QUEEN'S PARK HIGH SCHOOL

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AUTUMM

DECEMBER 2021

M CHUB

Balloon rockets

& bionic hands

WELCOME



6 2021, what a year it has been for us all; I still can't quite believe what this year has thrown at us and the impact that Covid-19 has had upon us all as individuals, families and across society as a whole. Even now in the final few weeks of term, we are once again thinking about infection rates and measures we are putting in place to protect our community.

I have thoroughly enjoyed my first term as Headteacher here at Queen's Park, particularly getting to know the student body - it has been a privilege! I am looking forward to cementing these relationships and working together with parents and carers for many years to come, to ensure all our young people fulfil their potential.

I feel very proud to lead a school community which in the face of the pandemic has shown resilience, determination, care, creativity, humour and above all teamwork since our return in September 2021.

Whilst managing our school life and our 'new normal', we have also had the added challenge of having a significant number of windows replaced around the school building – added ventilation some may say! It has been a bit chilly but hopefully this will lead to a much warmer building after Christmas. A huge thank you to the team who have been working on this project, they have done a sterling job!

I will continue to strive to recognise each individual student for their brilliance and celebrate them for this. We have introduced the 'Headteachers Praise pod', the 'Headteachers Hall of Fame' and also a weekly 'Afternoon tea with the Headteacher', all of which recognise and celebrate our amazing young people. Celebrating and rewarding our students will always be the 'Queen's Park Way'.

This term has seen the reintroduction of extra-curricular and enrichment activities and we are so pleased to showcase how much we value these opportunities at Queen's Park. We want all students to make life long memories, and enrichment is one way we believe of achieving this. We are all really excited about our annual production returning and cannot wait for the premier of *Oliver* the musical.

Staff have been working incredibly hard this term to support students to 'catch up' and identify and address any gaps in learning. I would like to say a huge thank you to them for all their hard work, dedication and positivity this term – they have been superstars!

I hope you enjoy reading this bumper edition of the school newsletter for this term.

Finally, I would just like to take this opportunity to wish you all a lovely festive break and fingers crossed, 2022 will see a return to a completely normal society. Mr Kearns,

HEADTEACHER



QPHS REMEMBERS Students pay their respects

As the country fell silent at 11am on Sunday 14 November, three students from Queen's Park High School accompanied by Headteacher, Mr Tom Kearns were among those leading the city of Chester in reflection and commemoration from the grounds of Chester Cathedral as they began their service of remembrance.

Chester held this special event to mark the occasion, with a parade and service that members of the public were invited to join. Year 11 students, Kaitlin P, Annalise S and Sixth Form student Sophie L represented Queen's Park High School which was one of just a handful of Chester schools invited to attend. During the ceremony Year 13 student Sophie laid a bespoke wreath created by the Design and Technology department in school, with the inscription, '*Queen's Park High School Remembers*' at the memorial cross in the cathedral gardens.

66 The service was very moving and it was a real honour to be a part of such an important event. I was so proud of our students for giving up their time and of Sophie for arranging our involvement.

Mr Kearns, Headteacher

Earlier in the week on Thursday 11th November a two-minute silence was observed in school so that all staff and students could honour those that fought and continue to fight for our freedom and country.





BRITISH COUNCIL **CONNECTING** CLASSROOMS

RIVERS OF THE WORLD

Rivers of the World is the Thames Festival Trust's flagship art and education project delivered in partnership with the British Council. The project links participating secondary schools in the UK with partner schools in developing countries around the world.

During Enrichment Week earlier this year, as part of the Thames festival, Queen's Park High School's Year 7 students 'connected classrooms' and collaborated with the Khurasan Girls school in Afghanistan and their teacher Nilofar Azzizi. Queen's Park students focused upon the varied aspects of the River Dee, whilst the Khurasan school explored the River Amu. Through this creative process students have learnt about the importance of their local waterfronts and the environmental challenges they face.

Due to international lockdowns, the artwork has been generated both at home and in school, showing young people's strength of spirit and imagination in the face of Covid-19.

Students created creatures and wildlife found in and around their rivers. They used natural materials such as leaves and sticks to make their designs. The art work created from

TATE MODERN - FREE ANI

both schools was photographed and the images digitally combined using Photoshop, to create an amazing collaborative piece which reflects the Rivers of Life in both countries. This was then transformed into a large-scale work of art which forms part of a collective exhibition with other participating schools. These artworks were then curated and exhibited in galleries, along the River Thames walkway, schools across the UK and around the world in partner countries.

The exhibition, which shows the work of young people from around the UK and their partner schools overseas, is currently on display outside the Tate Modern in London. In 2021, Rivers of the World was applied in London, Coventry, Liverpool, Tees Valley, Boston. Chester and Northumberland in the UK and in Nepal, Zimbabwe, Lebanon, Tanzania, Ghana, India, Ethiopia and Afghanistan worldwide.

66 It is wonderful to see the art work exhibited currently outside the Tate Modern in London along the Thames riverbank. I wish all of the students and their teacher in Khurasan our very best wishes in these very demanding times they are all experiencing.







AUTUMN TERM 2021 | QPHS NEWS



My favourite thing about STEM club is how the teachers managed to think of activities which could put a smile on our faces. **99** Alvaro, Year 7 student

BATH BOMBS BALLOON ROCKETS BIONIC HANDS

It's gripping stuff for Year 7

CLUB

This term Year 7 students have been participating in an exciting six week STEM club programme. The afterschool club has provided students with the opportunity to get stuck in to a range of 'hands on' activities and experiments linked to science, technology, engineering and maths.

Students' first experiment involved making a type of non-newtonian fluid or 'slime' (as the students liked to call it),using cornflour and water. This substance really intrigued the students

I enjoyed making the Oobleck slime. It was very gooey and fun to play with. **99** Millie, Year 7 student because at times it behaves as a solid and other times it acts as a liquid.

TEN

One of the more popular activities was the creation of bath bombs using baking soda and citric acid. Fizz, foam, bubbles and fun were the key words of the day as students got very excited when they placed their bath bombs in water and observed the chemical reaction before they rapidly dissolved.

> My favourite thing about STEM club was the bath bombs, as we got to watch the water change and fizz Darwin, Year 7 student

The following week students learned about force, friction and rocket propulsion as they made balloon rockets and investigated if these would travel faster along a piece of wire or string.

> I enjoyed the balloon rockets the most because I enjoyed the team effort and construction element of it.

During another physics sessions, students were set the challenge to build a self-supporting bridge using newspaper and tape. Students tested their engineering and team work skills and managed to successfully build bridges that could support a load of 4 kilograms!

In the last couple of sessions, to link science and technology, students learned about prosthetics and built a functioning bionic hand using only card, straws and string. They then tested their device to see what it could pick up - a glue stick being the heaviest item!

In the final week students developed their maths skills using nets to make different festive boxes and shapes, just in time for Christmas!

If you are interested in joining the year 8 STEM club programme please speak to Miss Sutton and other year groups will have this opportunity next term.



















AUTUMN TERM 2021 **OPHS NEWS**

maths INSPIRATION

Maths can be fun!

On Tuesday 17th November, Mr Johnson and Mrs Astill from the maths department took a group of students from Year 11 and 12 to the Storyhouse in Chester, to see the Maths Inspiration show.

I'm not sure everyone was expecting to be inspired by a show about maths, but the three mathematicians who presented certainly inspired some of us to see maths in a whole new light.

