

Gosford Times



Weekly Newsletter of Gosford Hill School

Learn Lead Inspire

May 2012 / Issue 30



GOSFORD HILL SCHOOL FILM CLUB

Thursdays 3.20pm in the Learning Centre. **It's FREE!** Drop-in or become a member and influence the choice of films. Find out more at www.filmclub.org and use Club code: CCZ508A5.

COMING SOON!

Thursday 17th May - **CORPSE BRIDE** (PG) Animation fantasy from Tim Burton, 1hr 20 mins (finishing around 4:50pm). Please note: will be shown in C7 (Mrs Frankcom's Music room), not the Learning Centre.

Thursday 24th May - **CAPTAIN AMERICA: THE FIRST AVENGER** (12) Action adventure/Sci-Fi from the Marvel Comics stable, 2hrs (finishing around 5:30pm).

Thursday 31st May - **SUPER 8** (12) Adventure Sci-Fi from J.J. Abrams (Lost, Star Trek) and Steven Spielberg, 1hr 45 mins (finishing around 5:15pm).

FILM CLUB is open to all year groups.

For more information, or if you'd like there to be a 15 certificate and below club for Years 10-13, see Mr Stocks in the Learning Centre.

Phillip Stocks, BA MSc

Learning Centre and Extended Schools Manager

Year 8 Humanities Homework Projects

As ever, we received really good homework projects in Geography, History and RPE. The effort the students put in and the quality of the analysis is to be commended in all students. Many students will be receiving Student of the Term letters for term 4. Well done to everyone.

Here are the winners of the homework for March. Certificates will be handed out either in assembly or via tutors.

Geography

- 1. Lauren Underwood TCMN
- 2. Emily Nutt WHSS
- 3. Emily Moss TEPD
- 4. Beren Wilkinson WEDY

History

- 1. Emily Robinson CEWW
- 2. Renee Gordon EDEN
- 3. Francesca Ferguson WKSN
- 4. Andreia Vieira EFGE

R.P.E.

- 1. Katie Taylor TSWR
- 2. Billy Dalton CEWW
- 3. George Green ECES

Year 7 Humanities homework project is upcoming in July.

Mrs Alison Driscoll - Head of Humanities















Chess Supremo!

Last week Robert Asatryan took part in the Oxfordshire Chess Challenge Megafinals, representing Gosford Hill School; he won the first prize and was awarded with the title of SUPREMO in the category of under 13 Boys. He has also qualified for Gigafinals which will take place in June in Reading.



Well done Robert! We wish him every success in his next match.

Dr Stephen Bizley - Headteacher

The importance of Sleep for School Work and Exams

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen. Teens need about 9 ¼ hours of sleep each night to function best (for some, 8 ½ hours is enough). Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 ½ hours on school nights.



Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep. For better sleep you ought to try to stick to the same sleep pattern.

When you do not get enough sleep, you are more likely to have an accident, injury and/or illness. Not getting enough sleep or having sleep difficulties can:

- Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your homework or a date with a special person in your life;
- Make you more prone to bad skin. Lack of sleep can contribute to acne and other skin problems;
- Lead to aggressive or inappropriate behaviour such as yelling at your friends or being impatient with your teachers or family members;
- Cause you to eat too much or eat unhealthy foods like sweets and fried foods because you need the
 energy boosts to keep you awake in the day.

Tips on getting enough sleep

- Make sleep a priority. Decide what you need to change to get enough sleep to stay healthy, happy, and smart!
- **Naps** can help pick you up and make you work more efficiently, if you plan them right. Naps that are too long or too close to bedtime can interfere with your regular sleep.
- Make your room a sleep haven. Keep it cool, quiet and dark. If you need to, get eyeshades or blackout curtains. Let in bright light in the morning to signal your body to wake up.
- No pills, vitamins or drinks can replace good sleep. Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda/pop and chocolate late in the day so you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.
- Establish a bed and wake-time and stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine.
- Don't eat, drink, or exercise within a few hours of your bedtime. Don't leave your homework for the last minute. Try to avoid the TV, computer and telephone in the hour before you go to bed. Stick to quiet, calm activities, and you'll fall asleep much more easily!
- If you do the same things every night before you go to sleep, you teach your body the signals that it's time for bed. Try taking a bath or shower (this will leave you extra time in the morning), or reading a book.
- Try keeping a diary or to-do lists. If you jot notes down before you go to sleep, you'll be less likely to stay awake worrying or stressing.
- Most teens experience changes in their sleep schedules. Their internal body clocks can cause them to fall
 asleep and wake up later. You can't change this, but you can participate in interactive activities and
 classes to help counteract your sleepiness. Make sure your activities at night are calming to counteract
 your already heightened alertness.
- Don't use the computer or go gaming immediately before bed
- You ought to go to sleep by 10 o'clock on a school night or you risk not getting enough sleep





Year 13 Alderman Wise Award Presentation Evening

Wednesday 9th May 2012

The annual Sixth Form Alderman Wise Presentation and Awards evening took place on Wednesday 9th May. It was a wonderful evening which formally marked the Year 13 students leaving Gosford Hill School.

