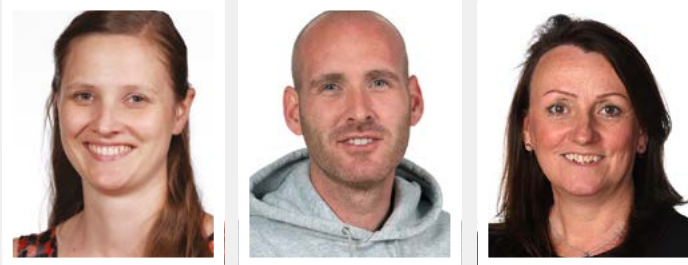




## AN UPDATE ON YEAR 8...



It has been a busy start to the new half term and the anticipation for our Christmas shows are building. There will be many Year 8 students participating in the gym and dance show and the newly launched drama club has seen an enthusiastic up take by our students. We are also starting to make preparations for the Christmas fair, and looking forward to the lovely stalls offering many treats to raise funds for charity. At this time of year we often start turning our attention to our communities

and we are particularly proud of our two Jack Petchey award winners, Millie and William, and their efforts to raise money for charity.

As we near assessment week it has been lovely to visit Year 8 classes and see the high standard of work that is being completed in lessons. Our subject focus in this month's newsletter is on science and healthy eating, and includes some useful information for you to talk to your son/daughter about.

It is with mixed feelings that I say goodbye to Year 8 as I go on maternity leave. It has been a privilege working with such an enthusiastic group of young people, who have shown immense potential and a drive to succeed. I know that this will be an exciting year as I leave you in the very capable hands of Mr Feenan and Ms Wilson, and I hope to hear updates of the many achievements to come.

**Mrs Blackham (Head of Year 8), Mr Feenan (Head of Year 8) and Ms Wilson (Deputy Head of Year 8)**

## JACK PETCHEY WINNERS

We are delighted to have two Year 8 students who have been selected for the Jack Petchey Award. Congratulations to Millie (8CI), who was nominated for raising £250 for the Alzheimer's UK charity through her participation in a 5km run. Millie has been a valued member of her tutor group, being kind and supportive to others, and is fully deserving of this award.

Our second award goes to William (8ABL). He raised £500 for Marie Curie via a sponsored swim which he has taken part in for the last three years running. William also volunteers for the Surrey Wildlife Trust and is a member of the school council. Well done William, for demonstrating an excellent community spirit.

Millie and William met with Mr House to accept their awards



and have each chosen to use their £250 award on improving the equipment available in the fitness club.





## LEADING LIGHTS IN TECHNOLOGY

As part of the Year 8 students' art and technology rotation, some of the classes have been creating these wonderful lanterns in product design. Congratulations to the students on their fantastic work.



## PARENTS' EVENING

Please make a note in your diaries that the first year 8 parents' evening will be on Thursday the 31st of January 2019. Details of bookings will be communicated to you in due course.





## HISTORIANS OF THE MONTH

Congratulations to our Year 8 young historians for their excellent contributions to lessons. They have demonstrated a mature attitude in class, actively seeking to further their learning and deepen their understanding of the subject. Well done to Troy (8NWF), Aburvan (8MCH), Lucy (8CI), Suzan (8CI), Edward (8SRB) and Harriet (8ABL).



## ASSESSMENT WEEK

Year 8 assessment week runs from Monday 3rd December to Friday 7th December. In maths, English, science, religious studies, geography and history lessons students will sit short multiple choice tests assessing different aspects of the autumn term curriculum. These are performance assessments that are designed to find out what students know at this point in the year. Raw score results are included in the autumn term school report, with more detailed breakdowns shared at the parents' evening in January. These are short summative assessments and there is no need for students to undertake any additional preparation in advance.\*

\* Please note that students following our expressive writing (English) and maths concepts (maths) curricula will undertake a different mastery assessment instead. Parents of these students will receive a different report.

## PLAYING THE BLUES IN MUSIC



This term, Year 8 students have been learning how to play the keyboard whilst delving into the blues. They have been studying both its origin and music structure. Last half term, they learned how to play the chords and the bass lines, and this half term these skills have been developed by focusing on improvisation.

Students are working on their abilities to make music on the spot and conveying their feelings on the 12 bar blues structure. You can see how happy Stephen and Jessica from 8mch are to express their 'blues' feelings on the keyboard!







