



SWPS NEWS



Mr C C Muller—Head

Was it the beautiful weather that made me discuss Frisbees in this week's assembly? It was certainly Dexter Dyas' wonderful book *The Ten Types of Human* which gave me the information and initial incentive. In this compelling read (best book for me in 2018), Dyas gives an account of Kip Williams, a psychology professor. Williams, at the start of his academic career, used to spend a lot of his research with rats – forgivably he eventually had had enough of rats and wanted to work with humans instead.

There was one day, Dyas narrates, that changed Williams' life forever and it began like any other day. He was walking his dog and had taken a rest on the grass by a lake. As he sat on a blanket, minding his own business, a Frisbee rolled up from behind. He picked up the Frisbee and threw it back to the two individuals.

To Williams' surprise the man who caught it threw it back towards him. Without words and signs, all three were now playing Frisbee together. Then, after about two minutes, the men stopped tossing the Frisbee to him, and for no reason the game had ended for him.

Williams was out; he felt foolish. He said that at the time he felt humiliated; he also felt hurt. Unsurprisingly, as a practising psychologist, he began to rationalise his feelings.

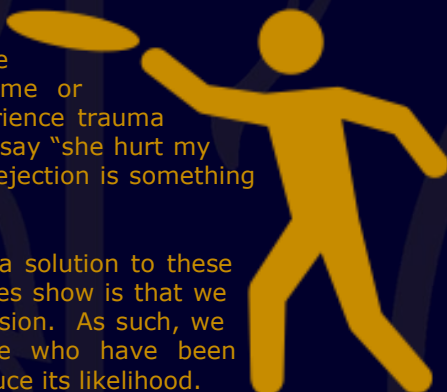
What shocked him was that only a few minutes before he did not even know of the existence of these people. And yet...he cared that he was no longer part of this particular group.

So what was going on? Through years of careful and meticulous research Williams and this team realised that all human beings have a fear of being excluded. Social ostracism is something that hurts us all. His research further found that it did not matter who one was nor what personality one possessed, we are all wounded by being left out.

By being excluded, our need to feel we belong is put at risk. Simply put: we no longer have the sense that we are important to someone

From the averted glance to the rejection on social media, no matter which scenario Williams explored, each exclusion caused social pain. In the words of Dyas "there is now a substantial body of experimental research documenting how the brain registers this social pain. The research shows that we recruit the same or similar neural systems as when we experience trauma that is physical". In other words when we say "she hurt my feelings", or "he broke my heart", social rejection is something that we feel physically as well as mentally.

Of course knowing this does not provide a solution to these painful social interactions. But what it does show is that we all suffer and experience the hurt of exclusion. As such, we should show greater empathy for those who have been excluded as well as search for ways to reduce its likelihood.



Upcoming Events

4 Mar	English: Y7 Globe Trip
	Careers: Y10-13 Workshop
	Sex & Relationships Ed. Parent Talk + Q&A
6 Mar	Drama: Speech & Drama Concert
7 Mar	Latin: Latin Reading Comp.
8 Mar	Library: Visiting Author—Taran Matharu
9 Mar	SWPSBC: Y9-13 Reading Uni Head
11–15 Mar	National Science Week
11 Mar	Admissions: Prospective Parent Info Morning
13 Mar	Y10—Sixth Form: Higher Education Fair
14 Mar	Geography: Y8 Kew Gardens (8Y/8Z)
15 Mar	SWPSBC: Y11-13 Schools Head

Y10 'How to Revise' Workshop

Mon 18 Mar, 19.00–20.15, Dining Hall
Year 10 'How to Revise' Workshop
for students and parents!

Parent Tip

Instagram: A Parent's Guide



We hope that you will find this guide to Instagram useful. It includes easy to follow instructions on how to check privacy settings, block comments and filter content that you may not wish your child to see.

DESIGNS OF THE WEEK

This week's Design of the Week is the outcome lovingly designed and made by Sriya Roy (S6) who completed work experience with Theo Fennell and her master craftsmen over half term. Sriya's locket design, a homage to her hero Freddie Mercury from Queen won her the placement.

Over the course of the week Sriya learnt how to drill, saw and polish silver into her pendant design which had to incorporate her initial.



Over Easter the second winner Lauren M (Y9) will complete a week's placement at Theo Fennell's workshop; following this the decision will be made on whose winning design will be made for real!



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

GEOGRAPHY

Shanty Homes

Year 9 students have been learning about the problems of rapid urbanisation in developing countries. Students were asked to construct a model shanty home considering the qualities of a



range of different recycled materials from cardboard, paper, plastics and tin. Students had to consider how to provide water, sanitation, employment opportunities as well as shelter.

