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A MESSAGE FOR EASTER – A SPE IN SPEM (FROM HOPE TO HOPE)

MR CC MULLER, HEAD



I am frequently asked about the SWPS motto. It is not the case that people want a translation from Latin to English. In fact, they often know what it says – a translation does not require a huge amount of Latin. Rather people don't know what it means. Generations of alumnae will look askance when asked about their school motto: what does from hope to hope actually signify?

I will readily admit that from hope to hope is a difficult and somewhat obscure motto. After all, mottos tend to be logos by which we can construct a narrative to live our lives more morally and more successfully. A signpost rather than a weathervane – mottos are solid and secure regardless of the winds of fashion or favour. So how does from hope to hope work in providing us with a guide to education, or even for life?

Let's take the word hope. Many of our most important and significant activities are peppered with hope.

We spend a huge proportion of our lives thinking about our mortality, crafting a hope for something that eludes us. Often that hope is something we cannot articulate and cannot easily discern. To put into words what we hope for is something that can be frequently beyond the power of our language. This seems to me to be a permanent feature of our lives. In speaking of hope we are trying to come up with a name for something that we actually cannot see coming.

Someone once said to me that life is more like jogging than driving to work. That is to say the joy is in the journeying not getting to the destination. And this is what it means to hope. Hope belongs to the world and it is something we long for. Hope is a fundamental part of our state in the world and our hope

in the future lies in the promise of the world.

Because we dare to hope in our future. We move from hope to hope in our lives. A life without hope is a life where we have lost faith in the future. In fact, a hopeless life is a joyless life. It is not living at all.

Daring to hope is part of enlightenment. It is a vision for the now and for the future. It is based on the promise of education. By being in the state from hope to hope we have hope in the understanding of a fact, in the learning of a language and in the smile of a friend; and we dare to return to that understanding, to that language and to that smile against the dark skies of difficulty and distress.

Our lives are branded with radical uncertainty. Every step we take is one in which we cannot be certain is correct. Underpinning everything we do is a sense of hope. Hope recognises that things are unstable...

CONTINUED ON P6

NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

THE FEEL GOOD FACTOR

WELLBEING WEEK AT SWPS



This last week of term has seen Wellbeing Week at SWPS and students and staff alike have been taking part in a range of activities that give them the 'Feel Good Factor'.

Sessions have included:

- sharing book recommendations that make us feel good,
- completing Easter Egg Sudoku puzzles and treasure hunts,
- learning to solo Salsa dance,
- making masks, painting easter eggs, printmaking and wellbeing colouring,
- Die Osterhasenolympiade (the Easter Bunny Olympics),
- discovering the chemistry of love and the role of communities.

These are just some of the fantastic feel-good happenings to get us ready for the Easter holidays!

DECOLONISING THE CURRICULUM

SIXTH FORM LIFE SKILLS

This week we welcomed Professor Richard Harris from the University of Reading (via Zoom) to SWPS. Our Sixth Formers enjoyed a thought provoking session on 'Decolonising the Curriculum' during their weekly Life Skills session.

Professor Harris challenged assumptions and stereotypes. It stirred plenty of discussion about the critical issue of what we should be studying in our curriculum across a number of subjects and encouraged our students to be global citizens.

We thank Professor Harris and we are sure this debate will continue.

PARALLEL HISTORIES DEBATE

IRELAND / NORTHERN IRELAND



Izzy, Niamh, Mara and Maddie from the Lower Sixth participated in Parallel Histories' debate on the troubles in Ireland against Wren Academy this week, a topic that proved to be as contentious as their last debate on the Arab-Israeli Conflict.

All four participants excelled in debates claiming the British were the root cause of issues in Ireland and over the Partition of Ireland in 1921. In a topic that was particularly close to the hearts and Irish roots of Maddie and Niamh, it was great to see our students demonstrate their confidence in this very competitive environment.

Mara, in her first participation in these debates, drew great praise in her feedback from the organisers, whilst Izzy, Niamh and Maddie were all commended on their improvement since the first debate. It was particularly great to see the students think on their feet more spontaneously and challenge their opponents with conviction. They are certainly becoming a formidable team of researchers and debaters.



Parallel Histories

We've had our first debate about The Troubles - Should Britain be praised or blamed for the Partition of Ireland? The excellent debaters from Sir William Perkins's School (SWPS) and @Wren Academy Finchley prepared by their teachers Richard Willis and Stephen Donoho were brilliant and it was great to see happy students back in school.

NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

TRAINING DAY

DUKE OF EDINBURGH BRONZE AWARD



On Saturday 13 March, 75 Year 9 students were the first of this year's cohorts to start their Duke of Edinburgh training.

