



King's Colours

1502

Spring 2023

The termly newsletter of the King's School in Macclesfield

Gold Award for King's learning



King's is the first secondary school in the UK to win a Gold Award for the quality of pupil learning.

The award is the culmination of eight years' work with 'The Learning Organisation' (TLO) to embed teaching methods that enhance pupils' reasoning, resilience and questioning skills. Overseen by Mr Griffiths, the philosophy adheres to the Martin Luther King doctrine, "Intelligence plus character; that is the goal of true education."

Mr Griffiths said: "Our ethos isn't just about pupils getting good examination results, but rather a preparation for university and life beyond their formal education. We want to instil skills that will serve them

throughout the rest of their lives."

The aim is to improve the pupils' independent learning, ensuring they think and discover for themselves, rather than learn by mere repetition.

The philosophy is drawn from the work of leading educational psychologist Professor Guy Claxton and all of King's teachers in the Senior school have received full training.

"Our Gold Award shows we have made a full cultural change which all the staff, have bought into. It's been a fantastic team effort," said Richard.

Results speak for themselves and although top exam results are not the only objective, there has been a significant year on year improvement as the new methods have taken hold. This was endorsed in January when King's was listed in *The Sunday Times* Top 10 Independent Schools in the North West for academic results. The Parent Power Guide 2023 put King's in 7th position, amongst the very best performing schools in the region.

THE SUNDAY TIMES
INDEPENDENT
SCHOOLS
GUIDE
2023

TOP 10
FOR ACADEMIC
RESULTS IN THE
NORTH WEST



Oxbridge success

Congratulations to students Ben O'Donnell and Owen Branthwaite who have received Oxbridge offers. Ben, a multi-talented athlete, actor and musician has an offer to read Biology at St. Anne's College, Oxford. While Owen, a first XV rugby winger, will need to get top grades in his A Levels and step papers to read Maths at Jesus College Cambridge.

Ben said: "I want to be part of the movement that helps solve today's problems of food scarcity, plastic pollution and climate change. Scientific innovation, alongside cultural change, will be the key to a cleaner, greener planet."

Owen added: "The world is facing many problems and the key to success in combating famine, climate change and pollution will be technological innovation. Maths is the language of invention and the basis for all other sciences."

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Rugby
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HEAD'S UPDATE



I **WANTED** to start my introduction to this latest edition of *King's Colours* by mentioning two 'titans' of our King's Community. John Kennerley and John Sugden were, respectively, Chair and Vice Chair of Governors during the relocation of the school to our new site. Having served the maximum amount of time on the Board, both retired from the Governing Body at Christmas.

Their hard work and diligent governance (over a total of 30 years between them), was instrumental in having the confidence to make some monumental decisions about King's School. Hindsight has proven their judgement to be exceptional, but I don't think any of us would doubt the route towards building a new school was littered with challenges and plenty of angst. It was lovely to be able to celebrate their achievements at the end of last term and we all wish them well. Of course, you never really leave the King's community and both are under strict instructions not to be strangers.



Following their departure, we have welcomed two new Governors (*pictured above*) to help implement the School's

strategic development plan over the next few years. **Vicky Davidson**, a local GP and **Sarah Byrne**, a business woman and marketer, will bring a great deal of knowledge and experience to a governing body that already has an astonishing breadth of talent.

A prominent feature of this term has been our work in the area of performing arts. *'Bleak Expectations'* was an absolute treat, with excellent acting performances complemented by imaginative production, particularly in the use of the Jackson Hall to stage the play in the middle of the audience.

And, at the time of writing, I'm looking forward to the Year 6 Show – *'Matilda'*, and our Spring Musical Concert, *'King's Swings'*, both of which have been deep in rehearsals for months.

It has also been wonderful to be able to celebrate the school's achievements in teaching and learning with the news that we had been awarded the 'gold' level of the Learning Quality Mark. This is wonderful recognition and just reward for the hard work and collaboration of staff and pupils to develop their broad approach to self-awareness and learning.

I'll look forward to seeing many of you at the Friends of King's Ball at the end of term: the first to happen 'post pandemic' and a popular sell out event.

Thank you for your continued support of School.

Jason Slack,
Head of Foundation



World Book Day



Award winning children's author John Dougherty gave a world premier reading of his latest page-turner to Infant & Junior pupils on World Book Day.

The critically acclaimed Northern Irish writer read from *The Hare Shaped Hole*, a picture book which is very much a departure from his usual comedic style.

