

# SIR WILLIAM PERKINS'S SCHOOL NEWS

BUILDING CONFIDENCE, INTEGRITY & EXCELLENCE

## IN THIS ISSUE

THOUGHT FOR THE WEEK  
IN THE KITCHEN  
NEWS IN FULL  
ART  
DESIGN TECHNOLOGY  
DRAMA  
SPORT  
STEM

## THOUGHT FOR THE WEEK - THE FUTURE IS FEMALE

MR CC MULLER, HEAD



Is there any good news? As we enter 2021, saying a welcome goodbye and good riddance to 2020, the call for hope and cheer is both necessary and uplifting. So here is my contribution, and

in no place is there more reason for optimism than in the prospects for young women and girls across the globe.

Some facts to start: Girls are now better educated than at any time in history. They are more independent than ever, no longer subject to the authority of father and husbands.

Women now run large companies and significant countries; the Vice President of the United States is a woman. In this respect, no-one can seriously and honestly claim that a woman's place is "in the home".

In all aspects of life women and girls have caught up with men and boys. 50 years ago, according to The Economist, 49% of primary school age girls in lower middle income countries were in school, compared to 71% of boys – today the share is 90%.

Again, The Economist notes, that in 1998 only half the world's secondary school age girls were enrolled, today it is two-thirds.

Sex selection at birth is declining fast, as girl babies are more wanted throughout the world than ever before. A child bride is also becoming a less common phenomenon, falling from 1 in 4 to 1 in 5.

And never have so many girls and women competed in sport to such a large extent or to such heights. Simply put, girls throughout the world are healthier than ever before – fewer die in infancy or are malnourished at birth.

The figures are truly remarkable and inspiring.

Yet problems and scandals abound, and it is still a shocking fact that only one girl in three south of the Sahara finishes her secondary education.

The modern girl is, nonetheless, having a time that her predecessors could not have imagined. They have an extraordinary (and to me baffling) immersion in a vast online world; they are more informed about international events and can access facts and figures at the click of a button. They are empowered; they are assertive and they are impressive.

***"Women belong in all places decisions are being made."***

**Ruth Bader Ginsberg**



# IN THE KITCHEN WITH SWPS

## MISS BLACKMAN'S LOW SUGAR COOKIES

### Ingredients

150g plain flour  
45g granulated or caster sugar  
1 teaspoon baking powder  
1/2 tsp vanilla extract.  
2 tablespoons milk of choice  
80g butter