The evening began with an introduction by Headteacher Dr Bizley and a speech by Head of Year Mrs Naylor. There followed some amazing musical performances, recitals and drama from this most talented year group which interspersed the main awards to make it a very special occasion for all concerned. The subject awards were presented to students by Miss Wallis and Mrs Naylor. Special recognition awards were then presented by Mr Catling to Charles Hall who won the Ron Groves Award for Academic Excellence, the Proprio Motu Award for Academic Progress jointly to Matthew Jeffrey and Hannah Brooks, The Roger Sargent Award for Outdoor Education to Ross Christodolou and The Making a Difference Award for Community Service within Gosford Hill School to Claire Morris. The School Sports Award went to Sam Rodway while the Phillip Cooper Sports Award was presented to Ally Broome. The Performing Arts Award was won by the multi-talented musician Andy Miller.

Each Form Tutor gave an amusing resume of their Year 13 tutees and some significant moments in the year.

The evening culminated with the annual presentation of the prestigious Alderman Wise Award. This was made by Parish Councillor David Robey. In a wide ranging speech about the life of Frank Wise and the importance of the community he then presented prizes to joint winners Rebecca Smith, Karen Fung and Sammy Groves and joint runners up Matthew Keys-Lumley, Jonathan Kilcoyne and Andy Miller.

The Headteacher's special awards went to Head boy and Head girl, Ben Buckeldee and Rebecca Smith who made their own speeches in return.

The evening finished with Head of Sixth Form Lisa Wallis giving her reflections on the year group and also a humorous finale on the student's memories of Gosford Hill School. This was in the shape of a DVD and speech by Karen Fung.

The evening ended with drinks and the social mixing of parents, students, guests and teachers.

The evening was a fitting rite of passage for a multi-talented year group.

The full list of subject award winners was;

Subject Awards

Art Maria Roberts
Biology Jessica Arthur
Business Tom Butler
Chemistry Charles Hall
Drama Molly Jackman
English Jake Farrow

English Literature Anastasia Solopova

Geography (joint winners)

Jennifer Arthur & Jessica Arthur

German Rebecca Smith
Government & Politics Anastasia Solopova

History Charles Hall

Health & Social Care Jonathan Kilcoyne
Information technology Jonathan Cooper
Mathematics Rebecca Smith
Media Studies Daniel Sarbatta
Music Andrew Miller

Physical Education (joint winners) Sammy Groves & Emily Moore

Physics Oliver Farley
Psychology Leah Roberts
Sociology Claire Morris

The Proprio Motu Award Hannah Brooks & Matthew Jeffrey

Roger Sargent Award Ross Christodoulou

The Making A Difference Award

The Phillip Cooper Sports

Award Ally Broome
School Sports Award Sam Rodway
Performing Arts Award Andrew Miller
The Ron Groves Award Charles Hall

The Alderman Wise Award presented by Mr D Robey

Joint winners Karen Fung, Sammy Groves & Rebecca Smith Jonathan Kilcoyne, Matthew Keys-Lumley

Claire Morris

Joint runners up & Andrew Miller

Headteacher's special award presented by Dr S Bizley

Rebecca Smith & Ben Buckledee

Musical performances by:

Solo – Jake Farrow (guitar): Pumped up Kicks by Foster the People & Rio by Duran Duran Jazz piece – Andrew Miller, Oliver Farley, Nicholas Arthur: Work Song by Nat Adderley

Quintet - Ross Christodoulou, Jennifer Arthur, Nammi Eu, Karen Fung, Andrew Miller: Pachelbel's Canon

Duet - Rebecca Smith (trombone) & Andrew Miller (piano): The Acrobat

Solo - Charlie Middleton (piano): Your Song by Elton John

Duet – Samantha Groves (clarinet) & Andrew Miller (piano): 2nd movement of Mozart's concerto

English reading by Jonathan Kilcoyne: As You Like It "All the World is a Stage"

A Level Drama extract: Sean Fagg, Molly Jackman, Charlie Middleton

English reading by Anastasia Solopova: Rudyard Kipling 'If'

Music solo by Andrew Miller

Mr Paul Catling - Assistant Head of Sixth Form









British Study Centre - Russian Visitors

On Wednesday 9th May, 8 Russian teachers (who teach English) visited Gosford Hill School. They were very impressed with our school and students. This visit was organised through the British Study Centre and follows positive feedback from previous visitors to the school.

Gosford Hill is now the Centre's 'School of Choice' for secondary school visits.