



ASPIRE

Celebrating success 2022-23 May Edition



Head First

This last half term has seen a huge number of events and successes for the School community.

Our Young Enterprise Team "Koazy" made up of Year 10 students have gone from strength to strength after finishing 2nd in the regional Dragon's Den competition they have now won the Suffolk and Norfolk Final of the Young Enterprise and go into the regional finals next week.

Our Spring Concert held a huge number of fantastic performances from our students, from Orchestra, Ensembles, Singing and solo instrumental performances it really was a memorable evening from some incredibly talented young people, so ably led by the Music Department.

Our local MP Dr. Dan Poulter joined us to meet and discuss some of the issues facing education and was then questioned and probed by a group of Year 10 students who asked some incisive questions which Dr. Poulter was happy to answer.

Students have been very involved in a number of Mental Health Initiatives in school and beyond, students attended the Emotional Well-Being festival in Bury St. Edmunds and have introduced a weekly Well-Being workshop in school run by the school nurse, a proactive measure to help our students stay well.

Finally our Year 11's at the time of writing were gearing up for their GCSE's, a nerve racking time for students but they are approaching these with a calm confidence and I am sure their hard work will be rewarded in the Summer.

With warmest wishes

Simon Martin

There is a time for everything, and a season for every activity under the heavens
Ecclesiastes 3:1

St. Mary's Easter Service

Revd Taylor and the team at St Mary Magdalene church in Debenham were delighted to welcome Years 7 and 8 to an Easter service on the morning of the last day of last term.



The service took us on a journey through Easter week, with 5 readings shared by Emily Daynes, Ariene Few, Jude Knowland, Beth McCormack and Will Taylor. We heard about Palm Sunday when Jesus rode into Jerusalem on a donkey, Maundy Thursday when Jesus washed the disciples' feet and about the sharing of the last supper.

We then heard a reading about the crucifixion and finally the joy of the resurrection. Thank you also to the musicians and choir who sang 'In Christ Alone' beautifully.



National Limerick Day

On Friday 12th May it was "National Limerick Day". To mark this, for the MFL House challenge students were asked to write a limerick about learning languages... There were some very creative entries, all written in a very short space of time!

We even had an entry in Ukrainian which has been translated literally in to English from Sofiiia in 10C!

Rowan and Riley, 10A

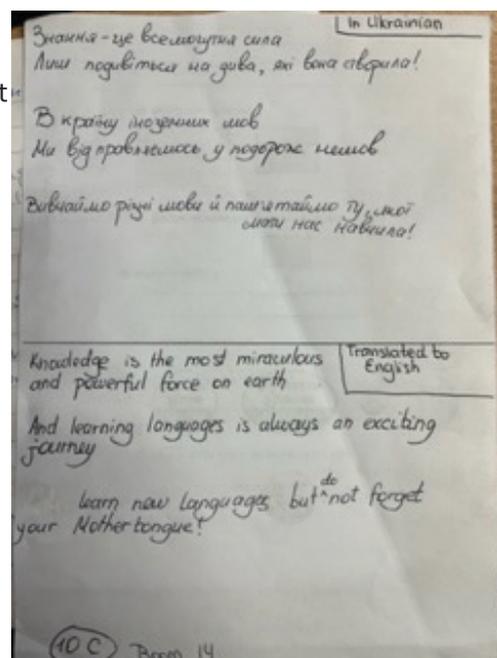
Hello, Kia Ora, Guten Tag, Hola, Bounjour
Learning a language can open a new door
In London, you'll hear lots of language
But be careful where you go, else you'll need some bandages
These are all the language that I adore
Robin and Amelia, 10D
When learning languages in school
You may think it's uncool
but I assure you, it's a very important tool

Beth and Zoe, 10C

French, German and Spanish
I wish they would vanish
Sometimes they're a bore
And make your brain sore
But don't worry you'll manage!

Bethany, 10O

Learning languages is not easy
It can often make you feel queasy
but when you're abroad
and your knowledge has soared
Learning languages isn't so cheesy



If you are ever stuck in Spain
and you are in a spot of pain
Then you will need to know your name
And the Spanish speaking game

So you see,
Leaning languages is key
They will certainly come in use
So next time you're in French
Don't see it as abuse!

Visit by our Local MP

On Friday 12th May we were visited by local MP, Dr Dan Poulter. Dr Poulter fielded questions from Year 10 students Sofia, Darcey, Bethany, Emily, Jasper, Noah, Bailey, Oliver and Daniel.

Questions ranged from the school curriculum, (How did Dr Poulter view Rishi Sunak's plans of maths to 18 given current teacher recruitment figures? Should students study History and MFL to age 18?) right through to climate change policy and farming subsidies and what the impact of these are in Suffolk and for our very local community. Dr Poulter also answered questions about his job as an MP and whether he would recommend politics as a career for young people. Dr Poulter spoke candidly and we were grateful for his views and the experiences that he shared. Students discussed MP's safety in light of the deaths of David Amess and Jo Cox and an interesting discussion was had on the pressures and perils of social media and the impact that social media has had upon politics.

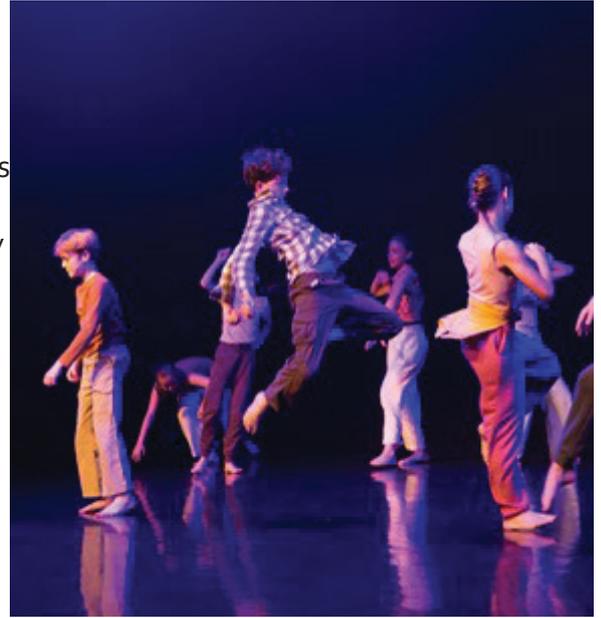


Nia Meets

Gregory Watson is a student in year 8 who has been dancing for 9 years.