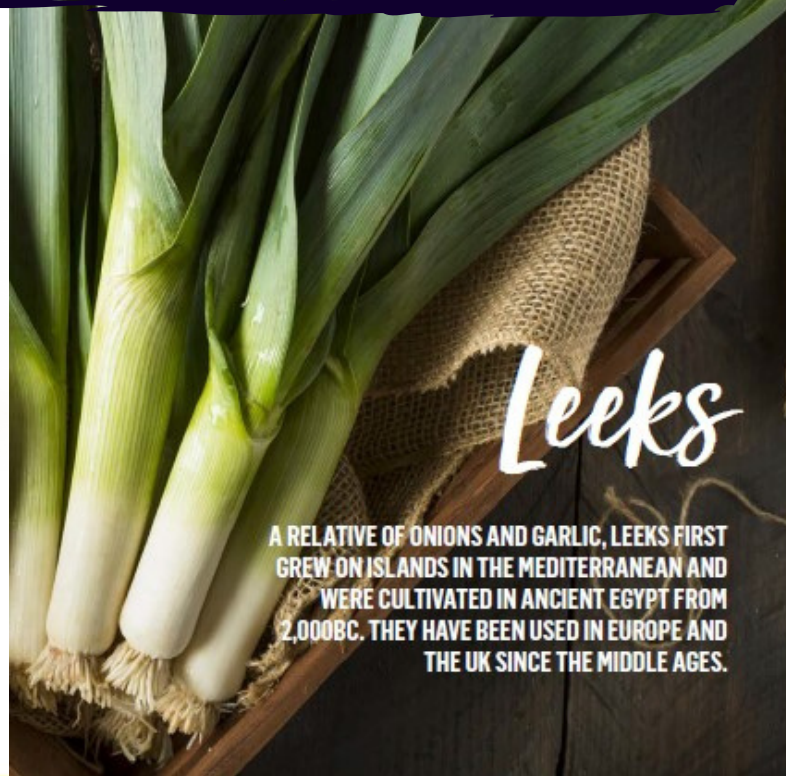


### Method

1. Pre-heat oven to 190°C/gas mark 6 and grease and line a baking tray with grease proof paper.
2. Sieve dry ingredients into a large bowl.
3. Cut butter into small pieces and add to dry ingredients, use "rubbing in" method.
4. Add wet ingredients and mix using a spatula to form dough. Knead until smooth.
5. Add some flour to table and roll out to finger thickness, then use a cookie cutter to make shapes.
6. Place on the baking sheet. Cook for 10 minutes.
7. Remove from the oven using oven gloves, and allow to cool and harden.
8. Allow to cool completely before packing away. Use an airtight container.

### Equipment

1 large bowl, sieve, baking tray, spatula, sharp knife, cutter, oven gloves



A RELATIVE OF ONIONS AND GARLIC, LEEKS FIRST GREW ON ISLANDS IN THE MEDITERRANEAN AND WERE CULTIVATED IN ANCIENT EGYPT FROM 2,000BC. THEY HAVE BEEN USED IN EUROPE AND THE UK SINCE THE MIDDLE AGES.

## LEEK MACARONI CHEESE Serves 4

## Recipe

### INGREDIENTS

2 Leeks, sliced into rounds around 1cm thick  
3 tbsp butter or margarine  
320g any pasta  
1 garlic clove, finely chopped  
1 tsp English mustard powder  
3 tbsp plain flour  
500ml whole milk  
300g mature cheddar, grated

### METHOD

1. Heat the oven to 200°C. Pan fry the leek until just soft, then set aside.
2. Boil the pasta for 2 mins less than stated on the pack, then drain. Meanwhile, melt the butter in a saucepan. Add the garlic and English mustard powder, cook for 1 min, then stir in the plain flour.
3. Cook for 1 min more, then gradually whisk in the milk until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened. Take off the heat, then stir in 250g of the mature cheddar.
4. Stir the pasta, half of the leeks into the cheesy sauce. Tip into a large ovenproof dish, or four individual dishes.
5. Scatter over remaining leeks and cheddar over the and top with the cheese and bake for 20 mins until crisp and golden.



This plant is one of the traditional emblems worn by the Welsh on St David's Day as it is said to relate to the Welsh victory over the Saxons in AD 640, when Welsh soldiers wore them on their uniforms to tell them apart from the enemy.

The lower part of a leek is white and is used in everything from soups and stews to pies and stir-fries as well as being served as a vegetable in their own right.



# NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

## PARENT TALK - 15 JANUARY SUPPLY CHAIN MANAGEMENT

A big thank you to Matt Addison, a parent at SWPS, who gave up his time on Friday 15 January to run a virtual talk to our Business students. He discussed his role in Supply Chain Management linking with what we have been learning about in AS Business course. It was fantastic to put the theory into practice for a real organisation and to hear first hand how they operate.

## SALVATION ARMY APPEAL

Staines Salvation Army send a huge thank you to SWPS families who gave generously to their Christmas appeal. As a result they were able to provide toys to over 350 local children and hamper deliveries to those who would otherwise have been alone on Christmas Day.

## EXTENDED PROJECT QUALIFICATION

Congratulations to this year's Senior Sixth for an outstanding set of EPQ results! All students received A\*-B, with 93% of students achieving either an A\* or an A. A number of exciting projects were produced on a range of subjects, with titles such as: 'Should there be a free market to enable the trade of live kidneys in the UK?', 'Should there be a time limit in which to save extremely premature babies?' and 'Progression or Regression? An analysis of the representation of women in 20th century Chinese cinema.' We are extremely proud of students' achievements, particularly as much of the project had to be produced during last year's lockdown. Well done, everyone!

## PET HOUSE GRAPH CHALLENGE

Our Year 9 mathematicians have been using linear graphs to make pet houses using Desmos graphing software with Mrs Nightingale. They have been learning about linear graphs, domain and range which they used to limit the lengths of their lines and inequalities, which they have used to produce shading. These are all core parts of the IGCSE maths course! Indi and Feirin included some non-linear elements as extension, very impressive for their stage! They have all worked so hard and done lots of experimenting.

