



**Kirkby Stephen Grammar School**

*A co-operative Academy*

# NEWSLETTER

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Eden Valley  
Sports Partnership



## Physics at Blackpool Pleasure Beach

In October all Year 11 students took part in a Physics workshop at Blackpool Pleasure Beach.

Students took part in a workshop that explored the Physics behind rollercoasters. The presentation took students on a journey through the process of concept and design of new rides and the steps to completion in Physics & Engineering as well as delving into technological advancements in communication which enable Blackpool Pleasure Beach to operate. As part of the workshop students learnt about the physics involved in rollercoaster engineering from energy transfers through to G forces to understand the real-life applications of physics and the construction of rollercoasters - from wooden classics to modern steel coasters!

Following the Physics session students were then able to sample the rides and experience the Physics for themselves.

Students had a fantastic day and were excellent ambassadors for the school.

Fiona Conway, Subject Lead for Science

Dear Parents, carers and students,

We have reached the end of the longest term of the school year. We have Christmas and New Year to look forward to but in this newsletter, we look back on some of the huge array of enrichment and extra-curricular activities that have taken place this term (and at the end of the summer term of last year).

There have been major events this term, such as the highly successful Year 9 residential at the beginning of November led by Mr Luke and Mrs Sayers. Year 11 had fun while learning about the laws of Physics at Blackpool Pleasure Beach. The Sixth Form attended a Careers Fair at The Theatre of Dreams at Old Trafford, as well as taking part in the annual tradition of Team Building day. Year 11 also attended a careers day at the Westmorland Family's farm and service station in September.

Year 7 went to Theatre by the Lake with the Drama department and Blackpool Zoo for a cross-curricular learning day with the English, science, art and geography departments.

In addition to this there have been a large number of sports fixtures as usual for both the boys and the girls. It is pleasing to see that the year 7 and year 8 girls had the opportunity to take part in a football tournament this term.

Finally, we will be ending the term with our Musical Extravaganza, directed with their usual energy and creativity by Mrs Whitehead and Mrs West, and starring our incredibly talented students. It will undoubtedly be a spectacular ending (almost!) to this long term.

I would like to thank the staff for their commitment and energy in organising these memorable events for our students, both in school and out, on top of their day job of teaching for most of the week. I would also like to personally thank Mrs Heather White in the office, who is the unsung hero that completes much of the paperwork and ensures that the medical information and risk assessments are in place for each trip. She enables the staff to run so many trips out of school.

I wish you all a spectacularly fun-packed or quiet family Christmas, depending on your preference, and look forward to seeing you all in 2024.

Gary Hartley  
Headteacher



## **UNACCEPTABLE**

Early in September, Years 9, 10 and 11 students were given the opportunity to watch a theatre performance of the production 'unacceptable' a performance that centred around raising awareness about sexism, sexual harassment and sexual violence.

The event was organised by Mrs Wealleans as pastoral lead for years 9 to 11 as it was felt delivering this in a performance and theatre setting was a valuable way to get across the important messages around this important and sensitive issue.

The theatre performance; an applied theatre project, developed by 'AlterEgo Creative Solutions Ltd' is aimed at raising awareness, kick-starting conversations and promoting cultural change around Sexism, Sexual Harassment and Sexual Violence.

The project used simple story-telling and Narrative Theory techniques to cover:-

- What is Sexism (looking at Hostile, Benevolent and Ambivalent Sexism)?
- What is Sexist Language?
- What are Sexist Stereotypes, Attitudes and Behaviours?
- Where do these Stereotypes, Attitudes and Behaviours come from, where can they lead and what are their effects?
- What are Conscious and Unconscious Biases?
- What is The Bystander Effect?
- What makes a Healthy Relationship?
- How can you respond to and/or report Sexist behaviours?
- How do we create lasting change?

The performance was thought provoking and powerful and hopefully gave our students lots of things to consider around this important topic.

We are very grateful for funding from the foundation governors and friends of the school to allow this event to take place.



Just to let you know that we had a lovely day at Holyrood Palace, celebrating Emma's Gold DoE Award. She got to speak to the Duke very briefly, something we will never forget. Thank you so much for all the time and effort you have spent over the years helping Emma and all the other youngsters achieve their Duke of Edinburgh Awards. Emma has got so much out of it and we are really proud of what she has achieved so far. She is currently part way through her third year at Nottingham University studying to be a vet. She is having to work hard on the course but thoroughly enjoying university life as well. Many thanks Susan, Julian and Emma Thorpe

**Poetry By Heart** The English Department put forward four entries in this year's Poetry by Heart Competition. Dylan and Kailen teamed up to enter 'The Trees' by Philip Larkin while George and Oliver gave a rousing rendition of 'The Listeners' by Walter de la Mare. They are pictured with their Poetry by Heart certificates. Well done, gentlemen. You did KSGS proud. Mrs Fitton.



