



Warblington
School

Weekly Newsletter

Issue 248: Friday 5th March 2021

Message from The Editor, Miss Barker

We are looking forward to welcoming all of our students back to school next week! It has been a busy week getting things ready for your return, especially with testing so thank you for your cooperation. If you haven't already done so, please complete the online Covid testing consent form that was emailed to you. You have really made us proud and this is echoed below in the quote from Miss Blundell.

'I am so proud of our Year 11 students who had their Covid test on Thursday – so much maturity and positivity! We had a great turn out in terms of numbers and it's an exciting step towards the whole year group returning on Monday!' **Miss Blundell, Head of Year 11**

It's time to make sure your child is ready to return to school by topping up their lunch account if required, dusting off uniform and checking they have the correct equipment. A face covering will still be required when indoors so please make sure your child brings one to school every day. Students can buy a mask from Reception if they forget theirs for the price of 20p which can now be taken off their lunch account.



Student in the Spotlight

Gretel B Year 7

It has been brought to our attention by Mrs Griffin that we have a West End performer in our school! Gretel B is a very talented and dedicated young lady and has performed in Nativity The Musical at The Hammersmith Apollo in London with Danny Dyer and Jo Brand and at the Mayflower Theatre in Southampton. As well as a talent for the theatre, Gretel is a dancer and came second in the world, at The Dance World Cup in Germany in 2017. We are extremely proud of your achievements and we look forward to seeing what the future holds for you!

Shakespeare's Globe Theatre

In English, Year 7 have been re-creating Shakespeare's Globe Theatre. They have got very creative with the task by using a variety of mediums from computer generated to cake! Well done everyone, I am very impressed with your hard work! **Mrs Brown, English**

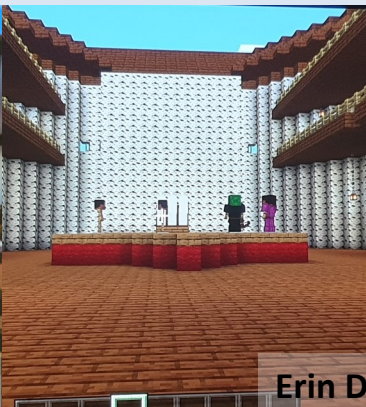


Freya S

Gretel B

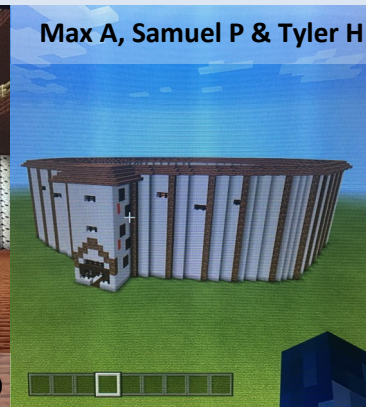


Samuel P



Erin D

Max A, Samuel P & Tyler H



Art & Sensory Garden



Last week a group of our Year 10 and 11 students helped to set up the seating area in our developing Art and Sensory Garden. Thank you for all of your hard work!

Mrs Devine, Science



Race to Tokyo House Challenge



Send your miles to Mr Chaplin via g.chaplin@warblingtonschool.co.uk

Stowe where are you all? We haven't had any miles from you in a couple of weeks... Walking, running, cycling... short or long distances... every mile counts... get recording!

The Race to Tokyo Leader Board

House	Mitchell	Norris	Paxton	Stowe
Miles Completed	569.4	1236.9	1617.4	203.9



Junior Tree Wardens Litter Pick



Congratulations to Maisy R Year 9 for becoming a Junior Tree Warden!

This week our Junior Tree Wardens have been helping with our environmental project by completing a litter pick on the north side of the school, along the field boundary. They were quite shocked by the amount of litter they found!

Firstly, they collected all the items that could be recycled which was mainly plastic bottles. It is important that all rubbish is disposed of correctly as it can be harmful to the environment and wildlife. Then, they started on larger items and general rubbish including smashed glass bottles which are a big hazard. In a lot of cases the rubbish was shredded due to grass cutting making the job a lot harder. The big message to all students is:

Please dispose of your rubbish responsibly in the correct bins provided!

Mrs Rason, Phoebe F Year 9 and Maisy R Year 9



Year 9 'Snakes & Ladders' PE

Ashleigh L is a very keen performer and enjoys playing football outside of school. She created a couple videos of her completing the Snakes and Ladders Fitness activities for PE which can be seen on our social media pages.