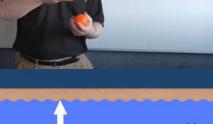
The show was hosted by Jennifer Rogers who is a statistician. She told the audience that she had been the first person to run the statistics and confirm that the Covid-19 vaccine was effective. Rob Eastaway's session was about everyday problems where the solutions are not what you expect.

Tom Crawford talked about his research into how rivers behaved and where plastic was currently ending up when it flowed into the oceans. My favourite speaker was Colin Wright who explained the maths of juggling. I'm not sure I could follow everything he was talking about, but he was the most amazing juggler. His session really showed that maths doesn't have to be serious all the time.

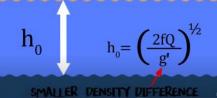


Written by Chloe C, Year 11 Student





JUGGLING, & MATHS 7





maths a INSPIRATION



Twisted Tales Competition

This month, a collective of aspiring writers in Mrs Ikpeh's Year 7 tutor group are challenging themselves by refining their creative writing skills in preparation for the **Twisted Tales Competition!**

Congratulations to Maheen A, Evie B, Emily T, Lotte F, Hannah T, Ruvimbo M, Louis W, Sophia H and Erin T for taking up the challenge and representing Queen's Park High School against hundreds of other students across the UK!

With a limit of only 100 words, each student will be creating their own villainous character and crafting a short story with a twist!

- Who is the real villain?
- Is the villain always a villain?

To find out more about the **Twisted Tales competition** please visit the link below:

https://www.youngwriters.co.uk/ competitions/KS3-4/twisted-tales



MEDIA WORKSHOP

Students speak out about hate crime

The 23rd of November marked an exciting day on the calendar for 25 Year 9 students as they had the chance to participate in an important workshop from Collaborate Digital.

Students were asked to imagine that they were influential YouTubers or Podcasters, and to use that influence to make a short podcast or video that will help spread the word to other young people about hate crime, that diversity is something to be positively recognised and why it's okay to be different.

This half-day interactive, creative media workshop was part of Cheshire Police's latest initiative on violence reduction, to hear what students have to say about the subject.

The workshop covered the most relevant and up-to-date facts about hate incidents, highlighting local case studies and the consequences for young people, their friends and family. Using critical thinking and creative writing, students were supported to prepare scripts and record their own podcast or video, to be entered into a Cheshire-wide competition.

All the students conducted themselves with maturity and sensitivity and fully unleashed their creative talents when recording their podcasts! We were especially proud of the students who were brave enough to share their own personal stories - well done!





FIELDWORK INVESTIGATIONS



Why is it important to be a global citizen?

This first term has been very busy for our Key Stage 3 geographers.

Throughout the half term students have been developing their fieldwork skills to answer important environmental questions about the local area.

Students in Year 7 have been asked to investigate whether litter is a problem at Queen's Park High School. To do this they have been investigating how much litter there is in each of the social areas, tallying their data, measuring the amount of litter in bins and recording the number of bins in each eating space.

Students have developed their understanding of qualitative and quantitative data sets as well as addressing some of the wider issues in society including the importance of looking after our environment.

Year 9 students have been asking themselves the question 'why is it important that I am a global citizen?'.

As part of the module, students have been investigating levels of air pollution around the area of Queen's Park and assessing whether the levels of air pollution are dangerous for our health.

The aim of the investigation was to prove whether or not there was a relationship between traffic, the quality of the environment and air quality levels. During their fieldwork session, students collected a variety of data including vehicle counts, an environmental quality survey as well as using secondary data sources to measure air quality back in the classroom.

Year 9 were able to prove that there is a relationship between traffic, the quality of the environment and air quality.

We are relieved to report that year 9's studies were also able to determine that levels of air pollution in Chester are low, traffic levels are low, and the environmental quality is high.



PEN PAL SCHEME

Connecting Classrooms

Last half term, Mrs Whitehouse received an exciting message from a school of English, based near Granada, in the south of Spain. The school wanted to develop a pen pal scheme with Queen's Park, so that all students involved could develop their language skills.

Our Year 8 students were incredibly excited at the prospect of communicating with their peers in Spain. Students were set the task of writing an introductory letter to help our new Spanish friends get to know them better.

Many students utilised their knowledge of Spanish to describe themselves, where they live and what they like to do in their free time. Students commented on their favourite football teams, music, films, and food. Some have also talked about the sports and instruments that they play.

7 Spanish Spelling Bee

DEFG

KLAN

NOPOR ST

Each student will be awaiting a response from Spain, hoping to develop a friendship with someone who shares their interests and love of learning a language.

to will be crowned champion?

Spelling Bee CHALLENGE

HOLA

Over the last few weeks, the MFL department has been buzzing as 20 budding linguists from Year 7 have participated in Queen's Park High School's first ever Spanish Spelling Bee.

Students were challenged to recognise, translate and spell a series of words using their knowledge of the Spanish alphabet. The standard has been very high so far and the competition will be concluding on Tuesday 14th December with an intense head-to-head final.

Who will be crowned Campeón del Concurso de Deletreo?

All competitors will receive a certificate for participation and there will be prizes for the winner(s).

PEDAL READY

Year 7 road safety course

Students in Year 7 were given the opportunity to take part in our Bikeability programme. This practical road safety training develops students' skills for cycling on complex, busy or fast roads and junctions.

Students were taught how to identify important observations, choosing the most suitable riding position on the road, communicating intentions clearly to others and understanding priorities on the road.

During the session students navigated the roads in and around Handbridge, under the close supervision of two experts in cycle safety, Dan and Mark. On completing the half-day course, six students achieved their level 2 qualification, with the remaining fourteen students securing a level 3.

The importance of cycling safety has also been emphasised to students as part of the citizenship lessons. Mr Taylor, Curriculum Team Leader for the Physical & Performing Arts leads by example and has himself taken on a number of cycling challenges in the past, including the coast to coast as well as cycling the 1000miles across the length of France, so he is all too aware of the potential dangers posed by cycling.

We hope this course will not only inspire students to cycle into school, but give them the tools to cycle independently, confidently and safely.

Well done to all those who were involved.









It is fantastic that so many of our students choose to cycle into school. This promotes a lifelong appreciation of healthy active lifestyles. It is vital that students recognise the importance of cycling safety and that they support one another to equip themselves appropriately, and that starts with wearing a helmet.

Mr S Taylor, Curriculum Leader PPA



OPEN EVENING

Welcoming families into Queen's Park

During last half term we were delighted to be able to once again open our doors to welcome Year 5 & 6 children and their families to one of the biggest and well attended school events of the year, Open Evening! This whole school event is a huge team effort involving both staff and students across all year groups and enables families to come and see the wealth of opportunities that lie ahead for children when they join our school community.

During the course of the evening our younger visitors were able to get involved in a wide range of activities taking place in each of the subject areas with 'Hands on Science' proving most popular as their rooms bulged with future STEM Club enthusiasts.

Headteacher, Mr Kearns and Deputy Headteacher, Mrs Scanlon spoke to parents about the transition process whilst our sixth form ambassadors led tours around the school.

Families were able to meet the teachers and talk to Queen's Park students whilst checking out displays of students' work and sample a variety of culinary delights cooked by our catering staff in The Eatery. Those keen for a challenge tested their knowledge in a quiz about the school and all were given free entry into the prize draw to win a £50 dining gift card and runner up prizes!

