



#### Notes From the Head

Welcome to this year's fourth edition of the Ramsey Voice. As usual the articles are varied, demonstrating the value we place on providing opportunities that will enhance the curriculum, motivate students and make learning a stimulating experience. The range of activities brings learning in the classroom to life and develops students' interest to explore in greater depth, using their own initiative.

Many of the articles highlight students taking responsibility for their own learning and arranging their own activities. For example, the Gardening Club, BBC News School Report, Youth Health Champions and PIXL Edge Awards all require students to be creative, to plan and to co-ordinate their own activities. Whilst staff provide support, the key to success is allowing students to be proactive and independent, so they are able to learn from their successes and mistakes: this will stand them in good stead for the future.

In the previous edition of the Ramsey Voice, issues linked to a reduction in 'real terms' funding for education were highlighted. Since then I have met with our local MP, James Cleverly, to discuss concerns in greater depth. Again I would encourage you to write to, or visit; Mr Cleverly to echo our concerns. Support means that we can maintain the broad range of activities to provide the best possible education for the young people of Halstead and the surrounding area, helping us to fulfil our aim of being 'an outstanding school in the heart of the community.'

An important aspect of our work is to ensure students are well prepared for the next stage of their education by being aware of the career opportunities available to them. Whilst the majority progress to local schools and colleges to study, some choose to explore options further afield. Callum Turner is one of the students who has taken the opportunity to follow his dream of becoming a race mechanic, working in motor sport. His article highlights that there are various routes into employment after leaving school. Hopefully, one day he will achieve his ambition and be part of a winning Formula 1 Championship Team.

The Academy was recently presented with the Healthy Schools Award at a ceremony held at the Chelmsford City Racecourse. The guest speaker, Aaron Phipps, was inspirational. He highlighted the importance of a positive attitude and taking opportunities. Aaron had both legs amputated at the age of 15 after contracting meningitis, but, through hard work, became a Great Britain Wheelchair Rugby player and London 2012 Paralympic athlete. In 2016 Aaron set himself the ultimate challenge of climbing Mount Kilimanjaro, the highest mountain in Africa. It was the first time a disabled British person had climbed Kilimanjaro without assistance. As he got higher up the mountain, his off-road wheelchair could no longer deal with the rough terrain, so he trekked for four days on his hands and knees. This was an incredible test of his endurance, but his energy and determination got him to the summit.

Whilst our students do not have to face Aaron's challenges, there are similarities in our approach to education. We want students to take opportunities, rise to challenges, show resilience and become positive in their outlook.

- Mr R James

#### Aspiration Charity Week

Aspiration Charity Week has been been another resounding success in its quest to raise funds for the Smile of Arran Trust! Thank you to all students, parents and staff who have contributed so generously all week. We have yet to confirm the total amount raised but I am hoping we may be on the way to beating last year's record.



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# Gardening Club Update

Gardening Club has been very busy preparing for the 2017 growing season. Completing a stack of jobs from the long and varied 'to-do' list, guided by Mr Pittuck, leader of the Gardening Club. These jobs have included the cleaning, and redesigning the interior of the green-house to make a more efficient work place. Whilst Oliver Smith, Noah Parkinson, Joshua Lingley and William Cheffins were involved in the green-house project, myself (Harry Porcher) and Jamie Jones were involved in the preparation of our poly-tunnel. This took time as we had many things to move in and out including the sorting and washing of over 700 plant pots, trays and baskets, all to be used in the coming months.

The warmer weather has allowed us to weed our allotment area. The raised beds will be refreshed with compost ready for a crop of carrots, potatoes, tomatoes, other household fruit and vegetables, marigolds and other companion plants. Leaves have been swept up and gathered for mulching. Archie Toms has been busy outside doing these tasks which will go towards his PIXL Edge award.

In the last fortnight our team has dug out the footings for our new £300 composting station. Although this is not finished yet, it will be completed in the next week when the wood arrives. We will then have a 10 cubic metre composting facility and will process the grass cuttings and leaves from the school grounds. This will save the school money by not having to pay for their disposal off



site.

