



Warblington  
School

# Weekly Newsletter

Issue 245: Friday 5th February 2021

## Message from The Editor, Miss Barker

Our house system has been taking effect with two challenges for staff and students. This week the Year 7 MFL Challenge concludes whereas the Race to Tokyo Challenge from PE continues. It has been brilliant to see everyone working hard to contribute to their houses. Keep sending in those miles for the Race to Tokyo and thank you to everyone, students and staff, who have taken part in challenges so far! More on the way soon...

Below is a very moving poem by Freya W-H Year 10 written for her English Home Learning shared with us by Mrs Heath. Brilliant work Freya!

## Key Dates for the Spring Term

Wednesday 10th  
February

Year 11 Subject  
Consultation Evening  
3:30pm-6:30pm

## Poem: A Day on the COVID Ward

I wake up and the pressure on my face is agonizing  
I hate this as much as the next person  
Without me and my colleagues this pandemic would get out of hand  
I wash my hands every hour for 20 seconds and they hurt and sting  
It's like walking over needles.

I can hardly breathe.  
This PPE is uncomfortable but if it's what I've got to do then  
I will continue to do for my sake and others  
I keep a safe distance  
from others  
protecting myself,  
the people around me  
but most importantly  
my family

Thank you to everyone who is following the COVID-19 rules  
I will do this for however long this pandemic goes on  
The mask I wear, I wear it with pride,  
knowing I'm doing my bit in society.

The red lines on my face can tell you  
how much pressure the NHS  
are under  
Sometimes I don't even go home,  
some days  
I sleep at the hospital.

I want to hug my family  
so badly  
but I know  
I can't  
Please do your bit for society  
Hands face space.

By Freya Year 10



## Year 8 Art

Year 8 have been looking at the work of Antoni Gaudi, an architect famously known for the 'Gingerbread House'.

Here is Ethan R's response to his work.

Mr Whitlock, Art



## Year 7 MFL House Challenge



### The Results!

So the count is complete, the results are in (after two re-counts!) and I am excited to announce the winners... in reverse order:

**4th - Mitchell**

**3rd - Stowe**

**2nd - Norris**

**1st - Paxton**

Congratulations to Paxton! This includes the extra house points awarded to the top five entries:

**50 - Ruby B (Mitchell)**

**40 - Matthew C (Stowe)**

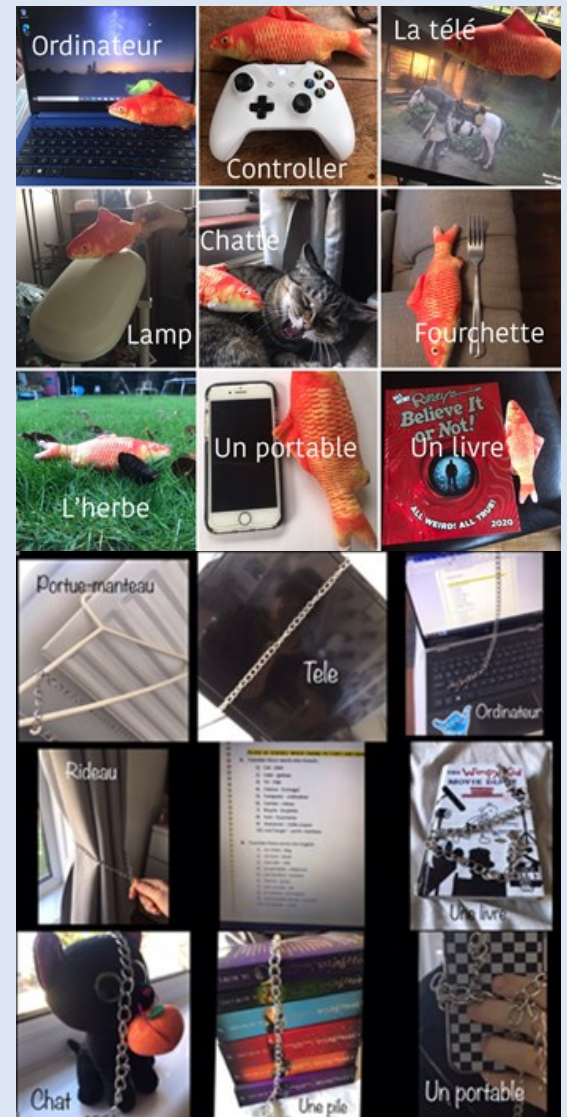
**30 - Erin D (Paxton)**

**20 - Leyla S (Norris)**

**10 - Daisy T (Paxton)**

Well done to everyone who took part! Keep your eyes open for more house competitions!

