approach that reflects just how conscientious our students are. Thank you for continuing to encourage and support them at home.



By Christmas, Year 11 will have completed their first run-through of the English Language papers and will be continuing to work on exam technique and fine-tuning their skills over the next term. Alongside this, we will be revising the key texts for Literature. As a result of the changes to the exams this year, all Year 11 will now be studying 'Macbeth', 'An Inspector Calls' and the Power and Conflict Poetry.

They must continue to work independently to revise these texts: rereading them where appropriate, making flashcards, reading articles from the British Library. Please remind them of the Google Classroom 'KS4 English Revision', where they will find resources to support them.

Year 10 have now completed two assessments in English: Macbeth and Poetry. We have been thoroughly impressed with their mature attitude and approach to these tasks. We have provided each Year 10 student with a Poetry Study Guide which we know will support them if they have missed a lesson or need further help with a poem. Please encourage them to use these at home to complement their learning in lessons, or to catch up if they are not in school. Next term we'll be starting 'The Strange Case of Dr Jekyll and Mr Hyde'.



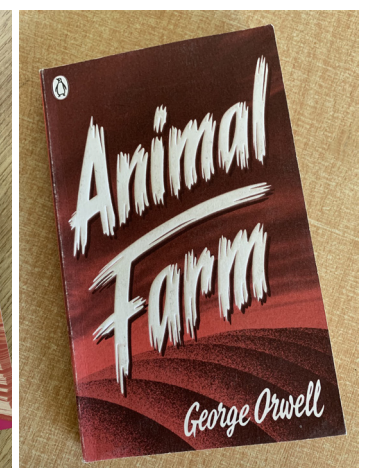
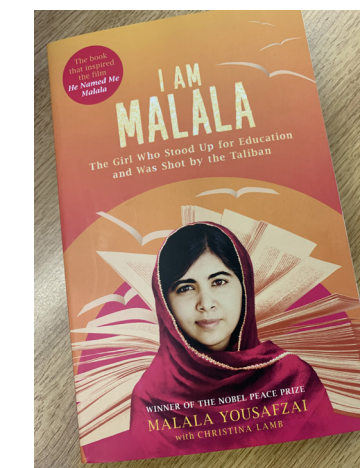
Both Year 10 and 11 are very welcome to attend the after school Independent Learning Session in S03 on Wednesdays and Thursdays. This is not a formal session, but a quiet space with access to support from a teacher and all the online revision resources. Students can work independently on homework, revision or preparation for assessments.

Year 8 and 9 have been studying 'A Christmas Carol' this term which, while often sad and serious, has also been helping to get us into the spirit of giving! The context of the novel, Victorian Britain, will support their

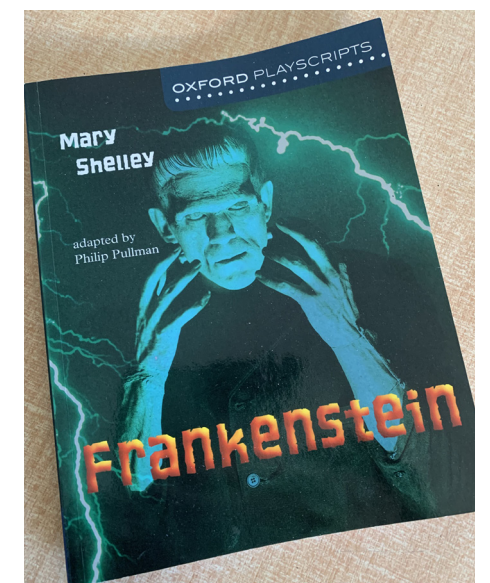
learning throughout their Literature studies. Please ask them about the story and what they understand the message to be - it's not just about enjoying Christmas - and encourage them to use their Top 10 words to express their ideas. Next term Year 8 will be reading 'I am Malala' and Year 9 will be studying 'Animal Farm'.



Year 7 have well and truly settled in, and have enjoyed reading and studying Roald Dahl's autobiography, 'Boy'.



We have been working particularly hard on writing this term and it's clear that confidence and accuracy is improving. Please ask them about new words they are learning - the Top 10 Vocabulary - as they are beginning to use these sophisticated words with confidence. Next term Year 7 will be studying 'Frankenstein' the play, and gothic literature.



Patrick the pig has been keeping us smiling these last couple of weeks! Filled with sprouty-chocolate goodness, his chubby grin has been spreading a little bit of cheer in the English department at this chilly time of year.

TERM DATES 2020/21

Thursday 17 December - End of term

All students return 4 January 2021

4 January to 12 February 2020 – Term 3

INSET DAY - Friday 12 February 2021

22 February 2020 to 1 April 2021 – Term 4

19 April to 28 May 2020 – Term 5

Monday 7 June to Friday 23 July 2021 – Term 6

HISTORY

Year 7 have been studying the most famous date in English history - 1066 - and finding out how and why William Duke of Normandy won the Battle of Hastings. So too have Year 11 - although they have had to write a few more essays as they are working on their GCSE!



