



## Head First .....

As I said in the last edition of ASPIRE it is so important in these unusual and for some disconcerting times to continue to recognise and celebrate all of the amazing events and activities that the students are involved in. I hope by the time I am writing the next edition that we will be in a position where I don't even mention Covid but for now I hope you enjoy looking at and reading about some of the events in school over the past half term.

We have included some of our Christmas events and it really was lovely to hold Christmas Lunch again for students and staff after a missed year and I know everyone very much enjoyed the opportunity to sit together for this event. One of the highlights of the end of last term for me was the Year 7 Singing House Challenge, the fact that over 130 students sang to achieve points for their House really was an amazing experience. If you haven't yet, please make sure that you have a look on the website at the final event where all students sang together, it was lovely to be able to bring the community together for this.

As you will see in this edition there are a huge number of activities that have taken place in school which develop the wider life of our students from Art and Design, P.E, Languages and Music as well as some of our school visits which aim to bring the curriculum to life. We have also included a feature where we highlight our students who have achieved something exceptional this year, we have also included a feature where our own students interview some of the students who have achieved something exceptional this year, it is right and a pleasure that we celebrate the achievements of others as part of our community. I know we have many more students who have achieved some amazing things in the Sport, Music and Arts world but also who have acted in amazing ways to show kindness and compassion and I look forward to celebrating with those students over the coming editions. I hope that very soon we will be in a position where our wider community are able to come back into school for concerts and other events but in the meantime please do watch the school website where we continue to upload the events where we can.

**Simon Martin**

## Christmas Carol Service, St. Mary Magdalene's Church

It was really pleasing to be able to take some of our students down to St. Marys for our traditional Christmas Service. We were still unable to take everyone as we would like but this year we took our Year 10 & 11 students down to the Church for the service. As ever, our own students read and played beautifully and it was a special way to end the term and remember the true meaning behind Christmas. Those students who were unable to attend the service were shown a video of the first service so that they were able to join in the event. It was a lovely way to end the term with a virtual Debenham's Got Talent to finish the day.



# Spotlight on Students

## My Cycling Adventure, Abbey Thompson, 8D



My name is Abbey. I am like you. I chose to race with support from friends and family and now a sponsor, Stonham Barns Park. I have won a few competitions and so could you. Whatever you do, be it cycling, any other sport or activity; live it like you want to win every time, even if you fail, you tried as hard as you could, you have the heart of a Lion inside you. Show me who you are, show me you are a Lion. We can race wheel to wheel in the rain, in the sunshine, but never shall we be enemies, we will be friends. Sport is sport, not war, not politics, race with me from dusk to dawn and enjoy the sport, Come us first or last, remember, we are the winners for trying to succeed. Be there, I will be there next to you. Enjoy your passion and help others enjoy it too.

I started racing at the age of 4, although my first race was a Cyclocross race at Mistley, I eventually did not start after a few difficult practice laps. After that race I practiced and progressed, thanks to various coaches. I have had some wonderful races. I had a journey, have one too.

### Recent Results .....

Date	Event	Position
14/11/2021	Neil Pears Memorial Cross	3rd
10/10/2021	RTTC Closed Road TT Championship	1st
19/09/2021	ECCA 25	1st



# Spotlight on Students

## Chief Scout's Unsung Heroes 2021, Phoebe Clark, 11N

Phoebe was one of the twenty young people in Scouts who've shown Scouts values, kindness, courage and our 'never give up' spirit.

Bear Grylls himself met the winners in Birmingham at the Bear Grylls' Adventure on Friday, 8 October where he congratulated them on their achievement. The young people, from across the UK, were chosen from hundreds nominated by Scout volunteers, solely on the basis of their story.

'You guys gathered here today are the pinnacle; the elite,' he told them. 'We're all part of the same Scout family, but each of us have different skills, talents. That's what makes us strong.'

### Going the extra mile

The Unsung Heroes' achievements were as varied as they were impressive. Some raised huge sums for good causes, drew pictures or told jokes for charity. One Scout, Max Woosey, camped out for over 550 days, and raised over half a million pounds for his local hospice. (And he's still camping now).

