



ASPIRE

Celebrating success 2019-20 Advent Edition



Head First

I can't quite believe that we are already at the Christmas break. This is often a hard term, as the nights draw in and we are all tired from the intensity of the beginning of the academic year. Looking at the range of activities going on in this edition, it is no wonder we are flagging!

There has been so much to report, with all the usual sporting action, dramatic productions, musical treats, foreign trips, puzzling, reading (I hope that you also received our suggestions for some books as Christmas presents this year a couple of weeks ago) and artistic talents. This term has also seen students taking the lead in charity work and advocacy through their political engagement and leadership of assemblies and events. It has been great to give so many students the opportunity to take the lead, in doing so building their skills, but also persuading and giving to others. Through their work, the lives of others have been made richer.

I wish you all a very Happy Christmas.

Julia Upton

Reverse Advent Calendar



Following a very informative assembly led by Maureen Reynel from Families in Need (FIND) a group of volunteers from the Student Council organised a Reverse Advent Calendar for each form group in school. The Student Council Team would like to thank everyone for their generosity for such a good cause; we had an excellent response. For nearly 30 years, FIND have offered a lifeline to people in Ipswich and the surrounding areas, who are experiencing poverty and despair. Sadly, the need for food parcels has risen year on year and FIND now distributes an average of 100 parcels every week and even more at Christmas, that's more than 6,000 per year. Having collected the donations and sorted them, five Student Councillors took the parcels to the Food Bank in Ipswich. It was great to then get the chance to work as volunteers for an hour to put the tins, packets, toiletries on the right shelves and to understand the way the system works. Our students were highly praised for their competency and teamwork, working shoulder to shoulder with other adults.

Sharon Terry was one of the students who has led the campaign and she was responsible for bringing many items into school. She said, "I had fun! This was the first time I have had the chance to help others by putting together food parcels. I was surprised and pleased by the amount of food people in school brought in across all year groups. It was so good to actually get to help sort out the food we brought rather than leaving the boxes by the door. We worked as a team with other volunteers from the Ipswich region."

Mollie Simpson, another of the volunteers shared, "It was really fun to have the opportunity to go to the Food Bank. It was only in going that I realised just how important giving food and goods to FIND is; it made me feel good that I could be involved in something like that this Christmas."

Sophia Berkley, Hayden Scanlon Baker, Daisy Lord, Mollie Simpson, Sharon Terry

Christmas

There are two things that I love about our Christmas lunch. The first, is the remarkable way in which our catering team, led by Mrs Pink, cook for nearly 700 students and staff, preparing the meal entirely from scratch. This takes hours of preparation, for many days in advance of the event. I am hugely grateful for the time and care that goes into making this a favourite annual event. The second aspect of our Christmas lunch that I love is the fact that students take time to sit down and eat a meal together. They chat with friends, smile and enjoy the food and the company. In our fast-paced world the connections we make to each other are so important. This may be one day a year, but it shows just how much we all gain from good times spent together. Thanks to our catering team, on days like this food isn't just to sustain us, it connects us. Of course, it also gives us an opportunity to wear our Christmas jumpers!



Lunch



Teaching Dissection

Students turned into teachers, as Year 6 visited to learn from our Year 11 about the heart. "Teaching the Year 6 students was a really enjoyable and valuable experience. We were able to teach them about the parts of the heart by doing a quiz first, testing what they had already been taught at Primary School. They joined in and showed us what they already knew. We then dissected a heart with them in small groups, allowing them to see parts of the heart for real. Some of the Year 6 were more squeamish than others; fortunately, none of them were sick!" Josh Whayman and Tom Ward, Year 11



