

Sheldon Standard

Issue Number 368 - 9 February 2018

Annual Rotary Youth Speaks Competition



Freddie Cutler

receiving his 'Best Speaker' certificate

Young people from Year 7 and Year 9 confidently represented Sheldon School this week at the annual Rotary Youth Speaks competition: a prestigious public speaking contest held nationally. We put forward a number of novice teams this year. However, their speeches proved to be anything but amateur. One of our Year 9 teams (Alex Sutton, Bea Baddeley-Chappell and Freya Webb) were crowned the champions of this regional intermediate heat with their thought provoking speeches on the topic of what makes us human. They will go on to perform in the semi-finals at Frome Market next week. However, the evening was full of a catalogue of sterling performances. Freddie Cutler (Year 7) was a 'real shining star' in the words of the adjudicators, going on to win 'Best Speaker' of the evening. Josh Edwards and William Peach were, despite illness on the day, determined to perform and did indeed do their teams proud. Well done too to those who had never competed in anything of this kind before. All students should be incredibly proud of their achievements; we certainly have some hugely talented performers who we hope to see more of in future years.

Miss Gale

Sheldon Dancers put through their Steps

Last week some of Sheldon's most able dancers were invited to participate in a workshop run by Swindon Dance. The group of 20 dancers from year 8 - 12 took part in an intense contemporary dance class included feet strengthening exercises, twists, jumping sequences and travel routines. All students worked very hard and thoroughly enjoyed the experience. They were put through their paces as the content of each exercise was challenging but they persevered until they were able to perform them competently and most importantly with a smile on their face! They were able to find out about The CAT (Centre for Advance Training) Programme that Swindon Dance offer and some may well attend the open day and auditions as a result.

Miss C Tryner



This year's **Sheldon Science Fair**, run by year 7 pupils, has been excellent. The purpose of this very popular event is to motivate, stimulate and encourage all students to explore an area of science, in which they are particularly interested, beyond the normal secondary curriculum. The current Year 7's achieved this goal and more. Many students went away from the fair wanting to further investigate projects they had seen or taken part in. The projects



were presented in mini fairs in lessons and the top 4 projects from each science set were chosen to participate in the main Sheldon Science Fair which was held in the school hall on Thursday 25 January.

In the afternoon we had pupils from 4 local primary schools attend the fair and our Sheldon Associates. The children thoroughly enjoyed having a look at what 'comes next' for them as they get closer to moving on to secondary school. Our Associates commented on how fantastic they thought the ideas were at the science fair but also how confident they thought the students were in their delivery.

Highlights of the event mentioned by pupils were the projects on; "Parachutes" run by Oliver Billett and Ben Williamson 7SJM, "Blood" by Chloe Taylor 7MRH and "Digestion" by Charlie Bennett 7RMJ.

The winners of the event chosen by the pupils in a vote were "Heat transfer and melting chocolate" by Melia Chiu and Callie Reeves 7JZB, "Slime" by Darcy Whittington and Charlotte Samuels 7SJM and "Hovercraft" by Finnlan Bland 7JHF.

Mr P Jones



HEAD-ITORIAL

Well-being and mental health is quite rightly receiving attention in the media, as people of all ages working in pressurised environments find themselves directly affected or working alongside others who are encountering difficulties. This week Sheldon has been giving the topic even greater focus with a series of events and activities for students and staff. Normally the giver of assemblies, I was very interested to be in the audience earlier in the week when a group of sixth form students delivered a very powerful presentation on the dangers inherent in social media – and the e-addiction which is a real threat to the society in which we live and, in some cases, the cause of much individual misery. Thursday's 'Time to Talk Day' will also have been a good demonstration of what is possible and shown that life can exist beyond our own mobile devices. On two occasions this week, I have had lunch with a dozen Year 12 students (and another six booked in after the holiday) who had reached an impressive 50 or more Achievement Points – and for half an hour or so, we simply talked. Just having that time to hear how they are getting on, what they are enjoying, what they are looking forward to, as well as what might be getting in the way, was perfect for my well-being. It was followed for me by a staff GBBO after school in which I was taught how to bake a particularly nice recipe for scones – and again, there was plenty of chat amongst the staff present as we busily stirred the ingredients and watched through the oven doors with anticipation waiting for our mixture to rise. With half term coming up, I'll be using some of the time to reacquaint myself with my family and I hope that all of the students will reflect on what we have heard and experienced this week, put down their mobile devices, and talk more too.

