



SWPS NEWS



MR C C MULLER—HEAD

How kind are you? Do you think of yourself as a naturally kind and thoughtful individual? Next week is our wellbeing week and its focus is on kindness. Kindness is an "ordinary virtue" in the sense that it is part, or should be part, of our everyday lives.

The most important role of any school is to guarantee the safety of its students and teachers. Stability created through safety is something that we can and should all enjoy as part of a civilised society.

And yet, we want more from each other than just to be safe. We want our interactions with others to be characterised with respect, humour and kindness. In a healthy and well balanced community, respect is given freely, trust is returned quickly and kindness is the fundamental fabric of society.

A school's moral outlook provides a set of framing assumptions which inform the students' and teachers' behaviour. The environment enables the members of the school to make informed and considered choices – choices to be kind and considerate, to care and be concerned for each other. No school can make that choice for the student, but it can make the choice to be kind a more natural and easier one to act on.

In reality we all know that to be kind is sometimes hard and difficult. The pressures on all of us in our busy and hectic lives make the act of kindness tougher to enact through omission – moments of omission are frequently the real cause of a lack of kindness. At times we fail to be kind.

SWPS's forthcoming Wellbeing Week will, I hope, provide a chance for our entire community to rectify those omissions of kindness. To listen and to be available, to help and to support all these things will be placed front and centre in what we do next week. After all, we remember with fondness and forever those who were most kind to us. Those who took time to listen, took a moment to support and, in the final analysis, took time for us are the individuals who will stand out in our lives.

It is a good motto for life to try to be kinder and I hope next week we all can begin that journey together at SWPS.

Upcoming Events

30 Mar	Admissions: Chertsey Trail for Sept 2019 Y7 Families
	SWPSBC: Dinner & Awards Evening
1—5 April	Wellbeing Week
3 April	SWPS Showcase
5—6 April	History: Trip to WWI Battlefield, France
5 April	School Breaks for Easter

Music: Spring Concert 2019

We were treated to fantastic



performances from our School, Chamber & Jarvis Orchestras, Flute Factory, Brass Group, School & Chamber Choirs, Advanced Strings, Swing Band and Sax Group at this year's Spring Concert on Wednesday night.

Recordings of this and other talented musical performances are available by visiting:

www.swps.org.uk/Music

Alumnae Morning

Perkonians from far and wide (well, Bristol, anyway) joined us yesterday for a morning of nostalgia and catching up with old friends. We always love hearing them reminiscing about staff "back in the day" – with some colourful descriptions – and pupil misdemeanours. It does seem that SWPS pupils were more naughty in the past!

It was wonderful to have a huge range of ages – from recent leavers to those who left 50 years ago and who are planning their own mini-reunion at the annual Reunion Day in October.

Alumnae mornings take place two or three times a year, and are a great way for Perkonians to see what has changed about the school, but also for current students to see that, even when they leave SWPS, they are always part of the family. Well done to our Alumnae Officer, Michelle Bradbury, for arranging the event.





Hans Woyda Maths Competition

This year is the 40th anniversary of the Hans Woyda Mathematics Competition, and in order to celebrate this milestone, the final of this year's competition was held at The Royal Society, London on Wednesday 27 March. The organisers offered the opportunity for two students from each of the schools that got to the knock out stage of this year's competition to go to The Royal Society to watch the final. Two exceptionally talented and dedicated mathematicians, Bethan Williams (9L) and Ria Patel (8Q), took up this opportunity and what an inspirational event it was! We listened to an insightful speech from a well-renowned mathematician before watching a tense final between Harrow School and Sutton Grammar, that resulted in Sutton Grammar being crowned champions. We hope that sometime in the near future it will be SWPS competing in the final of the Hans Woyda Competition!



MUN—Haileybury Conference

Last weekend, ten of us embarked on (for the most part) our first Model United Nations at Haileybury school. Expectations were high, I'll admit, for both the social and academic stages as many of us had a little more than just friendship in mind from our committees. This so happened to be the largest MUN event in the country- not that this put us off at all...

But all in all it was an absolutely smashing effort from all us SWPS students, who seriously enjoyed a weekend of the most fruitful debate and met lots of great people. We all intend to return next year and hopefully speak a little more!