**Year 9 Volcano Models**  
 What a fantastic set of Volcanoes this year! 9X were tasked with applying their lesson knowledge and research to create either a 2D or 3D Volcano. Students decided whether to create shield or composite cones, researching real case studies to present. They annotated models with detailed information which described the anatomy of the volcano as well as explained their processes. I was amazed at the range of creations; cakes and plasticine to beautifully illustrated posters. This year have set the standards high! Well done! Mrs Thompson.



July 2023  
Y11 Prom at  
Roundthorn



**Sixth Form Team Building Day** On Wednesday 20<sup>th</sup> of September Year 12 and Year 13 took part in a team building day. Throughout the day they took part in a series of mental and physical challenges that focused on teamworking skills. One of their favourite challenges was 'Pass the Baton' where students had to work out how to pass a baton across increasingly large spaces. Lots of fun was had, there might have been a small amount of cheating. Team Toms and Co. emerged victorious. The Year 13's really enjoyed getting to know the Year 12's more and breaking down the division between the two year groups. Mrs Whitehead.

### **Old Trafford University and Apprenticeships Fair**

On Wednesday 27<sup>th</sup> September Year 12 and Year 13 students went to Old Trafford for a University and Apprenticeships Fair. Aimed at students in Years 13 and 12 this exciting and informative event provided our students with the opportunity to speak to a multitude of exhibiting universities and apprenticeship providers including Russell Group, Red Brick and modern institutions, as well as apprenticeship providers and local colleges.

Students also got the chance to attend a range of vital seminars including: UCAS Personal Statement & Application Advice, Why take an Apprenticeship, Choosing a University Course, Higher and Degree Apprenticeships and Student Finance.

Both staff and students felt really inspired and informed by the event and we all came home laden with free tote bags and university prospectuses, especially poor Mrs Bell, who seemed to pick up all of the heaviest ones! Mrs Whitehead.





**Every Brilliant Thing** On Thursday 21<sup>st</sup> of September Mrs Whitehead took Year s 10, 11 and 13 Drama students to the Theatre by the Lake to see ‘Every Brilliant Thing.’ An honest, uplifting and very funny play about mental health, resilience and the lengths we’ll go to for those we love. This life-affirming one-performer show was charmingly told with some help from the audience for a one-of-a-kind theatrical experience.

Upon arrival to the theatre, we were delighted to discover an exhibition space dedicated to the show, where students could share their own brilliant things, listen to records and play games. Then we headed into the theatre and we were amazed to find that the show was set up ‘in the round’ meaning that students were very close to the action. Some students were given ‘brilliant things’ on cards which they had to read out during the performance.

Both Mrs Whitehead and Miss Capstick were selected by the performer to star alongside him in small cameo roles. Mrs Whitehead played a convincing vet and Miss Capstick was aptly chosen to be a University English Literature Lecturer. The students really enjoyed seeing their teachers up on stage!

Following on from the performance, the students got the chance to take part in a Q+A with the cast and crew. This was a really useful opportunity for them to ask any questions they might have had about the show.

Although you might think a theatre show about such serious topics might be depressing, this show was very uplifting and life-affirming. Both staff and students would highly recommend it. Mrs Whitehead

**If anyone is suffering with their mental health, depression or thoughts of suicide remember there is help out there.**

**Samaritans: Call 116 123 or text SHOUT to 85258**

**Campaign Against Living Miserably: Call 0800 58 58 58 – 5pm to midnight every day**

**Papyrus: prevention of young suicide HOPELINE247 Call 0800 068 41 41 or Text 07860 039967**

**Childline: for children and young people under 19, Call 0800 1111 – the number will not show up on your phone bill.**

**SOS Silence of Suicide: call 0300 1020 505 – 4pm to midnight every day or Email support@sossilenceofsuicide.org**

**Young Minds Crisis Messenger – for people under 19: Text "YM" to 85258**

## Sports Day Success

On Monday 26<sup>th</sup> June the KSGS PE department held their annual sports day.

Pupils had the chance to participate or officiate within a range of athletics events from the track or field activities. The rain held off and the field was a sea of activity and fun. Pupils shouted on their house and peers making it a great day.

