

SIR WILLIAM PERKINS'S SCHOOL NEWS

BUILDING CONFIDENCE, INTEGRITY & EXCELLENCE

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THOUGHT FOR THE WEEK - TAKE IT OFFLINE

MR CC MULLER, HEAD



Well, we made it to Half-Term! It has been a tough, long and difficult journey but our brilliant students and staff have been able to maintain excellent lessons combined with a range of wider

activities to boost morale and keep everyone healthy.

It may be that we are able to be together again physically in the coming weeks, and that life may return to some sort of normality, as the vaccine is more widely distributed and its effects kick in. There is a new sense of optimism

In the many meetings that I have attended this week, some with external bodies, a nagging, persistent question has continued to prod my inner consciousness. In discussing education during this time, how often do we focus on the experience of the student, day in day out? How tiring is being online?

Can we keep our capacity for wonder and curiosity in front of a computer? Does the routine of each and every day feel similar?

It is no secret to point out that this time spent on screen, computer, laptop, ipad, TV and iphone, all begins to add up. And it is also of little surprise to anyone that the increasing amount of time we are currently spending fixed fast in a sedentary position is likely to have a negative impact on our health, both physical and mental.

Let start with the physical: sitting down for much of the day leads to lower fitness. So our students need to be active; this is not an optional extra, but an essential part of the day. A regular daily walk will work wonders.

Sleeping badly? there is research to suggest that the more screen time teenagers have during the day, the greater trouble they will have falling asleep. Sleep deficit is a problem and leads to feeling constantly tired and

less effective learning. Reduced screen time increases sleep time.

Communication? It is often argued that more time online begins to reduce our ability to communicate effectively with each other. The social skills that we develop as young people by being with our friends and colleagues is an essential part of our growing up. Learning how to interact with others online does not develop the skills to do so effectively physically. More time spent in the company of others helps.

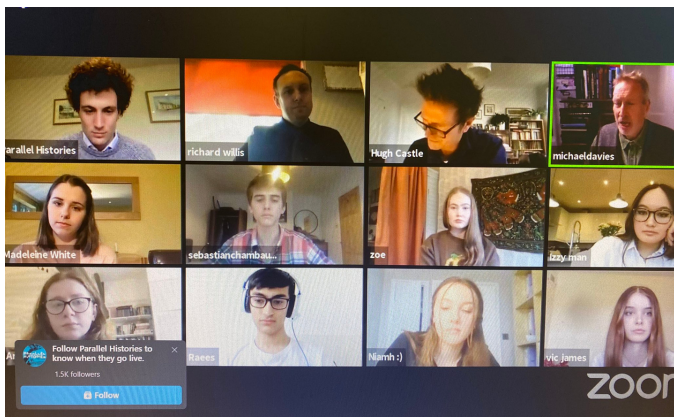
And finally can we really multi-task? Screen time often requires multi-tasking. In fact, we compensate the division of focus by not concentrating on one thing only or fully. If the screen is to be used, then focus just on that. One thing at a time is a good policy.

So why the restatement of what is probably very obvious just as we enter Half-Term? Simply put, to reassert the need and opportunity that the students have in this forthcoming week to take time away from the screen, to go out and get some exercise and fresh air and to enjoy the small pleasure of taking time to be with their loved ones offline.

NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

PARALLEL HISTORIES DEBATE ISRAEL/PALESTINE CONFLICT



Four intrepid Year 12 Historians participated in an hour long live digital debate on two subjects on Wednesday – The praiseworthiness of the Balfour Declaration and the issue of the 1948 Nakba, two central questions in the decades long Arab/ Israeli conflict.

Victoria James, Izzy Man, Niamh Moynihan and Madeleine White each gave two speeches and then powerfully argued their cases in gladiatorial style against students from Royal Lancaster Grammar School. They were extremely knowledgeable and tenacious in their delivery, winning praise from the chair of the debate. They have now also received over 450 views of the debate, as it was streamed on Facebook! It was extremely impressive to see them grapple with such a contentious issue. We would very much like to thank Parallel Histories for organising this event and we look forward to future debates after Half-Term.



SAFER INTERNET DAY

Over the week surrounding Safer Internet Day, students from Years 7-10 learned about how to behave online in a trustworthy way and navigate the internet safely. As part of the event, SWPS students joined with other students from around the country in a bid to be part of a Guinness World Record – the Most Number of Pledges for an Internet Safety Campaign in 24 hours. As part of the attempt students made pledges about how they would help build 'An Internet We Trust'. Our attempt is currently being verified with Guinness World Records!

