

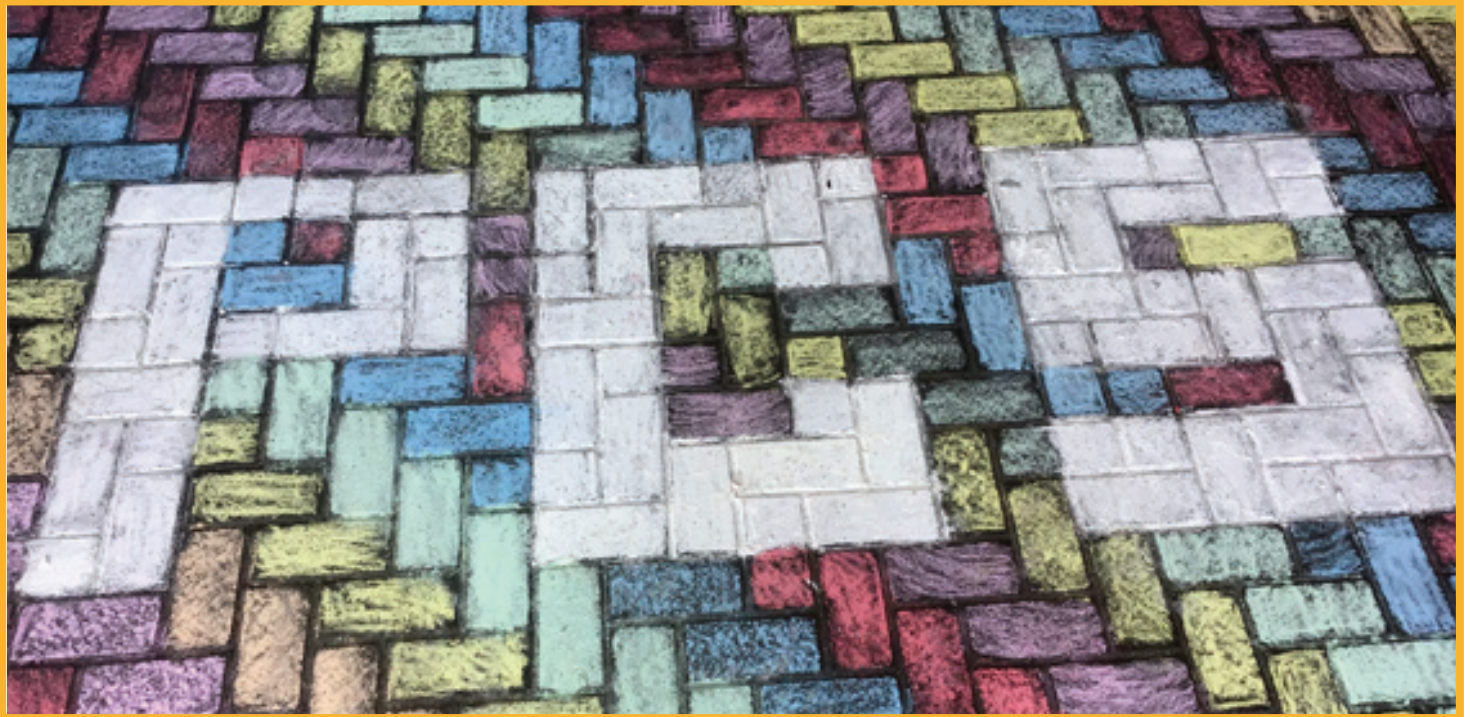


Peacehaven
Community
School

Aspire • Believe • Achieve

Newsletter

27th May 2021



PCS Newsletter - 27th May 2021



If you would like to design the next front cover
email your artwork to: joe.radmore@swale.at



Headteacher Update

Hello Everyone,

We're all very pleased to have had the school open to all students for a complete term. Our students have been fantastic. They have been Covid safety conscious, wearing face masks, lining up in their designated outdoor areas, using hand gels and the one way system.