Others cycled, climbed and travelled hundreds of miles for charity, all going the extra mile to do something amazing. Some achieved their awards despite facing serious illness or losing a close family member, while others were recognised for the calmness and presence of mind dealing with emergencies.



# Christmas in the Music Department

The run up to Christmas was a busy one for the Music department. With the climax to the Year 7 house singing competition and an online Christmas concert. For our house competition all forms were taught the same song in their Music lessons, 'The living Years' by Mike and the Mechanics. They then performed these in a very close fought contest that saw 7C come out victorious. The standard was so high that we decided to sing it together as a massed choir and the video recording of this was uploaded to the school website. Congratulations to all our year 7.



Also many of our students from all year groups were involved in recording a virtual Christmas Concert. It has been two years since we have been able to put on a live Christmas concert. It was wonderful to see and hear so many amazing performances from such talented musicians and fingers crossed that the next Christmas concert will be a live one. Live music has been sorely missed at Debenham High School. This concert was also uploaded to the school website and both the year 7 singing and school Christmas concert are still there to see if you missed them.



# Film Studies

Awards season in the US film industry runs from November to February, and the BAFTAs fall in March; with that in mind it's good to take stock of the rewarding experiences that the GCSE Film Studies crew have been involved in over the last few months too.

In December we were lucky enough to go to the Riverside Cinema in Woodbridge for a Q&A with director Edgar Wright. Edgar spoke with his trademark passion for film on subjects from the first time he got his hands on a camera, through 'Shaun of the Dead', 'Hot Fuzz', 'Scott Pilgrim vs the World' and 'Baby Driver' all the way to his recent production 'Last Night in Soho'. It was a treat to hear from sure a prolific figure in the industry. Super-star in the subject Francesca Muir said: "It was a really good experience and seeing one of my favourite directors was really nice; it gave a good insight into the directing world and I'm happy that I got to see him". One of our brilliant Year 10 students also got a shout-out on BBC Radio 2 whilst stuck in traffic on the A14 afterwards!

That same week the Year 11 class had a video call in their lesson with Alisha Collins, sister of Ellie in 11D, about further studies and career options that branch out from the subject. Future Oscar winner Lewis Moore, Year 11, said: "It was insightful to hear the knowledge and wisdom of someone who's worked so collaboratively in the film industry". Alisha also shared some pictures of her superb wig-making and talked with enthusiasm about an interesting range of information regarding both studying and working in the diverse fields available for Film Studies students.

Finally, in January we were joined by special guest stars from Year 9, considering choosing their options alongside the GCSE textiles classes, for a talk from costume designer Mandy Cole. Mandy joined us remotely for lunch to talk about her career from college, right up to pitching for her latest project. Mandy generously shared both her portfolio and anecdotes of her experiences; she has worked on British stage, television and film projects including 'Casualty', 'Men Behaving Badly', 'Famalam', 'Almost Never' and 'The Good Liar'. Head Girl and textiles wunderkind Sophie Coton stated: "Looking through her portfolio was very interesting as we got to look through all her past pieces of work looking at techniques that she used that we hadn't explored in school. During the talk she mentioned styling of celebrities and different actors which was interesting to hear". It would be great to have a sequel to this in the future!

All of these speakers were incredibly giving in sharing their time and insight with our students. I would like to thank them and still have my fingers crossed that local boy Richard Ayoade will come and talk to us about his film, GCSE set text 'Submarine'. Watch this space!



# Year 7 - Colchester Castle



On a cold, crisp January Monday morning, the whole of Year 7 went out to visit Colchester Castle.

We went to investigate how the site that the castle has been built on has changed over time. Initially, it was the location of a Temple built to worship Emperor Claudius, and possibly used as a church towards the end of the Roman era. After the Romans left, the site fell into disrepair, but following the Norman invasion in 1066, the castle was built from the temple ruins. We were able to explore the castle inside and out, and even go beneath, into the Roman foundations (which were also used as an Air raid shelter in the Second World War). The castle has changed a lot since the Middle Ages, from being a Norman stronghold to being used as a prison (and not always for guilty people!), and finally a luxury home for the local Member of Parliament... It was a super day out, and great to be learning outside the classroom once again.