John said: "It is a rhyming picture book about loss and grief and I am really proud of this one. It's even had a few adults in tears and is very special to me."

John read to a star-studded audience of fancy dress characters: Paddington, Gandalf, the Billionaire Boy and even Wednesday from the Addams Family were among many of the literary figures hanging on his every word.

The World Book Day event was organised by Ms Costanda, who doubled as Cruella de Vil, one of many teachers who got into character for the day.

Soulla said: "World Book Day allows us to inspire a genuine love of reading; asking the children to think about the characters they love and the stories that fascinate them."



Bleak Expectations

'Bleak Expectations' was a glorious celebration of English humour. Anything but bleak, the show was full of brilliant bravado and masterful comic interludes. Directed by Mr Forbes and Miss Soutter, the riotous plot proved the perfect vehicle for Senior pupils to test their dramatic range. With a more than a satirical nod to Dickens' tendency towards the melodramatic, the hilarious show starred pupils in Year 7-13. Adapted from the classic Radio 4 series, this Fifties style farce shamelessly mixed

and matched renowned Dickensian scenarios to somehow form a coherent and comic plot.

Narrator Sam Harman as Sir Philip Bin masterfully held the threads together. The inventor of the FlipBin, he reminisced about thwarting the malevolent Gently Benevolent played with menacing evil intent by Sixth Former Jussi Hill.

Will Gandy, as the romantic lead Pip, played the part with both savoir faire and fun. Kirat Kahlon played Headmaster Wackwell Hardthrazer

with a gusto belying her tender years. As Mr Forbes, said: "We know this will be the first of many wonderful performances on the King's stage from this little star."

Older students Ben O'Donnell, Annabelle Jordan and Phoebe Harrison graced the stage in this audacious production, with confidence, charisma and gusto. A fully committed group of young pupils tackled the roles of flying skunks, starving boarding school pupils and puppet jury members with great discipline and mirthful credibility.



12 students shine in national Physics Olympiad

A fantastic 12 students won top awards in annual Physics Olympiad. Answering questions on the infinite to the infinitesimal, the A Level students shone in the national competition that attracts thousands of entries.

Owen Branthwaite, who earned a Silver Award and also has an offer to study at Cambridge University, explained an almost magnetic attraction to the toughest of subjects: "Physics constitutes the laws which



govern the universe and evolution within the space time continuum and shows that anything and everything in the universe can be explained by

Sixth Form Neuroscience Day

Each year, older pupils spend a thought-provoking day focussed on neuroscience with renowned international neuroscience expert Dr Guy Sutton.

The 'Brain Day' for A Level Psychology and Biology involves the clinical dissection of sheep's brains to enable students to link biology and anatomy with brain function, psychology and mental health.



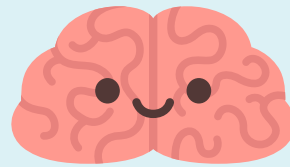
Dr Sutton, who is Honorary (Consultant) Assistant Professor at the University of Nottingham Medical School, said: "The aim is to provide students with an overview of how the mammalian brain works, illustrate some elementary principles of neuroanatomy and brain function.

"We then examine what happens when the brain becomes damaged, disorganised or degenerates, with accompanying clinical examples of impacts on mental illness and behaviour."

the mathematical equations physics provides."

Sam Parry, who got a Bronze Award and is a champion chess player, added: "The theoretical basis is very enjoyable, but it also has real world applications. You study from the largest of scales, such as the Big Bang, down to the smallest scale and the electrons, neutrons, protons and quarks which make up the atom. It's mind blowing."

HAPPY & HEALTHY Minds



At the start of this academic year, the Infant & Junior Division introduced the **'myHappyMind'** programme to the existing PSHE curriculum and pastoral programme to enhance the pupil wellbeing provision.

'myHappyMind' seeks to prepare today's children for tomorrow's world by building resilient, balanced and happy minds. It combines the latest research and science to provide children with preventative strategies, skills and tools to help develop lifelong habits that will enable them to thrive in the modern world.

Aims

myHappyMind is whole school approach to boost mental health. It is a complete programme for pupils, parents and staff built upon prevention alongside cure, helping form positive mental health habits from a young age. Pupils are taught about basic neuroscience and the science of happiness in weekly lessons exploring the role and impact of the HAP (Hippocampus, Amygdala and Prefrontal Cortex). The parent App allows parents and carers to build a positive bridge between home and school to embed understanding and aid discussions that extend from issues covered in class. The staff wellbeing programme accelerates the development of a whole school culture around mental health.