Year 8 have also been considering our multicultural heritage with an enquiry into the different migrant groups - starting with the Celts and ending with the Windrush generation - who make up the population of the UK. They are just finishing their study of why the

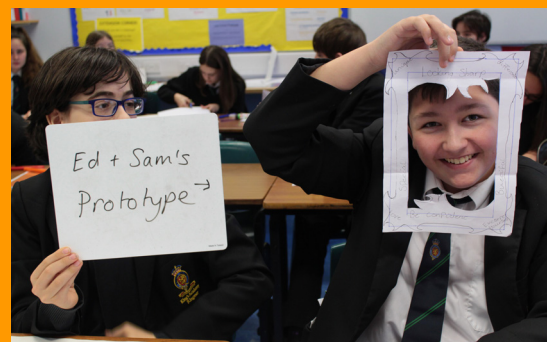
English executed their King in 1649 and then invited his son back as King in 1660!



Year 9 have completed their exploration into the British Empire with a special focus on India and come to a conclusion about whether they think the British should be proud or feel guilty about our imperial past. This is particularly important as we move on to study the Great War as soldiers from all over the Empire fought and died in that conflict.

PSHE

It's been a busy term in PSHE. We started the academic year by focusing on mental wellbeing. We looked at how we can look after our emotional wellbeing, support others and when and where to ask for support if it's needed for ourselves or others. We explored coping strategies for looking after ourselves and developed an understanding of negative coping strategies as well as discussing how we can develop digital resilience.



Year 9 have produced some brilliant work on body confidence looking at appearance ideals and how images in the media are manipulated and present, in some circumstances, completely unrealistic expectations around appearance. We have looked at ways to banish talk about bodies and appearance, instead focusing on what makes us unique. The unit finished with students making a campaign project to promote body confidence - some students designed posters to celebrate natural beauty, some designed frames to be placed on the mirrors in the bathrooms covered in positive slogans and one student even designed a code of conduct.

RE

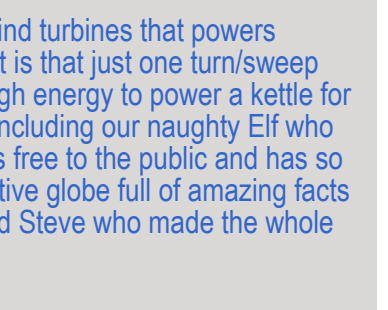
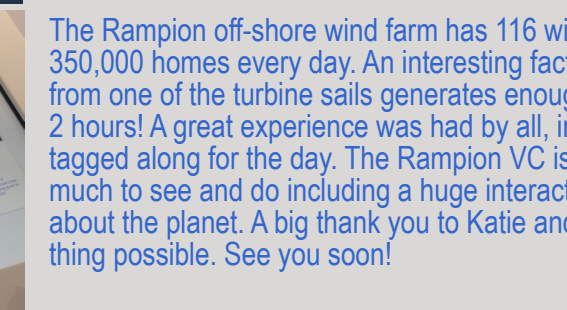
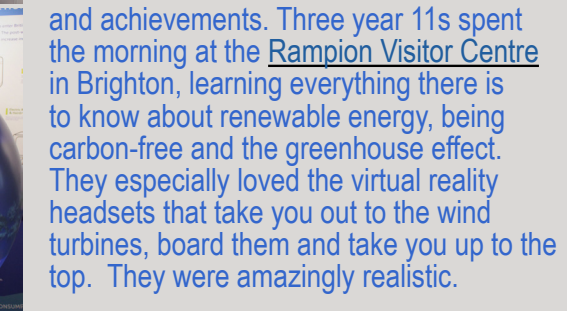
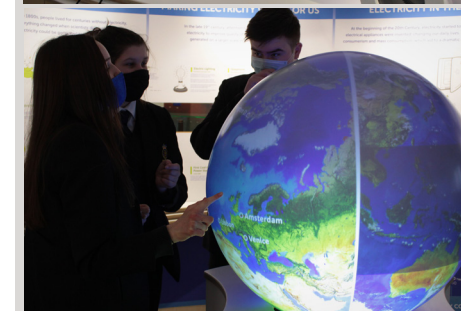
Year 7 have been finding out about the 6 major world religions this term to see how much they already know and to make sure they have a good base of knowledge before considering different ideas in more depth.



Year 8 have been taking a closer look at Islam - what do Muslims believe (do they all believe the same things?), how do they worship Allah and how do their beliefs affect their lives?



Year 9 meanwhile have applied themselves to one of the most difficult questions - is there a God? How can you tell? What have different philosophers argued over the centuries? How does Science fit in? They have all worked really hard and definitely deserve a break!