Noah's Ark



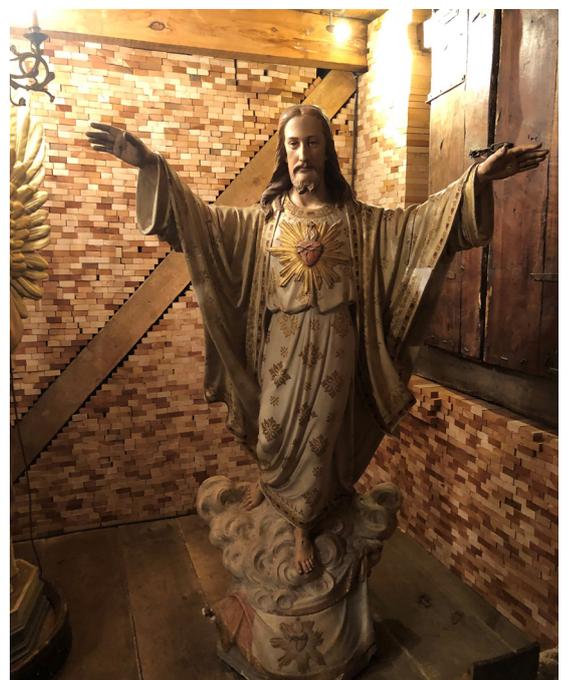
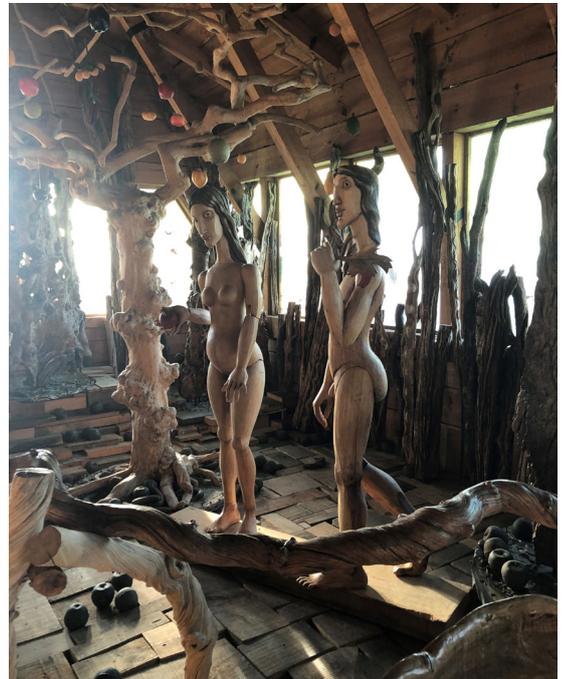
On the 11 December, I was selected – along with a number of other pupils from Years 7, 8 & 9 – to go and see the replica of Noah's Ark, which is currently at the Waterfront in Ipswich until the end of January.

The first thing I noticed was how big it was; it had 4 floors, each unique from each other and the Ark was made of wood. It is a half-size of the original Ark mentioned in the book of Genesis, where the measurements for it are documented. There were replicas of rooms where the animals would have stayed and it was clear that Noah was able to fit a lot of different species of animals on the Ark!

As you walked around the Ark, you could discover some key stories from Christianity. There were carvings of Adam & Eve at the top of the ship and there was a massive tree through the middle of the Ark. We also had been given a worksheet to fill in which had questions relating to facts that were placed around the Ark, like the children of Adam & Eve as well as stories related to Jesus, showing how the overall beliefs of Christianity fit together.

Overall, I think that the trip was very fascinating as I learnt things about Adam & Eve and Christianity that I didn't know before. I would recommend a visit!

George Symons 8G



Year 8 and 9 Charity Week

This term Year 8 and 9 led their charity week, which was a huge success. Altogether we raised £1076 but there is still the rugby match, which will add to this phenomenal sum of money. All of this has been raised for two important charities, Team Trees and The Rainbow Trust. Respectively these charities raise awareness of environmental issues and children's health and well-being, both very topical issues for us all.

