



# #AVBProud



## From our Principal Mrs Dyer

As we approach the end of the first term, I would like to thank students, staff, parents and friends of Avonbourne for their continued support. We look forward to celebrating our students' successes in these final weeks of term with our winter showcase, REACH reward events and charity events. It is wonderful to have opportunities to bring the school community together again and I was incredibly proud of our students this half-term as the whole school came together for a ceremony of remembrance on November 11th. Students behaved impeccably and were a credit to themselves and the Academies. #AVBProud!

This half term, building on the great work of our senior prefects, we have launched and elected our student council at the Academies. The Aims of Avonbourne Student Council, which align to our REACH values, are

- To highlight the importance of student voice and demonstrate the **respect** we have for our students.
- To ensure all students are heard **equally** by including representatives from all sub leadership committees.
- To encourage our students to be **ambitious** and innovative.
- To give students an opportunity to develop leadership by organising and carrying out projects and activities that improve our school **community**.
- To establish an understanding of the **hard work and determination** it takes to continue to improve our school environment.
- To ensure all our students understand democracy, and how elected representation connects to wider decision making.

I look forward to working with our student council on a variety of initiatives and look forward to updating our community and stakeholders regularly through our newsletter.

Finally, term will end on Friday 16th December at 12.15pm. We wish everyone a relaxing and enjoyable Christmas and New Year holiday and look forward to welcoming Years 11-13 back on Wednesday 4th January and all other students on Thursday 5th January.

Best Wishes, Mrs Dyer

## Oh Christmas Tree....

A HUGE thank you to Haskins Garden Centre for donating two beautiful trees to the school! They really have brought us some festive cheer.



# Wellbeing

In Key Stage 3 each week students focus on Wellbeing during tutor time. In the Autumn Term we have focused on Sleep and Community. Mrs Barrett has put together some information about sleep parents may find useful.

Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep.

Sleep helps to regenerate our brains and bodies, process information and memories, boost immunity, guard and stress and help concentration, learning and behaviour.

It is important, if sleeping does become an issue or becomes regularly disrupted, that you seek help. Students can speak to their pastoral leads or seek help from the school's Wellbeing Hub if they need support with this.

## Sleep Hygiene

Sleep hygiene refers to healthy sleep habits. That's what sleep hygiene is all about: building various healthy habits to help you get a good night's sleep. Here are 7 tips for improving your sleep hygiene.

1. **Regularity:** Go to bed at the same time every night and wake up at the same time. This will help set your bodies sleep cycle. This means not napping, which can also disrupt this cycle.
2. **Keep it dark/light:** Keep it dark at least 1 hour before sleep and bright as soon as you wake up. When it's dark your body releases the sleep hormone melatonin, which makes you sleepy. When it's light your body stops releasing melatonin. This includes light from devices. Blue light suppresses the body's release of Melatonin.
3. **Exercise:** As little as 30 minutes of aerobic exercise per day can improve your sleep quality, as well as your overall health. If you can exercise outside, that might increase the benefits even more, since exposure to natural light helps regulate your sleep cycle.
4. **Food and drink:** Drink a pint of water when you wake up to help you stay awake. Cut down your sugar intake and don't eat before bed.
5. **Keep cool:** Your body drops in temperature before you fall asleep, so keeping the room cool will help you fall asleep. Having a hot bath or shower before bed also mimics your bodies cool down response, which also helps you fall asleep.
6. **Only use your bed for sleep:** This helps strengthen your brain's association between your bed and sleep, making it easier to fall asleep. Do not do homework on your bed!
7. **Deal with stressors:** Write all your worries down and work out what you can and cannot control. What you can control prioritise what you a) must do the next day and b) should do during the rest of the week.

## What to do if you struggle to fall asleep or have disrupted sleep

1. Relax before sleep: This can be an activity such as colouring, drawing, reading, lego, sewing or playing an instrument. Or self-care e.g., facial, washing/plaiting hair or manicure.
2. Meditation: Meditation before bedtime has been shown to help you to fall asleep faster and stop disrupted sleep. Headspace is a free app with meditations and breathing exercises that can support sleep. The Calm app also features hundreds of calming exercises, helpful breathing techniques, and sleep stories
3. Listen to a podcast: Sometimes we are consumed by thoughts and worries. Spotify have free podcasts you can listen to at night. These will stop you focusing on the thoughts and worries.
- 4: Journaling: If you worry at night journaling can help you understand and reflect on those worries and stressors, making falling asleep easier.