Weekly Focus

Grounded in the latest science and research about what it takes to create positive wellbeing, 15-20 minutes lessons are delivered on a weekly basis throughout the Infant & Junior Division from Pre-School to Year 6. myHappyMind is taught across five modules and each introduces new content and habits to help children build resilience, self-esteem and confidence. The same themes are applicable to all year groups, where the cyclical nature of the programme develops and deepens understanding as children progress through King's.

Benefits

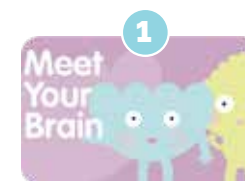
All members of staff and children have fully embraced myHappyMind this academic year and we are already seeing the benefits of this science-based approach for pupil wellbeing. The pupils are fascinated by the neuroscience behind why we act like we do, how their character strengths enable them to cope with challenging situations and the practical skills that they can use to approach challenging situations with resilience.

Mr Boardman, Vice-Principal (Pastoral) in the Infant & Junior



Division said: "myHappyMind reinforces the curriculum objectives in a fun and engaging way. It promotes deeper thinking, more self-awareness and gets children used to the scientific language. The pupils are really interested in the science of why their bodies deal with things differently."

"myHappyMind places an emphasis on the control of emotions and promotes reflective discussion, enabling pupils to think more maturely about themselves and their wellbeing, which can only be a good thing."

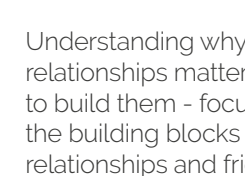


Understanding how your brain works by introducing basic neuroscience and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this – understanding how the way we think can influence our actions and ambitions.

Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self-esteem.



Understanding why gratitude matters (as the key to wellbeing and resilience) and how you can develop gratitude as a habit.



Understanding why positive relationships matter and how to build them - focussing on the building blocks of good relationships and friendships.



Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is about building self-esteem and resilience too.



PUPIL FEEDBACK

"In one lesson we learnt about what we could do when the Amygdala takes control and I said I would say 'I am back in control now!'"
(Layla Whiteman, Year 6)

"I really enjoyed the 'appreciation' lesson because I thought about how I show my love for others and how they show their love for me."
(Alexander Wilson, Year 5)

"I like myHappyMind because it helps me when I am annoyed or stressed because 'happy breathing' helps me to clear my mind and then rise up with less worries after it."
(Satsuki-Mei Shepherd-Etchells, Year 4)

"It's very calming and when things go wrong, it helps me to get back to being happy again."
(Marnie Fletcher, Year 2)

"We talk about how we feel and that makes me feel happy inside."
(Josh Reckless, Year 1)

"My mind is more thoughtful and I say thank you."
(George Whitefoot, Reception)



RUGBY

King's has confirmed its status among the elite British rugby schools by winning the Freemont Shield at the prestigious Warwick Sevens for the second successive year.

Of the four teams who competed, both the Year 8 and Year 10 sides were crowned Cup Champions. The U14 and U16 sides also made impressive runs to the Cup Quarter Finals, to see King's win the 'best overall school' and Freemont Shield. Only four schools have ever lifted this trophy; Millfield, Sedbergh, Warwick and King's, who have now completed the double.

This caps King's most successful season ever, with significant success at all age levels. The U13s have remained unbeaten in all 13 matches. At the Myles Marshall Sevens tournament, the U12s, U13s and U15s were Cup winners, with the U14s picking up the Plate.

The first XV followed up their second best XV-a-side season, winning 13



Most successful Rugby season on record

out of 15 and reaching the National Cup Quarter Finals, by adding the Cheshire Sevens title to the County Cup XV tournament which they won in November. The First VII were also runners-up at Oakham Sevens, having swept aside Uppingham and Bedford School in addition to going unbeaten in a tough group.

Centre Toby Wilson has been invited to England U17 training camp; Captain Number 8 Haydn Keogh has represented the North of England, while fly-half Finlay Usher and scrum-half Harrison Milner have represented the National U18 Lambs and will tour South Africa in the summer.

The U15 have had another magnificent season, also reaching the National Cup Quarter Finals. They

won 12 out of 14 matches and also won the Warwick Sevens Cup. Mr Hetherington said: "This is the most successful season ever. Over the summer, the senior squads will tour New Zealand and Malaysia and next year the fixture card sees the most significant changes ever, as we look for sterner block opponents to help challenge the very best players that Cheshire has to offer."