**Mr Ashcroft, MFL**



## Race to Tokyo House Challenge



Send your entries to Mr Chaplin via [g.chaplin@warblingtonschool.co.uk](mailto:g.chaplin@warblingtonschool.co.uk)

Please make sure your entry is in miles and that you include your house when emailing in.

A huge well done and thank you to all the entries we have had so far! Keep it up!

### The Race to Tokyo Leader Board

House	Mitchell	Norris	Paxton	Stowe
Miles Completed	321.4	651.7	681.3	203.9



# Year 9 Biology

Year 9 have been working hard revising their Biology topic 'Organisation'. Jake H did a great job completing his revision sheet which can be seen below. Well done! Mrs Devine, Science

*exhale of the water vapour through the stomata*

*transports water in a plant*

*transports sugar in plants*

*veins not reduce resistance*

*Arteries*

*Capillaries*

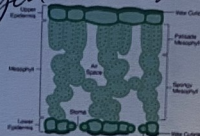
*Veins*

Define these terms:

- 1) Haemoglobin - transports oxygen
- 2) Transpiration
- 3) Xylem
- 4) Phloem
- 5) Stent - Put in a blood vessel to help with blocking
- 6) Statins

Describe the function of the tissues within the leaf:

To pass water and oxygen in and out of the leaf



How is transport in the xylem tissue different to the phloem tissue?

Xylem = transports water + ions  
Phloem = transports sugars + amino acids

How is the heart's natural rhythm maintained?

Electric currents that pump the heart

How do artificial pacemakers work?

Send an electric signal to make the heart beat

What can artificial hearts do?

Functions like a normal heart

What factors affect the rate of transpiration and how can we investigate it?

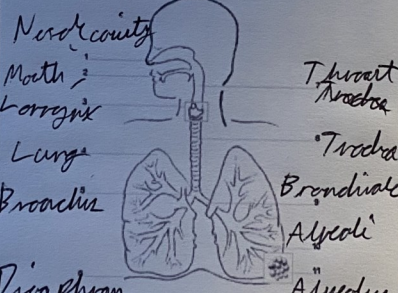
- Air movement
- Light intensity
- Humidity
- Temperature

Describe the importance of a double circulatory system:

Because otherwise blood couldn't get anywhere in the body

B4 Organising animals and plants

Label the parts of the human gas exchange system:



Describe what happens to the lungs and diaphragm during breathing?

The diaphragm contracts the lungs expand taking air in and then the reverse for breathing out

Explain how the alveoli are adapted:

- Large surface area
- Thin walls

Describe features of the three main blood vessels:

- Carry oxygen rich blood away from the heart
- Connect the arteries and veins
- Take blood to the heart

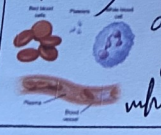
What are the functions of each component in blood?

Plasma carries nutrients + proteins

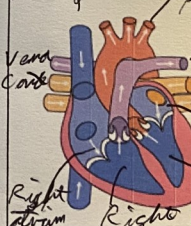
Red blood cells carry oxygen

Platelets clot blood

White cells protect



Label the different parts of the heart:



Describe how the heart works:

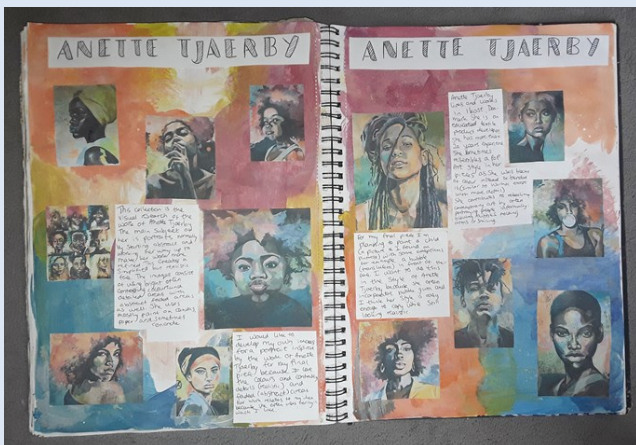
An electrical signal pumps the heart

What are the problems with blood flow through the heart and how can we solve them?