Records broken on the day where Holly Treece in the shot put, Olivia Marston breaking her sister’s javelin record and Rosalyn Civil doing a Usain Bolt in the 100m sprint breaking a record which has been in place since 1984.

The Janette McWhirter sport day shield, which is awarded to the best athlete on the day who gains the most points throughout the events, went to Year 8 Tabitha Paul who won all her events with maximum points across field and track.





## Encanto Enrichment Day (July 2023)

At the end of the Summer term, Year 7 had the opportunity to take part in a Spanish Enrichment Day with an Encanto theme. There were several workshops set up and students were able to choose two that they wanted to do.

We had some amazing cooking with Mrs Adams where students made Colombian themed food. They made 'cocadas' (coconut balls dipped in chocolate) and spicy 'empanadas' (a bit like a small pasty).

Mrs West put on a carnival show with incredible Latin American drumming and percussion. Miss Hall ran a dance workshop where students learnt some traditional reggaeton moves to put together a dance routine and Mrs Wealleans ran an art workshop making paper flowers which are now displayed in room 5.

Students spent two hours in each workshop and then all of Year 7 came together at the end of the day to show what they had done. It was a fantastic day and students all took part enthusiastically.

Miss Vela-Castro.



## Year 7 Drama Trip to Theatre by the Lake, Keswick



## Year 9Z Volcanoes

We have had a busy term in Year 9 studying Natural Hazards such as volcanic eruptions and earthquakes. They have all worked extremely hard and thrown themselves into the tasks asked of them. The highlights were definitely the volcanoes students made at home and then brought into school. Many we ate (we have some amazing bakers in Y9), some were perfect models with volcanic bombs suspended out of the top, some were knitted or crocheted and a few even blew up! (The wonders of baking powder and vinegar or a bottle of coke and a mint imperial. They were great fun and the whole class really enjoyed taking part.)



## El día de los Muertos

Year 7 have been learning about El Día de los Muertos in their Spanish lessons.

This is a huge festival with parades in the cities, which takes place in Mexico every year on the 1<sup>st</sup> and 2<sup>nd</sup> of November. Families make altars in their homes with photos of their relatives who have passed away and decorate streets and graveyards with brightly coloured paper bunting, marigolds and candles. The Year 7s learnt about how the festival was celebrated and then made their own 'Ofrenda' to show their understanding of what they had learnt. They included lots of different things to represent who the altar was remembering and produced some beautiful pieces. Miss Vela-Castro.



## WESTMORLAND FAMILY CAREERS TRIP

We had a very exciting Farm my Food careers trip to Westmorland Services followed by a visit to Raisgill Farm.

We arrived at the services and our first task was to think about future farming careers. We were tasked with having to think about how many jobs are involved in

making our food. We looked at the range and diversity of differing job roles involved in producing good quality food. After this, we had a great chef's activity. We met and had a demonstration of pie making by two of the chef's that work for the Westmorland Family. We were split in to three groups and each group had all the ingredients needed to make a pie and there was a prize for the fastest and best looking pie. It turned into a highly competitive competition!

The last activity was a tour of the farm shop where we learnt about the ethos the Westmorland Family has for product sourcing and why they work directly with producers and farmers. We then got to wander around the shop, trying out very tasty food samples.

In the afternoon, we visited Raisgill Farm. Here we got to meet a variety of different organisations and businesses involved in agriculture and food production. We had a tour of the dairy farm, looking at how a modern day dairy farm operates and how they look after their herd of cows to produce nutritious milk. We got to see the cows being scanned to check if any were pregnant.

We got to watch a butchery demonstration by Lake District Farmers who supply excellent quality meat products to many of the top restaurants. We got to find out what was involved in butchery, what the career opportunities are and the importance of working with farmers to source top quality meat products for chefs.

To finish, we had a hands-on activity where we learnt why working with the natural environment is so important to the future of farming and food production. We even got our hands dirty discovering how farming is working to mitigate climate change. A very busy but thoroughly enjoyable day was had by all. Sarah Bell.

## Year 9 Residential

On Monday 30<sup>th</sup> October, 36 Year 9 pupils set off on an adventure to Howtown Outward Bound Centre, Ullswater. Only a few days earlier we had seen storms and a real wet spell in the weather but this didn't dampen the spirits of the students. On arrival at the centre rooms were allocated and students were straight into activities.

Jog and dip was first on the cards, a short jog from the centre down to the lake and then a dip, this encouraged pupils to get out of their comfort zone and helped them begin to realise what they were capable of! All students took part and encouraged each other along the way. Once they had initially dipped, some pupils donned water aids and took the plunge off the jetty while other built rafts and went in the lake at night. After a warm shower and change of clothes more activities were offered by the centre testing patience, team work, motivation and problem-solving skills.