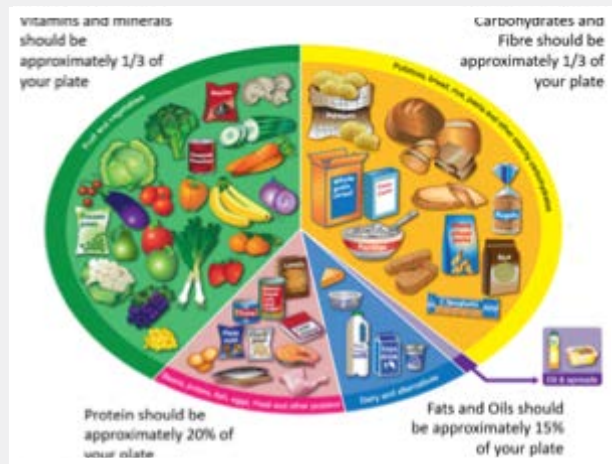
## THE SCIENCE OF EATING WELL

In Year 8, students have already started, and will continue to study, the topic 'Healthy Living' in science. This topic involves learning firstly about diet and how it affects our body, secondly about diseases and how they affect the body and finally about drugs, such as nicotine and alcohol, and how they affect the body.

So far, Year 8 students have studied balanced diets. A balanced diet consists of a variety of different types of foods and contains all the nutrients required for good health in the right proportions.

These nutrients include:

- Carbohydrates
- Proteins
- Fats and Oils
- Vitamins
- Minerals
- Fibre
- Water



Year 8 have learnt that all these nutrients are required in a healthy, balanced diet and that they are found in different types of food. For example, carbohydrates are found in pasta, rice and potatoes, whereas protein is found in meat and fish and vitamins are found in fruit and vegetables. Students have learnt that these nutrients need to be consumed in the right proportions for a diet to be balanced. The government guidelines for these proportions are shown on the Eatwell Guidelines (above). In addition to this plate, the government suggests that six to eight glasses of water should be consumed every day.

Finally, students have learnt about the consequences of not having a balanced diet, including obesity, starvation and deficiency diseases. Obesity is a result of consuming more energy than the body uses, so the excess builds up whereas starvation is a result of not having access to enough food. In contrast, deficiency diseases can occur in people who consume the right volume of food, but not in the right proportions, so they do not get all the nutrients needed to be healthy. For example, anaemia is a deficiency disease that is caused by a lack of iron in the diet.

To help further develop our Year 8s knowledge of a balanced diet, please support their learning at home by asking them about what they have studied and using quizzing to consolidate their learning. If you would like further information about the Eatwell Guidelines, they can be found at [www.gov.uk](http://www.gov.uk) and searching for 'Eatwell Guidelines.' If you have any concerns about your child's health as a result of an unbalanced diet, please direct your concerns to a healthcare professional.

*Miss Hemming, Head of Science*

## SPORTS NEWS

### Girls' football

Well done to our under 13 girls' football team who finished third overall on 6th November, beating Carshalton Girls 1-0 to take the bronze medal. All girls performed brilliantly and they represented the school superbly.

### Girls' netball

The Year 8 girls' netball team have had a successful start to the season this year. They have shown dedication and commitment to their training, which is paying off. On 8th November they beat St Philomena's 6-4. On 13th November the girls played against Overton Grange School and drew 5-5. The team played really well as they were 4-0 down in the first third but then brought the score back to a draw. Congratulations to Holly, who was chosen by Overton Grange as player of the match. Also, very well done to Charlotte who fell over, but played on and scored the drawing goal of the match. The coach's mention goes to Amelia, as she seems to be able to be everywhere on the court at the same time! Well done, girls.





## ENTER THE SCIENCE £50 NOTE COMPETITION...

**Have your say on which scientist is on the next £50 note**

**BANK OF ENGLAND**

**Think Science, draw scientists!**  
Tell us who should be on our new £50 note

We're creating a new £50. We want it to feature someone who's contributed to science. And we need your help to decide who that should be – by drawing your own banknote!

