



SWPS NEWS



MR C C MULLER—HEAD

At the start of the week, in our assembly, I spoke to the whole school about their new year resolutions. I was sure that many had made a resolution (a quick show of hands confirmed that this was the case) and yet (unsurprisingly) a lot fewer felt that they would be able to keep their resolve throughout the year.

Nonetheless, I suggested to the students that they may want to consider an additional resolution to the ones they may already have made, namely to forgive more often and more easily. It is a theme that I have written about here before, but increasingly I have felt that forgiveness, the process which transforms hurt, anger and pain into healing and peace, is something we all could use more. Where better than at the start of the year?

Throughout the school day I am always thrilled and impressed by the opportunities for kindness and generosity which manifest themselves and are acted upon. Yet, flawed creatures that we all are, there will be an equal number of moments when unkind and mean deeds occur. To forgive those lapses in others is the route to overcome feelings of depression, anxiety and rage. It offers the hope of setting oneself free so that one can move forward.

I mentioned in the assembly that forgiveness brings with it many benefits both psychological and physical to the individual. Indeed academic research indicates that the act of forgiving supports us in leading healthier, happier lives. In short, forgiveness replaces negative emotions with positive ones.

The start of any new year provides us with the unique opportunity to begin again and take a productive decision about how we can shape our lives for the better. To place forgiveness as part of that process is the means by which we can develop our capacity for empathy and compassion further, lay our feelings of anger and sadness aside, and enjoy renewed and blossoming friendships.

A happy New Year to you all.



Upcoming Events

11 Jan	Admissions: Entrance Exam
13 Jan	Y9: GCSE Options to Tutors
14 Jan	Friends of SWPS: Committee Meeting
15 Jan	Drama: Y7 Trip ' <i>Peter Pan Goes Wrong</i> ', Woking
21 & 22 Jan	Drama: A Level Exam Performance
22 Jan	Chemistry: S6 Olympiad
23 Jan	Sixth Form: Parents' Study Skills Workshop
	Sixth Form: L6 Higher Education Info Eve for Parents & Students
26 Jan	Y7 Self-Defence Workshop
27 Jan	Y9: FSB/Men ACWY Vaccinations
29 Jan	Sixth Form Lecture
31 Jan—2 Feb	MUN: Y10-S6 @ LEH

Music Concerts

Click the links below to reserve a seat at any of these events

23 Jan	<u>Scholars' Concert</u>
30 Jan	<u>7M</u>
6 Feb	<u>7L</u>
13 Feb	<u>7P</u>
5 Mar	<u>7Q</u>

Taekwon-Do || Saturday 18 January 2020, 2pm, in the Sports Hall.
First session free. All welcome!! (Even if you only want to watch.)

This one hour session will be run by Mr Dziubick II Dan. Mr Dziubick is a part of the English Taekwon-Do Association, a 5 time Europe Champion, 2 time vice World Champion, as well as many times International Champion including at the Open London Championship. He currently trains members of the England National Team.

You will need:

- long sport trousers
- T-Shirt
- water to drink
- we exercise barefoot
- under 18s must be accompanied by parents or legal guardians

If you would like to take a part of this free session please send your name and age to this email address:

DocklandsSurreyStrikers@gmail.com



Life in SWPS Sixth Form

The first week of a new term, year and decade; this week was all about new starts and personal improvement.

My family and I all gave each other resolutions for the new year which I know we will all try very hard to keep but in addition to that I have set myself a personal target of learning a new programming language which will help my studies in Computer Science.

The first day of term saw Sixth Formers reaping the rewards of our hard work in the form of Sixth Form passes, which allow us to go off site during free periods, and free breakfast for the winners of the Sixth Form quiz.

Unfortunately my form was not the winning form but L6MD were treated to a free breakfast during Wednesday morning registration and judging by how energetic they were at break, thoroughly enjoyed it as well!

Jamie (L6)



Engineering Education Scheme

Six Lower Sixth physicists spent two days at University College London at a residential workshop as part of their participation in the Engineering Education Scheme. They are set a project by BP to design and build a model to collect plastic waste from rivers and lakes.

They will continue to work on the project this term, write a formal technical report and present their ideas to an assessment panel of engineers in April.

MUSIC



Christmas Concert 2019

Even if you weren't able to make it to last term's Christmas Concert, you can still hear the talents of our SWPS musicians through the recordings available on the School Website.

To listen, visit:

<https://www.swps.org.uk/senior-school-11-16/co-curricular/music>

Music Scholars' Concert

Thursday 23 January

12.55pm in the Jarvis Room

Join us in a treat of musical performances as our music scholars take to the stage.

Parents, friends and relatives are all welcome to attend.

To reserve your seat please
[REGISTER HERE](#)



Year 7 Lunchtime Concerts

Thursday 30 Jan – 7M

Thursday 6 Feb – 7L

Thursday 13 Feb – 7P

Thursday 5 March – 7Q

12.55pm in the Jarvis Room

Join us to watch our Year 7s perform either as a group or playing their chosen solo piece.

Parents, friends and relatives are all welcome to attend these informal concerts.

Please reserve your seat by clicking [HERE](#).



Ice Skating — GB Development Squad

Amazing news for Ava-Mae Martell (Y8) who has recently found out that she's been re-selected for the GB development squad for her ice skating.

Such a fantastic reward for her hard-work and dedication which make both her family and her school very proud of her achievement!



Thank you to those who wrote Christmas cards to combat loneliness in the elderly!

They were gratefully received and enjoyed in the care homes ☺

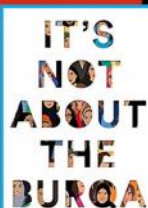


LIBRARY

Book of the Week

This week's BotW is 'It's Not About the Burqa' edited by Mariam Khan, selected by Mrs Vidgen.

Book of the Week



Taking one of the most politicized and misused words associated with Muslim women, *It's Not About the Burqa* is poised to change all that. Here are voices you won't see represented in the national news headlines: seventeen Muslim women speaking frankly about the hijab and wavering faith, about love and divorce, about feminism, queer identity, and the twin threats of a disapproving community and a racist country. With a mix of British and international women writers, from activist Mona Eltahawy's definition of a revolution to journalist and broadcaster Saima Mir telling the story of her experience of arranged marriage, from author Sufiya Ahmed on her Islamic feminist icon to playwright Afshan D'souza-Lodhi's moving piece about her relationship with her hijab, these essays are funny, warm, sometimes sad, and often angry, and each of them is a passionate declaration calling time on the oppression, the lazy stereotyping, the misogyny and the Islamophobia.



What's on in the Library

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



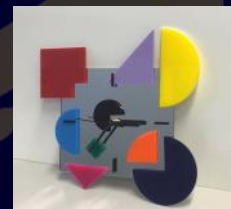
DESIGNS OF THE WEEK

Year 10 Clocks

Before we broke up for the holidays Year 10 students finished their first major project – designing and making clocks inspired by iconic designers / design movements.

Since September the class have immersed themselves into the world of plastics, learning the different categories and capabilities of the material as well as learning about ways we can work with plastics in a more sustainable way.

Here are some examples of the practical outcomes from the project designed and made by Annabel, Phoebe, Evie and Meg inspired by Vivienne Westwood, Alexander McQueen and the Bauhaus design movement.



Follow the SWPS Design Technology department [@SWPSDesign](https://twitter.com/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 January, selected by the Art & Design Dept staff.

It is by Emma (Y11)

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

