



# NEWSLETTER

March 2019

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## Headmistress's Message

The second half of the Spring term has been an exciting and rewarding time at Normanhurst.

Pupils have been working extremely hard and they have had the opportunity to enjoy exciting lessons, as you can see in this newsletter.

There has been a school focus on the sciences to coincide with Science and Engineering Week, as well as events to celebrate World Book Day and International Women's Day.

Normanhurst is well known for its excellence in arts and design. The work our pupils are currently doing is inspiring. You can read more about some of the projects on page 9.

On the sports field both juniors and seniors have shown commitment and dedication. There has been a host of fixtures and competitions and I am proud of what our pupils have done. There is an excellent sports report to read towards the end.

We are also proud of the individual contributions made by our pupils inside and outside school. Kyarna in Year 11 is the proud recipient of a Jack Petchey award and Christian in Year 10 has been selected for the scouts World Jamboree in Poland.

I hope you enjoy reading this exciting newsletter, and may I wish you all a lovely Easter holiday.

With my best wishes

**Mrs Claire Osborn**  
**Headmistress**

## Dressing to Impress in Kindergarten

In keeping with our theme of 'The Very Hungry Caterpillar' the children had the opportunity to dress up as bugs, creepy crawlies, fairies, explorers and anything else that might be found in a 'Secret Garden'. They had a lot of fun in their fancy clothes.

Kindergarten has had a very busy few weeks; catch up with some of the interesting things they have been doing on the next page!





# NEWSLETTER

## Kindergarten News

During the recent Science Week, the Kindergarten children enjoyed a session in the Science Lab with Mrs Cooper. They were able to find out how bunsen burners work, and had great fun lighting a splint with the flame.

Linking with the class theme, they wrote a letter to The Very Hungry Caterpillar and took a walk to the post office to buy a stamp and post it. How exciting it was when they received a letter back from The Very Hungry Caterpillar, with pictures to colour.



Kindergarten also had a visit from Mr Grant and Year 3 who came to show the children the wormery they had made. They remembered the lovely walk they went on to collect the worms.

Then, on Wednesday 20 March, they performed a wonderful assembly to family and friends, all about life in Kindergarten. They finished with a song, and now we all know where 'Elephants have Wrinkles'... everywhere!

## Sharing Books at the Spinney

As part of Book Week, our Year 2 pupils were invited to visit the Spinney Care Home to read with the residents. This was a great success. The children were brilliant and very enthusiastic sharing their books and discussing the pictures; they were a credit to Norman Hurst School.

The Spinney has invited us back and this is something which we would like to continue as it benefits all parties involved; the children get to practise their reading out loud, and we have been told that the buzz with the Spinney residents lasted for days!



## Junior Science Week

In the week beginning 11 March, the Juniors held their annual Science Week, with a range of special activities to promote their learning and enjoyment of all things scientific. We have several accounts of the week from pupils and staff.

### Science Week in Year 2

Year 2 had an incredible Science Week! We were able to do lots of fun activities and experiments. Our first favourite was the boat experiment; we created different boat designs using plasticine and predicted which one we thought would be the most likely to float. "I thought number one would float best because it was long and thin but number three was the best because it was round and lighter".

We based many of our experiments for Science Week in Year 2 on the book, 'The Tiny Seed', and as a year group we grew some cress. We discussed what steps we needed to take to ensure the cress would grow. "I really enjoyed watching the cress grow, first we saw the seed open and then the stem grew longer and longer."

We had a great week!





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## Junior Science Week continued

### Science Week in Year 3

Science Week began on Monday 11 March 2019, at Norman Hurst School for children aged 3-16. All of the Junior and Senior School participated in British Science Week and learnt a lot of new information. Year 3 made lava lamps, Oobleck, slime and sherbet!

We made lava lamps by adding water, oil and food colouring of our choice, then adding an effervescent tablet and watched the magic happen. Also, to make Oobleck, all you need to do is add cornflour, water and some food colouring, and it creates a fantastic non-Newtonian substance (which means it's not a liquid or a solid!). We also took part in a forensic science workshop and learnt that DNA can be found everywhere in a crime scene.



We had a lot of fun during the week and learnt lots of new knowledge about Science!

**By Bahar and Orson, Year 3**

### Science Week in Year 4

From Monday 11 March to Friday 15 March, all of the Juniors were celebrating Science Week. Years 3 and 4 mostly worked on experiments and 'States of Matter'. We did this because then everyone learned how science in real life works. The Juniors did workshops in the church and did experiments at school.

My personal favourites were making Oobleck, slime, sherbet and our density experiment. Oobleck is a non-Newtonian fluid which means it behaves like two states of matter. Oobleck behaves as a solid and a liquid. It is made with water, cornflour and food colouring. If you put lots of pressure on it, it will turn into a solid, but if you don't it will be a liquid. Oobleck is crumbly and runny at the same time.