This charity week was packed with exciting activities and opportunities like the Kahoot tournament (won by Sophie Coton Year 9) and the Year 8 vs Year 9 netball game. We also had a bake sale with a large number of cakes baked and bought for the teachers and students to enjoy and within two hectic breaks we sold out. Charity week was run by the Year 8 and 9 leaders, ably supported by the Form Representatives, but as ever so many other people across staff and students pitched in. Thank you to everyone who donated and helped raise money and hopefully the next charity week will be just as successful.



Santander Immersion

El viaje comenzó cuando salimos de la escuela a la hora del almuerzo para ir al aeropuerto. Esa noche, cenamos en las casas de nuestras familias anfitrionas por la primera vez. Al principio, estábamos todos nerviosos, pero con una mezcla de nuestro español limitado y su inglés limitado, todos pudimos llevarnos muy bien con sus familias. Durante los primeros cuatro días de nuestro tiempo en España, tuvimos clases en la escuela de idiomas por la mañana. Estas clases fueron muy intensas y desafiantes, pero todos aprendimos mucho. Cada día, después de las clases, comimos con nuestras familias y luego pasamos el resto del día haciendo actividades divertidas.

- El primero día exploramos el centro de Santander y visitamos la península de la Magdalena, donde hay una residencia real que está utilizada como una universidad durante la mayor parte del año, así como las playas de los alrededores.
- El segundo día tuvimos algunas clases de baile muy enérgicas, seguidas de algunos churros con chocolate.
- El tercero día tuvimos un viaje refrescante en barco por el puerto y luego participamos en un taller de cocina, donde diseñamos nuestras propias tapas.
- El cuarto día visitamos el museo oceanográfico y luego tuvimos tiempo libre para explorar Santander por nuestra cuenta. Muchos de nosotros pasamos este tiempo buscando en tiendas y comprando regalos para nuestras familias.

Todos pasamos el último día con nuestras familias, obteniendo una buena visión de la cultura española y dándonos la oportunidad de despedirnos antes de emprender nuestro vuelo de regreso a Inglaterra.

Ella Bedford, Year 11



“El mejor fue quedarme con una familia que habla solamente español”
Tillie Moore

Year 8 and 9 Maths Challenge

The best 52 mathematicians in Years 8 and 9 gathered in the Main Hall on Monday 9th December to compete in this year's junior team maths challenge. Each team contained 4 students, 2 from each year group, and working in pairs they competed in four rounds which tested their mathematical ability, problem solving skills and cooperation. There was plenty of excellent work from all groups and everyone was trying their best to help their team achieve as many points as possible. Whilst not every team could win, it was great to see so many students apply their mathematical knowledge with such enthusiasm. In the end there was a clear winner, however congratulations to all the participants. The top three teams were:

3rd place – Jessie Hall, Charlie Denny, Alice Blackburn & Will Rutland

2nd place – Anouk Harris, Cameron Collins, Ethan Crane & Ella Wright

1st place – James Foreman, Evie Miller, Abi Woodhouse & Evan Hearn



Author Visit



On Monday 2 December, acclaimed author Lisa Thompson, visited Debenham High School. Lisa was primarily in school to run workshop sessions with Year 7 students. She spoke about how she began her career at the young age of 16 in BBC radio, but that her first taste of literary success came at the tender age of 10 when her poem was displayed by her teacher on her classroom wall. It was a proud moment for Lisa!

Lisa has so far published four books for children: *The Goldfish Boy*; *The Light Jar*; *Owen and the Soldier* and *The Day I was Erased*, which Lisa read an excerpt from. The idea for the book came to her while watching one of her favourite movies, the Christmas classic, *It's a Wonderful Life*. Lisa said she was very excited to announce that her book *Owen and the Soldier* (which is particularly suitable for struggling, reluctant or dyslexic readers) has been shortlisted for the Blue Peter Book Awards 2020. Lisa will find out next spring if she has won.

Lisa talked about how she gets her inspiration from lots of different sources including both everyday events as well as those of a more comic or unusual nature. She talked about the literary process and how a book evolves from an idea to a published work.