EQUESTRIAN



At the NSEA Eventer Challenge in February, the school squad secured a place at the Hickstead Championship in May, for both the 70cm and 80cm classes after securing 1st place wins in both.

In March, the team won the NESA County Dressage Prelim14 to secure a place in May's final, with individual placings for Libby James (2nd), Freddie James (6th), Matilda Machin and Poppy Holding in the team. Representing the school for the Novice 27 individual competition, Poppy Holding came 3rd and Freddie James was 4th.

At the NSEA County Show Jumping competition, the school also secured a place at the Hickstead County Show Jumping Championship in May for the 90cm and 100cm classes. The team of Poppy Holding, Freddie James and Oliver Ravenscroft won both classes.



HOCKEY

Girls Hockey

King's First XI won the county tournament in March, retaining the trophy for another year. The U14 Girls won the pre-lim round of the National Schools' Tournament and progressed through the NW Finals, held at King's in February. They were crowned Tier 2 champions in the North West, progressing to National Finals, where they finished 5th in the country.

King's U13 squad won the County Tournament, and progressed through to NW Finals. Playing at AKS Lytham, the team finished in a respectable 3rd place in the North West. The U13 had a good National Cup run, progressing through to the 4th round and narrowly losing to a strong Solihull side.



Boys Hockey

The U12 Boys competed in the North West Finals held at King's finishing in 3rd place and qualifying for the North Finals in March. The U13s came 3rd in the Cheshire County and Wirral Tournament and progress through to North West Finals in March. Touring side Elizabeth College from Guernsey visited to play our U13A and B teams. Both games were competitive, finishing with a 3-1 win for the A team and 0-1 loss for the B team. Congratulations to all players who have been selected for Tensworth U13s.

After a successful U14 Cup run, the U14 Boys competed in the Tier 2 NW Finals, displaying some fantastic hockey to win and progress through to National Finals in March, at which they will play against some of the strongest hockey schools in the country.

Top journalist Oliver Holt talks of 'dream job'

In March, pupils were delighted to hear from one of the nation's leading journalists. Chief Sports Writer at *The Mail on Sunday* and former pupil, Oliver Holt left King's in 1984 to study History at Christ Church College, Oxford. After a post graduate in journalism at Cardiff, he started as a news reporter on the *Liverpool Echo*. From there, he moved to *The Times* as Motor Racing



Correspondent before graduating to Chief Football Writer in 1996 in time to cover England's hosting of the Euro Championships. He joined the *Daily Mirror* in 2002 as the Chief Sports Writer, and in 2015, replaced legendary Patrick Collins at *The Mail on Sunday*.

The talk covered his major sporting highlights, his best interviews, and how he got in to what many would consider a

"dream job." Oliver said: "As a kid I'd go to 80 or 90 football games a season. So, when I was on the *Echo* I asked if I could cover some sport and they let me cover Tranmere in the lower leagues on my days off. That's how it started. It's always been my dream job and I still consider myself very lucky today. I get to go the World Cup every four years and Wimbledon every year. I've covered the Olympics, the Masters Golf and Formula One all over the world and it's been fantastic and it still is."

Business Dragons

It was fantastic to welcome former pupils George Barker, Toby Sayle and Charlotte Green back into the Business department in February. They gave feedback and advice on pupil presentations and business plans.



Stay Connected!

If you would like to share your expertise with our pupils, could become a mentor for an aspiring former pupil, or could host a student during work experience week, please scan the QR code and join our 'King's Connect' community of alumni.



SCAN ME!

8 June	Alan McInnes Bursary Fund Golf Day	DIARY DATES
12.30pm	Prestbury Golf Club (shotgun start)	
10 June	King's Former Pupils V Macclesfield 7s	
30 June	Former Pupils Cricket Match	
5 July	Alumni Summer Soiree King's Campus	
18 November	Alumni Gala Dinner King's Campus	

NETBALL

Cheshire Cup Winners

King's netballers lifted the Cheshire U18 netball trophy after prevailing against two derby rivals. The close-knit squad enjoyed wins against Sandbach and Upton and a draw against Alderley Edge in the round robin qualifiers. They saved their best game for the semi-final against closest rivals Falibroome, winning 14-8, and the final against Wilmslow, which they won 11-5.



