



Ramsey Voice

Updates Newsletter

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Note From The Head

Welcome to the fourth edition of this year's Ramsey Voice. As we near the end of the Spring Term, we can reflect on a very busy; but also a disrupted few months due to inclement weather. We will always attempt to ensure the Academy remains open, but the amount of snow and ice made conditions on site and the journey to and from school too dangerous for students and staff. We appreciated your understanding during this time as the decision to close the Academy is never taken lightly, and we realise the implications this may have for your arrangements at home.

At this time of the academic year, the Year 11 students are preparing for their final examinations and looking forward to the new opportunities that await them from September onwards. It is important that good quality advice and guidance is provided to ensure students are making appropriate choices which allow them to progress along their chosen career path. However, in the modern world, career paths often change; statistics suggest that many young people will have between ten

and fifteen jobs during their working lives. As a result, it essential students are aware of the range of choices available to them. This edition contains a number of articles outlining events that allow students to explore numerous options.

It is often quoted that in school we are preparing young people for jobs that have not been created yet. Consider the range of employment opportunities in technology that nobody even knew about ten to fifteen years ago: this makes our task even more difficult, as we cannot predict what the future job market needs. However, some basic skills and attitudes will always be required.

Throughout our curriculum we are developing transferable skills and attitudes to learning that will stand our young people in good stead. By encouraging a 'growth mindset' approach and developing resilience; thinking skills; initiative; risk taking and a desire to embrace challenges and learn from constructive criticism, the students will be able to the adapt to new situations that they will face in the future.

Recently the renowned theoretical physicist and cosmologist, Stephen Hawking passed away, but he demonstrated all of these characteristics; overcoming many adversities to pursue his studies. The quotation below embodies the approach to life we are attempting to develop for our students: it should be remembered and give all of us the motivation to keep going if things seem a challenge;

"However difficult life may seem, there is always something you can do and succeed at." - Stephen Hawking

- Mr R James



Computer Science Masterclasses



University
of Essex

For the past six weeks, a handful of students from The Ramsey Academy have been attending Computer Science Masterclasses at The University of Essex, Colchester. We had a session every Saturday, developing our skills based on Computer Science.

The first session was based around global economics based on computers. We learnt the importance of money in our country and world. Our second session was based on Modelling and how certain variables are used and how the slightest change can affect how something works. Our third session was based on games design and how you can get into the industry of games and how to work with big companies. Our fourth session was delivered by a woman from American Airlines and we focused on Engineering and Astrophotography. Sadly, our fifth session was cancelled due to weather, and has

been postponed until April. Finally our last session was focused on robotics and how robots can be controlled and how they are programmed. Also because it was our final session, we had certificates handed out for completing our sessions.

Overall, the experience was amazing and I would recommend it to anyone who has been picked. It will give you an amazing understanding in Computer Science and not just that, but also important life skills that will benefit you towards getting a career in Computing and Technology based Jobs.

- Callum Watson (Year 9)



Year 10 Apprenticeship Fair

On Monday 5 March, the whole of Year 10 went on a trip to The STEM Centre at Braintree College, where we had the pleasure of attending the Apprenticeship Fair. At the Fair there were a variety of employers and colleges situated across four rooms. We had the opportunity to go around and speak to them about where we go post 16 in terms of apprenticeships and what their different fields of work are like.

Some of the visitors included accountants, computer-based companies, Mcdonald's, dental nursing, Nestle, hairdressing companies such as Easi Locks, Stansted Airport College, Anglia Ruskin University, Colchester Institute (which is in partnership with Braintree College) and so many more.

We stepped off the bus and were introduced to many lovely members of staff from the College, who presented us with a pencil case, a leaflet on open events there and a pen. Although it was quite scary talking to the employers and visitors, all of us tried to be open minded and asked lots of questions and took an interest in their company- the leaflets, information guides and sweets at the stalls were an incentive to go and speak to people too! Overall, the event was so well-organised and extremely helpful, I felt grateful to have had the opportunity. Apprenticeships are an incredible route to take after Ramsey!