WHAT YOU NEED TO DO	THE RULES	DESIGN TIPS
<p>You might already have a scientist you admire, but if not, you should do some research to find a person you think should be on the £50 note.</p> <p>We are looking for someone who is widely admired and whose work had a lasting impact on the UK. There are some rules about who you can pick, but you'll find a whole host of exciting and inspirational scientists to choose from. That could include astronomy, biology, bio-technology, chemistry, engineering, mathematics, medical research, physics, technology and zoology.</p> <p>Once you have decided on your favourite scientist, you can draw them as part of your banknote design in the on the next page.</p>	<p>Lots of people try and copy banknotes but this is against the law. Try and design a note which is your own, that will be hard for people to copy and which shows both the face of your chosen scientist but also uses pictures to represent their achievements.</p> <p>The new £50 note will be printed on polymer, which is cleaner, safer and stronger than paper banknotes, so you could also think about including features like see-through windows or heat patches to make your note even more secure.</p>	<p>Anyone who appears on the new £50 note must:</p> <ul style="list-style-type: none"> <li>have contributed to the field of science</li> <li>be real – no fictional characters please</li> <li>not be alive – Her Majesty the Queen is the only exception</li> <li>have shaped the way we think, live and work in the UK</li> </ul> <p>Inspire people, and decide them.</p> <p>To find out more about our banknotes and how the characters are chosen, visit <a href="http://www.bankofengland.co.uk/banknotes">www.bankofengland.co.uk/banknotes</a></p>

You can choose one of these.

Sir Stephen Hawking	Ada Lovelace
Rosalind Franklin	Alan Turing

Or research another scientist; they must be British and no longer alive.

What you need to do

- To enter submit your nominated scientist with a brief explanation of why you think they should be on the note.
- If you want to draw what you think the banknote should look like, collect a sheet from Dr Grey-Areben or print one from the Bank of England website.
- There will be a prize if your chosen scientist makes it onto the £50.
- Nominations must be submitted to Dr Grey-Areben in SC3 or the Science Office by Friday 7<sup>th</sup> December.

<https://www.bankofengland.co.uk/banknotes/50-pound-note-nominations>





## MEMORY AND REMEMBRANCE

Assemblies in November focused on the theme of memory and remembrance. We discussed the power of memory, both individual and collective, to shape our identity, our sense of who and what we are but also our future, our sense of who and what we might become. We thus saw how hugely important and powerful memory can be, for both the individual person and the collective country. As a country when we remember events like the Gunpowder Plot, the 1966 World Cup or the Blitz, we do not simply remember the events of the past but we also learn from them, they shape what we think about our country and what it stands for. This is perhaps most powerfully reflected in our annual remembrance of the end of WWI.



Our memory of WWI and similar conflicts has shaped our identity as a country, it has informed the decisions of our people and our leaders ever since, it changed the world. If we hope to make sense of that world and to be successful in navigating our way through it, then we must take time to remember and learn from this terrible war. It is also hugely important to remember WWI because of the 17 million people who lost their lives in that terrible conflict. These people, many of them not much older than the students at Greenshaw, lost their lives, lost their past, their present and their future. In remembering them, not only can we say thank you to those who died to keep our country free but also we can be grateful that we are not being asked to make the same sacrifice they did and that thus, we can enjoy the privilege of our past, our present and the opportunities of our future. We should and we will remember them.

The assemblies finished with a minute's silence.

*Miss Weatherhead, Assistant Headteacher*

## YEAR 8 ASSEMBLIES – AUTUMN TERM

13th December 2018

19th December 2018 – Positive Choices

## KEY DATES – YEAR 8

Winter Wonderland	6th December	February half term	18th February to 22nd February
Gym and dance display	11th and 12th December	End of spring term	5th April
End of autumn term (12.30pm)	21st December	Start of summer term	23rd April
Start of spring term	7th January	May half term	27th May to 31st May
INSET day	7th January	End of summer term	23rd July





## YEAR 8 CONTACT LIST

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**Head of Year:** Mrs R Blackham (maternity leave)  
**Acting Head of Year:** Mr M Feenan – mfeenan@greenshaw.co.uk  
**Deputy Head of Year 8:** Ms J Wilson – jwilson@greenshaw.co.uk  
 8ABL – Miss A Brailsford – abrailsford@greenshaw.co.uk  
 8AGY – Dr A Grey-Areben – agrey-areben@greenshaw.co.uk  
 8CI – Miss C Izzard – cizzard@greenshaw.co.uk  
 8DRL – Mr D Rollins – drollins@greenshaw.co.uk  
 8MCH – Mr M Chanter – mchanter@greenshaw.co.uk  
 8MDC – Miss M Decret – mdecret@greenshaw.co.uk  
 8MSY – Mrs M Sayarh – msayarh@greenshaw.co.uk  
 8NWF – Miss N Wiffill – nwiffill@greenshaw.co.uk  
 8SRB – Mrs S Robb – srobb@greenshaw.co.uk  
 8ST – Mr S Trafford – strafford@greenshaw.co.uk  
 8THV – Mrs T Harvey – tharvey@greenshaw.co.uk

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## JOIN US ON TWITTER AND FACEBOOK!