Winners

In addition, families of children in Years 5 and 6 were invited to come along to our Open Mornings to find out more about the school and experience high school life during a normal working day. Due to popular demand we had to put on additional sessions to accommodate all our visitors.

Since the Open Events Miss Morris has been presenting the lucky winners with their prizes at each of their primary schools including Belgrave, Chester Blue Coat, Eccleston, Grosvenor Park Academy, Dodleston, Lache, Overleigh St Mary's, St Martins, Newton, Hoole, Saughall All Saints and Upton Heath.

Congratulations to all the winners and runners up, especially Trixie F (Belgrave) who was the overall prize draw winner and Alexander B (Lache) who won first prize in the quiz. We hope you enjoy your winnings!













AUTUMN TERM 2021 | QPHS NEWS

MAY ST TERM

WONDERING HOW OUR NEW YEAR 7 STUDENTS HAVE SETTLED IN TO HIGH SCHOOL? HERE'S A SNAPSHOT OF WHAT THEY THINK SO FAR...



One thing that tody note me fall infore with this school were it's duks. There is , hers dub, warharmer dub, holgeball, just dance dub, master chef and many, many more. There are school sport trans such as football and rugby. QPHS has something for every type of person. There is a wide range of choices of enrichment on a on tresdays. You do not have to do enrichment but it's recommend if.

This Highschool is truly epic and is a place worth coming to, If you do decide to come to QPHS I look forward to meeting you There are lots of different subjects that are a lot of fin. The people at QPHS are also very nice. I did but I have made lots of nice Friends.

> ALVARO K E71KP

The east end is the canteen for your 7 and the entery is the canteen for the older students at QPHS.

You would have a form titor who you would see for about 25 minutes every morning and would help you second period before a 15 minute break. After break funch before your last two period and then a 40 minute where you would only have one period after lunch and

I particulary like Drama, spanish and english. I enjoy Drama as it is an operturity to be creative and to not have to sit behind a desk the whole lesson. In english 1

Particulary enjoy the creative writing.

YEAR 7: MAY IST TERM

My first half term at QPHS has been a truly wonderwill experience. To many new lessons new teachers. Having different teachers is good so that is there is a teacher that you are less compatible with (hopesully none), you won't have then everyday. I high shall. hike I felt really a Having a gorm group is great, for the sirst term or so, you will have the same teachers and lessons as the part of units carm provident and lessons for waiting Summer as the rest of your sorm however, aster christmas you might be in disservent sets for disservent Ubjects to some of your friends so really after christmas the only time that you will see your entire form at once is during tutor time or during first day of Summer bit excited, but with During Summer Sc form at once is a fire drill. class mates, are really During a normal day there are five pariads however, on a Tuesday there is only four as fish periods an be replaced by enrichment or you could just go home. Iswally in primary schools, after school clubs are almed at the more athletic type however, here at APHS, you can participate in other here at APHS, you can participate in other place on other days. If I have to narrow place on other days. If I have to narrow place on other days. If I have to narrow by but it turns out As by as if I could articloors. In September, w and our teacher and kind we called her During school t Maths , Spanish , Drai play Dogeball, table OSCAR B e71KP Science what projects In Food Techni Bagel Brasheta, Apple (experience at School. queens -good is because me process we would have fantastic form need hulors, II help there V available. QPHS provides alor When I first Support and always son adventure in a myster liken there Summer school your minul to talk. need to lamp rient retrict. helpful lias My favourile mi my friends joined, a really fun to Very School Enchrent git to know the Some Options_ ane helpful ubjects. 115 OLL limits. . In push the expectations are gphs. loose Smart for you have and the right form, which helps me present my sey. avounte My teacher Javourite is Miss banks and subject is 50 Science can and dram 20 above and beyond. have been here gphs. I have alore ay new MAIA G-M friends and lucy ask they me ETIKP am okay.

NICOLE L E71KP

nxious and exited when I stayed at home school at Queen's Park High School When my hool I felt extremely anxious and nervous, just a y friend's company I felt better and more confident

hool I made many new friends, all of my nice. At first I thought the school is so is smaller than I thought it would be by it get lost everytime I go through the

e finally could meet all our class mates form tutor. My form tutor, she is nice and is. Ikpeh.

um, the subject I like the most is P.E. Science. na. and Food Technology. In P.E for girls we tennis and net ball while the boys pluy football. love to do is practicals and hage logy this term we are doing coolding, we made numble. Couscous and Rock cakes during the make then wash, it is really fear to me. Scroll, through the corridors it is like having a

would have a mind map.

emory is the school productions that me and not we got in ! During the process it was



Filst half tein at 19 and Raik has been AMATING Raik Browne have made so many new priceds and passions. My savoutite subjects are Science and P.E. Science Decause you can take out exactiments that you can take out experiments that you have never done begore. PE because you can Eutors and compete with ston other Here at this School Chun . os who you are you can be ploud have accomplished. And what you any worlies of it you are stud that you can be ploud that you are stude you can balk to! is always someone My sourcite noment was- , Summer School. Because-I got to see so many new pupil's and so many new / plamillio faces Filst of the many San Was stepped. past. When Was Sealful. But as aphs. I ploghessed. I gelt at home. Evilyon has thus too! So. is you are made the light choise. # Samilia × * KIERAN M ETIKP

The teachers at gpns are amazing as well as the teaming assistants. In English my teachers, help me and encourage me to cearn. As well as this the drama teachers at gpns helped my brother to express himself.

In gphs we get lots of exersize when doing P.E, we do badminton, rugby and football. I have made alot of friends since being at gphs, they have helped me when I have struggled.

MEET THE TEAM

Introducing our new Sixth Form Leadership Team

Every year we are absolutely thrilled with the number of applications we have from our Sixth Form to represent our school as members of our Student Leadership Team; this year was no different!

We are very proud to introduce the six leaders of our student body who will be helping to shape and gather students voice whilst representing the school and raising money for charity at a range of events this year.

Head Students: Ceri & Eirinn

Deputy-Head Student: Tyler

Head of Eaton House: Josh

Head of Grosvenor House: Rory

Head of Westminster House: Kiara

As a team, we are greatly looking forward to delivering a supportive, engaging and inclusive approach to student voice for this academic year. By recruiting student leaders from the younger years, we can really get in touch with what our students want and allow them to really enjoy their time here at Queen's Park, whilst ensuring they equip themselves with the qualifications, skills, and experiences they need to pursue their desired careers.

We will take ideas from the whole school community and pass these on to Governors and the Senior Leadership Team – acting as a vital part of the puzzle when it comes to making students' ideas come true.

Ultimately, we wish to bring the fun back following the bouts of online learning, and really give our students the best time here at school.

Student Leadership Team



AUTUMN TERM 2021 | QPHS NEWS







A TASTE OF ARMY LIFE

Student trainees work experience residential

From September, Queen's Park High School is delighted to offer a new course for those students wishing to continue their studies into the Sixth Form. The Level 3 BTEC Extended Diploma in Uniformed Protective Services is a two year programme equivalent to 3 A Levels and designed for students who are interested in a career within the armed forces, police, fire service, prison service or even the civil service.

This programme is delivered by course directors, former armed services personnel, Sam Taylor and Ash Power. This year's course has enlisted students from Queen's Park, Blacon and Christleton High School, and is taught at the Queen's Park campus.