Describe the role of stomata and guard cells in leaves:

The stomata exclude water vapour and the guard cells allow gas exchange and control water loss in the leaf

# Year 11 Art Sketchbook Work



Excellent progress by Tilly T!  
Mr Whitlock







## This Weeks Top 10 Students for Pride Points



Well done to all of our students for their hard work this week!

### Year 7

Ava W  
Aimee F  
Amelia T  
Chloe B  
Sophie J  
Matthew W  
Emma S  
Alfie H  
Maxwell S  
Anelly D

### Year 8

Katy P  
Lola O  
Luke S  
Chloe T  
Macy J  
Lacie-Mae H  
Charlotte H  
Charlie C  
Lucy B  
Petula P-P

### Year 9

Rebecca F  
Mahira A  
Jack B  
Melissa A  
Ayla I  
Sarah T  
Hayley S  
Robert G  
Spencer W  
Jessica T

### Year 10

Ellie W  
Aleem P  
Tyler F  
Dimitar M  
Macey B  
Ronnie P  
Millie S  
Amber H  
Hayden G  
Katie W

### Year 11

Katie D  
Carina B  
Charlie S  
Callum M  
Poppy R  
Jamie C  
Abigayle H  
Tai N  
Esme H  
Alyssa M

## Maths Help Desk

The Maths Department are running a LIVE Maths Help Desk through Microsoft Teams to give students additional support from a Maths teacher for help with home learning.

The Help Desk will be available from 9:00am - 3:00pm Monday-Friday (2:00pm on Tuesdays) where students can be helped through specific problems or a quick recap of a topic.

A link will be sent daily on ClassCharts to all students.

Miss Horne & Miss Spooner, Maths



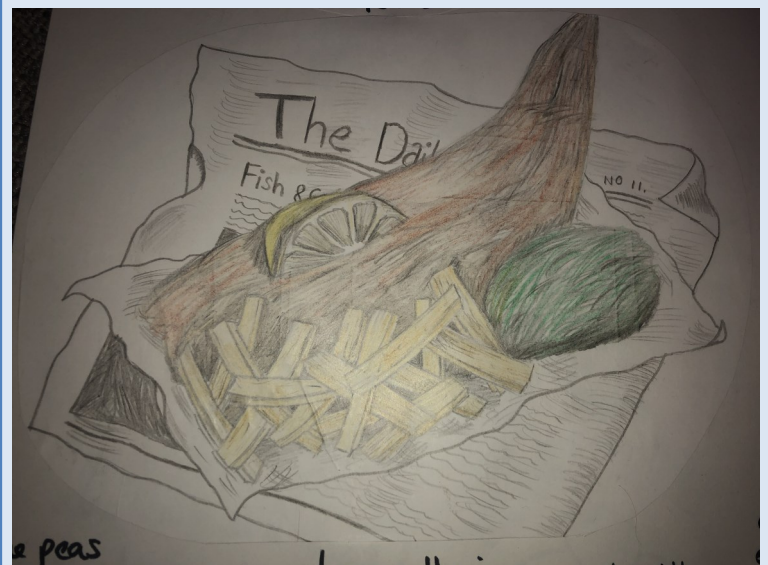
## Year 10 Art

Fish 'n' chips by Sophie A Year 10.

Absolutely fantastic! I am blown away by the high quality artwork from Year 10 at the moment.

Keep it up!

**Mrs Phillips, Art**



## Good Health Corner - Mind You Back!

Are you sitting comfortable? Or are you suffering from back, neck or shoulder pain? There has been a steep rise in the number of people suffering and this is due the long hours we are spending online. Even if you are not suffering at the moment, the more time we spend looking at screens, the more likely you will suffer.

Here are some tips to reduce the chance that you will become affected.

- Most important – Move! Every 20 – 30 minutes, change your position. Stand up and do some stretches.
- Make your seat comfortable – are you a good height from the screen? Standing for a while if you have a high desk or table is a good strategy.
- Use your alarm so you know when to take a break from the screen.
- Make sure you get a good night's sleep. This is the time children grow and the time we repair the damage to our muscles and skeleton.
- Do some desk exercises – chest stretch, leg stretch, sit stretch and wall press are good for anyone spending a long time on line.

### BBC Five Ways to Avoid Lockdown Back Pain

Visit: <https://www.bbc.co.uk/news/uk-55660362> to find out more!