Well done Ashleigh and thank you for sharing!

Mrs Griffin, PE



This Weeks Top 10 Students for Pride Points



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

Year 7

Aimee F
Ava W
Chloe B
Khalel K
Sophie J
Freya-Rose S
Erin D
Darcey-Mai M
Max A
Amelia T

Year 8

Irina U
Chloe T
Rebecca N
Harrison M
Luke S
Milli R
Findlay P B
Peter S
Charlotte H
Maisie-Jayne K

Year 9

Sophie F
Maisy R
Phoebe F
Jessica T
Keira R
Megan R
Elliott J
Lanie-May S
Angel D
Bradley G

Year 10

Amber H
Oliver F
Jack W
Rosie-May R
Millie S
Harry P
Joshua W
Aleem P
Macey B
Jessica B

Year 11

Baily S
Jamie C
Katie D
Carina B
Charlie F
Tai N
Poppy R
Abigayle H
Arun A
Amelia F



Warblington Wildlife

Warblington school has a fantastic area for wildlife and we are very enthusiastic about encouraging birds and hedgehogs to thrive here. Now we are returning to school we will be continuing with this exciting project and involving our students in developing it further.

We feel it is an excellent opportunity for our students to get involved in nature and biodiversity, and as such we are looking to source some equipment to expand this area.

Any donations would be greatly appreciated!

Bird/bat boxes

A dustbin with a lid, to store bird food in

Bird tables/baths/feeders

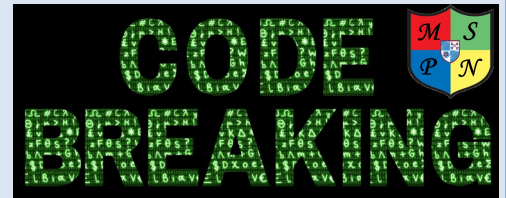
Bird food – seed/mealworms/fat balls etc.



If you have any of these items that you wouldn't mind kindly donating to the school we would love to hear from you. Please email admin@warblingtonschool.co.uk or bring items into Reception for my attention. We will post updates in this newsletter so you can see how we are progressing. **Ms Parker, Science**

Maths Code Breaking House Challenge!

Well done and thank you to all of the students and staff that took part in the Maths House Challenge! Here are the results:



1st - Norris 196 Points

2nd - Paxton 145 Points

3rd - Mitchell 98 Points

4th - Stowe 51 Points

‘Special congratulations to the following students for their amazing work on the Code Breaking Challenge!’ **Miss Horne**

Cailen A, Mariam B, Georgia B, Chloe B, Ruben B, Lucy B, Cerise C, Aimee F, Francesca H, Savannah J, Matthew J, Sophie J, Luis M, Darcey-Mai M, Rebecca N, Ronnie P, Evie P, Leah S, Luke S, Leyla S, Irina U and Matthew W.

Top Staff Participant: Mr Doe

Mrs Jacob, Maths

Did You Know? - Orchids

Orchids are the most extraordinary plants in the world. There are over 30,000 species and have the most varied flowers of all plants. They live almost anywhere in the world, vary from the size of a penny to a couple of hundred pounds and can live for many years.



Orchid seeds do not have any food stores so they need a fungi to get the food they need to germinate. They are also a very specialised plant as many species depend on one type of insect to pollinate them, without which the Orchid then becomes extinct. The Orchids we buy in shops have been produced by cloning and are quite challenging to keep alive. Orchids are used for perfumes, spices and foods including Vanilla.

There is one wild Orchid which grows around Havant on dry chalk grassland and that is the Bee Orchid. It needs bees to pollinate it so it plays a trick on them. The flowers are shaped so the boy bees think the flower is actually a friendly female bee beckoning them to mate with her. Drawing them in with the promise of love, the bees attempt a mating. As they land on the velvet-textured lip of the flower, the pollen is transferred and the poor bee is left frustrated and are lured to the next flower. There they transfer the pollen, helping the Orchid to produce more seeds for the next generation. It is believed the bees caused the Bee Orchid to evolve. Sadly, this bee is not found in the UK so the Bee Orchid has no one to love. **Mrs Rason, Science**