We have taken delivery of nearly 3,000 litres of peat-free compost to use this year. We have seed, potting and hanging basket/planter composts. We will be growing all manner of crops. £50 worth of seed are on the way to us from Thompson and Morgan. Our aim is to fill 20 hanging baskets and sell them to fund our activities.

Our plans for the year will be to use the new compost area and maintain a bright, healthy and pleasant growing area for the school and encourage new members to participate in the gardening club.

The Gardening Team, we hope to see you at the town's May Day In The Park celebrations where we will have a stall.

- Harry Porcher (Year 10)

# Colchester Institute Chef Roadshow

On February 1 2017, 19 Year 10 Catering students attended a demonstration from a chef from Colchester Institute.

Student report:

What I liked about the chef coming into school is that he let us join in with the activities, telling and showing us many things that we didn't know before. An example is that in the shops a chicken will be sold upside down. He also demonstrated how a potato could be peeled into little barrels. He made a stir fry that was really tasty. I think that when he returns, other year groups would benefit and really enjoy the demonstration.

- Katie-Louise Pearce (Year 10)





#### Poetry Live Trip

On 8 February 2017, Year 11 students visited The Cambridge Corn Exchange to watch 'Poetry Live!' to support our studies for English GCSEs. We saw some of the poets that we are studying perform their poems including the famous John Agard and Simon Armitage. It was engaging listening to the poets read and hear them talk about the inspiration and influences behind their work. We had the chance to ask questions and the poets were happy to expand on their reasons for writing poetry. We also had the chance to hear from the AQA Chief Examiner for English Literature who gave us useful tips for approaching the new GCSE. This was very useful.

As a whole, we really enjoyed the experience of 'Poetry Live!' and seeing the poets in real life helped us to better understand their poetry .

Poppy Yeomans (Year 11)

# Orienteering Update

Students have been competing in the Essex School's League. These events are run all over Essex and it takes a great deal of commitment for students to attend and perform in each event. In the Year 7 Girls category Amy Skeet is in 2nd place, Jessica Thomas 6th, Izzy Peters is in 12th position and Katie-May Blower is in 13th. In the Year 9/10 category Thomas Turner is at present in 3rd place whilst in the girls section Beth Lucas is 3rd with Hannah Peters in 4th place. It's also good to see previous Year 11 Callum Turner sitting in first place in the Year 12/13 group. Students still have a number of events to take part in so we wish them all the best and hopefully they will continue to climb the table.



In the overall senior school table we are sitting in 4th place. It was also really great to receive representatives from Stansted Airport and SOS orienteering club in school to present and receive a cheque of £1000 to help provide orienteering opportunities for the local students in the Halstead area. A big thank you to London Stansted Airport community fund and to Steve Partridge who has worked so hard to gain funding and opportunities for the local youngsters. - Mr P Taylor



#### Halstead Gazette Reporter Visit

Students involved in the student magazine, The Ramsey Ram, and BBC News School Report were given the exciting opportunity to interview a local journalist on Friday 24 February. The students were prepped with several questions to ask Sean Davies from the Halstead Gazette during a lunch time meeting. Sean first spoke to the students about his involvement in journalism and what he would be expected to do on a typical day. He also talked about his route into his chosen career which has certainly got some of our students thinking about their path after taking their GCSEs.

Students were given some really helpful advice linked to their activities with The Ramsey Ram, as well as the BBC News School Report. A number of students who were not previously involved with the magazine or school report project are now keen to participate and numbers for both activities have grown significantly.

It was an interesting and useful afternoon and it is hoped that the interest in journalism and writing will continue to grow.

#### Beatboxing Workshop

On Monday 6 February 2017, Year 9 students were fortunate enough to spend an hour in their Music class beatboxing with the famous Randolph Matthews. Not only was Randolph hilariously talented he patiently guided us through our 'T', 'K' and 'P' sounds. Within this workshop everyone gained so much confidence and learned to express themselves in a way they never had before; using their bodies.

For those who felt confident enough to pursue this new skill, there was also a following workshop on 6 March where some Year 8s were introduced to this new skill and the Year 9s continued with experimenting with their vocal abilities. After warming-up, which is crucial in beatboxing, not only to prepare your voice but also to re-allocate your confidence, we started planning for our performance at The Braintree Arts Theatre.