At the age of four, Greg was inspired by his siblings and started dancing in a local village hall each week, where he discovered his passion for the sport. Greg joined dance classes at The DanceEast Centre for Advanced Training (CAT) when he was ten and attends five lessons a week, including a six hour day to cover numerous types of dance. Within his classes, Greg practices a variety of dance types including ballet, tap, modern, and his favourite types, contemporary and breakdancing.

Often, his classes also do a yoga and fitness training session. Greg really enjoys working with different choreographers that come in to collaborate with people at The DanceEast CAT, and participates in Spring and Summer performances led by these choreographers.



Photograph: DanceEast CAT by Rachel Cherry



This is Greg's biggest commitment due to the late nights and the amount of hours he puts in a week, but it is completely worth it because of his love for the arts. Greg has reached grade three in his dancing, where points are awarded for technique and presentation. He says that dance makes him feel unique and likes how different it can be to others' dreams. This difference is something that Greg feels has motivated him.

Greg believes that more boys should try dance as not many he knows do. Greg says that dancing makes him feel so free because there is no judgement within this community. 'It makes me feel so happy'.

Interview by Nia Feeney-Howells, Year 10



Photograph: DanceEast CAT by Rachel Cherry

Year 10 Textiles

We have had an exciting, creative and inspiring year so far. Students have produced some wonderful pieces of work for their skills development mini projects including T-shirts promoting or highlighting a social or environmental issue. Jewellery inspired by Tatty Divine which gave students the opportunity to use 2D Design and the laser cutter.



Zipped and fully lined bags were created inspired by their educational visits to The Harry Potter Studios and the 'Fashioning Masculinities' exhibition at the V&A museum. Students created repeat patterns using CAD which they sent to the sublimation printer

and transferred their design onto satin fabric using the heat press.



In February the D&T RM and Textiles students attended the Harry Potter Studio Tour at the Warner Brother Studios. They were lucky enough to have a lesson in the studios education department. The specialists explained costume design and distressing to make the costumes look old, weathered or damaged; pupils had the opportunity to distress some fabric. Pupils saw up close some of the actual costumes from the films including Voldemort's cloak and Hagrid's trousers.

We are working on our final mini project before the exam board releases their theme for their Non-Examined Assessment in June.

An exhibition of their work can be seen alongside the Year 11 GCSE Art and Design and Design and Technology end of year exhibition next term.



Learning Resource Centre News

THE MAZE RUNNER

Each month in the library we have a book display on a particular author or series of books to help spark your interest in reading and encourage you to try different genres or styles of writing. In conjunction with the book display we often show a film relating to the topic of the display. In March we featured books from the Maze Runner series by James Dashner and showed the film by the same name. We also held a competition to win the series of Maze Runner books. Students had to answer the following question.

What is this creature?

The answer is... A GRIEVER



We had lots of correct entries, which were put in a drawing.

Our winner was...
FRASER NOBLE, 8C

COUNTY FINAL OF THE SUFFOLK BOOK MASTERMIND COMPETITION



As you may remember, in February, we held our in-school heats of the Book Mastermind Competition. The winner of those heats was Fergus Willson (70), who went on to represent Debenham High School at the County Final in Stratford St Andrew on Friday 5th May.

Fergus competed against seven other

schools in the Final. In the first round of the competition, Fergus chose to answer questions on the book *The Last Bear by Hannah Gold*. Fergus was one of the leaders in the competition at the end of the first round, scoring 22 points out of a possible 25. In the second round, Fergus and the other contestants, were asked a series of general knowledge questions. It was a closely fought competition, with Fergus scoring just three points less than the winning score. Congratulations to Fergus for his success in Book Mastermind and thank you to everyone who took part over the course of the competition this year.



In addition to the competition part of the day, there was a workshop by Children's Author Annaliese Avery. Annaliese led us through a story writing exercise, spoke about what inspired her to become an author and finished off with a book signing. We have three of Annaliese's books in the Library for students to borrow.

Year 10 Young Enterprise



Our company, Koazy, has recently won the Norfolk and Suffolk Young Enterprise area final. There were three stages of judging and for the first we had to produce a report outlining all aspects of our company, including our product, marketing, and finances, which was worth 40% of the overall mark. On the day of the competition, we had a trade stand interview, worth 30%, where the judges asked the whole team questions about our enterprise. Everyone contributed to answering these questions and this teamwork helped to set us apart from our competitors and go on to win the 'best teamwork' award. Four members of our team also delivered a presentation with an overview of our company's performance, mission, and goals, which was worth the final 30%. For this we had to produce a PowerPoint and speeches which were diligently rehearsed by our presenters and on two occasions were presented to the school in assemblies. We are incredibly proud of the dedication of every team member throughout the duration of the company year, but particularly the conscientiousness demonstrated in the last few months.

Koazy will now continue to the regional final on the 23rd of May. The event is at the University of Suffolk, and we will compete against 7 other teams from East of England. To show progress from the last round of the competition, the team have worked hard to further develop our business.



Year 10 Young Enterprise

One of our most significant steps has been getting our products stocked in 4 retailers, including Meraki hair, Asteria Wellbeing (Snape Maltings), Ruby and the Angel and the Hog and Hen. This has increased our profits and help us to develop a closer link to the local community. We have also visited Uvedale Hall care home to speak to some of the residents, including 100-year-old Eddie and Susan, and gift them our products. Another area we aim to improve is our online outreach. In addition to our social media platforms, which have been vital in communicating with customers, we are designing a website to provide further information about our enterprise and where to buy our products.



The Young Enterprise scheme has enabled us to learn a myriad of valuable skills and the team are looking forward to attending the next round of the competition. We have received so much positive feedback from the public both online and in person, especially after our East Anglia Daily Times article, and want to extend our gratitude for this continued support.



Our Karate Stars

On 29th April, Dexter Sims and Leila King both from 7A graded for their Karate Brown Belt with two Black Stripes. Two of their assessors who assisted the Masters and Grandmasters were Harry Cantwell in 11D and Joe Hayes in 9D, who achieved their 1st Dan Black Belts last Autumn. All four students train with Scorpion Martial Arts Academy at the Stowmarket and Needham Market dojos. Here are their own karate journeys.