Izzy Mann (Y10)

Rowing

Kingston Head took place on 23 March and Lucia Frigé, Katie Knott and Anna Cowell all represented their club.

Lucia and Katie both took part in the WJ14 4x+ with Lucia's boat coming 1st and Katie's boat 5th from a field of 9—a great start to the day's racing for them.

Next up was Anna competing in the WJ15 4x+ and Lucia swapped her blades for the cox's seat and we were delighted that they also won their class rounding off a great day for their club.

Y4 Amazing Mazes Workshop

It was the Design Technology Department's pleasure to host a Year 4 masterclass last weekend.

"Amazing Mazes" gave the Year 4s an opportunity to use the SWPS DT workshops using saws, drills and the vacuum former to create their own ball bearing maze game. Completing the process from design to production, all of the Year 4s showed their imagination and creativity to produce a custom maze!

The group of Year 4s also had the chance to see how both the laser cutter (recently installed as seen in last week's newsletter!) and 3D printers in the department work, making their own personalised rulers.





'An Olympic Dream': an evening with Team GB Hockey Olympian Helen Richardson-Walsh MBE

Helen Richardson-Walsh is a Team GB Olympic hockey gold medallist, having played for 17 years for team GB.

On Thursday 21 March we were lucky enough to have a pro hockey training session followed by 'An Olympic Dream' talk and Q&A with Helen. Everyone got signed pictures of themselves with Helen that were taken during the session.

Helen gave an inspirational talk to us about her experiences playing hockey for Great Britain and highlighted both the highs and lows. She told us how she coped with her losses and how we should always think of losing as a chance to get better. Helen went to her first Olympics at the age of only 18 and they didn't do as well as they had hoped to, which only urged her to try harder and practice more. She talked and showed us videos of her highlights as a hockey player, including when she played in the Olympics and scored in a winning penalty shoot-out. Hearing the stories first hand from an international player was amazing. To hear that everyone makes mistakes, even her, was really comforting.

When asked if she could give us only one piece of hockey advice she said, "I would say, never try and compare yourselves to others. That is the worst thing that anyone could do. We all have different strengths and that is what brings a team together."

She also quoted, "Winning gold in the Rio Olympics 2016 was amazing, the fact that I got to be up there with my team was the best. However, my favourite Olympics was actually in London 2012 because being at home playing my favourite sport in front of a home crowd is one of my favourite memories."

Overall, it was an amazing experience to meet and speak to Helen and I know that everyone will remember the night. She is a fantastic role model to everyone.

Sophie Paul 8Q



Hockey Goalkeepers Session

On Tuesday evening six of our hockey goalkeepers had a specialist coaching session given by Rose Thomas, Wales and Great Britain keeper. Having done a similar session last year Rose was amazed at the progress already made by the students and praised their willingness to learn and their attitude and ability throughout. Continued improvement will mean SWPS not conceding many goals next season!



Cross Country

On Saturday 23 March, Jessica competed for Surrey in the South East Schools inter county cross country championships at Christ's Hospital School in Horsham. She enjoyed the experience and has enjoyed her running this term. Well done Jess, we look forward to more successes in the future.

Netball

On Wednesday, the Year 7 A-D teams went to Tormead for their final fixture. The D team had a good game but unfortunately lost 0-12. Their player of the match was Maddie. C team had some great patches of play but lost 7-15 with their player of the match Maya. The Bs had a nail biting game, drawing 19-19, with Jimena awarded player of the match. The As also had a gripping game, in the lead until the last quarter, unfortunately losing the grip on the match 11-16. Indianna was awarded player of the match for the A team.

Well done to all Year 7s that have come out to netball training and matches this year, we have had a great year and look forward to more training and matches next year.

The Year 8s have enjoyed a mixed tournament in their after school netball club this half term which was run by the students completing their Sports Leaders Award. Well done for the continued effort and excitement from the Year 8s – a special congrats to the winning team, and the team who won best dressed!