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We intended to beatbox and sing to 'Rather Be' by Clean Bandit ft. Jess Glynne and the Year 8s decided upon 'Closer' by The Chainsmokers ft. Halsey, which they adapted exceptionally well. We each performed our pieces then decided to collaborate our ideas which moulded into a 'Rather Be Closer' mash-up!

On 8 March we arrived at The Braintree Arts Theatre where we settled down amongst students from Hedingham, Alec Hunter and Notley High School. Before we started, Randolph eased our nerves by making us speak to other schools and again led a warm-up. Each school then rehearsed one in front of another before we all performed in front of an audience. Everyone's performances had been put together with such hard work and it most certainly paid off in their incredibly unique and talented beatboxing/singing. Despite everyone's nerves, Ramsey put on an excellent show and very much enjoyed watching other people's great efforts.

The story behind beatboxing is really quite inspiring and shows you that if you ever don't have any music, use what you have; your body!

This opportunity has enhanced our knowledge widely regarding beatboxing and has helped us to co-operate as a team and to understand how each person can play their part, because sometimes the smallest sounds can create the best impact.

Thank you to: Randolph for his wonderful teaching, Mr Lewis-James for his organisation and Mrs Barnes for driving us to the theatre. - Hannah Birch (Year 9)



#### Life After Ramsey

Britain is the world centre of the motor racing industry and I have always wanted to work in motor racing so while at The Ramsey Academy I began to look into ways of achieving this. Of course the standard route for any job of sixth form college then university exists, but also there are specialist colleges that allow a much more targeted education for work in the racing industry. One of the colleges with the best reputations for training race mechanics is the National College for Motorsport and after an application, interview and GCSE results I was one of the few from many applicants to get in to the college.

At the college, our time is split 50/50 between theory lessons in the classroom and practical tasks in the workshops. The workshops are equipped with the same equipment as a top race team would have, along with various race cars for us to work on. In the classroom lessons we learn about all of the systems on a race car and we are also taught about the expectations from a team and how to work effectively in a race environment. In the workshop we carry out practical tasks that teach us the correct procedures for working on different areas of the car.

Whilst at the college we are expected to get work experience with professional race teams. In my time there I worked at some race weekends with a team competing in the Porsche Carrera Cup Great Britain. This experience is essential to being more prepared for working in the environment of a race weekend.

After 6 months the technical certificate side of the course is complete and you can leave to become an apprentice if you have completed all of the college assignments. An apprenticeship allows you to learn, gain experience and gain another qualification from the college while being paid for the work you do. In many cases the apprenticeship leads to a proper job once it is complete. I myself am now the apprentice at JMW Motorsport who compete in the European Le Mans Series and the Le Mans 24 hour race. I am involved with preparing and running the car for a year of racing across Europe in a series of 4 hour races and the famous Le Mans 24 hours. - Callum Turner (Previous Student)

National College for Motorsport - www.nc4m.ac.uk

European Le Mans Series - www.europeanlemansseries.com

#### BBC News School Report



A variety of students from Key Stage Three were involved in the BBC News School report on Thursday 16 March. These students were taken off timetable for the day to explore what it is like to be part of a news team. Their task was simple: create a news bulletin with a variety of stories covered by 3pm. The journey getting there however, was not!

Students had to use skills developed over the past 12 weeks to complete this task independently. Students began the day with an enthusiastic briefing where they researched and discussed possible stories to cover. They each pitched their own ideas to the rest of the group and then they finally voted and settled on three main news stories.

Some students opted to complete a written news report to upload to the web page whilst the rest of the group were split up and tasked with script writing, researching, interviewing and filming their news stories.

The tight deadline meant that students were under pressure to get everything done and there were times when they became worried it wouldn't all be finished in time. Fortunately the team pulled together and were able to meet the 3pm deadline with a few minutes to spare.

The students were really pleased with the outcome and are really keen to participate again next year. When asked about what they had learnt from the experience, many explained that organisation and time management were key skills they developed throughout the day. They also said that they felt they worked really well as a team and were relieved that they got it all done in time.