CAREERS CORNER

It's been a busy term for Year 11 who have been choosing what to do next year and applying to College or for an apprenticeship. To help them, they joined a live online careers event called Sussex Live which had lots of good advice and they have been spending all their PSHE lessons researching the

different options and completing their CVs.

We are also very grateful to Bridgid Parr from the My Choice charity who worked with 24 students giving them some specialist advice. Year 10 meanwhile have been working towards building a CV by applying for a week of work experience in July 2021.



Please see this link for more information on careers from East Sussex County Council, [here](#).



Ben's – response to the theme of identity (his love of cars)



Oli's response to Ansel Adams Landscape Photography

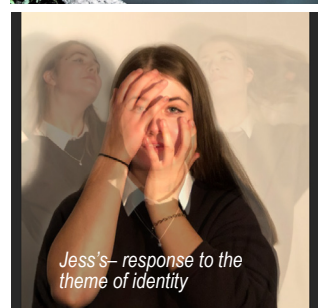


Anna's – reflection in a pond

YEAR 10 PHOTOGRAPHY

Since the start of the year students have been investigating and responding to portraiture and landscape work by a variety of different practitioners, including Gillian Wearing, David Hockney, specifically his "joiner" work and Ansel Adams.

They have also started to explore the theme of identity. Here you can see a small selection of the excellent work produced so far.



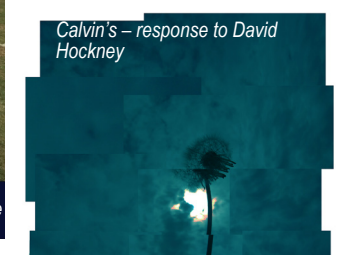
Jess's – response to the theme of identity



Harry's – response to Franco Fontana



Ethan's – Response to Gillian Wearing



Calvin's – response to David Hockney



Lottie's – response to David Hockney



Elizabeth's – David Hockney Response



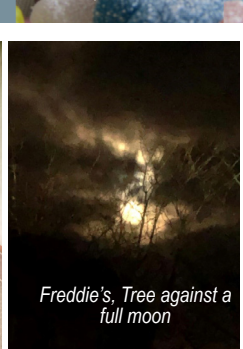
Roman's response to Ansel Adams



Billy's – Response to Gillian Wearing's joiners



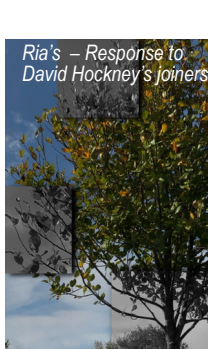
Oli's – response to identity



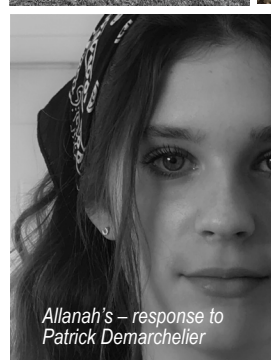
Freddie's, Tree against a full moon



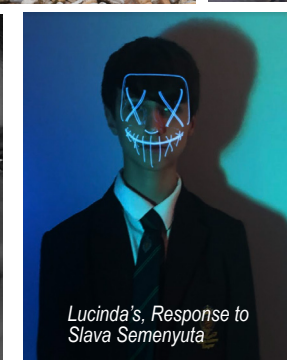
Jess's – Response to the theme of Vanitas



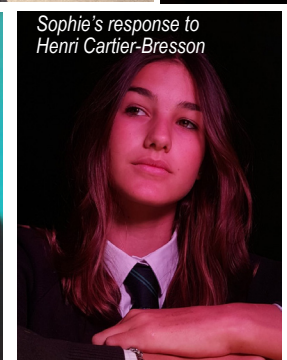
Ria's – Response to David Hockney's joiners



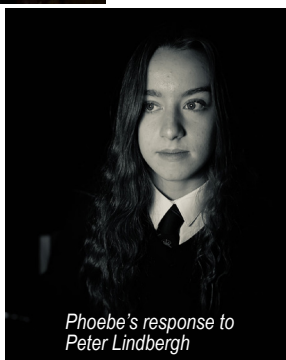
Allanah's – response to Patrick Demarchelier