Students' engagement in lessons has been positive and they have risen to the challenge of taking care and presenting work well, showing a marked improvement in their written work over the course of the term. Please admire some of the excellent pieces of student work in this newsletter.

Our year 11 students have continued to be resilient, completing numerous controlled assessments to provide as much evidence as possible for the grades they are working at.

They are a group of students who have made history, seeing their way through year 11 in this very turbulent school year: we are proud of them.

On our return to school, after the May half-term holiday, we will no longer be teaching the students in year group bubbles. We will be teaching subjects from their specialist rooms, meaning that students will have an enhanced experience of lessons and get to see other parts of the school!

To ensure we reduce the risk of infection, students will continue to assemble in their year group outdoor areas at lesson change over times, walk to lessons using the one way system with their teachers, wear face masks in communal areas and use hand gels.

Thank you for the support from the whole of our community over the past year as we have, and continue to, work our way through the crisis.

Take care and enjoy the rest of this newsletter.

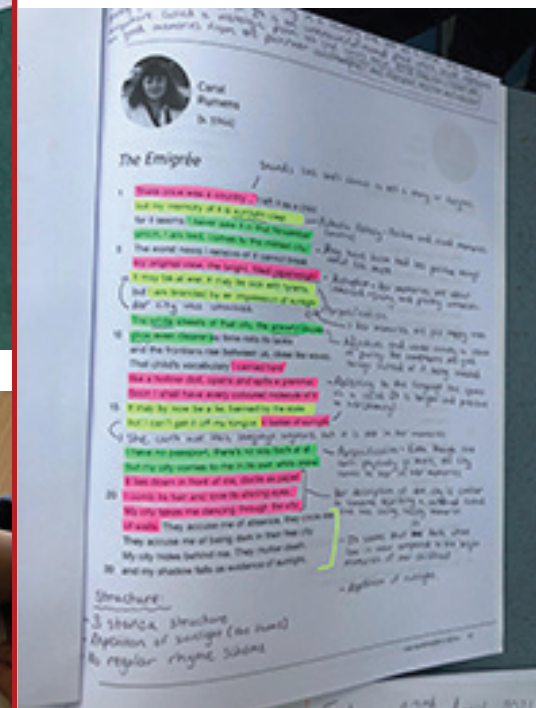
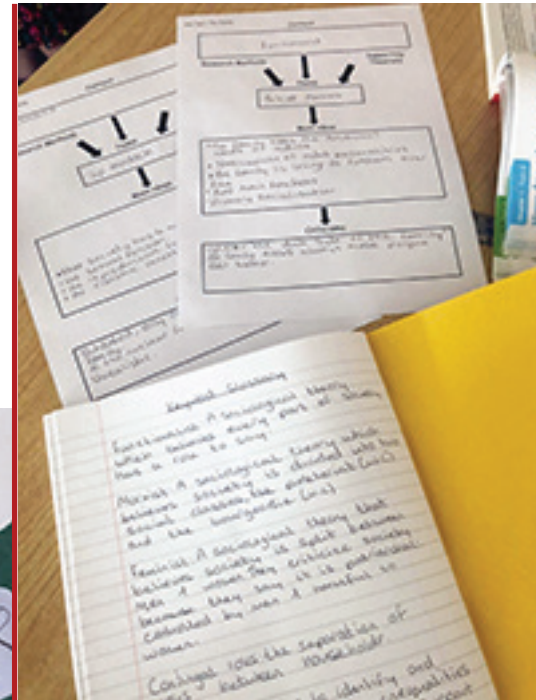
Take care,

