



SWPS NEWS



Head's Piece

The rise of stress and our adverse reaction to the condition continue to be part of the conversation that any excellent school should be having about both its students and staff. The feeling of helplessness when things "get on top of us" or become "simply too much" is something which we have all experienced at whatever age. For some, perhaps for many of us, it can be debilitating.

The pressure to perform at a high level in any discipline can lead to stress, and we know that too much stress will have an impact not only performance but also on health. A mark of the digital age is that the amount of pressure our students experience has increased. A worrying statistic serves to illustrate this point: our working hours have become longer, whilst our sleeping time has become shorter.

I was, therefore, delighted that the pastoral staff had the opportunity last weekend to attend a highly useful workshop on Performance and Pressure, with a particular focus on how we can both identify the signs of unhealthy stress in ourselves and students together with strategies on how we can relieve it.

"Mind Traps" was the key words and two of the most common of these unhealthy states of attitude are Catastrophising – the times when we focus on the worst case scenario and Emotional Reasoning – the belief that whatever one feels must be true. Such frames of mind cause our actual performance to drop off, even though we feel we are working as hard as we can.

So how can we help our young people and ourselves to avoid such negative thinking? What tools can we provide them to achieve a more healthy state of mind and thus stave off an outlook which exacerbates that sense of overwhelming and, at times, paralysing pressure?

In the light of our recent training, the SWPS Pastoral team are continuing to look at further ways to ensure that both students and staff can develop their ability to choose and adapt their responses to stressful situations. By being aware of those mind traps and certain ways of thinking, we can avoid increasing levels of stress due to our reactions: in short to check what we are thinking and recognise that we are in a mind trap; to challenge the unhelpful thoughts of catastrophising and emotional reasoning; and finally to change the way we look at the situation and seek an alternative perspective.

Of course pressure will still exist and we will continue to find certain situations stressful and uncomfortable, but by taking small steps as well as time to change our behaviour and to think differently, our reaction to stressful situations will be healthy and, as a result, our well-being will be improved.

Upcoming Events

29 Sept	Friends of SWPS: Quiz Night
1 Oct	Maths: Area Maths Challenge
	EPQ: Project Presentations
3 Oct	Classics: British Museum Trip
4 Oct	DT: Design Winners to V&A Museum and Theo Fennell's Studio
	Y10: Parent Info Evening
6 Oct	Perkonian Network: Annual Reunion Lunch, Tea and Dinner

Chamber Concert

Thursday 11 October

An opportunity to hear impressive instrumental and vocal solos from students throughout the school, plus a performance from our Chamber Orchestra.

Join us for a celebration of our students' musical talents. Everyone is welcome to come along.

REGISTER YOUR PLACE BY CLICKING HERE

Y8 Lunchtime Concerts

These concerts begin at 12.55pm in the Jarvis Room. All students participate in their group's concert.

Parents, relatives and friends are most welcome to attend to support the performers. Please sign in at the Main Reception and you will be guided over to the Music Department.

8 Nov	8W
15 Nov	8Y
22 Nov	8X
29 Nov	8Z

Entrance Exam

Any current parents who wish to register a younger sibling for the Entrance Exam, please ensure that you register before the deadline of Wednesday 31 October 2018.

CLICK HERE FOR REGISTRATION FORM

Sponsored Degree Programme

We were pleased to welcome Oliver Campbell to our Business lesson today to talk about the Sponsored Degree programme that is offered by Nestle. Sponsored degrees are now offered by many companies as an alternative to University. There are many different sectors that students can work in – the main benefits being that they can earn a salary straight away whilst getting valuable work experience, get their degree paid for by the company and getting their foot in the door to some top companies. To find out more about which industries these are available in, please go to www.studentladder.co.uk.



Nestlé



British Wildlife Centre

Year 7 had a lovely day out on Wednesday at the British Wildlife Centre in Lingfield. They learned a great deal about our native wildlife and took some detailed notes!

The weather was perfect and the keepers were very impressed with how well behaved the students were. The centre staff said that they were one of the best school groups they had ever had and they were a credit to the school.