Lucinda's, Response to Slava Semenyuta



Sophie's response to Henri Cartier-Bresson



Phoebe's response to Peter Lindbergh



Erin's – Response to Ansel Adams



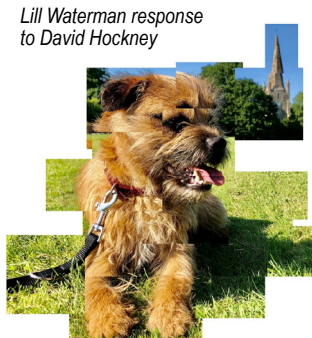
Ellena's – Response to Rosie Hardy



Joab's response to Maha Alasker



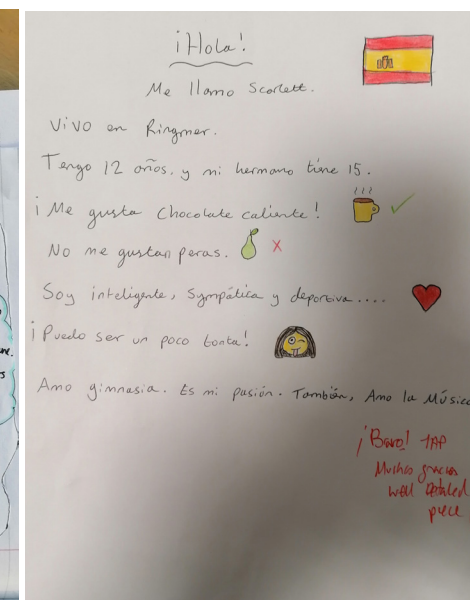
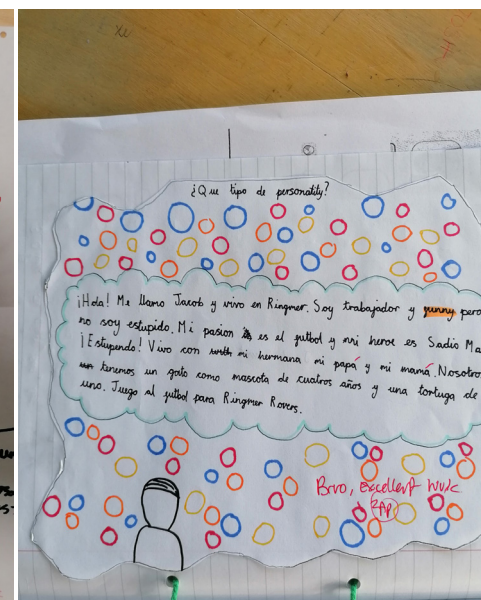
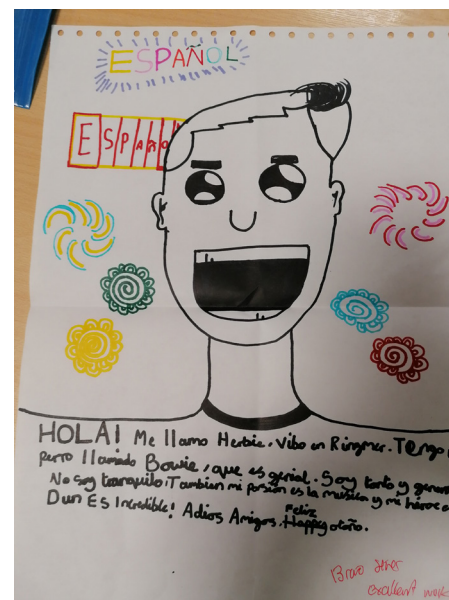
Frankie's – Responses to the theme of identity



Lill Waterman response to David Hockney

MFL DEPARTMENT

Year 7 Mi vida Poster Independent Learning Task



Our year 7 students had produced some amazing posters describing themselves in Spanish. Well done, we are very proud of your work and your effort, muchas gracias chicos y chicas!

STUDENT NUMBERS CONTINUE TO RISE!

We have all enjoyed a really busy start to the academic year albeit a slightly different one. Our admission campaign was particularly challenging this year as we couldn't run our usual Open Evening or morning tours. However, we went ahead and created a virtual tour video, a live Zoom presentation on the night and individual department introduction videos. We also invited prospective students and parents in for Covid compliant, socially distanced presentations from our Principal, Mrs Williams.

Alongside the general consensus across the East Sussex primary schools' playgrounds that the school is now very good (finally), the campaign was a complete success. Not only have we won over many who hadn't heard of us before, we have impressed parents as far away as Newick and Herstmonceux. We saw our biggest number of applications for many years, a third more than last year's record breaking number!

Another way of gauging the school's success and popularity is to compare our September 2021 intake number of around 130 to our year 11 leavers of just 75. As well as this great news, we have also enrolled an additional 22 students across the other year groups and now have a waiting list for years 8,9 and 10.

If you missed our Open Evening events or are unhappy with the school you have been given for September 2021, please see the information on our website (click picture for link) and call the school on 01273 812220 and arrange for a tour at any time. This will be arranged after the appeal process has completed and Covid restrictions have been lifted.



STUDENT COUNCIL

In December we had our inaugural KS3 Student Council meeting. The meeting was chaired by Cian in year 11 with Head Boy Matt joining to explain how the Senior Student Team operates in the school.

Students were able to conduct the meeting via Google Meet to keep everything COVID friendly.

We look forward to hearing the input from KS3.



HOT CHOCOLATE FRIDAY

Principal Mrs Williams has continued with the reward incentive 'Hot Chocolate Friday'! The students who have received the most achievement points that week are invited to celebrate in the Principal's office during tutor time on Friday mornings.