# The Big Hoot - 2022



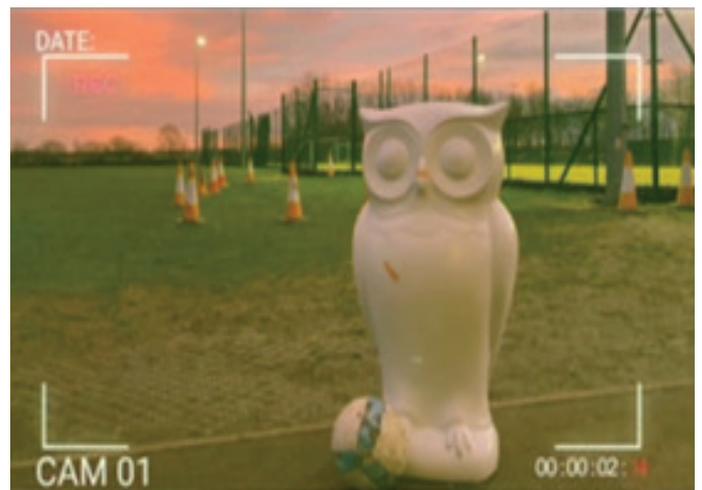
The AD&T team are proud to announce the arrival of our Big Hoot Owl! We are raising money for St Elizabeth Hospice through participating in the Summer trail in Ipswich so look out for the events and sales around school. The cake sale and valentine roses sale have already raised over £200 for the hospice and this is just the start!

Students have been asked to keep a look out for the owl and help when they can in a stop motion film produced by Layla Jackson in Year 10 with the help of Hannah Reynolds. As well as some for the Big Draw feather designs appearing on the owl, students have been asked to submit designs linked to our theme of kindness for the body of the owl. Our AD&T Year 8 ambassadors will help us to choose the final designs.

All students are invited to add their personal touch to the owl paint job and neon finger prints are building up already!

Naming the owl is next on the list so look out for this form competition coming soon!

Our very own mini Owl trail "The Little Hoot" will be hitting Debenham over Easter, further information can be found on our website on how to get involved.



# Year 9 ADT Day

Year 9 students spent the day in the food technology room getting creative with their cooking. Students created a range of treats for a lunchtime cake sale. The students raised £80.62 which will be donated to the local charity St. Elizabeth Hospice. In the afternoon they created some "veggie" art and then used the vegetables to make a spicy soup.

Miss Stratford



# AD&T Year 8 Ambassadors' Day

The Year 8 AD&T Ambassadors took part in a morning of Art and Textiles where they designed and created their own T-Shirts using their own stencils and a wide range of techniques including tie dyeing, printing and painting.

In the morning we began with paint pouring. For most of us it was the first time we'd tried it, so it was a new and fun experience. Afterwards we headed next door to make a stencil and transfer it onto an image of our recently made art. It was challenging, but we all gained a new skill before we went off to break.

When we returned our heads were full of design ideas for our t-shirts. The room was full of colour as creativity poured freely. Whether dip-dye, spray-dye or something else the results were spectacular. Some wowed with an awe-striking ombre, while others used a dazzling splatter effect or had a jaw-dropping spiral.

When our t-shirts dried, it was time for the pictures to be applied with the heat transfer. Everyone's came out well, whether they used pictures of their adorable pets, or of their friends. At the end of the day all of us headed home, exhausted but happy, with all of the t-shirts looking gorgeous.

We were so impressed by their hard work, focus and creative abilities as well as their skills. What a team!



# St Valentine .....

It was on 14th February in AD 269 that Saint Valentine was martyred in Rome. It is thought that he was killed for preaching the gospel to Emperor Claudius and secretly marrying Christian couples. One legend records that he healed the blindness of his jailer's daughter and, knowing that he was about to be killed, left her a note simply signed, 'Your Valentine'. For many centuries, Valentine has been venerated as a hero of love – and particularly of romantic love, though he himself was unmarried.