Neil Spurdell, Headteacher

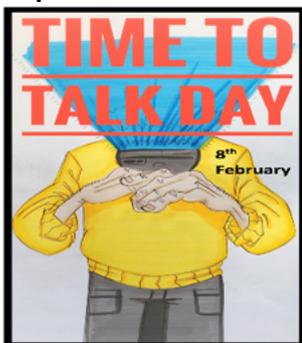
KS4 and KS5 Book Club - 'The Power' by Naomi Alderman

"The Power" by Naomi Alderman tells the story of "the day of the girls", where all over the world women discover that they have a power within them strong enough to kill. The power comes from a skein in their chest and allows them to send electric currents out through their fingertips. It tells the story of the rise of women all over the world taking pride in being female and using their skein to demand power and respect. However the central message of the novel is that, whatever gender is most dominant, there is always someone who will abuse their power.

At Book Club we discussed the flipped roles of today's society and the one built inside the book. We admired the theme of female empowerment and discussed whether the book may be seen differently from the perspective of a male reader. We also compared the skein to guns and whether or not we would like to have a skein if they really existed. Although being a science fiction, we found the topics discussed in the book were extremely relevant to issues in today's society.

Cordelia Read, Year 9

This week has been **Wellbeing week**; a week set up by the Psychology department and Sixth Form students to focus on the mental wellbeing of all members of the school, both staff and students. Throughout the week activities have taken place to allow staff and students to maintain a positive mental health and get involved with those around them.



Starting the week, on Monday, there was a "pet a dog" and dog walking event during lunch time, put forward by Sophie Truman, which involved volunteers within the sixth form bringing in their dogs for others to pet. This was followed by a colouring workshop, on Tuesday, open to all students, designed for relaxation and clearing of the mind. This created a calm environment which allowed the students to express themselves through creativity. Similarly, Mrs Rogers put on a meditation and relaxation workshop for students on Friday.

On Wednesday, an external company; Education Psychology, ran a discussion open to all students, focusing on how to manage anxiety. This greatly helped many students as well as providing a greater understanding for those that don't suffer with anxiety.

Thursday was the focal day of wellbeing week as it was "Time to talk" day. Staff and students were encouraged to not use their mobile phones, this motivated them to talk to those around them, especially those that may not be in their social group, in order to create a sense of collectiveness and empower individuals to talk about their feelings. During this day, there was a cake sale to raise money for the charity "MIND"; who are an important organisation providing support and information for those that suffer with mental health issues to ensure they don't feel alone. Also, during lunch time a Zumba dance class was put on by Olivia Chapple to create a sense of positivity for students through an interactive and exciting activity.

Overall, it has been a successful week in raising awareness for mental health and has brought the school together as a collective, making a difference through talking and listening to those around them, whilst taking part in exciting activities during the process.

Jessica Fry, Year 12



Parent Pay Tips

Your email username will continue to work even if you change your email address but you should still change it so that ParentPay and the school can communicate with you.

Login using the email address you activated your ParentPay account with, then go to Profile Settings – Email addresses – Change username email.

You can also add an account recovery email address on this page as a back up

School trampoline and gymnastics team

Well done to Lorna Baldwin Year 10 who came first in the KS4 Intermediate, Individual competition recently at the Wiltshire School Games qualifying round held at Melksham School of Gymnastics.

Congratulations Lorna!

Have a lovely half term and we look forward to seeing everyone back at school on Monday 19th February 2018 .

We wish the pupils and staff going on the annual ski trip a safe journey and lots of snow!