- Hannah Birch (Year 10)



Moving on after Ramsey - Lucy Stokes Head Girl 2016-2017

Moving on from GCSE at secondary school to AS/A-Level at Sixth Form is a big step. From receiving my GCSE results back in August, I was fortunate enough to have achieved all the grades I needed to get into my courses and to begin my further education at The Sixth Form College, Colchester. I am currently studying Sport & Physical Education, Dance, English Language and French as well as an additional study of Principles of Coaching. So far, I have enjoyed my subjects despite the increase of level and workload included; my free time has slowly shrunk! When I first considered the sixth form, I didn't like the thought of being completely split up from my friends and having to start from scratch in a way, because I didn't have anyone I knew in any of my classes; but however clichéd this may sound, it is surprising how quickly and easily you get to know everyone in your classes. Some people may think of it as moving schools, but I think it must have been easier. When you move schools, everyone is at an advantage in a way because they all know each other and have all been studying the same topics in lessons, etc. However when you move to sixth form, everyone is on the same page; no one really knows each other and we are all starting the same new topics at a higher level in the subject.



The independence of the college is a big help (but not for the bank account!); you can leave the site whenever you like as you don't have a lesson every period, meaning you have free periods to do as you please. This allows you to go in to town, meet with friends or catch up with work, which also means you won't have a load to do when you get home. One of the things I have most liked about the sixth form compared to school so far, is the fact that the work and classes are not forced upon you. Of course if you skip lessons or do not do the work, then the teacher will speak to you or email home, but I most like the fact that you are there for yourself and you have chosen to come here and have chosen the subjects that you want to study; if you aren't going to do the work or be bothered with the subject or the teachers, then they won't bother with you. So if you don't hand in the essay on time or don't do it, it's your own fault really and you won't get a grade. The same goes for revision. Saying this, the teachers do help you out and you can have one-to-one mentoring if you want to, or if the teacher feels it might help.

Another thing, the bus... you will hate the journeys at the beginning but learn to deal with as you go along; you will get used to it and get used to waiting around at the bus stop, hoping it will turn up on time as you will realise they are not always the most reliable.

So all in all, I know nothing is going to take away the nerves of moving to a different place out of town, but everyone feels exactly the same and it's not as bad as you fear it might be. You can now choose what subjects you want to study for the next two years. It is very exciting taking this next step.

Art and Technology Competition

In January, the Art and Technology Faculty ran a competition to design and make a school-themed biscuit or batch of biscuits. The winner was Charlotte Norris Year 8; Joint second place was awarded to Bence Halasi Year 8 and Hannah Birch Year 10; and third place was awarded to Will Birch Year 9.

They were judged on design, biscuit quality and execution. All 4 have been awarded a merit and Charlotte won 50 house points for Aspiration, Bence and Hannah 25 house points each for Endeavour & Diversity and William Birch 10 house points for Diversity!

Well done to all four students.

- Mrs K Bushell



World Scout Jamboree 2019



During the summer of 2019, I am going to the twenty fourth World Scout Jamboree 12 day event in North America. I have been in the Scouts for 7 years, the Jamboree only happens once every four years, and I am looking forward to being part of the twenty fourth event.

I had to attend two selection events where we were assessed; at the first event Halstead and Colne Valley Scouting groups came together and only five of us were selected to go through to next selection process. The next involved all the selected Scouts in Essex, myself and my brother Luke, were lucky enough to be selected to represent Essex and the UK.

Over 35,000 people from 168 countries will be attending. The theme for the twenty fourth World Scout Jamboree is 'Unlock a New World' and is to be hosted jointly between Boy Scouts of America; Scouts Canada and the Scout Association of Mexico.

Each participant from Essex has to raise £3800 each; we have already done some fundraising events: in January we took part in bag packing at Sainsbury's in town, we are also taking part in a concert, will be selling items and organising more over the coming months to help raise some money. - Owen Smith (Year 9)

If you would like to find out more about the twenty fourth World Scout Jamboree please visit <https://www.2019wsj.org/>

Or to support Owen please visit the Facebook at Luke and Owen's World Scout Jamboree Fundraising Page.

