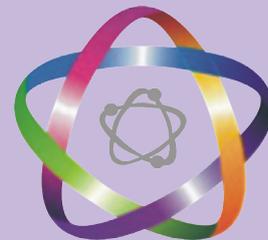


ASPIRE



2015-16 February edition

Head first

This has been a short half-term but nonetheless a busy one especially in sport, to which we devote a number of pages in this edition.

In the week before we break for half-term we have our biannual Careers Week. We are delighted to welcome employers from all walks of life, to talk to students about how their careers have taken shape and what their jobs entail. Talks include: consideration of a career in journalism, with Terry Hunt, the editor of the EADT; marketing, with representatives from Spring, Agency for Change; mechanical, nautical and civil engineering; medicine, with Lauren Filby, a pediatric consultant at Ipswich Hospital; and sports management, with Ashlea Smith, Disability Sport Development Legacy Maker, to name but a few. Watch out for a full report in our Easter edition.

Just before Christmas, I asked for any donations of wellingtons for The Country Trust. This is a locally based charity that organises residential trips for primary school children from inner cities to enable them to experience life in the countryside. All trips include at least one farm visit. It is often the case that children on these trips have never visited the countryside and a good number do not have wellingtons. If you could help us with this project, please bring your wellingtons to the school office or, if you prefer to have them collected, please contact the Country Trust via e-mail swright@countrytrust.org.uk

Julia Upton

Inspiring Poetry

We lead this edition with a moving poem by Lily Child, Year 7. Lily took inspiration from a poem read in class (Matthew Sweeney's *The Magic Box*) and created her own version based on the poet's style.

*I will put in the box
The scratch of pencil on paper, itching to write
A flash of a firework popping across the sky
The whisper of secrets in the darkest hour
The last petal on the prettiest flower
I will put in the box
One long soft note, humming through your head
A splash of paint in the deepest red
The wing of a butterfly, flying above
A feather from the wing of a dove
I will put in the box
A salty splash of the roaring sea
The greenest leaf of the tallest tree
The sound of laughter echoing through a cave
The first hug hello and the last wave goodbye
I will put in the box
A single ray from the sky-high sun
The feeling you get when Spring has begun
The warmth of a fire after the coldest day
And the smell of the sea, a single spray
My box is made from the sound of laughter
And the last words spoken in a happily ever after
Snow from the top of the highest mountain
The ice-cold water from the huge stone fountain
A sliver of moonlight slicing like a knife
Over the thoughts of the very best day of your life.*

Christmas Lunch



Whenever we do a student survey to ask for their feedback, the school catering provision always comes out as a plus. Recent quotes from Year 7 students include:

The food is so cool – you can have a variety of things for snacks and lunch... lunch is delicious!

The lunches are GREAT!!!!

My favourite thing has been DT and lunch with my friends.

So it was no surprise that over 600 students and staff signed up for Christmas Lunch this year. Providing a two-course meal for that many people in a two hour period is no mean feat; as you can see, everyone seemed to enjoy the event.



HEROES - cooking up a treat

The HEROES cookbook all came from Mrs Ramsay and Lucy Farrell's (Suffolk Young Carers) idea of having a cookbook for young carers that have to cook for family members. This idea then developed into a large project which has been a massive success. We asked many different people from the local area to contribute and many did. We had recipes from locals including Jimmy Doherty and the Chair of Governors. On the 27th January the cookbook was finally finished and launched. On the launch day we held a special drop-in to celebrate the cookbook. We tasted some of the recipes that were in the cookbook. They were delicious! The students that came to the drop-in got to make their own tortilla pizzas with different toppings. Daniel made 11D's Stir Fry that lots of people tried and approved of. Mrs Pink has been cooking some of the recipes in the kitchen to raise awareness and for students to try. They are delicious!



We have been awarded a community grant to help fund publication and general presentation of the cookbook. This grant is a generous amount and we are very grateful to receive it. Because of this grant, we can give some of the cookbooks away to people who have contributed and also sell some to help fund future events and projects.

We are also delighted that Debenham High School has been awarded the Young Carers Gold Award. This is a great achievement and we are very proud to have the award.

Maisy Ward-Jackson, Year 7



The BIG Quiz

Once a fortnight, in Friday morning registration, we hold our inter-house quiz. This is written by a Year 11 student (we call him THE BRAIN) and tests students' knowledge in general knowledge, trivia and a variety of brain twisters. Marks are awarded for the highest to lowest scoring tutor group in each year group, meaning that a house could gain 25 points if it topped every year group.