After the workshops Lisa signed copies of his books in the Library. If you are interested in reading any of Lisa's books they are available to borrow from the Learning Resource Centre.



Christmas trees

The theme for the Stowmarket Christmas Tree Festival this year is Christmas songs. Our trees can be seen in Stowmarket Library until 5th January 2020. The trees were decorated with ornaments created by pupils attending our Art and Design, Textiles, Resistant Materials and Food Clubs including decorated biscuits and acrylic snowflakes. Can you guess the Christmas song that inspired our trees?

Students have also contributed to the Christmas decoration of St Mary Magdalene Church in Debenham. We hope you have time to see our work in either venue over the Christmas period.

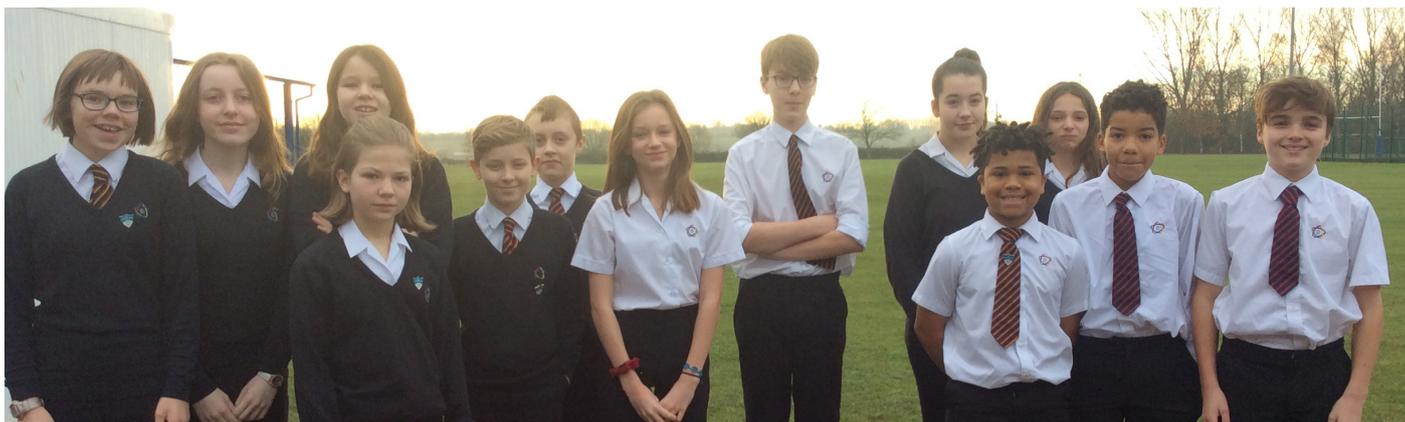


Set Design

A massive thank you to the KS3 and KS4 students that worked after school each week on the staging for the Autumn production of Scrooge, A Christmas Carol. They got involved in the designing, painting and decorating of all the staging and showed excellent problem solving skills and team work. More images of the finished products in the production itself in the New Year.