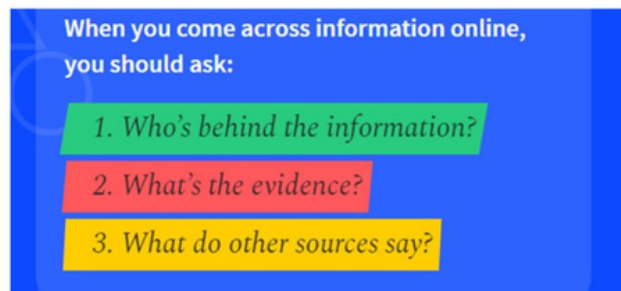
The group should have been walking in the Surrey hills on this date, however due to covid restrictions plans changed and the students took part in outdoor first-aid training instead. They also learned how to safely use a camping stove and took basic instruction on the art of navigation with a compass.

The day proved to be a great success, with a steep learning curve but lots of smiling faces despite the cold and breezy weather.

The delayed Silver training is now planned for Saturday 17 April and expeditions for Bronze, Silver and Gold will start soon afterwards.

EPQ RESEARCH & EVALUATING SOURCES SESSIONS

LIBRARY SKILLS



This term our Librarian, Mrs Vidgen, has been very busy delivering sessions to our Year 12 and 9 students.

These sessions included evaluating online sources, research techniques, practising Lateral Reading and Click Restrained, and spotting Fake News, as well as referencing and plagiarism.

Our Year 9 students who undertake the EPQ project have been introduced to the wealth of resources available via the Library pages on Firefly and Infiniti and given a few quick tips on refining the search to limit results.

After the Easter holidays we will continue with sessions for Year 7 and 10 students, centred on effective research and evaluating sources.

DIE OSTERHASENOLYMPIADE

YEAR 7 GERMAN

In their German lessons, Year 7 have been competing in groups to win a special Easter treat. They have been finding out about German Easter Traditions, finding key words and solving grammar tasks – all against the clock.



NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

SPOKEN WORD POETRY COMPETITION

Spoken Word is poetry that is meant to be heard and performed. That is what SWPS students were challenged to do: write a poem and then record themselves delivering their creation.

Taking inspiration from phenomenal spoken word poems and poets like Amanda Gorman, SWPS students truly stepped up to the challenge. Our winners crafted poetry that challenged ideas that permeate our society, they then delivered it with stage-worthy eloquence.

Lower School

Winner: **Jade A**

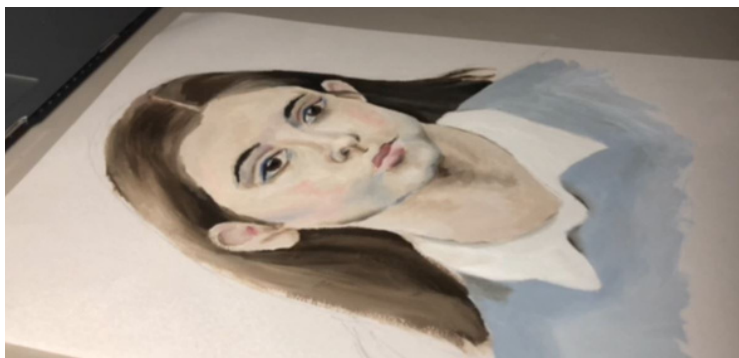
First Runner Up: **Maddie M**

Runner Up: **Grace B**

Runner Up: **Rosanna M**

Upper School

Winner: **Maeve S**



THE GUILDFORD CLASSICAL ASSOCIATION GREEK AND LATIN READING COMPETITION

21 MARCH 2021

The annual reading competition took on a different form this year with all entries submitted to the judges as recordings. The students auditioned and rehearsed over Teams. Our team was very successful!

Beginners Latin:

Katie M and Ellie R-C

FIRST PRIZE

Riyana C and Rosie K

SECOND PRIZE

Junior Latin:

Erin B and Elizabeth R

FIRST PRIZE

Intermediate Latin:

Jasmin E - HIGHLY COMMENDED

Senior Latin:

Monica C - FIRST PRIZE



The eminent panel of judges was impressed by the standard of the entries submitted and the recordings of our winners are now on the GCA YouTube channel for other competitors and teachers to hear.

Congratulations to all those who perfected their passages and especially, of course, to the winners.