Current positions are:

House Positions:

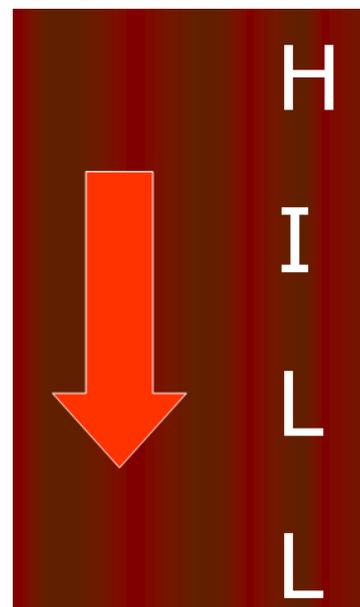
1st Da Vinci 110 pts.
 2nd Owens 108 pts.
 3rd Austin 105 pts.
 4th Nelson 87 pts.
 5th Curie 85 pts.

And current winning form group from each year group is:

Year 7 : F with 20 pts.
 Year 8 : E with 27 pts.
 Year 9 : E with 19 pts.
 Year 10: E with 22 pts.
 Year 11: D with 27 pts.
 Current Best Form is 11D with 27 points.

How would you have done in the last round? Pit your wits below.

Solve these Rebus puzzles to find a phrase or well known saying



Who's watching you? Do you know these members of staff?



General Knowledge

1. How many cm³ in a m³?
2. What is a Kippah?
3. What muscle joins the neck to the shoulder?
4. What is the French word for mushroom?
5. Who wrote The Tulip Touch?

If you enjoyed this then put a date in your dairy for the annual Friends of Debenham High School Quiz. Friday 26 February 2016, held in the school hall. Please email the school office for more details.

Year 7 - Colchester Castle



Year 7 had a very enjoyable visit to Colchester Castle, as part of their work on Norman control of England after 1066. They had a guided tour, starting from the original Roman foundations, all the way up to the castle roof. They also had plenty of time to explore the interior of the keep, which has been divided up to show how the site has change over different time periods, including use of ipads, to help bring the castle alive. Overall, we were very fortunate to have some good weather, and also a tremendous year group to have the company of.



Debenham Downhill Race Team

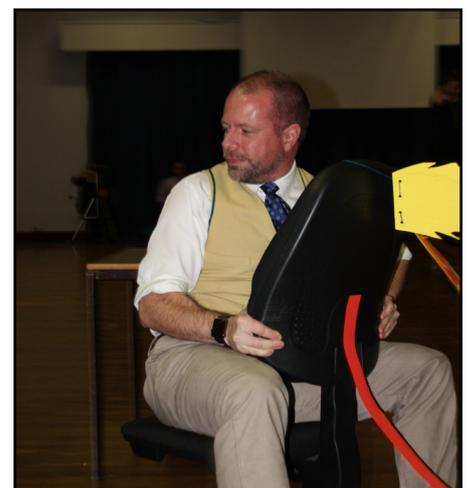
In preparation for our ski trip during Easter 2016, we braved the strong winds and headed to the Suffolk Ski Centre with our beginner and intermediate skiers. There was great excitement as ski boots were put on the first time, mostly on the correct feet, and skis were measured up before we hit the slopes.

Even the small practice slopes looked daunting but after a little instruction the students were able to make their way down. Some a great deal faster than others!

Next week the students will learn to snowplough, stop and then hopefully we can move to the intermediate slope. Everyone did very well and we cannot wait for our trip to Italy in 7 weeks.



Year 10 and 11 Charity Week



Year 10 and 11 Charity Week



Our Year 10 and 11 students stepped to the fore with their charity work this half-term. Students chose to raise money for The Syria Crisis Appeal and Alzheimer's Research Trust. As always, there was a range of activities, bringing the school together and allowing us to raise money whilst having some fun. The bake sale, basketball game and teacher wheelie chair race were all highlights.



Sports

This half-term we have a bumper sports report. Staff within and beyond the PE team help to ensure a range of sporting opportunities for students at Debenham High School. This half-term we have an array of different sports reports. Well done to all the students who have taken part and competed with respect, fair play, determination and a sense of fun.

As well as inter-school competitions, the staff also lead our Inter-House competitions throughout the year. While this culminates with Sports Day, there are competitions every term in a range of sports. These mixed events create friendly rivalry between the houses and help to cement positive relationships within the forms. Year 7 Inter-House competitions are being held during the last week of this half term. They will battle it out in Football, Netball, Short Tennis and Dodgeball. Results and reports in the next ASPIRE issue.

Indoor Athletics: Under 13

Our Under 13 Boys and Girls squads travelled to Bungay for our partnership event to decide which school would go on to compete at the county finals in Bury St Edmunds in February. The format includes various relay and individual track events, as well as shortened versions of field events. The boys (pictured below) performed consistently well, especially in the track races, finishing runners up to Thomas Mills. The girls were neck and neck with the hosts all the way and managed to win overall by just one point! They then travelled to Bury St Edmunds on Friday 5th February to compete at the county final event. Millie Finbow, Millie Powell, Hope Patterson, Willow Ainge, Maddie Wood, Gina Hill-Keyte and Emily Anderson (pictured right) battled hard in all the events, finishing a very creditable 7th.



Action

Indoor Athletics: Under 15

The Under 15 Boys and Girls indoor athletics teams joined the Under 13 teams in the High Suffolk Schools Sports Partnership indoor athletics competition. After competing in all events, the boys finished 2nd and the girls were crowned champions. Pictured below (complete with their medals!)