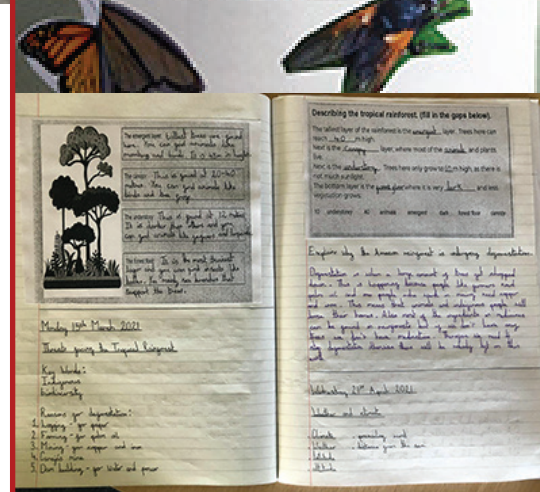
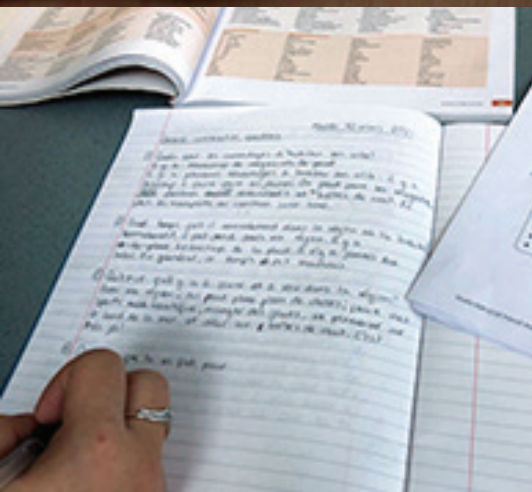
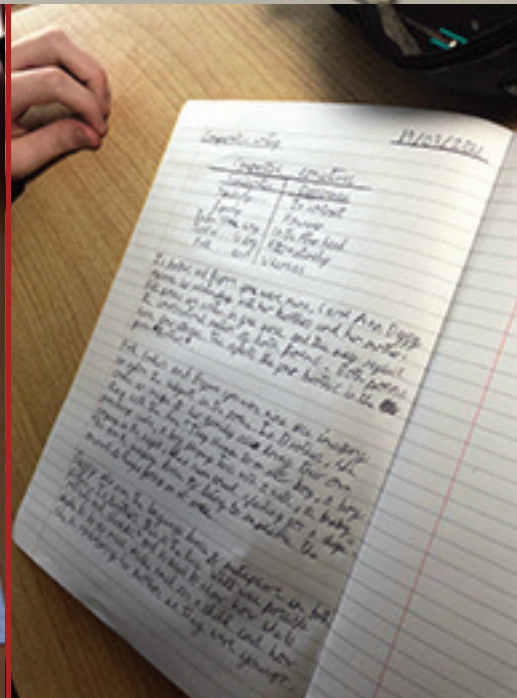
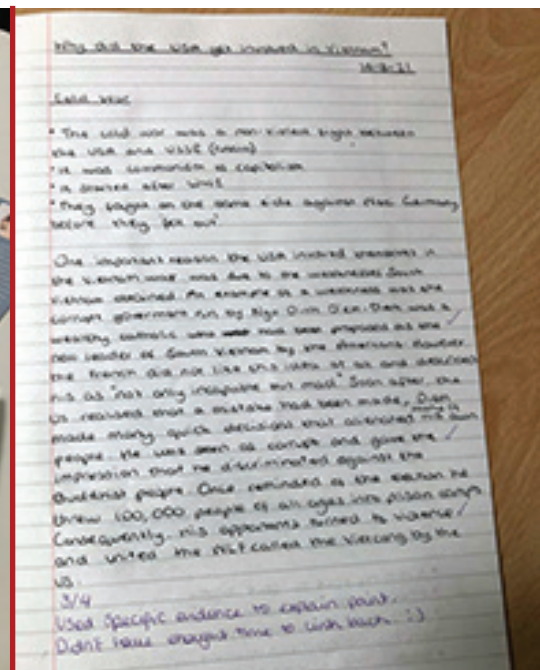
D. Warner-Swann