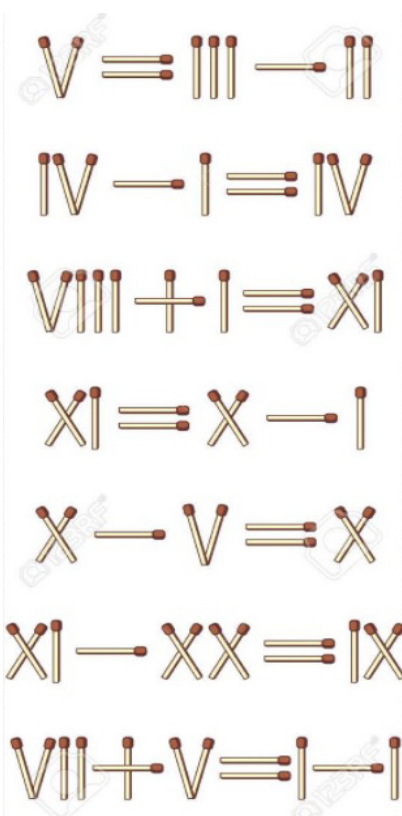
Numeracy Challenge

Problem solving and numeracy are key life skills. Each fortnight our students complete challenges to gain points for their House. These tasks often require their resilience, lateral thinking and creativity, as well as their numeracy. The challenges are set every half term and the forms invest time during registration to produce their best entry. There are different challenges for our younger and more experienced students. The Houses compete with each other and while Endeavour is currently in the lead, just before Christmas the leader was Diversity.

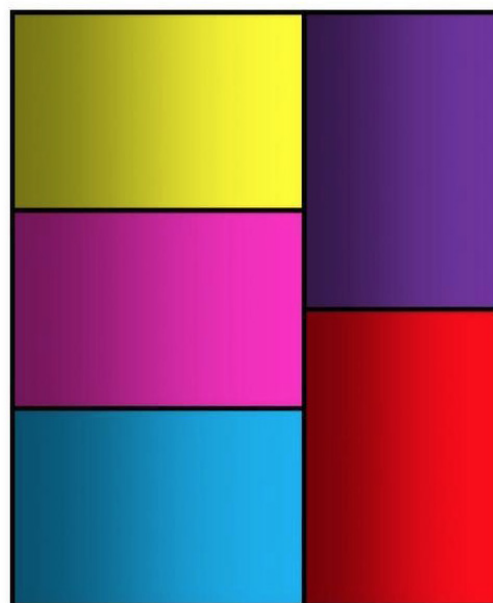
- Mrs M Messenger

How would you do with these challenges? Have a go at these!

Move one match to make each Roman numeral equation correct.



Five congruent rectangles are arranged to form a larger rectangle as shown below. The perimeter of the larger rectangle is 308mm. Find the perimeter of one of the smaller rectangles.



Surviving the Teenage Years - PSHE Trip

On Wednesday 8 February, a small group of students from Year 9 went on a PSHE Trip to a workshop at the Essex and Golf Country Club. Our group was joined by representatives from other schools and sixth forms. The day first started with an outline of what we were to complete during the workshop before transitioning to a 'Surviving the Teenage Years Scenario', which was performed by students, who were just slightly older than us.

The scenario covered a wide range of topics; grief, self-harm, body image, relationships, exam stress, peer pressure etc. The concept was a unique and interesting one: all the actors had a red backpack, and at the start of the performance, each character placed a brick into their backpack to represent the issues that they were currently facing in their lives. The piece was brought to life with such skill and confidence: you followed the characters' lives almost earnestly, and at certain points the piece was very poignant and moving, for example, when a young girl failed her English exam because she panicked under the stress and left the room in which the exam was taking place.

Our first workshop was particularly useful to us at this time in our education: it was about Beating Exam Stress. The session started with a comedic clip about what can happen if you stress yourself out too much, followed by an explanation of what the stress level cycle is, and how a little bit of stress is important, otherwise we become inactive in our tasks. There are four levels to the stress cycle: too little, which causes inactivity; optimum, which is the level we should be at and at the very worst, can cause mild fatigue; too much, which causes exhaustion and the worst level is burn out, which can cause you to have a mental breakdown. We discussed methods of revising efficiently and what to do to alleviate stress both before and during the exams.

