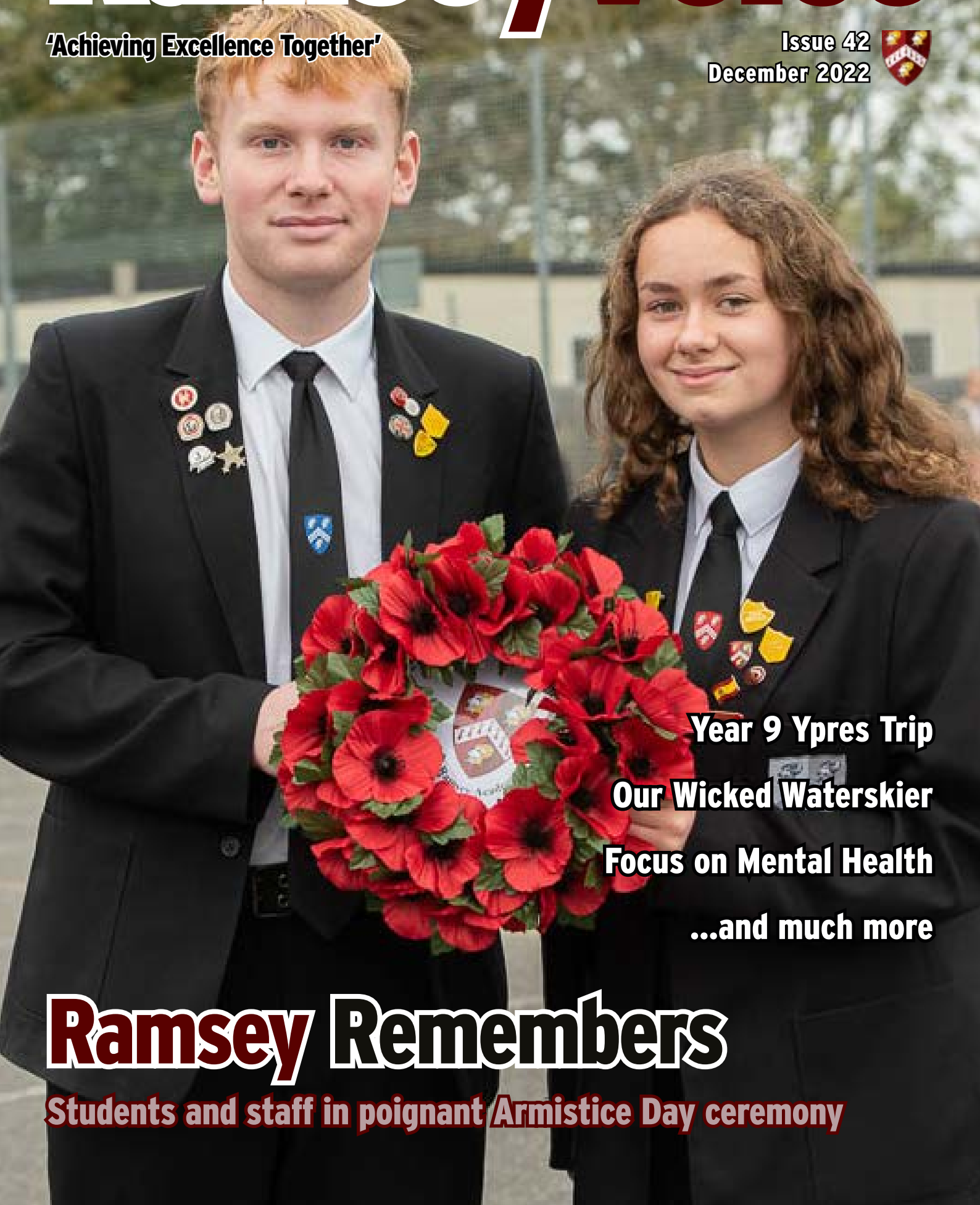


RamseyVoice

'Achieving Excellence Together'

Issue 42
December 2022



Year 9 Ypres Trip

Our Wicked Waterskier

Focus on Mental Health

...and much more

Ramsey Remembers

Students and staff in poignant Armistice Day ceremony



HeadteacherUpdate

Welcome to the first Ramsey Voice of this academic year.