Living in the Tropical Rainforest

For the past two weeks, Year 8 Geography students have been researching how different plants and animals are adapted to survive in the unique conditions of



tropical rainforests. There were some fantastic presentations, ranging from howler monkeys and sloths to toucans and macaws. A huge amount of effort went in to the projects and clearly highlighted the creative flair of the students!

MUSIC

Concert @ 1 on Thursday 28 February

Congratulations to the following students for their lovely performances in yesterday's Concert @ 1: pianists Sarah Biswas, Natasha Fotoohi and Sophie Schofield, and violinists Sofia Davies, Avisha Gill, Katherine Moore, Ela Singh and Ayra Tengku. The Year 9 Guitar Trio, Naina Bhatia, Shruti Ravivarman and Milly Wee, also performed, assisted by Caitlin Pittol-Neville, and the concert concluded with two jolly piano duets performed by Natalie Newell and Sarah Biswas.

Thank you to all the students involved in this concert and to the audience of parents, relatives, friends and members of staff who came along to support them.

Godalming Operatic Society

Maya Daniel has been selected to perform as part of the Godalming Operatic Society in the production of H.M.S Pinafore and Trial By Jury. Maya has been cast as a 'Midshipmite' and spent much of her half term performing in Godalming. We wish Maya all the best for her final few performances at the Leatherhead theatre.



CHARITY



Smoothie Sale for Charity

This lunchtime, 7M combined fruit, ice cream, and huge queues in their quest to raise funds for motor neurone disease. From the number of students crowding around the stall, to the number of red cups to be seen around the school, it looks as if they may well reach their target of £100. An update next week...!



The netball and hockey clubs enjoyed the sunny weather at the start of this week! We are looking forward to it coming back soon!

Wednesday saw a Year 7 C Netball team fixture against Millbourne Lodge. Their team was too strong for us this time and they got a convincing win, however it was some excellent match play experience for our Year 7s. Maya was awarded Player of the Match thanks to her excellent work in defence.



Thursday saw the start of the House Games competitions. Year 7 were up first, with full reports to come next week from the team journalists! Well done Year 7, a fun morning for all!

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**](#)



HORSLEY & SEND HARLEQUINS

Come and join us for lots of fun, cricket skill sessions, and cricket based games.



Lead by Surrey Players and Coaches.

Please contact:

Fen Palmer-Mole to sign up.

Training starts week beginning Monday 29th April

Mondays- U8 Girls - 5pm-6.30pm

Mondays- U11 Girls 6.45pm-8.15pm

Wednesdays-U12/13/14/15 Girls 6.45pm-8.15pm

With fixtures in the U11 Girls SMASH IT League, U13 Girls SMASH IT League &

U14 Development Hardball League



SAVE THE DATE 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**](mailto:alumnae@swps.org.uk)
to sign up

ARTWORKS OF THE MONTH

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

It is by Bea (S6).

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



Exhibition at Tate Modern

We highly recommend the Pierre Bonnard exhibition currently on at Tate Modern. It is the show we took our Year 11s to see, just before half-term. Take a look at Mr Russell's review of the exhibition on our Art & Design website:

<http://www.artdesignswps.org.uk/blog.html>

While you're there, do take a look at some of the other pages on the site.

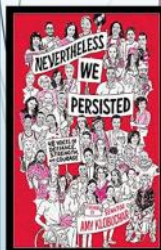


LIBRARY

Book of the Week

This week's BotW is 'Nevertheless We Persisted' selected by Mrs Vidgen, the SWPS Librarian.

Book of the Week



A powerful collection of essays from actors, activists, athletes, politicians, musicians, writers, and teens, including Senator Amy Klobuchar, actress Alia Shawkat, actor Maulik Pancholy, poet Azure Antoinette, teen activist Gavin Grimm, and many, many more, each writing about a time in their youth when they were held back because of their race, gender, or sexual identity - but persisted.

Meet Taran Matharu



Visiting SWPS

On Friday, 8th of March



Taran will be speaking in an assembly as well as running creative writing workshops with Year 7 & 8 students and talk about his books.



What's on in the Library

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



Second-Hand Uniform Sale in the Atrium from 11:30am-1pm on Saturday, March 30th

Friends of SWPS will be holding a uniform sale and are requesting any second-hand uniform and DofE kit that your child has outgrown or no longer needs (please no school PE kit, except skorts, at the moment as we have plenty of stock). Earn money back by selling through Friends of SWPS.

Attached to this email are instructions, terms and conditions, labels and forms from Friends of SWPS if you would like to sell your second-hand uniform through us. Or donate your uniform to the school to contribute to raising funds, helping towards our children's education.

Drop your second-hand uniform and DofE kit off at the storage boxes in the pupil entrance anytime up until the 29th of March.

Contact Kirsten Patient if you would like to buy second hand uniform, but cannot make the sale or if you have any queries about selling items.

07807623498
kirsten.patient@live.co.uk