Overall, a good experience was had by all and students have really benefitted from the day. Their efforts can be seen on the school website at http://www.ramseyacademy.com/bbc-school-report. - Miss H Siseman

# UK Aerospace Young Rocketry Challenge

This year we are boldly going where no Ramsey student has gone before and are entering the UK Aerospace Youth Rocketry Challenge. This involves our students building rockets that are capable of reaching an altitude of 760ft. their construction must also have the capacity to safely transport a raw hen's egg into the air and land safely back to Earth.

As this is our first venture into unknown territory, our intrepid Rocket Scientists have approached their challenge with vigour and an immense determination to succeed.

Our team of engineers will be attending the regional final on 24 April 2017 in Chelmsford where they will

pit their creations against other schools from the East of England area: should they be successful they will gain entry to the National Final in Essex in the week commencing 22 May 2017, with the ultimate prize of the International Final at the Paris Air Show up for grabs.

We will update the Ramsey Ram with our progress over the coming issues: hopefully with a triumphant return to Ramsey as World Champions. - Mr S Hendry



UK Aerospace Youth Rocketry Chall



## The Role of a Governor - Jennie Sutton

I was asked to become a Governor at The then Ramsey College about 6 years ago: just at the time when the school went into Special Measures. Since then the school has become an Academy and many different things have been done, both within the school and externally. There have been two headmasters both of whom have driven the school forward, with the help of staff - be it teaching or support staff - to attain a GOOD Ofsted report. This is a great achievement. I personally feel very fortunate to been a part of all these improvements and goals.

Why did I accept the offer to become a Governor? Well I have a firm belief that children deserve the very best education that we can give them. It has been a huge learning curve for me: I have been on various training courses and met some lovely, like-minded people who, like me, want to help in giving the best opportunities possible to the students of The Ramsey Academy.

I was made a Link Governor to the English department, where I was made very welcome. I have attended classes (even learning a few things myself), worked with the children on plays, read with a lot of them and generally helped out wherever needed. It has been good to see the interaction between teachers and students. I have to say an awful lot has changed since I was at school but that is not a bad thing, after all the world and technology have moved on.



I have been very impressed with the dedication and enthusiasm of staff who all want their students to do well, going that extra mile when needed. Students seem happy in their work, and willingly take part in discussions. They are also given the opportunity to take part in the Jack Petchey Speaking awards and I have seen nervous students grow in confidence, all assets when they choose their careers. Recently, I was asked if I could help in arranging mock interviews with businesses in Halstead for some of the older children to give them an idea of what is expected of them when leaving school. I have been told that this was a very successful exercise.

Halstead now has a school of which we can be proud.

### Ramsey Youth Health Champions

As a group, we feel that the issue of anxiety has been affecting many people, therefore raising its profile and focusing on solutions seems to be a good idea.

The definition of anxiety is: a feeling of worry, nervousness, or unease about something with an uncertain outcome.

Unfortunately, anxiety doesn't just affect one specific group of people, it can affect children as young as 3 up until they are 100, and almost everyone will experience a mild anxiety at least once in their lives. Admittedly teenagers are prone to getting anxiety symptoms more than anyone else for a number of reasons including their inexperience in dealing with problems independently. As Youth Health Champions, we felt it was important to work on this topic as many people around us are prone to suffering from anxiety, so we felt by researching it and ways to overcome it, we could provide support and hopefully beat anxiety in our school for good!

Exams, friendships, family breakdowns, arguments and a much wider range of things also can trigger anxiety, but it isn't just feeling a little bit nervous; anxiety can potentially take over your whole life.

Some symptoms of anxiety are: dizziness, often having a tremor, nausea, palpitations, and shortness of breath, as well as chest pain, irritability and a myriad of other factors.

It is very important to remember that anxiety and stress are two very different things, often confused with each other; stress is 'outside' your body and anxiety tends to be deep feelings 'within'. Anxiety can be dealt with easily if you are aware of the below tips, however if you are unsure of how to deal with it, it can result in body neglect (eating disorders, self-harm, excessive tiredness or lack of concentration), depression or can result in you isolating yourself through your deep worrying.

#### Ways to help anxiety symptoms:

1. Surround yourself with positive people, then even though you may feel odd to begin with, they will then begin to have a positive impact on you, eventually giving you a positive mindset.

2. Cram your life with activities that you enjoy to prevent any sadness entering your brain!

3. Avoid things that provoke your anxiousness, it wouldn't be running from your problems, it would just be accepting what makes you feel down and overcoming it.