Students discuss their week whilst enjoying hot chocolate and cookies. Mrs Williams has also brought back 'Lesson Legend' in which one student is awarded Lesson Legend every lesson and the students with the most Lesson Legend nominations in a week are invited to join her for hot chocolate. Congratulations to all the winners this term!



FOOD TECHNOLOGY

Students have been watching demonstrations during lessons and then creating dishes themselves at home.



ECO CORNER

Nearly 40% of our new Year 7s have signed up to become Eco Reps and despite the systems in place as a result of Covid, we have managed to continue with our recycling and other Eco initiatives.

The school was one of the first schools in the country to sign up for an exciting new project called Let's Go Zero which encourages all schools to commit to becoming carbon neutral by 2030. We have already reduced our carbon emissions by over 400 tonnes a year so have a great start and we will keep you posted on our progress. An Article in the New Scientist magazine about Let's Go Zero referred to the great work going on at Ringmer.

IS YOUR SCHOOL FIGHTING CLIMATE CHANGE? JOIN US!

LET'S GO ZERO 2030

Schools working together to be zero carbon

We are currently working on a scheme to replace all of our lighting systems with LED low energy systems which would save not only carbon emissions but over £8,000 a year in energy costs. Fingers crossed that our bid is successful.



After nearly 20 years in post as our Eco Coordinator Stephen Green will be retiring at the end of December. As you can see by the tribute on the front page, Stephen has put King's Academy Ringmer on the map as a leading eco school in the UK. With this in mind, it is not surprising that we are completely delighted to present Stephen with the best retirement gift and a

true honour for anyone...a congratulations and thank you letter from the greatest Environmentalist the world has ever seen, Sir David Attenborough!!

Dear Mr. Green,
May I, on the occasion of your retirement from your role as Environmental Coordinator at King's Academy Ringmer, congratulate you on all you have done to inspire young people to promote sustainability and to protect the environment.
With very best wishes
David Attenborough

We are very pleased Sarah Pillar from our Geography Department and Emma Holmes from Learning Support have both been appointed to keep

this important work going. Both Sarah and Emma are passionate about environmental issues and are already planning the next phase of the project.

A CHRISTMAS CAROL @ THE SPIRE

A very lucky group of year 8s and 9s were treated to a truly amazing performance of 'A Christmas Carol' as told by Scrooge at The Spire in Brighton on Thursday. As we all know, the theatres have been closed for what seems like forever, with actors out of work and venues possibly never being opened again. We jumped at the chance to support our friends at Truostory Productions. For the past three years, we have taken students to this Christmas production. Once we heard that they would be putting on evening shows, we contacted them for a matinee performance exclusively for us. They agreed as long as we could persuade 60 students to come. We were both very sceptical in present times but the visit sold out in two days!

As usual, the new version was another fantastic treat for both students and staff, really getting everyone in the christmas spirit, especially being the last day before the holidays.



FACEBOOK USED UNIFORM PAGE

In an attempt to help with the cost of uniform and as an eco school we have initiated an online "marketplace" on Facebook where used items of uniform, in good condition, can be bought and sold.

The Facebook logo will take you to the Facebook Group Page where you can request membership and then upload details of items for sale along with images if required.

The transaction is strictly between the two parties and the school has no input other than to provide an initial introduction via the link. As such the school takes no responsibility for any part of the transaction.



NEW HOUSE NAMES AND LOGOS

Congratulations to the very talented graphic design students who have created the new house logo's we think they are amazing!



SAFEGUARDING FOCUS

TikTok Update Parental Controls with Family Pairing Feature (SWGfL)

TikTok is used by many teenagers and sometimes children younger than that 13 despite its terms and conditions. Using the new Family Pairing feature can allow parents to guide their child's TikTok experience in a safer way. Features include:

Search: Decide what can be searched for. This includes content, users, hashtags, or sounds

Screen Time Management: Sets how long your teen can spend on TikTok each day

Discoverability: Decide on the account being private (you decide who can see their content) or public



(anyone can search and view content)

To find out more information about TikTok's Family Pairing feature and to download a helpful poster to share with students and parents, click on the picture.

RELATIONSHIP ABUSE AND KEEPING SAFE AT PARTIES

The response to Covid-19 will mean that there are far fewer gatherings, however it is still worth mentioning the importance of consent in relationships.

Staffordshire County Council has created a resource-rich website called 'know about CSE' (Child Sexual Exploitation), part of this can also be 'peer-on-peer' abuse'

The website has information for professionals, parents and carers, and young people themselves. There is also advice for businesses like hotels and taxi drivers.

Please click on the picture for the website.



MUSIC DEPARTMENT

This term has seen real changes for the Music Department here at King's Academy Ringmer as - owing to our bubble system - only certain year groups have been using the music rooms. Our students have adapted brilliantly to the new systems and there are so many things taking place that we will aim to recreate in the future once we resume our lessons in the usual way.