In our workshop on slime, we were given cups filled with glue and food colouring. We mixed it together with a lolly stick. When our slime was mixed, our teachers came around pouring borax into our cups which activated our slime. Then we mixed some more and had fun!

In our density experiment, we were checking what liquid was less or more dense. Some people would think that a log will sink, but actually it will float! This means that the log is less dense than the water. The log has lots of weight but spreads it everywhere, but a paperclip will sink because the metal is all packed up in one place, making it more dense. For our density experiment, we first added honey which was the most dense. After, we added washing up liquid which was less dense than honey. Then we added milk which stayed on top too. Next we added water. After we added vegetable oil and it was the least dense. It was fun to look at.

I enjoyed doing most of the experiments and looking at our results. I learned about Oobleck, density and non-Newtonian fluids! Now we are focusing on 'States of Matter' which are solids, liquids and gases.



**By Matias, Year 4**



# NEWSLETTER

## Junior Science Week continued

### Science Week in Year 5

From 11 -15 March, it was Science Week. Science Week was completely, amazingly, epicly, fantastically, crazily, wildly, fabulously, supercalafragiously, mind-blowingly awesome!!!

The first thing we did was watch the Year 10s and Mrs Cooper doing 'science of eggs'. It was 'eggcellent'... Some people say that joke cracks them up! They did loads of cool egg stuff! After that, we went to the 'sublime' science workshop. That one was my favourite one and you are going to find out why... we made AMAZING fake snow! Then we made real life edible sherbet. After that, we made slime. On Tuesday, we set up a tank for real sea-dragons/Triops. Then, we went to our 'forensic' Science workshop with Year 6. We had to solve a case of a stolen dog, using the traces left behind. We all solved the case correctly.



On Wednesday, we studied 'women in Science' and we each made a poster. On Thursday, we powered a clock, wait for it, using... Lemons! Yes we did! I know you don't believe me, but we used lemons. We had some help from wires but the power came from the lemons. On Friday, we did physics and set chain reactions using Lego.

My favourite things we did: forensic Science, sublime Science and working with my friends. I have a few words: SCIENCE IS AWESOME!

### By Mia, Year 5

On Monday 11 March to Friday 15 March Norman Hurst School had Science Week. On Monday, the whole school had a Science assembly run by Mrs Cooper (the science teacher). It was about eggs and it was 'eggcellent'. After that, Years 5 and 6 went to the sublime Science workshop. It was very fun because we got to eat, feel and play with slime, snow and sweets, it was so fun! On Tuesday Year 5 learnt about the lifecycle of triops and then we had instructions of how to make them hatch. It was very interesting and I learnt a lot. Next, Years 5 and 6 went to a forensic Science workshop and we had to find evidence of who stole the dog. On Wednesday, it was half way through the week. Year 5 learnt about women in Science and Miss Stone (Year 5 teacher) read us a book then she gave us copied sheets of the book and we did a poster. I did one on Mamie Phipps Carle, Sau Lan Wu and Mary Anning, it was very colourful.



On Thursday we built a clock that was powered by a lemon. We did that by cutting a lemon in half then stabbing zinc and copper into the lemon to make it work. On Friday – that was the funniest day – we made chain reactions out of Lego and I made a ramp and a lever. It was so fun because I kept making it fall because I have bad luck.



I enjoyed the sublime Science, forensic Science and Lego chain reactions and I learnt finger prints shapes, how to make slime and about chain reactions.

### By Amber, Year 5



# NEWSLETTER

## Junior Science Week continued

### Science Week in Year 6

As part of Science Week, pupils in Year 6 were asked to research the inventions of Nikola Tesla. Here is one pupil's account of what he learnt about Tesla.

### The Life Of Nikola Tesla

Nikola Tesla is a famous scientist who revolutionised the world as we know it today.

### Family

Nikola Tesla was born in Smiljan (which was in Austria-Hungary, but now is in Croatia) to Milutin Tesla and Duka Tesla. Duka (his mum) was an inventor and Milutin (his father) was a priest. They both wanted Nikola to become a priest; however, he had a great passion for science.

### Education

Nikola Tesla was home-schooled up to the age of 14 until he joined Gymnasium Karlovac. He left this school at the age of 17 in 1873. Two years later, Tesla was accepted to go to Graz University of Technology. In 1878, he graduated and got a degree in Science. In 1882, Tesla moved to Budapest to work for a company with Alexander Graham Bell. Although he was earning good money, it was going not that great, so he left. A few years later, he got an amazing chance to work with Thomas Edison on the light bulb in the USA.

### Stolen Research

During Tesla's time in the USA, his research was stolen by... 'Who' you ask? 'Marconi' is your answer. Marconi was a less-fortunate scientist than Tesla. He saw Tesla's ideas and he wanted to steal them. Tesla tried to sue him but it was too late; therefore, when they went to court Tesla lost the case. Then, Tesla said, "I don't care that they stole my idea. I care that they do not have any of their own."