We then moved on to our second workshop: the relationship with alcohol. The key messages throughout these pieces was that you need to know the other (alcohol) as much as possible and that you need to know your limits in order to manage yourself properly. The main thing that we were told is that it is important to remember that alcohol is a drug: it alters the way in which your brain works, and that just because drinking is 'socially acceptable', it doesn't mean that you should feel peer-pressured into drinking - make sure it is your own choice.

During this workshop, we explored different types of alcoholic drinks, and how even if we add coke to alcohol the strength remains the same. The man taking this workshop used to visit prisons and interview the inmates and by doing this he discovered that the most common drug crime was something related to alcohol, for example, drink driving.

We briefly had lunch after this workshop, before going to our third workshop, which was an exhibition of different stalls, covering important topics. These included Samaritan volunteers, who told us about their cause and the importance of speaking to people about our feelings; another who advised us against smoking, telling us the dangers, allowing us to use a breathalyser to see how much carbon monoxide was in our lungs, and a stall run by representatives from the Essex Fire Service and the Essex Police Service about the importance of having a working fire alarm, and carrying out checks on said alarm regularly.

The fourth workshop was on mental health; mainly on removing the stigma surrounding it and how to deal with the topic. This was conducted in an interesting way; as we walked into the room, the two people running the workshop randomly stuck stickers with random names onto us, which included names such as 'slob' and 'crazy'. Quite rightly, we felt quite annoyed at this: these strangers had randomly labelled us, without even bothering to get to know us! However, there was a reason for this, it was a physical representation of how people are labelled as soon as people find out they have a mental illness.

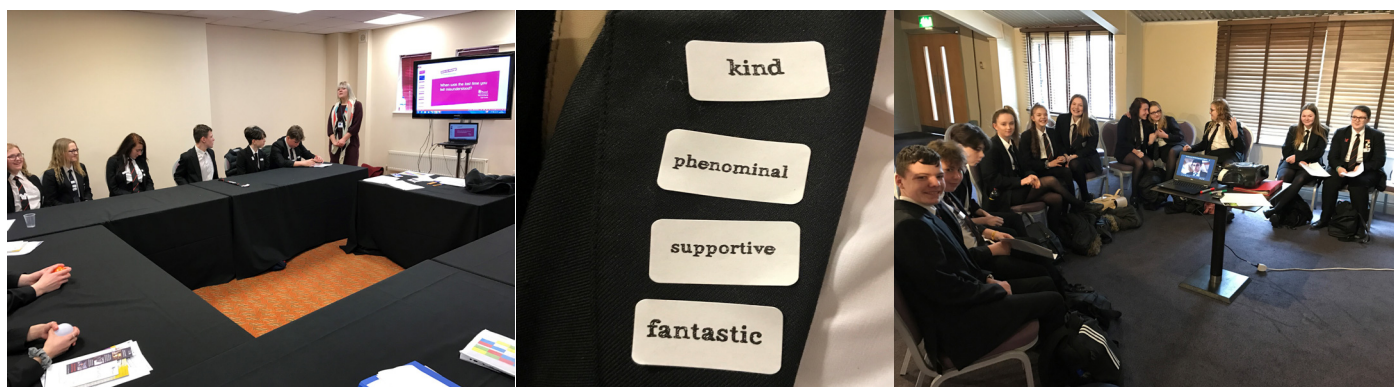
We learnt that one in four people will suffer with a mental health condition, and that self-harm isn't a condition, it is a response to a wider issue. With therapy, some issues can disappear, or the affected person is taught how to deal with their illness.

Our fifth and final workshop was on Self Esteem and Body Image, in which we explored topics such as building confidence and resilience, which started with an exercise in which we created what society would class as the "perfect person". We then compared this person to reality, and realised the importance that this perfection isn't possible, there is no point in trying to achieve the standard that society wants us to reach.

In conclusion, this trip was very, very memorable, and everyone enjoyed it. For example, Kirsten Davis enjoyed the atmosphere of the workshops, Lenay Vanstone took an interest in the debates and Anna Mills believed the trip was very helpful in terms of the information that it gave us. Morgan Jesson claimed the trip to be "brilliant" and useful, while Harry Ridgwell remarked that it helped with learning how to treat other people - views echoed by Rebecca Tyrrell.

