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THOUGHT FOR THE WEEK - FINDING SANCTUARY

MR C C MULLER, HEAD



Where is your sanctuary? Your safe space? Perhaps, it is the bedroom; a garden shed or an outdoor space.

Sanctuary is where the heart is - the place we happily

return time and again. It provides shelter, stability and security both physically and intellectually. It is where we can rest and take stock. Be alone with our thoughts. It is our refuge where we can withdraw with contentment and comfort.

Of course, we know that nothing can guarantee safety and certainty, but sanctuary provides us with tranquility and rest. Sanctuary is sacred and revered.

In the Ancient World, a sanctuary was a space that was free from invasion - a place providing protection from arrest or persecution.

Even under brutal regimes, the sanctuary was an escape from external power, overseen by the gods themselves. The sanctuary offered an asylum. (*The Greek word asylon means 'un-plunderable'*). In later Europe, the right to asylum was situated in holy sites such as churches and monasteries.

So what and where is the modern sanctuary? Or rather, what and where is a modern version of sanctuary for our young people? How do they secure peace, security and seclusion from an ever-invasive external world?

Privacy is a crucial aspect to our well-being. It is our barrier to the outside world. It places us in control of what we want to go out into the world. The privacy desire in our brain is a necessary condition for mental health - it gives us a chance to be creative, to make mistakes and to recover. Without it, we can neither flourish nor develop.

Unsurprisingly we know that social media has the potential to disrupt both our sense of sanctuary and as a consequence, privacy. The unrepentant and incessant demand for access and its ceaseless social participation dismantles the essence of what sanctuary and privacy produce - causing increased anxiety and unhappiness.

If we are to have sanctuary in our lives, a space that is ours and protected from the external world, we must ensure our young people understand why these things are so important to their well-being. Taking time out, digital detox and using social media appropriately and proportionately are all measures that we can all take to help retain that sense of sanctuary.

There can be no better week to discuss its importance than this one, with Safer Internet Day becoming an increasingly important date in the school calendar.

AT SWPS THIS WEEK...

A ROUND UP OF THE LATEST NEWS AND EVENTS



YEAR 7 MISSION TO MARS

Last week our Year 7s proposed a secret Mission to Mars, creating a base from which to build a self-sustaining civilisation! Working in groups, the teams did some fantastic work and many successful missions were proposed... 7L were the winners - to infinity and beyond!!!



SENIOR PRODUCTIONS

Congratulations to cast and crew involved in last weeks fantastic senior productions. Audiences were treated to three thought provoking pieces of contemporary theatre (with a dollop of comedy!) in 'Girls Like That', 'When they go Low' and 'Forty-Five Minutes'.



FENCING SUCCESS

Congratulations to Leena Tageldin, 8M who played in the Fencing Southern Region British Youth Championship Qualifiers 2020. Coming 7th, she has qualified to the British Youth Championship that takes place in Birmingham in this Spring. We wish her luck.

MULTI-ETHNIC BRITAIN

Year 9 visited Southall as part of our module on Multi-Faith/Multi Ethnic Britain. Highlights included food in the Sikh langar, shopping on the Broadway and a Treasure hunt. We visited a Mosque, Church and Gurdwara and shopped for items for the Southall Project.

ETON TRIP

A level Economics students attended a Keynes Society talk '*Uncertainty, volatility, growth and happiness*' by Ian Stewart at Eton College. Mr Stewart is Partner and Chief Economist at Deloitte. The talk provided an explanation of the structural risks and opportunities that the global economy faces today.

PSHCE TALKS

As part of our PSHCE lessons this week we have welcomed speakers on subjects from body image to drugs and road safety. Year 11 saw #EPICfail created to give students the confidence to say 'No' in the potentially dangerous situation of getting into a car with a new driver.



