

# SIR WILLIAM PERKINS'S SCHOOL NEWS

BUILDING CONFIDENCE, INTEGRITY & EXCELLENCE

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## THOUGHT FOR THE WEEK - ADAPTING TO CHANGE

MR CC MULLER, HEAD



Change is something we are all experiencing at the moment. For many of us change can be uncomfortable and disconcerting. Around us, we can see change in the way we work, in the

way we socialise, in the way we communicate, and, of course, in the way we conduct our daily routines.

Like every institution in the country, schools too are adapting to change. It will not come as a surprise to know that I, like headteachers everywhere, am faced with a daily stream of new regulations and prescriptions regarding the pandemic. The message is clear: we need to adapt and change quickly and effectively.

Change is a fact of life. When the philosopher Heraclitus argued that one cannot step into the same river twice he based his conclusion on change

both you and the river are different the next time you try it. It is a truism to say that we are changing all the time but often our unease and anxiety can come from the forlorn hope that everything will stay the same no matter what.

So, if change is a fact of our lives how best to cope with change? Increasingly, we are seeing that it is the ability to adapt to change, to embrace its opportunities positively, that stand us in good stead for the future.

How we respond to change is the one area that we can control in our lives: enabling our adapting brain to seize control is the path to dealing with the unforeseen and unexpected. To meet a difficulty, a challenge, a problem, calmly and with thought will shape the way we approach life for the better.

I have often believed that it is the expectation that life will be

unchanging, consistent and without problem that in many ways is the cause of anxiety and unhappiness. It is human nature to wish for things to go back to what they were. Not for nothing is the term the new normal now recited ad nauseam, containing in its two parts a reluctant acknowledgement of change (new) and the hope for the returned past (normal).

So where does that leave us as a school, educating young people to embrace their future with gusto, optimism, and eventual success? Alvin Toffler, the futurologist, argued that citizens of the future needed to have a passion to learn, to unlearn, and then to relearn to be successful in the changing world of work; in short, he argued that we needed to become like an eternal student.

This process of unlearning is not throwing away past experience or previous knowledge, but adding, refining, and seeing where and how it may or may not fit into the new...

[cont p5]

# SENIOR AWARDS CEREMONY

## CLASS OF 2020

In celebration of the achievements of the Class of 2020, we invite you to watch this year's [Senior Awards Ceremony](#). We were disappointed not to be able to welcome last year's Senior Sixth back to SWPS to receive their awards in person; however we hope you enjoy watching this film of celebration and congratulations.



Captain Mike Bannister, Chair of Governors



Mr Chris Muller, Head



Head Girl's Team, S Hawken, M Chawan, i Elliott, C Tam



Senior Deputy Head, Sherry Husselbury

### PERFORMANCES, thanks to:

**Elégie, Gabriel Fauré** – Amelie Christian, Y11

**Sarabande, JS Bach** – Hayun Lee, L6

## PRIZE WINNERS

**The Direct Design Prize for Art** – Lauren Christian

**The John Whelan-Kidd Art award** – Brooke Griffith

**The Koch Prize for Biology** – Mirren Black

**The Tullow Oil Prize for Chemistry** – Mirren Black

**The Cookequip Prize for Business Studies** – Isabel Rogers

**Grace Hopper Prize for Computer Science** – Sasha Glasson

**Guillaumes Prize for Classical Civilisation** – Isabel Rogers

**Prize for Drama** – Katherine Moore

**Prize for Design Technology** – Charlotte Handley

**Wilkins Kennedy Prize for Economics** – Claudia Heron

**Bright Prize for English** – Emily Peyton

**Gillett Prize for Geography** – Sike Adetola

**Cook Prize for Geography** – Kate Stenning

**Hibberd Buxton Prize for History** – Mae Brennan

**Prize for Latin** – Mae Brennan

**Molland Prize for Mathematics** – Clara McKee

**Vinci Prizes for Modern Foreign Languages** – French: Zoe Lewis,  
German: Ria Mistry, Spanish : Emily Peyton

**Farago Prize for Music Performance** – Lauren Christian and  
Caitlin Pittol-Neville

**Hitch Prize for Physics** – Clara McKee

**Prize for Politics** – Eleanor Priddis

**Prize for Psychology** – Katharine Brewster

**Prize for Religious Studies** – Katherine Moore

**Premier Prize for Sporting Performance** – Chloe Brewer &  
Gemma Lowe

**S6 Community Award** – Mirren Black

In recognition of her work both inside and outside school for raising money for charity and awareness of environmental issues.