Year 7 have been watching performances by Stomp and learning body percussion routines as well as learning how to (and developing their skills) in reading and writing rhythmic notation. This is something that is required on the GCSE course and so this skill will equip any students that decide this is something for them in the future. They have been really enthused to know that a lot of what they are learning, our Year 10 students are also working on!

One of the most entertaining discoveries of this term has been the boomwhackers and the many ways they can be put to good use with students across the year groups. Usually in Year 7 we'd be learning to play Seven Nation Army on keyboards and guitars, but this term they managed enthusiastic boom-whacking instead!



Year 8 have been working incredibly well on Chromebooks in their classrooms and we've worked on two projects, most recently The Blues, which has included the students improvising on Chrome Music Lab over a blues backing which has been incredibly effective. Here is an example from Isaac in Year 8.

Year 9 have also been working with real focus on Chromebooks in their classrooms on a project all about Music for Film. They have been watching clips of films, learning about music within films, as well as themes and leitmotifs and the way music can really make or break a film. They have recently started composing their own scores for film clips which we will have ready to share in the new year.

Our lovely GCSE students have made a great start to the year in spite of the difficulties of not seeing each other in the summer term. It is so lovely to have them back and hear them all making music.



We are so pleased to be able to release our second set of virtual performances - 35 students across all year groups have volunteered to take part and made recordings of performances for us to include. This is an incredible response from our students and it is so inspiring to see how many Year 7 students have wanted to participate. We can't wait to get back to some kind of regular performing in groups and are working out the safest way that we can make this happen at some point in 2021. We have dedicated our concert to Steve Green as our way of saying thank you for everything he has done to help and support the music department over the past years (especially since 2018 when I took over the department). His tireless efforts and unfailing sense of humour plus his utter joy in music has always been hugely appreciated and uplifting, especially in the run up to concerts and shows when the nerves are really beginning to show! Thank you Steve!

Please click picture to watch the virtual performance.



If any families are interested in their children starting instrumental or vocal lessons in 2021, then if you follow this link you will be able to sign up here.

If your child wishes to learn the drums then please contact Ollie Green at here.

Have a great Christmas and thank you for all your support of the music department this term.

With very best Christmas wishes, Francesca Urquhart

REMEMBRANCE DAY



A two minute silence was beautifully observed by all at 11am on November 11th, honouring those who sadly lost their life in all wars. A year 7 student said, "we all stopped in our tracks, the feeling was very powerful, especially as we could hear the Lewes Castle cannon to start and finish the silence."



The school also introduced a remembrance area in front of the school. Students placed their own tribute in a form of a poppy that had been created from natural sources or recycled material. Students have painted stones, created poppies from plastic bottles and even crocheted a poppy wreath!

We also wanted to say a big thank you and congratulations to Alfred in year 10 who raised £110 for The Royal British Legion, especially as he set a target of £50.

Alfred was not able to take part in the usual Remembrance Services yesterday so he decided to take part in a Virtual Poppy Run for The Royal British Legion. He ran with his Mum from East Hoathly War Memorial to Chiddingfold War Memorial and back to East Hoathly. A little 7k run!! They placed their poppy crosses at each Memorial. Well done Alfred!

We would also like to thank our Head Boy and Head Girl for laying a poppy wreath on behalf of the school at the Ringmer War Memorial for Remembrance Sunday.



SCIENCE

Science has had a very successful first term back!

Despite the challenging times, science practicals have continued to operate in a close to normal way and students have had lessons in laboratories within their bubbles. Big thank you to our amazing science teachers and technicians who have made this possible!

Year 7

In biology, students studied how the body moves using the skeleton, joints and muscles. In chemistry, they learnt about the particle model and how it can be used to explain states of matter, changes in state and diffusion. In physics, students learnt about forces and the effects they can have on the motion of objects. During these topics, students completed a variety of practical investigations. Through these investigations, students have started to develop an understanding of the scientific process and the skills required to work safely in the laboratory.

Year 8

In biology, students studied human reproduction and the changes that happen during adolescence. In chemistry, they learnt about how metals and non-metals react with water, oxygen and acids. In physics, students learnt about sound waves, hearing, light waves and sight. During these topics, students completed a variety of practical investigations. Through these investigations, students have developed a strong understanding of the scientific process, with a specific focus on methodology.

Year 9

In biology, students learnt about evolution through natural selection and how genetic information is inherited.



