



Royal
Russell

Headmaster's Weekly Newsletter

4 December 2020

Dear Parents, Pupils and Friends,

The beginning of Advent has started a great deal of early Christmas activity in School and on Sunday afternoon I enjoyed a very creative time with some of the boarding pupils helping to decorate the Dining Hall and Dining Marquee. A team of budding engineers helped to erect our Christmas Star on Chapel Quad and we were provided with hot chocolate and mince pies by the ever thoughtful Catering Team.

The Advent season has meant that many of our pupils have been thinking of others and there are some very kind and considerate charity initiatives taking place in the last two weeks of term including a Fasting challenge led by Oxford and Cambridge Houses and collections for the Croydon Foodbank. If you would like to make a donation, please bring in your contributions next week, 7 - 11 December, and leave them at the collection point in the School car park between 7.45 am and 8.30 am each morning.

Presentations this week have included a lecture on the on boundaries of science from Mr Tanner, a presentation from the Year 7 Oxford tutor group on the dangers of energy drinks and a 'Russell Talk' from Year 13 Pupil, Ark Yang, on Human Rights in China.

Year 9 have been learning about new approaches to their study skills in a special session this afternoon by a team from 'Elevate'. The Stem club have also been busy testing the different properties of fizzy drinks!

One of the highlights of the week was the publication of the 2020 'Russellian'. This is our Annual School Magazine and captures the events and activities of the last academic year. My personal congratulations to Chloe Buswell and Hayley Stenning from our Reception and Marketing Team and to everyone who has supported them in the completion of this edition. We have published an electronic version of the magazine on the School Website [here](#) and hard copies have been issued to pupils in Year 7. If any other families would also like a hard copy, these are available for collection by pupils from the Main Reception of the PAC.

I have been filming Christmas and New Year video messages for our partner school projects in Korea and China this week and I look forward to sharing updates with you on the progress on these exciting initiatives in early 2021

Congratulations to our Year 11 pupils for successfully navigating their trial examinations over the last week. News from the UK Government yesterday has now confirmed that we are expecting a public examination season to be running next summer for both GCSE and A level. We will be writing separately to parents in Year 11 and Year 13 with a summary of the changes that have been announced today. I continue to be impressed by the continued success of Year 13 pupils receiving their UCAS offers and interviews. We now have candidates preparing for interviews at Oxford, Cambridge and for Medicine as well as great offers from a host of other universities offering specialist courses.

Thank you for your support as we have managed a smooth transition from national restrictions to the more local 'Tier 2' restrictions this week. We do not anticipate many significant changes to our established routines, but we will now be welcoming pupils to the site on Saturday for training sessions in netball, hockey and football. We also hope to be able to restart some local fixtures against other schools. Our priority remains the safety and wellbeing of our whole school community and we will not undertake any new activities without carefully considering each circumstance.

As we draw closer to the end of term, could I ask all families to note that, if any member of the household is showing COVID-19 symptoms, children should not be sent to school.

Looking ahead, our Christmas Carol Service will be broadcast on Sunday 13 December at 6.30pm. This will follow on from the Junior School Service which will be broadcast at 4.30pm on the same afternoon.

With best wishes,



Chris Hutchinson

Headmaster

Headmaster's Breakfast

A hearty breakfast and a good conversation set the pupils up for the rest of the day and allows the Headmaster to get to know everyone as they embark on their Royal Russel journey.

On Tuesday morning, Year 7s from Reade House were welcomed to the new Dining Marquee to start their day with a delicious breakfast with the Headmaster



Safeguarding Corner

Food Bank Request:

1,820 three-day emergency food supplies were given to people in crisis last year.

1 in 5 of the UK population live below the poverty line.

"Without the foodbank, I don't think I would be here today."

"The people at the foodbank were wonderful, they understood and saved us."

As part of this year's fundraising efforts, the Senior School Charity Board has decided that they would like to support Croydon Foodbank once again.