### Inventions

In 1896, Tesla created the first-ever hydroelectric plant. It brought power to the city of Buffalo, New York. It brought Tesla a lot of fame across America. He also experimented with frequency magnetic waves in his lab in Colorado.

He created the Tesla Coil, the alternating current, induction motor, three-phase electric power, wireless telegraphy, neon lamp and remote control.

### Fun-Fact (Car)

In 2003, Elon Musk founded 'Tesla' Motor Company named after Nikola Tesla.

By Jordan, Year 6

## Year 5 Assembly

For their class assembly, Year 5 chose to share their love of poetry through the story of 'Room on The Broom' by Julia Donaldson. Through the use of narrators and actors, Year 5 told the story about a witch and her cat who invite a collection of animals—a bird, a dog and a frog—to join them on the witch's broom, though her cat thinks it will get too crowded.

Her new friends make themselves useful helping them find her belongings. Then the witch is threatened by a fearsome dragon and her new friends know just what to do! The story is told through rhyming poetry and Year 5 thoroughly enjoyed rehearsing and performing. Year 5 ended their assembly singing 'Count on Me' by Bruno Mars. They were amazing! Well done to them all.





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## Year 2 Trip to Rainforest Café

On Friday 22 March all of Year 2 went on an exciting trip to the Rainforest Café! They took the train to Piccadilly Circus and walked to the café. Once inside, they had an informative lesson all about various animals in the Rainforest. They learnt about how they are adapted to this environment and it was lovely for the children to see all these different animals.

Then it was the best part of the trip, lunch! The children all had a lovely filling lunch and enjoyed the experience of being together in the restaurant sitting with different children from their year group. After they had eaten they went for a short walk to Chinatown to see the lanterns, and then took the train home after a really fun day.

Pupils were also really pleased to be able to save over 2000m<sup>2</sup> of Rainforest via this trip; it was lovely to know that we had made a difference to the environment.



## World Book Week

Normanhurst School celebrated World Book Week with this year's theme of 'Share a Story'. The focus on sharing a favourite story or tale with friends and loved ones really came through as pupils enjoyed participating in activities throughout a very busy week for them.

15 pupils enjoyed having their friends in Year 5 read to them in different languages; they heard stories in Bulgarian, Polish, Chinese, Estonian, and Spanish. They even had a parent come in to visit at the end of the week with a story read to them in her mother tongue which is also Spanish.

Many pupils from across the Junior School entered the Normanhurst short story-writing competition, and the winners were announced during Book Week's Junior Assembly. Miss Smith was extremely impressed with all of the entries. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place prizes were awarded to children from Years 1, 2, 4, 5 and 6, and two children were awarded prizes for the colouring competition in Early Years. The first place winners from the Junior school won 25 house points and a £5 book voucher which they will be able to use at the upcoming book fair, while the winners from Early Years both received a book from the Mr Men and Little Miss series to enjoy. There were house points and chocolate eggs awarded to the runners up.

Here is a full list of the winners.

EYFS	Joint Winners: Aryaan (U/K) and Irina (Rec)		
Year 1	1st: Manxi (1T)	2nd: Eden (1T)	3rd: Sienna (1S)
Year 2	1st: Aurora (2G)	2nd: Bayley (2G)	3rd: Sofia (2G)
Year 4	1st: Nicolas	2nd: Kayce	3rd: Eloise
Year 5	1st: Adam	2nd: Douglas	3rd: Mattea
Year 6	1st: Margarida	2nd: Ella	3rd: Finley





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## Get Ready, Set, Cook!

On Monday 4 March, Chartwells, our catering company, came in to show our pupils how easy and fun cooking can be. The theme was 'get ready, set, cook!'. Two teachers, Mr Evans (Green Team) and Mr Banks (Red Team) went head to head with the help of some budding young chefs in from Years 5-8. Whilst both teams were cooking, other pupils were invited up to take a look at what was going on. After 15 minutes of intense cooking, both teams finished with delicious Mexican themed dishes. The Green Team's dish was described as having classic flavours and the Red Team had a spicy kick to it. More pupils and teachers were then invited to come and taste the food and vote on their favourite. The winning dish was made by the ... Red Team! Well done to them!



Our pupils from Years 5-8 certainly enjoyed this different kind of assembly, and hopefully it will inspire them to develop their cooking skills and experiment with healthy food and interesting flavours.

## A Visit from the Police

During their PSHE lessons this term, Year 6 have been learning about the law. They started their studies by learning how a bill can be passed as the law and what consequences there would be for breaking it. They also looked at suffragettes and whether it was right or wrong to break the law for something that you passionately believed in. There were heated debates and a lot of questions from the children. So, we thought it would be better for them to ask these questions to real police officers!