Year 8 Woodbridge Festival 2016

We took a squad of 14 players for what was a very tough competition.

We played squads from Bungay, Woodbridge, Hartismere and Thomas Mills.

Although a little slow to start against Woodbridge, Woodbridge won 15-5, we picked up our game for the remainder of the festival.

The second team we played was Bungay. We have always suffered a heavy defeat against them but managed a credible draw. We then moved on to play Thomas Mills. It was a very close game which we managed to win 15-5.

Finally Hartismere. A demanding game and with the loss of Charlie Palmer and Nick Haynes, made even more difficult. We lost 15-5 in the final few minutes.

We are now waiting to see if we go through to the plate final in March.

Squad list. Seb Norton (Captain), Jordan Neesum, Charlie Palmer, Joe Dearling, Tom Baker, Jamie Rico, Richard Denny, Joey Long, Tom Morris, Felix Ramsden, Nick Haynes, Will Halford-Thompson, Abu Al-Amin, Frazer McMyn.



More

Y9 Suffolk Schools Rugby Festival

Fielding a squad of relatively new players, many of which were experiencing their first games, we headed to Woodbridge RFC full of enthusiasm for the afternoon ahead.

We played six games in total against St Joseph's, Thomas Mills, Bungay, Woodbridge School, Alde Valley and Hartismere.

All were very experienced schools but we played above our ability and managed a draw with Bungay.

There were notable first time performances from Morgan Manly and Oakley Whitmore. All the squad are looking forward to playing a full game after half term and continuing to develop their rugby skills.

Squad List: Kieren Everson, Max Lindley (Captain), Zac Hilton, Rhys Hughes, Dan Jones, Jack Creasy, Rory Coe, Isaac Bachu, Jo Bagnall, Oakley Whitmore, Charlie Martin, Patrick Farrow, Samuel Hazelwood, Curtis Shepherd, Morgan Manly, Franek Ouko.



Hockey

Under 12 mixed hockey v

Thomas Mills lost 6-2

Under 16 mixed hockey v St. Joes won 5-1

Under 14 Girls HSSSP tournament (pictured right)

Thomas Mills drew 0-0

Hartismere won 1-0

Bungay won 3-1

Alde Valley drew 0-0



Football

The Year 9 boys side were our final representatives, left in the National Cup and had to wait a month to play Old Buckenham Hall due to the wet weather in January. Their game finally went ahead on the 22 January, when they unfortunately lost 2-0 to a very good side.

The Year 11 boys played their delayed County Cup game against East Bergholt. This was another fantastic display by a side who have typified the Debenham approach to football over the last few seasons - namely they just don't know when they are beaten! Despite falling behind, the boys played so well, establishing themselves back in the game through an equaliser by Ben Jepson and then a stunning 30 yard strike from Callum Scott, a goal which has to be one of the best I have ever seen in school football! Despite being under siege at the end, we won 2-1 and now play away to Sir John Leman school.

The Under 16 Girls side are due to play Hartismere in the County Cup this week - good luck to them.

Cross-country

Nine runners from across all year groups travelled to Culford School for the last race to determine the Suffolk Schools team. Despite the horrendous conditions, the positions gained by them was a testament to our runners. Tilly Aldis in Year 7 has been very consistent all season and came 2nd in her race and qualified to compete for the county at the East Anglian championships later in the spring. Other mentions should go to Niall Thomas, Iwan Lloyd, Jacob Toohey and Rohan Etchingham in the Intermediate races; Franek Ouko and Kian Darwell-Taylor in the Junior boys and Emily Anderson and Alex Mckay who also completed in all three area trials.

Sports Reports

Badminton

The Year 9 boys travelled to Ipswich to play in the county finals on 21 January. Jake Phillips, Matt Walker, Ryan Keeble and James Davies-Stokes played in both individual and doubles games. A tough task for the side, as every other school's number one ranked players were county players! Despite this, the team beat St Joseph's and County Upper finishing 4th overall. All four boys were a credit for the way they played including Jake who broke his racket in the first game and needed to borrow one for the rest of the tournament!

Swimming

The school team travelled to Leiston swimming pool to take part in the HSSSP gala. For the first time we took a full team of 24 students. They competed in individual races, freestyle and medley relays. The lower school came 3rd overall and the Year 11 team won the 6th Form competition!

Yoga

12 Year 11 girls have been enjoying a free taster six week yoga programme this term. This has been provided by Big Sky Yoga and teaches the group relaxation and flexibility exercises designed to remove the stresses and strains of everyday life. Feedback has been really positive and we are exploring other initiatives to try and increase this involvement in the future.

Karting

The Under 18 karting team took part in the local area championships as the first round of the BSKC national competition. Tom Norton, Patrick Farrow and Callum Stinton all raced twice against local schools and came 5th, narrowly missing out on a place in the regional final at Milton Keynes.

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