This term has been full of activity as well as challenges for all - the latest being the snow and freezing temperatures. I would like to thank parents for doing your best to get your children into school, despite the weather, and staff for making some difficult journeys to get into work and enabling the school to remain open. I know many of the parents were very appreciative that we were able to keep the school open.

Congratulations to all new Year 7s who have now completed their first term at Ramsey. September probably seems a long time ago now for them and all their worries about starting secondary school.

One of the highlights this term was our first whole-school Remembrance Ceremony. We were very proud of our students and the respect they showed. Well done to our school captains, musicians and form representatives who played a key role in the ceremony.

Our annual open evening was very popular again this year with a large number of Year 6 students and prospective parents looking around and taking part in activities. There were many very positive comments about our students and how well they represented the school. We now have a large number of applications,

making Ramsey oversubscribed.

Following the sad news of the death of Her Majesty Queen Elizabeth II, students were given the opportunity to learn a little about her life and share a few words on their tutor group page of condolences. Some very thoughtful words have been shared.

We were delighted to welcome back our Year 11 leavers to their awards evening in November. Jake Peach, a former student, spoke to them about his experiences and gave them some advice about how to be resilient and find their passion.

We have welcomed a number of external speakers into school this term delivering a variety of activities and talks. These have included the fire service, Gigi Moss, Shakespeare workshops, Sexfactor, Gambling workshop and Road Safety plays.

There has been the introduction of many extracurricular clubs, just to mention a few - Drama club, Mixed Media, Fitness, Design club, Music, Dance, Dungeons and Dragons, Eco club and Robotics club. Science club has also welcomed parents into school to join in with some of the activities. Some students have also had the opportunity to take part in school trips, including a Geography field trip, Hedingham Castle visit, Careers fair, Respect project and the trip to Ypres.

The first Focus day of the year was very successful with Year 7 creating and designing Victorian Christmas decorations linked to their 'A Christmas Carol' topic, Year 8 decoding to identify the 'murderer', Year 9 focused on physical, mental and social benefits of physical exercise, Year 10 on health relationships and Year 11 worked on their practical skills in Science. We look forward to the next focus day in February.

There have been a large number of team and individual successes this term, some of which are included in this newsletter. We have also introduced the Community Award this term, which recognises those students who have made a contribution to the local community. Well done to all these students.

Although the Christmas Fayre had to be delayed by a week due to the weather, it was good to see so many of our students getting involved with the preparations. The items they have prepared are impressive, including the Christmas cards, jewellery, hot chocolate reindeers and all their ideas for games and activities.

Year 11 have just completed their first set of mock exams. Understandably this has been quite a stressful time for them but they have approached them well. We will continue to support them by providing detailed feedback and helping them to act on it. Hopefully they can have a restful Christmas having completed these before the break.

I'd like to thank all members of the school community who have shown great generosity

to those in need through their donations during Aspiration Charity week and the weeks leading up to Christmas. It is not an easy time for anyone so this is very much appreciated. We regularly share places where extra support can be found so do continue to check our website and social media pages for details.

At the end of this term we say goodbye to a few staff, please do take the time to read their messages in the newsletter (p14). Goodbye to Mrs Harvey who is retiring this term and Mrs Brett who is relocating. We also say goodbye to Mrs Heath in the library who is taking on new challenges.

On behalf of all staff and governors I wish you and your family a very happy Christmas and New Year.