In November, students went on army work experience; a four day

residential that took place at Altcar training camp in Liverpool. The location is an idyllic setting on the Sefton coast, which boasts of a wide stretch of beaches, dunes and woodland.

The residential provided students with the opportunity to experience what army life is like and tested them in an unfamiliar environment with PSA students from other schools.

During the four day adventure, students had to organise their own travel, including a train journey from Chester to arrive at camp for 0900hrs. This, in itself, was a new experience for some.

The residential started with introductions to staff and ice breakers to set a few ground rules for the smooth running of the programme. There was a focus on kit and expectations around accommodation upkeep and cleanliness, which for some was both exciting and daunting; the accommodation is what you would call basic to say the least!

Each day started early at 0600hrs with breakfast at 0700hrs followed by a block inspection at 0800hrs. After which a full day of military skilled lessons on the field (training area) took place. Some days were long and arduous with late night stalks and patrolling, which really challenged the students' stamina and commitment.

My overall evaluation was a very positive one and an experience that I would recommend for not necessarily a possible career path but for growth and development of students. I was very proud of the students that took part from all venues who have no intentions of joining the army but gave it their all and took it for the experience it was.

Mr Sam Taylor, PSA Director



It was amazing to use different chemical manufacturing techniques in the science lab.

Ceri, Year 13 student



It was inspirational to see real world chemistry and put theory into practice. Rory, Year 13 student

ASPIRING PRACTICAL Putting theory into practice

During the last three weeks Year 13 chemistry students have been carrying out a required practical to prepare and purify an organic solid. In layman's terms this means to make and then purify Aspirin. Aspirin is prepared by the acylation reaction of salicylic acid (2-hydroxybenzenecarboxylic acid) using ethanoic anhydride as the acylating agent.

During the required practical students had to work independently using new chemical practical techniques such as filtering under pressure using a buchner funnel as well as using a melting point apparatus to measure the melting point of their aspirin to determine the purity of their product.

Mrs Prydden, teacher of chemistry, was extremely impressed with the students' practical skills, especially as this cohort of students has not had as much practical time due to the pandemic. They worked methodically, safely and most students produced a pure product.



YOU MATTER TO US

Sixth Form Open Evening

MTUP

* #YM

Construct Hull School

French

Wednesday 17th November saw the return of our face-to-face Sixth Form Open Evening. It was a pleasure to welcome Year 11 students from QPHS and those new to the school. The evening consisted of a tour around the school for external applicants, a market place in which students could talk to current Sixth Form students and subject teachers about the range of courses we offer and Sixth Form life.

It was lovely to see the hall buzzing with Year 11 students talking to our experienced staff about their aspirations and potential course choices for September 2022.

In addition to our already broad range of subjects on offer, we are very excited to introduce a brand new course, the BTEC Level 3 Extended Diploma in Personal Training, Health, Fitness and Performance, which is equivalent to 3 A Levels. This will be delivered in partnership with the CH1 Fit Academy Ltd which is based in the centre of Chester.

This along with the Protective Services Academy BTEC introduced earlier this year, marks a significant development in the breadth of courses and opportunities on offer at Queen's Park Sixth Form.

As part of the event, Year 11 students got to test their luck and enter our free prize draw to win a £50 dining out gift card. Congratulations to Sienna T(QPHS), our overall winner and to Daniel C (QPHS) and Dillon G (Blacon High School), our runners up, each winning a £25 gift card prize.

We're looking forward to seeing all our current Year 11 students and those new to Queen's Park at our Sixth Form Taster day in the New Year. This event enables students to experience first hand, what life and learning is like in the Sixth Form at Queen's Park High School. fighting for young people's mental health

al

WE SAY...

A little yellow goes a long way and on Friday 8th October the sun was shining inside and outside Queen's Park High School as staff and students took part in 'Hello Yellow' for World Mental Health Day, raising hundreds of pounds for charity.

The drive to wear yellow to school was part of the 'Hello Yellow' initiative inspired by YoungMinds; a charity which aims to support the mental health of young people in the UK.

To support this campaign, all students and staff were asked to wear something yellow to school, (on top of their normal school uniform) and in true Queen's Park spirit, everyone was eager to jump on board, donning yellow T-shirts, hats, gloves, headbands, socks and even full banana costumes to make our #HelloYellow day as big and as bright as possible! The school was indeed a sea of yellow sunbeams and helped to demonstrate that together we can show young people they are not alone with their mental health.

In addition, students were asked to bring in £1 with the aim to raise vitals funds for YoungMinds. All monies were collected by the school's Sixth Form Leadership team and after counting up, we are delighted to announce that the Queen's Park family, together have donated over £250 for the charity!

66

for World Mental Health Day

The pandemic has highlighted, more than ever, the importance of supporting all of our students with the growth and strengthening of their mental health and resilience. It was an absolute pleasure to see so many students engaging in the Mental Health Awareness day and sharing, as a community, the importance of taking care of ourselves and supporting others to do the same.

We would like to thank everyone who took part to help raise awareness of mental health in young people, and also to all who have donated to this very important cause.

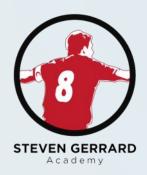
Mr Yeoman, Assistant Headteache

66

We know that over the course of the past 18 months the mental health of all of our young people has been affected to some degree and it is important now, more than ever, that students are supported to take care of themselves and raise awareness around this very important issue.

Mental Health Awareness

Linking curriculum learning to careers



Year 11 students interested in pursuing careers within the Sports industry (and especially those Liverpool supporters) got a real treat this term when they heard a representative from the Steven Gerrard Academy (SGA) would be a guest speaker in their assembly.

On Tuesday 12th October, our eager GCSE Sports Studies students were also thrilled to be given the opportunity to participate in a workshop and bespoke football session led by Danny Harrison from the SGA as part of the whole school drive to link curriculum learning to careers.

PSYCHOLOGICAL THEORY

Psychology in the real world

This term, our Year 12 psychology students had the opportunity to work collaboratively to explore the application of social influence and the process of social change in our world.

From the 1950's civil rights movement, the 19th century early wave feminism, and the suffragette campaign in the early 20th century, to the growth of the green movement, the rise of the Irish Republican Army, and the impact of the South African Anti-Apartheid campaign, Year 12 students were able to consider the powerful workings of psychological theory in our world history and modern society.

Having engaged in a round of independent research, students were able to demonstrate a deeper understanding of the role of psychology in interpreting human behaviour, while refining their team working and public speaking skills!

Keep it up year 12! What a powerful start to the year!

SOCIAL CHANGE IN EARLY WAVE

FEMINISM



Meet John Knight

John Knight is a Level 6 trained independent careers adviser who works with us at Queen's Park High School.

John provides independent careers advice through individual appointments with students in Years 11 and 12 as they make their career planning decisions. Individual action plans are made available to students and are emailed home via Edulink.

John will also be available for drop in appointments at our forthcoming Options Evening for Year 9 students, where parents and students can ask for advice.





Industry insights into psychology

In October, the psychology department hosted a '*Careers in Psychology*' event, which was designed to support our sixth form students as they begin to consider their career options, post-16. The careers event aimed to introduce our students to the occupational possibilities that lay ahead, should they pursue a career in psychology.

Students were introduced to industry professionals who have used their psychology degrees and qualifications to serve the local community and wider society in a range of sectors such as sports, education, health and social care, business management, law and social justice.