As with previous years we will be collecting much needed toiletries and non-perishable food items for the Croydon Foodbank to distribute to the people in crisis living in and around Croydon. Please find the [link](#) to a list of products of which the Croydon Foodbank are currently in need. If you would like to make a donation, please bring in your contributions from 7th – 11th December and leave them at the collection point in the school car park between 7:45 and 8.30am each morning.



Hollenden and Queen's Saturday Cookies and Quiz Night

Last Saturday evening, the girls in Hollenden and Queen's Houses enjoyed a Quiz Night. There were crisps, juices and lots of pretty and delicious cookies from the cookery club.

The girls really enjoyed themselves and created personalised Kahoot quizzes which turned out to be very popular.

A special thanks to Ms Sava for all her time and effort creating and running the quizzes! Staff and students certainly learned a few things about some of the girls!

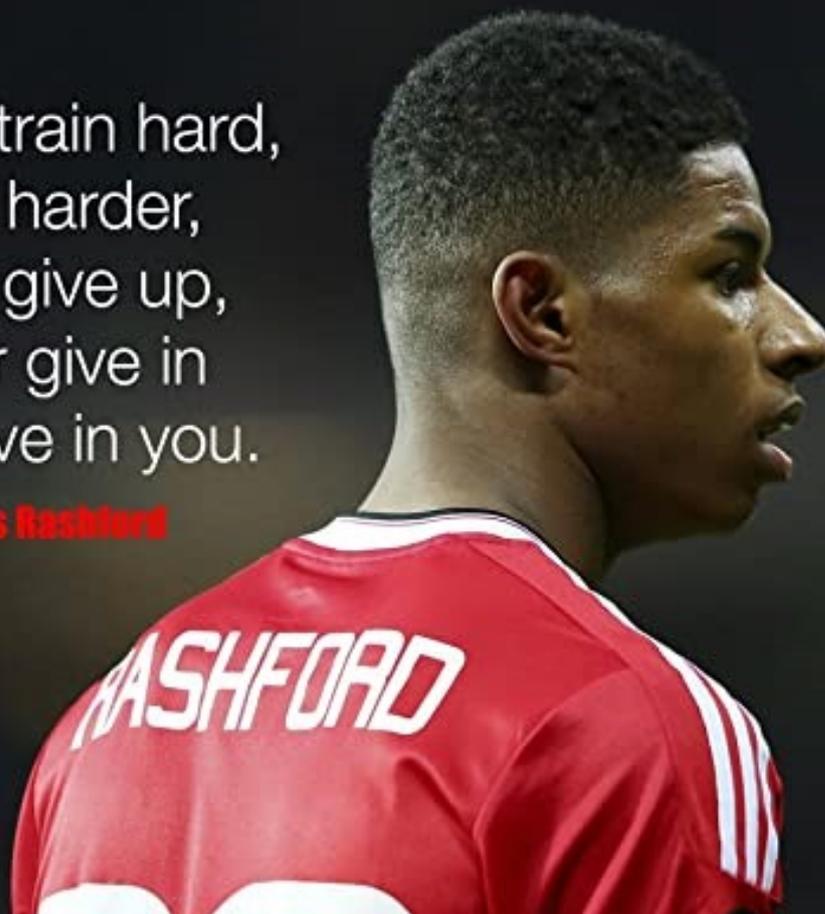
It was a great evening spent together full of laughter and fun.



Cambridge and Oxford 24hr FAST

Always train hard,
work harder,
never give up,
never give in
& believe in you.

Marcus Rashford



'It's not about children going hungry during the school holidays, this is about children going hungry full stop.' - Marcus Rashford

On Saturday 5th December from 8am until Sunday 6th December at 8am Cambridge and Oxford boys and staff pledge to fast in one of two ways;

- Give up food and remember those who are going without hot meals during the holidays.
- Give up digital devices and remember those who do not have a phone/tablet/console.

The money that would have been spent on Tuck Shop or takeaway will be donated to FareShare to help those who are not as privileged as those in Boarding.

If you wish to support the boys you can donate at <https://fareshare.org.uk/donate/> so that all the money will go to FareShare.