NHS CAREERS COMPETITION NATIONAL QUALIFIERS

Congratulations to all the students in Year 8 who took part in our annual NHS Careers Competition. Three entries from the year were chosen to go forward to the National Competition. These entries were from:

**8L: Lyla B, Isabella S,
Eden S & Alec G**

**8Q: Fiona L, Ella M,
Maryam I & Bella C**

8M: Dora S



The competition asked students to come up with an advert to encourage interest in the 350+ career paths available in the NHS. Although this is an annual event in which SWPS students take part, this year it felt even more important to advertise the fantastic work that the NHS staff do.

In addition it raised students awareness of the number of different roles that they might be interested in for their future careers. Students could choose both the career and the format of their advert. They were then asked to write a description for their chosen job. Again we had some fantastic innovative ideas ranging from websites, quizzes, videos and presentations to a board game. We wish our students the best of luck in the National Competition.

NEWS IN FULL

THE LATEST NEWS AND EVENTS FROM SWPS

INTERNATIONAL WOMEN'S DAY

UNIVERSITY OF EXETER TALKS
BY MADELEINE WHITE (SENIOR SIXTH)



International Women's Day

Over the last week, Exeter University has hosted a series of virtual talks celebrating International Women's Day on Monday. They were aimed at older senior school students across the country studying a variety of subjects and I had the pleasure of attending two of them.

The first talk, led by Law Professor Charlotte Bishop, was called "*Violence against women and legal reforms: how have female academics helped to change the law for victims of domestic abuse and gender-based violence?*".

It was an incredibly eye-opening experience to look into the law surrounding domestic abuse, specifically the most common example of men against women: an extremely pertinent issue that was unfortunately exacerbated greatly by the national lockdowns that occurred during the current pandemic. Among looking at specific case studies, including a woman named Kiranjit Ahluwalia, the talk was very informative of the prevalence of domestic abuse.

Shocking facts revealed that, during the initial weeks of the first lockdown in 2020, in the UK a woman was killed by her husband every other day and that the leading cause of female death worldwide is spousal murder. As a young woman, these facts are undoubtedly very disturbing, but the talk's focus on how the law has changed and developed in order to slowly protect women from domestic violence, leaves a great sense of hope. For example, the *Serious Crime Act* in 2015 made coercive behaviour an offence, essentially meaning that emotional abuse or controlling behaviour within the domestic sphere became punishable by law.

As someone who may consider entering the field of law in the future, it is extremely inspiring to discover how the law has evolved to benefit people as well as how it can be improved in future.

The other talk I attended was called "Challenging the Narrative: Researching British, Jewish and Palestinian women's activities in Mandate Palestine" and was led by a history PhD student Charlotte Kelsted. It focused on the area of land which is now Israel, but was initially occupied by Britain from 1920-1948.

The talk involved a lot of participation including giving our opinions on a range of sources that we were shown and the historiography behind them. The speaker began the talk by displaying how much of the older research into the time period had been led by men and focused on the political and military events of the area, however, after a shift in the 1970s, more women began researching into Palestine and looked more at female experiences and social aspects.

The sources illustrated the growing influence of British and Jewish women in Palestine, including a woman named Nixon who was a Welfare Inspector in the early 1920s. Interestingly, we also studied sources that portrayed the negative impacts of the growing power of British and Jewish women, as Palestinian women often became suppressed and were treated as lower-class citizens.

Overall, the range and depth of Exeter University's talks created an inspirational and moving atmosphere that enabled all those who attended to study the lives of women, past and present. It was extremely informative to uncover the hidden experiences and challenges of women, while simultaneously providing a hopeful and enlightening message of change for the future.



Prof. Charlotte Bishop



Charlotte Kelsted

UNIVERSITY OF
EXETER

SWPS SCHOOL UNIFORM

SUMMER 2021

PURCHASING UNIFORM ITEMS

ALLEY CATZ, HERSHAM

Appointments: you can now arrange a one hour slot with a dedicated advisor.

Existing pupils – it is essential that all appointments are booked online. The booking service is now open and early booking is advised to reserve your preferred date. [Click here to book an appointment](#)

The store will be open to all throughout the Summer but please be aware priority will be given to pre-booked appointments.

Online purchases

Customers are advised to order online as early as possible to allow time for any size changes required. The exchange period is extended to Saturday 18 September 2021.

Telephone orders

We will be unable to accept telephone orders in July and August.

During the very busy Back to School period, we will endeavour to respond to any message within 48 hours.

Personalisation and Embroidery Orders

During the Back to School period June – September, these orders will be dispatched within 3 weeks.

The exchange period for your purchases after 1 June is extended to Saturday 18 September 2021.

We remain subject to container delays beyond our control so early bookings and purchasing is highly recommended.



AlleyCatz continues to follow the guidance issued by the Government to ensure the safety of all and as such this information is subject to change.