HISTORY & POLITICS SOCIETY MUNIRA WILSON MP



Munira Wilson MP was the latest guest for the SWPS History and Politics Society this week on Zoom attended by a mix of parents, students and teachers.

As a first time MP (elected in the snap election of December 2019) her story was fascinating; how she first gained an interest in politics, progressed through many stages of local and assembly elections to finally secure the Twickenham seat for the Liberal Democrats.

One message that emerged from her talk was if you are unhappy about something, do something about it! Munira recalled a friend at university challenging her 'to get off her backside and do something about it' and that set her down a political career path. She also spoke eloquently and passionately in regard to the issues surrounding mental health in young people and her message resonated with the audience.

It was another fabulous talk organised by Izzy Man in Year 12 who showed the sort of spirit Munira highlighted. We thank Munira Wilson MP for her valuable time, demonstrated by her having to depart for various Parliamentary votes!

LONDON YOUNG MUSICIAN

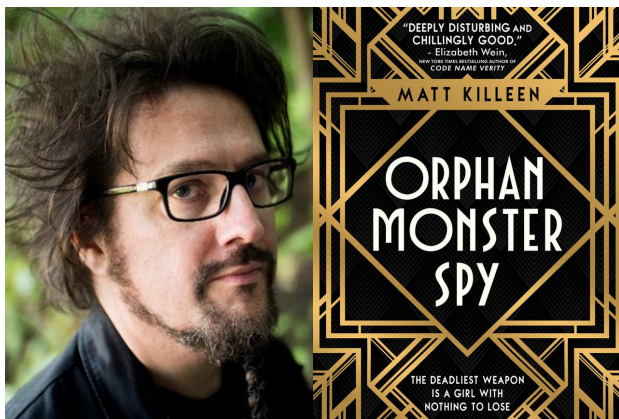
Grace B 9M entered the London Young Musician competition and was awarded Silver in the category Young Artist (age 15 & under). She played the 1st movement of the Beethoven Piano Sonata in E.



NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

AUTHOR VISIT: MATT KILLEEN ORPHAN MONSTER SPY



This Tuesday the Library hosted a virtual author's visit. Matt Killeen, the author of the bestselling book "Orphan Monster Spy" and its sequel - "Devil Darling Spy", talked to our students in years 9 & 10 about heroes in fiction and in reality, the resistance, and about his inspiration for writing books set during World War Two.

The talk was followed by a writing workshop, which analysed the great literary beginnings and famous first lines in order to inspire students to write their own opening to a story.

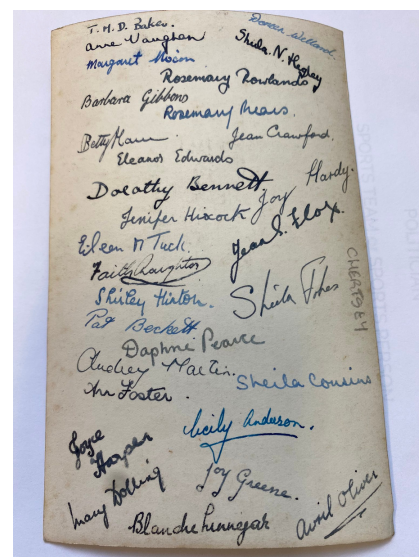
Matt was very complimentary about the quality of opening lines presented by the students and encouraged them to work on them further. His advice was to write as much as possible, practicing the skill of storytelling and read widely, to establish a baseline of writing quality to measure yourselves against.

MEMORIES OF SWPS CLASS OF 1950



This week we were fortunate enough to receive a photograph of SWPS students estimated to have been taken between 1948 and 1952.

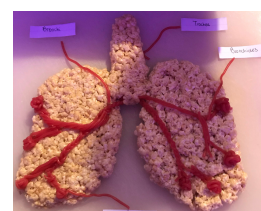
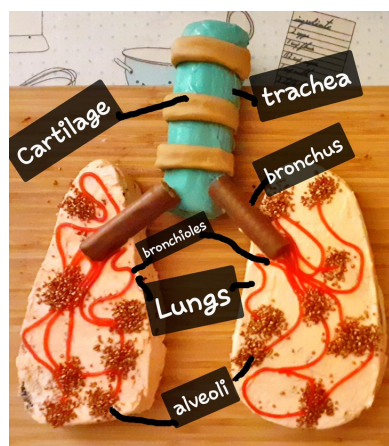
Do you recognise any of the students featured in the photograph? If you do, or if you have your own memories to share, why not drop us a line? We would love to hear from you.