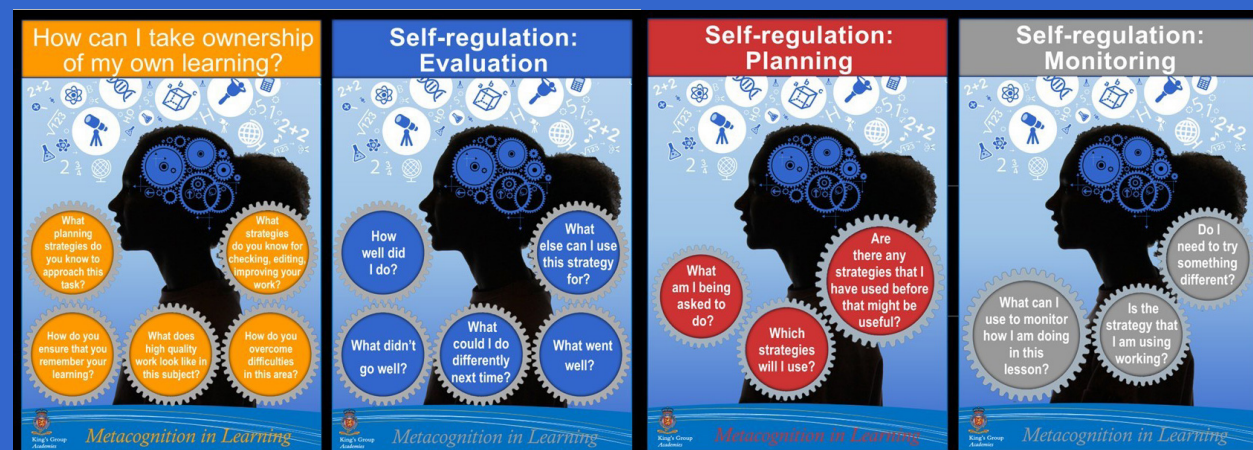
In chemistry, they learnt about how humans are changing the environment by causing the enhanced greenhouse effect and depletion of Earth's resources. In physics, students learnt about waves effects waves and how they can be modelled. During these topics, students completed a variety of practical investigations. Through these investigations, students have developed a strong understanding of the scientific process, with a specific focus on variables.

Year 10 and 11

Students are making brilliant progress with their teachers preparing from the GCSE curriculum. Year 10 are working on paper 1 content in biology, chemistry and physics. Year 11 are working on paper 2 content in biology, chemistry and physics, and recapping their knowledge of paper 1. We have also successfully launched Tassomai, a state-of-the-art learning platform, to support students in revising for their GCSE examinations and accelerate their progress.

YEAR 11 REVISION EVENING

Every year we host a Year 11 revision evening and this year in true Covid style we hosted the event online. The event went well, but obviously we need to keep on top of things and students as ever will need to be organised and dedicated. Please click on the picture below to find out how best to revise and how you can support your child with their revision.



DESIGN & TECHNOLOGY

Design and Technology has seen some excellent progress from its KS4 students so far this year.

Year 11 has been working hard on the GCSE coursework. It's been a tough few months for them but they are now finally back in the workshop developing designs into prototypes.



Year 10 have been building their knowledge of the subjects rapidly and had some excellent project outcomes from the workshop.

They have been making iPad stands from plywood, truffle boxes, wind chimes and macrame. Luckily, all in time for some lovely homemade Christmas gifts to lift families' spirits.

Year 9 have made some beautiful Clay egg cup holders replicating Alessi the brand. These are just fantastic and look very professional.



Year 8 have had the chance to design and develop their very own branded chocolate bar.

Finally, year 7 has been one of the strongest years on the CAD program 2D design. They have blown me away with their skills.

Mrs White

DANCE AND DRAMA

It's been so lovely to be able to see our students back in the studios being able to perform again.

Year 11 Dance students have been working really hard to get back to dancing and performing again. They are currently working on exploring lots of different choreographic ideas in preparation for their exam.



KS3 students have been exploring the evolution of dance in their lessons. They have experienced the Charleston, Jive, Disco and an introduction to Hip Hop. The part I think they most enjoyed, however, was being able to create their own section influenced by current dance crazes.



Our Year 10 Performing Arts students had the amazing opportunity to take part in a virtual workshop with a cast member from 'Hamilton the Musical'. They were taught a section from the number 'My shot', whilst gaining an understanding of the intention of the movement. We were then involved in a question and answer session to find out what it was like to be a cast member.



In Drama, KS3 students have been spending this term using different stimuli to devise their own scenes. Year 9s have been studying 'Noughts & Crosses' to influence their performances and Year 8s have been looking at the impact of social media. Year 7s have been experiencing lots of different stimuli as an introduction to different dramatic techniques.

We are all very excited for when we can start performing on a much larger scale again!

Miss H Williams

RUGBY AWARD

Congratulations to our year 10 Billy Evans-Freke for winning his well deserved Most Improved Player award 2019/2020 for Lewes Rugby Football Club.

Billy is pictured here with Head Coach Tim Warren (left) and England Sevens player Tom Bowen who started his rugby career aged 5 at Lewes.

Well done Billy! We look forward to watching your progress and where it may take you.