4. Exercise releases hormones into your brain that can overcome depression and negative emotions is a very good tip to consider.

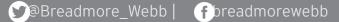
5. Sleep- so simple, yet so beneficial.

6. Use meditation to relieve your stress, it sounds extreme but it works!

7. Although it can be useful, most of the time social media can impact our mood greatly, so avoiding it could be the best possible thing you could do. Try it and I bet you'll be pleasantly surprised!







# PIXL Edge Ambassadors

The Pixl Ambassadors are here to help any student with advice about PIXL edge. These students will have a role for PIXL Edge week, which will run in tutor time.



 "Use things you have previously done, perhaps activities from primary school"

#### How did it feel to be recognised in an assembly for your hard work?

- "I felt really proud and it made me want to do more of the school's activities."



- "My favourite activity was volunteering to be in a health campaign"



- "If opportunities to volunteer come up, take

How did it feel to be recognised in an assembly for

- "It makes you want to do more and it inspires

them"

vour hard work?



# What was the most enjoyable or rewarding activity you completed?

- "Being part of a sports team for an academic year was my favourite because I liked being part of a team and working together."

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# Able and Talented Visit to BT

On Thursday 16 March, ten Able and Talented Year 10 students were selected to visit BT Headquarters in Martlesham, Ipswich. The trip, organised by Mr Hendry, was based around the development of technology including the newest edition of the 4K TV and improvements to the efficiency of shopping.

The day began with a quick talk by the manager of the event, followed by us being organised into groups by school (as there were other schools attending the event), with each group hosted by a BT apprentice. We visited various demonstrations and exhibitions all very engaging and interesting to watch, about several types of technology that BT were working on. This included a virtual reality headset that can be used in a workplace environment, an Xbox Kinect-controlled x-ray machine for hospitals, vests to be worn by officers that held small, undetectable cameras in the chests,



and a model living room decked out with responsive, modern gadgets, like built-in burglar alarms in the windows and doors that locked with a click of a button on your phone. Each demonstration was led by a BT worker, who showed us the functions of each prototype, as well as explaining the disadvantages and problems it may face in the workplace. One of my favourites was the robot prototype intended for use in hotels as management, that has the ability to learn and perform regular household tasks, such as folding towels, because of its high level of circuit-based progression.

The day finished with a chance to try out some of the equipment which was exciting because it gave us a chance to put some of the technology that the employees were talking about to the test. I participated in a virtual reality game trial with some of my classmates which showed a decrepit cliff face in the middle of a desert, which was brilliant! There were also stalls dotted around the event for universities and options for apprenticeships at BT which were both helpful and refreshing, as they brought us back from the futuristic experience that we had been living in for the past couple of hours. The day ended with another talk from the event manager and we left the event feeling educated and excited by the things we had been shown.

The trip was a great experience, and an offer I would encourage any technology enthusiasts to take. I would love to visit again another time, but for now I am happy with living in the present. - Amelia Dean, (Year 10)

# Ski Trip 2017

During February half term, Mr Child accompanied seven Ramsey Academy students on the joint Notley/Ramsey annual ski trip to Zauchensee in Austria. Like most ski trips, it began with the long coach journey, firstly down to Dover to catch the ferry, and then on through Europe to our resort. This happened to be the first time on a boat and travelling overseas for a few of the students. After the fun of the ferry journey it was back onto the bus for the long journey to our hostel. After arriving the following day it was straight to the ski hire shop to collect our boots and skis, then back to the hotel for showers and dinner.

The only negative that can be thought of when it comes to the ski trip is the early morning wake ups but this was so we could eat



breakfast and be the first coach to the slopes and first on the lifts. The students were split into 3 groups based on ability; we are happy to say that the Ramsey students were spread throughout the different groups, so they began to mix with new friends straight away.

The week then feels like a blur of amazing views, fresh snow and fantastic skiing. There were so many highlights including: Olly crashing into a pole meant to keep skiers on the slope; Luis singing love songs to Lucy, and Connor getting stuck around a pole (we helped him up only after we got a photo for the PE Twitter account.