## UPDATE

I am pleased to announce that letters will be going out ASAP regarding the DofE bronze and silver awards at Avonbourne Academies!

We apologise for the delay on getting started with the DofE this year, but we are very excited to be working with an external company this year for our bronze awards, APEX Adventures, allowing more students to take part in this internationally recognised award. Working with APEX, students will receive an in-school training day, a 2-day practice expedition in the New Forest and a 2-day assessed expedition in the Purbecks. This will mean students will have the best possible experience with fully trained staff and plenty of practice before the assessed expedition.



# Eco-Committee update

## COP27 simulation event at the British Council

On Wednesday 16<sup>th</sup> November, some of our Eco-Committee leadership from United Sixth Form (Andre, Eleanor, Josh and Jordan) joined together with their peers from 13 other United Learning secondary schools to take part in an exciting COP27 Climate Simulation Negotiation.



The event, hosted by the [British Council](#) at their UK headquarters in Stratford, was inspired by the 27th United Nations Climate Change Conference (COP27) taking place in Egypt this month. The event gave our students the opportunity to strengthen their communication, negotiation and presentation skills, whilst encouraging them to consider potential solutions to the challenges our planet faces.

Playing the part of world leaders, Non-Governmental Bodies (NGOs) or Media, students were tasked with taking part in a real-life climate negotiation simulation, producing a global agreement to reduce greenhouse gas emissions. During the negotiations, their proposals were fed into a computer program, which used real-life data to model what the consequences of their proposals would be on the climate.

Y12 student, Andre, said: "This has been a really unique experience which has allowed me to grow both personally and professionally. What we have discussed and debated today also feeds into the wider work we are doing at United Sixth Form as part of our Eco-Committee."

Associate Assistant Principal, Laura Tsabet commented: "I was incredibly proud to take these four sixth form students to London for this event. They engaged in climate negotiations with other schools with passion, respect and a true commitment to the environment. It was enjoyable to see them playing the part of the European Union and committing to an immediate change in our carbon emissions!"

## This week's eco-tip: Eat less meat

One way to be more eco-friendly is by cutting down on the amount of meat that you eat.

This can have a huge impact.

Choosing not to have red meat – especially beef from cows – and eating a more plant-based diet can have quite a significant impact on reducing your carbon footprint, even if you only opt to do this a couple of times a week.



# Homework Highlights

Avonbourne students have been working incredibly hard this term to get their homework in on time and completed to a high standard. We are very proud of all their efforts across all year groups and all homework platforms! We are especially proud of our Year 7 students who have been completing homework in all of their subjects this half term, they have risen to the challenge and should be very proud of their year group having the best Maths homework completion rate in both academies! In this term's newsletter, we will be celebrating the individual students who have gone above and beyond in their Seneca homework.

## Homework Club

Homework Clubs have been as popular as ever this half term with break, lunch and after school clubs all being extremely well-attended. Homework clubs will continue to be run after the Christmas break where there is always a teacher on hand to resolve your IT problems and a subject teacher to support you with your homework every session.

## Seneca Leader Board

Below you can find the students who have accrued the most study hours and the highest average scores on the Seneca homework platform this term. Well done for working hard this term everyone, a reward will be coming your way!