The modern Valentine's Day, which takes its name from this hero of the faith, can be difficult. For some people in a relationship it's easy to enjoy.

So, on this day, perhaps we should pause to pray for everyone with the words of Pete Greig's prayer for Valentine's Day ...

"I pray today for those in love, those out of love, and those in between. I remember especially those who find themselves a little bit lonelier than normal.

I think of the mother, coping alone, who quietly bought herself flowers yesterday. Let her kids be kind today. Let her teenagers tidy their bedrooms. And if that's a miracle too far (I realise You've got a lot on in the world right now), could they at least initiate a hug at bedtime. And, Lord, let those daffodils she bought herself last longer and shine brighter than those overpriced red roses that also caught her eye.

Finally, I ask You to look upon the elderly gentleman gazing today at a fading sepia photograph in a silver frame of a wedding in another time. Look at him and look with him and be with him in the remembering and the unremembering too.

King of Love, on this day named after one of your unmarried saints, embrace the unlovely and the unloving parts of the world and of myself today."

Though the mountains be shaken and the hills be removed,  
yet my unfailing love for you will not be shaken...      Isaiah 54:10 (NIVUK)

Amen.



# Prayer Space



How often do you just stop?

How much space is there in your life to reflect? To be thankful? To share your concerns? To just, be? At the beginning of term, we were very grateful to members of the Forge Community Church for coming in to lead our annual Prayer Space, alongside Rev Tracey James from St Mary Magdalene's in Debenham, where students could spend some time to stop and reflect, in a variety of ways.

All students in the school used one of their RE lessons to explore what prayer means to those with a variety of worldviews as well as their own outlook and previous experiences of prayer. The Boulter Room was set up with a variety of different zones to help focus students' thoughts and, indeed prayers, if this is part of how they see the world. These zones included thinking of others around the world with the help of a water purification device and shoes that can be adapted to fit any size feet and a zone to reflect on those people that we are grateful for. Student feedback included remarks to how it was "calming", a "nice space to reflect", a "different learning opportunity" and also helped them to "think about other subjects like Geography, in a way they wouldn't normally do."

We were so pleased to be able to run the event in person again and look forward to repeating it next year.



# Friends of DHS

With the covid restrictions placed on Debenham High School over the last year, it has been a very quiet one for the Friends of Debenham High School.



We want to give you an update on who we are and what we have planned for the coming academic year as we continue to support the school with the additional funds they need for the extra-curricular activities. Pupils move on and that also means the parents do too. The committee is now only made up of 2 members; Mrs Angela Touman and Mrs Vanessa Osborne.

The school has asked for support from The Friends of Debenham High School in the purchase of a new mini bus for off-site activities. At the moment it is difficult for us to plan any large social events so we have tried to come up with ways of raising money for the school and are turning to more online sources to help raise the money required.

To kick things off we have set up an Amazon Smile account under the name of The Friends Of Debenham High School. Amazon donate a portion of their profits on certain items to charity, so please bookmark and let friends and family know. Head to [smile.amazon.co.uk](https://smile.amazon.co.uk) to set this up and type The Friends of Debenham High School into the organisation search bar, log into your amazon account and agree the Ts and Cs. Then every time you want to use Amazon use [smile.amazon.co.uk](https://smile.amazon.co.uk).

You can also support us through online shopping via Easyfundraising. There are over 600 popular retailers, including Argos, NEXT, M&S, John Lewis and Tesco – your everyday online shopping could give us a small donation from the retailers. Just head to [www.easyfundraising.org.uk](https://www.easyfundraising.org.uk) and join, selecting The Friends of Debenham High School as your chosen charity.



We are also really excited that Palmer & Partner estate agents have agreed to support the school. If you know anyone who is thinking of selling their property and they use Palmer & Partners and quote Debenham High School at the time of valuation and instruction; upon completion we will receive £200 for every property sold. Palmer & Partners cover the whole of Suffolk so that gives us every chance to raise some money. Please help us by spreading the word to friends, family and the wider community.