Captain and Goal Defence Anna Warham said: "Our secret is our team ethic. Everyone did their job and we lifted the trophy as a team."

The U13 netball team also won the Cheshire County Netball tournament so are now County Champions – a title they have maintained from last year. The squad put in a near perfect display in the final against The Grange, which was a well-deserved win after reaching the semi-finals of the U13 Independent Schools Netball Competition only to lose to the overall competition winners.

The U12 netball team came a close second and were runners up in the Cheshire County Netball Tournament.





£20,000 raised for Visyon

Six pupils completed the grueling National Three Peaks Challenge to raise a stunning £20,000 for the Cheshire children's charity Visyon, which was set up by three families who lost their children to suicide. Visyon offers counseling and support to young people suffering from anxiety, depression and low self-esteem.

Jemima and Annabelle Jordan, Ava and Annabelle Bygrave, Cicely Homer and Sam Paddon, all completed the 10,000 feet ascent in the summer, and presented their cheque to the Visyon charity team this term. The hike began at Ben Nevis in Scotland's Grampians, at 4,413ft, the highest mountain in Britain. They then drove down to the Lakes to dash up Scafell Pike at 3,209ft, England's highest mountain, climbing and descending it in total darkness, reaching the peak at 1.30 am, guided only by head torches. The last leg was a drive to North Wales and striding up the Pyg Track to Snowdon's summit at 3,560ft.

The team completed the 27-mile event, with some 400 miles driving in between, in a superb 23 hours and 30 minutes.



Earthquake DEC appeal

Following the devastating earthquakes that have killed tens of thousands of people in Turkey and Syria, pupils, staff and parents organised a 'wear red' day, cake sale and other fundraising activities to help support the DEC Appeal. Over the space of a few days, the King's community came together to raise £6,221, which has now gone to help people affected by the crisis.

Asad Aizad, Year 9, who won a Gold Medal in his division in the Cheshire Grand Prix squash event.

Ben Anderson, Year 11, **Owen Branthwaite**, **William Davies**, **Charlie Egan**, **Ben O'Donnell**, **Thomas Sheridan**, and **Vaseegaran Vasantharajan** in Year 13 for their superb performance on the UKMT Senior Maths Challenge, all achieving Gold Certificates, and **Sam Parry**, who achieved a Silver Certificate.

Millar Anderson, **Arthur Scrase**, **Zachary Morris**, **Christian Smith**, **Sam Keep**, **Charlie Kaye**, **Simon Shadwell**, **Will Oliver**, **Caolan Coulthurst** and **Hamish Usher**, in Year 10, who have been selected for the Sale Sharks U15 DPP.

Adrian Bagherpour, **Angus Collins-Webb**, **Robb Thomas**, **Ben Anderson**, **Reuben Elliott**, **Lucy Hancock**, **Annabel Hawkins**, **Thatcher Nulty**, **Jake O'Donnell**, **Asher Raymon** and **Oliver Woodward**, who achieved Gold on the Intermediate Maths Challenge.

Harriet Bright, Year 8, who achieved her ABRSM Grade 6 Piano and Grade 6 Clarinet exams both with Distinction.

Olivia Mackenzie, Year 10, who was selected for the National Youth Orchestra Inspire programme.

Jamie McCabe, who represented Cheshire in the ESAA National Cross-Country Finals at Wollaton Park, Nottingham.

Haydn Keogh, Year 13, who has been selected to play for the North of England U18 rugby squad and for the Cheshire U18s.

Darcie Morris, Year 6, who was selected to be one of the children in St Bernadette's School in the musical 'The Nativity' at REP Theatre in Birmingham.

Willow McNulty, Year 3, who has been selected to join the U8 Cheshire County Tennis Squad.

Nick Reynolds, **Ben O'Donnell** and **Rory McCabe**, in Year 13, who made it to the Regional Finals of the ESU Mace Debate Competition for the second year running, only to be pipped at the post to the National Finals by MGS.

King's trampolinists who competed at the British Zonal Finals in Northern Ireland, with 47 pupils qualifying for the British Championships in March.

Jenny Wallace, Year 12, who achieved a Certificate of Merit on a very difficult Mathematical Olympiad for Girls.

Toby Wilson, Year 12, who has been invited to the England U17 North Rugby Training

Annabel Wong, (pictured right) who received the Performance Player of the Year 2022 at the Cheshire County LTA Awards.



The King's School, Macclesfield

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