### Year 7

#### **Total study time:**

1. Megan Coates
2. Ese Agare
3. Nikola Wojtas
4. Joana Mathew
5. Harriett Burgin
6. Bethan Syrett-Jones
7. Georgie Newsum
8. Patsy Kerley
9. Isabelle Pearce
10. Sophie Grimshaw

#### **Average score:**

1. Lucie Plunkett
2. Georgie Newsum
3. Evie Stubbs
4. Ruby Jones
5. Amelie King
6. Siana Halford
7. Sienna Coleman
8. Evie Sells
9. Jieum Lee
10. Harlow Worthy

#### **Total study time:**

1. Jonathan Basten
2. Jake Randall
3. Joseph Carmichael
4. Arthur Karapetyan
5. Alfred Dearing
6. Callum Robinson
7. Travis Wright
8. Zachary Cox
9. Zaabin Desai
10. Aukse Sidlauske

#### **Average score:**

1. Pietro Giachello
2. Joshua Broadhurst
3. William Carmichael
4. Zachary Cox
5. Louie Cullinane
6. Kieran Hood
7. Jieum Lee
8. Jonathan Basten
9. Jake Randall
10. Callum Robinson

### Year 8

#### **Total study time:**

1. Soph Le Petit
2. Lisia Garcia Pinheiro
3. Florence Barton-Ridges
4. Isla Gillon
5. Shya Beaman
6. Freya McGrath
7. Emili Kowalska
8. Nadia Bialobrzeska
9. Eva Murphy
10. Summer John

#### **Average score:**

1. Sophie Birmingham
2. Florence Barton-Ridges
3. Lisia Garcia Pinheiro
4. Elisha Lowman
5. Emili Kowalska
6. Alessia Taborda Jose
7. Summer John
8. Freya McGrath
9. Amelie Edwards
10. Tilly Green

#### **Total study time:**

1. Fabian Ogradowski
2. Joshua Ogunfowora
3. David Chukwurah
4. Stan Miles
5. Henry Beale
6. Bogdan Vamanu
7. Ethan Jacobs
8. Nauman Desai
9. Vincent Reyes
10. Kyle Medlock

#### **Average score:**

1. Fabian Ogradowski
2. Nauman Desai
3. Fletcher Barclay
4. Ethan Barrow
5. Tyler Deacon
6. Ethan Thorne
7. Jacob Foster
8. Mason Suddrey
9. Vincent Reyes
10. Stan Miles

### Year 9

#### **Total study time:**

1. Daisy Fletcher
2. Maisy Norry
3. Luisa de Matos
4. Ayesha Jamil
5. Chinmayi Dandothkar
6. Paige Eggleston
7. Klaudia Sapinska
8. Darcey Garner
9. Hilda Glover
10. Anna Andrade

#### **Average score:**

1. Ela Bowman
2. Ruth Wong
3. Hollie Johnson
4. Matilda Myers
5. Christianah Ogunwole
6. Enissa Wong
7. Priscilla Dany
8. Maisy Norry
9. Paige Eggleston
10. Anna Andrade

#### **Total study time:**

1. Charlie Price
2. Tharun Senthilkumar
3. Jonah Suddrey
4. Kyle Clewes
5. Reuben Hagger
6. Alvin Fung
7. Zach Turner
8. Matthew Dewerenda
9. Marlo Gilbert
10. Ernests Podnieks

#### **Average score:**

1. Zain Mourched
2. Jonah Suddrey
3. Gabriel Clark
4. Charlie Price
5. Marlo Gilbert
6. Travis Gilbert
7. Ernests Podnieks
8. Enzo Wharton
9. Alfie Baird
10. Sozdar Kocher

### Year 10

#### **Total study time:**

1. Kathyayani Som
2. Eden Coles
3. Zahra Asaad
4. Lily Puett
5. Casey Taylor
6. CJ Garton
7. Michaela Samkutty
8. Erin Vaughan
9. Eve Giddings
10. Lilly Christopher

#### **Average score:**

1. Michaela Samkutty
2. Erin Vaughan
3. CJ Garton
4. Eve Giddings
5. Lilly Christopher
6. Dulcie Maheve
7. Kathyayani Som
8. Annalise Murray
9. Casey Taylor
10. Eden Coles

#### **Total study time:**

1. Josue Rodriguez
2. Severyn Pisz
3. Jin Reddy
4. James King
5. AJ Janulaitis
6. Tomas Livermore
7. Dylan Arnold
8. Majd Rassem
9. Yan Gomes
10. Louis Clifton

#### **Average score:**

1. Josue Rodriguez
2. AJ Janulaitis
3. Tomas Livermore
4. Jin Reddy
5. James King
6. Finley Crowe
7. Mervin Gonsalves
8. Kirill Ulajev
9. Muhammed Callatchan
10. Charlie Hawkins