We will be re-launching the 100 Club Lottery again which will run from March to July. Numbers will be £2 each to purchase for each month you wish to be in the draw. £10 will purchase 1 number for the duration of 5 months and give you a chance to be a cash winner whilst supporting the School at the same time. There is no limit to the amount of numbers an individual can have at any one time. 40% of the monies raised will become the prize pot so the more numbers we can sell the larger the prizes! There will be a monthly draw so please look out for further information and join us.

We will continue to support the school with second hand uniform sales and hope to get back to holding the uniform sales in some capacity this year. In the meantime, you are very welcome to email us at [friends@debenhamhigh.co.uk](mailto:friends@debenhamhigh.co.uk) and we will collate all requests and distribute when we can.

We would be delighted to see you at our next meeting on Thursday 31st March at 7pm and we promise that you don't have to take on any specific role. Please do not feel you have to be an official member to offer ideas or a helping hand every now and then. You might have contacts and sponsorship opportunities to help us raise funds for the school and we would be delighted to hear from you.

Our aim is to support the school and without this commitment the school would be poorer in community spirit as well as resources. If you are interested in finding out more or willing to give a helping hand when you can please do get in touch and email [friends@debenhamhigh.co.uk](mailto:friends@debenhamhigh.co.uk). Don't forget to keep in touch via our Facebook page.

Vanessa & Angela

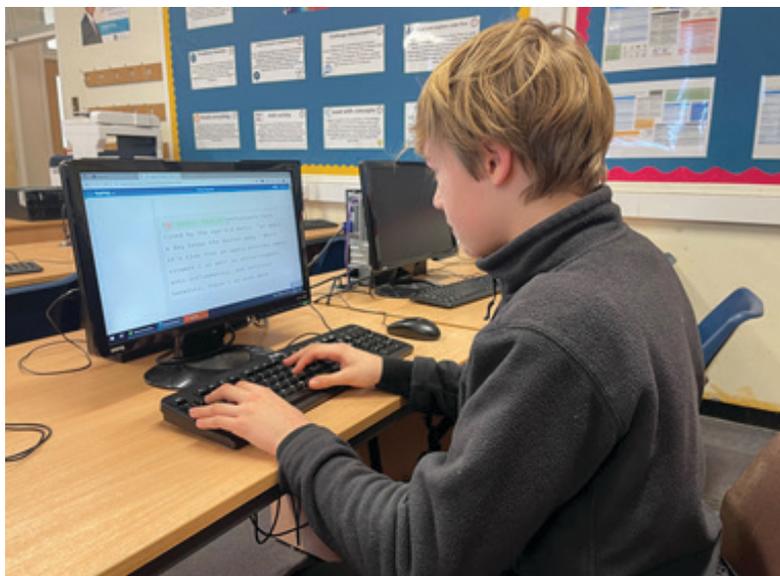
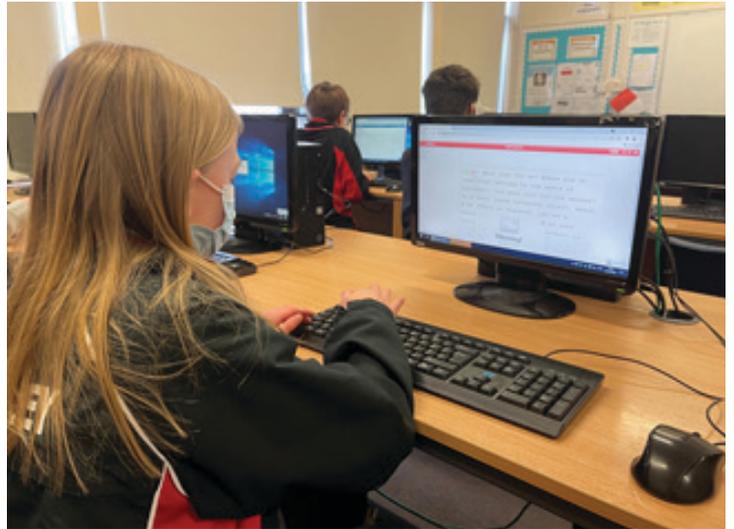
# Year 8 Touch Typing Competition

During the week 24th January, we held our first ever 'Year 8 Touch Typing House Challenge'.