## HISTORY & POLITICS SOCIETY DR THOMAS ALLCOCK, MANCHESTER UNIVERSITY

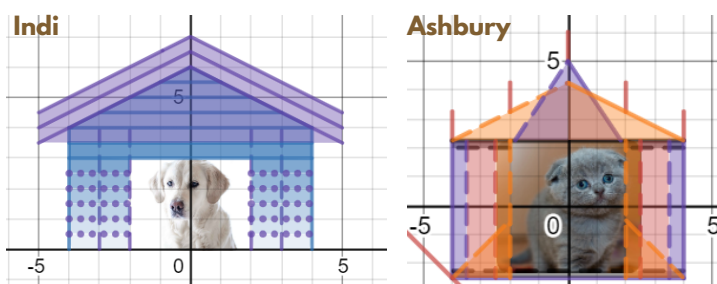


In the first meeting of the student-led SWPS History and Politics Society over 50 people, including students from Grey Court School in Richmond, attended an illuminating lecture and an extended Q & A from Dr Thomas Tunstall Allcock, a modern History specialist from the University of Manchester.

Appropriately, 24 hours before the inauguration of the 46th President of the US, we discussed the legacy of US Presidents and how they are reflected upon in popular culture and by historians. The main individuals discussed were John F Kennedy and Lyndon Baines Johnson from the 1960s but there was plenty of opportunity to link and compare to recent events in Washington.

Dr Allcock's lecture was both informative and entertaining and the Q&A drew out a lot of further detail such as speculation as to whether JFK would have become embroiled in a war in Vietnam. We would like to publicly thank him for generously volunteering his time.

The event was both superbly organised and chaired with poise and humour by Izzy M in L6AA. The next event organised by Izzy and the History and Politics Society is on 10 February, when MP Munira Wilson (Lib Dem spokesperson for Health) will join us to give her fascinating insights into both women in politics and also the current pandemic. We hope to be joined by students from Grey Court School in Richmond for that one too.





# NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

## SWPS ABRSM MUSIC EXAM RESULTS - AUTUMN 2020

Congratulations to SWPS music students on their latest results...

### YEAR 7

Connie D - Trumpet, Grade 3 (merit)  
Matilda L - Piano, Grade 3 (merit)  
Mai-Si C - Piano, Grade 2 (pass)  
Alice M - Piano, Grade 2 (pass)

### YEAR 8

Taarunya S - Piano, Grade 1 (merit)  
Chloe T - Flute, Grade 5 (merit)  
Darcie B - Singing, Grade 4 (pass)  
Isabella G - Singing, Grade 4 (merit)  
Skye P - Singing, Grade 1 (merit)  
Anna S - Flute, Grade 6 (pass)  
Emily W - Singing, Grade 2 (distinction)  
Nina T - Singing, Grade 4 (distinction)  
Simeng W - Theory, Grade 5 (pass)  
Isabel B - French Horn, Grade 2 (pass)  
Fiona L - Singing, Grade 4 (pass)  
Ella M - Theory, Grade 5 (pass)  
Ella M - Flute, Grade 4 (distinction)  
Alana O - Violin, Grade 1 (pass)  
Elizabeth R - Trumpet, Grade 1 (merit)

### YEAR 9

Alisiya S - Piano, Grade 6 (pass)  
Sofia D - Singing, Grade 5 (merit)  
Sofia D - Violin, Grade 6 (merit)  
Hannah D - Violin, Grade 4 (pass)  
Ananya G - Violin, Grade 4 (merit)  
Charlotte L - Theory, Grade 5 (pass)  
Leena M - Singing, Grade 4 (pass)  
Nicole T - Violin, Grade 3 (merit)

### YEAR 10

Riya V - Piano, Grade 1 (pass)  
Charlize B - Singing, Grade 3 (merit)  
Bethan M - Oboe, Grade 4 (pass)  
Kate N - Singing, Grade (pass)  
Carys P - Flute, Grade 7 (pass)  
Ciara F - Piano, Grade 2 (pass)  
Sophie K - Piano, Grade 5 (pass)  
Ellie W - Violin, Grade 4 (pass)  
Amelia B - Singing, Grade 6 (distinction)  
Ria P - Singing, Grade 5 (pass)