### Year 11

#### **Total study time:**

1. Tifani Demeter
2. Isabel Baxter
3. Asher Durrant
4. Emma Duffy
5. Victoria Bialoszezwska
6. Peta Rochester
7. Wiktoria Kowalczyk
8. Jennifer Vu
9. Rhianne Naylor
10. Binnie Hughes

#### **Average score:**

1. Tifani Demeter
2. Peta Rochester
3. Emma Duffy
4. Asher Durrant
5. Agata Dluzniewska
6. Mina Do
7. Lilly Morrison
8. Wiktoria Kowalczyk
9. Leah Menendez
10. Gabby Grande

#### **Total study time:**

1. Toni Ferreira Velosa
2. Dominic Nagy
3. Fin Sainsbury
4. Kelvin Otame
5. Rhys Higgins
6. Fin Lock
7. Luca Camponeschi-Byrne
8. Vincent Gough
9. Amjad Al Sabbagh
10. Rajveer Honrao

#### **Average score:**

1. Toni Ferreira Velosa
2. Dominic Nagy
3. Dragos Serban
4. Rhys Higgins
5. Fin Lock
6. Rajveer Honrao
7. Joseph Sayer
8. Vincent Gough
9. Shahram Rasoll
10. Logan Brickhill





**Avonbourne Boys' & Girls' Academies**  
The best in everyone™  
Part of United Learning



The careers hub has celebrated green careers week providing an insight into and exploration of the current and future careers which will help the planet move towards net zero with reduced impact on the environment in all areas of society.

We also showcased an exciting variety of green careers jobs looking at local employers and jobs and careers in the future, many connected to the environment and improving the sustainability of almost all areas of our lives.

The careers hub has also been busy continuing with our year 11 one to one careers' appointment. By the end of the term all year 11's should have received their action plan following on from their appointment. This is a useful documentation of the discussion that was had and includes some useful links to post 16 options.

On Tuesday 24th January we will also be offering year 11 students the chance to attend a selection of presentations from local post 16 education providers including Bournemouth and Poole College and Rockley College. We look forward to welcoming them to the school.

In other news, our year 10's received a presentation from our local Apprenticeship Support and Knowledge Advisor, this was everything apprenticeships including information on higher and degree level apprenticeships.

Careers at Avonbourne is now on socials so don't forget to follow us on Instagram and Twitter for all of our up-to-date information.

**avonbournecareers**

**@careers\_avon**



# Maths

It has been a busy start to the year in Maths. The use of the Sparx homework platform has been extended to more year groups with Year 11 to follow next year. This platform learns with the students and continually adapts the questions to suit the individual level of the students. It is also a great resource for further independent learning. Students can use their login to spend time revising previous topics, trying more questions on their current work or watching the tutorial videos to help with any part of the curriculum. The Sparx homework club has been proving popular amongst students. This is an opportunity to complete those last few questions with Maths teachers available for support.

Earlier in the term our sixth form Further Maths students took part in the UKMT Senior Maths Challenge. This is a national competition looking at a variety of problems requiring students to apply their maths knowledge in different ways. Awards are given based on how many correct answers you can get. Our students did very well with Khuraim achieving a bronze award. This style of problem solving will be being brought into lessons across different year groups as the year goes on. We hope that more students will be able to enter different challenges later in the year.

Year 11 and 13 have worked extremely hard all term in preparation for their first round of mock exams. They have prepared well for these giving a positive indication of what they can achieve in the rest of the year. The results of these will allow them to build their knowledge and continue preparing towards the summer papers.



**Avonbourne Boys' & Girls' Academies**  
The best in everyone™  
Part of United Learning



Follow us on Twitter @AvonbourneUL  
Follow us on Facebook @ULavonbourneacademy  
Follow us on Instagram @avonbourneacademy



# SOCIAL SCIENCES

## UCAS

With over 50% of our Y13 cohort opting to study a Social Science based degree, the department has been incredibly busy preparing for UCAS over the last term. The team have assisted students with their personal statements, placements, interview prep, and wider reading.