RESPIRATORY SYSTEM - BIOLOGY

Our Year 8 Biology students have been making edible models of the respiratory system... creative, scientific and delicious!

Students used lots of different methods to make their models including time lapse videos creating the respiratory system out of various materials, including clay, sweets, leaves and ivy!



IN THE KITCHEN WITH SWPS



Carrots

ORIGINALLY, WILD CARROTS WERE WHITISH IN COLOUR AND WERE A FAVOURITE AT THE DINING TABLES OF ANCIENT GREEKS AND ROMANS



ROASTED CARROT SOUP Serves 4

Recipe

INGREDIENTS

1kg carrots
3 tablespoons extra-virgin olive oil, divided
 $\frac{3}{4}$ teaspoon fine sea salt, divided, to taste
100g onion, chopped
2 cloves garlic, pressed
 $\frac{1}{2}$ teaspoon ground coriander
 $\frac{1}{4}$ teaspoon ground cumin
4 cups vegetable broth (or water)
Freshly ground black pepper
20g Freshly coriander

METHOD

1. Preheat the oven to 200°C. Line a baking sheet with parchment paper. Top and tail the carrots and dice them up. Place the carrots on the baking sheet. Add 2 tablespoons olive oil and $\frac{1}{2}$ teaspoon of the salt. Toss until the carrots are lightly coated in oil and seasonings. Arrange them in a single layer.
2. Roast the carrots until they're caramelized on the edges and easily pierced through by a fork, 25 to 40 minutes, tossing halfway.
3. Once the carrots are almost done roasting, in a sauce pan, warm the remaining olive oil over medium heat and add the sliced onions and $\frac{1}{4}$ teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent.
4. Add the garlic, coriander and cumin. Cook until fragrant while stirring constantly about 30 seconds to 1 minute. Pour in the vegetable broth and water, while scraping up any browned bits on the bottom with a sturdy silicone spatula.
5. Add the roasted carrots to the pot. Bring the mixture to a boil over high heat, then reduce the heat as necessary to maintain a gentle simmer. Cook for 15 minutes, to give the flavours time to infuse.
6. Once the soup is done cooking, remove the pot from the heat and let it cool. Then, carefully transfer to a blender, working in batches if necessary.
7. Season to taste and serve with some fresh chopped coriander.



SEASONAL COLESLAW Serves 6

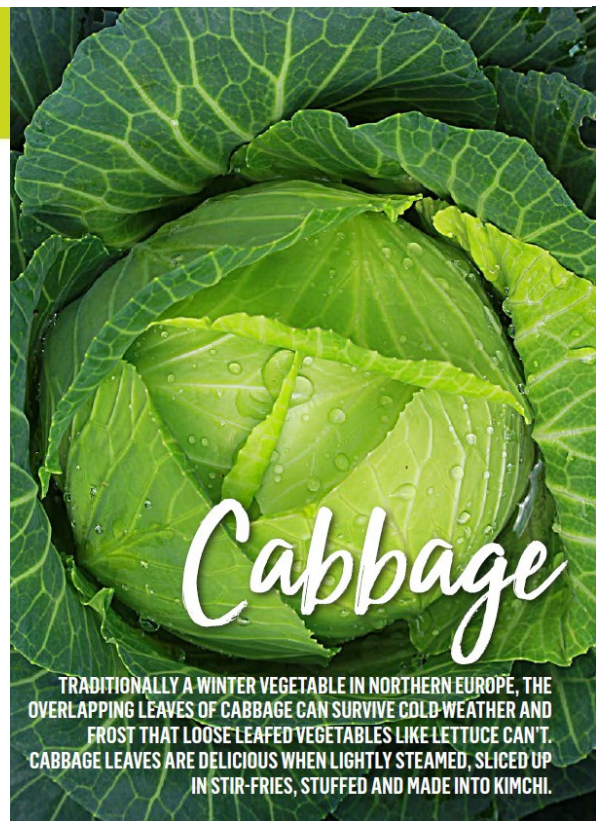
Recipe

INGREDIENTS

300g white cabbage
150g savoy cabbage
1 small red onion, peeled
3 carrots, peeled
juice of 1 lemon
100g light mayonnaise
1 heaped tsp English mustard

METHOD

1. Remove the core and slice the cabbage as finely as possible or slice using a food processor. Then slice the onion in the same way and mix with the cabbage in a large bowl.
2. Grate the carrots. add to the bowl along with the chopped parsley, a few dollops of mayonnaise and the mustard.
3. You can adjust the quantities of lemon juice and mayonnaise to how you like it. We just added the juice from one lemon and a few good dollops of mayonnaise. Season to taste, toss together and serve.