Aquathlon

This week saw SWPS athletes from Years 7, 8 and 9 take part in an Aquathlon event at Notre Dame. For most it was the first time that they had experienced this type of event, where a total time is given for a 100m swim, transition and 1500m run. All the SWPS team competed well and really pushed themselves to perform to their best on the day. Congratulations to all that took part: particular commendations to Feirin H, placed 5th in Y7 and to the three athletes that were placed in the top five of their year group and in the top ten overall – Katie F 4th in Y8, 8th overall; Eleanor W 2nd in Y7, 6th overall and less than one second behind Sarah S 1st in Y7 and 5th overall. We look forward to welcoming even more SWPS students to this event next year!

DESIGN TECHNOLOGY

This week marks the end of the current Year 9 rotations in DT / HE, next week the classes will swap over to complete their experiences in both subjects.

As a celebration of what the Year 9s have achieved so far in DT here are some lovely lamps finished by 9X this week by Millie, Grace and Molly. We look forward to welcoming our second rotations back to DT / HE.



Follow the SWPS Design Technology department [@SWPSDesign](https://twitter.com/SWPSDesign) to keep up with all of their creations and activities!

LIBRARY

Book of the Week

This week's BotW is 'The 4 Pillar Plan' by Dr Rangan Chatterjee, selected by Mrs Vidgen.

Everyday health revolves around Dr Chatterjee's four pillars: relaxation, food, movement and sleep. By making small, achievable changes in each of these key areas you can create and maintain good health - and avoid illness.

It's not about excelling at any one pillar - what matters is the balance across all the things you do, including:

- an electronic 'sabbath' once a week
- aiming for 12 hours every day without food
- exposure to sunlight first thing each morning
- walking at least 10,000 steps a day

Book of the Week



Also, check out "The Stress Solution"



What's on in the Library

Follow [@SWPSLibrary](https://twitter.com/SWPSLibrary) to keep up-to-date with what's happening in the Library!

ARTWORKS OF THE MONTH

Here's our fifth Artwork of the Month, for March, selected by the Art & Design Dept staff.

It is by Emily (S6).

Take a look at more of our students' artwork on our Art Dept website: <http://www.artdesignswps.org.uk/>



TEAM SWAMPIES ARE BACK!



On Sunday 19 May 2019 a Brave (and misguided) group of SWPS staff known as team SWamPieS are taking on their 6th year of charity challenges and return to - Dragon Boat Racing (sorry - no mud this year!).

The SwamPieS team are Dragon Boat racing at Goldsworth Park, Woking and need your support. This is a fun day and friends and family are welcome to cheer on the participants so please come along to support team SWamPieS!

Once again, SWamPieS are fundraising for Woking & Sam Beare Hospices and are gratefully receiving donations on their justgiving page.

[CLICK HERE TO DONATE](#)



Alumnae, Staff, Parents and S6 Students are invited to attend our London Networking Event to be held at The Union Club, Soho on Wednesday 22nd May, 6.30 pm – 9.00 pm.

We are very excited to welcome our speaker Helen Fospero, who is currently filming Watchdog and The One show.

Canapes and wine will be served during the evening. Cost is £25 per head.

[Register your interest by clicking here!](#)

PERKONIAN NETBALL TOURNAMENT SAT 27 APR

TEAMS WANTED:

- Current Students
- Current Staff
- Parents
- Perkonians

A fun-filled tournament followed by delicious afternoon tea!

Email:
alumnae@swps.org.uk
[to sign up](#)



YEAR 10



GIRLS INTO PHYSICS

8 - 10 July 2019

ROYAL HOLLOWAY, UNIVERSITY OF LONDON

3 days full board residential course

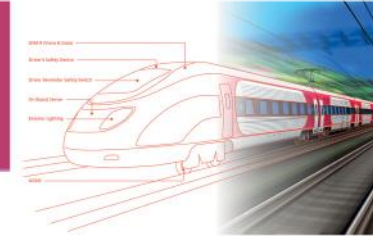
£275

Discover physics in our everyday life and in the lab and understand how it shapes the world around us. How do we detect particles? What are cosmic rays? What happens in temperatures that approach the absolute zero? From particle physics and accelerators to condensed matter and astronomy, in this course you'll explore the world around us in an interactive, engaging and creative way.