Mrs Sterland

Christmas - Author Unknown

*Every time a hand reaches out
To help another....that is Christmas
Every time someone puts anger aside
And strives for understanding
That is Christmas
Every time people forget their differences
And realize their love for each other
That is Christmas
May this Christmas bring us
Closer to the spirit of human understanding
Closer to the blessing of peace!*



MentalHealthTalk



On Tuesday 20th September, Gigi Moss came to Ramsey to perform and deliver a talk on mental health to each year group throughout the day. Gigi has had her own issues with mental health and body image, especially during the pandemic. Gigi spoke about her struggles with social anxiety and how she has developed and practises breathing techniques to help support her and reduce the start of a panic attack and to have a go-get-it attitude and push through the negative feelings.

Through her music Gigi wants to help and inspire others to believe they can achieve anything. During her performance Gigi performed several original songs including Cyanide and Circles, which were inspired by heartbreak and the struggles she has gone through in her life. Gigi was popular with the students and was asked for her autograph at the end of several performances.

Students said:

Could relate to what she was saying as she was younger

Liked the singing because I could visual what the lyrics meant and felt connected to lyrics

Enjoyed the performance, got to listen to music we haven't heard before

Really good and I liked her songs

Relatable - I have felt similar feelings before, by giving advice has helped me in the situation if it happens again



SuffrageMovement

Year 9 have been learning about the Women's Suffrage movement in their History lessons this half term.

As part of their studies, some Year 9 groups have taken part in an online learning session hosted by Historic Royal Palaces. The sessions focused on the story of Princess Sophia Duleep Singh. Pupils were introduced to Princess Sophia and 'visited' her at three key points in her life. Princess Sophia became engaged in the fight for equality in India, and on returning to England joined Emmeline Pankhurst's Suffragettes.

Sophia was a prominent Suffragette and could regularly be found selling their newspaper outside Hampton Court Palace. She took part in the protest which became known as Black Friday due to the police brutality aimed at the women involved. Sophia managed to escape imprisonment due to her high status, but continued to actively campaign for the Suffragettes until the outbreak of WW1. Pupils actively participated in the session and the



hosts were really impressed with their knowledge and maturity. Well done Year 9!

Mrs Perrins



ScienceClub

Our Year 7 science club have been busy this year! Ramsey Science Club have been involved in a programme that is part of a series of Survival STEM challenges, exploring science, technology, engineering and Maths in survival scenarios. "Can you survive a Zombie apocalypse?" has been our theme for this term. The challenge investigates how Design and Technology can help students

survive a zombie apocalypse - from making catapults and designing pressure pads to detect Zombie invaders, to communicating with other survivors using Morse code and much more. Our year 7s unfortunately survived the apocalypse and 30 students were awarded a discovery crest certificate and badge. Well done Year 7!

Mr Mantle



RamseyRemembers

On Friday 11th of November, students and staff gathered to remember those who made the ultimate sacrifice in wars. We lined up on the tennis courts and listened to a poem read by Mrs Sterland. The school captains then laid a wreath and form representatives laid crosses. A two-minute silence was held, and Mr Lewis-James, along with students from the school band, played The Last Post.

Thomas Walker - Year 11





Year 9 trip written by Bella Warnes and Lucas Sinclair

Day 1

We departed from the Leisure centre at 5.50am to arrive at the service station at 9.55am and boarded the Eurotunnel at 10.20am. The two drivers did an excellent job of getting the coaches through the small door of the Eurotunnel. The Eurotunnel was a great experience that we all enjoyed and for some reason everyone admired the train passing the tunnel as it was very interesting. Shortly after, we arrived at Calais and everyone was shocked by the flat landscape although they enjoyed the thought of being in France, but it did

feel especially weird to be driving on the opposite side of the road we usually would. After a long drive we arrived at the first of our many historical landmarks called "the Trench of Death", this was an allied trench system which many found very interesting of how the soldiers lived in the trench and how big the trenches were. They were also interested by the museum after we explored the trench. Next, we visited Lijssenthoek Cemetery where students marvelled at the many marble



gravestones set in neat lines next to each other. We next visited the Baynerwald trenches which students loved to walk around and see the interesting things placed in the trenches to help the soldiers such as the kennels soldiers went inside to sleep, cook, or eat food. After a long day of walking and sitting on the coach we went to our hostel called "De Lep" where we were all excited to settle in, have a bit of a rest, and catch up with friends in our rooms. After a quarter of an hour of being at "De Lep" we had our evening meal at 6pm which was very kindly provided by the staff working at the hostel. Shortly after dinner we went back onto the coaches to watch the Last Post Ceremony at the Menin