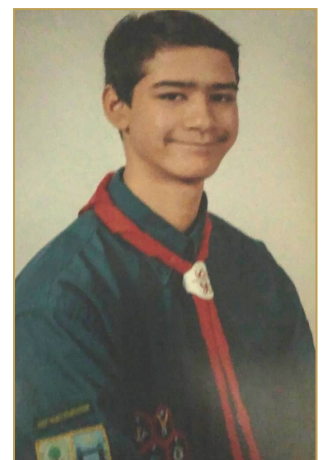


Kindly, two officers from Chingford Police Station joined us for an insightful Q&A session. The pupils asked many questions and received very informative answers. They also had opportunities to examine real police equipment such as radios, handcuffs and batons.

## Pupil News

**Christian at the Jamboree** After a gap of nearly fifteen years since the UK hosted the last European Jamboree in 2005, the upcoming European Scout Jamboree will take place in Poland in July/August 2020. Building on the fantastic programme developed as part of their World Scout Jamboree bids the Scouts and Guides of Poland have invited their European counterparts to join them for eleven days of activities, combining the chance to develop new skills, make new friends from across Europe and experience Poland's beautiful countryside. Based on its own island close to the city of Gdansk, the purpose built site is within walking distance of beautiful sandy beaches, pine forests and a short bus ride from the bustling city.

Congratulations to Year 10 pupil Christian who has been chosen to represent the UK at the European Jamboree in 2020. We are very proud of you!





# NEWSLETTER

## Pupil News continued

**Jack Petchey Award for Kyarna** Congratulations to Kyarna in Year 11 who recently received a Jack Petchey 'Outstanding Achiever' Award for dancing, singing and acting. Here, Kyarna shares her experience of receiving the award.

"Just as I was finishing my ASDAN Gold Award I was invited to attend the Jack Petchey Awards at The Kenneth More Theatre where I performed the song 'Hallelujah' and danced a hip-hop routine to the song 'Power'.

To my surprise I was awarded an award for 'Outstanding Achiever' for my dancing, singing and acting! I was so happy and overwhelmed because it was so unexpected. They also read out a few things my friends said about me and why they thought I should win this award. The things they said put a big smile on my face."

Well done Kyarna!

**Litter Picking on Station Road** Three of our junior pupils, Jasmine (Year 4), Dylan (Year 4) and Nina (Year 1) have been praised by a local community group for volunteering their time and energy in a recent litter pick in the local area. "Special thanks to our 3 youngest volunteers, Dylan, Jasmine and Nina who all worked very hard and were shocked by how much litter there was and are determined to help change things for the better—definitely ambassadors for a litter free future!"

The litter pick, organised by LNS Group on 23 March, was part of the Keep Britain Tidy & Daily Mail Great British Spring Clean, and collected at least 27 bags of rubbish.

We are very proud of Jasmine, Dylan and Nina for helping to make our local environment a cleaner place to live and work.



## Visits to Bletchley Park

On Tuesday 12 and 19 March, we took Years 7, 8 and 9 to Bletchley Park in Milton Keynes. This was a Computer Science trip, where pupils learnt the history of how one of the first computers was built to be used during the Second World War to help Britain to defeat the Germans. In Key Stage 3, as part of our curriculum, pupils learn about computer components, coding and cryptography (encryption of hidden messages).

All three year groups spent a day touring Bletchley Park, looking at all the historical huts where Britons worked to help intercept and decode secret German messages. They got to see all the different types of technology that was used many decades ago. The pupils also had a workshop on Codes and Ciphers where they got to learn how to decode various cryptographic messages, including how to read Morse code. They also got a chance to see and use a real life Enigma machine which the Germans used during World War II to help them to encrypt messages.

It was a fun and learning-led day out; pupils were focussed, engaged and enjoyed learning about the history of computers.







# NEWSLETTER

## News from the Art & Design Department

**Year 7 Fashion Design** Year 7 are developing their individual designs in response to their current brief in DT 'Make a customised t-shirt using recycled household objects'. They have started by exploring the work of contemporary designer Katie Jones, who uses brightly coloured fabrics and recycled wool to create her clothes. Pupils have used Jones's work as their inspiration to create a range of collaged fashion design illustrations, using recycled paper and plastic scraps, thinking about how they will customise their own t-shirt. All pupils in Year 7 will have the opportunity to showcase their finished garment at the end of the project, with the best garments winning their houses plenty of points!



**Year 8 Largescale Collaborative Drawing** The next stage in Year 8's ongoing project, exploring Surface and Pattern, is to explore ways to work on a LARGE scale! Pupils are continuing to develop their composition skills while also exploring a range of drawing and painting media to create an artwork that evokes the atmosphere of 'through the trees'. Pupils are challenged to work collaboratively, sharing skills and ideas to make the work. When completed, the final works will be an expression of traditional and contemporary techniques and show how they have developed a collaborative response to the theme.



**Art Club - Comic Book to Animation** This term sees Art Club develop their own comic book story which they will use to inspire an animation. They have written an 8-cell story and developed a design for their characters and environment. The group will then look to explore moving images through flip books and then finally develop stop motion animations. Art Club brings together pupils from Year 3 to Year 9, allowing the class to share their skills and knowledge to inspire each other. This term we are also supported by Year 10 pupils who are working towards achieving their bronze Duke of Edinburgh award.