PE DEPARTMENT

This year has obviously been one of change for all of us. This has meant that in PE we have had to look at ways of teaching and delivering lessons slightly differently. We have had the amazing addition of the 3G to our teaching areas which has meant that the quality which is being produced by the pupils in lessons has improved.

All of our Core PE lessons have pretty much been delivered outside (for the once the weather has been kind) with pupils taking part in activities such as football, netball, rugby and rounders. Engagement in lessons, as always, has remained high and pupils are having to adapt to different challenges which are put upon them. For example, when games are played in lessons we have not been using bibs to identify teams, so students

surroundings. Initially, as teachers, we were unsure on how this would be received by the groups but it has worked really well.

The year 11 Btec PE group have actually been able to deliver a football, fitness and netball session for some pupils from Ringmer Primary school (all socially distanced). They really showed how mature and competent they were with coaching.

We are hopeful that the new year will bring news that we can start with more clubs and the possibility of fixtures beginning which is something that really excites us as a department.



are adapting and using other ways to communicate and work together as part of a team. They are finding that they need to be more spatially aware of the

Well done all to all.

The PE Team

NEW 3G PITCH UP-DATE

ACCEPTABLE FOOTWEAR FOR 3G FOOTBALL PITCH				
YES ✓	YES ✓	YES ✓	YES ✓	NO ✗
Studs (provided)	Plastic Studs / Screw in (no more than 10mm)	Blades or Boats with metal or metal tipped studs (less than 10mm)	Astro Turf Trainers	Flat Soled eg. Indoor or Running Shoes
Please make sure your boots are clean and studs are in good condition before going onto the pitch. Anyone with inappropriate or muddy footwear will be asked to leave the pitch as it damages the playing surface. Thank You.				

Now the 3G pitch development has finished we are really appreciating how beneficial it has already been.

The normal football pitch has been far too wet and muddy to use so it really has been a lifesaver for PE lessons and as a lunchtime outlet!

We would like to remind you that the correct footwear is a must whenever using the 3G. Please see the guide, left, when purchasing PE footwear.

Thank you for your cooperation.



OLLIE'S FUTURE IN 'GOOD HANDS'

King's Academy Ringmer Year 11 star rugby player Ollie Wigman has got himself onto the Gordons/Harlequins Diploma in Sporting Excellence (DiSE) programme.

In September 2021, Ollie will enter Gordons School as a full time boarding pupil under the Harlequins RFC DiSE programme whilst studying A-level PE and two other subjects. This is a huge honour as there are only eight places available for the whole of Sussex/Surrey/South London. Clearly, Gordons school and Harlequins see his potential and think he could be good enough to be given a professional contract at eighteen.

Alongside this fantastic opportunity, Ollie will be attending Harlequins Professional Training Centre at Surrey Sports Park each Sunday for a full day from December 2020 as he moves from the Developing Player Programme (DPP) into the Elite Players Development Group (EPDG).



Ollie was eight years old when he first had an interest in rugby, but it wasn't until he was 11 and the 2015 Rugby World Cup when he really got hooked. Ollie's Dad had played rugby at various levels and his passion and enthusiasm for the sport thankfully rubbed off on Ollie! Ollie said, "he has shown me that anything is possible if you try hard enough. He has always been there for me and my brothers during the good and bad times, bringing us up for the majority of our childhood on his own. My dad is my biggest critic and without him I wouldn't be where I am now."

Ollie first started playing rugby for Eastbourne RFC, training twice a week for two hours, but his hunger to learn more and improve his skill set led him to join an additional older group for extra training with the colts.



Whilst playing at Eastbourne, Ollie was invited to trial for the Harlequins and was successful. He now trains for two hours a week with the Harlequins on top of his training for his new club, Heathfield RFC.

Playing rugby professionally is Ollie's biggest aspiration, hopefully by the age of eighteen and hopefully for Harlequins. The ultimate goal would be to be capped for England and then to be selected to play for the British and Irish Lions.

Since realising his potential both on and off the rugby field, Ollie's work ethic has changed dramatically; he undertakes strength and conditioning training sessions three mornings a week before coming to school, trains on the rugby pitches several times a week with his age group and the older colts section, and completes a long distance run on the nights that he doesn't have club training. This dedication has seen an improvement at school in his learning and attitude, as well as losing a vast amount of weight, dropping from 120kg to 95kg.



I asked Ollie about his thoughts on being selected for both Gordons School and the Harlequins Academy and he said, "Having just started in the academy on the EPDG was an amazing feeling, stepping into the Harlequins Training Centre where many of my rugby heroes train daily, like Joe Marler, Marcus Smith, Mike Brown and Danny Care. All professional rugby players and all capped playing for England which is truly unbelievable.

The real work doesn't begin until next September when I start at Gordons School boarding fulltime. I will be training between 12 and 18 hours a week and also playing rugby matches in the top UK schools U18 rugby league, playing against teams from the likes of Exeter, Saracens and Wasps and I can't wait!"

Jamie Peacock - Sports Editor