Leila King 7A - I have achieved my Brown Belt with a Double Black Stripe and I graded for this a couple of weeks ago at Needham Market Community Centre. To achieve my belt I had to demonstrate the Sun Kata (patterns) in a large group with lots of Black Belts and Grandmasters watching, I had to do kicks and punches on pads, a fitness test, takedowns and some weapon patterns too. Because I was grading for the belt before Black Belt, I was quite nervous that I wouldn't pass but thankfully I did. Also, this meant the younger children who were grading for belts lower than mine practised their takedowns on me. After the grading, I was very happy with my belt and certificate but I also ached from the fitness test and falling onto my back and side after the takedowns.



Karate is fun and it teaches you how to defend yourself if you ever have to, and it is also something once you start you want to get better and want to finish it. I started 7 years ago when I was 5 and I have received 11 or 12 belts since then. Due to Covid I was stuck on Red Belt and when karate began again, I had forgotten a lot since I had been gone for such a long time. I think that anyone who wants to learn how to defend themselves and also wants to keep active should start karate or kickboxing; there are benefits for both your physical and mental wellbeing, as well as learning to defend yourself.

Joe Hayes Year 9 - The journey from the start of my karate lessons up to the black belt grading has been, exciting and empowering, it did have some rough patches of course, for example I was stuck on the brown 1 stripe belt for over a year because of lockdown. But after that I was able to climb up the ladder and get to where I am today. Before lockdown I didn't take karate very seriously as I was talking to my friends when the instructors were talking but after lockdown I buckled down and started to take it seriously.



My karate journey has taught me more about self-control, alongside that I was taught to defend myself in a fight should I need to. Throughout the years I have gotten 12 different belts and hope to make it 13 and 5 different medals for various reasons, they may not mean much but I use them to motivate me to get more. I do not wish for my karate journey to end after I get my black belt, I would like to go for a Master's Black Belt and maybe even a Grandmaster. I do feel though that some of the techniques are too technical to work in a real situation. My determination to get my black belt and seeing friends over the years achieve it, have been encouraging me to stay with the club and keep going all these years. I have trained in various dojos along the years, my favourite dojo to train in is Needham Market Community Centre as it's the biggest and where most of my friends go.

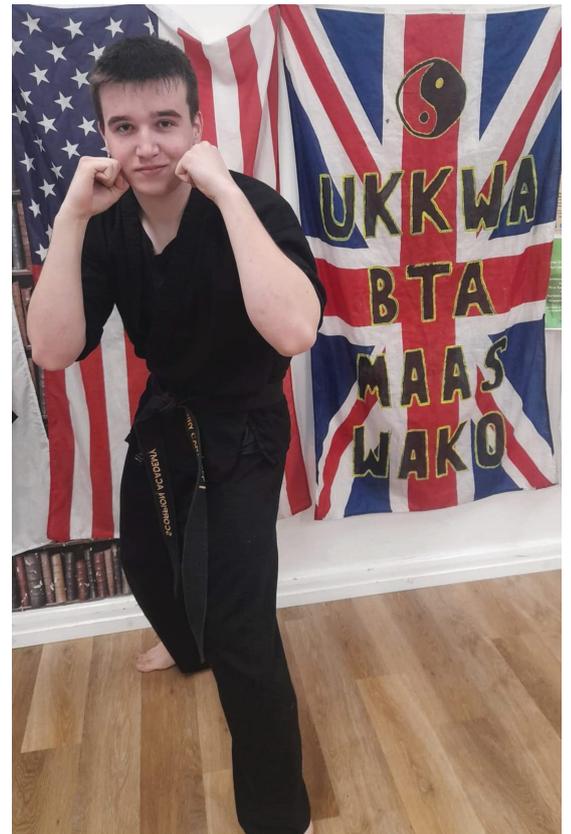
To conclude, my karate journey has been great, and I hope to stay with it as long as possible.

Our Karate Stars

Harry Cantwell, Year 11 - I started karate in 2016 towards the end of year 5. I started it initially just for fun because I wasn't really into football and I eventually got through my first grading and getting a yellow belt and I remember being really quite nervous obviously as I had no idea what I was getting into. At that point I did not even know if I wanted to continue karate and so I really quite surprised myself getting a black belt.

The hardest part of karate was at that point was the kata, a sequence of moves that you must remember and perform with a small group in front of a panel of judges and was the bane of my existence. I started kickboxing for a while 2 years after joining which was far more grown up and gave a chance to fight people, for a long time this also was frightening but it most definitely increased my confidence. When covid began no surprise all this stopped and so returning 5 months with no training or exercise was more difficult than I would like to admit and it took such a long time to get back into the rhythm of things, it started back with kickboxing then 3 months later karate, I hadn't trained in karate for such a long time it felt surprisingly foreign. We had a year of training to re-learn all of things in time for the blackbelt in which me and Joe were going for, however by the end we were better than we had been.

The blackbelt grading itself was hard work, 6 - 7 hours of assessments in which every second was scary and exhausting the worst of which was the previously mentioned kata this one was 40 moves you had to remember in order performing in silence on your own in front of 8 blackbelt judges. Other things that day like the 8 rounds of 2 minute sparring with no breaks we had to do and the spirit test where we had to get thrown around by a black belt for 2-3 minutes and knife defences among some of the



activities we did that day, I passed, which was a tremendous feeling which would lead to the recent grading of the colour belts that I was allowed to be a judge on.

This was different to the usual feeling of being assessed yourself. It entailed things like showing examples of moves, holding pads for them to perform on and helping them in practising kata, I also could ask if I was not happy with any section of the syllabus to see it again and our judgment was a key part in the grading and I enjoyed the whole process.

I highly recommend most martial arts to people for the great physical and mental health benefits it creates.

Spring Music Concert

Every year the school has its annual spring concert usually filled with a tremendous amount of talent and this year was absolutely no different! All of the teachers and students put in huge amounts of effort and while watching it that really shows. Lottie Bewley started the evening off singing 'What Baking Can do' from Waitress, accompanied by the very talented Abbie Woodhouse on piano. They set a superb standard that was maintained throughout evening.