**Year 9 Workshop at The Royal Academy of Art** Year 9 had the opportunity to work with Royal Academy artists to develop a visual response to the work of contemporary video artist Bill Viola and old master Michelangelo. The pupils were challenged to discuss the ideas and concepts behind the work of both artists and then supported to develop a series of images that could be used as proposals for their own piece of contemporary video art! Pupils will bring their learning back into the classroom to help them develop their own figurative sculptures.





# NEWSLETTER

## Year 8 Girls' Breakfast

Over the past six weeks Miss Barnard and Mrs Coates have been running a programme called Shine with the Year 8 girls, during their Monday morning PSHE lessons.

Shine is a personal development programme that has been created to empower girls irrespective of their cultural, educational, religious or socio-economic background. It is a solutions focused course that uses a practical and inspirational approach to learning. The aim of the course is to help girls to develop their self-esteem, build and establish their confidence, understand their personal value and unlock hidden potential. The course is designed to run in a group setting which makes it a great way to make new friends, to network and build meaningful relationships with other girls.



To celebrate the end of the programme, the Year 8 girls, along with Miss Barnard and Mrs Coates, enjoyed a lovely breakfast at Belgique.

## International Women's Day Assembly

Norman Hurst marked International Women's Day with a thought provoking assembly delivered by 9K. Half the form researched their chosen woman with the remaining pupils speaking about her achievements. Zara kicked off with Emmeline Pankhurst who, along with her daughters Sylvia and Christabel, founded the Women's Social and Political Union. Hamza then took over and spoke about the determination, courage and dedication displayed by our first female Prime Minister, the late Margaret Thatcher. Alexa followed by talking about British author J. K. Rowling, best known for her Harry Potter children's book series. Harleen talked about Mae C. Jemison, the first African-American female astronaut in space. Mario's chosen inspiring woman was the youngest Nobel prize winner Malala Yousafzai, and Trinav talked about Jessica Watson, who is only 25 but has already navigated some of the world's most remote oceans. Alex and Elliot presented their research on former American First Lady Michelle Obama, and finally Joe wound up with a well delivered summary of the achievements of Queen Elizabeth II.



Reuben was the narrator, and the assembly finished with a video clip marking International Women's Day. Well done to 9K, and extra house points for Jake who prepared the excellent Power Point presentation.

## Drama Showcase

From 27 February to 1 March the whole school had the chance to take part in a Drama Showcase presented to their families. The event involved everyone from Year 1 to Year 10 showing off their acting skills for three nights - talk about dedication!

The Juniors tackled everything from The Gruffalo to a Harry Potter soundscape, showing off a variety of different performing arts skills. The Seniors, meanwhile, went a little more political, using classic Italian commedia dell'arte masks to portray the presidency of Donald Trump. Each night showed off the pupils' excellent acting abilities to packed audiences, and nobody broke a leg!





# NEWSLETTER

## GCSE Geography Field Trips

March is field trip season for Norman Hurst GCSE Geographers. On Thursday 14 March and Wednesday 20 March, Year 11 pupils embarked on two insightful days; the first was to Epping Forest, investigating river processes along River Roding, and the second to the heart of a new east London – the Queen Elizabeth Olympic Park. During the latter, and in conjunction with the Field Studies Council, our pupils took part in the ‘Challenges in Cities’ course, an urban geography course focused on regeneration in line with their syllabus requirements for urban fieldwork.



The class set off from the Aquatic Centre on foot to compare two areas, a more deprived area – Carpenter’s Estate, and East Village as a regenerated area. The Year 11s undertook the geographical enquiry by collecting primary data through various fieldwork techniques. This included taking photographs of housing, transport links, and social aspects of the areas as a log, and keeping a service tally of services such as schools, health centres etc present in the sample area. Splitting into smaller groups using a random sampling map for East Village, they conducted a building quality survey and crime index.



The pupils were able to develop a case study of Stratford, gaining an overview of the scale and structure of a major city. They investigated ways of life and contemporary challenges that affect urban change including deprivation, housing, transport, infrastructure and development. Their experience on the day enabled them to consider the location, including connectivity and importance of the city.

## Social Networking



### Website

Go to the School Calendar page for upcoming events and our [News](#) page for all the latest news and lots more photographs.



### App

Keep up to date with the latest news, calendar dates, and much more by downloading the new Norman Hurst School App.



### Instagram

Follow us on Instagram for regular photo updates! Search for [normanhurstschool](#) to find us, then click follow!



### Twitter

Follow us [@NormanhurstSch](#) on Twitter to get the latest updates.



Facebook is our newest form of Social Media. Like us on Facebook to get news, photos, events and updates posted straight to your newsfeed.



# NEWSLETTER

## Practical Science

Senior pupils have continued to use practical investigations to support their learning in Science.