### YEAR 11

Imaan S - Alto Sax, Grade 6 (merit)  
Emma C - Singing, Grade 6 (merit)  
Harlie C - Singing, Grade 4 (pass)  
Kajelaa J - Theory, Grade 5 (pass)  
Isabelle S - Singing, Grade 7 (merit)  
Ishanya B - Singing, Grade 5 (pass)  
Amelie C - Cello, Grade 8 (distinction)  
Meg J - Alto Sax, Grade 5 (merit)  
Eleanor M - Piano, Grade 4 (pass)  
Eleanor M - Alto Sax, Grade 4 (pass)  
Kaashvi T - Theory, Grade 5 (pass)  
Kaashvi T - Flute, Grade 5 (merit)  
Caitlin A - Singing, Grade 6 (merit)

### LOWER SIXTH

Freya C - Singing, Grade 5 (distinction)  
Natalia C - Cornet, Grade 7 (merit)  
Sarah B - Piano, Grade 6 (distinction)  
Niamh M - Singing, Grade 8 (merit)  
Natalie N - Flute, Grade 8 (distinction)

### SENIOR SIXTH

Tess O'D - Singing, Grade 8 (distinction)





# ART

A SELECTION OF OUR BEST ARTWORKS FROM JANUARY 2021

BEA - SENIOR SIXTH



BETHANY - SENIOR SIXTH

SERENNA - YEAR 9



MILLY - YEAR 11



ELIZABETH - YEAR 10



# DESIGN TECHNOLOGY

## A ROUND UP OF THE LATEST FROM DESIGN TECHNOLOGY



## FOOD TECHNOLOGY

### FOOD TECHNOLOGY AT HOME.

Students in Years 7 and 8 have been practising their chopping, dicing and slicing skills over the last couple of weeks for Food Technology at home designing delicious fruit salads (Year 7) and low sugar cookies (Year 8) recipes before making them at home. The photographs coming in are mouth watering and we want to celebrate each student bringing their own creative flair and tastes into their personalised recipe. See page 2 of the newsletter for the cookie recipe, you would not believe how little sugar is used when you taste them!

### READY STEADY PAELLA – WINNERS AND RUNNERS UP!

On 14 January Year 8 students attended a special award assembly via Teams with Miss Blackman to find out who had won the prizes for the best paella design and practical outcome and best and most accurate use of Spanish in each teaching group. The winners and runners up are listed below, the winners received an e-certificate and 10 achievement points, then when we return to school, they will also receive a Spanish cookery book. The runners up also received an e-certificate and 5 achievement points. Both the Technology and Spanish departments look forward to running this project for years to come.

#### BEST PAELLA DESIGN AND PRACTICAL OUTCOME

Charlie B (winner) and Olivia C (runner-up) 8Z; Mia D (winner) and Ella B (runner-up) 8Y; Natalie C (winner) and Himaani J (runner-up) 8X; Izzy G (winner) and Abbie C (runner-up) 8W.

#### BEST AND MOST ACCURATE USE OF SPANISH

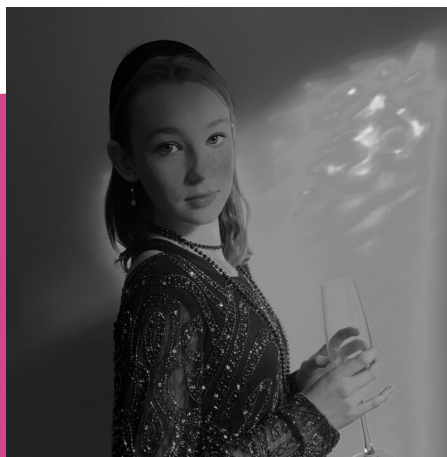
Bella C (winner) and Amelia P (runner-up) 8Z; Gargi R (winner) and Ella M (runner-up) 8Y; Eden S (winner) and Fiona L (runner-up) 8X; Sophia D (winner) and Una H (runner-up) 8W.