Day 2

We awoke early in the morning to get ready for the busy day ahead of us. We had a nice breakfast at 8am, which was once again kindly provide by the staff working at our hostel. An hour later we checked out of the hostel, full up from breakfast, with a packed lunch prepared for the way back. As exited as we were for our free time, we visited more historical landmarks first which we found very interesting, one of our favourites was Tyne Cot Cemetery as we were surprised by how big the cemetery was and found it interesting trying to find and respect the soldier from Halstead. After also visiting Essex Farm cemetery, the two groups headed their separate ways, one to the museum and one to the Langemark Cemetery. Everyone was in awe at how sombre the German Langemark Cemetery was, especially compared



Gate. The ceremony was nice and lovely to hear the talented soldiers/musicians play the music. After the ceremony had finished, we all walked in a group back to the hostel having fun looking at the places we would be visiting tomorrow in our free time. When we arrived back at the hostel, we had some free time in the hostel games room and our dorms. Most of the students went down into the games room to buy drinks and talk about their day and have fun with their friends. At 10pm we headed back to our rooms to have a last chat with the people in our dorms and get ready to sleep before 10.30pm, when the lights were turned off and we went to bed.

to the other cemeteries that we had visited. Meanwhile, we split into groups to go around the museum which really gave us an insight into the lives of the soldiers during the war. The groups then swapped so that everyone got to witness the unique experience that each place held. Both coaches then headed off to Ypres for free time, where everyone enjoyed going into all the chocolate shops! After the free time was sadly over, we all started the journey back home. Again, everyone was impressed at the amazing manoeuvring of the coach drivers when we boarded the Eurotunnel. We all enjoyed stretching our legs and having a chat with our friends from the other coach during the Eurotunnel ride. We then had a great journey back to Halstead and arrived back home at 8.15pm. Very tired but very happy after our long two days of fun.

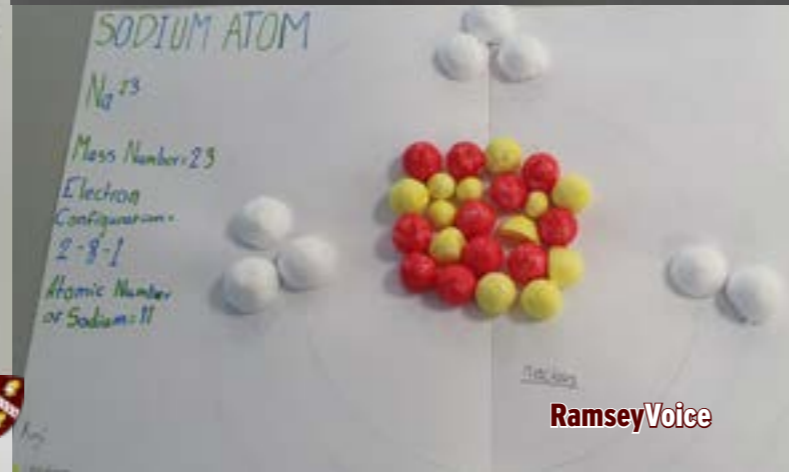




AtomBuilding

Year 7 have been building atoms for a Science homework competition. They were tasked to be as creative as possible with their designs, with some fantastic outcomes! Pictured here are the winning designs. Well done to Mr Mantle's 7X1 and 7Y1 Science classes.