The centre provided a great choice of home cooked food and after such a busy first day it was greatly received. In our down time students took part in social activities, spending time in the games room and lounge.

On the second day students again worked in their groups, heading off on expeditions packing rather large rucksacks with tents, sleeping bags, rations and other essential supplies and equipment. Some of the groups used the steamer to get across the lake and others rowed in the boats kindly sponsored by the Rotary. A canoe journey across the lake took in the sights of Lake Ullswater and tested the group's team work skills. After a welcome break on the shore for a quick picnic and re-fuel to restore some energy and plan the afternoon activities pupils were motivated and had a competitive spirit to push on back to the centre.

A ride on the speed boat took a group to do some Ghyll Scrambling, all equipment is provided by the centre and pupils are fully briefed on each activity. Students scrambled up the Ghyll, some were blind folded to encourage communication. Taking it in turns to climb up sections of the Ghyll and then support their friends to climb the next section. Even though it was cold the experience was exhilarating and pupils enjoyed it. Some comments were made that even though we live so close they didn't realise how beautiful the mountains are. A short journey back to the speed boat then a rapid journey back to the centre, pupils cold and wet took their equipment and packed it away correctly, as with all activities they were responsible for the equipment and the organisation of stores. They then headed for showers and a warm up.

Pupils were in groups and each group had their own drying/store room, these rooms were inspected each day and a judgment given. Even the dorms were inspected so pupils had to take responsibility for each area and keep it clean and tidy. Each group had an instructor, they all instantly had a fantastic rapport with the students, and behaviour was outstanding throughout the whole week. Instructors would comment on the exceptional behaviour and how motivated the groups were, all willing to take part and push themselves beyond their comfort zone. Instructors stepped up the range of activities and challenge as they felt the students were more than up for it. Other activities over the week included, The Wall, tunnels and orienteering. The weather was wild and we only had a few dry spells over the week, however they kept pushing on and tackled everything thrown in front of them.

Leaving the centre the lead instructor told us the pupils were a fantastic group and they would welcome us back any time, this was backed up by his team of instructors who all agreed and said that our students had been a real pleasure to work with all week. All in all a positive, fun filled week of challenges and activities. Students arrived back at school tired and a little dishevelled but fully inspired to take on the next stage of their education transitioning into Year 10 for their GCSE's.

These students are capable and can be fully independent if we let them. This will take time as parents and teachers, but by being patient with these pupils it will only help them grow rather than rushing them all the time. Allow them to make mistakes and learn rather than trying to be perfect all the time.



The residential was so successful that a meeting has been arranged with Outward Bound to discuss next year's plans for the current Y8s.

Mr Luke, Miss Capstick, Mr Heys, Mr O'Doherty and Mrs Sayers



## Blackpool Zoo

Kirkby Stephen Grammar's Year 7 pupils enjoyed an action-packed day out at the zoo. In a cross-curricular trip to Blackpool, the whole year group studied behaviour, habitats and eco-spheres courtesy of the animals from elephants to tigers to marmoset monkeys.

The school's English, Science, Art and Geography departments joined forces to provide an all-round experience. Pupils took photographs of animals to inform their next art project and to support them in creating animal poetry in English. They explored diversity, habitats and ecosystems in special workshops provided by zoo staff.

These fed into work ongoing in the Science and Geography departments.

Ms Newstead, trip lead, said: "Pupils really enjoyed being able to see such a wide range of animals, observing behaviour and learning about their habitats in a fun and interactive environment.

"We felt the trip was also an excellent way for pupils to bond and form new friendships. They behaved wonderfully and zoo staff commented on how polite our pupils were."

Kirkby Stephen Grammar School would like to thank the Westmorland Fund, which pledged cash towards the costs of the trip, meaning that we were able to reduce contributions from parents. Sarah Newstead



## GIRLS FOOTBALL

On Wednesday 27<sup>th</sup> September Mr Luke attended the Girls Football Schools Partnership, National Conference at St Georges Park. It was attended by many teachers, headmasters, school games organisers, sports partnership managers along with many people who are passionate about inclusion in sport. There were talks from Ali Oliver the CEO of Youth Sport Trust, who spoke about outstanding use of collaboration to drive change in girls sport.

Baroness Sue Campbell DBE, spoke about the ambition to deliver change in sport, allowing access to every girl and boy to all sports and that sport is a huge tool to increase personal well-being as well as reducing mental health issues. There were other various workshops throughout the day encouraging change and the movement towards equal access to all sport, for all pupils. It was a fantastic day and I look forward to working with all schools in the Eden Valley to help drive this change and accessibility to sport.