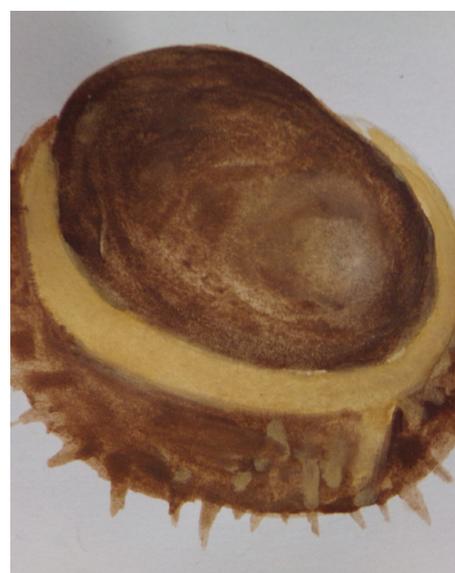
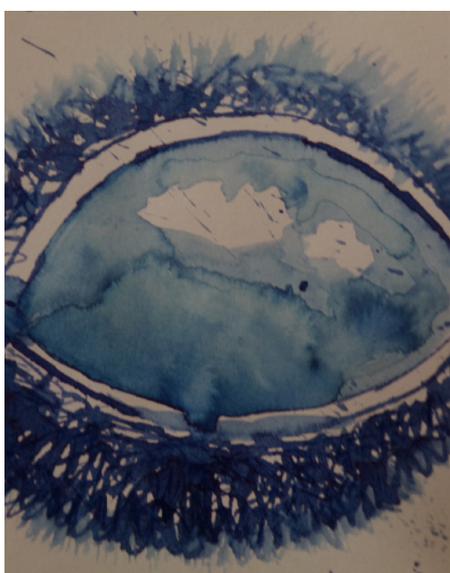
Art Ambassadors



We are delighted to welcome our first thirteen Year 8 Ambassadors to the ADT team! They are leading group sessions to introduce our carousel topics to groups of Year 8 students and will be helping with design and exhibition work around the school. Watch this space for more ADT Ambassador news.

Year 9 Clay Workshop

A group of Year 9 students were invited to attend a drawing and clay workshop run by a local artist. He was very impressed with the hard work and the creative skills of the students.



Dr Poulter visit



On Friday 1 November, Dr Dan Poulter visited the school to listen and respond to students from Year 11 to 9. Students asked some challenging questions on far ranging issues from climate change to the NHS, education to local housing and of course inevitably, BREXIT. The students really did put Dr Poulter on the spot and he commented afterwards on their positive engagement but also their clear knowledge and interest in the points that they raised.

Well done to Lucy Daly, James Foreman, Phoebe Clark, Harry Codd, Callum Howells, Luca Berstein, Izzy Way, Morgan Lawrence, Millie Bayes, Alex Ford, Noah Jarrold, George Monk-Mason, Madoc Karthaus, Will Culley, Alfred Scott, Evie Marsh and Ella Bedford for posing some thought-provoking questions.

Equestrian Team

Following some active encouragement from a couple of our parents, the Debenham High School Equestrian Team has come reformed. The team had their first outing at Tophorn Arena in a NSEA competition on 10 November 2019.

The team consisted of Brieya Whitmore, Lexi Foster, Rebecca Emmins, Lucy Daly and Leah Banham. Brieya completed in the 40 and 50cm classes and had super rounds. Lexi Foster completed in the 50 and 60cm classes, again having fab rounds. In the 70cm class for Grassroots qualifier, we were able to put a team forward as we had three riders jumping the same level. That team was Rebecca Emmins, Lucy Daly and Leah Banham. We came a very creditable 2nd and qualified for the Grassroots Final held on 8 December, where they finished 4th overall. As a newly established team, they have performed really well - we look forward to what fortune the New Year brings.

If you would like to join our equestrian team, please make contact with the school to hear about forthcoming events.



Fashion Show Shout Out

Following the success of Snowflakes and Swagger we are organising a another fashion show within the community to raise money for new sewing machines for the ADT department. The show will be held on 15 March in St Mary's church, Debenham. We are looking for trade stands for Prom and Bridal wear. If you know anyone who hires cars, florists, beauticians, sells clothing etc who can support us please contact Mrs King via email, dking@debenhamhigh.co.uk Thank you in advance.

Remembrance Service



Year 9 students and those students who serve in the Cadet Forces led Year 7 and 8 in our Remembrance Services this half-term. In school, students from Cadets led an assembly to the Upper School, reading with sobriety and respect. Year 9 student leaders Leah Sharp-Ling, Ruby Kanwara, Hayden Scanlan Baker and Lewis Moore read with similar impact in our Church Service.