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You can find us on Twitter *@greenshawhigh*



Or find us on Facebook *@GreenshawHigh*

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## AND DON'T FORGET THE GREENSHAW APP:

You can download it from the app store on your phone or tablet.

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## **Gym and Dance Display: Stories, Books & Fairytails**

11th and 12th December  
from 6.00pm

Tickets cost £2.50

Tickets are available on the school's Online Payments system







GREENSHAW HIGH SCHOOL

# Winter Wonderland!

THURSDAY 6TH DECEMBER 2018  
4pm - 6pm in the main hall!

COME ALONG FOR...

- Mulled wine
- Present and gift ideas
- Log chalk tree decorations
- Super soaps
- Reindeer candlesticks
- Tasty treats & Christmas confectionery
- Festive cards, tags & decorations
- Games & raffles
- ...and much more!







## ACTIVITIES OUTSIDE SCHOOL

### Winter Activities 2018 at Sutton Ecology Centre



**When: Saturday 1 December 1pm-4pm**  
**What: Winter Wonderland Trail**  
 Someone's stolen Santa's sack ... how are we going to get it back? Follow the animal clues and explore the delights of Sutton Ecology Centre to find Santa's missing sack of toys.  
**Cost: £4.50 per child.** Drop-in, no booking required, inc. small gift.  
 Suitable for children aged 3-8yrs.

**When: Saturday 1 December 2pm & 3pm**  
**What: Woodland Storytelling**  
 Come and listen to some terrific tales in our special storytelling tent, performance approx. 20 mins. Price includes entrance to Winter Wonderland Trail.  
**Cost: £7 per child, booking essential**  
 Visit: [www.suttonnature.wordpress.com/events](http://www.suttonnature.wordpress.com/events)  
 Suitable for: children 3-8yrs.



**When: Saturday 8 December 10am & 1pm**  
**What: Winter Wreath Workshop**  
 Come and enjoy a relaxing time collecting materials to make your all-natural winter wreath to take home. Mince pie and hot drinks included.  
**Cost: £18 per adult, booking essential**  
 Visit [www.suttonnature.wordpress.com/events](http://www.suttonnature.wordpress.com/events)  
 Suitable for: adults 16yrs+

Wildlings Forest School activities on same day, enquiries [wildlingsforestschool@gmail.com](mailto:wildlingsforestschool@gmail.com)



Children must be accompanied by an adult.  
 Enquiries: [biodiversity@sutton.gov.uk](mailto:biodiversity@sutton.gov.uk)  
[www.suttonnature.wordpress.com/events](http://www.suttonnature.wordpress.com/events)



### Struggling Suffragettes

Saturday 8 December 1pm-2.30pm



Meet a suffragette and decide if you wish to join her fight to get the vote for women. Listen to her arguments and learn why some women at the beginning of the twentieth century were driven to drastic measures to get their voices heard by the Establishment. Understand the different methods used by these pioneering ladies, from peaceful protest to more militant tactics

Discover how the determination and bravery of the Suffragettes changed the way our country is today and learn how Epsom was thrust into the national headlines by the death of Emily Davison at the Derby in June 1913.

Cost £5 per child

Further information is available from David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey, KT17 1UF. Tel 0208 394 1734, Email [dbrooks@epsom-ewell.gov.uk](mailto:dbrooks@epsom-ewell.gov.uk)

<http://www.epsomandewellhistoryexplorer.org.uk/BourneHallMuseumClub.html>



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Why not try a Family SYMBIOSE class in our state-of-the-art gym, or get competitive with a family tennis match, try one of our energetic group exercise classes and finish it off with some family fun in our indoor or outdoor pools.

Watch how David Lloyd Clubs transformed the Lewis family's life



Visit: <https://www.davidlloyd.co.uk/forms/Acquisition/Day-Pass-Family> to get your free family pass.

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