The singers ranged from Year 7 to Year 11; every year 7 who performed was absolutely brilliant. This included Clementine Wilson and Francesca Hewitt who wowed the audience with their amazing performance of "Love In The Dark" which captivated the audience with their vocal ability at such a young age. We also had Jacob Clow playing the guitar and singing the classic Oasis song "Champagne Supernova". Despite problems with his microphone, he skilfully remained focused and gave a very professional performance which the audience loved. A huge shout out to them all as singing in front of people is always really hard and it's such a brave thing to do. From other years, there was also Mia Flatman singing "Strange" and Beth Kerridge singing "I'll Never Love Again". There was a fantastic performance from Faith Pearce of "Someone Gets Hurt" from Mean Girls. A beautiful rendition of "Slipping Through My Fingers" from Mamma Mia sung by Matilda Dodd and Sofia Ciuksyte. Finally "Six" from the musical Six, with complex harmonies and choreography, as the six wives of Henry VIII, sung by Lucy Kirk, Georgina Marshall, Maisie Harrison, Faith Pearce, Jessie Gibson and Beth Kerridge this included six part harmonies.



The discipline of the whole school Orchestra also got into the spirit of musicals and did an entire ABBA medley that I'm sure everyone wanted to sing along too. They also performed "There are Worse Things I Could Do" from Grease this was accompanied beautifully by Lucy Kirk who was singing with them. The orchestra also performed some other well known pieces such as "Game of Thrones" and "Black Pearl". Everyone in the orchestra was absolutely amazing from those who I know have been there since year 7 up to year 11 and those who have just joined. They all deserved the huge round of applause that was given. Everyone who also performed a solo piece of music did incredibly well and all of them sounded amazing. The Jazz band was also a big hit performing "Mercy, Mercy, Mercy" and of course the Star Wars theme song to remind the audience it was May the Fourth.

More evidence of the tremendous talent at our school is the fact that two students performed songs they had written/composed themselves. These were Alexander Pascalides who with the help of the Chamber Orchestra could perform their song "Carefree Strollin'". And Jessie

Gibson who sang her own composition "I'll Stand by Your Side" while also accompanying herself on the piano.

The night finished off with the Pop Choir singing "Seasons of Love" and a mash up of "Tears Dry on Their Own" and "Aint No Mountain High Enough". These singers worked really hard especially when it came too harmonies and the mash up which are never easy. They were also accompanied by some GCSE music students. Two of which sat through the entire show to perform in this one piece at the end however without them it wouldn't have been the same.



Thank you all the teacher and staff who made sure the event could go ahead, namely, Mr and Mrs Rogers along with Miss Downes, Miss Free and Mr Rinaldi and all parents, friends and family who came to support the amazing talent shown. Well done to everyone!

Emotional Wellbeing Festival

Three Year 8 students interested in wellbeing were invited along to attend the emotional wellbeing festival at Bury St Edmunds to take back ideas to school for ways to cope with anxiety and having a positive mind set. We learnt about different ways to cope with stress and moments of feeling overwhelmed in and out of a classroom.



First we had a workshop on the introduction of wellbeing and how it can affect our mental health from the Suffolk Psychology in schools team. We learnt that by following the 5 ways to wellbeing we can help ourselves feel good and enjoy our day to day lives. After that we went on to do a body image workshop delivered by the charity Bodyhappy.org, learning about how to appreciate the way we look. Being positive about your body can have an impact on your wellbeing as well which is why it's so important. When we went to the body positivity workshop we talked about how 80% of weight is genetic and that this is the body you have so you should learn to love it.



At lunch there were lots of stalls promoting different support services and websites these included Kooth, Mind Suffolk, 4youngpeople, the Source and others. There were also support dogs that we were allowed to go and meet while we were on our lunch break which were very fluffy and cute. We all enjoyed this part of the day very much.

After lunch we did a mindfulness and yoga workshop delivered by SCC Engagement Hub Team which was great fun. We learnt a variety of yoga moves: warrior pose, downward dog and pretzel. After our stretching we relaxed with meditation and controlled breathing. We were really sad that the day was over but we would love to go again, if we could.



1. **Connect** - with your friends, family, neighbours and people at work. Have a conversation, pass the time of day, make time for that chat
2. **Be Active** - find a physical activity that you enjoy, go for a walk, try gardening
3. **Take Notice** - take the time to look at the day, the changing seasons. Savour the moment
4. **Keep Learning** - try something new whether it's making a new recipe, fixing the bike or even signing up for a course
5. **Give** - smile, do something nice for a friend or neighbour, make some time for others



Mental Health Awareness Week

Mental Health Awareness Week
15th - 21st May 2023



At the start of year 10 we attended a Mental Health and Wellbeing training day along with the rest of our year group.

Following this, we signed up to the Mental Health ambassador programme run by student life because we know how important it is to look after our wellbeing and wanted to help others.

Since then we have worked closely with Chloe, our student life coordinator, and created a number of resources to use in school such as: a poster that promotes Mental Health awareness and our role as an ambassador that can be displayed around the school, rewriting the mental health policy and most recently recording a short film that will be used by student life within other schools as well as ours to promote the ambassador scheme.

In the last few weeks we have met with the Mental Health First Aiders and Student life to share ideas and decide on the next steps. We all found this helpful and feel we have a better idea of what we are all working towards.

As it is mental health awareness week beginning 15th May we launched our weekly Wellbeing Workshop this week we invited Lisa the school nurse in to run a number of short informative workshops focusing on health and Wellbeing. During these workshops the Mental Health Ambassadors and first aiders will be around to offer support.

We have also put together an informative power point that will be shared during form time to the whole school. This will be a perfect time to share who we are, who the first aiders are and what help there is out there for students who might be struggling or who knows someone who is.