We will maintain a separate entrance to and exit from the Store to ensure a rapid, safe and efficient throughput of customers.

Hand sanitising stations will be available at the entrance.

Floor markings will reflect 2 metre distancing. Sneeze screens and customer till point dividers will remain in place, ensuring customers and staff sufficient space at the till points.

Until notified to the contrary, masks must be worn by everyone over the age of 11 years.

SECOND-HAND UNIFORM SALE

FRIENDS OF SWPS

Friends of SWPS are holding a second-hand uniform sale at our Welcome Party on Wednesday 30 June for our new parents.

If you would like to sell your daughter's pre-loved uniform at the sale then please fill out the forms and labels ready to send into school after the Easter Break.

If you require copies of the forms, please email Kirsten Patient at kirsten.patient@live.co.uk who can pass them along.



A MESSAGE FOR EASTER

CONTINUED FROM P1

...risky and uncertain. In the ups and downs of school life, smiles can be wiped away and laughter turn to tears. And yet hope remains. Hope is that promise of staying open to a future that is otherwise considered closed.

So whilst current students and alumnae may be puzzled by the words of our school motto A SPE IN SPEM, on greater, deeper reflection we find that it embraces a profound and compelling truth.



IN THE KITCHEN WITH SWPS



OWEN'S TASTY EASTER TREATS

EASTER CUPCAKES

Makes 12

Recipe

INGREDIENTS

The cakes

110g unsalted butter, softened

110g golden caster sugar (or normal caster sugar)

110g self raising flour

2 large eggs

½ tsp vanilla paste or extract

Buttercream

150g unsalted butter, softened

300g icing sugar

1 tsp vanilla paste or extract

3 tbsp milk

METHOD

1. Heat oven to 180°C and fill a 12 cupcake tray with cases.
2. Using an electric whisk beat 110g softened butter and 110g golden caster sugar together until pale and fluffy then whisk in 2 large eggs, one at a time, scraping down the sides of the bowl after each addition.
3. Add ½ tsp vanilla extract, 110g self-raising flour, whisk until just combined then spoon the mixture into the cupcake cases.
4. Bake for 15 mins until golden brown and a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.
5. To make the buttercream, whisk 150g softened butter until super soft then add 300g icing sugar, 1 tsp vanilla extract.
6. Whisk together until smooth (start off slowly to avoid an icing sugar cloud) then beat in 3 tbsp milk.
7. Spoon or pipe the butter cream onto the cooled cupcakes and decorate with easter sweets and sprinkles.



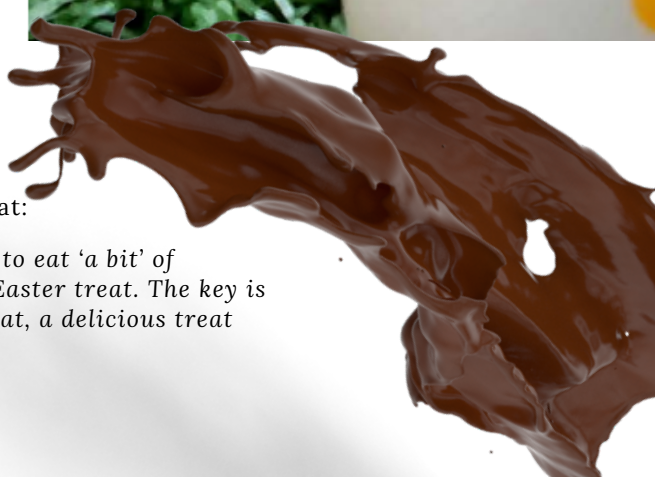
SEND US A
SNAP IF YOU
TRY THIS
RECIPE!



CHOCOLATE

Nutritionist Amanda Ursell reminds us that:

"...like other favourite treat foods, it's fine to eat 'a bit' of chocolate, now and then, especially in an Easter treat. The key is to think about balance and see it as just that, a delicious treat that you enjoy from time to time."



ACADEMIC AMBITION

PROVIDING STRETCH AND CHALLENGE

LUCY JARMAN, CLASS OF 2015 STUDYING & WORKING IN ENGINEERING



Lucy Jarman graduated as a structural Engineer from Cambridge two years ago, and now works as an engineer for engineersHRW. On Tuesday 9 March she very kindly took time out to answer questions from SWPS Oxbridge aspirants about Engineering and life at Cambridge University, and preparing a good application.