This half-day event featured presentations from psychology professionals and careers advisors who shared their journeys from education to employment and offered advice to those keen to explore such possibilities.

Guest speakers included: Sara Ryan (Occupational Therapist, NHS), Chantal Bradburn (Widening Participation Officer, Chester University), Lorna Mills (Executive Leadership Coach, British Psychology Society), Rob Noonan (Psychology Lecturer, University of Liverpool), Vicky Eames (Clinical Psychologist, Riverbank Psychology) and Sam Padmore (Sports Psychologist, British Psychology Society).

At Queen's Park, it is our heart and passion to inspire individuals, empower minds, and define futures. This is just one example of how we strive for the best life outcomes for our students and work to achieve this through a culture of academic excellence, while developing their employability skills and exposing our students to a world of possibilities available to them. We believe our students are able and more than capable of achieving greatness and making some powerful contributions to our society.

Mrs Ikpeh, Teacher of psychology & English

Career Talks

With a number of Year 11 students still needing inspiration for possible future careers, Mr Johnson invited in several guest speakers to talk to his form, as well as other students in years 10,11,12 and 13.

The brief was simple: tell us about what you do (the good bits and the bad bits), what your route was to get to this point, and what advice would you give to your 16-year-old self if you could.

The talks were very varied!

Wayne Connor-Scahill talked about his career as a mental health nurse. Questions he faced from the student audience included, "*how do you manage the stresses* of other people's mental health as well as looking after your own."

Dave Brown works for the Environment Agency and spoke about the difficulties managing flooding in the Northwest over recent years due to the effect of global warming.

Carol Falaki, a retired midwife, reflected on her career delivering babies. Our very own **Gemma Tunnicliffe** talked about her journey to become our sixth form pastoral assistant at Queen's Park.

Vicky Eames spoke about her career as a clinical psychologist working within the NHS for 20 years. She strongly recommended psychology as a good A Level choice that keeps students' options open.

Sam Taylor from the Protective Services Academy talked about his career in the Armed Forces in a very frank and open way. Hearing him talk about leaving home and getting on the train at the age of 16 to go to training was very moving.

Victoria Hibbert explained about her role as a librarian for a large law firm in the City of London and the role that they played in stabilising the economies of developing countries.

Finally, **Adam Williams**, one of Mr Johnson's former students talked about his degree in Astrophysics and the subsequent training that led him to working as a scientist within the NHS, devising treatments for cancer patients.

Queen's Park students were polite and respectful as always and asked several thoughtful and challenging questions.

A big thank you to all our speakers for giving up their time to talk to our students.



REERS DAY

What should a CV contain?

What is an apprenticeship, traineeship or T -level? how do I find an apprenticeship and apply? What should I expect at an interview? What does a CV contain? What is the Pay Index and why is learning about keeping my finances healthy linked to my personal well-being? These are a few of the questions Year 11 answered when they took part in a Careers Day on 6th December.

To keep up to date with relevant and impartial Careers Education Information and Guidance, please follow @QPHSCareers on Twitter and visit our school website: www.qphs.co.uk > Careers & Guidance.

Future Career Events

• 20th January 2022

Students interested in a Career within the Health and Social Care sector including the NHS will be given the opportunity to find out about careers in this sector and take part in a practical workshop with Medical Mavericks

- 7th 13th February 2022 National Apprenticeship Week
- 2nd March 2022 Look out for more information about the Spring into Careers Event for KS3 students 6-7.30pm
- 7th 13th March 2022 National Careers Week
- 11th May 2022
 - What next? Further Education /Higher Education? Look out for more information about taking your next steps.

MOCK INTERVIEW DAY

How should I prepare for an interview? What will an interview be like? What questions will I be asked? Year 11 and 13 students had the cwac opportunity to take part in a mock interview day, supported by over 30 employers from a wide range of industries on 8th December.

The mock interviews provided students with an invaluable head start into a highly competitive job market; familiarising them with the interview format, improving their interview technique and boosting their confidence.

If you would like to take part in future career events, please contact Mrs Watts: a.watts@qphs.co.uk

 It was great to see so many of our Year 11 and Year 13 students taking part in the mock interviews today, preparing for life in the world of work.
Mrs Watts, Careers & PSHCE Lead



Uni Connect Programme

Higher Horizons -

During PSHCE lessons this term, Year 13 students have been having interactive sessions from Higher Horizons+ to prepare them for their next steps after Sixth Form. Higher Horizons+ is part of the Uni Connect Programme, which is funded by the Government to provide free and impartial higher education outreach to schools and colleges across Cheshire.

The presentations have included information, advice, and guidance on university life, student finance and disability at university, with a particular focus on mental health. Year 13 students found these sessions to be both informative and engaging and students are now looking forward to the opportunities available to them after Sixth Form next year. A massive thank you to Jess Newton from Higher Horizons+ Uni Connect Programme at Chester University for delivering the sessions and sharing her knowledge and experiences with our students.

PSHCE

Road safety awareness

Delivered by Cheshire Police and Road Safety experts, PC Darren Davies and PC Gemma Rhodes, Year 7, 10,11, and 12 students have had the opportunity to take part in road safety talks this term. Both officers have had many years of experience as a traffic officers with Cheshire Police.

The aim of each talk was to raise students' awareness of the dangers they face on the roads and how to look after themselves. PC Davies' presentation gave students a better understanding of the risks they could encounter and how to minimize them when using the roads as passengers, cyclists, drivers or pedestrians.

PC Davies was also able to give a brief talk about the different routes into policing for any students who were thinking about a career in the police.

66 Thank you to PC Darren Davies and Gemma Rhodes who provided students with lots of useful information about Road Safety.

Mrs Watts, Careers & PSHCE Lead



Work experience

- One week
- 6th 10th December 2021

Over 30 Year 11 and 13 students have taken part in Work Experience this term. This has provided enabled them to gain an understanding of the world of work and to work alongside local employers to help them make informed decisions about their future options and pathways. Well done to all of those students who self-sourced a placement! Work Experience for Year 10 and 12 students is planned for w/c 4th July 2022. Mrs Watts will be launching how to go about securing a placement in the New Year.

If you are an employer and are interested in finding out more about The Pledge, please email: roderick.hamilton@871candwep.co.uk



New skills & techniques

Our Year 12 art and design students have made an impressive start this term. During their art lessons they have been developing new skills and techniques as they explore new processes in a range of media, in preparation for Year 13, when their course becomes more self-directed.

Students have been experimenting with a range of ceramic processes, including learning how to slip cast a ceramic vessel using a plaster mould.

of the

Inspired by the work of ceramist, Vicky Lindo, students are trying out the technique known as sgraffito, to develop their ceramic decorative skills.

Sgraffito in Italian means 'scratched' and is a technique used in painting, pottery and glass. In this case the clay is painted with a contrasting coloured slip and the decoration is then carved through the layer to reveal the different colour underneath.

We can't wait to see the finished results!



Digital 'Destroy' portraits

As part of their identity project, Year 10 photography students have been focussing on black and white portraiture, inspired by David Bailey's portraits of Samuel L Jackson.

To develop their ideas further, students have been looking at how we can change the perception and meaning of a portrait through digital manipulation.

British fashion photographer Rankin, set up the 'Destroy' project exploring how portraits can be changed through the interaction of another person. Kylie Minogue scrawled red pen across her portrait whilst Sophie Ellis-Bextor cut up horizontal strips and rearranged her face completely.