WE ALL HAVE MENTAL HEALTH

MY Life 1 in 6 YOUNG PEOPLE HAVE A MENTAL HEALTH ISSUE

THAT MEANS 5 PEOPLE IN YOUR CLASS ARE PROBABLY STRUGGLING RIGHT NOW (SO YOU ARE NOT ALONE)

LOOK FOR THE GREEN BADGE MHA

COME AND TALK TO US, WE'RE HERE TO LISTEN

WE OFFER SUPPORT: confidential support, listening and guidance

WE LOOK FOR SIGNS: changes in personality or behaviour

WE SIGNPOST TO SERVICES: suggest organisations that can help

IF YOU NEED ANY SUPPORT YOU CAN GO TO ANY OF THE MENTAL HEALTH AMBASSADORS OR THE TEACHERS. WHOEVER YOU FEEL MORE COMFORTABLE TO TALK TO

The Mental Health Ambassadors

MEET OUR MHA MENTAL HEALTH AMBASSADORS

COME AND TALK TO US, WE'RE HERE TO LISTEN

Elsa Van Eck

Zoe Allmey

Ellie Kirk

Amelie Knowland

Faith Pearce

Beth Kerridge

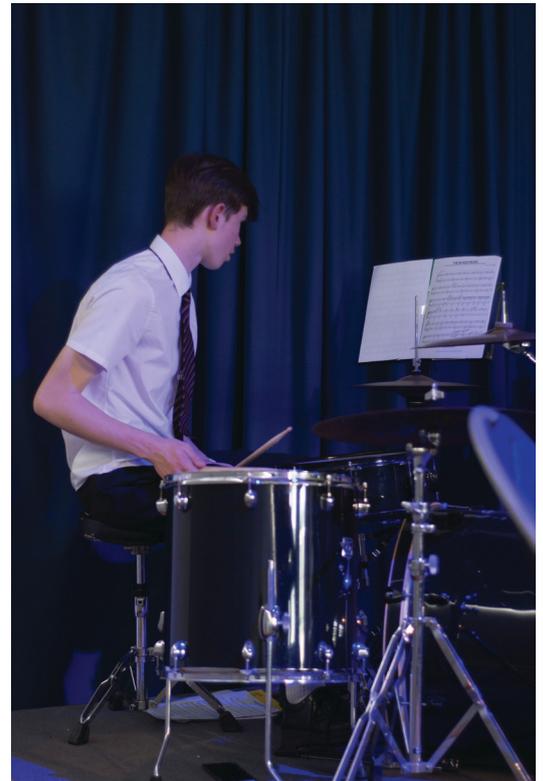
Mia Bailey

Drumming Virtuoso

Dylan started playing the drums at the age of 10, and has loved it from the moment he began. He started as a self taught player, learning a few simple beats from his dad, and continued to learn like this for a while.

When he reached around grade 6 level, he began his lessons at school to help him pass his drum exams. Dylan managed to achieve not just a distinction in his grade 8 exam, but a 93% distinction!! Anyone that does music exams will know that this is pretty much impossible!

Outside of studying for his graded exams, Dylan loves playing with groups. He mainly plays in an acoustic group that do a range of covers, as well as playing at school in both the orchestra and the pop choir. Playing in groups like these are a big responsibility; it is the role of the drums to keep every member of the group in time. On top of this, it is so exposed being the loudest player in the group that it becomes very obvious if you make a mistake. However despite all the pressure, Dylan even accompanied the collaborative song at Snape Maltings celebration this year playing the cajon, which was not quite as familiar an instrument to him, but that he still played brilliantly.



As well as the drums, Dylan also plays the guitar and bass (again, self taught). This has proved very helpful in his learning to write music, especially for his GCSE music composition. It is so important when writing music that you have a good understand of the instrument to be able to use it to its full capability, so this will certainly prove helpful in writing an excellent piece.

Dylan was recently entered by his drum teacher, Will Rogers to the Young Drummer of the Year Competition held in Birmingham. Dylan uploaded a video of him playing a solo of improvised music that he wrote himself. After one round he was shortlisted to the last 40 drummers in the UK, an amazing achievement for him. He plans to enter the competition again next year, we all keep our fingers crossed for a top 10 spot in 2024.



I am almost certain that in 10 years time we will all be watching Dylan playing behind the biggest band in the world, enjoying playing the drums just as much as he did when he began!

Friends of DHS

We are so excited to announce the launch of our **ONLINE pre-loved uniform store!**

We have previously offered in-person second-hand uniform sales but, as our school is a community that reaches far beyond the boundaries of our local village, we believed that a more accessible, convenient and inclusive approach was needed. In our nearly new uniform shop, we sell good quality items at reasonable prices. Not only are you buying quality pre-loved school uniform, you are also helping us to raise funds for your school (and every piece of uniform re-used means one less item going to landfill).

Please use this link : https://eu.jotform.com/app/friends_of_debenham_high_school/recycled-uniform-store or scan the QR code below to set up the app and scroll through the items we currently have in stock. We will make the link available on our Facebook page too.

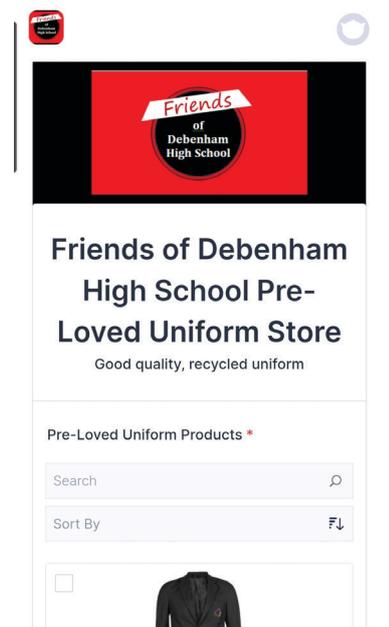


If you wish to purchase something, tick the box at the top of the photograph and then select the size and quantity you would like. You can tick and purchase different items and, once selected, scroll down the page to the end of the items where it will show the total owed. Payment is via paypal. You will be able to use a debit or credit card to make the payment even if you don't hold a paypal account. If you don't see the size of an item you are looking for, please keep checking as new items will be added as and when they come in.

We have set this up with a free app so it is basic, there is no basket function to add multiple sizes of the same item but we hope you agree that it makes the items more widely available to our school community. We will email you when the purchased items are available to collect from reception, either by parent or pupil, and you can be confident that the item you receive is of good condition.

As a school we have a strong recycling culture and to keep the shop well stocked, we would be very grateful for more good quality donations. Please drop any items of uniform that you would like to donate to the front office at school and the Friends of Debenham will collect and bag the items ready to add to our online shop.

The second-hand shop would not function successfully without your support and (as always) it is very much appreciated.



Friends of DHS

Charlotte's Memorial Garden

Debenham High School has long been an advocate for ensuring the wellbeing of each and every student in their care. They also champion, celebrate, support and remember previous students and faculty members, each of whom have contributed to the wonderfully positive legacy of this great school. This ethos is epitomised in the Charlotte Hall Memorial Garden.