**Burren Prize for Integrity** – Nicola Payne

For always acting with integrity to resolve conflict and for always doing the right thing, even when people were not looking.

**Anthony Eady Prize for Service to the School** – Emily Peyton  
For re-establishing the Law Society and raising its profile and membership across all academic years on her own initiative.

**SWPS Prize for Sports Captains** – Victoria Berry, Katharine Brewster, Sasha Glasson, Gemma Lowe, Nicola Payne

**Chairman's Prize for the Deputy Head Girls** – Gillian Ahm, Salena Ali, Thea David

**John Tulk Prize for the Head Girl** – Mariella Trickett



# IN THE KITCHEN WITH SWPS

WITH CATERING PARTNERS CH&CO

CH  
&CO

## CONCENTRATION



**CH&CO Nutritionist Amanda Ursell looks at how different foods affect concentration and focus...**

Our ability to focus on a task in hand naturally ebbs and flows over the day. Many factors from sleep patterns to stress affect our levels of concentration and so too, can when, what and how much we eat and drink.

In terms of 'when', three regularly spaced meals a day, which give a steady supply of energy and nutrients seem to best for our brainpower. It is important to drink fluids regularly too, since even mild dehydration affects attention span.

For the 'what', scientists believe a combination of slow release energy like oats, wholegrain breads or wraps; pittas, pasta or sweet potatoes; plantain, basmati rice or chapati make great foundations for meals. Add to this, vegetables and some lean protein such as pulses or tofu, chicken or fish, eggs or meat and you create a great combination of carbohydrates, protein, vitamins and minerals, all of which play a role in nourishing our brains.

The final part of the equation is 'how much'? Research reveals that moderate size meals give our grey matter the best chance of keeping alert and leave room for snacks like fruit to boost super nutrients and fibre in between.



COOKING WITH BEETROOTS CAN BE MESSY AS THEIR RICH RED PIGMENTS LEECH ONTO YOUR HANDS, SEEP INTO THE CHOPPING BOARD AND STAIN EVERYTHING IN SIGHT! THIS BEAUTIFUL VIBRANT COLOUR COMES FROM 'BETACYANINS' IT CONTAINS, WHICH SCIENTISTS ARE GRADUALLY DISCOVERING, MAY BE HELPFUL TO OUR HEALTH. BEETROOTS ALSO GIVE US SALICYLIC ACID, WHICH IS A RELATIVE OF ASPIRIN AND SEEMS TO HELP DAMPEN INFLAMMATION.

## BEETROOT & VANILLA CUPCAKES WITH BEETROOT ICING

Makes 12

Recipe

### INGREDIENTS

#### For the cakes

100g cooked beetroot  
150g unsalted butter, softened  
125g caster sugar  
2 eggs  
2 tsp vanilla extract  
200g plain flour  
2 tsp baking powder  
½ tsp salt

#### For the icing

75g unsalted butter, softened  
250g icing sugar  
1 tbsp milk  
1 tsp beetroot juice  
½ tsp vanilla extract

### METHOD

1. Preheat the oven to 170°C, Line a 12-cup muffin pan with paper cases.
2. Purée the cooked beetroot until smooth. Cream the butter and sugar together until light and fluffy. Beat in the eggs, one at a time, and beating each one in well, then beat in the beetroot purée and vanilla. Don't worry if the batter splits it will come together when the flour is added. Sift in the flour, baking powder and salt, and stir gently to combine
3. Spoon the batter into the muffin cases until three-quarters full. Bake for 15-20 minutes, or until a skewer inserted in the middle comes out Clean. Leave to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before icing.
4. To make the beetroot icing
5. In a large bowl, cream the butter with an electric mixer until smooth. Sift in the icing sugar and beat until thick. Beat in the milk, beetroot juice and vanilla. If necessary, add more icing sugar or a tsp of milk to reach the consistency of thick frosting. Spoon the icing into a piping bag and pipe onto the completely cooled cupcakes.





# NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS



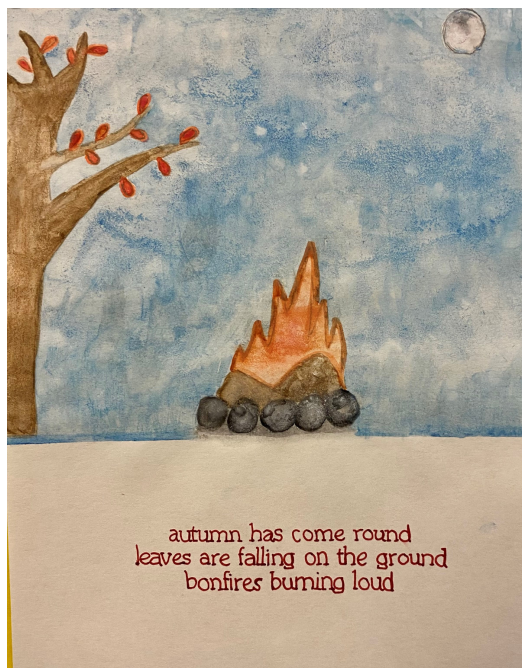
## DIWALI SHINES A LIGHT

With plans for Diwali workshops postponed due to Covid-19 restrictions, our students were still able to bring colour, joy and light into the school with Indian dress and desserts being offered at lunchtime. Happy Diwali!



## NATIONAL POETRY DAY

As in previous years, we celebrated National Poetry Day with a creative writing competition and we are happy to announce that the Winner of the 2020 SWPS Haiku Competition is Isla Evans (7P). We have also awarded two Runner-up awards to Mia Darling (7M) and Gia Sandhu (9P). Congratulations to all winners. The winning entries will be displayed on the Library board in the Maths corridor.



autumn has come round  
leaves are falling on the ground  
bonfires burning loud

## MATHS WEEK

To mark Maths Week England, the maths department put together a series of puzzles. Here is a brain teaser, prizes are available – last entries: Tuesday 24 November

**If a man and a half can tarmac a road and a half in a day and a half, how many roads can six men tarmac in seven days?**

To enter, submit your answer via the ‘**Puzzle of the Week**’ page on the maths Firefly page or give your answer to your maths teacher.

## YOHAKU

Students also learned how to solve a Yohaku puzzle, which is new type of puzzle that tests number sense and problem solving skills.

Here are two Yohaku puzzles to solve. They are both addition puzzles, so the numbers in the boxes must add up to make the number given at the end of each row and column. You must also take into account the constraints given underneath the puzzle. Good luck – answers will be in the next newsletter!

		10
		13
5	18	+

Use only prime numbers

			16
			24
			37
35	22	20	+

No repeat numbers allowed



# NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

## PARENT TALK - 30 NOVEMBER PHARMACEUTICAL INDUSTRY

At 3.45pm on the 30th November, parent Stuart Macgregor will be talking about his career in the pharmaceutical industry. Specifically his roles in R&D, Sales and Marketing and Finance. All students in Year 10 and above are invited to attend. It should appeal to any student who has an interest in "pure" science, but also those who enjoy science but would like to apply that knowledge in a more business-focused environment.

If your child is interested in possibly working in this field or if they want to hear more about the best options to take to have a career in the pharmaceutical industry, they can sign up using the form that has been recommended on Firefly. A Zoom link to the seminar will be sent to those who have signed up on Firefly.

## PARENT CAREER FILMS

Thank you to those parents who have sent Mrs Haley videos about their experience of working within their chosen career. These are available for students to watch on the Careers section under 'school life' on Firefly. We would very much welcome any more videos from other parents!