Students completed a series of experimental 'Destroy' portraits with some surprising creations! They are now working independently to produce the 'Destroy' portrait of the term!



And the award goes to...

Since September, the art department are thrilled to continue to celebrate creativity with their 'Artist of the Month' feature.

Our September award goes to Emily Mc in Year 12. Emily has shown real commitment, effort, hard work and progress with her independent studies and this is reflected in the work she continues to produce.

After a long deliberation the department unanimously decided that Year 10 student, Sophie G should be selected for October's Artist of the Month award.

Sophie has worked throughout her lessons with real drive and focus to ensure her progress is of the utmost quality. This is also reflected in the work she completes independently at home. Sophie has made great progress this month.

Congratulations to both Sophie and Emily. Keep up the amazing work!













Upon return to school in September, there was a real buzz of excitement as it was announced that we would once again be staging our annual school production.

In February 2022 we will be performing Lionel Bart's classic musical, *Oliver!*.

Auditions for the production took place, late September with over 100 students vying for the roles on offer. This was coupled with an initial meeting of potential back stage crew members at which over 50 students expressed an interest.

 It was wonderful, to see the smiles on the students' faces when we released the cast list and the roles they would be playing was revealed.
Mr Yeoman, Assistant Headteacher

Rehearsals and backstage meetings have been taking place every week during lunchtimes and afterschool; preparations are well underway.

Oliver! Promises to be a school production of epic proportion (that is the Queen's Park way)! Keep a look out on our social media and school website for details on when tickets will be on sale sometime in the New Year. Save the dates of the performances to your diary for 16th – 18th February 2022.





Time to shine

Queen's Park students were invited to perform with the Kaleidoscope Orchestra this term. Over a weekend instrumentalists learnt a new composition with the orchestra and performed this together, with Amasing Arts Organisation and Charity Foundation. We are very excited to be hosting their next event here at Queen's Park in January.

We have worked with Amasing on several occasions and I am delighted to develop our partnership further with these events which enrich our students experiences and enable them to showcase their hard work and commitment.

Mrs Tonon, Teacher of music

Christmas is always a busy and special time of the year in the music department and this year is no exception. Students have been working hard towards the Christmas concert, in the wind band, choir, rock bands and capella group. Choir students from Year 8, 9 and 11 have been busy spreading their Christmas cheer by singing a medley to Christmas songs and carols to our neighbours at Queens Park Residential House. The residents were so impressed by the talents of our students, at the end of the performance, they gave them a standing ovation to show their appreciation and gratitude.

Well done to all students involved.





 Having never run a full marathon before made the challenge even more daunting, however the amazing support and encouragement received by everybody has made every blister, cramp, early morning, late night and rainy run worth it. I am extremely proud to have raised such a significant amount for a great cause and I hope I have made my friend proud.
Mr Emptage, Teacher of PE & History

Bringing home silver

We're delighted to share the news and congratulate Year 8 student, Darian who competed in his first International Chang Ung Cup competition in Scotland on Sunday 17th October.

Darian performed extremely well and managed to bring home two silver medals for winning second place in sparring and second place in patterns! He also came 5th in the flying high kick, gaining 3 medals in total.

What a phenomenal achievement! Well done Darian.

I'm so happy I've had the chance to compete and come back with silver medals. You should never give up on your dreams. **99** Darian, Year 8 student



CELEBRATING SUCCESS

SALSLAR

2240

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MIN

Triple marathon run for cancer

Over the past 12 months, Mr Emptage (Teacher of PE & History) has embarked on a fitness challenge like no other. After sadly losing a close friend to cancer in 2020 at just 26 years old, he decided to make it his mission to create and dedicate a challenge to his friend worthy of celebrating.

This challenge was one that required extraordinary commitment, endurance, determination and a great deal of fitness. He was to run not one, not two, but three marathons on three consecutive weekends in October this year, whilst fundraising for Cancer Research UK.

His journey began at the world famous London Marathon on 3rd October, where he glided home in 3:25mins. Next, was the Manchester Marathon (10th October) before he finished this gruelling challenge at one of the world's largest running events, the Paris Marathon, where he finished 2687 out of 60,000 runners (top 5%) in a PB time of 3:18mins! Remarkable!

If that wasn't impressive enough, after fundraising online, in person and launching a raffle with over 36 prizes, Mr Emptage had managed to raise a astounding grand total of £9,060 for the charity!

With such a substantial amount, Cancer Research are able to fund a full research centre and testing for over three weeks, 20 community nurses for a month and enough testing sample kits for nearly a year! Amazing!

In total, Mr Emptage ran over 2000 miles in training for the events but that hasn't stopped him wanting more, as he has now signed up to run two more marathons!! You will find him at the start line of the Rome marathon on 28th March 2022, and back in Paris on 4th April, the following weekend!

Wow! What a machine!

AUTUMN TERM 2021 | QPHS NEWS

OPHS

Run for CANCER



Staff committed to making a difference

Yet again, a plucky team of Queen's Park High School teachers, partners and friends took part in the Equinox 24 race under the banner of 'QPHS Run for Cancer'. This was the third year both teaching and support staff at QPHS have tested their endurance, stamina and fitness to take part in this ultimate running challenge.

The event took place at Belvoir Castle in Leicestershire on Saturday 18th September and involved running 10km laps of the castle grounds starting at midday and lasting for 24 hours.

This year, the school entered two teams:

QPHS Run for Cancer '**A**' was a large team, new to endurance running. The team consisted of Tom Kearns (headteacher at Queen's Park High School), Abbey Hunter, Clare Worthington, Alex Jones, Vicky Johnson, Wayne Connor Scahill, Millie Perks and Dave Walters and they managed an impressive 22 laps in 24 hours! QPHS new headteacher Tom Kearns had agreed to run two daytime laps, but ended up running three, two of which were during the middle of the night! **QPHS Run for Cancer 'B**' was a smaller team of experienced runners featuring Robin Johnson, Jill Cutler, Sean Taylor, Ludo Guerin and Rob Boggild. They managed an impressive 26 laps in 24 hours and achieved a third-place medal winning podium finish!

The teams have been raising money for the Clatterbridge Cancer Charity in memory of family members and friends who had been lost to cancer. Between them they managed to raise a staggering £1,340 for the charity.

Donations to The Clatterbridge Cancer Charity help to improve facilities, fund ground-breaking research and develop new therapies at Clatterbridge which have shaped cancer care for local people.

This year marks the charity's 25th birthday and 2020 saw the charity's most significant achievement yet, with the opening of Liverpool's first cancer hospital – a development that would look very different without the support of charitable donations, providing that extra funding to create the best possible facility.





Thank you so much to the two teams from Queen's Park High School for taking on such an epic challenge for The Clatterbridge Cancer Charity. The pandemic has meant that the charity needs this support now – more than ever – and these vital funds raised by the school will help to improve the lives of people with cancer, right here on our doorstep. Thank you all and huge well done!.







Queen's Park High school staff are driven to make a change beyond the school gates and regularly get involved in fund raising to support those in need. Being part of such a committed and hardworking team of people is truly a privilege. Each member of the equinox team pushed themselves to achieve our best with one team placing 3rd out of almost 750 teams, a great achievement for Queen's Park staff whilst raising much needed funds for Clatterbridge Cancer Support. Bring on our next challenge....,

Mr Kearns, Headteacher

MAN



Students' mean business!