In their Science lessons, Year 7 have been studying the Physics topic of Electrical Circuits. Pupils had the opportunity to make Series and Parallel circuits in order to measure the current and voltage flow through them.

Year 7 have also been studying the Chemistry topic of Reactions. Miss Wren was able to demonstrate a range of different reactions for the pupils to discuss. These reactions included the Thermal Decomposition of Zinc Oxide, the Exothermic reaction of Calcium Carbonate and Acid as well as Neutralisation Reactions.

On Open Morning, Year 7 were able to give demonstrations to our visitors on the topic of Acids and Alkalis. They had the opportunity to test various chemicals and solutions for their pH using two different indicators: Universal Indicator and Litmus paper.

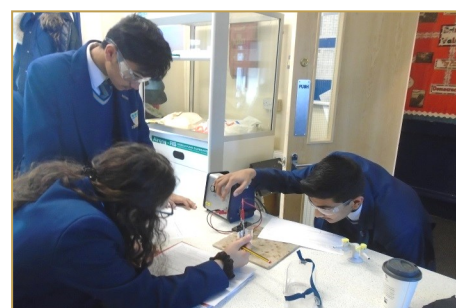
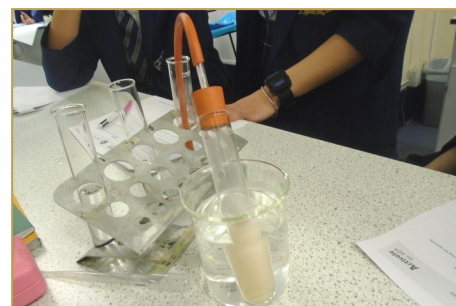
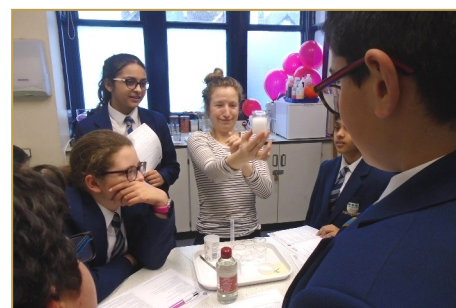
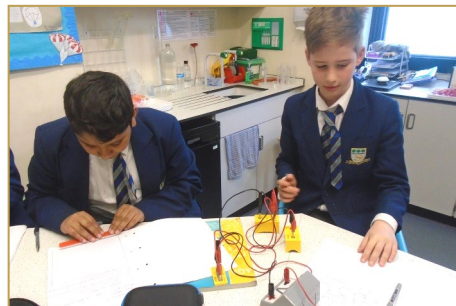
Meanwhile, Year 8 were studying the topic of Energy during their Science lesson on Open Day. Pupils investigated and compared the chemical energy in different foods by seeing how long it took the different foods to heat water to a certain temperature.

In their Science lessons this half term, Year 8 have been studying the Biology topic of Respiration. The class had the opportunity to investigate Anaerobic Respiration through the process of Fermentation. Their practical investigation looked at how temperature affects the rate of fermentation in the production of bread dough.

Year 10 have been studying the topic of Radioactivity in their recent Physics lessons. Whilst on the GCSE topic of Half Life, Mrs Cooper felt pupils would benefit by using (and eating!) Skittles to best understand nuclear decay. Definitely a more interesting way to learn about a difficult concept!

Year 10 have also been studying the topic of 'Forces in Balance' during their Physics lessons. In this particular lesson pupils were investigating how to find the Centre of Mass of an irregular object using a plumb line. They then wrote this method up in addition to writing about how they would find the Centre of Mass of a regular object using the lines of symmetry.

In Chemistry, Year 10 have been studying Electrolysis. As part of the GCSE curriculum, pupils have to learn a range of Required Practicals, which can be assessed in their GCSE exams. The class have recently completed the Required Practical for Electrolysis where they were expected to electrolyse various solutions, predict the products and then test for each.



# NEWSLETTER

## GCSE Science in Action! Trip

Earlier this half term, Year 10 had the opportunity to attend the GCSE Science in Action! Lectures at the Emmanuel Centre in London. The lectures, organised by The Training Partnership, consisted of four interactive and highly engaging sessions with demonstrations and audience participation.

One of the speakers, Tom Warrender, nicknamed 'The Human Guinea Pig', demonstrated a range of amazing science careers which pupils could enter with 5 GCSE's at levels 9-4. Other talks included an Astrophysicist whose career involves researching black holes, an associate professor of planetary science talking about how to become an astronaut, and a scientist talking about Periodic Success and scientific discoveries.



Our pupils enjoyed the opportunity of listening to scientists speak about their various fields, and hopefully came home with a lot of new knowledge and insight into different science disciplines!