Cabbage

TRADITIONALLY A WINTER VEGETABLE IN NORTHERN EUROPE, THE OVERLAPPING LEAVES OF CABBAGE CAN SURVIVE COLD WEATHER AND FROST THAT LOOSE LEAFED VEGETABLES LIKE LETTUCE CAN'T. CABBAGE LEAVES ARE DELICIOUS WHEN LIGHTLY STEAMED, SLICED UP IN STIR-FRIES, STUFFED AND MADE INTO KIMCHI.

ART

A SELECTION OF OUR BEST ARTWORKS FROM FEBRUARY 2021

MAEVE - YEAR 11

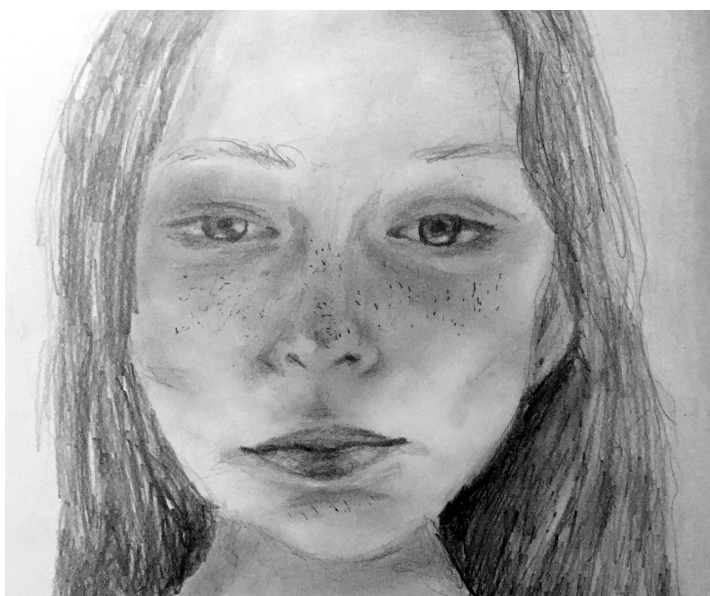


ANNABEL - YEAR 13



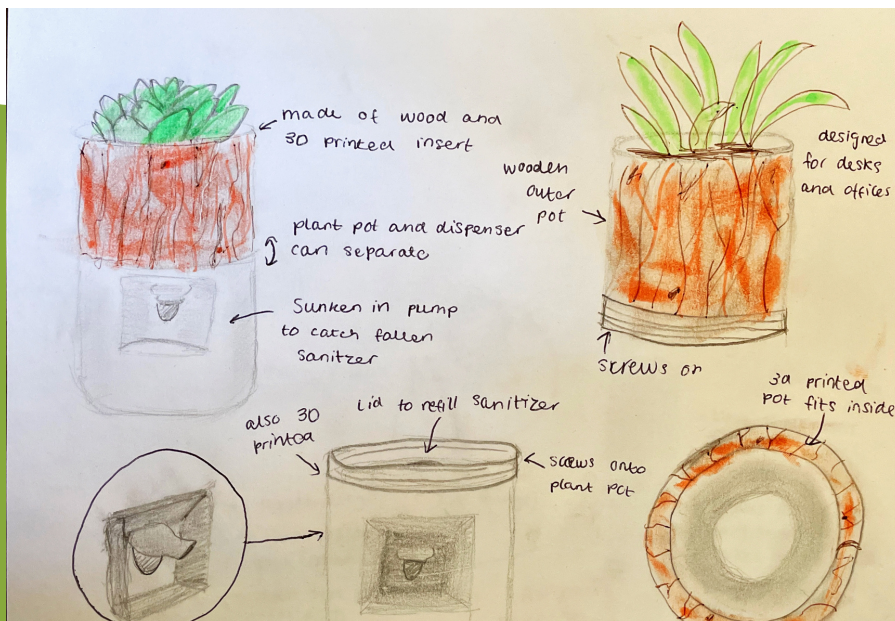
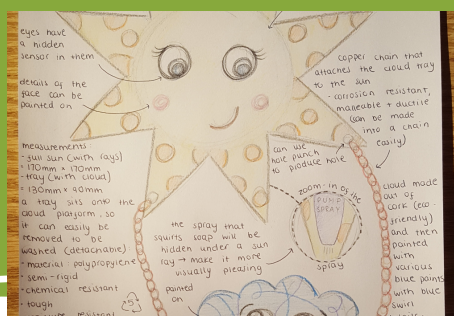
SIONA - YEAR 10

ELLA - YEAR 8



IZZY - YEAR 12

A ROUND UP OF THE LATEST FROM DESIGN TECHNOLOGY



YEAR 10 DESIGNING TO PREVENT THE SPREAD OF COVID-19

PRODUCT DESIGN

TEXTILES

Textiles students looked at disposable face masks and the environmental problems they have created and then used templates and found recycled materials to design and make their own reusable face mask to keep them safe.