Lucy has also very kindly offered to talk to Years 10 and above, about studying and working in Engineering, on **Tuesday 4 May, at 6.15-7.15** on Zoom.

engineersHRW

CAMBRIDGE ESSAY PRIZE NEWNHAM COLLEGE



Congratulations to the following Lower Sixth students for showing great super-curricular commitment to their subjects, in the key UCAS preparation year. They all wrote very high quality entries to a national essay competition run by Newnham College Cambridge.

This is a prestigious prize, with a £400 reward, attracting fierce competition from the country's most talented and committed students. Our entrants were:

- Abigail A - Engineering (Biomimicry question)
- Natalie N - Philosophy
- Simran T - Philosophy
- Madeleine W - History (2021 in History)
- Niamh M - History (Revolutions)
- Issy M - History (Revolutions)
- Victoria J - Woolf prize for English

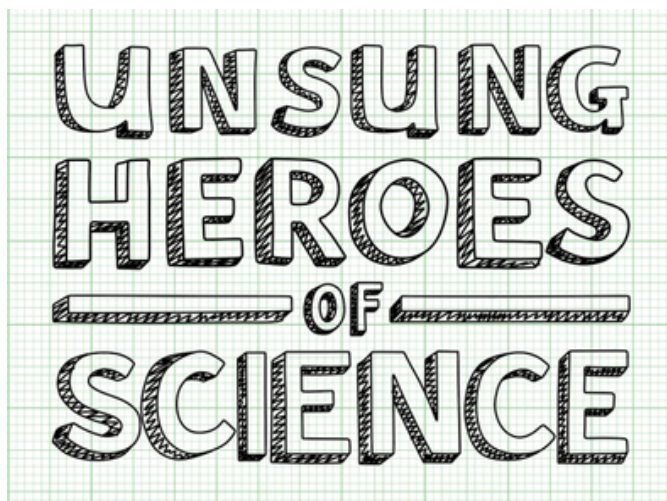
LIFE AT OXFORD & CAMBRIDGE TALK AND Q&A WITH PERKONIANS

Five Perkonians in their second year at Oxford and Cambridge have agreed to speak on Zoom to students in Years 10 and 11 about their journey from Year 10 to Oxford and Cambridge, and how they are finding life there. More details to follow on Firefly soon.

They will take any questions, either those notified to Mr Peel in advance, or (if possible) during the event.

Perkonians speaking are: Ruthie Cheung (Theology, Cambridge), Lydia Williams (History, Cambridge), Eileen Zoratti (Classics, Oxford), Grace Bradshaw (Law, Oxford) and Amy Stonehouse (Chemistry, Oxford).

UNSUNG HEROES OF SCIENCE VIDEO COMPETITION HERTFORD COLLEGE



Who has history forgotten? Whose story has been left out of the textbooks? Whose work gets overlooked?

Share your unsung hero with Hertford College, Oxford in their 2021 video competition. They are challenging you to make a short video celebrating an unsung hero of science who you think deserves wider recognition. The competition is open to everyone everywhere aged 16-18 and there are no restrictions on who you can choose to celebrate. They want to see who from the world of science inspires you and to learn more about them.

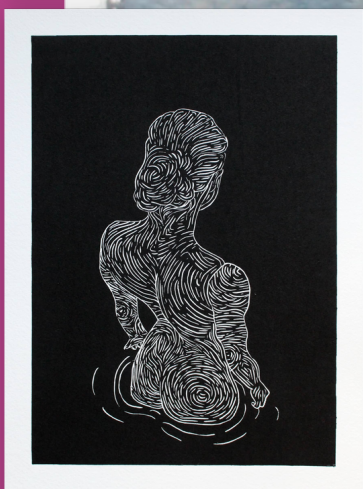
The deadline to submit your video is Friday 30 April 2021 (23:59 BST). (For SWPS students, on Firefly by close of play, Thursday 29 April 2021)