# DRAMA

## TREADING THE BOARDS AT SWPS

ROSANNA S - YEAR 9



DARCY B - YEAR 8



SOPHIA L & EDEN S - YEAR 8

### KEY STAGE 3 – THEATRE DESIGNS AND MODEL MAKING

It has been wonderful to see how creative our drama students in Years 7-9 have been since lockdown began. They have been looking at theatre design and focusing on set, costume and prop making at home. We have seen some brilliant, original ideas for well-known productions such as Hamilton, Matilda, Les Miserables and A Midsummer Night's Dream. Our resourceful students have been using materials from the garden, recycled packaging and fabric to create these pieces.

### GCSE AND A LEVEL

Our exam classes have shown terrific resilience during the last few weeks and we have been so impressed with how quickly they have adapted to online learning. Year 10 have been script writing using Google docs and Year 11 are choosing their monologues for their final piece of coursework. Our Senior Sixth students are completing work on their adaptation of 'Alice in Wonderland' and the Lower Sixth have been performing scenes from 'Our Country's Good' remotely with costumes and props found around the house.

### SPEECH AND DRAMA

Miss Downey and Miss Geeves have been continuing to meet with their Speech and Drama students online with great success. Miss Downey said that the energy and enthusiasm from her students lifts her spirits each week.

### WORKSHOPS

We are in the process of liaising with the Paper Birds and Stage-ed theatre companies to adapt our planned workshops to online, interactive sessions and will be updating you all with more news on this in the next couple of weeks.

**STAGE-ed**



The Paper Birds

# DRAMA

## TREADING THE BOARDS AT SWPS



### 'ACTING THROUGH SONG' WORKSHOP - LIZZIE BEA, HAIRSPRAY

This term we have hosted a workshop with musical theatre star, Lizzie Bea. Lizzie is currently appearing in 'Hairspray' with Michael Ball, which will hopefully open in theatres later this year! Lizzie worked with some of our Year 9 students over zoom. With Lizzie's guidance, each student performed a musical theatre song of their choice. The students learnt different techniques on how to improve their acting skills through performance. Students overcame their nerves to give a wonderful musical theatre performance from a variety of different musicals. It will be great to see the students put their new skills into action for future performances at SWPS.

### DRAMA CLUB

Write a short duologue (scene between two people) around the theme of 'the environment'. Make sure to decide on your characters before you start writing. Are they friends, colleagues, family members? Your script could be between two researchers in Antarctica who are studying the effects of global warming? Or maybe it could be between two friends having an argument over a cotton bud? Scripts should be no longer than two pages of A4. Send completed scripts to [drama@swps.org.uk](mailto:drama@swps.org.uk).

### DVEC

Write an introduction to a horror film. Create your film script with no budget restrictions. Think about setting, characters and an idea of how this can be shot. For example, "ELS (Extreme long shot) of a figure moving slowly through a foggy forest. Camera cuts to CU (Close up) of the back of a hooded head with SFX of heavy breathing". The script can involve a mixture of dialogue and description depending on what you require to tell the story. Write only the first two pages of the script. Send completed scripts to [drama@swps.org.uk](mailto:drama@swps.org.uk).

### PUPPET CLUB

Choose an object from your house to bring to life through puppetry. The more everyday the item the better. Write an internal monologue for that puppet. Who could this character be and what could they be thinking? Maybe you have a stapler that feels unappreciated in everyday life? The more comical the better! Write no more than one side of A4 and send completed scripts to [drama@swps.org.uk](mailto:drama@swps.org.uk).



# SPORT

## PHYSICAL EXERCISE AND SPORTING ACTIVITY AT SWPS



It has been a busy start to term in the PE Department. We appreciate that exercising at home can be challenging and are working hard to keep everyone active, especially with the cold weather and dark January nights. We are delighted to see how well the students are engaging with remote learning for PE and we look forward to introducing weekly PE challenges.

### PE CHALLENGES.

The PE Department will be setting weekly challenges for students to engage and compete with each other and SWPS staff members. Further details will follow and will be shared via SWPSSport and SWPSOfficial on Twitter, winning entries will be announced by Mr Muller in assemblies. We thought you might like a sneak preview of what we have been getting up to this week (guess the secret plankers at the top of the page!). Get ready to start the first challenge on Monday 25 January!