William Botwright led a minute's silence in school on 11 November and again at St Mary's Church, playing the last post before we reflected upon the sacrifices of so many for our freedoms today.



Sports Action: Netball and Hockey



Year 8 Netball beat Alde Valley, Stradbroke and Thomas Mills at a mini-tournament at Thomas Mills

Under 14 Mixed Hockey beat Thomas Mills 3-0.



Year 7 Netball lost to Hartismere



Year 9 Netball lost to Alde Valley, but beat Stradbroke and Thomas Mills



Year 8 Netball lost to Hartismere



Sports Action: Hockey

Once more, there has been plenty of sports going on (despite the wet and dismal weather).



Year 8 mixed hockey beat Stradbroke 2-1 with goals from Edith and Will



Year 7 & 8 mixed hockey played in a mini-tournament at Hartismere against Staradbroke, Alde Valley and Hartismere.



Year 7 mixed hockey beat Thomas Mills 8-2

Under 16 Mixed hockey beat Thomas Mills 6-5.



Year 8 mixed hockey lost to Thomas Mills 7-5

Sports Leaders



Year 10 Sports Leaders helped out at the Key Stage 2 High Suffolk School Sport Partnership Cross Country Event. They helped with refreshments and stewarding around the course for Years 3, 4, 5 & 6. They all did a fantastic job and many staff and parents commented on their impressive attitude.

Football round up

Year 7 Football

There continues to be a really good turnout for Year 7 Boys football, with over 20 regularly attending training on a Monday after school. This has been really pleasing to see, with all players showing improvements to their game. It was just unfortunate that they were knocked out in both the National and County Cup, in the space of 24 hours! They lost 3-1 to Northgate in the National Cup and then on penalties to Stour Valley. This was a real shame as they played well in both games. It was also lovely to see 16 boys involved in a friendly against Thomas Mills.

Year 8 Football

The Year 8 team have put in a number of good performances recently and this has seen them make good progress in both cup competitions. After beating Pakefield 13-1 in round 2 and then Ormiston Victory Academy on penalties (7-6) in Round 3, they travelled to Kesgrave in Round 4. Unfortunately, they didn't do themselves justice on the day and ended up losing 8-1 to a very good team. They are, however, still in the County Cup, having beaten St Joseph's 9-0 in Round 2. Round 3 will see them travel to Bungay.

Year 10 Football

The Year 10 team continue to lead by example this year and have put in a number of very good performances. This saw them beat Castle Manor 6-0 in the County Cup, setting up a third round tie against Kesgrave. At the time of writing the team were also still in the National Cup having beaten County Upper 12-2, Coplestone 8-1 and a 6-5 penalty shoot-out win against Sprowston Community Academy. Their Round 5 game against Farlingaye will no doubt be a hotly contested game!

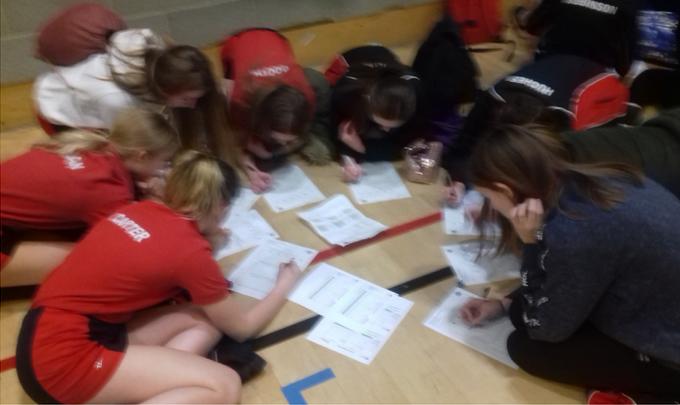
Under 16 Boys Handball

In their first game of the year, and with very little practice, the team put in a very convincing performance to beat Hartismere by over ten goals. The whole team played well but particular praise should go to Frazer McMyn who unleashed a number of unstoppable jump shots!