ARTWORKS OF THE MONTH

ANNABEL - SENIOR SIXTH



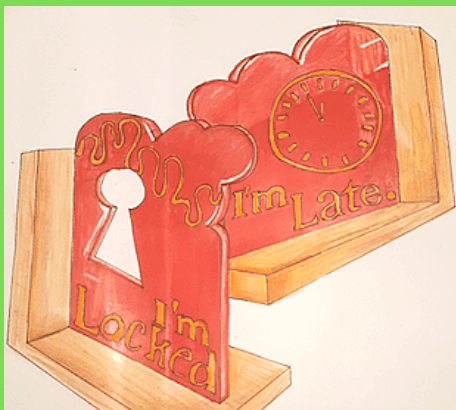
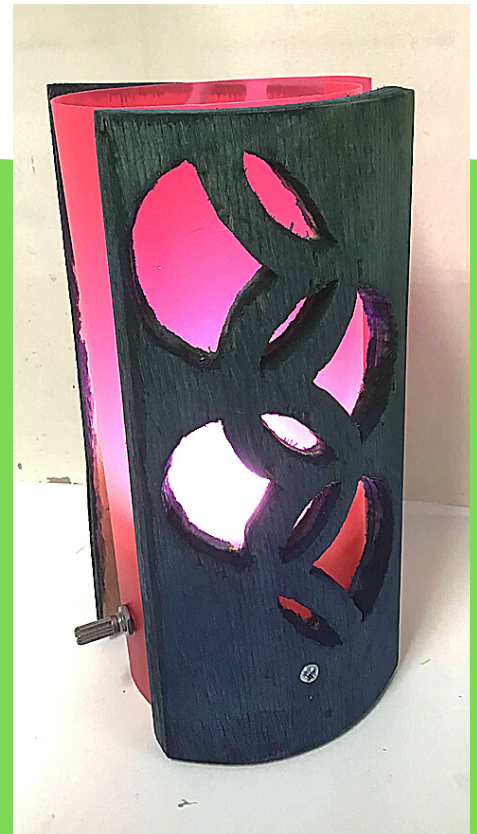
EMENI - YEAR 9



SERENNA - YEAR 9

DESIGN TECHNOLOGY

A ROUND UP OF THE LATEST FROM DESIGN TECHNOLOGY



KS3 TECHNOLOGY

PROJECTS COMPLETED BY YEARS 7, 8 & 9

This week in Technology Year 7, 8 and 9 classes have been finishing their fantastic practical work before rotating to their new Technology area. In Textiles Year 7 students have been making tote bags from recycled fabrics and adding embellishments by hand, in Year 8 their colour change plush toys have also been stuffed and sewn together using blanket stitch, and then finally in Year 9 'snack cushions' have been finished using batik, applique and heat transfer techniques then stuffed and sewn together using sewing machines.

In Design Technology Year 7 have been making pewter pendants from moulds they designed and made using 2D Design and the laser cutter, Year 8 have completed their bookends inspired by their favourite books as well as producing some beautiful two point perspective drawings of their outcomes. Finally our Year 9 DT students have finished off their lamps and automatons in the workshop and studio.

Students will now swap to the area they have not yet experienced and work towards completing the projects mentioned. Year 9 who swapped this week have already made a fantastic start in both Textiles and Design Technology. Well done to all and we look forward to seeing the creativity continue into the new term.

If you would like to know more about the GCSE and A Level options from the SWPS Technology department please contact Miss J Blackman jblackman@swps.org.uk and also check out more examples of the fantastic work our students are producing on Twitter and Instagram on the @SWPSDESIGN pages.

DRAMA & THEATRE STUDIES

TREADING THE BOARDS AT SWPS

YEAR 10 'BLOOD BROTHERS' WORKSHOP

Year 10 Drama students had an exciting virtual workshop with Stage-ed this week. The workshop was led by two industry professionals who previously performed in Blood Brothers. They have also worked extensively with the writer, Willy Russell, who is now the patron of the company.

The students did an array of exercises to develop their characterisation of both the younger and older characters in the play. They learnt about voice work to develop the character, as well as getting stuck into the Liverpudlian accent that the play is famous for. All of the students got involved in recreating some of the most famous scenes from the play.

Finally, they all learnt valuable skills on how to translate live performance into a detailed analysis for their written exam. We look forward to watching all the live performance footage the company have sent us in future drama lessons.



KEY STAGE 3 RADIO PLAYS

Our lower school students have written, produced and performed in their own radio plays. The brief was to create a radio play using the style of melodrama and the results were brilliant.

From murder mysteries to alien invasions they demonstrated originality and creativity in their performances.

GCSE & A LEVEL

Our students in Key stage 4 and 5 are working hard on their monologues for upcoming practical exams. We have been so impressed with how well they have adapted to solo work and how supportive they are of each other in lessons.

We are looking forward to seeing the final performances at the end of April.

SPEECH & DRAMA RESULTS 2021

A huge well done to all the students who took their exams earlier this month. Despite the obvious challenges of having to perform online we had one of the best sets of results ever and this is down to the hard work and dedication of our students along with the brilliant support from Miss Downey and Miss Geeves.



JUNIOR DRAMA

After another disappointing postponement due to the January lockdown we are back rehearsing with Year 8 for the annual house competition. A new date in July has been chosen and each form is meeting weekly to work on their top secret performances. A huge thank you to our senior students who are continuing to support this project alongside their academic work.