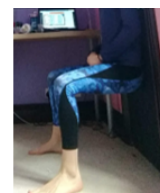
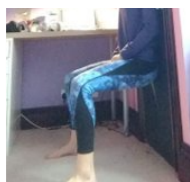
### KEY STAGE 3 PE

Year 7-9 students have been focusing on a variety of fitness tasks within their PE lessons:

- **Famous Landmarks Stair Climb Challenge** – the students aimed to climb the equivalent of five famous English landmarks in one week.
- **Tin Can Work-out** – Miss Potts designed a workout using two tin cans, showing just how easy it is to adapt to exercising at home.
- **Alphabet Fitness** – The students had to create their workout using the letters of their name. Each letter corresponded to a different exercise. There were some great posters submitted as well as some timelapse videos. (See next page for pictures.)

# SPORT

## PHYSICAL EXERCISE AND SPORTING ACTIVITY AT SWPS



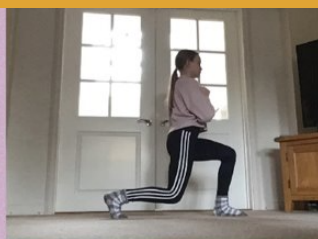
E

M

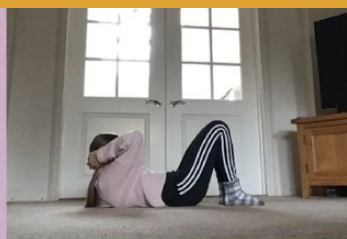
I

L

Y



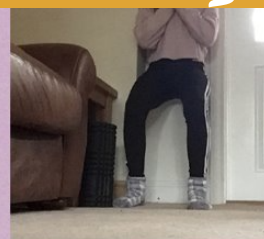
I



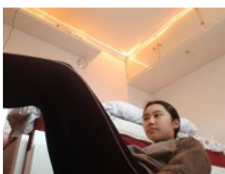
S



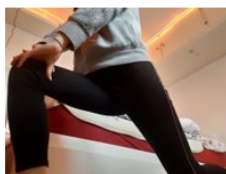
S



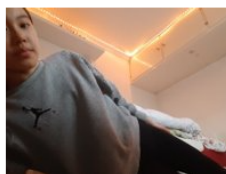
Y



S



i



n



a



i

### KEY STAGE 4/5 PE

Students in Years 10 - 13 have been tasked with completing RED January - a challenge to get active every day. This supports the research that states that physical activity can have a positive impact on an individual's mental health. There are a variety of work out ideas on Firefly for the students to access as well as live lessons being offered. Live sessions in HIIT and Pilates are on offer as well as an opportunity for students to receive training advice related to their training needs.

### CO-CURRICULAR CLUBS

We are running a weekly netball and hockey co-curricular club for students to attend remotely. Mr O'Connell and Miss Foxley are on hand to offer training advice, set challenges and support students engaging with sport from home. Details relating to the clubs been communicated directly with the students via Firefly.

To further support training from home, students can access weekly hockey and netball fitness/skills circuits via Firefly. SWPS staff have specifically designed these for the students and we hope that the students enjoy them as much as the staff had filming them!