Not only would I recommend that if you get the chance, you should definitely go, but I would also like to thank Mrs Price, Mrs Woods and Miss Meechan for making the trip possible, and making it a wonderful experience!

- Tazmin Sloat (Year 9)



Endeavour Charity Week

Endeavour House has chosen to support 'my blue heart'. The organisation exists to encourage understanding and compassion towards everyone who has to live on without someone they love.

They aim to give bereaved people a way to show others they are grieving through wearing a heart shaped badge in forget-me-not blue, with a red heart in its heart. The badge conveys the message 'I carry your heart in mine and always will'.

They hope that the blue hearts will become a nationally recognised symbol of bereavement, providing a way to communicate loss and giving others the opportunity to show consideration and support.

All profits from the sale of blue hearts are donated to other established charities to support their work with bereaved children. We will be supporting EACH. Staff will also wear blue hearts to show they will discuss worries with students and to promote the use of blue hearts in school to support children and young people who have experienced a significant loss.

All students were encouraged to join in and help raise as much as possible towards this worthy cause.

This year we had 'Romeo and Juliette' and 'Sharing the Love with Endeavour' themed week. We held daily cake and sweet sales, selling blue hearts, chocolate hearts and jelly hearts. A big thank you to all staff and students who donated cakes; they all went down really well!

There was a staff/student mediaeval joust competition which was keenly watched by a vast number of students who enjoyed watching members of staff running around on hobby horses!

We held a clothes and shoe collection with Bag2School in order to raise funds. We collected a massive 200kg of clothes and collected eighty pounds.

There were sponsored events with a fantastic walk around the astro organised by Lyncoln Street (Year 8). He was joined by many other students in this event.

Non uniform day topped our week off with staff and students attending school dressed in blue.

Staff eagerly awaited the raffle with some fantastic prizes. Many thanks to anyone who donated prizes including Costa, Ruairis hairdressers, Dales Hair dressers and Westons bakery

We raised over £1,200, so Endeavour would like to thank all students, staff and parents for their generous contributions and help throughout a non-stop week. - Mrs L Tyler (Raising Standards Leader - Endeavour)





ADVANCE NOTICE!

Aspiration Charity Week Monday 30 April - Friday 4 May 2018 will be supporting 'The Smile of Arran Trust' once again.



The Smile of Arran Trust

I would encourage you all to get involved with the fun and to donate to the different fundraising activities that we have set up throughout the week which include: a Lipsync concert; buskers; cake sales at break; sponsored walk; netball and basketball matches against the staff; sponge and welly throwing and a non-uniform day on Friday 4 May.

All the money raised from this week will go to 'The Smile of Arran Trust', which the House have chosen to endorse since our inaugural charity week in 2014. We are not asking you for a lot of money or sacrifice, just a few coins here and there, which could make a big difference! Please get involved in what always turns out to be a memorable week!

Let's not forget our achievements as a House and indeed a school in previous charity weeks, especially as last time we managed to raise over £2000! Let's aim for a higher amount this time!

- Harry Porcher (Year 11) Aspiration House Captain

Year 10 University of Essex Art Trip

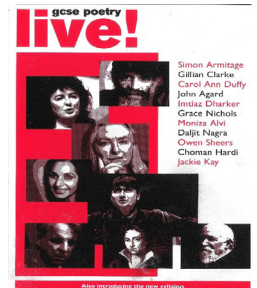


We started the trip off in a mini Art Gallery where we were able to look around at the different pieces of Art work; they gave us cameras to use to take pictures so we could put them in our Art books when we got back to school. The exhibition was on tattoos. After that we were split up into two different groups, one group went on a tour of the University and the other attended a workshop. On the tour, we went round the University looking at the main sections; we were shown what University life was like, and what they have to do. We then met up with the other group and had a talk with Dr Matt Lodder who spoke about his life, what the Art Gallery was about and the woman who drew and painted all the pieces; she was one of the first female tattoo artists. Then we swapped over with the other group. We talked about tattoos and design and were shown how to use a tattoo machine. You control the machine with a foot pedal and we were even able to use a tattoo machine on a piece of card. We drew round the templates as the machine had a biro in it, the tattoo pen made our hands feel weird but we got used to the vibrations. - Louis George (Year 10)

GCSE Poetry Live Trip

On Friday 23 February seventy five Year 11 students visited The Dominion Theatre, London to take part in this year's Poetry Live.