Cheng in Y13 shares his thought on Sociology and why he wants to continue his studies at university. *I have chosen to study Sociology at degree level because I am curious how events throughout history have shaped society and the world we live in today. Sociology explores theoretical concepts and ideologies in a social context. I like how Sociology is challenging yet informative and develops analytical skills I can apply in other subjects. Knowing how individuals learn through socialisation processes has given me a deeper insight into human behaviour and the way the world works and functions. Sociology explores cultures and issues surrounding humanity and allows individuals to develop critical thinking skills to become more self-aware of their actions impacting society. I would recommend A Level Sociology for those who want to understand society on a deeper level, and who are keen to learn about perspectives such as Functionalism and Postmodernism. I hope to continue my studies at degree level at Surrey or Oxford Brookes University.*



Zofia plans to study Psychology at degree level and explains why below.

*Throughout my Psychology A-Level I became intrigued by the topics of biopsychology and psychopathology. The idea of 'normality', endless explanations of why deviation from this ideal mental state occurs, and specifically what is happening in the brain during this time, fascinate me. There is always more to discover about the complexity of the human brain and the unconscious patterns that drive our behaviour, which has inspired me to continue my Psychology studies at university. For my first choice I have applied to the University of Southampton, this Russell Group University ranks in the UK's top 20 for Psychology and with all its excellent facilities and opportunities I feel as though my interest for the subject will be further intensified allowing me to achieve my long-term career goals. For my insurance choice I have chosen Bournemouth University due to its employability and placement opportunities, and location. I intend to use this psychology degree to get into the field of neuropsychology in hopes of pursuing a professional career in it in the future.*



## Upcoming Events at AECC

USF Social Scientists have been invited to several other events at AECC in 2023. AECC would like to extend their invite to students interested in studying Psychology and or Health Science at degree level. If you are interested in any of the following events and would like more information, click on the registration links.

### **1<sup>st</sup> February 2023 - Psychology taster day**

Open to all students interested in exploring what it's like to study psychology at university further. Link to register:

<https://www.aecc.ac.uk/about/how-we-work/access-and-participation/access-and-participation-outreach/online-outreach/taster-days/>

### **28<sup>th</sup> February 2023 - Chiropractic taster day**

Open to students aged 16+ - a great opportunity for students interested in exploring careers in manual therapies. Workshops will cover assessment, diagnosis, and treatment options, as well as some anatomy and physiology revision. Link to register:

<https://www.aecc.ac.uk/about/how-we-work/access-and-participation/access-and-participation-outreach/online-outreach/taster-days/>

### **22<sup>nd</sup> March 2023 - Sports exercise and rehabilitation science taster day**

Open to students aged 16+. Link to register:

<https://www.aecc.ac.uk/about/how-we-work/access-and-participation/access-and-participation-outreach/online-outreach/taster-days/>

Finally, AECC have announced their summer school programme and have confirmed two on campus events. All Summer Schools are open to students in years 11-13.

### **4<sup>th</sup> -6<sup>th</sup> July 2023 - Introduction to Health Sciences**

### **24<sup>th</sup> – 28<sup>th</sup> July 2023 - Experience Research Week**

Link to register: <https://www.aecc.ac.uk/about/how-we-work/access-and-participation/access-and-participation-outreach/online-outreach/summer-schools/>

## Neuropsychology - The University of Southampton

On Thursday 8<sup>th</sup> December, Dr Bradley Richardson (photographed bottom right) delivered a talk to our Social Scientists on Neuroscience. Y12 Psychology student Mishka has summarised the seminar.