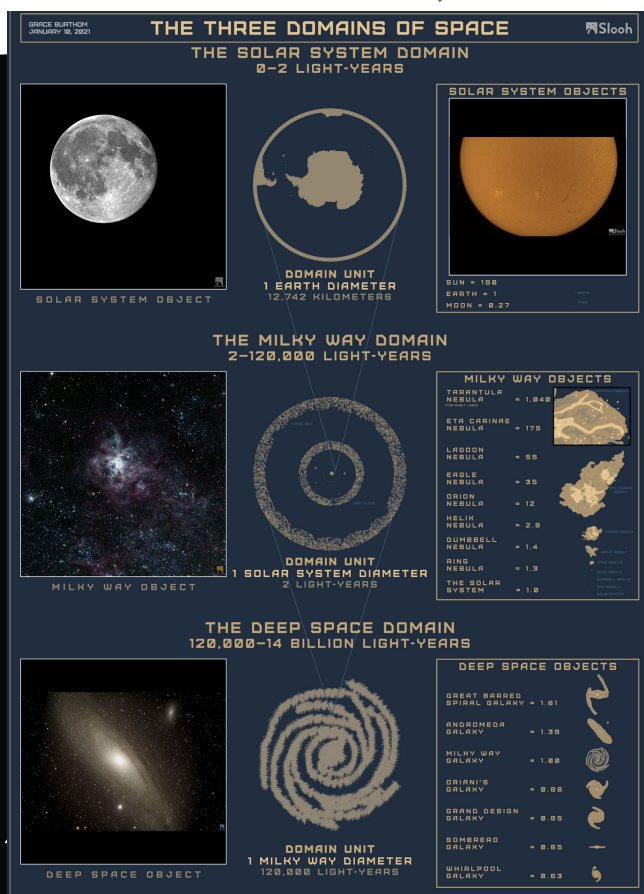
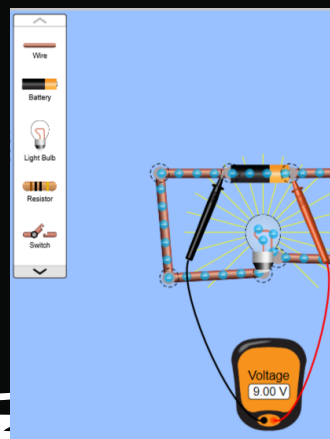
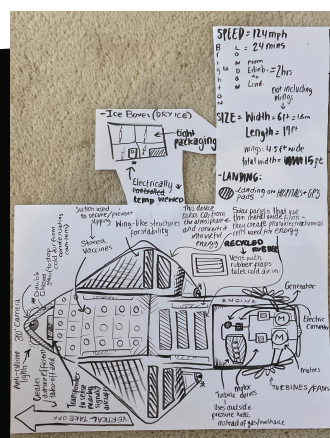
**Join me this January  
in being active every day,  
to 'beat the blues away'.**



Sign up for FREE at [redtogether.co.uk](https://redtogether.co.uk)  
#REDJanuary2021



## SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS AT SWPS



Medics, Dentists and Vets (MDV) Society has continued in earnest this term, albeit remotely. Prospective medics watched an informative talk from Cardiac Scientist Dr Tim Husselbury on his studies and career in medicine, and engaged in a thought provoking workshop on the ethics of Advance Directives by our Head, Mr Muller.

Further talks on Parasites in Medicine, and the Life of a Medical Student and Junior Doctor, by Dr Masri and Dr Sophie King are also scheduled for the coming weeks. An overview of MDV Society was presented as part of the Life Beyond SWPS Sixth Form parents information event.

Our Year 8 Chemists performed Chromatography at home as part of their topic on Separation Techniques. Using only household items, they were able to expertly demonstrate how water could separate different solutes in everyday pen inks.

Over in Physics, Year 8 have been using interactive virtual circuit simulations to investigate current and potential difference as part of their Electricity topic.

Students in Years 7-9 have been engaging with events shared in the Science Enrichment Club on Teams. Budding astronomer, Grace B in 9Y has been using a remotely operated telescope on the Canary Islands to photograph the Great Conjunction and the moons of Uranus, professionally producing the poster above.

Sofia L in 8W independently participated in a remote event by STEMettes to design a drone to distribute Covid-19 vaccinations, making ingenious use of carbon dioxide capture to cool the sensitive cargo. Please see the Science Enrichment Team or enquire to Dr Limburn for more weekly activities, events and resources.



## **ACADEMIC AMBITION SEMINAR SERIES**

Our Academic Ambition seminars, held after school, are designed to inform, provoke, stretch and challenge our intellectually advanced students. Structured similarly to University seminars, these sessions are intellectually demanding, but also fascinating and exciting, and we hope that students leave the sessions inspired to read and think more deeply.

### **SPRING 2021 SEMINARS**

Wednesday 20 January	To kill or let die: what is the difference?
Tuesday 26 January	Alienation, hegemony and false consciousness
Monday 1 February	Bleak House
Thursday 25 February	The challenges facing the next US president
Tuesday 2 March	The survival lottery - is it fair?
Monday 15 March	Life's priorities