School Lunch Menu

Monday 8th March - Friday 12th March

Lunch Menu Week 4 – 2020/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day (GF)(DF)(V)(O)	Soup of the day (GF)(DF)(V)(O)	Soup of the day (GF)(DF)(V)(O)	Soup of the day (GF)(DF)(V)(O)	Soup of the day (GF)(DF)(V)(O)
Main	Sweet Chilli Chicken (DF)(GF)(O)	Beef Burger served in Brioche Bun 	Roasted Meat Served with Gravy (DF)(GF)(O)	Chicken Schnitzel Served with Ranch Dressing 	Battered Fish Served with Tartar sauce
Vegetarian	Sweet Chilli Vegetables (DF)(GF)(V)(O)	Vegetable Burger served in Brioche Bun (V)(O) 	Vegetable Pie (V)(O)	Roasted Mediterranean Vegetables served with Cheese (GF)(V)(O) 	Mozzarella Sticks (V)(O)
Vegetable or Salad	Roasted Vegetables (DF)(GF)(V)(O)	Lettuce and Tomato served in Buns (DF)(V)(O)	Roasted Seasonal Vegetables (DF)(GF)(V)(O)	Mixed Salad (DF)(GF)(V)(O)	Mixed salad (DF)(GF)(V)(O)
Carbohydrate	Boiled Rice (DF)(GF)(V)(O)	Oven Baked Chips (DF)(GF)(V)(O)	Roasted Potatoes (DF)(GF)(V)(O)	New Potatoes Salad (GF)(V)(O) 	Fried Chips (DF)(GF)(V)(O)
Dessert	Apple and Sultana Cake (DF)(V)(O) 	Raspberry Angel Delight (V) 	Apple Crumble served with Custard (V)(O) 	Strawberry Gateau (V)(O) 	Sponge with Icing (V)(O)

Dietary – (V) Vegetarian (DF) Dairy Free (GF) Gluten Free (O) Organic

Allergens : Milk Celery Egg Fish Gluten Lupin Crustaceans Molluscs Mustard
 Peanuts Seasame Soya Sulphites Tree Nuts



World Book Day 2021: Reading Is Power!

Thursday 4th March was World Book Day! Unfortunately we were unable to celebrate in school as a whole but Mrs Brown organised activities for students to take part in at home. There is also a lot of information and FREE items on the World Book Day website www.worldbookday.com.

Free Audio Books - <https://www.worldbookday.com/world-of-stories/>

Podcasts - <https://www.worldbookdaysocial.com/podcasts/>

Author Approved Booklists - <https://www.worldbookdaysocial.com/author-approved-booklists/>

And so much more! Get inspired and get reading!



World Book Day: Staff Childhood Inspirational Books

WORLD
BOOK
DAY
4 MARCH 2021

We have compiled a list of books that inspired us to read when we were children.

Mrs Parry - Wizard of Oz by L Frank Baum

'I read the Wizard of Oz when I had chicken pox at age 10 and I was absent from school for a whole week. I can still remember the yellow pages of the book and how immersed I was in the story. When I finished I just wanted to read more and more.'

Miss Uguen - Little Women by Louisa Mae Alcott

'My Grandmother had given me money for my birthday so I went to the local bookshop on my own for the first time and spent ages choosing a book. I was attracted by the pink cover and the idea of four sisters. It remains one of my favourite books to this day.'

Mrs Whiteley-Fuller - The Hobbit by JRR Tolkien

'For me it was sneaking into the library to read the Hobbit when I was 9/10ish. I wasn't allowed to get it out so I hid it in the library so it would always be there when I wanted to go and read it. I was also inspired by the Sherlock Holmes books. My dad used to record the audiobooks for me from the radio when I was a kid and I used to play them to help me sleep at night.

Finally, a shout out to my Year 7 English teacher Mrs Foot who made everything we read exciting. I remember reading the stories of the Greek myths in her class and then going home and trying to find more. My Dad ended up buying me loads of non-fiction books about ancient Greece and Rome as a result.'

Mrs Jacob - When Hitler Stole a Pink Rabbit by Judith Kerr

'It is the story of one Jewish family's flight from Hitler's Germany, told through the eyes of 9 year old girl called Anna. I remember reading it and being completely drawn in and immersed in a life completely different from my own.'

Miss Barker - Touching The Void by Joe Simpson

'With an interest in climbing and hearing about the disastrous and almost fatal climbing trip of Joe Simpson and Simon Yates, I read Touching The Void in Year 11, the personal re-telling of the events that took place by Joe Simpson himself. It is a truly inspiring story of survival. Since reading the book I have taken to the mountains myself and climbed all over the UK.'