Sports Action

UEA Trip

As part of a funding initiative and also to look at ways in engaging girls in our curriculum, we took eight girls from Years 9 and 10 to UEA, Norwich, to try out some unusual and different sports! Molly, Millie, Sophie, Anabelle, Gertie, Kiera, Eva and Rose threw themselves into every activity with great spirit! Activities tested were Parkour, Boccia, Cossfit, Archery and Kimball. The giant Kimball was definitely a favourite!



Badminton

The area tournaments held at Thomas Mills involved Under 14 and Under 16 boys and girls teams. These lead to County Finals in January. Both the Under 14 and Under 16 Boys comfortably won their heats, with both girls sides finishing runners-up. A huge thank you to all the teams in these age groups for playing so well.



Sports Action: Football

Girls

The Under 14 side have played brilliantly this year and after beating Westbourne and Claydon in earlier rounds, played Benjamin Brittain in Round 3 of their National cup campaign. This was also against a side that they played last year and lost 10-1 to. The girls deserved so much more from the game than they got, only losing 2-0 and putting their opponents under enormous pressure, without being able to force a goal. They are playing Denes High school in the County cup on 11 December.

The Under 12 side face Castle Manor in their next county cup match, and play a friendly against Hartismere next Monday.

The Under 13 side faced Thorpe St Andrew in their National cup game, after beating Northgate school 9-0 in the first round. They played well in horrible conditions, but lost 3-1.

Training continues after Christmas on the MUGA on Monday after school, 4.00-5.00pm. All are very welcome.



Year 9 Boys

The side have shown a vast improvement this year, and are becoming more and more competitive in each game. In the National Cup they beat Archbishop Sancroft school 5-2, and then in the next round against Icenii Academy, they went 3-0 up at half-time, through Ben Risby (2) and Alex Oakley. They could not hold on though, and lost 4-3 in a very tight game.

In the County Cup they were drawn away to Sir John Leman School, and this was a tough game against a side that had beat them 8-1 in Year 7. A really good game, saw the side helped by Gethin, Jake and Toby from Year 8. They won the second half 1-0, but lost overall 5-2.



Sports Action: Football

Year 11 Boys Football

The Under 16 Boys played Mildenhall and won away 6-0 in their County Cup Round 1 fixture. This was one of the most complete performances the side have put in this season, and Ashton scored five goals. A spectacular 30 yard strike from Louie capped an impressive squad performance. Unfortunately the side failed to repeat this standard in the next round, losing last week to Chantry 4-0.



Careers Opportunities

One of the key strands of good careers provision within schools is that every student should have multiple opportunities to learn from employers about work, employment and the skills that are valued in the workplace. In October all of Year 9 attended the "Suffolk Skills and Careers Festival" held at Trinity Park where they got to meet employers and discovered the career opportunities Suffolk has to offer.

Around 100 exhibitors were at the event from every sector including power, law, construction, social care and engineering. Students found out about the different routes into these careers as well as the qualifications and skills they were looking for. Some of our students even had a media debut as they were interviewed by Radio Suffolk about the event.

There were also stands hosted by different higher and further education providers from within Suffolk. It was a really good day out and none of the students should be without a pen for at least the next year!



Church Schools Celebration



At the end of October four students represented the school at the annual Church Schools Celebration at the Cathedral of St Edmundsbury. Polly Cox mesmerised the congregation as she sang Halleluliah, Ella Bedford read with gravitas and eloquence and Anna Cook and Caleb Reeve led the procession of banners.

Thanks to our sponsors

While we are ever-conscious of the impact on the environment it is still important that students can bring home a physical copy of our newsletter to share with you what they have been up to. We are very grateful to our sponsors for their contributions to this legacy. If you would like to make a contribution (and/or advertise here) then please contact Mrs Norman jnorman@debenhamhigh.co.uk for details.



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