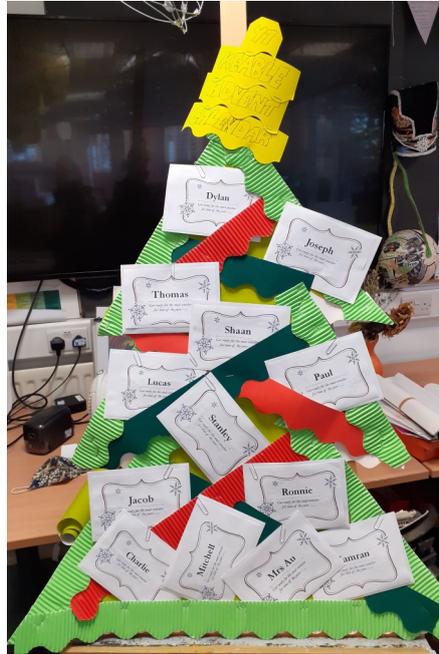
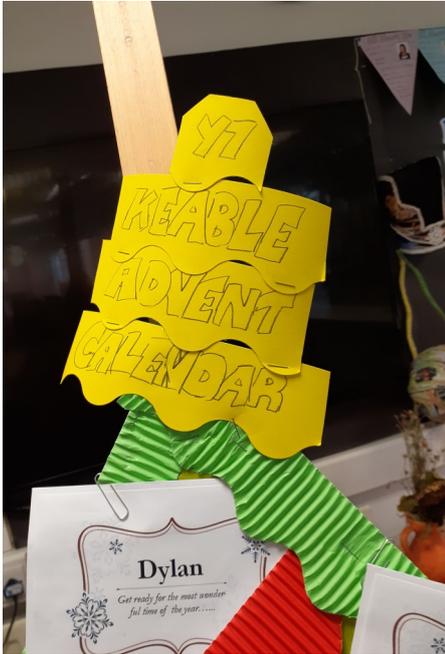
Every £1 could provide four meals for children in need.

FareShare has seen demand for food skyrocket, particularly among frontline organisations providing food to children and their families. With the coronavirus pandemic pushing thousands of people into financial hardship, many more families will struggle to put food on the table this year.

Year 7 Keable House Advent Calendar

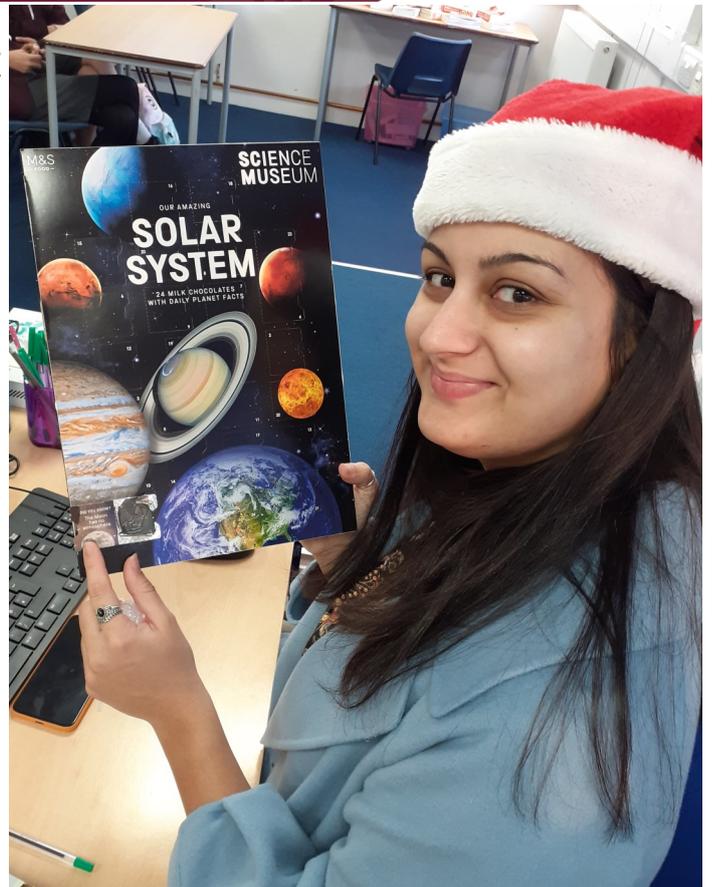
The Year 7 Keable boys' Advent calendar has been prepared by their tutor, Carmen, for each boy to open everyday.