Mr Ashcroft - The Hitchhiker's Guide to the Galaxy by Douglas Adams

'A very funny, clever and un-put-down-able book! I've lost track of how many times I've read it. I even have copies of the first five books in the trilogy in French.'

World Book Day: Staff Childhood Inspirational Books

WORLD
**BOOK
DAY**
4 MARCH 2021

Continued because books are ever so inspirational and need to be shared and loved.

Mrs Raistrick - Danny Champion of the World by Roald Dahl

'Read by my Year 5 teacher Mrs Hipwell, I loved the story and built pictures in my head of the characters. After hearing this story I read any Roald Dahl books I could get my hands on.'

Miss Spooner - Naughts and Crosses by Malorie Blackman

'I read Noughts and Crosses by Malorie Blackman when I was at school and I made all my friends read it too. It started a discussion about racism and prejudice and also made us bawl like babies!'

Mr Strzelec - Treasure Island by Robert Lewis Stevenson & Dracula by Bram Stoker

Mr Godfrey - George's Marvellous Medicine by Roald Dahl

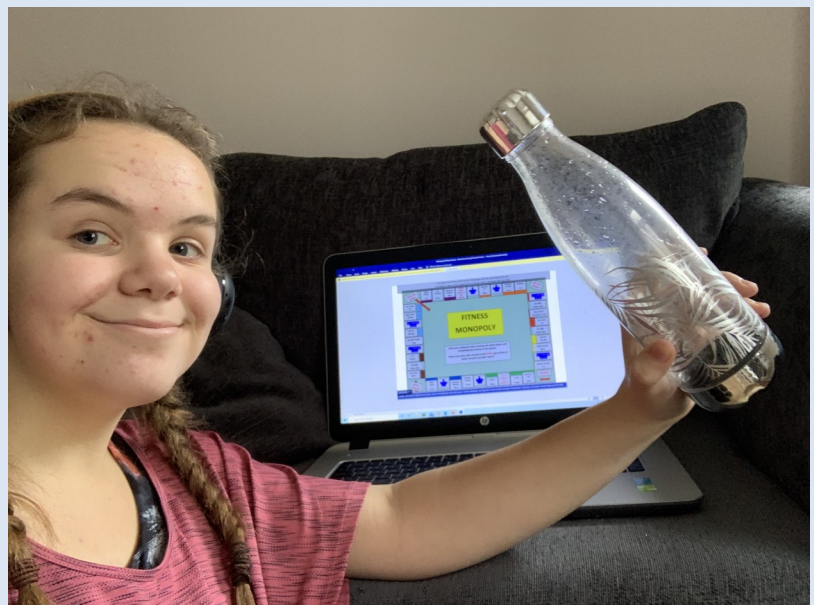
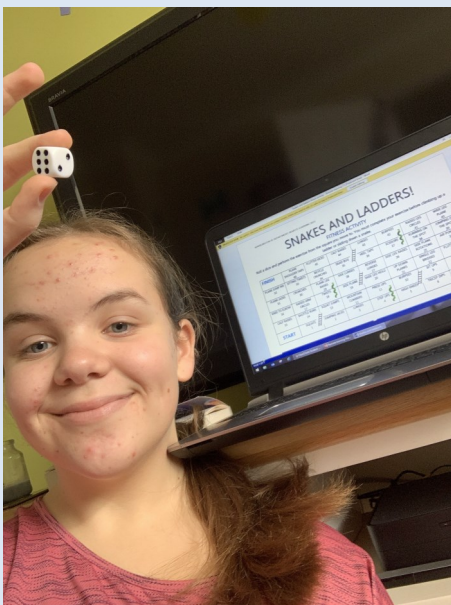
Mrs Gregory - Famous Five and Secret Seven book series by Enid Blyton

There is a wide variety of books in this list! There isn't a top book but one author has been mentioned more than once and that is Roald Dahl so he is our Top Author! He is a very well know author and there isn't many people who wouldn't have heard of him or his books as they are classics. Thank you to everyone for sharing your inspirational books for World Book Day!

Year 8 'Board Games' PE

Year 8 have been completing some board game themed PE activities and below you can see Megan H engaging in Monopoly and Snakes and Ladders Fitness. Great work Megan, well done!