Darren Warner-Swann
Head of school



Excellent Work







Achievement Points

Top Achievement Points

Year 7

Lewis T 7T1
Ellis B 7T7
James E 7T6
Alfie H 7T7
Amber C-C 7T6
Alexa Z 7T8
George C 7T3
Maia F 7T6

Year 8

Taige H 8T8
Jay-Dee B 8T6
Max K-M 8T4
Freddie M 8T4
Dylan S 8T4
Hayley B 8T4

Year 9

Abdelrahman A 9T7
Tomas B 9T2
Samuel B 9T4
Mahi R 9T1
Harry C 9T1
Ollie H 9T5
Lewis K 9T1

Year 10

John B 10T4
Ethan M 10T3
Joshua H 10T5
Fletcher W 10T6
Rhys B 10T6
Leo C 10T6
Justyna F 10T4
Tiffany C 10T5

Year 11

Maria C 11T3
Ben A 11T3
Raveen B 11T1
Georgia T 11T7
Sushwinth B 11T4
Kira C 11T3
Hannah C 11T4
Tommy N 11T6
Finn R 11T3



Student President

"Well this is it. The last few days for the Year 11's and there are mixed emotions all round. It may not be the ending we all hoped for but it's still going to be fun nonetheless!

I'm not going to lie, COVID has made these last two years difficult for everyone but at least things are coming to a close now and we all get to start a new chapter of our lives.

As for everyone in other years, I wish you all the best, new leadership will bring many positive changes to the school and I hope you can make the most of them.

I would like to thank all of the teachers and staff who have enabled us all to keep going in these troubling times and influencing our lives in more ways than they know.

I appreciate all of the help given to me, and everyone else, in my last five years at PCS and I hope that every student has just as enjoyable a time here as I've had. PCS: Aspire, Believe, Achieve"

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Vice President

Hello students,

I am saddened to say that this is my last entry as head girl at PCS. I am going to deeply miss my friends in my year and around the school, and the teachers who have helped shape me into the person I am today and taught me valuable lessons not only about my subjects but in life.

If I have to give credit to my growth as a young, powerful adult, I have to give it to PCS, but most importantly the people who make up its community.

If I have to give any advice to the next year 11s or students making their way through the school it has to be to embrace every moment. Every mistake, every lesson, every laugh. Because they are the things that you will ultimately look back



on in joy when you reach the end of your journey.

Teachers love to go on about how each lesson is vital, but it's so true. You learn something new every lesson you are given, and as most of us have learnt from having to work from home, face to face education is so useful so please value it as much as you can.

Another piece of advice I want to give is to fill every day at PCS with kindness. It's so simple yet so disregarded. A small act of kindness, whether it's a compliment or giving a helping hand, can really make the difference to someone who may need it. So be the start of that endless ripple of positivity.

Lastly, in a world where you can be anything, be you. You can do whatever you put your heart and mind to, so keep working hard and persevere.

Thank you to everyone who has played a part in my journey through school, and there are so many people! Most importantly Ms Didcote and Ms Leggett for being there for me for all my years here and especially towards the end. And Ms Ward, who is the most inspirational woman I've ever met. Thank you PCS, I'm going to miss you!

Darcie

Maths Challenge

There is a cage at the Electron City Zoo that contains both peacocks and wild pigs. If there is a total of 30 eyes and 44 feet, how many of each are in the cage?

Answer on the last page

English

This week, we say goodbye to all of our Y11 students that have the evidence they need for their Centre Awarded Grades. All of our students have had a lot to cope with in the pandemic but it has been particularly challenging for our Y11's, having had their exams cancelled.

In English, they have completed a range of Language and Literature assessments and they have also completed a Speaking Exam, as part of their GCSE English Language qualification. They had to research, write and perform a speech in front of their class, on any topic of their choice, from a clear viewpoint.

We have been extremely impressed with the quality of these speeches and the range of topics has been fascinating. It has been a real pleasure to hear them be performed and they have done so well.