## TYCOON COMPETITION

We currently have four L6 companies taking part in the Peter Jones Tycoon competition. Students have to think of a product idea, write a business plan which is then assessed by the Peter Jones Foundation and they are given a loan to start the business if they are able to persuade the assessors that their business is viable. I'm very pleased to say that this year all our companies received the full loan they applied for and are now trading in earnest. The companies are:

**Mint Prints** – selling t-shirts and necklaces

**STICKnBROKE** – selling jewellery

**reZin** – selling bookmarks and necklaces

**Cosmic Sounds** – selling painted vinyl records and CDS.

The products can be purchased in the Main Hall at specific lunchtimes in a socially-distanced environment

## COVID-19 LOCKDOWN FAQ'S

We created some FAQs in the light of the new lockdown measures announced by the government.

[Our FAQs can be found here.](#)

In summary: "The government continues to prioritise the wellbeing and long-term futures of our children and young people and will not be closing early years settings, schools, further education (FE) colleges or universities. It remains very important for children and young people to attend, to support their wellbeing and education and help working parents and guardians. Senior clinicians still advise that school is the best place for children to be, and so they should continue to go to school. Schools have implemented a range of protective measures to make them safe. Childcare or education is one of the exceptions that children, young people and parents and carers can leave their home for."

## THOUGHT FOR THE WEEK - ADAPTING TO CHANGE (cont from p1)

...reality that is presented. As our students move up through the school, they too will see that the things they thought were true and fixed, will become more nuanced, more subtle, and less certain. They, too, are now learning and learning and relearning, as they grow and develop; it is a skill that will stay with them for the rest of their lives.

This process is beneficial because it allows our students to understand the world and themselves better. They become open to new experiences and keen to broaden their horizons. They are prepared for an ever-changing world and are not frightened by its consequences. In the face of difficulty, they can adapt and make choices, rather than be inflexible and reactionary. In short, they will be ready to take on the world!

PS I have been overwhelmed by the messages of support that so many of you have sent me as I recover from COVID-19. I very much appreciate it and I remain humbled by the wonderful SWPS community.



# NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

## REMEMBRANCE DAY 2020

Thank you to everyone who generously donated to this year's poppy appeal. This year more than any other every poppy counts. With thousands of poppy collectors unable to sell poppies locally and many fundraising events cancelled, the Royal British Legion are relying on the British public to give as generously as possible.

[Click here to make a donation.](#)



Sophie S, Year 11 played the Last Post at 11.01 on November 11th in the Head's Courtyard.

## SALVATION ARMY CHRISTMAS PRESENT APPEAL.

We are currently collecting for the Salvation Army Christmas Present Appeal. Please leave your unwrapped gifts inside the box provided at the Pupils' Entrance by 11th December 2020.

All gifts should be new and any toiletries or make-up should be non-allergenic where possible. Over the years, millions of children and young people have benefited from gifts donated to The Salvation Army. By giving a gift to our Christmas Present Appeal you can make a real difference in someone's life at Christmas.



## SILVER DUKE OF EDINBURGH

Two teams completed their Silver Duke of Edinburgh practice and qualifying expedition during the half term break with Surrey Outdoor Learning and Development (SOLD). There will be more dates available soon if any other Y11 Silver students would like to get involved.

### TEAM 1

Lucia Frigé, Amélie Christian, Georgina Bullen, Aisling Green, Louise Carter.

Practice expedition, Surrey Hills Box Hill, 2 days/nights  
Aim to practice for qualifying expedition, mixed weather for time of year.

Qualifying expedition, Surrey Hills, Guildford and Ranmore Common, 3 days/ 2 nights  
Aim to create an A-Z in photographs. The team really engaged with the aim, despite heavy rain at times

### TEAM 2

Anna Baker, Anahath Rai, Olivia Frasier, Keira Dawson

Practice expedition, Surrey Hills Box Hill, 2 days/nights  
Aim to practice for qualifying expedition, mixed weather for time of year.