This event is hosted by the AQA exam boards Chief Examiner, Tony Childs and features poets on the syllabus. The poets each had around twenty minutes to read their poems, give some context as to how they were written and then answer questions posed by the students. AQA also held an unseen poetry session. We saw the Poet Laureate, Carol Ann Duffy, as well as Simon Armitage; John Agard; Imtiaz Dharker; Gillian Clarke; Owen Sheers and Daljit Nagra.



All of the poets revealed interesting insights as to how the poems were formed: all seemed to have been inspired by their experiences which are made different, and exceptional by their craft. We were entertained, educated and challenged to think. Each poet had a particular signature: Duffy's warmth when talking of her work; Agard's exuberance at the joy of words, tempered by a political edge; Dharker's feeling for sound; Sheers' relatability and Armitage's dry wit. It was an enjoyable and insightful day. - Miss T Head

Onatti Theatre Company visits Ramsey Academy



On Wednesday 31 January, Year 9 watched a French theatre performance called 'Mes Chers Voisins'. The play told the story of various neighbours in one apartment block and their complicated relationships with each other. It certainly was a challenge for students to follow a story that was completely in French, but students thoroughly embraced it. The foreign language theatre company specialists will make two more visits this year to perform different plays in both French and German. We hope that these plays will give examples of 'real-life' language use and encourage students to see the value and enjoyment of languages outside of the classroom. - Miss G Shaddock

"I think that the French play was very good and it was very entertaining. Although I didn't understand all of the play, I think that it was a privilege to have this theatre group come in and perform to all of us in Year 9. There were two French actors in the play, they performed a few different characters, and each character told a different story. They used body movements to show us what they were saying. They also used different facial expressions to show their emotions. I really liked the costumes that they were wearing and the way they quickly changed costumes to be the different characters. Some people got picked to go up and help them with their performance and I got picked to go out and read out the GCSE grades. It was really fun and a privilege to have been a part of the play. My favourite part of the performance was when Becky Tyrell went up and got dressed up like Justin Bieber. I would definitely like to have them come back and perform to us again." - Maddie Heard (Year 9)

eSafety

Dear Parent/Carer,

As I am sure you are well aware, students in Year 8 will all be turning thirteen this academic year; for some of our young people this has already happened, with the remainder having their birthdays by this summer. We understand therefore, that many young people will be turning to you as parents/carers for permission to access social media, as thirteen is the minimum age required to access these sites.

We would therefore like to take this opportunity to offer some guidance not just for Year 8, but for any Parents/Carers who have children on social media to help try and highlight the potential risks of using such sites, along with any suggestions on how to help reduce these risks.

Please see the Government's guidance in the form of a poster below. - Mr A Lugton



The poster is titled 'Should my child be on social media?' and is from the Office of the Children's eSafety Commissioner, Australian Government. It features a central green circle with the title and text about parental pressure and tips. Surrounding this are eight colored circles, each with an icon and a tip: 'Get in the know' (magnifying glass), 'Keep it private' (lock), 'Play nice' (smiley face), 'Report' (speech bubble), 'Beware of bad eggs' (happy and sad faces), 'Join in' (thumbs up), 'Talk' (two people), and 'Learn more' (info icon). The URL 'esafety.gov.au/iparent' is at the bottom.

Office of the Children's eSafety Commissioner
Australian Government

Should my child be on social media?

Parents can sometimes feel the pressure of pester power to allow their children on social media, even if they don't feel comfortable doing so.

While these services are a fun way to stay connected with others, there can be downsides like cyberbullying, risks to privacy and contact from strangers.

If you allow your child to sign up to a social media service, consider these handy tips.