As a Committee, we agreed in the importance of restoring this garden to its former glory, and in doing so, giving the students a beautiful (and quiet) space to pause, reflect and be with their thoughts.

We have been so pleased by the response to our recent Facebook posts requesting support to help us achieve this goal. We have had plants donated by both parents and residents of the local community. We have had help from our school community who have rejuvenated the benches with a lick of paint and a lot of effort. The patio has been cleaned and plans are being drawn up to help us make the most of this amazing space.

This project will involve extensive replanting to make it more welcoming, more colourful and more interesting. We want to restore it to its original purpose as an area of peace and calm, and a place of quiet reflection and remembrance.

We have been really touched by the support from the community of Debenham High School and hope you will continue to support us with this very special project. Together we will make it a more useable space for students and an area to treasure in school. We will keep you updated on our progress.

Other Fundraising Events

We are a very small group of parents who enjoy our time at the heart of this lovely school community. We are continuing with our very busy fundraising efforts so that we may support the school to purchase another minibus. We know how significantly this will positively impact the students and we are dedicated to helping the school achieve this goal.

We were able to provide the refreshments for the interval at the amazing school concert on Thursday 4th May and subsequently raised £139.

We will also be supporting the School's Green Team with two important collections:

- We are manning the school with a **Bag2School** collection and a **Metal Recycling Skip**.
- Both collections will take place on **Saturday 10th June 10am-3pm**.

Please remember us if you are Spring cleaning or tidying your garden during the May half term and support us by donating unwanted clothing and metal items.

Any monies raised through these two schemes will help the Friends of Debenham High School.

Many hands make light work, so we very much welcome any support, be it little or a lot, that anyone is able to offer us. We particularly welcome any help regarding our garden project and goal of purchasing a minibus.

As always, we would like to say a BIG thank you for your continued support. As fellow parents and carers, we are driven by the desire to help our students as much as possible. Whether we brighten their day with a cake sale or offer refreshments to parents during a school concert, ultimately we hope that we are able to provide a positive and lasting impact.

Best wishes to you all for a wonderful summer term.

Friends of Debenham High School

Faber Children's Books

New Faber Children's Book donated by the Steggles Family



A big THANK YOU to the Steggles Family (Joshua and Liam Steggles in Year 7) who nominated Debenham High School in a Twitter Competition with Faber Children's Books and won a great selection of new books for our Library. Come and check out all of our new titles on the revolving book stands in the Library.

May The Fourth!

We decided a week before the date that we wanted to do something to celebrate May the 4th, which is a Star Wars day.

We only had 2 Wednesdays to practice and choreograph the fight scene, Oli was the Jedi and he leaned towards defence which was hard in practice as he needed to know exactly where the lightsaber was to be able to block Seb's attacks. Seb played the bad guy in the fight and it really made him test his skills when it was choreographed, because of the aggression that needed to be shown.

When we did the performance, it was nerve racking, but that happens a lot when people do things like this. We made our outfits at the last second and but we're really glad that we did it.

Sebastian Black and Oliver Cross, Year 8



Visit to Polyglot Club

Alex Rawlings is a Polyglot who speaks 15 different languages. He came to visit the school on Friday 24th March to speak with years 7 and 8 about learning languages and his experiences with them.

Alex started by teaching us how to say "hello" in certain languages. He included a flag of the country for us to guess what language we had just spoken! Alex then told us about his learning of languages – including the fact that he is now learning his sixteenth language (Zulu) – and how whenever he learns a new language his final goal is to go that country and experience being around others who are fluent in the language.



Alex showed us a map of the world, highlighting the countries in which we would be able to understand their language by only knowing our native language – English. Not very many countries were open to us at that point. When only seven languages had been highlighted, which didn't seem like much, most of the world was coloured in!

He then talked about our progress through school. He explained that if we don't take even one language for GCSE we may still go to University, however we will most likely end up in an office, in England, living in a small flat somewhere close by the office. Obviously, to some, that is what they might like but Alex then showed us what it would be like if languages were something we decided to take for GCSE. After GCSE, we could travel the globe for a year visiting lots of different countries! We could go to a University abroad and then get foreign job somewhere else, there would be so many more options for us to explore.

Then Alex started talking about going to other countries after learning their language. His example was if you went to Spain without knowing their language – Spanish – you would not get very far in shops or restaurants. You wouldn't be able to understand them or have a small conversation. However if you had learnt even just a few words like "hello" or "please" and "thank you", you would find they would be much more welcoming towards you!



We were delighted that Alex came along to Polyglot Club at lunchtime. About 30 students came along and continued asking him so many questions about his life with language learning. We told him a bit about our learning of new languages too – in and out of school – and some people even had conversations with him in different languages!

This was such an inspiring visit. We hope he might be able to come again!

Beth Stone, Year 8

Finnish Easter Witches

Congratulations to Alex Chattell in Year 8 for his winning entry in the Polyglot Club Easter Traditions Competition.

The brief was to research the traditions of a non English-speaking Country and make something representing that tradition. Here is his explanation of the Finnish tradition along with photos of his creations. Finnish Easter Witches - 'Trulli'

The most traditional thing for children in Finland (and parts of Sweden) to do at Easter time is to dress up as brightly coloured witches with scarves and freckles carrying Willow twigs decorated with feathers and ribbons and go door to door, in a trick or treat fashion where they recite this rhyme:

“Virvon, varvon, tuoreeks terveeks, tulevaks vuodeks; vitsa sulle, palkka mulle.”

Which translates as;

“I wave a twig for a fresh and healthy year ahead; a twig for you, a treat for me”.

They are usually rewarded with chocolate treats or small amounts of money in exchange for one of their decorated twigs. The traditional custom comes from a mixture two older traditions - a Russian Orthodox ritual where birch twigs originally represented the palms laid down when Jesus entered Jerusalem on Palm Sunday; and a Swedish and Western Finnish tradition in which children made fun of earlier fears that evil witches could be about on Easter Saturday.



“Take A Bow”



I take part in the Bravo Theatre Workshops in Ipswich which teaches us how to dance and act for theatrical productions. I was really proud to be given the opportunity to perform at the Sadler's Wells Theatre in London this month. It was an amazing experience and the dances I performed was “Unstoppable” and also a dance which was a jazz inspired contemporary number and it was really fun and energetic.