As part of the Young Chamber Centenary Business Challenge, students in Mrs Watts' Year 9 tutor group have set up their own handmade jewellery and tuck shop business, to raise money for charity. During the Summer / Autumn Terms, the enterprising students have managed to raise a total of £95 through the sale of their goods, to their fellow peers during their break and lunchtimes. This project was started in collaboration with The Young Chamber Centenary Business challenge which inspires students to take part in enterprise projects to gain the valuable skills required in the world of work, whilst supporting a wide range of charities with the profits made.

Crohn's and Colitis UK is a charity which is close to Mrs Watts' heart, as both her mother and cousin suffer from the disease. Her tutor group decided to donate the profits made to the charity for this reason and to raise awareness of the disease.

In the New Year, other tutor groups will be given the opportunity to set up their own businesses to raise money for charity as part of the QPHS Business Challenge.



TRAINING HARD PAYS OFF

Girls team sports are back with a vengeance

In a world where the pandemic put a stop to all extra-curricular sport in schools, there was no happier department in school than PE, when clubs were able to get back up and running. Uptake in extra-curricular clubs has been the best from the girls in at least 10 years. The sports hall is alive with girls football on a Wednesday lunchtime and Mondays after school sees over 30 netballers training hard to improve their skills; and their hard work is definitely paying off.

Each Thursday, Queen's Park hosts the Small School's League (SSL) netball, which sees QPHS students from Year 7 through to Year 10 play against teams from Blacon, Abbey Gate College and Chester Catholic High School. The games are always evenly matched and highly competitive, with Queen's Park Year 7 girls remaining undefeated! This league provides the perfect opportunity to practise as a team and fine tune netball skills and tactics in preparation for the Chester and District tournaments in March.

Girl's football is an ever growing sport at Queen's Park, largely due to the number of students playing in grass roots clubs at the weekend. Both the Year 7 and 8/9 teams have had local fixtures and tournaments to play this term. The Year 7 team participated in the Chester and District 7 aside and 5 aside (indoor) tournaments at Chester Catholic <u>High School.</u>



Matches were all closely fought battles, with the team narrowly missing the finals by just one goal. The team are now looking forward to their Chester and District Cup run which starts after the Christmas break.

Two years ago the Year 9 girl's football team (then Year 7) had an unbelievably successful season, representing Cheshire in the North West 5 aside tournament. This year, they were back with a vengeance and a point to prove. Their first fixture was a tough one; a 9 aside match against Litherland High School from Liverpool in the National Cup.

The team put up a good fight but could not compete with the academy players from Burnley and Liverpool. With some additional training the team were then ready to compete in the Chester and District 7 aside tournament hosted by Chester Catholic High School.

Just like the Year 7 tournament, games were closely fought with many results coming down to a penalty shoot out. With the fire power of our outfield players and 'Safe Hands Aspden' in goal the team secured a place in the final. Another close battle

against Blacon resulted in a victorious Queen's Park win!

A huge thank you to Mr Emptage for taking the team and managing them so brilliantly in Mrs Cutler's absence and well done to all the players involved.

66 I have everything crossed in the hope that clubs will be able to carry on into the New Year and that we continue to get back to 'normal'. Sport is so important for the mental well being of so many of our students (as well as me!) and I can't wait for the opportunity for students to compete again in the New Year. Thank you to all the students who commit their time and energy to make the clubs so enjoyable.

Mrs Cutler, Teacher of PE



Year 7 Girls Netball Team



FOOTBALL FOCUS

Recent match reports

The first term of the 2021/22 academic year has been a busy one for the football teams as several year groups have been competing in district, county and national cup competitions.

The Year 7 boys' team had their first taste of secondary school sports competition with two tough fixtures, one against Abbeygate College and another against Blacon High School.

The Year 8 girls are also keen footballers who recently took part in an indoor 5 aside tournament at Chester Catholic High School. A round robin tournament of four teams saw the girls face Catholic High, Blacon High and The King's School in short sharp high intense games. The girls fought hard and finished the tournament with 1 loss, 1 draw and a stand out win that finished 4-0 to the girls; an impressive effort considering the games only lasted 7 minutes. Unfortunately, the girls just missed out on the final which they felt hard done by as from a biased point of view they felt they were the strongest team in the competition.

The Year 8 boys' team have also seen plenty of action as probably the busiest team in the school competing in all three competitions, the Chester Cup, the Cheshire Cup and the National Cup.

The standout performance from the boys came within the National Cup game against King's Academy Warrington with a special mention going to the defence for a mature and solid performance. Their run sadly came to an end against a strong and well-organised Blacon High side.

More recently, the boys took part in the Chester 7-aside tournament, making it all the way to the semi-finals before being cruelly beaten by Bishops Heber in the dreaded penalty shootout.

Overall it has been a very successful first term of football for the Year 8 boys, with plenty of goals scored and a fantastic amount of teamwork and passion being shown. Special shout outs to Ben D with 10 goals, Louis P with 5 and Kyle G and Adam Z with 3, to top the list of scorers this year so far.

On to the Year 10 boys, who also took part in the 7-aside tournament at Christleton.

The boys found it hard to score in such a short time frame of 7 minutes a game as the first four fixtures all finished with a draw. Credit must go to the boys for a solid defensive performance as throughout the competition they did not concede a single goal and they frustrated the opposition with five clean sheets!

The final game of the group stage was up against the holders and a win would mean the boys would progress to the final. The boys were dominant throughout, constantly knocking on the door of the opposition but they could not find an opening with the leading man hitting the woodwork on multiple occasions. Unfortunately, it was not to be for the boys as they saw a 0-0 result.





Year 7 Team



Year 8 Team



The boys however, are currently enjoying a formidable run in the National Cup as they find themselves in the last 16 out of 107 schools! The Year 10 team cemented themselves in the next round after a convincing 8-2 win over a Childwall team from Liverpool. The pace of the front two in Fletcher and Lewis caused their defence numerous problems as they comfortably booked a place against Wolverhampton Grammar School. Despite going down by three goals in the first half of the game, the boys came back to win 4-3, proving their resilience and determination to win.

What fantastic achievements so far, we can't wait to see how they get on in the next round! Good Luck boys!

BASKETBALL

A 'slam dunk' performance

Our Year 10 and 11 basketball team started their season with a slam dunk of a performance against Chester Catholic High School. Martin M, Year 11 student and former Chester Phoenix basketball player, led the team to a narrow victory, in a game which ended 22-21.

His experience allowed our team to repeatedly regain possession from rebounds, maximising the opportunity for the rest of the team to take shots. Our Queen's Park team held a tight defensive position throughout the game forcing Catholic High to shoot for more difficult three pointers. Baskets were scored by Ineta, Martin, Fletcher, Evaldas and Aditya.

The following week the team visited a strong Blacon High team. Again, this was a tightly fought match, where both teams scored a number of three pointers. In the coming weeks the team will play Upton High, The Kings School, and Bishops Bluecoat.

Following the Christmas break the Year 8 and 9 team will begin their basketball season, with a Year 7 tournament to look forward to in late February.

The school really appreciates the support the PE department have been given by our local sponsors, HL financial. They have generously funded our teams' basketball kit and provided the students with a uniform they can be proud to wear.