DRAMA

TREADING THE BOARDS AT SWPS



KEY STAGE 3 – MOVIE SCENE REMAKES

Students in years 7-9 have had fun recreating scenes from famous films and we have loved seeing their photos in the last couple of weeks. Some of our favorites involved pets, family members and incredible home-made props! Prizes are on their way for the winning entry from each group. See how many you recognise!



GCSE AND A LEVEL

Our students in Key stage 4 and 5 continue to work with enthusiasm and dedication. The exam classes are well on the way with learning their monologues for the practical assessment and it has been challenging, but exciting to rehearse such a variety of scenes in our remote lessons.

SPEECH AND DRAMA

We wish our Speech and Drama students the very best of luck for their exams later this month. They have worked so hard and Mrs Downey and Miss Geeves are very proud of them. online, interactive sessions and will be updating you all with more news on this in the next couple of weeks.

WORKSHOPS

We are looking forward to hosting the team from 'Stage-ed' after half term. They will be bringing the play 'Blood Brothers' to life for Year 10 in March. The workshop is run by cast members from the West End and touring production of the show so it will be a great opportunity to ask lots of questions and find out all the back stage secrets.

STAGE-ed

DRAMA

TREADING THE BOARDS AT SWPS

DRAMA CLUB

This week we will be working on virtual duologues. Using an app such as Zoom I would like you to perform and record a short scene with a friend online. You can improvise a scene together, write your own script or use a text of your choice. If you would like some text choices then please email drama@swps.org.uk. Please also email over any completed recording of your performances.

DVEC

Seeing as we have had lots of lovely snow recently, I would like you to experiment with some filming outdoors! Maybe you could create a time-lapse of the sun setting? Or capture your areas natural beauty? When filming outside you need to be aware of the ever changing natural light and how this affects your shot. However, you can also use this to your advantage! You can shoot and edit on your mobile using apps such as iMovie. Email drama@swps.org.uk if you need further help and please send over any completed footage.

PUPPET CLUB

I would like you to create a 1/2 minute puppetry performance using an everyday object from round the house. Some of you wrote some wonderful monologues in the last puppet club. You can use the scripts you have previously written or create something new. Use your mobile to film the performance and send over a copy to drama@swps.org.uk.

STEM

SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS AT SWPS

WHO SAID THAT?!

"Nothing in life is to be feared, it is only to be understood"

Who said it and what do you think they meant? How would this apply to your studies?

Where off Earth?

Where is this picture? Why is this place currently in the news? How does it relate to your science studies?

Pick the Lock

Unscramble the letters in the anagram below to reveal a scientific key word. (8,4)

MEND LOB CHICA

Answers or comments to Dr Limburn for achievement points.



UN INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

Thursday 11 February was the UN International Day of Women and Girls in Science, celebrating the theme of Women Scientists at the forefront of the fight against COVID-19. To take part, students are invited to submit posters or postcards celebrating a woman or girl in science who has contributed

STEM

SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS AT SWPS



YEAR 9 IONIC STRUCTURES

Year 9 have been studying ionic bonding in Chemistry over the last few weeks. Congratulations to Heather Y and Amelie H who showed a particular attraction to the topic and decided to create homemade giant ionic lattice models.

GRACE B ASTRONOMY

Our amateur astronomer Grace B in Year 9 has been speculating about our solitude in the universe by researching the Drake equation. She applied it to her own star field image taken in the Canary Islands via Slooh, to predict the existence of 262 habitable planets in that image alone. "Do you think we are alone?", she asks.

YEAR 10 CRUDE OIL COMIC STRIPS

Year 10 Chemists have been writing rather crude comics as part of their GCSE topic on Hydrocarbons. The comic strip by Ria P above artistically illustrates the journey of crude oil, from prehistoric crustaceans to plastic containers.