There is a kind note everyday to open at the start of everyday .



Year 7 Hollenden House Advent

Year 7 Hollenden tutor, Miss Ballie-White, has created an electronic wheel which is spun every morning to pick the lucky girl to eat the chocolate on the Advent calendar!



Gifted & Talented Events

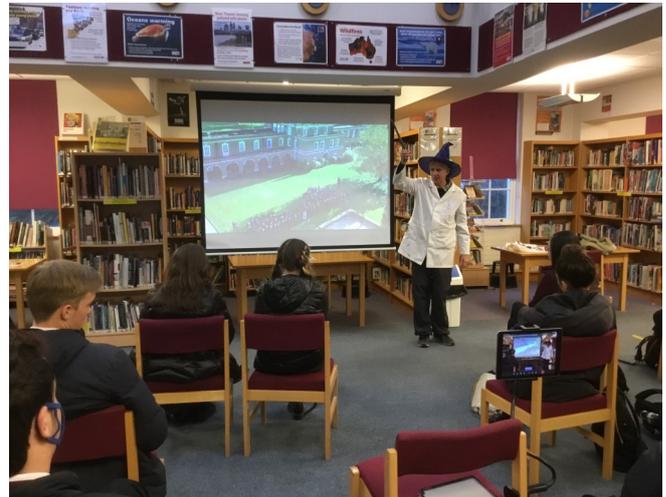
A number of events have been going on in the past week for our pupils.

Our Year 10 Gifted & Talented pupils enjoyed a fascinating presentation from Mr Martin Tanner, Geology teacher and amateur astronomer, looking at the current boundaries of science and how much there is still to be discovered about our universe. Current theories of the very big and very small being quite “weird” with apparently “magical” elements to them, such as “entanglement”, which we are only beginning to understand.

Some of our most able pupils in Year 9 were provided with an absorbing Linguistics session from Ms Sava, which focused on code breaking and we hope that they will be encouraged to take part in the UK Linguistics Olympiad in February.

Finally, Heads of Year have been busy interviewing a selection of Gifted & Talented pupils in Years 8 -10 to get feedback on their learning to provide information for our development plans.

Good luck to our Oxbridge and Medicine applicants invited for university interviews over the next two weeks.



Year 7 Oxford House Assembly on the Dangers of Drinking Energy Drinks

During Lower School Assembly, Year 7 Oxford House made a presentation on the dangers of drinking energy drinks and showed us all of the healthy alternatives they made in Food Tech.

Thank you to Máté Ban, Zachary Brennan, Michael Chiu, Tom Gibbs, Archie Lewis-Reynier, Jack Matyn, Evan Newman, Rohan Phillpot, Oscar Verlander, Anthony Yi Yau for such an informative and well presented research.



ARE ENERGY DRINKS BAD FOR YOU ?

BY OXFORD HOUSE YEAR 7

FACTS ABOUT ENERGY DRINKS

- Energy drink sales go up every year.
- 2/3 of 10-16-year-olds regularly consume energy drinks, along with 18% of three-to-10-year-olds.
- 30% to 50% of teens and young adults say they use energy drinks.
- The regulations regarding food and drink in schools prohibit beverages with added sugar from being sold in schools.
- Energy drinks are extremely rich in sugar: two cans (500 ml) contain an average of about 54 grams of sugar, which measures up to 13 teaspoons.

Why do we buy energy drinks?