We have been teaching basketball to our Key Stage 3 students in preparation for their upcoming fixtures. Students have been improving their skills and knowledge of the game to get them ready. Mr Emptage, Teacher of PE







DEE AUTUMN HEAD

Dee Autumn Head is a 3.8 kilometre race on our home course. This event includes all types of boats, from singles to eights, so there's lots of racing to see!

The WJ15 coxed quad (Lucy, Maisie, Lily, Leah coxed by Tyler) achieved their first win at this event, pushing hard through the race and beating the next fastest opposition by over 30 seconds! After weeks of training and preparation, both on-water training and land-based exercises, all their hard work paid off!

The J15 coxed quad (Matt, Dan, Harvey, Fletcher coxed by Tyler) also scored a gold medal, achieving an incredible time and rowing a superbly consistent race – even through the windy conditions! Furthermore, a big congratulations to James Cox who won both his single and his composite coxless quad with Warrington rowing club.

Our final win of the day was Nathan and Callum in the J16 doubles, who fought all the way to take the gold in their category. Nevertheless, all crews on the day achieved impressive times and performed admirably, blasting through PBs and putting up a good fight.

As the club's chief cox, it is extremely rewarding to see how far our rowers have come and how they continue to uphold the reputation of Queen's Park High School in the rowing world.

Written by Tyler G, Chief Coxswain



66

I love to see our crews achieving their own personal goals at each event, and this one saw many of our crews shatter their pbs and milestones that they had been working towards. It really shows how every achievement is worthy of a celebration. Kiara P, Club Captain,



LONG DISTANCE SCULLS

Queen's Park High School Rowing Club start as they mean to go on with a triumphant win at Chester Long Distance Sculls.

As the first formal Chester-based competition since the start of the pandemic, Queen's Park High School Rowing Club (QPHSRC) crews were eager to take on the 5 kilometre course at home on the River Dee.

As the longest head race the club attends, this competition really pushes athletes' stamina and endurance, being around 20 minutes of continuous racing! The course consists of several long straights, a sharp corner, and some long sweeping bends which all crews on the day navigated successfully. Coming from regatta season where races are typically only a few hundred metres, this event really put everyone to the test!

Queen's Park Rowing Club had a total of 9 crews competing, in a single, doubles, coxless and coxed

quad boats, who all rowed fantastically well and achieved impressive times out on the water.

The special mention for the day must go to the J15 boys coxed quad, who aced their competition and put down a very impressive time, even managing to beat all the J16 crews as well!

Overall, it was a great and successful day with a chance to raise some funds for the club.

We must give our thanks to the organisers, volunteers, coaches, and participants who made this event possible. The crews are already looking forward to competing in the upcoming head races!

Chester 5k was a fantastic opportunity to observe the teamwork, dedication and sheer effort put in by our rowers, with some remarkable racing on show.

Tyler G, Chief Coxswain



NORTHWICH HEAD

Northwich Head on the 14th November 2021 was a particular exciting and important event for QPHS Rowing Club – due to the fact that for our Year 8 and Year 9 rowers it was their debut long distance event!

This course is 2350m long and is a relatively straight race down the River Weaver, which makes for some very fast and entertaining racing.

Despite two major narrowings on the river, our crews successfully rowed without any major mishaps and put up a good show for the all the parents and coaches spectating from the bank.

Although the morning started off extremely cold with our crews rowing up to the start in a thick blanket of fog, the sunshine quickly burnt it off to reveal some perfect rowing conditions!

As a growing and expanding community, at this event the club had a record 40 rowers from Year 8 to Year 13! Not only this, but the club also achieved some fantastic results including:

- WJ15 double Band 2: Lucy & Amélie
- WJ16 double Band 2: Sienna & Cari
- J15 "speedybois" coxed quad: Finn, Keir, Murphy, Ned with Cox - Tyler
- WJ14 coxed quad Band 2: Freya, Macy, Elen, Florence with Cox -Kiara
- WJ15 "fast females" coxed quad

Band 2: Lucy, Maisie, Lily, Amélie with Cox - Leah

• J18 double: James & Charlie (Warrington RC)

A massive well done to all crews who participated on the day and represented our school at a big event.

It was truly great to see all our rowers, coxes, coaches, and parents working together on the day. We are very much looking forward to seeing what our crews can do at future Head races.

Yet again a thriving, competitive environment where all our crews performed admirably and continued to excel out on the water – in big part to all the hard work put in during water and land-based training sessions.

Tyler G, Chief Coxswain





AGECROFT AUTUMN HEAD

As we have been easing back into our head racing, Agecroft was one where we saw only a handful of our crews attend to test themselves against other crews from the North West.

The event is held at Salford Quays, in the City of Manchester, which makes for an interesting location rowing through a built up city rather than the countryside.

Our J15 boys squad, James C and Kiara P attended the event, racing in different categories on the day, with both James and Kiara rowing with Warrington Rowing Club to complete their coxless quads.

It's been great to see our rowers working with other clubs over the last few months, helping out and extending friendships in the rowing community.

Terrific rowing from all our crews, and our combined crews throughout the day, with wins for the combined J18 quad (James C and the Warrington boys) and J16 2x (Matt H and Dan H).

Amazing achievements!





The 200 Club is a fun and easy school fundraiser with a monthly cash prize draw! It's run by Queen's Park High School's PTA. For an annual fee of only £12 you are automatically entered into our monthly prize draw with the chance of winning a cash prize! Payment can be made easily via Parentmail.

Congratulations to all our winners this term that include, Amelie P (Year 10), Elen P (Year 9), Tyler G (Year 13) and Millie W (Year 7). For more information on how to join, please visit the PTA page on our school website.



INTRODUCTION TO PC ROBERTS Youth Engagement Officer

• Hello my name is PC 3984 Helen Roberts and I have been a police officer now for very nearly 20 years. I have a wealth of experience working in a variety of different roles during my career, which has enabled me to widen my knowledge and to effectively undertake my current role, that of Police Youth Engagement Officer.

I cover the Chester area within the Cheshire Constabulary and I will be the police officer that will be attending at your child's high school.

My department has recently been rebranded under the Safer *Schools and Young People Partnership (SSYP)* and I want to take this opportunity to explain to you as parents/carers what our role is about and what we offer to our high schools in Cheshire.

Under the SSYP there are several police officers, like me based around the county, and we aim to reduce the levels of anti-social behaviour and crime, both by and against young people. We focus on early intervention and prevention, and my aim is to work with all Chester high schools, staff and other local agencies to:

- Reduce victimisation, criminality and anti-social behaviour within the school and community.
- Work with schools on whole-school approaches to behaviour and discipline.
- Identify and work with children and young people at risk of becoming victims or offenders.
- Support vulnerable children and young people through periods of transition, such as the move from primary to secondary school.
- Create a safer environment for children to learn in.

Safer School Partnerships encourage the police, children and young people to build a good relationship with trust and mutual respect. My aim is to work closely with all high schools, staff and its students in order to support them within the school and local community.

I am also keen on working towards developing close relationships with many other agencies in an attempt to promote positive relationships between the schools and the police service.

All of Cheshire Police's Youth Engagement Officers are experienced officers and although our role has many facets the main focus is delivering talks

and interactive sessions within the designated schools.

This is based on the national curriculum PSHE and citizenship lessons, and is in an attempt to provide students with the confidence and knowledge needed to never become victims or offenders of crime.

PC 3984 Helen Roberts Youth Engagement Office Chester High Schools



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