*Neuroscience is the biology of the brain and the nervous system where the building blocks of the nervous system are studied to help prevent diseases such as Alzheimers and understand how our brain works. We have 86 billion neurones in our brain and an estimated 7 trillion synapses (connections between neurones). Neurones oversee the creation of our memories, our senses, pain, muscular and cardiac movement. However, the main topic covered during the talk was the effect of aging on our brains and our nervous systems. Did you know that ¼ of hospital beds are filled with dementia patients? Unfortunately, 1/3 of people are affected with Alzheimers and it kills the most people annually in the UK. The numbers are exponentially increasing, and the main risk factor is age. People like Bradley are looking to find issues to this largely mysterious issue and hopefully solve them and make Alzheimers an issue of the past.*



**Avonbourne Boys' & Girls' Academies**  
The best in everyone™  
Part of United Learning

# DANCE



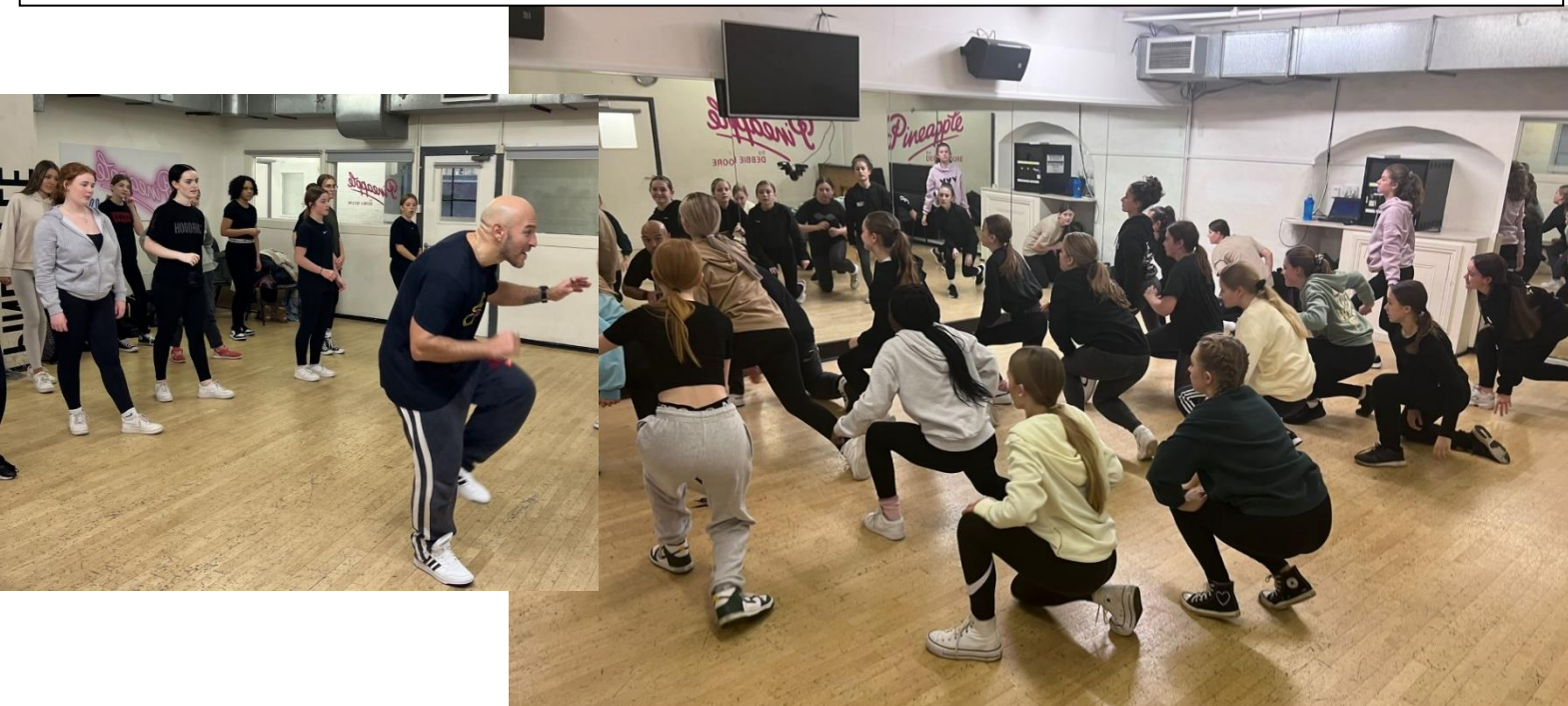
Avonbourne Boys' & Girls' Academies  
The best in everyone™  
Part of United Learning



What a fantastic term for Dance! Miss Barr and I are so proud of the hard work of all our dance students this term, progress has been brilliant, and it has been fantastic to see so many students attending extra-curricular dance clubs and Avonbourne Dance Company too.