- We are told they improve us as athletes
- We are told they will give us more energy
- They have a colourful design
- They are marketed at teenagers and young children
- Many energy drink companies sponsor different sports or famous people e.g. Red Bull racing team in Formula 1 and they also sponsor Tyler Blevins (ninja) a very popular streamer



Energy Drinks are bad for you because they are high in sugar and they have a lot of caffeine.



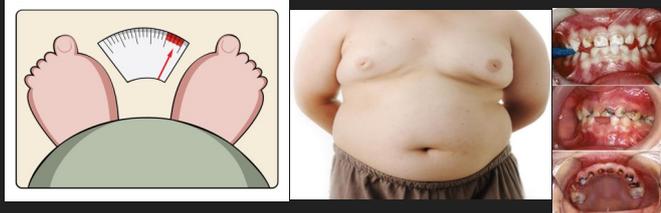
Energy drinks are extremely rich in sugar: two cans (500 ml) contain an average of about 54 grams of sugar, which measures up to 13 teaspoons



Why should we avoid too much sugar ?



Too much sugar in our diet can cause tooth decay, cavities and lead to obesity. In the UK 31% of adults are obese.



The bad things about caffeine

- Caffeine is a stimulant and is found in energy and cola drinks, coffee and tea.
- What caffeine does:
 - Caffeine stimulates the central nervous system.
- Small amounts lead to:
 - feeling more awake
 - your heart beating faster
 - your blood pressure going up
 - making more urine (wee)
 - having more stomach acid.
- Larger amounts lead to:
 - feeling restless and anxious
 - having trouble getting to sleep
 - not getting enough deep sleep and dream sleep (if you have caffeine before going to bed).
 - Having a lot of caffeine every day can lead to sleeping problems, stomach problems, feeling worried or depressed.

Fruit and vegetables

pasta and other starchy carbohydrates

Fluids

Energy drinks are not on the eat well guide!

Foods high in fat, salt, sugar

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Spreads

A good breakfast should include a good amount of starchy carbohydrates for slow releasing energy. You should have some fruit and vegetables to give you some vitamins and minerals.

Which breakfasts can give us long lasting energy?

- Porridge
- Yogurt or fresh fruit smoothie
- Poached or scrambled egg on wholemeal toast
- Cereal with milk and banana
- Whole grain toast and baked beans
- English breakfast

Here are some breakfasts that Year 7 OXFORD have made in Food lessons, they will give you long lasting energy

Instead of drinking energy drinks you should SWAP your drink ...

- 1 Swap to PLAIN WATER
- 2 Swap to Lower FAT MILK
- 3 Fruit smoothies - they are also made out of fruit which is healthy.

Sugary drinks swaps

From: cola, juice drink, milkshake

To: plain water, lower fat milk, fruit smoothie

Maximum daily amounts of added sugar

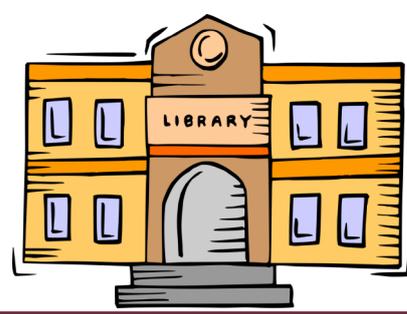
| | | | |
|--------------------|--------------------|--------------------|--------------------|
| Age 5-10 years | 10 years | 11-14 years | 15 years and over |
| 3 cubes (10 grams) | 4 cubes (14 grams) | 6 cubes (21 grams) | 7 cubes (25 grams) |



Make sure you get your energy from a well-balanced healthy breakfast

Click the Cracker!

For the annual Christmas Book recommendations please click the Christmas Cracker.



Year 7 STEM Club

After the first experiment undertaken a few weeks ago, comparing the height of explosions caused by releasing Mentos into different types of Coca-Cola, the STEM Club members were challenged to investigate the Science of what was happening within the Coca-Cola .