- Get in the know** – research the 'terms of use' and age requirements on social media services and explain them to your child.
- Keep it private** – show your child how to use privacy settings to control what others can see.
- Play nice** – encourage your child to respect others online and to always think before posting.
- Report** – show your child how to report inappropriate content, especially cyberbullying.
- Beware of bad eggs** – teach your child that not everyone they meet online can be trusted, even if they seem nice or friendly.
- Join in** – create an account yourself and find out what your child is likely to encounter.
- Talk** – maintain open communication with your child so they feel safe talking to you about any concerns.
- Learn more** – keep up to date with popular social media sites at esafety.gov.au/quickguide

esafety.gov.au/iparent

Golfing success



I have been playing golf since I was six. I first got into golf because of my Dad and I still enjoy playing a round of golf with him. During the summer holidays, I like to play 3 times a week, but attend Colne Valley Golf Club every Saturday, where we play 18 hole competitions in groups of 4, sometimes I win. I was recommended to attend the Essex County Coaching Squad along with many others, where we had to play a short and long game; show our chipping and putting skills. I was accepted to play in the Essex 12 to 14 squad for 2018. In April, I will attend a training camp and I am looking forward to playing in lots of competitions in the summer.

- Bradley Cattermole (Year 9)

Year 8 Football

The Year 8 football team have advanced into the semi-finals after playing well in three matches. The first match, in their group was on Thursday 1 February against Maltings Academy, which was a hard match; Ramsey eventually scored in the last few minutes with a goal from Ewan Hair. Everyone played well, but Man of the Match was given to Will Press.



After winning the first match Ramsey lost the second to The Helena Romanes School and conceded three goals. This was the hardest of all the matches for the Year 8 team, as all put in a lot of effort. This meant that Ramsey had to win the next game against Notley High School to secure a place in the semi-final.

On Wednesday 7 March, Ramsey travelled to Notley and beat the home team 10-0, with goals from Ewan Hair (scored two), Josh Ricca (scored three), Corby Williamson (scored two), Cobi Berkane, Jamie Grant-Green and Lewis Couttie. This was an easy match for Ramsey, although Notley did only have eight players in their team compared to Ramsey who had a full team of eleven. The man of the match was awarded to Ewan Hair. The team are now through to the semi-finals of the tournament and are hoping to get through into the final. - Ewan Hair (Year 8)

Joint Notley and Ramsey Ski Trip

During February half term, the annual ski trip took place. Students from both Notley High School and The Ramsey Academy headed off to Zauchensee, Austria for a week of skiing.

This year's trip was a smaller cohort than last year, with only two students from The Ramsey Academy going on the trip, but that meant smaller skiing groups which was great.



As always, the long journey began from Notley on Friday, the journey out is always a slow and long one, with students being a bit timid to talk to each other. Once we arrived, it all changed after the first day on the slopes; the students all began to bond over their shared experiences.

Students and staff enjoyed a great week of skiing; the weather was a lot better than expected, and there was a lovely amount of snow, which made for perfect skiing conditions.

Both The Ramsey Academy students improved during the week, especially as this was their first experience of skiing on snow. A special mention has to go to Ryan Poulson who was voted most improved by the skiing instructors.

The students all had an amazing time on the trip and next year we are hoping for an increased number of students from The Ramsey Academy. The information for next year's trip will be given out soon.

- Mr M Child

Message From The Examinations Officer

Dear Parent/Carer,

We have been informed by the JCQ (Joint Council for Qualifications) who are the providers of regulations and examination practices across the UK, that they are planning to hold an Exam Contingency Day on Wednesday 26 June 2019.

The GCSE/BTEC written examination window will run from Monday 13 May 2019 and students will be expected to be available on Wednesday 26 June 2019. Students will not be expected to be in school that day unless they have a scheduled examination, however, they must be available and not away on holiday.

Kind regards, Mrs C Emberson

Dates For your Diary

Friday 30 March - Bank Holiday
Monday 2 - Friday 13 April - Easter Holiday
Monday 16 April - Summer Term Starts
Thursday 26 April - Year 8 Parents' Evening
Monday 1 May - Bank Holiday
Monday 28 May - Friday 1 June - Half Term
Monday 4 June - Non-Student Day