MUSIC

HITTING THE HIGH NOTES WITH THE SWPS MUSIC DEPARTMENT

NATIONAL SCHOOLS SYMPHONY ORCHESTRA 2021

SUMMER COURSES



The National Schools Symphony Orchestra is pleased to be holding courses from 8 - 18 July 2021. This includes three orchestras, big band, and conductors course.

Click here for the NSSO Brochure to find out more and [Click here for the NSSO website](#) to book your place!

BBC YOUNG COMPOSER 2021

DEFINE YOUR SOUND



Calling all young singer-songwriters, eclectic electric composers, genre-spanning songsmiths, and creative melody-makers...

The nationwide BBC Young Composer competition 2021 is now open!

You may not think of yourself as a composer, but if you love to create your own original music, and are bursting with creativity, originality, and potential, then the BBC want to hear from you.

[Click here for more info and to enter the BBC Young Composer competition 2021. Closing date: 5pm on Monday 28 June 2021.](#)

YOUNG SONGWRITER 2021 SONG ACADEMY

Calling all young songwriters... Are you aged 8-18? Do you write your own original songs? Do you fancy writing your first song?

The Song Academy Young Songwriter 2021 competition #SAYS21 is open for entries until 31 March 2021. You can win great prizes (including a recording studio session and Yamaha equipment worth £1,000), have opportunities to be heard and connect to young songwriters worldwide.

With judges including Fraser T Smith, Tom Odell, Miranda Cooper, Calum Scott & Tom Grennan this year is set to be bigger than ever! Check out songacademy.co.uk/SAYS21 for inspiration, tips on songwriting and how to enter #SAYS21

A vibrant orange poster for the Song Academy Young Songwriter Competition 2021 #SAYS21. The poster features a large white play button icon in the top left corner. The text 'SONG ACADEMY' is in white, and 'YOUNG SONGWRITER COMPETITION 2021 #SAYS21' is in large, bold, white letters. A speech bubble in the top right corner says 'EXPRESS YOURSELF'. The poster lists the 'ALL STAR JUDGING PANEL' with names: Fraser T Smith, Tom Odell, Calum Scott, Midge Ure, Tom Grennan, EG White, Miranda Cooper, Sacha Skarbek, Harley Sule, Michelle Escoffery, Chris Difford, Dan Gillespie Sells, Emily Phillips, Janet Devlin, Paul Adam, Hannah V, Starsmith, Simon Aldred, and Iain Archer. It also lists 'GREAT PRIZES' including a recording session with a top producer, professional music, video and photos, Yamaha equipment worth £1,000, a Scarlett Solo Gen 3 Studio Bundle, and a performance at the SAYS21 showcase. The poster is sponsored by Yamaha, Kobalt, ICMP, Focusrite, and PRS for Music. At the bottom, it says 'ENTER YOUR ORIGINAL SONGS! WWW.SONGACADEMY.CO.UK'.

SPORT

WARMING UP WITH CLUBS AND ACTIVITIES FROM THE PE DEPARTMENT

THIS WEEK IN PE

It has been fantastic to see so many pupils coming out to sports clubs and having fun. We have had over 450 pupils participating in netball, hockey, fitness and badminton each week and it has been brilliant to be back to our games and sports.

In lessons, we have been developing our team building and competitions. Being back in groups and working together has been challenging but with good communication, patience and team-work, we have solved all the challenges and had lots of fun.

Students have also had lots of fun doing their Easter orienteering as part of Wellbeing Week, with chocolate prizes and plenty of egg and equipment hunting!

We are looking forward to the hockey match play sessions that are being held over the Easter holidays. It will be excellent to get as much match play in as possible now that we are allowed!!

Next term, we will be back to our summer sports clubs of rounders, cricket, tennis and athletics! Look out for the new timetable on your return to school.



CHECK OUT OUR TWITTER @SWPSSPORT TO KEEP PACE WITH US!

SPORT

WARMING UP WITH CLUBS AND ACTIVITIES FROM THE PE DEPARTMENT

SPORTING PODCASTS

Over Easter, make sure to try and stay fit and active. You could listen to some sporting podcasts and we recommend the following:



THE HIGH PERFORMANCE PODCAST

The High Performance Podcast brings you an intimate glimpse into the lives of high-achieving, world-class performers who have all excelled in their field with first-hand experiences and lessons to share.



NETBALL NATION

Netball Nation – A weekly fix of all things netball.



THE GAME CHANGERS

The Game Changers sits down with some of the biggest names in women's sport as they talk about their historic careers, what drives them and how they've dealt with challenges.



THE REVERSE STICK

The Reverse Stick – Global Hockey Podcast, covering everything hockey.