Mr Mantle - Science Teacher



RamseyVoice

ShakespeareWorkshop



On Friday 11th November, Year 11 were visited by a representative from West End in Schools to improve our knowledge of Macbeth, a play we need to know for our English GCSE. We took part in lots of games and activities to strengthen our knowledge of the play. This included

testing our memory of the scenes, the structure of the play, and the effect of the punctuation used. It was a very informative and useful workshop, which helped to develop our ideas and thoughts we previously had about the play.

Katie Rose - Year 11



RamseyVoice



11

10

Flippin'Amazing!



Our fantastic Year 10 waterskier Seb talks us through his recent competitions

This year was my last year in U14s, therefore I set my goals quite high. In doing so, I trained much harder than I had before and exceeded what I set myself to do.

At the beginning of the school holidays I entered a Pro/Amateur event - the first in water-skiing - and won the Amateurs. Europeans were held in Greece with some interesting weather conditions, and I managed two personal bests and equalled my competition slalom score. The GB team was super-young this time, with ages from 11 to 14, and we just missed out on a Bronze Medal, sliding down into 4th.

This season I managed to finish 4th in Europe in Slalom, 10th in Trick and 14th in Jump. This accumulated in me finishing 10th in Europe, automatically qualifying me for all three disciplines for the 2023 Europeans.

Next season I move up to U17s - this is a whole different world. I will be competing against 18-year-olds at the end of their junior careers. For this reason, in October half term, I took part in a training camp in Spain.

I took that opportunity to put my speed up to 58kph (this equates to me going across the wakes at 80kph). The strain that this puts on the body

meant that I had to prepare in the gym, stretch before and after each set and stop myself from accelerating too quickly. This changes my style and technique from the past few years.

In Tricks, although I made a vast improvement this year compared to those in Europe, I needed some big point earners - flips! Imagine strapping a tray to your feet, launching off one bump (wake) and somersaulting and landing on the other wake all on top of the water.

Over the last two years there have been lots and lots of crashes, but with sunshine, warm water and a top coach I nailed not just one but two different



flips - heel side, toe side and just missed out on the half-cab - I will get that next time!

Seb Turp



TimeToSayGoodbye

Staff Leavers

Mrs Harvey

After teaching for nearly 30 years and being at The Ramsey Academy for the last 11 years, I have decided to finally retire. It has always been a privilege to teach students and have an impact on their lives, be it big or small. I shall miss the daily ins and outs of being a teacher, the “good morning, Miss” to the “can I borrow a pen, please”. My philosophy about teaching is that it is not just about the subjects, it is about the young person that arrives and the adult they become. Our job as teachers is to show them the way. In January, I shall be improving my photography skills, riding my bike, learning to crochet and of course, still wearing Christmas socks! I wish all the students and staff, past and present, all the best for the future.



Kind regards
Mrs Harvey

Mrs Heath

Hello to all the wonderful staff and students at Ramsey!
I would just like to say a massive thank-you to everyone of you for making my time at The Ramsey Academy so memorable and enjoyable! I am off to pastures new, and will think of you often. Meanwhile, please keep reading! It really is very good for you.

Thank you all
Best wishes
Mrs Heath



Mrs Brett

I would just like to thank all staff and students at Ramsey Academy for a wonderful three years. I wish everyone the best for the rest of the school year and in their bright and exciting futures. “Merci a tous! Muchas gracias a todos.”

Mrs Brett

SportingSuccess



Huge congratulations to Year 10 student Freya D, who represented Essex on 10 September in the SEAA Inter-Counties Athletics Competition in Horspath, Oxford. Freya competed in the Under-15 girls’ field competition, throwing hammer against competitors from Kent, Surrey, Middlesex, Hertfordshire and Hampshire. She threw 29.56m in the Hammer event, coming a very credible 5th place with her throw. The PE team and all Ramsey staff are very proud of Freya and all she has achieved in the sport.

CrossCountry



Forty students from The Ramsey Academy took part in our district cross country competition on Wednesday 16th October. All students were a credit to the school, tried their best and worked hard to complete the course as

quickly as they could. We had some great results and performances and feel very proud of our students. Well done to everyone who took part!