**Year 7 and Year 8 girls attended a Football Event with Eden valley Sport Partnership**

## Year 10 Art Printing Day

On Thursday 30<sup>th</sup> November, all year 10 GCSE art students were off timetable for a day of printing. During the day students experimented with the techniques of:

Mono-printing

Etching using the printing press

Collagraph printing

We had hoped to also explore Lino printing but we ran out of time so this will have to be for another time.

During the day students developed a range of outcomes based on the environment to support their GCSE art coursework portfolio and building new skills and techniques to take into future work.

The day was busy, messy, fun and a valuable learning experience for all involved. S Wealleans



## KSGS Musicians Shine in our Local Community

On Wednesday 22nd November Year 10 students Aidan Dennison and Maisy Brass delivered confident and assured performances of Mr Cellophane from Chicago and Bohemian Rhapsody as a piano solo in a community fund-raiser with the Upper Eden Community Choir. The packed audience were enraptured by the quality and composure of the two young students and I received lots of positive praise at the end.

Isabel Godden in Year 11 must be celebrated by braving the cold and performing an array of Christmas numbers at the Christmas Lights switch on in Kirkby Stephen.

On Wednesday 6th December Isla McGuigan and Talula McDonald (Year 7), Isabel Godden (Year 11) and Summer Pike (Year 12) represented the school at the Upper Eden Community Choir's Annual Christmas Concert at the Parish Church. They will be singing a selection of musical theatre numbers. It is such a joy to work with such confident, talented and generous musicians who behave in such a professional manner and have such a positive attitude to performing in public. Karen West.



### Geography Field Trip

On Tuesday 17<sup>th</sup> October Year 12 Geographers had a successful, if rather cool, day exploring and investigating the glacial landforms of the Easedale Valley and applying their knowledge of the processes responsible for their development. Students walked to Easedale Tarn, sketching and explaining the glacial features and noting their spatial distribution. A till fabric analysis of moraines at the fore of the corrie enables students to investigate past glacier flow directions. The weather added to the overall success and enjoyment of applying theory to real environments. Well done Year 12! Mrs Thompson

- Careers Information for this term**
- Y8 Assembly from Air Training Corps
  - Y10/11 Farm my Food Careers Trip
  - Y12/13 University Fair to Old Trafford
  - Y10/11 Study Smart Session from Northumbria University
  - Y10/11 Assembly from Gen2 apprenticeship providers
  - Y11 Next Steps Careers Fair
  - Y10/11 Gen2 apprenticeship workshop
  - Y9/10/11 Assembly from Kendal College

### An NHS career?

A group of Year 8s were interested to take part in a drama workshop as part of their Personal Development/ Careers Education studies. The Performance from Education drama company led an interactive session on careers in the NHS. The students were involved in analysing characters' interests and personal qualities; they then helped decide on the next steps for their chosen career. The session was lively and fast paced. Some of the group enjoyed the humour – all the students felt the workshop helped them broaden their awareness of just how many occupations there are for employees of the NHS. Class-based work included skills audits and a case study of a patient's journey through NHS services. Students learnt about the range of opportunities and salaries available to them if they chose to work in the NHS. Julie Percival Personal Development Tutor





## Set and Props Day

In preparation for the school production 'One night at the musicals' the art department and a team of students from Years 8 to 10 who had signed up to do set and props, spent the day making a start on the main set for the show.

Scenery on the stage was painted to reflect the extracts that the performance will be showcasing, namely 'The Lion King', 'Hairspray', 'Annie', 'Oliver', 'Charlie and the chocolate factory' and 'Chicago'.

Students designed and created the main scenery as well as creating smaller set and props. By using a few more evenings to finalise elements the set will be ready for the actors and dancers on the day.

Mrs Wealleans would like to thank all the students for their hard work and commitment on the day, as well as Miss Hall and Mrs Sansom for their valuable help and assistance.



## UKMT Senior Challenge

On Tuesday 3<sup>rd</sup> October, the Year 12 and 13 A-Level maths students took part in the Senior Mathematical Challenge organised by the UK Maths Trust. The paper consists of 25 stimulating problems, with multiple choice answers. Students are awarded points for correct answers and deducted points for incorrect answers, so encouraging students to think carefully, rather than guess.

Congratulations to all those who took part and in particular:

Tom Chapman - Silver Award and Best in School

Arlo Crowson, Jack Foster, Nina Keegan and Clemency Clark - Bronze Award