It felt amazing performing the dances and I hope to be able to perform there again!

Lily Goodchild, Year 8

BRAVO THEATRE WORKSHOPS

PRINCIPAL: ANNA DAMIGELLA

Bravo Theatre Workshops is currently celebrating their tenth anniversary year. Principal, Anna Damigella is determined to help every student reach their full potential and guide those wishing to pursue a career in the Performing Arts. She aims to build their confidence, improve articulation, poise and communication skills, while always encouraging creativity.

“We are so pleased to be here, performing on this fantastic stage in such a prestigious theatre. We hope you enjoy the show as much as we are sure to. We would also like to express our gratitude to the parents, who really are the unsung heroes. I thank them for their patience, support and driving the performers to where they need to be. Thank you to our amazing cheerleaders and my A-team of Megan, Tammy and Ami. Break a leg to everyone performing today. Don't forget to smile, have fun and to the parents, make some noise!” - Anna Damigella



ABIGAIL CASS
ADA HEALY
ALICE SARGEANT
AMELIA ROSE
ANAVYA DYER
ANASTASIA CAMACHO
ANNABELLE HARROD
ARIA GRACE JESSEN
BETHAN SEAMAN
BETHANY DARRINGTON
BETTY BELCHER HACKETT
BONNIE HERBERT
CHARLOTTE COX

CHARLOTTE DARRY
CHARLOTTE FAYERS
CONNIE MCLEARY
DULCIE CAMERON
DYLAN WAINOCK
ELENA SLOTH
ELLA IRONS
ELLIOT GOULD
ELOISE SMITH
EMYLE PIPER
EVIE PARRY
FAYE LONGFOOT
FREYA HAWES

GEORGIA OLDER
GEORGINA MARSHALL
GRACIE ROSE ROUSE
HARRIET BRUNERO
HARVEY GOULD
HATTIE SHAVE
ISABEL MARKHAM
ISABELLA HARVEY
ISABELLA SCOTT
ISABELLE WALSH
IVY RUSCOE
IZZY BATES
IZZY BECKLEY

JACK LIDDELL
JESSICA MURRAY
KATIE BARNES
KATIE SPALL
LILY FOX
LILY GOODCHILD
LILY PEMBERTON
LILY ROSE COCKRILL
LOTTIE SOUTH
LUCY BECKLEY
LYDIA KENVIN
MADDIE STRIBLING
MAISE KEESLE
MARTHA HEALY
MEGAN FOX
MEGAN GROVER

MIA STRIBLING
MIA WALSH
MYA SAUNDERSON
NOOPPING
NOAH SPARKES
OLVIA GRIMWOOD
PHEOBE STEPHENSON
PHILIPPA SMITH
POPPY SLITTON
SIENNA JAMES
SOPHIE MARKHAM
SUMMER STEWARD
TABITHA PLOWMAN
TEISHA ROUGHLEY
VINNIE HADDOCK
WILLOW CHUBB

“Sucker Punch”

On 21st April, we went to the New Wolsey Theatre in Ipswich to watch “Sucker Punch”, which is about two best mates, Leon and Troy, have spent their youth growing up in a boxing gym, figuring out a place in the world, vying for the approval of Charlie, their trainer.

Soon Leon and Becky, Charlie’s daughter, are trying to keep a big secret. In a ruthless world. But there can only be one winner, and it’s time everyone stepped into the ring to face up to who they really are...

This tender, bruising and funny play by leading British dramatist Roy Williams brilliantly explores being young and black in the 80s. Winning the Alfred Fagon Award, The Writers Guild Award for Best Play and nominated for an Olivier for Best New Play, it first opened in a sell-out production at London’s Royal Court.

It was a thought provoking performance, raising questions about racial indifferences at the time and how they reflect in today’s society. It highlighted the socially imbalanced backgrounds of black men in sport, with the key moment where Leon questions if he is “just entertainment for a white crowd”. With a performance filled with heartfelt monologues opening the audiences perspective to the thoughts and feelings of main character Leon and his struggles of racial inequality in sport, it was a very impactful watch.



“Sucker Punch” did a brilliant job at fully immersing the audience into the 80’s era with authentic costumes and props. The bright clothing and lighting transported the audience back to the 1980’s with the characters, to fully feel involved with the story. The auditorium was filled with sounds of the time, including real life samples from news channels during the riots in London, helping the predominantly young audience truly learn and empathise with the characters.

The character arc of Leon going to everything from nothing felt inspiring yet tainted by the treatment from his coach, and with the play ending in the fall of his career, the audience was left with questioning how things could have been different had Leon have been white, and how many parallels to today’s society. It opened many conversations for our class, reflecting on how far we have moved on from these old ways, but how a lot still remains the same.

Overall, it was an enjoyable watch with lots of highs and lows, engaging the audience the whole way through.

By Lottie Bewley and Iona Scales, Year 11



ASDAN Trip

On 26th of April the Year 10 ASDAN group went to the Food Museum in Stowmarket to plan their Radio Plays as part of the Jubilant Festival which is being held in June at the Food Museum. The museum was a lovely environment to be in, there were animals around and there was many places where we explored that we could set our play in or around.

The day included an introduction by the director of the festival and we had a session on play writing and planning to help us devise our plays.

We then walked around the farm with Darren who showed us all the animals they have baby lambs and pigs and many other animals. All of the people that work there are so welcoming and gave us a lot of their time. The staff spoke about opportunities for work



experience in the food museum and apprenticeships it seemed it would be a nice place to work.

We have continued to plan our plays with Amy who is a Theatre Producer and we are looking forward to them being exhibited at the festival in June. We are attending the launch of the festival in June and visitors will be able to listen to our plays for the next few weeks.

We have really enjoyed the process and learnt lots of new things, including how write, produce and perform a radio play. Written by Marni Norris, Year 10

Gimme Gimme Gimme a Dream After Midnight

5th & 6th May 2023
Crow's Hall

*Book your diary
Details shortly*

Samuel Leech, Year 7

Sam Leech, 7N, has been playing football since he was 4 years old. He has recently accepted a new 2 year contract at Norwich football club due to his excellent football ability. He used to play for Debenham football club before transferring to Framlingham, where he got recommended to join Norwich Academy at the young age of 8 years old. Sam has been a key player in our Year 7 team this year. Huge congratulations go to Samuel as he has just been awarded a two year contract to continue to play at Norwich City.