SOPHIE AT WOKING YOUNG MUSICIAN OF THE YEAR

Congratulations to Sophie Schofield Y10 who took part in the Woking Young Musician of the Year competition on 1 February. Having won both the Crane Cup for the Sonata for brass /wind instrument and piano class, and an Outstanding Award for the Wind/Brass Recital under 18 years class, at the Woking Festival last November - Sophie was one of seven young musicians who were invited to compete for this prestigious award.

Sophie played the second movement of the Trumpet Sonata by Flor Peeters, and the very challenging '*Fantaisie Dramatique*' by Alphonse Goeyens.

SAFER INTERNET DAY

This week Year 7-11 students have been participating in Safer Internet activities to raise awareness of staying safe online. Students in the Lower School also received an assembly from Mrs Husselbury about 'Social Media and The Law'. To find out more about online safety for your children go to: <https://tinyurl.com/wu44urf>

SPORTING SWPS

OUR SPORTING FIXTURE ROUND-UP



NETBALL

PRIORS FIELD TOURNAMENT

Well done to year 7 A & B teams who played brilliantly at a Priors Field tournament on a cold Saturday morning. The A team narrowly came 4th, only 2 points behind 3rd place. The B team had an tournament and came away U12 B Champions!

NETBALL V CLAREMONT

The Year 7 U12 A-C netball teams went to Claremont. All the teams played brilliantly in the freezing weather. The A team won their match 17-4. Jazzy was player of the match. The B team won 21-1. Player of the match was Tilly. The C team won 15-3. Saoirse was player of the match.

NETBALL V SJB

Well done to the year 9 netball team who won their match against SJB. The whole team played brilliantly and the final score was 18-9! Lucy was awarded player of the match.



BADMINTON

PRIORS FIELD TOURNAMENT

Year 8 have been working on their tactical play for singles and doubles. The unit culminated in a class doubles tournament. The students should be proud of their progress.

TORMEAD MATCHES

Year 7 and Year 8 badminton teams had a great evening's play against Tormead. Each pair won at least 1 of their 3 matches. The matches were very close, as were the overall results. The Year 7 team won 5-4, and the Year 8 team were very unlucky to narrowly lose 5-4.



DANCE

DANCE AROUND THE WORLD

This week the Year 8s completed and performed their final dance presentations to the theme 'Dance Around the World'. Each group had to learn about the origins, gestures and traditions relating to their dance and perform a dance they choreographed themselves chosen included Bollywood, Hip hop, Capoeira, Contemporary, Flamenco, Jive and Scottish Country Dancing.

The detail shown in the research completed by each group was excellent.



EVENTS & ANNOUNCEMENTS

COMING UP IN THE WEEKS AHEAD...

21 FEBRUARY - FRIDAY

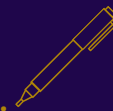
WEYBRIDGE IN BLOOM

Staff and students from Weybridge are invited to enter this year's Weybridge in Bloom 'Design a Flowerbed' competition, with the theme 'New Decade, New Beginning'. The winning design will be planted at Churchfields Recreation Ground.



To enter, fill in your details and design on the entry form to the address provided by Friday 21 February 2020, details at: <https://tinyurl.com/u3ratzp>

DATES FOR YOUR DIARY...