## Normanhurst Sports Report

**U13 Netball League and Rally** This term the U13 girls have been very busy as it has been their turn to play in the LBWF netball league, and they have played in the borough netball tournament as well. Matches are played on a weekly basis during this term and they have played a different team each week. So far they have been to Highams Park, Walthamstow School for Girls and Frederick Bremer. The result was very close at Highams Park at 10-6. For our game at WSFG we had a few key players absent with injury or illness and the team lost 10-1. Our next match was against Frederick Bremer and we were back at full strength. In a very close and exciting match, the score finished 7-6 to Normanhurst. Chelsea scored in the last few moments to get the win. The girls are due to play Holy Family, Chingford Foundation and Lammas all before the Easter holidays. Good luck to them in their last few matches.



**Junior Rugby** On Tuesday 5 March, ten boys from Years 5 and 6 made their own piece of Normanhurst history by becoming the first pupils to represent the school at contact rugby in a tightly contested fixture against St. Aubyn's. The boys started strongly and kept the ball for the first few minutes before knocking the ball on close to their own line, leading to a score for the opponents. Normanhurst bounced straight back however, with some huge tackles in and scoring a try in the corner on the back of an excellent defensive effort. The game was end to end with excellent play from both sides; unfortunately, we narrowly lost out by 6 tries to 5 in a game that could have gone either way. Our boys more than held their own against boys who have been playing the sport for three years, whilst we have only introduced it here at Normanhurst since Christmas! All of the boys involved showed huge bravery, fight and a willingness to put their bodies on the line for one another in tackling the opposition. They should be extremely proud of their achievement.



I would like to congratulate pupils who have taken part in contact rugby fixtures for the first time this term. You have all learned so much in such a short space of time, well done! I'm sure you would also like to pass your thanks to Mr Evans and Mr Banks for their efforts in teaching you these new skills.



# NEWSLETTER

## Normanhurst Sports Report continued

**ISA Tag Rugby** On Friday 1 March we took seven pupils from Years 5 and 6 on the short journey to Woodford Wells CC for the annual ISA tag rugby tournament. Normanhurst began strongly against a good Oaklands team and narrowly missed out on a win, conceding with the last play of the game to draw 5-5. Narrow victories followed against Avon House C and Gower before we drew our final group game against Avon House B meaning we qualified for the semi-finals as the 2<sup>nd</sup> place team in our group. This meant a match up against a strong Avon House A side. In this game we took a quick early lead and looked set to avenge our defeat two weeks previously against the same opposition. However, we unfortunately narrowly lost out 5-4 and Avon House went on to win the trophy for the second year running. This meant a bronze medal game against Sri Swaminarayan, a game where Jan (Year 5) scored 7 of our 9 tries and we ran out 9-8 victors, meaning we had won an ISA tag rugby medal for the first time ever. This is testament to the hard work of all the pupils in PE and Games lessons this half term. Well done to the following for what is a great achievement for the school: Jan (Y5), Tim (Y6), Poppy (Y5), Amber (Y5), Alicia (Y5), Adam (Y5), Luke (Y6), Charlie T (Y5), Atilla (Y6).



**Y3/4 boys Tag Rugby** This was the boys' first foray into the world of tag rugby fixtures and they played superbly well, despite narrowly losing by 13 tries to 11. Special mentions go to Leo in Year 3 for some excellent try scoring and to Bobby-Patrick (Year 4) for great all round play. All of the boys played their part in what was a good all-round performance which bodes well moving forward.



**U11 5-a-Side Football** Our U11 National finalists took the short trip down the Woodford New Road to play in the annual Woodford Green Prep School tournament. The boys battled well in the group in what were challenging conditions as well as a set of rules that the boys were unfamiliar with. The boys played some great football in the group, with good wins against St Edmund's, Daiglen and Chigwell and narrowly coming second to the eventual winners, Loyola. This meant that we had to play Forest School for the bronze medal where we were narrowly beaten 1-0. The boys represented the school superbly and continue to excel in their football as we look forward to the school's first ever visit to the National ISA Finals on the 3 May at the England team's training base, St. George's Park.

**ISFA Football** On Friday 22 March the Years 5 and 6 boys football team went to one of the most sought-after football tournaments in the south, played at Harrow School. This tournament was by invitation only and run by the ISFA (Independent Schools Football Association). This was a huge achievement for the school as others invited to the tournament were the likes of Whitgift, Cranley, Westminster Prep, and Harrow. Normanhurst played five games in the group stage beating Orley Farm convincingly 3-1 and drawing to Bickley Park 2-2. The other results did not go Normanhurst's way against the bigger independent schools Berkhamstead and Caldicott, which meant we did not progress further through the tournament. The Under 11 football team have continued to represent the school outstandingly all year and now their main focus is on the ISA Finals being held at St George's Park in May.





# NEWSLETTER

## Normanhurst Sports Report continued

**Orion Harriers Primary Schools Cross Country** On a very windy and chilly Saturday morning some very hardy Normanhurst pupils attended a cross country race organised by Orion Harriers. This is always a very well supported event and nearly every school in Waltham Forest attends. This means the standard is extremely high and each race has the best runners for each school competing. The event is for children under 11; Normanhurst had pupils from Years 4-6 competing. Each race had about 200 runners, and a total of 420 boys and girls took part.