Each year 8 form was allowed to send five (5) representatives to compete to the title of 'Year 8 fastest typist'. The competition started with each representative doing two 5-minute typing tests. Only two representatives from each form moved forward to the semi-final rounds. We are very pleased that the following students emerged as the winners:

Will Perkins (8O) – 3rd Place  
Jess Oakley (8D) – 2nd Place  
Grace Elliott (8C) – Champion

The winners received points for their respective Houses.



# Megan Meets .....

Alanna Demicoli-Keeling is one of our school's many avid sportspeople and belongs to the Premier League football Academy of West Ham United. Here is some more information about her and her achievements, and her words of advice for anyone interested in taking up the sport.

Alanna started playing football around age 7 or 8. In the grand scheme of things, this is actually quite late especially considering her achievements, as many people may first pick up a football at 5 or 6!

Football first appealed to Alanna because of its physical elements and the idea that you are "very on the go the whole time". In addition, she is happy that she has been able to develop other skills as part of her footballing experience such as teamwork and confidence, and she has also noticed that it has improved her mental health.

When joining the academy, Alanna was in competition with another 600 girls so couldn't believe she had been accepted. "It didn't really settle in" until she attended her first training session. Before her acceptance, her and the people close to her were sure not to get their hopes up, but all were extremely proud when she received the good news!

Obviously, for a dedicated footballer like Alanna, an injury can cause a lot of problems, especially as she has had to miss, and will miss a lot of matches. "It was quite hard" for her when she first found out about her broken clavicle and was very upset that she could not continue playing for a few months, especially seeing as she ends up playing/training almost every day.



Unfortunately, Alanna has experienced some hostility from others, especially males. Whilst she may sadly experience this often, she says "it doesn't really affect me until it's someone that's close to me". However, through her success Alanna is able to prove these people wrong and show that football is not just a game for men, but for all.

Alanna's main piece of advice to others interested in taking up football is to "at least try". Originally, she didn't think that football would be of interest to her, however after spending just one day at a football camp she was reluctant to attend, Alanna hopes she has now found the career she will pursue, and we wish her all the best of luck, both now and in the future!

Article by Megan Green, Year 11  
Aspiring Sports Journalist

# Rose's Report.....



Charlie Huntingford first rode a motorbike at age 4, due to his dad owning a motorbike shop in Stowmarket. At age 5 he first rode in motor cross which he did for a few years. Now at age 12 he will be racing in Motor GP in September with some of the best racers from across the world and will be racing in the same paddock as them.

Charlie loves the “speed and the adrenaline and racing”. This is definitely his passion

and really enjoys the feeling he gets when achieving a good result in races. Next, he's hoping to attain points in the British Talent Cup and will be battling to get into the top 10 or top 15 in his first season.

Later this year, he will be competing in the British Superbike paddock which is the largest and best championship for racing in this country where he will be the second youngest racer taking part.

Charlie has definitely accomplished a lot so far in his relatively short career, coming second in the LSE 40 Elite Championship, holding the lap record at Lidden Hill (a track in Kent), around 20-30 first place medals and many more achievements as well!

Well Done Charlie and we all wish you luck for the rest of the season and hope to hear of many more successes in your future career!



Article by Rose Courteen, Year 11  
Aspiring Sports Journalist



# Sports round up



## NETBALL -

DHS v Hartismere - U15's won 41-1, U14's lost 3-18



**U13 Girls Football Team -**  
won 7-0 vs Ipswich Academy, through to the quarter finals next.  
Well done everyone!



**Badminton -** Exciting and close matches between a mixture of year 8 and 9, as they battled away with Hartismere in a great atmosphere. Round the world game decided a close contest.

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