**Mrs Rason, Science**



## British Army Apprenticeships Webinar

Friday 12th February 11:30-12:30

Join us on National Apprenticeship Week for an insight into getting an apprenticeship with the British Army on a full salary. 98% of new soldiers enrol on an apprenticeship, making the Army the largest employer provider - but what does it mean to do an apprenticeship as a soldier?

We'll explore the range of 40 apprenticeship schemes from healthcare to IT, engineering to business administration and how you apply.

Visit: <https://rb.gy/kdul74> to register and find out more.



# GET TO KNOW APPRENTICESHIPS

Virtual Event



Chichester  
College  
Group



## Get to Know Apprenticeships with Chichester College

Come and join us during National Apprenticeship Week 2021 to learn all about apprenticeships – what they are, how they work, and how to apply!

Discover the amazing range of apprenticeships we have to offer across our colleges and ask our experts your questions in a live Q&A.

Plus hear about real life stories of apprentices and how starting an apprenticeship has helped kickstart their career opportunities.

**Registration Link:** [https://zoom.us/webinar/register/WN\\_BXJApvCcSkaHXLO92JJ7ig](https://zoom.us/webinar/register/WN_BXJApvCcSkaHXLO92JJ7ig)

## YOUNG PROFESSIONALS

### National Apprenticeship Week Webinars from Young Professionals

Monday 8th February 3:00pm-5:00pm

Webinar for those interested in learning more about a potential career path through an apprenticeship!

- 12 Different Apprentice highlight journeys
- Open to all year groups in Y10, Y11, Y12 & Y13
- Opportunity to ask questions and find out about other young people's career journeys
- Learn about different types of apprenticeships, some myth busting and a few prizes along the way!
- Free event for all students, teachers and parents/carers

**Registration Link:** <https://www.research.net/r/NAW2021>



## Year 11 Art Sketchbook Work In Progress

Year 11 are making excellent progress on their sketchbook work. Well done everyone!

Mr Whitlock, Art



Amelia F



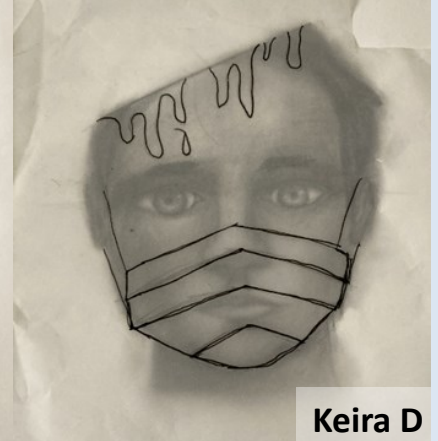
Lucy H



Lucy H



Lucy H



Keira D



## Miss Barker's Hot 'Not Cross' Buns



This week I made Hot Cross Buns using the BBC Good Food Recipe. This is my second time making these. It is a long process with three 1 hour proves but the result is delicious! I chose not to include the cross as I didn't have a piping bag and it doesn't alter the taste. So let's be happy and not cross with this classic Easter treat! Here is the recipe if anyone fancies making their own with some tips from myself.

### Hot Cross Buns by Paul Hollywood

Makes 15 depending on size (I made 12)

### Ingredients

**For the Buns** - 300ml full-fat milk, 50g butter, 500g strong bread flour, 1tsp salt, 75g caster sugar, 1tbsp sunflower oil, 7g sachet fast-action or easy blend yeast, 1 egg (beaten), 75g sultanas, 50g mixed peel, 1tsp ground cinnamon **Extras that I didn't include (see my tips overleaf)** 1 apple (peeled, cored and finely chopped), zest of 1 orange

**For the Cross** - 75g plain flour, plus extra for dusting

**For the Glaze** - 3tbsp apricot jam

### Method

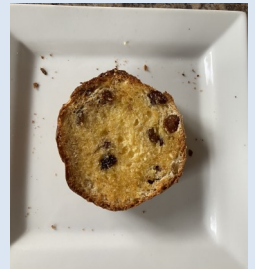
#### STEP 1

Bring 300ml full-fat milk to the boil, then remove from the heat and add 50g butter. Leave to cool until it reaches hand temperature. Put 500g strong bread flour, 1 tsp salt, 75g caster sugar and 7g sachet fast-action or easy-blend yeast into a bowl. Make a well in the centre. Pour in the warm milk and butter mixture, then add 1 beaten egg. Using a wooden spoon, mix well, then bring everything together with your hands until you have a sticky dough.