FEBRUARY 2020

21 WEYBRIDGE IN BLOOM COMP

24 NEPAL TRIP INFO EVENING

28 CLASSICS DINNER

MARCH 2020

04 SPEECH & DRAMA CONCERT

05 WORLD BOOK DAY

06 STAGE COMBAT WORKSHOP

07 FRIENDS OF SWPS RACE NIGHT

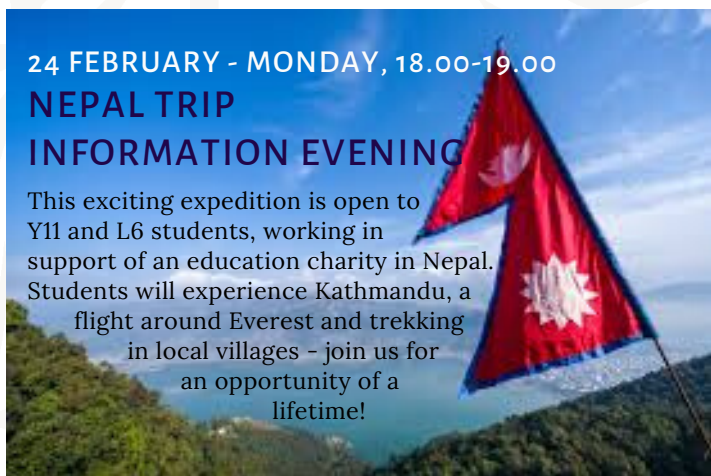
14 EXPERIMENTAL ART WORKSHOP (FULLY BOOKED)

30 LOWER SCHOOL BOOK CLUB

24 FEBRUARY - MONDAY, 18.00-19.00

NEPAL TRIP INFORMATION EVENING

This exciting expedition is open to Y11 and L6 students, working in support of an education charity in Nepal. Students will experience Kathmandu, a flight around Everest and trekking in local villages - join us for an opportunity of a lifetime!



28 FEBRUARY - FRIDAY

CLASSICS DINNER WITH DAME EMMA KIRKBY

Delight your senses with Epicurian delights at our annual Classics Dinner. World-renowned soprano, and former Oxford Classics Scholar Dame Emma Kirkby is our special guest speaker, who will explore the links between operatic performance and Classical texts - don't miss out! Contact ipeel@swps.org.uk to reserve your space. (Tickets £29 Adult, £25 child)



5 MARCH - THURSDAY

WORLD BOOK DAY AT SWPS LIBRARY

World Book Day is on Thursday 5 March - start planning your costume and enter our crazy competitions to celebrate!



Wonderfully bookish prizes will be awarded for The Best Potato Head character, costume and Book Face photos... visit the Library for further details.

7 MARCH - SATURDAY FRIENDS OF SWPS RACE NIGHT



On Saturday 7 March, Friends of SWPS are hosting a Race Night to raise money for a new Year 11 common room and a Textiles Room for SWPS.

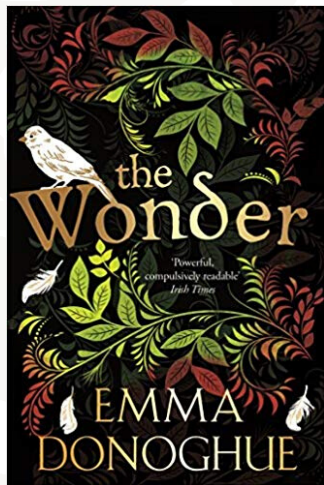
Come along to this fantastic new event sponsored by Harrison's Catering. £8 per ticket inclusive of supper. Cash bar on the night! Email: Friends.of.swps@gmail.com with the number of tickets you require. Invite your friends and family to this great event!

30 MARCH - MONDAY LOWER SCHOOL BOOK CLUB

Years 7 to 9 are welcome at our next meeting on Monday 30 March in the Library at 13.05.

BEST OF THE REST...

DID WE FORGET TO MENTION....?



RECOMMENDED READ

An eleven-year-old girl stops eating, but remains miraculously alive and well. A nurse, sent to investigate, meets a journalist hungry for a story.

Set in the Irish Midlands in the 1850s, *The Wonder* - inspired by European and North American cases of 'fasting girls' between the 16th and 20th centuries - is a psychological thriller about a child's murder threatening to happen in slow motion. Pitting all the seductions of fundamentalism against sense and love, it is a searing examination of what nourishes us, body and soul.

PATHS INTO MEDICINE

This week year 10 to 13 students attended a talk from Katrine Petersen, an Advanced Practice Physiotherapist for University College London hospitals, treating patients with chronic pain. Students learned about her career path into physiotherapy, a typical day in her job and the kinds of patients she sees. It was useful to understand a more about the broad range of careers that are on offer in medicine. The next open session takes place on 26 March after school with an in depth look at cardiology.