Miss Patching



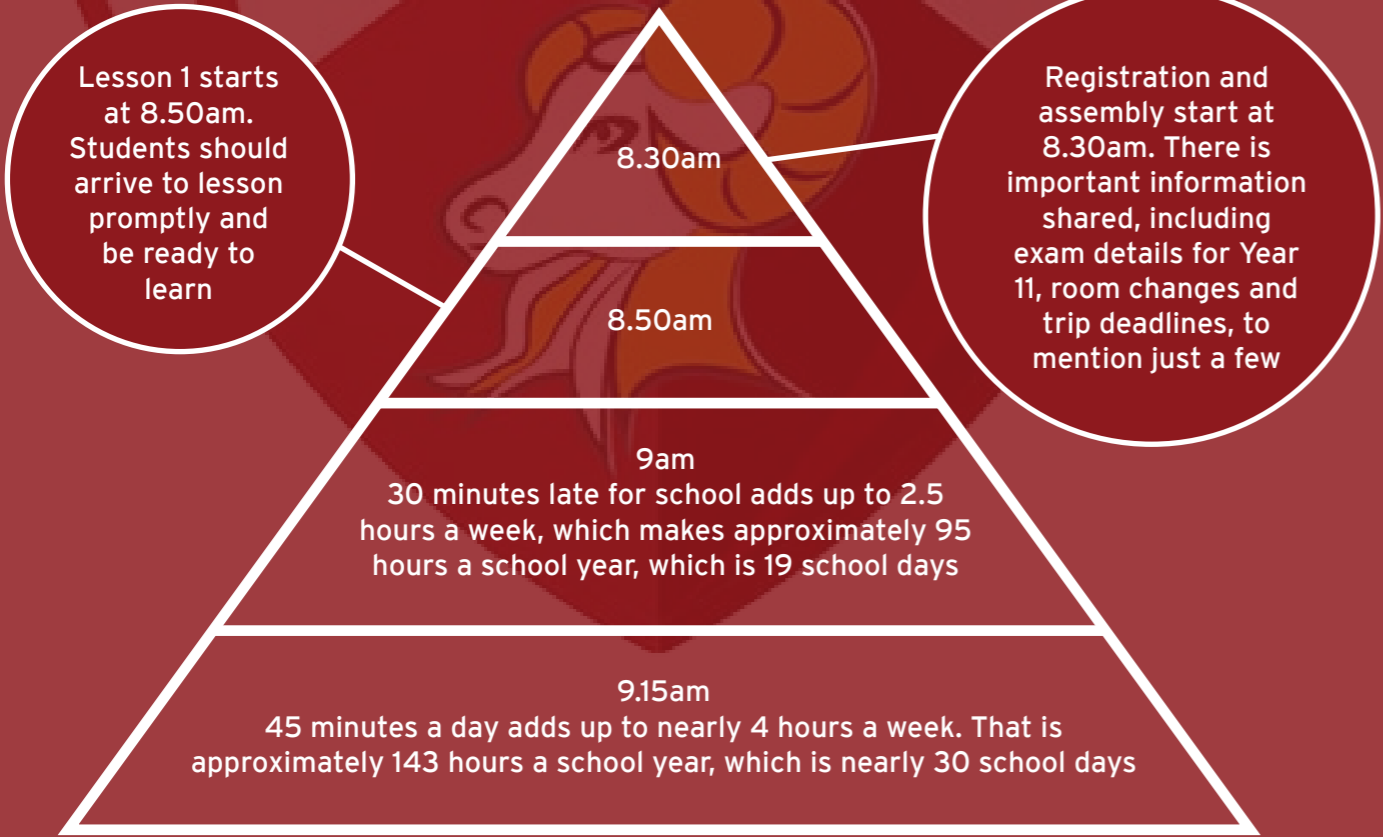
AttendanceMatters

- “It’s alright, they’ve only missed a couple of days”
- But how quickly does a couple of days add up?
- September – Dec 20 = 71 school days
- September – July = 189 school days

Attendance	Actual days (Sep – Dec)	Days Absent this Term	Lessons Lost this Term	End of School Year Lesson Lost
100%	71	0	0	
97%	69	2	10	30
94%	67	4	20	60
91%	65	6	30	90
88%	63	8	40	120
86%	61	10	50	150
83%	59	12	60	180

What about being late to school or lesson? “It doesn’t matter, its only five minutes.....”

