

The Gosford Times



Weekly Newsletter of Gosford Hill School
Learn Lead Inspire

Issue 30 May 2015

Gosford Hill Big Band Evening

It was with great pleasure that we welcomed to our school the Oxfordshire Youth Big Band and students from North Kidlington Primary School to share an evening of jazz and popular music. Forty-five Year 7 students came together with students from Years 3, 4 and 5 from North Kidlington Primary School for the first time. They have been working hard practicing songs to sing with the big band. Thank you to all the students and staff who took part in a fantastic evening. Certificates will be going into their Record of Achievement folders. Katie Archer, a member of the Year 7 choir has written her version of the evening's events below.



Mrs R Frankcom - Team Leader of Music

On Wednesday 29th April there was a concert in the hall. This is when the Year 7s got the chance to perform with the award winning Oxfordshire Youth Big Band. It was amazing! Before the Year 7s, a group of Year 9s performed 'Uptown Funk' and it sounded great. The Big Band performed as well. The music they played was fantastic and made everyone dance. When the Year 7s sang they were accompanied by North Kidlington Primary School. There was a great turnout and lots of support from family and friends. Singing with the Big Band was phenomenal, the blend of the voices and the instruments sounded remarkable together. Lots of teachers turned up and enjoyed it. Mr Baker was even dancing! The best part was probably singing either 'Eye of the Tiger' or 'Roar' because they got the audience singing along. The reaction from the audience afterwards gave a great feeling of relief that we had done well and that they enjoyed watching. Mrs Frankcom's reaction was great as well. She looked so pleased because she had been preparing us for weeks before the concert and it had paid off.

Katie Archer - Year 7 CMFE





Megafinal Supremo

Bank Holiday Saturday saw 8 Gosford Hill students attend the Delancey UK Schools Chess Challenge Megafinal at Oxford Spires. Students played 6 matches throughout the day, scoring 1 point for a win, $\frac{1}{2}$ for a draw and 0 for a loss, they required 4 points to go through to the Southern Gigafinal in Reading in July.

After some hard fought battles during their challenging matches, Marshall Taylor and Amer Dib qualified for the Gigafinal. Marshall Taylor also wins the coveted award of Megafinal Supremo for being the highest scoring boy in his age group and has been invited to attend the County Chess Club.

Pictured L to R: Max Moss, Sidharth Rajagopal, Marshall Taylor, Jack Smith, Adam Jenner and Stephanie Bourliakas. Amer Dib and Aaron Wardley also attended.



Oxford Spires were very quick to cordially welcome us to the second stage of the Delancey chess competition. It was really elating seeing so many young, aspiring chess players progress their skills to a more competitive level of play. The U14-U18 group was very proficient in chess and had a very eclectic knowledge about their gambits.

As the day progressed, the disquiet was present as the games were becoming closer and closer. I had to become more meticulous against the tough tenacity of my opponents. One particular game that was very extraordinary was that against the U16 Supremo, as I shook hands before I was fascinated by his fully grown beard! He started out with the King's gambit to which I replied with the Scandinavian defence with intention to use that opening as the fundamental structure to transition into the more aggressive Icelandic gambit. It was an inadvertent move which sealed the win for me, as I forked his queen and then followed up by taking all of his pieces.

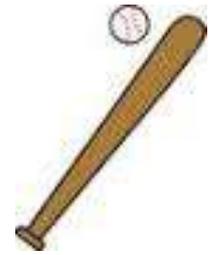
It was not the win, trophy or title which made me leave happily though. The true highlight was the joy of every single player who made an all-day effort to come out and play chess, the fact that everybody had fun sealed the day for me. I would like to thank Gosford Hill for hosting chess club and the Delancey competition every year as it is a truly superb opportunity to be a part of.

Marshall Taylor 10TDYY



Rounders Tournament

The Year 10 girls were off to a smashing start in the opening Rounders' Tournament of the season. The tournament was held at North Oxfordshire Academy with seven other schools attending. GHS came third, averaging a rounder a minute in the last two games. If rounders was an Olympic Sport GHS would have received Bronze, well done girls, gold next time!



Lisa De Bruyn - Head of Sixth Form

Mind over Matter

On 30th April, both Year 12 and 13 Health and Social Care classes were given the opportunity to gain more knowledge and real-life experiences in a 2 hour session on mental health.



The charity Mind provides advice and support to all individuals aged 16 and over. Furthermore, they campaign to improve services, raise awareness and promote understanding of mental health. Mind charity has given back to the local community in many ways, and for over 60 years they have worked on improving the lives of all people with the experiences they have of mental health problems.

Throughout the 2 hours we were informed about the range of mental health illnesses and how to treat the symptoms, we also learnt that most mental health illnesses do not require medicine. An alternative to medicine would be Cognitive Behaviour Therapy (CBT) or Arts therapy.

More importantly, we were given the privilege to hear a real-life experience from an individual the same age as us, which really inspired us and opened our eyes. This was because it was very motivating to see an individual our age, become stronger and truly proved to us that difficult times in life can have a positive effect on your future.

Ultimately, from this experience we received knowledge on mental health that broadened our minds and made us understand that having mental health problems does not necessarily mean that you are unable to function on a day-to-day basis. Also it highlighted to us that being there for a friend or family member in their hardships can make a tremendous difference on how they handle the situation. We finally were reminded how important it is to share your feelings, as keeping your feelings compressed can hinder the recovery period. Lastly we would like to thank the charity Mind for coming in to share this workshop with us. For more information on Mind, please visit their website. They are available to support individuals that may feel that they need help or even support you if you are a carer for someone with mental health issues.

Najiha Miah and Justyna Skalska (Year 12 Health and Social Care students)

Free School Meals

School meals will give your child a real appetite for learning and help them to achieve their full potential.

If your child is eligible for free school meals it means they can enjoy delicious, healthy meals without the bills and the fuss of making packed lunches. Many students at our school are already entitled to free school meals, and your child may be able to have them too.

Also, for every student registered for a free school meal, the school receives additional money from the Government to spend on extra school resources.

Your child may be able to get free school meals if you receive any of the following:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

Please note that you do not normally need to provide evidence of your income, only your National Insurance Number and Date of Birth.

If you think your children may be entitled to free school meals, please contact Reception for an application form or download one from our Gosford Hill School website.

Ms P Challans – Business Manager

Healthy eating

Chartwells, who provide our school catering services, are re-launching their food offering on Tuesday 5th May 2015.

The new catering offering will include: a wider range of baguettes and sandwiches, burritos, pancakes and a salad bar. This is in addition to the current offering of daily hot meals and snacks, Pasta Pots, fresh fruit, a selection of desserts, homemade cakes and healthy drinks. Weekly menus are displayed in the canteen area so that students can see in advance the daily food offering. The canteen style will also change to bring more of a retail feel to it.

Chartwells ensure that the food provided to students is nutritious and of a high quality and that all their recipes and snacks comply with the current food based requirements for schools.

Ms P Challans – Business Manager

Are you looking for space for a meeting, activity or function?

Ideally located close to Oxford and A34, we can offer a number of our school spaces for hire by private individuals, community groups or corporate clients to use for functions. From dance classes, martial arts, gym clubs to concerts, drama productions or meetings and conferences, we have a wide variety of rooms of different sizes and functions to choose from. For example, our gym, hall, dining room, lecture theatre, drama studio, classrooms or meeting rooms may meet your needs. Many of these spaces are double height with plenty of natural light. Catering can also be provided in certain circumstances.

Viewing is by appointment only. If you are interested in visiting us, in the first instance please contact Steve Bolam, Site Manager, on 01865 855376.

Ms P Challans – Business Manager