# A MUSICAL JOURNEY THROUGH TIME

## AUTUMN CHAMBER CONCERT 2020

The annual Autumn Chamber Concert, a platform for our many talented musicians in Year 9 and above, was this year recorded as an 'alternative concert' to brighten the dark evenings of autumn. Thirteen of the tracks form part of last year's GCSE Music coursework, the others were recorded during the week when the concert would have taken place, many of our students are supported by school accompanist, Oliver Cuttriss. In deciding which order to present all the wonderful performances for this 'concert', my eyes alighted on the composer Orlando Gibbons, by far the earliest composer in the programme, so I put the performances in the order in which the composers were born. Enjoy your musical travel through the centuries!

**Mrs T Scrutton, Director of Music**

### PERFORMANCES

Hibah Zahoor (voice)

**The Silver Swan by Orlando Gibbons (1583-1625)**

Niamh Moynihan (voice)

**Danza, Danza Fanciulla Gentile by Francesco Durante (1684-1755)**

Sarah Biswas (piano)

**Fugue in G by J S Bach (1685-1750)**

Amy Towner (voice)

**Lascia ch'io pianga by G F Handel (1685-1759)**

Sofia Davies (violin)

**Siciliana and Allegro by John Stanley (1712-1786)**

Isla Galpin (violin)

**Largo Espressivo by Gaetano Pugnani (1731-1798)**

Natalie Newell (voice), Mrs Scrutton (piano)

**Voi, che sapete by Mozart (1756-1791)**

**Advanced Strings**

Hayun Lee (1st violin), Isla Galpin (2nd violin), Miss Townsend (viola), Amélie Christian (cello)

**Divertimento in D by Mozart**

Grace Burthom (piano)

**Sonata in E Op.14 no.1: 1st mvt. by Beethoven (1770-1827)**

Hayun Lee (violin)

**Sonata in A for Violin and Piano: 1st mvt. by César Franck (1822-1890)**

Natasha Fotoohi (piano)

**Moderato Op.12 no.4 by Max Bruch (1838-1920)**

Natasha Fotoohi and Mrs Scrutton (piano duet)

**Norwegian Dance Op.35 no. 2 by Edvard Grieg (1843-1907)**

Sophie Bishop (piano)

**Notturmo Op.54 no.4 by Grieg**

Amélie Christian (cello)

**Elégie by Gabriel Fauré (1845-1924)**

Monica Chawla (voice)

**Clair de Lune Op.46 no.2 by Fauré**

Madeleine White and Mrs Scrutton (piano duet)

**Berceuse from Dolly Suite by Fauré**

**Advanced Strings**

Isla Galpin (1st violin), Hayun Lee (2nd violin), Miss Townsend (viola), Amélie Christian (cello)

**Chanson de Matin by Edward Elgar (1857-1934)**

Sophie Schofield (trumpet), Margaret Roberts (piano)

**Fantaisie Dramatique by Alphonse Goeyens (1867-1950)**

Seung-A Han (cello)

**Sonata in G minor for Cello and Piano Op.19: 3rd mvt. by Rachmaninov (1873-1943)**

Sophie Bishop and Henry Bishop (piano duet)

**Conversations between Beauty and the Beast from Mother Goose Suite by Ravel (1875-1937)**

Madeleine White (piano)

**Sérénade sur l'eau by Jacques Ibert (1890-1962)**

Erin Bambury (voice)

**Without You from 'My Fair Lady' music by Frederick Loewe (1901-1988) and words by Alan Lerner (1918-1986)**

Flute Choir director Mrs Clark

**Over the Rainbow by H A Arlen (1905-1986)**

Alisiya Sekhon (piano)

**Tugela Rail by Darius Brubeck (1920-2012)**

Grace Lawlor (piano)

**Rosemary's Waltz by Richard Rodney Bennett (1936-2012)**

Amy Li (flute)

**Mrs Clark piano Siberian Galop by Pam Wedgwood (b1947)**

Amelia Baker (voice)

**Far too late from 'Cinderella' music by Andrew Lloyd Webber (b1948) words by David Zippel**

Natalie Clarke (cornet)

**Party Piece by Philip Sparke (b1951)**

Natalie Clarke (piano)