Mrs Griffin, PE





International Day of Women & Girls in Science

House Challenge Results



In February we celebrated International Day of Women and Girls in Science. As part of the celebrations students were asked to create a poster about a successful female scientist as part of a House competition. We had some fantastic entries, the best of which will go up on display in the Science Department.

Winning Posters

KS4 Winning Poster - Breeze T Year 10 with her poster on Mary Anning as she recreated a scientist's sketch book.

KS3 Winning Poster - Irina U Year 8 with her hand painted poster of Rosalind Franklin.

House Results

Points were awarded for 1st, 2nd, 3rd and runners up in each key stage.

1st - Stowe

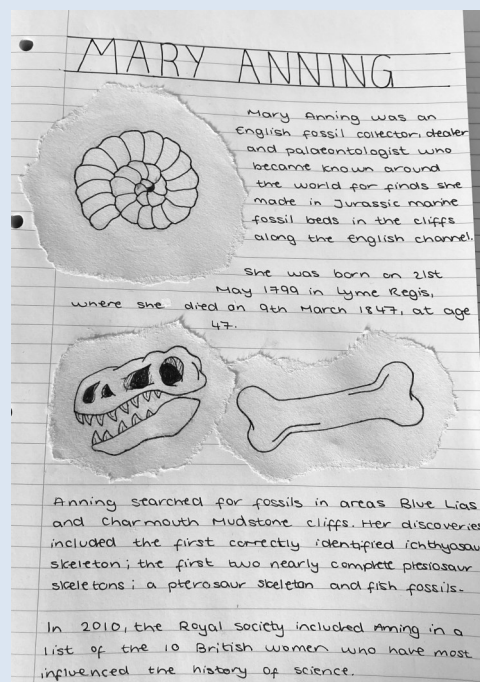
2nd - Paxton

3rd - Mitchell

4th - Norris

A huge well done and thank you to everyone that took part!

Mrs Devine, Science





British Science Week

Friday 5th March - Sunday 14th March 2021

Watch <https://tinyurl.com/2jwxgggp>

How does the Rude Goldberg Machine work?

Write an acrostic poem using the word INNOVATION.

Can you turn it into a jingle to remember the words?

Invent a machine that completes a mundane task, saving you more time for studying! (Show us a video or photograph of a real model you make, or design one on paper and send it to us.)

Send your poem or invention (photo/video/design) to your Science teacher. We will feature some of your innovations on social media.

Keep an eye out on our school Facebook and Twitter pages for updates, information, activities and videos for British Science Week.

Mr Doe, Head of Science



@WarblingtonSchool



@WarblingtonSch

Spotlight Talks
**Inspiring
careers
excellence**

Spotlight Talks: Careers Talks

Spotlight Talks: Inspiring Careers Excellence will feature inspirational talks from colleges, employers, and aspirational young roles models. The event will inspire young people of all backgrounds to consider technical and vocational routes, highlighting the opportunities and career pathways available.

During these tough times we must ensure that young people continue to have access to high-quality careers advice. That's why we're using this new digital climate to reach young people from across the UK, tackling vocational snobbery by providing inspirational careers advice for the benefit of young people, employers, and the UK economy.

This event will be broadcast live on Wednesday 24th and Thursday 25th March however the sessions will also be available on demand after the event for you to view as they are during school hours. Visit <https://spotlight.worldskillsuk.org/> to register.

Warblington School: The First Year 1955-1956

September 1955 - The school year began at quite a pace and continued at speed throughout! The staff met every evening after school for the first fortnight and there was an endless stream of visitors including County Councillors, Education Officers, Subject Organisers, the County Architect, the School Nurse and the Dentist. Even four German Education Inspectors visited as they wanted to see the school that had been built by an aircraft company.

The staff immediately decided that the school would offer O levels in addition to CSEs. This was unusual at the time for a secondary school as students were expected to leave school in Year 10. The staff were committed to giving the highest quality of education and by October, there were discussions about offering A level Science subjects.

October 1955 - Over 700 parents attended the first three parents' evenings in October and a House system was established.

January 1956 - 86 more Year 9 and 10 students joined the school.

Clubs and Societies were soon up and running. There was a library run by the Library Monitors, who were trained to issue and record books on loan. There was also an Orchestral Society and over 30 children who were studying violin lessons in addition to large numbers studying other instruments. The Chess, Garden, Microscopy, Pottery and even the Rabbit Club were well supported but the first club to get going was the Social Club. The Leap Year Social for Year 9 students proved to be very popular.