#### STEP 2

Tip on to a lightly floured surface and knead by holding the dough with one hand and stretching it with the heel of the other hand, then folding it back on itself. Repeat for 5 mins until smooth and elastic. Put the dough in a lightly oiled bowl. Cover with oiled cling film and leave to rise in a warm place for 1 hr or until doubled in size and a finger pressed into it leaves a dent.

Serving Suggestion: I like them toasted with butter!



<https://www.bbcgoodfood.com/recipes/hot-cross-buns>





### STEP 3

With the dough still in the bowl, tip in 75g sultanas, 50g mixed peel, zest of 1 orange, 1 finely chopped apple and 1 tsp ground cinnamon. Knead into the dough, making sure everything is well distributed. Leave to rise for 1 hr more, or until doubled in size, again covered by some well-oiled cling film to stop the dough getting a crust.

### STEP 4

Divide the dough into 15 even pieces (about 75g per piece). Roll each piece into a smooth ball on a lightly floured work surface. Arrange the buns on one or two baking trays lined with parchment, leaving enough space for the dough to expand. Cover (but don't wrap) with more oiled cling film, or a clean tea towel, then set aside to prove for 1 hr more.

### STEP 5

Heat oven to 220C/200C fan/gas 7. Mix 75g plain flour with about 5 tbsp water to make the paste for the cross – add the water 1 tbsp at a time, so you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses. Bake for 20 mins on the middle shelf of the oven, until golden brown.

### STEP 6

Gently heat 3 tbsp apricot jam to melt, then sieve to get rid of any chunks. While the jam is still warm, brush over the top of the warm buns and leave to cool. Enjoy!

### Miss Barker's Top Tips

I have used this recipe before so this isn't my first time making Hot Cross Buns so I have learnt a couple of things from my first batch.

1. I have a fan assisted oven and found it better to cook the buns for less and then check on them as they cooked very quickly. For my oven, 15 minutes was adequate but keep an eye on them so they don't burn.
2. I decided not to add the apple or orange zest and used a bag of dried mixed fruit containing sultanas, raisins and candied peel for a more classic bun.
3. When shaping the buns, I tried to make sure the fruit was on the inside of the buns to avoid any sultanas or raisins getting burnt on the outside. I also weighed the dough and divided it evenly by weighing each piece so my buns were even in size and would cook consistently.

# We are supporting Safer Internet Day 2021!



Safer  
Internet  
Day 2021

Tuesday  
9 February

[saferinternetday.org.uk](https://saferinternetday.org.uk)

**Safer Internet Day 2021 will be celebrated in the UK with the theme:  
An internet we trust: exploring reliability in the online world**

This year in the UK, Safer Internet Day explores reliability online. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction?

Visit: [saferinternetday.org.uk](https://saferinternetday.org.uk) for more information and how you can get involved!

Our #SaferInternetDay Top Tips

## Take positive action

By working together, we can make the internet a better, more respectful and more trustworthy place!



[saferinternetday.org.uk](https://saferinternetday.org.uk)

#AnInternetWeTrust





## Young Person's Safe Haven now open

- Young people aged 11-17years living in the Havant Borough.
- Access to one-to-one, face-to-face support sessions, crisis support, self-harm/suicide safety planning, healthy coping strategies, wellbeing topics, mindfulness and signposting.
- Please book an appointment on 0300 303 1580 or email [cypsafehaven@easthantsmind.org](mailto:cypsafehaven@easthantsmind.org) between 5-8pm Tuesday, Wednesday and Thursday. Last appointments at 7.30pm.
- We are still offering telephone support

Please note this phone line and email address will not be monitored outside of these hours.

Service delivered at The Pallant Centre, Havant.  
PO9 1BE.



Havant and  
East Hants



## Hampshire and IOW CYP Crisis Line

Monday, Tuesday, Wednesday and Thursday 3:00pm to 8:30pm

Telephone and email support  
for Children and Young  
People aged 11 – 17 years old.

Who are experiencing  
mental health crisis and  
living in Hampshire or the  
Isle of Wight.



Immediate access to...

- One to one confidential, emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites



Havant and  
East Hants

Freephone: 0300 303 1590  
[cypcrisisline@easthantsmind.org](mailto:cypcrisisline@easthantsmind.org)



@WarblingtonSchool



@WarblingtonSch