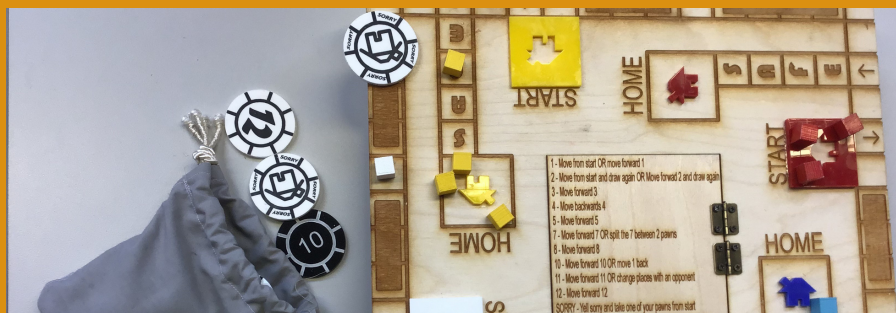
**Masquerade by Karen Tanaka (b1961)**





# DESIGN TECHNOLOGY

## A ROUND UP OF THE LATEST FROM DESIGN TECHNOLOGY



## A LEVEL PRODUCT DESIGN

### GAME BOARDS

The first challenge set for Year 12 Product Design students this term was to redesign a famous board game and all its accessories solely using CAD CAM. Thea, Ellen, Tristen and Kanchan threw themselves into this, choosing chess, Sorry! and Monopoly to reimagine. As you can see from the photographs each student approached the challenge in a different way, from changing colour schemes to shapes of counters and themes.

Despite the varied games and approaches all used the laser cutter and 3D printer to produce well-polished outcomes, learning a great deal along the way. The finished games can be seen on display in the Design Technology display cabinet so please pop in and have a look before we break up for Christmas when they will be taken home to play over the festive break with their families.

### POPPY APPEAL

Following on from the sustainability pledges we made in the last newsletter the Miss Blackman and the Y12 Product Design students found a creative use for the scrap acrylic in the department by making permanent poppy brooches. The brooches were designed using 2D Design and laser cut, before being carefully assembled in a production line and distributed to SWPS staff and students to wear on remembrance day.

If you are interested in finding out more about A Level Product Design at SWPS, please get in touch with Miss Blackman who can give you more information. Also check out our Twitter and Instagram pages @swpsdesign for more examples of the exceptional work produced in the department.





# ARTWORKS OF THE MONTH

A SELECTION OF THE BEST ARTWORKS FROM NOVEMBER 2020



SERENNA - YEAR 9

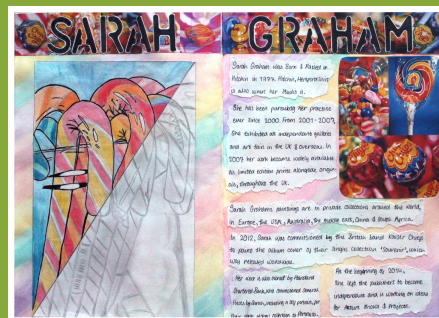


# ARTWORKS OF THE MONTH

A SELECTION OF THE BEST ARTWORKS FROM AUTUMN 2020



IZZY & BURDOCK - YEAR 12



MILEE - YEAR 7



EMMA - YEAR 12

EVE - YEAR 12

## SWPS LIBRARY RECOMMENDS... BOOK OF THE WEEK

Each week SWPS librarian Mrs Vidgen recommends her top reads for Sixth Form students and beyond:

### Queen of the Desert by Georgina Howell

Archaeologist, spy, linguist, author, poet, photographer, mountaineer and nation builder, Gertrude Bell. Born in 1868 into a world of privilege, which she turned her back on...

### Make it Stick by Peter C Brown

This book shows us how more positive attitudes toward our own abilities and the willingness to tackle the hard stuff enables us to achieve our goals.

### Quiet by Susan Cain

A fascinating insight into the world of introverts. Whether you're an introvert, an extrovert or somewhere in between this is an essential guide for understanding why...

### A Guide to the Good Life by William B Irvine

...If we watch ourselves as we go about our daily business and reflect on what we saw, we can better identify the sources of distress and eventually avoid that pain in our life.