March 1956 - Sports were extremely popular at all levels of the school. Students contributed a shilling, which was quite a large sum of money at the time, every term to the Sports Fund. The school had teams for Basketball, Cross County Running, Athletics, Hockey, Cricket, Gymnastics, Swimming, Rounders and Netball and competed against other South East Hants schools. On the 24th March 1956, Bobby Tambling, Year 10 was selected to play for the England School Boys football team. Bobby went on to be Chelsea's top goal scorer for 47 years with 202 goals, until Frank Lampard broke his record in 2013 and also played for England.

Next Time in Warblington School's History We

Investigate: Drama, Art and School Visits

Mrs Rason, Warblington School Historian





School Age Immunisation Teams are still vaccinating!

Our School Age Immunisation team are continuing to offer the childhood vaccination programme protecting against serious diseases.

The HPV (Humanpapilloma virus), and teenage booster vaccinations (Tetanus, diphtheria, polio and Meningococcal ACWY) continue to be offered either in school or at a community clinic.

You will receive an email with a link to the e-consent. Please ensure this has been completed before arriving for the vaccinations.



"Will the vaccinating team be wearing masks?"

All team members will be wearing masks.

"What safety precautions will be in place?"

*We will clean the rooms at the start and finish of the session.
Children will be invited into the vaccination room in small groups.
We ask that parents wait outside and that children waiting observe the 2 metre social distancing rule.*

"Will my child need to wear a face covering?"

Yes, we ask that all secondary school age children bring a face covering with them.

Your child's safety is our highest priority and we understand you may have some questions about the vaccinations.

Please visit <https://www.hampshirehealthyfamilies.org.uk/school-age-immunisations> for more advice

Recognising and Responding to Anxiety

As the return to school approaches, the prospect of being around others may be daunting after the experience of lockdown. Some, whether adult, teenager or child, may have spent extended periods shielding, isolating from their friends and family. Even those viewing the return with anticipation and excitement may also suffer with underlying fears about safety. Anxiety is not always easy to spot and can be masked by other emotions and behaviours and we may not recognise the fears that sit beneath. Some common things to look out for.....



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SOMATISATION

- Expression of anxiety as physical symptoms in the body
 - Headache
 - Nausea
 - Stomach ache
 - Sickness or diarrhoea

OVER COMPLIANCE

- Agrees without thought
- Robotically good to avoid detection
- Discounts own needs to see to others
- Overly helpful



WITHDRAWN

- Distant, aloof, hard to reach
- Avoids interaction with others
- Stays on the outside of groups
- Low energy
- Disengaged, non-participative



Inward

Mobilisation/Immobilisation Dissociative/Freeze/Flight Responses



INEFFECTIVE SELF-REGULATION

- Self harm
- Substance misuse
- Over exercising/activity
- Difficulty in acknowledging the need for or accepting help



DISRUPTED EATING

- Loss of appetite
- Controlling eating
- Over eating to obscure/cover up anxiety
- Obsession or aversion to particular foods
- Picky eating



DISRUPTED SLEEP

- Waking early
- Night terrors and nightmares
- Difficulty falling asleep
- Bedwetting

Ways of Responding

- **Notice, describe and wonder aloud** - 'It seems like it's really important for you to feel like you're in control of things right now, I'm wondering why that might be?'
- **Offer supportive care** 'what could I do that would be helpful right now?' 'Would it be helpful if I....'
- **Accept and validate the perspective of the individual, even if this is different from your understanding of events** 'so you are letting me know just how awful you are feeling about this, I can understand why you would feel that way'
- **Avoid distracting, minimising or problem solving for the individual**
- **Offer opportunities to move, teach self regulation strategies and practice these together**

- **Offer a lower stimulus environment** - a quieter area with fewer people, a space outside
- **Show genuine interest** - 'can you help me understand how this is for you?'
- **Be conscious of your own breathing and body language** - make it audible and slow it down, stay steady and regulated
- **Teach the neuroscience of how the body and brain responds to fear** - this helps to normalise and remove any shame
- **Be warm, empathic and non-judgemental**
- **Hold limits and boundaries whilst maintaining connection** - gentle on the individual, firm on behaviour and expectation
- **Offer sensory breaks and a sensory diet if appropriate to support regulation**



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Start a legacy

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