It is fair to say that everyone loved the trip; although tired and a bit homesick at times, they certainly didn't want the fun to end. Most of the pupils that went were in Year 11 so this will sadly be their last ski trip with the school, but it is definitely an experience that both myself and the students will remember for the rest of our lives.

Next year's ski trip has already been organised and Ramsey students will be offered the opportunity to go on the 2018 ski trip very soon. I'm already looking forward to it. - Mr M Child

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# Tennis Course

If you did not know already, The Ramsey Academy is one of the very first schools to take part in the School of Tennis initiative. This is an amazing programme offered by the LTA and Tennis Foundation in which they provide us with equipment and funding to offer quality coaching and training. As a result of this we were asked to continue for a second year and, as part of this, we were asked to host a tennis training course for staff from a range of Essex schools: primary, independent, special education needs and secondary.

These courses have promoted The Ramsey Academy within the whole of Essex as one of the leading schools for the provision of tennis, as well as national promotion through the School of Tennis brochure which has a quotation from our students has been included: 'The Student Tennis Ambassador programme has helped me to develop my social skills and confidence in teaching younger students...'

The course was a success and can only continue to improve the provision of tennis not only at The Ramsey Academy, but also in the whole of Essex. If you haven't tried tennis make sure to keep an eye out for the extra-curricular club that will be starting soon. - Mr M Child



# Aspiration Charity Week Continued...

The week began with Year 7 students selling their beautiful cakes at break; the tables were groaning under the weight of all the gorgeous cakes but the goodies were soon snapped up by staff and students. Monday lunchtime was time for the Year 11 boys' basketball team to take on the staff. Students packed into the sports hall to watch a fast and furious game, which I believe the staff won thanks to the hoop shooting skills of Mr James and Mr Brooking, although they were ably supported by Mr Murray, Mr Leys, Mr O'Gorman, Mr Taylor and Mr Child and Miss Siseman!

Year 8 students took over cake sales on Tuesday and may well have sold the most! A truly fabulous display of baking! Bench ball was a huge crowd pleaser at lunchtime, with teams from Aspiration, Diversity and Endeavour battling for honours - did I say Aspiration students won?

Wednesday break saw Year 9s take over the cake stall - we have some brilliant bakers in this year group! Again the cakes disappeared in no time at all. Mr Lewis-James organised an amazing Lipsync and Musical Concert for lunchtime - he was ably-assisted front of house by Max Felton and Amelia Bell who introduced performers to the huge audience of students and staff packed into the hall. We had a wonderful time and it was so heart-warming to see such support and camaraderie among all students. Alison Tosh, Arran's mother, joined us for the show and was overwhelmed by the Academy's efforts and generosity. She enjoyed chatting to the students and it brought back many happy memories of Arran performing his songs. Thank you to our brave and talented performers: Lolly Cooke and Frasier Hughes, Kiara Cohen, Peter Richardson, Hannah Birch, Katie Rudling and Bessie Batt, Beth Curnock, David Mead and Bridget Clegg. The raffle for the beautiful cake donated by Maisie Smith's Mum was drawn and Mrs Muir was this year's lucky winner; the students also had the chance to win a delicious cake baked by Chloe Winter.

10A1 were outstanding contributors to the Year 10 cake sale on Thursday with scrumptious cakes on offer. Again, sales were quick as appetites for cake never seemed to dampen! At lunch the Year 11 girls relished the opportunity to take on the staff at netball, although not a fair contest with Mr Brooking's height, Mr O'Gorman's speedy delivery and Mr Child's goal-scoring! Great fun to watch and to play! Thank you to the Year 10 girls who braved the chilly wind to sell more cakes and sweets to hungry spectators.

Friday was a non-uniform day for all. At break the Year 11s showed off their baking delights and the Easter egg raffle was drawn. There were many lucky winners. The Smile of Arran Charity week draw to a close with a sponsored walk, or run for those with the stamina, around the Astro pitch. Students have been eagerly collecting sponsors, so thank you to all those who have supported them.

Please have a look at the pictures on the Academy website and the Facebook page and visit www.smileofarran.org to find out more about the work of the charity.

Finally, once again a huge thank you to all staff, students and parents for supporting us.

- Mrs Sims - Aspiration Raising Standards Leader