YEAR 10 ELECTROMAGNETIC SPECTRUM

Year 10 Science students haven't let distance learning overshadow their progress in Physics. They collaborated effectively in Teams breakout rooms to produce brilliant presentations on the forms of radiation in the electromagnetic spectrum.

YEAR 12 MDV

Prospective medics, dentists and vets in Lower Sixth have continued their post-sixth form preparations with a remote talk on life as a medical student and junior doctor from speaker Dr Sophie King, and a workshop by Mrs O'Connor, providing a framework with which to consider thought-provoking ethical dilemmas.

SENIOR SIXTH

Our Senior Sixth A Level students challenged themselves to apply their Chemistry knowledge to solve real-world problems by participating in the Royal Society of Chemistry's UK Chemistry Olympiad. Congratulations to Eloise D, Emma Q, Ria K, Abigail A, Tilly O, Madeline J, Amber D and Natalie C for taking part.

SPORT

STEPPING UP TO THE CHALLENGE



We know that exercising at home can be challenging and are working hard to keep everyone active, especially with the cold weather. We are delighted to see how well the students are engaging with our weekly PE challenges! Our postbox and planking challenges being particularly successful! We've sent home lots of new challenges for over half-term - our Valentine's Day challenge, Captain Tom challenge and board game challenges! Stay active and try and give yourself a break from screen-time where you can!

SPORT

STEPPING UP TO THE CHALLENGE



The Valentine's Day Challenge.

During half term we are encouraging families to participate in the Valentine's Day Challenge. Use your creativity to exercise in the shape of an item linked to Valentine's Day e.g. heart, rose, cupid! Track your exercise using a GPS tracker and screen shot your creation. If you are feeling extra creative, attempt to spell out a word using the local roads for your route e.g. LOVE.

Top Tip: Apps such as 'mapmyrun' and 'strava' are great for this kind of challenge.

We would love to see how you all get on with the challenge. Please upload your photos to Twitter and tag @SWPSSport and @SWPSOfficial. You can also enter by emailing your entries to Apotts@swps.org.uk.



PACK OF CARDS

- You will need 1 standard pack of playing cards
- Shuffle them randomly
- Turn over the first card and complete the exercise that correlates with the suit
- You must complete the number that is on the card
- Eg. 5 of hearts would be 5 high knees.
- Picture cards are worth 10!

Suit	Exercise
Heart	High knees
Diamonds	Mountain climbers
Clubs	Sit ups
Spades	Star jumps

Try and get through the whole pack!
Good luck from SWPS PE! ©

MONOPOLY

RULES:

- As a team, roll the dice and move that number of spaces around the monopoly board
- All team members MUST complete the task which you land on
- Choose an appropriate level of difficulty for each of the tasks you land on. Each player in your team does not have to complete the same level of difficulty
- Collect £200 for your team each time you pass 'GO'

Community Chest – Pick up a community chest card and time your rest period with the stopwatch provided

Chance – Pick up a chance card and complete the task before returning to the game

Jail – If you find yourself in jail, you must escape by each player in your team completing 10 burpees

Remember to collect £200 for your team every time you pass 'GO'

HEADS OR TAILS

Complete each exercise for 45 seconds and get through all 10 rounds

HEADS	TAILS
PRESS UP ON FEET	PRESS UP ON KNEES
BURPEE	LUNGES
SPIDERMAN PLANK	PLANK ON HANDS
MOUNTAIN CLIMBERS	RUNNING ON THE SPOT
FLUTTER KICKS	CRUNCHES
JUMP SQUATS	SQUATS
STAR JUMP	JUMPING JACK
SQUAT PULSES	WALL SIT
INCH WORMS	BEAR CRAWL
ICE SKATERS	SIDE LUNGE

PLAY AGAINST SOMEONE ELSE, FLIP A COIN TO SEE WHETHER YOU GET AN EASIER (TAILS) OR HARDER (HEADS) EXERCISE!

GOOD LUCK! FROM SWPS PE ©

CONNECT 4 FITNESS

Rules:

- Take it in turns and choose an exercise on the grid where you would like to put a counter.
- You must start with an exercise on the **bottom row** and then can only place a counter on **top of another counter**.
- After the exercise is completed, drag your **colour** counter from the side and put it on the exercise you have just completed, (If you are using a paper copy, use whatever you like as a counters).
- If you fail to complete the exercise, your opponent can "steal" it off you.
- The first player to get 4 in a row, wins!

This is a great social activity.
You can challenge one other person or work in pairs.

GOOD LUCK! FROM SWPS PE ©