Bocholt German Exchange

Last week 45 students and their English teachers from our partner school St Georg Gymnasium in Bocholt, Germany came to stay with their SWPS partners in Chertsey for five days.

In that time the German students enjoyed visits to London and Windsor and all the wonderful trips and activities organised by their host families. The Bocholt students also experienced lessons at SWPS and the disco was one of the highlights of their visit.

It is encouraging to see that after 36 years, the exchange is proving as popular as ever and it is a fantastic opportunity to bring language learning to life and immerse yourself in another culture.

We would like to thank everyone involved in making this exchange trip such a great success and we are thoroughly looking forward to the return visit in Germany in May half term.

K Koegler



Engineering Development Trust



Inspiring future engineers & scientists

For those Year 11s

and Lower sixth students who are thinking about studying a STEM course (Science, Technology, Engineering and Maths) at university, the Engineering Development Trust offers taster courses at universities throughout the UK. These are residential courses where students get the opportunity to listen to lecturers and graduates and experience the subjects they might like to take in the future.

Each year this has proved a very successful experience for our pupils and they come back after these courses inspired, with interesting experiences to discuss on their UCAS forms. EDT applications are completed online now, for spring/summer next year, and places do get filled quickly.

The link for the Year 11 Inspire courses (for girls) is:

<http://www.etrust.org.uk/inspirecourse>

The link for the L6 Headstart courses is:

<http://www.etrust.org.uk/headstart/whatisheadstart>

If you have any questions, please contact the Head of Physics, Mrs Sumeray. (RSumeray@swps.org.uk)

Oxford University Choral Scholarship success

Last Friday we heard the wonderful news that Eileen Zoratti (S6) has been awarded a Choral Scholarship at Brasenose, her first choice of college at Oxford University.

She had to do two auditions while staying at Brasenose College over three days from the 17th to 19th September. As part of the process Eileen chose to sing 'Se tu m'ami' by Pergolesi and she was given a challenging sight reading test and aural tests. Choral scholarships are highly competitive and there were over 200 applicants overall.

Eileen says she feels honoured to have been offered one. Choral scholarships are not linked to the academic admissions process, Eileen still needs to get the A level grades to gain a place at Brasenose, but she says it feels amazing to have started her journey to Oxford in this way.

T Scrutton



MDV—Quality of Life Care

The Medics, Dentists and Vets society invited Dr Liz Morrell, a health economist at the University of Oxford, to deliver a session on



quality of life care. The talk covered a range of topics including how we define health itself, quality-adjusted life years (QALYs) and how health questionnaires are implemented. From this rose a lot of interesting debate and discussion amongst Sixth form and Year 11 students, displaying a high level critical approach to problems arising from quantifying quality of life care. We would like to publicly thank Dr Morrell for her excellent talk.

J Chapman



DofE News

Over the weekend of 15/16 September, 75 intrepid Y10s took part in their Bronze qualifying DoE expedition in the Surrey Hills around Dorking and Leith Hill. The weather was kind for the whole weekend but made conditions warm for the participants, who had to carry enough camping equipment, food and clothing to be self-sufficient for two days. The teams met each other, along with their supervisor and assessor, at various locations decided by that team in advance. From here on in the participants were under assessed conditions for two days, having to demonstrate navigation, teamwork and camp craft skills, along with a positive attitude to overcoming any problems encountered on the journey.



All the groups had worked hard at SWPS, creating a route on their maps through the Surrey Hills to their evening campsite at Fourefold camp site in Westcott near Dorking. The teams had to conduct a minimum 6 hours of activity each day, including journeying, completing their project and rest breaks, navigating along their route to check points where the supervisors and assessors monitored their progress. Tired but relieved to be in camp, the teams set up their tents, sorted out their equipment and cooked their evening meal before settling down to a night under the stars.