- Investigate some of the techniques used to discover new particles like the Higgs Boson.
- Take part in presentations about quantum phenomena in extremely low temperatures.
- Discover how researchers are trying to find out what dark matter is made of.
- Work in small teams to create your own physics video.
- Get hands-on with experiments and demos.
- Combine science and art and develop your own projects.
- Ask all the questions you ever had about physics to the team of friendly academics.
- Find out more about careers in physics.
- Discuss what it is like to study physics with our student ambassadors.

TO FIND OUT MORE AND HOW TO BOOK:-

<https://www.smallpeicetrust.org.uk/courses/girls-into-physics/>



YRS 11 AND 12



DIGITAL RAILWAY ENGINEERING

29 July - 1 August 2019

UNIVERSITY OF BIRMINGHAM

4 days full board residential course

£195

The demand for rail transport is increasing with a new generation of railway engineers needed to meet tomorrow's challenges. These engineers will need a range of skills to deal with technology from traditional heavy engineering to cutting-edge digital technologies.

This course includes a series of lectures to give you a feel for what university life is like, covering a range of subjects including:

- The challenges the railways face and the advanced technology they increasingly use to make them safer, cleaner, more efficient, reliable, greener and cost-effective
- How trains protect their passengers in the event of a crash, why aerodynamics are so important for high speed trains, and why train control systems are so complicated and expensive
- How you could contribute to this growing industry as an apprentice or graduate engineer
- Work in a small team to tackle one of two design challenges to either design, build and test a scale-model crashworthy rail vehicle, or develop a next-generation train control system. Your design will need to meet a challenging specification based on real-world requirements, and you'll be competing with other teams to see who comes up with the best solution.
- Enhance your CV and make your UCAS application stand out.

TO FIND OUT MORE AND HOW TO BOOK:-

<https://www.smallpeicetrust.org.uk/courses/digital-railway-engineering>



YEAR 12

GIRLS INTO ELECTRONICS

8 - 10 July 2019

ROYAL HOLLOWAY, UNIVERSITY OF LONDON

3 days full board residential course

£275



Smartphones, robots, virtual reality systems are just a few examples of recent innovations that are changing our lives. And they have one important thing in common; they depend on electronics. Electronic engineers work creatively to conceive concepts, work those concepts into practical solutions, develop processors, design the circuits and write the embedded software code that make the technology work. Find out more on this course.

- Get hands-on in a team to "design and build electronics" in a laboratory.
- Listen to and interact with lecturers and learn about current and future areas of novel research in electronic engineering.
- Meet graduate engineers from world-leading electronic engineering companies and hear about their exciting jobs.
- Find out what electronic engineering is all about – ask questions and engage in discussions.
- Develop professional skills during practical sessions including team-working and communication.
- Experience life as a student on this leafy campus and attend evening social activities. Meet current students who can also tell you what it's like.
- Enhance your CV and make your UCAS application stand out.

TO FIND OUT MORE AND HOW TO BOOK:-

<https://www.smallpeicetrust.org.uk/courses/girls-into-electronics/>

YEAR 12

BIOMEDICAL ENGINEERING

2 - 4 July 2019

BIRMINGHAM CITY UNIVERSITY

3 days full board residential course

£275



This exciting course explores the overarching principles of biomedical engineering. It will enable students to relate principles and dimensions of biomedical engineering and healthcare technology directly to day-to-day applications through the use of a practical learning environment and consideration of key cases. By completing this course, you will learn how you can make a difference and or innovate solutions to improve the lives of others through an evidence-based approach.

- Attending laboratory demonstrations which look at the simulation and analysis of soft / hard tissue mechanisms within various human joints
- Taking part in masterclasses covering various biomedical engineering topics related to rehabilitation, fixing fractures, implants and medical sensors.
- Appraising the impact of the role of biomedical engineering solutions on the quality of life of patients
- Talking to prospective engineers, scientists and senior academics about the varied career paths you could take in biomedical engineering, what you could earn and what you could achieve.
- Using your soft, transferable and technical skills to reflect on the literature and come up with optimum biomedical engineering solution for a clinical problem
- Gaining an understanding of interdisciplinary role of the biomedical engineer
- Enhance your CV and make your UCAS application stand out

TO FIND OUT MORE AND HOW TO BOOK:-

www.smallpeicetrust.org.uk/courses/biomedical-engineering-birmingham-city-university/