On Friday 9<sup>th</sup> December, the Dance department also ran a day trip to London. Sixty Year 9 and 10 dancers were lucky enough to take part in a Avonbourne west-end experience. Students received a professional masterclass at the world-famous Pineapple Dance Studios and then attending a performance of one of the most popular running musicals in the West-End, '& Juliet'.

In the masterclass, students were taught repertoire by professional cast members, they also got an opportunity to ask questions and gain insight into the professional dance industry and life as a professional dancer. Following this, the students watched a matinee performance of '& Juliet' at the Shaftesbury Theatre and were dancing the routine that they learnt earlier in the day in the aisles of the theatre alongside the professionals.





# OPEN MORNINGS

We hold weekly open mornings for prospective parents and students to come and see us in action. If you know any primary parents who would like to tour our Academies, please direct them towards our websites or encourage them to scan the below QR code for more.



## Friends of Avonbourne Academies

Friends of Avonbourne Academies is a collective group of three schools in Bournemouth including the two secondary schools (Avonbourne Boys' and Girls Academies and the United Sixth Form (USF). The Friends of Avonbourne Academies (FOAA), aim to raise money to provide the students at the Academies and Sixth Form with additional resources. All funds raised go directly to support students in their school lives.

We'd love to have more parents involved! If you are interested, please email [pta@avonbourneacademy.org.uk](mailto:pta@avonbourneacademy.org.uk) to find out the dates of next meetings.



## REMEMBRANCE

One of the most powerful moments this term was our annual Remembrance ceremony. At 11am on the 11th November, students and staff descended to the large playground, wearing their poppies, for our Remembrance ceremony. Mrs Dyer led the ceremony with a short reading and Mr Kidman played the Last Post. The students were impeccable throughout, and the two minutes silence was a very poignant moment for all.

In the build-up to Remembrance Day all students had an assembly focusing on the national theme for this year, the concept of 'service'. Students learnt about those locally who had given service to their country and the sacrifices they had made. The assembly then encouraged students to consider who helps them out when times are tough, how they act in service by helping others, and how we can make Avonbourne an even greater community by acting in service to each other.



# GEOGRAPHY

Geography is a subject which enjoys the opportunities to explore outside the classroom. Fieldwork underpins the geographical discipline, as it gives our students a chance to investigate issues-based geography in the real world. As part of the GCSE course, year 10 students enjoyed a beautiful hot, sunny day in Swanage measuring the impact of groynes on beach management and evaluating the environmental quality of areas that have and have not been impacted by tourism.

At A level, students have also been able to investigate the local area. Students are required to understand and apply a range of techniques to their independent investigation which forms 20% of their final grade in Year 13. Last year geographers investigated coastal processes at Hengistbury Head and urban environments within Bournemouth town. As well as helping students to prepare for their investigation, the trip also provided them with a valuable opportunity to develop their teamwork skills.







# Year 11 visit Berlin

The history department took 68 year 11 students to Berlin during October. The students represented themselves and Avonbourne superbly. The tour guides called them “exceptional”, and the hotel said they were “the best kids”. The article below has been written by Robbie:

On arrival in Berlin, on Thursday 20<sup>th</sup> October, we quickly and nervously went and found our hotel rooms and who would be in them. After this, everyone went to their rooms and began to unpack and get ready for a late-night walk through Berlin to see the Brandenburg Gate and tour the Reichstag. Getting to see some of the most famous landmarks in Germany, and especially being able to tour and read about the Reichstag, really broadened our understanding and interests in the important history of Germany and gave us a taste in the beauty of the city's monuments.



Friday began very early, as it was a very busy day packed with a lot of walking around Berlin. Throughout the day we visited many memorials around World War II and the Nazis. Many students found this day very emotional as it really revealed the huge effect Hitler and the Nazis had on different people during the years 1933-1945 and brought to the surface the realisation of what people had to go through and experience during the Nazi's rule. We also spent time looking at some of the ruins of the Berlin Wall and

visited some of the memorials of the people that were killed due to it. This was also very emotional as we saw how Germany were divided from family and friends and how countless lives were lost due to the harshness of East Germany and the Cold War. I think the thing that was most upsetting was when we learned of the deaths of teenagers, young children and babies who died at the site of the Berlin Wall. To end this day, we headed back to the hotel to eat dinner and have a fun quiz night, which consisted of many different rounds based on different genres. In my opinion, the quiz night could be up there with one of the best evenings of the trip.