The Sunday morning broke bright and sunny and the teams struck camp, heading off into the great unknown, well the Surrey countryside anyway. The

motivation was to finish the day, pass the assessment and have a nice dinner at home! By late afternoon all teams had finished the day a little tired but elated. Another expedition was completed successfully but only with the great help of the 27 volunteers. Monitoring this large amount of students over several routes, spread out over a large area is not an easy task, it really could not happen without them, so thank you one again!

S McGachie



Model United Nations

11 students in total attended the first but biggest single day conference in the Model United Nations Calendar at Reigate Grammar School last Saturday. For ten of the students it was their first ever conference, and they bravely made their first steps into this challenging but rewarding world. Learning to speak on behalf of countries such as Samoa, Ukraine and South Korea, they successfully made policy statements, asked points of information and spoke for and against resolutions. All deserve great praise for embarking on what will hopefully be a long and successful MUN career.

One student was attending only her second conference, Frankie Taylor. She was rewarded for her consistent and persuasive performance throughout the day with the Outstanding Delegate Award for the Environment Committee. This is a huge achievement, as it means the Chairs within her committee ranked her the joint best delegate out of 40 participants. She proved herself able to debate and argue better than many delegates



who were more experienced than her and often older, including students from schools such as Guildford High, Hampton, LEH, Haileybury College and Epsom College.

Overall it was a very successful and fruitful day, which should set up the MUN Club for the year ahead. We will be meeting weekly on Friday lunchtimes and our next two conferences are at Croydon High School for Girls and in Paris, at the American School of Paris, both in November.

The names of the ten Year 10 students who participated in their first conference were: Natalie Clarke, Ellen Woolnough, Merle Mowbray, Bella Cook, Isobel Caulfield, Natalie Newell, Madeleine White, Alayna Rather, Simran Tucker, Sharanya Roy

R Willis

Geography River Tillingbourne Fieldwork Trip

On Thursday 27 September Year 10 had a fun filled day to Juniper Hall FSC.

Students became familiar with the fieldwork process and collected river data investigating downstream changes on the River Tillingbourne. They saw some excellent river landforms and had hands on experience collecting the river data. The



weather
aced the
day for us
too!

C Sear



Hockey

Hannah and Tilly have been selected for England Hockey Junior Performance training following county matches last season and summer trials and training. These sessions over the



course of the season will lead to potential England selection and the school would like to wish them all the best in their endeavours.

Hockey—Year 9 Match v Notre Dame

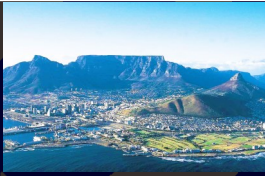
The Year 9 squad played their first match of the season this week against a strong Notre Dame team. This was also their first game on a full sized pitch so it was never going to be easy. Despite going close several times SWPS went two goals behind before half time and it could have been more but for great defending by Lizzie Pop and Lottie Jordan and keeper Harlie Curtis.

SWPS started the second half with renewed vigour and persistent pressure eventually brought a deserved goal, brilliantly taken by Jess Swetman. As they went in search of an equaliser Notre Dame caught SWPS on the counter attack and added a third just before the end for a 3-1 win. It was a great effort from the squad.



South Africa Tour

30 students are off to South Africa in 15 DAYS!!



Check out our [SWPSSport twitter feed](#) for daily countdown and fun facts!



Fixtures

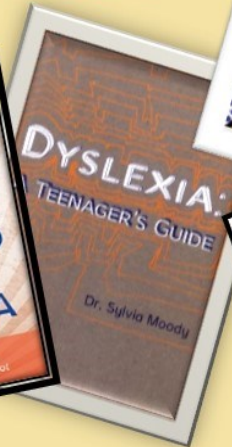
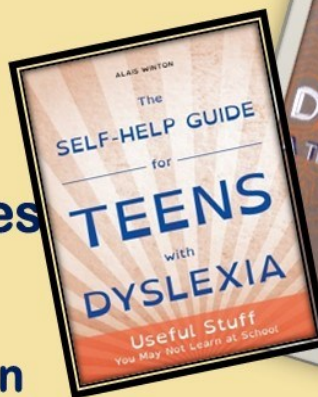
The next couple of weeks are busy with lots of fixtures so make sure you are checking SOCS and your emails regularly if you are hoping to be in a team!