Erik Windle won the prize by explaining:- “Each Mento mint has thousands of tiny pits all over the surface. These are perfect places for carbon dioxide bubbles to form. As soon as the Mentos hit the fizzy drink, bubbles form all over the surfaces of the candies and then quickly rise to the surface of the liquid. The Mento sweets are also heavy and sink to the bottom of the bottle. The gas released by the Mentos literally pushes all of the liquid up and out of the bottle in an incredible fizzy blast.”

The reason why Mentos work so well is:

1. tiny pits on the surface of the mint, and
2. the weight of the Mentos.

Year 7 STEM Club has enjoyed continuing its experiment of initiating explosions by releasing Mentos. This time, STEM club members wanted to compare the height that fizzy drinks were projected against other types of fizzy drink.

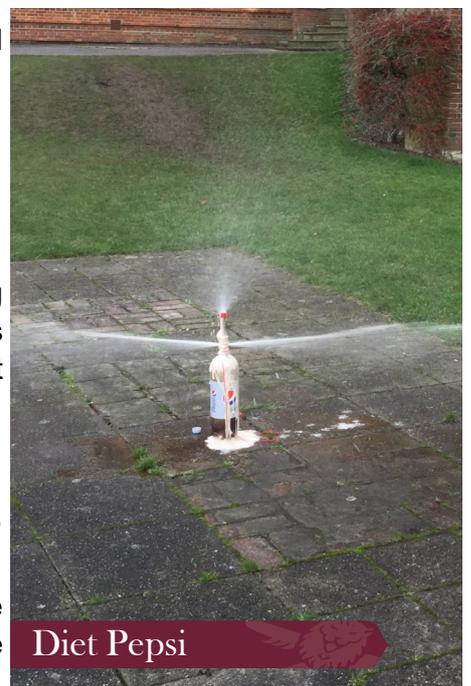
The types of fizzy drink compared were:-

Fanta Zero, IRN BRU, Diet Pepsi, Ashbeck Sparkling Spring Water, Tesco Diet Lemonade

To ensure the experiment was a fair test, all the drinks tested were kept at the same temperature and all five bottles contained the same 2 litre amount. The number of Mentos released into each bottle was also the same number.

The IRNBRU produced a massively high fountain of fizz, much higher than any of the bottles tested. The force of liquid from the Diet Pepsi was so great that it squirted through the holes which the key was placed to fix the Mentos before release.

If any Year 7 pupils would like to join STEM Club, just look out for the STEM Club flag which comes around your base (the netball courts) about 1.10pm on a Tuesday lunchtime. Next week's club will have a Christmas theme.



Diet Pepsi



IRN BRU



Ashbeck Sparkling Spring Water

Russell Talk

As part of the ongoing Russell Talk lunch-time lectures, Ark Yang gave a presentation about the human rights situation in China. Ark gave an extremely well researched, popular and in-depth talk considering a variety of areas in which China may be viewed to be committing human rights violations to the Western world. This presentation was an extension of his A Level Politics studies and he built upon the knowledge he had acquired to deliver a presentation that was insightful to all those who attended.

Ark explained about the importance of the Universal Declaration of Human Rights and its place in the modern world, specifically how it fits in Chinese society. He expanded on how conventions work and the importance of states both signing and ratifying conventions, especially in relation to China. He explored the importance of Asian values which was enlightening for all and offered an intriguing explanation for the difference in Western views in comparison to Chinese views. Ark went on to allocate part of his lecture to the Xinjiang Uyghurs and the situation surrounding the detention centres, and followed this by speaking about other human rights issues facing China.

It was a lecture from a unique perspective and offered the Royal Russell community an unrivalled insight into Chinese human rights.



Reade House Festivity

Reade House girls have got into the Christmas spirit this year.

They decided to dress up and get festive.





Offer extended Christmas trees DELIVERED!

The 1853 Society Parents' Association have paired up with *Christmas Tree Express* to offer beautiful, real Christmas trees, delivered **straight to your door** with a £5 discount.

If you buy a Christmas tree through www.christmastreeexpress.co.uk this year you will receive **£5 off** any tree, in addition, *Christmas Tree Express* will donate **£5 to the 1853 Society**, benefitting all the children at Royal Russell School.