FIRED UP SPORT

Fired Up Sport – for a lover of sport, and women's sport in particular.



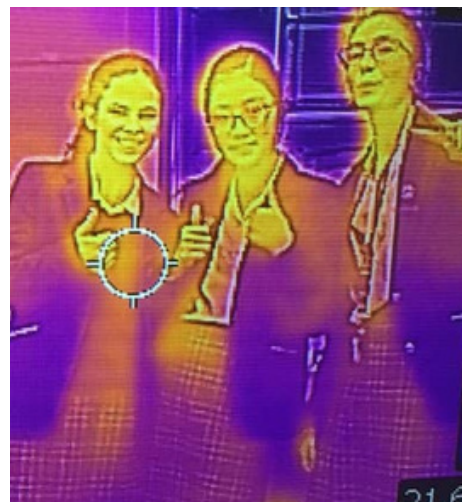
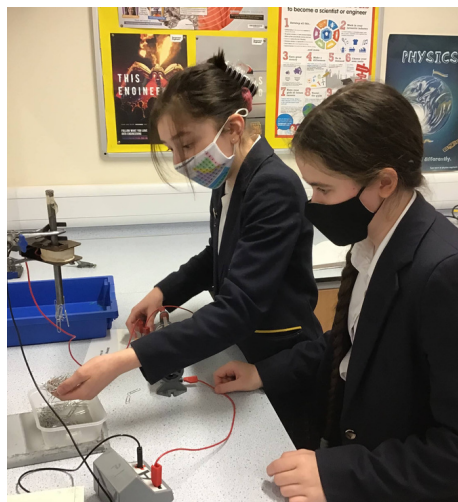
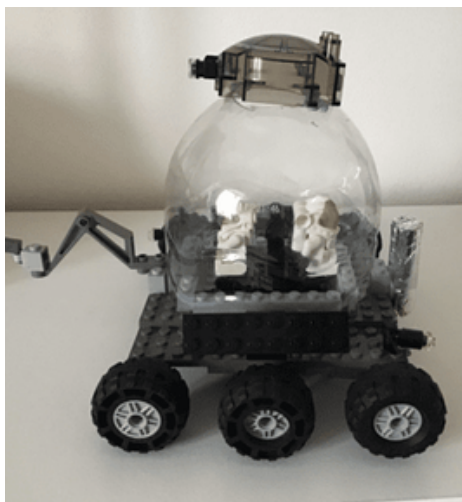
MEDALS AND MORE

Medals and More – Brings you the inside scoop on what its like being an Olympic or Paralympic Athlete. Hosted by Katherine Grainger, GB's most decorated female Olympian.

CHECK OUT OUR TWITTER @SWPSSPORT TO KEEP PACE WITH US!

STEM

SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATICS AT SWPS



YEAR 7 MISSION TO MARS CROSS-CURRICULAR PROJECT

The Year 7s spent a very productive few weeks during lockdown collaborating on a cross-curricular project about sending a manned Mission to Mars.

The winning groups from each Form went through to be judged by a panel and the overall winners chosen were Katie, Odina, Bella, Jaya and MaiSi from 7M. Their presentation was well researched, imaginative and very professionally presented.

Everyone in Year 7 put a lot of work into their projects and produced some extremely interesting presentations, Well done.



BRITISH BIOLOGY OLYMPIAD

Biologists from the Senior Sixth Form took part in the stimulating British Biology Olympiad on Friday 12 March.

The students were challenged to demonstrate and expand their problem solving skills beyond the A Level syllabus.

Extending their interests and preparing for university were Micah A, Isabel B, Anna C, Charlotte C, Mythili C, Fran C, Felicity C, Imogen E, Emmie K and Cicely T. Congratulations for taking part! We eagerly await the results...



ASTROPHYSICS CLUB

The budding Rocket Scientists in Year 8 Astrophysics club have been busy researching and presenting on the Spitzer Telescope and the NASA Space Launch System. Congratulations to 'The Trivises' Erin B, Fiona L and Sienna B.

YEAR 8 ELECTROMAGNETS INVESTIGATION

Year 8 Physics students have made the most of being back in the lab, showing off their Scientific Working skills to investigate factors affecting the strength of electromagnets.

SCIENCE WEEK QUIZ WINNERS

As featured in our last newsletter, SWPS students took part in a British Science Week and International Women's Day Science Quiz.

Congratulations to year group winners:

Jasmin C (7Q)

Tilly C (8Q)

Feirin H (9P)

Lucy E (10M)

Jess S (11P)

Please contact Dr Limburn to choose your prizes.