Dyslexia Awareness Week 1 - 7 Oct 2018

- ✓ Visit the library to discover books and articles about dyslexia
- ✓ Enter a spelling competition



- ✓ In form time, learn what it's like to be dyslexic
- ✓ Know where to go to for advice



DESIGN TECHNOLOGY

Theo Fennell Jewellery Masterclass Competition

Following last week's glittering masterclass in the Design Technology department with iconic jewellery designer Theo Fennell, the students have been busily working away on their designs from the challenge set by Theo on the day of designing a locket for a person they admire. The department have been very impressed with the designs we have received and are pleased to announce that the students who have been selected to visit his workshop and store in Fulham Road, Kensington are:

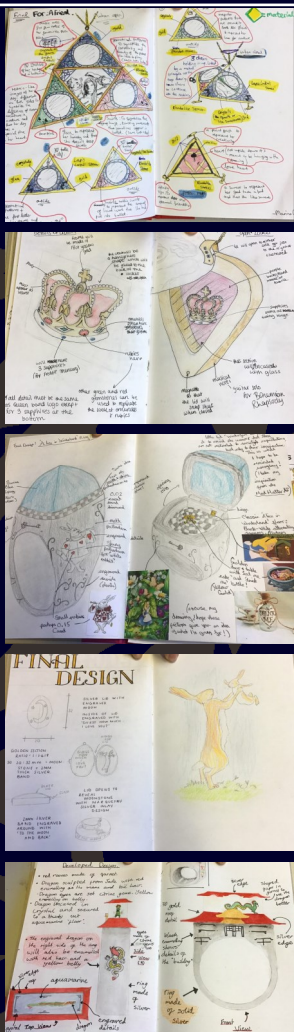
Sriya Roy
Brooke Griffith
Charlotte Handley
Maya Freeman
Maddie Jones
Thea Morton
Lauren Mansey
Marina Gruzer

We will be visiting on Thursday, where Theo will look through the students' designs and decide which design will be made into a fully functioning piece of jewellery.

J Blackman



Follow the SWPS Design Technology department @SWPSDesign to keep up with all of their creations and activities!



ARTWORKS OF THE MONTH

Here is one of our four Artworks of the Month, for September, selected by the Art & Design Dept staff.

It is by Lauren Christian (L6)

Take a look at more of our students' artwork on the Art Dept website (Artworks of the Month are on the Spotlight page): artdesignswps.org.uk



LIBRARY

Book of the Week

This week's BotW is 'On Tyranny: Twenty Lessons from the Twentieth Century' by Timothy Snyder, selected by Mrs Vigen.

History does not repeat, but it does instruct.

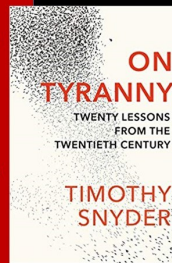
In the twentieth century, European democracies collapsed into fascism, Nazism and communism.

These were movements in which a leader or a party claimed to give voice to the people, promised to protect them from global existential threats, and rejected reason in favour of myth. European history shows us that societies can break, democracies can fall, ethics can collapse, and ordinary people can find themselves in unimaginable circumstances.

History can familiarise, and it can warn. Today, we are no wiser than the Europeans who saw democracy yield to totalitarianism in the twentieth century.

But when the political order seems imperilled, our advantage is that we can learn from their experience to resist the advance of tyranny.

Book of the Week



Banned Books Week

To conclude the Banned Books Week we had a discussion about banning and challenging books, about different reasons behind censorship and about limitations of freedom of expression.



Our Librarian proposed banning Harry Potter and other controversial books from our shelves, but she was unanimously opposed by the students who argued for their right to choose what to read.

That was our plan all along...

There are worse crimes than burning books. One of them is not reading them.

Ray Bradbury



What's on in the Library

Follow @SWPSLibrary to keep up-to-date with what's happening in the Library!