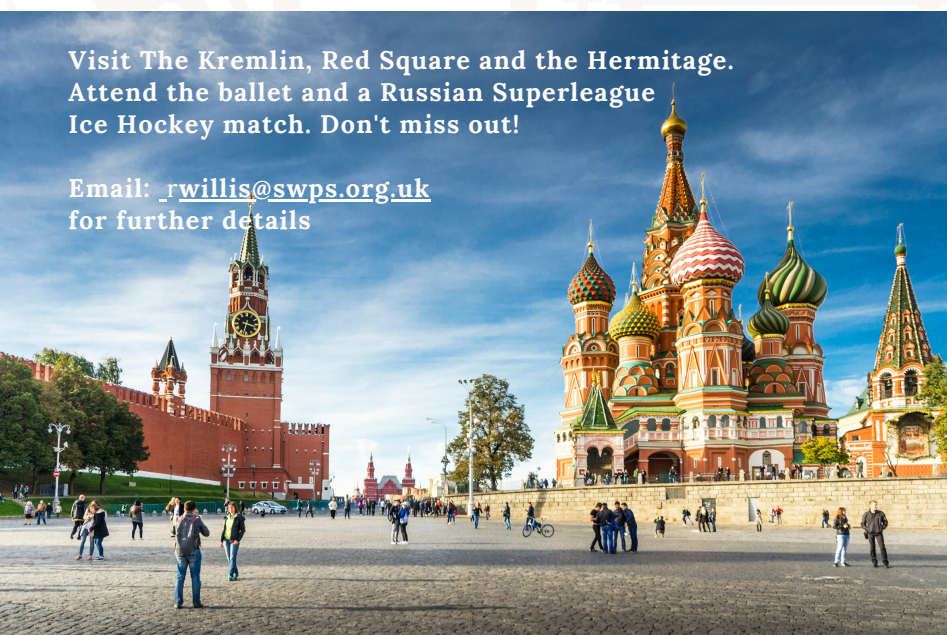
UNITED NATIONS CONFERENCE

Students from Yr 10 and 11 recently attended the Lady Eleanor Holles Model United Nations weekend conference. The team immersed themselves in the debate, representing Iran, France and Greenland. Izzy Man delivered the best opening 'speech' through rhyming, Marina Gruzner excelling on the Security Council and Ellen Woolnough and Amelie Christian won awards for their performance in their committees.

VISIT RUSSIA - OCTOBER HALF-TERM 2020

Visit The Kremlin, Red Square and the Hermitage.
Attend the ballet and a Russian Superleague
Ice Hockey match. Don't miss out!

Email: rwillis@swps.org.uk
for further details



Stage Combat Workshop

Friday 6th
March
15:05-18:05

£7

Limited
spaces!
Sign up &
Payments at
Drama Office!

Everybody was Kung Foo
Fighting!

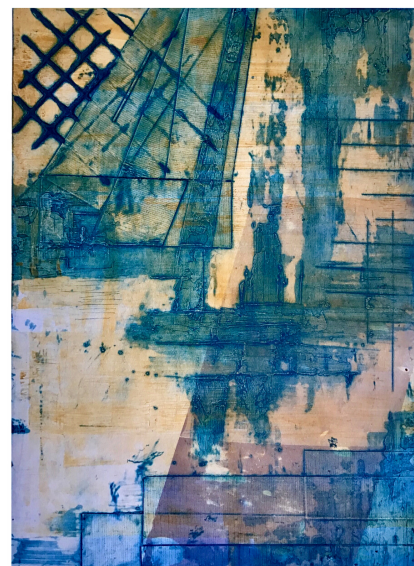


Actually it's stage
combat...



Learn the basics of unarmed stage combat including how to implement some impressive moves into dramatic pieces. Gain the skills and confidence to choreograph and devise your own believable and awesome fight scenes.

ARTWORK OF THE MONTH



Our second Artwork of the Month for February is by Jess (Senior Sixth). Take a look at more of our students' artwork on our Art Department website: www.artdesignswps.org.uk