Y11, you should be immensely proud of how you have conducted yourselves and the work you have produced in English. Enjoy your very well deserved, long summer. Make sure you take some time to read for pleasure and good luck with your next steps; keep in touch!

Miss Haywood and the English Department

Some stand out speeches from our Y11's:

Matthew R - Government Control and How to Avoid It
Elizabeth L - The Damaging Presentation of Women in Shonen Anime
Izzy N - Why Abortion Is a Legal Right
Jake A - Animal Testing
Yasmin S - The School System and Its Failures
Katie H - Celebrities and Wages

Matthew R - How the Government Control Us
CJ F - Tackling Transphobia
Philip D - Lowering Voting Age to 16
Tommy N - Capital Punishment
Daniel B - Pangolins
Kira C - Gender Inequality
Freddy C - Why Cannabis Should Be Made Legal
Amelie S - Lack of Diversity in Award Ceremonies
Megan L - Why Children Need More Time For Play
Albert AI - Artificial Intelligence
Teagan BI - The Death Penalty
Archie S - The Gender Pay Gap in Sports
Charlie D - Are We Living In a Simulation?
Sophia B - The Voting Age
Mitchell C - The Pursuit of Happiness
Callum C - 21st Century Music
Maddie T - Social Media
Brad H - Android v Iphone
Darcie W - Personal Account of the Pandemic
Owen LB - Why He is the Greatest Football Defender Ever!
Charlotte N - Schools Supporting Mental Health
Sushwinth B - Understanding Self-Identity
Lorna D - Personal Wisdom
Rebecca E - Why Y11 Should Have Had a Prom
Grace H - The Flaws in the Education System - GCSE's

During year 10 careers week, students have looked at how the skills they develop in English lessons could be beneficial for future careers. We have explored the different career paths students could pursue through discussion, making links to our own aspirations. We have also used BBC Radio 1s careers advice sessions, looking into media based careers. Finally, we were visited by a journalist for i news who spoke to us about their own career path and inspired many of us to consider a career in journalism.



Poetry Corner

Justyna F, Y10

A dramatic monologue poem inspired by Robert Browning's My Last Duchess.

"Mr Johnson, can you tell me about the history of England?" they say, I stop at a painting, "The country that no longer exists today?"; I then tell them about life before the disaster, About how I became prime minister; my heart ran faster, I tell them about the people and the great Big Ben, How it sang for the last time and fell silent again, But then I told them about the protests due to a change in law, "I did it for their own good" I claimed, they looked at me in awe, "Sir, do tell us why England is in shambles today", I sighed hoped they would soon go away, I couldn't reveal the truth so I lied and silence fell upon the room, "It disappeared once a bomb came" I said, remembering the loud boom, "A very terrible disaster", I mutter out quietly, Slowly I felt more and more anxiety, The screaming, rumbling and the bright detonation of light, They haunt my dreams almost every night, I then glance at the old memory framed on the wall, The Big Ben in its prime, standing tall, The people were happy in a country without any tyrants, Yet the people in power stood over them like giants, "Shall we move on now sir?, I hear the visitor say, I turn my head and nod; saving the painting for another day, I tell myself it had to be done, To stop the people from finishing me, I had to get rid of everyone,

I finally ask myself, Why do I still care?, It has been 10 years, Life is never fair.

Careers Week

PCS have dedicated this past week to delivering careers and post 16 information virtually to year 10 students. Career and industry focused lessons have taken place throughout the week.

We have been lucky to have virtual meetings with industry experts, such as Rampion Windfarm, who spoke in depth about STEM (Science, Technology, Engineering and Maths) careers as well as providing top tips for interviews and industry related training routes. Her Honour Judge Venn, a civil Judge based in East Sussex, gave a tour of a law court and the defendant waiting area in a courthouse. She spoke in depth about careers in law and raised student aspirations with her enthusiasm about her career journey.

Nationwide gave a very interesting virtual presentation about careers in the finance industry and how you don't have to be 'good at maths' to work with that industry. Blue Leach, live music video director, spoke about the music industry and the famous faces he has worked with over the years- a very insightful, inspirational and fascinating insight into the world of live music production.