Ordering is simple, just use the code **RRS20** and your £5 discount will be added.

Choose from 4Ft, 6Ft and 8Ft trees

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EXTENDED UNTIL
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The code is valid until **13th December**, or until stocks run out so please order ASAP!

From the Sport Department

Football

Year 8 Tournament

The U13's continued their Champions League Tournament after their international break last week.

There was a transfer window with Freddie Fraser transferring across with Max Williamson whilst Thomas Burghes and Josiah Harris Manahan also transferred teams.

Both Young Boys & Bayern Munich started really strong, winning both games with Young Boys coming on top in the head to head game (1-0).

In the 2nd round of games there was one stand out game where Young Boys beat Tottenham 2-1. Thomas Burghes opened the scoring for Tottenham with an unbelievable strike from 18 yards which rifled into the top right corner (Mourinho would have certainly been impressed). Still busy celebrating from the kick off, Oliver Stephens superbly 'lobbed' Lorenzo Shone from the half way line to level the score. There was still time for Young Boys to snatch the winner when a well worked goal from Oliver came after some great play from Max Williamson. Shaktar Donesk ended up finishing bottom with 5pts despite the impact of Freddie Fraser as he scored 3 of his side's 4 goals. It was close again for 2nd place with Tottenham on 13pts, closely followed by Bayern with 15pts, with James Dalton scoring 3 of their total goals. However, it was Young Boys finishing top again. With 1 more opportunity of Champions League games for 2020 there is plenty to play for.



From the Sport Department

Football

Year 9 Tournament

On Tuesday, the U14 'extras' played the next round in their mini-tournament, but decided to remake the teams and got a bit stumped with names, so we ended up with Team Tanish, Team Joe, Team James and Team Henry!

Team Tanish with Toby Cascarini and Captain Tanish Khurana coming together with great effect down the right, scoring twice against Team Joe and going on to win 4-0. In the other game, the final score was never in doubt as Team Henry, with Captain Henry Peart-Smith, showing great energy all over the park, and Raif Hameed Rexha proving deadly in front of goal in a convincing 9-0 win.

Second round matches saw Team Tanish beat Team James 2-0 with Kaylan Patel getting on the score sheet and being a real bother defensively. In the other match, Team Henry continued their winning ways beating Team Joe 4-0.

The 3rd /4th place play-off saw Team Joe meet Team James, sadly Captain James Jones had to retire injured and his absence meant that they lost 5-2. Whilst in the final Team Henry proved too resilient for Team Tanish scoring two late goals through Seb Mathew.

In the second half of the session, the teams placed 1st and 4th combined (Teams Henry and James) as did the 2nd and 3rd placed teams (Tanish and Joe) for an almighty 'slug fest' where Team Tanish applied almost all of the pressure and had shot after shot saved by GK Hayden Randall, most of the efforts coming from penetrative running by Michael Earing. However, in the final minute of play and with almost their first attack, Seb Mathew latched on to a good through ball from Henry and netted past GK Tom Garlick.

Next week we hope to be re-joined not just by the 'internationals' but also by the 'Super-A's' for a two-week long tournament taking us up to the Xmas break.

The U14Bs worked on pressing triggers to press in their games session. There was some good understanding taken in by the players and Valentino showed some good demonstrations of how to press effectively. However, the star of the day was Millie German who not only showed she could press well but also scores great goals throughout the sessions.

She is pictured scoring with her so called 'weaker foot'!



Key Diary Dates

Monday 7 December

Recording of Christmas Concert

Tuesday 8 December

Year 7 St Andrew's Breakfast with the Headmaster

Wednesday 9 December

Year 11 St Andrew's & Madden Breakfast

Thursday 10 December

Year 10 Parents' Evening

Friday 11 December

Last day for Salvation Army Christmas Donations

Upcoming Parents' Evenings

Year 8

Wednesday 10 March 2021

Year 9

Tuesday 2 February 2021

Year 11

Thursday 21 January 2021



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Patron: Her Majesty The Queen