The course is a challenging one and the muddy wet conditions made it even harder, so I would like to congratulate all the pupils who took part. Nicolas (Year 4) and Jan (Year 5) were the best placed boys; Imogen (Year 4) and Alicia (Year 5) were the best placed girls. However, everyone who raced for Normanhurst finished in the top half of the field, an excellent achievement for our school!

**U11 Boys Hockey, New Hall** On 8 March, eight Years 5 and 6 boys made the long journey to Chelmsford for a fixture against New Hall School. The boys played some excellent hockey after only half a term of lessons and were more than a match for their opponents. However, we just could not find that winning goal and the game ended 0-0 with both teams having chances to win the game in the closing stages.

**Curriculum PE** All pupils have now started practising their Athletics and Years 4-10 are going down to Lee Valley Athletics track for at least one of their weekly lessons from now until May half term. All pupils will experience coaching for runs, jumps and throws at the best local facility for athletics. They might even get to watch some of the GB athletics squad train!

Pupils will be practising and trying to improve their performances with a view to being selected to compete in the ISA athletics, Borough Athletics or Sports Day, all of which happen in the Summer term.

Athletics Club will return on Mondays after the Easter holiday for pupils from Years 5-11. Please let the office know if you would like your child attend.

Swimming continues for pupils in Years 3-8; please ensure you child has regulation swimming kit with a blue, yellow or black swimming hat, goggles are optional. If your child cannot swim on any given day please provide a letter or email to advise the PE department or class teacher. Pupils who do not swim will need to bring a reading book, revision or homework to the lesson.

### Summer Term First Half—Sports Clubs

Monday	Athletics Y5-11	3.45-5.15	Lee valley athletics track
	Mini tennis Y2-4 (max 14)	3.45-4.45	Playground
Tuesday	Senior tennis/athletics	TBC	Various
Wednesday	Senior cricket Y7-11	3.45-5.15	Peter May/Braeside field
	Tennis Y5-11	3.45-5.15	Chingford School of Tennis
	Multi Sports Rec-Y2 (max 16)	3.34-4.45	Playground
Thursday	Junior cricket/rounders Y3-6	3.45-5.00	Playground/Braeside field
	Senior tennis /athletics fixtures by invitation	TBC	Various
Friday	Karate*		Hall



# NEWSLETTER

## Normanhurst Sports Report continued

**PE Kit and Uniform** Please remember that pupils must wear a school tracksuit when traveling to and from school in their PE kit. Also, when representing the school in a match or fixture, pupils must wear a tracksuit. Without the correct kit worn properly staff may withdraw a pupil from a fixture. Please check over the Easter holiday that your child's kit fits properly and if necessary replace any items that are too small.

Now we have entered spring time I would like to remind pupils that thermal layers are no longer permitted.

For athletics, pupils may wear white sports socks instead of blue and yellow games socks and if pupils want to use running spikes they may bring them to athletics lessons.

Pupils also need to continue to bring a water bottle to lessons.

Many thanks

**The PE Department**

## Normanhurst School Parents' Association

Dear Parents

This is a very busy time of the year for the NSPA, with lots of exciting activities for Normanhurst children and parents. These activities help to reinforce the Normanhurst School community and help our children have even more fun at school.



**The Oak-Tree Schools Summer Ball** The Oak-Tree Summer Ball is only seven weeks away, on the 18 May at Chigwell Hall, and tickets are selling fast. The sophisticated Casino Royale theme is your chance to mingle with other parents whilst enjoying a champagne reception and a three-course dinner with wine. Entertainment throughout the night will include casino game tables, magicians, cocktail and champagne bar, and dancing to DJ Steve Muntzer. There will be silent auctions and raffles to raise money for all four schools. A hosted Normanhurst school table is being planned for parents who want to come along on their own. Tickets are £70 per seat or £630 for a table of ten. Book your tickets and select your food options by following this link, <https://www.oaktreeschools.co.uk/oak-tree-summer-ball/>

**Film night** A film night is being organised for Years 3-6 children on 10 May. The children will watch a film together in the school hall; and the price of the ticket will include food and drink. This is a great opportunity for children to socialise with their friends.

**Summer BBQ** The summer BBQ will take place on 24 June and is always a fun family event. The theme this year will be Mardi Gras, so be prepared to party and enjoy the festival atmosphere.

**NSPA meetings** These meetings take place at 19.15 in the school hall and parents are welcome to attend. It is a fantastic opportunity to be a part of the Normanhurst School community.

The next two meetings take place on the 1 May and 10 June and we will be planning the Summer BBQ at these meetings. The BBQ is a fun event that raises a lot of money for the school. If you can help or have any ideas on how we can make the Summer BBQ even more successful, please come along to the meetings.

We look forward to seeing you at a NSPA event this year.

**The NSPA Committee**