During his time at Norwich he has been asked to participate in a number of tournaments, his most recent of which, being in Belgium where he played teams such as Anderlecht, Lyon and even teams such as Man City and Chelsea. They finished 5th in the tournament, and Sam could soon be going to Finland for another tournament. He says his best goal for Norwich came against MK Dons and Colchester, 2 long shots that rocketed into the top corner of the goal.



For Norwich, Sam plays CDM (Central Defensive Midfielder) and aspires to be like Joshua Kimmich, a CDM for Bayern Munich, one of the biggest German teams. His favourite player for Norwich is Marcelino Nunez, the CM.

When asked what career Sam would take if he did not go on to become a footballer, he said he wanted to stay with the club and become a football physio.

Written by Jack Brummitt, Year 7

Jake Battle, Year 7



Jake Battle – 7N - is a prolific butterfly and front crawl swimmer. His achievements have got him to the top ten butterfly swimmers in the country. Here he is speaking to George Hearn.

"I started swimming about five because my friends wanted me to come swimming with them. I really enjoyed it. My favourite stroke used to be front crawl but now is butterfly. My least favourite has always been breast stroke."

"My greatest achievement is getting into regionals when I was a year younger than everyone else. I got a silver medal in 100m fly and a bronze in 200m fly."

"As for overall medals, golds, I've got eighty-ish plus; silvers, around thirty, thirty-one and I've got twelve bronzes. I've come second in the county and top ten in the country for 100m fly, top twenty for 200m and 50m fly and top thirty for 100m front crawl.

When asked whether he wanted to do this as a career, he only had one answer: "Yes. If I wasn't a swimmer I don't know what I'd do."

Written by George Hearn, Year 7

Mathematicians of the Half Term

Congratulations go to:

Year 11 - Ella Wright, Emmy Cooper, Audrey Bedford, Hayden Ransome, Ethan Lewin

Year 10 - Jude Nightingale, Betty Burrows, Izzy Rolfe, Moyo Ademuyiwa, Bryony Bloomfield

Year 9 - Tamzin Steel, James Green, Jasper Sage, Freddie McLennan, Sofie Matta,

Year 8 - Isabelle Willings, Jaymee Painter, Will Scott, Josh Hill, Destiny Rose

Year 7 - Frederico Goduti, Phoebe Harvey-Soanes, Amber Minchin, James Oates Moore, Connor Wright



Sports Roundup

Although the weather is telling us otherwise, we are into the Athletics, Cricket, Rounders and tennis season! The climate has made this challenging, but we are hopeful that the season will be as successful as the Autumn and Spring term.

Pride of place this half term goes to the U15 Girls football team, who played their County final in early May at Needham Market FC. This was the second year in a row that the Girls have made the final, at this age group. Considering only four of the Girls are from Year 10, and the rest of the squad are from Year 9. Last year they beat Copleston in the final, and to reach the final this year they defeated Alde Valley (4-1), Hartismere (6-0), Chantry (3-2), and Copleston (5-1). This year they faced County Upper, from Bury St Edmunds. The game was played on a warm sunny afternoon, and although they conceded an early goal, the girls were in control of the game. The Girls equalised within a few minutes, and has forced numerous corners, creating chances and goals for Sophie to score twice, and Amelia. Half time and we were 3-1 up, and the message was to keep attacking, and to try and make good use of the big pitch. The whole team were superb in the second half, restricting their opponents to rare glimpses of our goal, whilst Sophie and Evie scored to make the final score 5-1 to Debenham. Katie and the whole squad went to collect their medals and the shield in front of many supporters, family and friends. A wonderful occasion and one I hope they all look back on with some pride in the future.



Tennis

We have again entered the U13 and U15 Boys and Girls tennis squads into the Suffolk team competition this year. Only a few matches played this half term, with more after half term.

The format is four players, ranked 1-4. Everyone plays a single match and a doubles pairing, each game played to one set. So far, the U15 Girls lost to St Felix on an exciting tie break, after drawing their games 3-3. Sophie, Ellie winning their singles, and a doubles win for Ellie and Emily. They are due to face Ipswich school and Stowmarket next.

The U13 Boys have already played Finborough and Orwell Park. Despite some good points, Ashley, Max, Josh and Fergus suffered defeats to both schools.



Later this term we have orienteering finals, a Tchoukball and frisbee festival, as well as cricket and tennis matches. Look out for our annual sports day in June as well.

If anyone has a sporting story and achievements to share, please see either Mr Mitchell, Mr Cook or Mrs Phaup so we can highlight and congratulate!

Sports Roundup

Handball

An enjoyable evening of handball was had at Hartismere, on Wednesday 19th April, as the U13 and U15, boys and girls teams, took part in the partnership competition. Well done to the U13 boys team who won their competition, with the U15 girls drawing 6-6 against Hartismere. The competition was played in a lovely atmosphere and all students that took part were a credit to the school.

U15 Team



U13 Team



Athletics

A number of students, from across the school, recently took part in the Suffolk Athletic Championships, held at Bury St Edmunds. It was a great achievement for all of them to take part in the event but there were some notable performances. Aidan Wright became a triple County Champion, winning the 100m, 200m and 300m (times were 11.8s, 24.8s and 39s respectively). His time in the 100m equalled a record that was set in 1994! There were some other great performances, with Arthur Ward winning the U17 100m and coming second in the 200m and Lester Palmer winning the U15 long jump. Max Uttley came 4th in the 1500m, with Emily Washington finishing 6th in her event.

Very well done to all students that took part in the event- you are all great ambassadors for the school and excellent athletes.



Suffolk Schools and County Athletics Championships:

Congratulations to six students who competed in the Championships. The results were as follows:

U17 – Arthur Ward 1st in the 100m, 2nd in the 200m

U15 – Aidan Wright 1st in the 100m, 200m and 300m. He equalled the Championship Record for the 100m. It had been in place since 1994.

U15 – Lester Palmer 1st in the Long Jump

U13 – Clementine Wilson 2nd in the 100m and 200m, 6th in the 800m.

U13 – Ella Kading 3rd in the 100m and 200m, 4th in the Long Jump.