Minutes Late	Across a School Day	Across this Term (71 days)
5	25	Approx. 30 hours
10	50	Approx. 60 hours
15	75	Approx. 89 hours



TipoftheICEBERG



On Friday 4th November, Year 10 were involved in the Sex Factor workshop. The day involved an emotive and thought-provoking play, as well as three workshops with the actors. The workshops helped encourage students to think about intimate and sexual relationships, consent, the impact of ailing mental health and how the decisions they may make will impact their future. All students involved participated well and the team were very impressed with their input.

I think it personally was a very good way to show and explain what it is like to have a healthy relationship and the impact of your decisions

I think it was a great way to teach us about healthy and unhealthy relationships

The Sex Factor was very educational. It provided great resources for everyone to use if they need help or more information

GamblingDangers

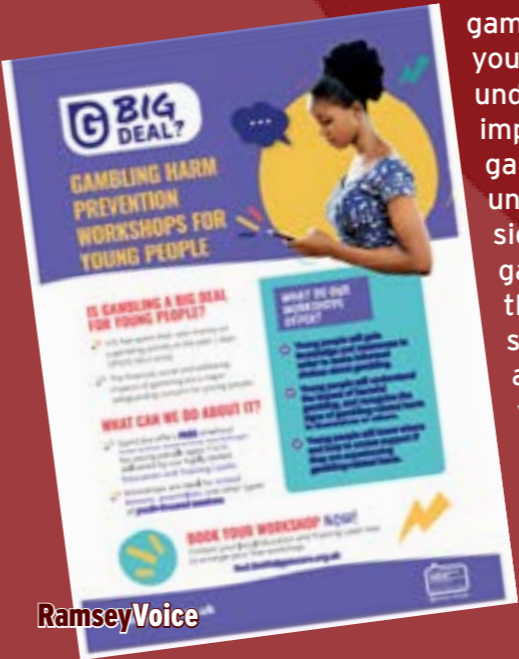
During their PSHE lessons this half term, Year 10 have also been looking at the impact of financial decisions, the dangers of gambling, debt and how to access support and were able to take part in an awareness workshop. The workshop focused on equipping young people to have the awareness, knowledge, and skills to make safer

Students said:

The workshop was planned very well, and I really enjoyed it because it showed how to get help and how to make good decisions

It was a really good way to show the consequences of gambling and the impact it can have on you and your family

A great way to show the consequences of gambling and how it affects our finances



RamseySocialMedia



Below are the official social media sites for The Ramsey Academy. Please be aware that, with the exception of departmental Instagram pages, other social media sites are not related to the school.

Facebook...	www.facebook.com/ramseyacademy
Instagram...	www.instagram.com/theramseyacademy
Twitter...	www.twitter.com/ramseyacademy

Could You Foster?

Unfortunately, the number of children coming into care is rising and the cost of living crisis has meant it's become even more challenging to find nurturing homes for our most vulnerable children across Essex.

Essex County Council's Fostering Service can match children to your family, offer 24/7 support, training and your family could receive £483 per child, per week. Get in touch today to find out more.

0800 801 530

www.essex.gov.uk/fostering

Watch an inspirational video here:

(<https://www.youtube.com/watch?v=mzDkvCOCaLU>)

Watch an insirational short film here:

(<https://www.youtube.com/watch?v=8mgwlb-iiSc>)



Applications to Braintree Sixth Form are Now Open



View our course details at
braintreesixthform.com

HousePoints



Aspiration



Endeavour



Diversity



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