We also had Rachel Pearson, Founder of Brighton Digital Women. Her talk was based on the Digital Marketing world and also how we can start to raise young women's aspirations in a predominantly male industry.

As well as careers lessons, we have also introduced students to the range of college options available. We hosted virtual presentations from Plumpton, GB MET College, ASK Apprenticeships, BIMM (British and Irish Modern Music) as well as virtual tours of the main colleges within our local area.

On Thursday, we ran study skills workshops. These were designed to support students in developing their independent learning skills in preparation for GCSEs, college and the world of work.

Although it is a different experience to a traditional work experience week, we have received positive feedback already from students and their parents. We hope students will feel much more confident about their next steps.

For any students who are overwhelmed by the range of available options, please let your form tutor know, so they can request a careers' advice appointment with one of our trained advisers.

Music Competition

PCS Spring Competition winners:

Playlist: Kim G 8a2

Performance: Eva C 7a1

Composition: Abi M Y10

PE

Extra-curricular Cricket club has been going really well. All students who have attended have demonstrated the values of commitment, dedication and Sportsmanship. As we enter the new term we look forward to continuing our extra-curricular provision available to all pupils at PCS in all year groups.



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AYP - Sleep!

'If you don't make time for
your wellness you will be
forced to make time for your
illness' - anon



Net: Build Great Sleep

- Thread 1 : Arguments for Good Sleep
- Thread 2: Sleep hygiene
- Thread 3: Monitor sleep
- Thread 4: Wind Down Hour
- Thread 5: Regularise sleep times
- Thread 6: Cut alcohol and caffeine
- Thread 7: Build exercise and movement
- Thread 8: Process emotion
- Thread 9: Stop eating 3 hours before bed



The 12 Rocks of Well-Being



Rock 1 – sleep



Rock 2 – exercise



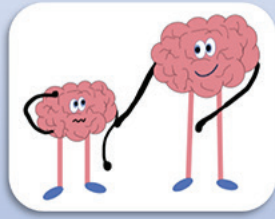
Rock 3 – eat healthily



Rock 4 - mindfulness



Rock 5 – day dreaming



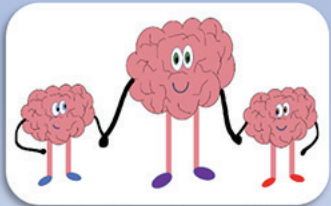
Rock 6 – manage emotions



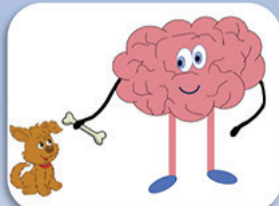
Rock 7 – walk outside



Rock 8 – music



Rock 9 – friends and family



Rock 10 – gratitude and kindness



Rock 11 – do what you love



Rock 12 – learn, play, read

What sleep does for our brain...

- Cleans it
- Encodes memory
- Processes emotion
- Sifts experience looking for connections
- Builds immune function
- Reduces blood pressure and blood sugar
- Achieves novelty
- Builds powerful executive function





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Good sleep is probably the single most important thing we can do every day to build the best version of ourselves every day...



Less than 6 hours sleep

- 30% less memory the next day
- More anxious the next day
- More emotional the next day
- More socially clumsy the next day
- Less immune cells the next day
- Higher blood pressure the next day



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Equality & Diversity

Last week students in years 7-9 completed a week-long focus on equality and diversity in form time.

This was focusing on raising awareness of what equality and diversity is within society and then considering how this is reflected within PCS.

At the end of the week we conducted a survey of all students to gain their perspective and we look forward to analysing these results to help us plan for the future.

The conversations occurring in tutor groups were really impressive and passion for a just society was clear to see.

Photography competition

Millie D Y7



Hand Sanitising Station

Maths Challenge

Seven Pigs - Eight Peacocks