Saturday 22<sup>nd</sup> was by far one of the greatest days of the trip. We started the day off by visiting the Olympic Stadium that was built under Hitler's rule to hold the Berlin Olympics in 1936. I found this very interesting and was amazed by the size of the stadium. After visiting the Olympic Stadium, we visited the Gleis 17 memorial. All the students found this memorial emotional as it was the place that many Jews spent their last seconds of freedom before being taken to concentration and death camps. We then went to my favourite museum of the trip, the Checkpoint Charlie Museum, which was interesting as we found out all about how the Berlin Wall affected life in Berlin. The evening was far more relaxed, as we went to a bowling alley and got to have fun with our friends and teachers.



On our final day of Berlin, we visited Sachsenhausen Concentration Camp and the House of the Wannsee Conference. This was an interesting part of the trip as we got to see what it was like for people in concentration camps and learn about the decisions that were made at the Wannsee Conference. Even though it was very interesting, it was also very emotional to see the amount of people that were affected and the poor living conditions they had to deal with.

During the trip, I think the thing people were looking forward to the most was the Berlin Zoo and the Mall of Berlin. This was a fun way to end the trip by having a good day with our friends and teachers and being able to spend all our money on souvenirs and gifts for our family and friends back home.





# Education with Character

## Student Leadership

Throughout this term we have been electing our Tutor, Year and Student Council Representatives. These students will represent different areas across the school and come together to provide a centralised student voice. Each person in a Tutor and Year Representative position was elected due to their persuasive manifestos which were presented to their tutor groups. Those that chose to apply to be a Year Representative presented their manifesto speech to their entire year. All students that put themselves forward to take part in this leadership opportunity came up with some fantastic manifesto points. This election process also enabled us to develop our understanding of democracy and how it links to the British Values.

Congratulations to the following students who have been elected as our Student Council Representatives across the school:

<b>Year 7 Reps</b>	Yusuf A
	Grace H
<b>Year 8 Reps</b>	Nauman D
	Kim R
<b>Year 9 Reps</b>	Tharun S
	Nicole F
<b>Year 10 Reps</b>	Micael GFM
	Emily L
<b>Year 12 Rep</b>	Ellie W
<b>Diversity Rep</b>	Sofiia K
<b>Eco Rep</b>	Caitlin H

These students will be supported by our Deputy Head Prefects, Student Council Prefects and Senior Prefect Team:

<b>Senior Prefects</b>	Oliwier S
	Ariana T
	Kizzy E
	Amber P
<b>Deputy Head Prefects</b>	Amber P
	Meshva P
	Rajveer H
	Zak W
<b>KS4 Prefect Ambassador</b>	Jack C
<b>KS3 Prefect Ambassador</b>	Peta R
<b>Student Council Prefects</b>	Sara B
	Talia M

At the beginning of Spring Term, we will select our new REACH Ambassadors who will form a team alongside our Student Councils to support



# Winter Concert

On Thursday 8th December we hosted our first Performing Arts Concert of the academic year. The students performed incredibly well, and the programme consisted of performances from extracurricular and curriculum work across the Dance, Drama and Music Departments. Acts included piano solos, contemporary dance ensembles, Christmas vocal pieces, and a scene inspired by The Great British Bake Off.

Performing to a large audience requires weeks of rehearsals, commitment and dedication that goes above and beyond. We look forward to seeing more of this fantastic talent at our next concert on Thursday March 23rd, 2023.





# PE



## Achievements

What a fantastic term for the PE department and its staff and students within the Academy and the wider community.

The Bournemouth Marathon Running saw staff and students competing across different race distances.

Mr Goldsmith, Mr Murphy and Mrs Tanner competed in the half marathon, whilst Mrs Thomson and Mrs Dunsford ran the 10k.

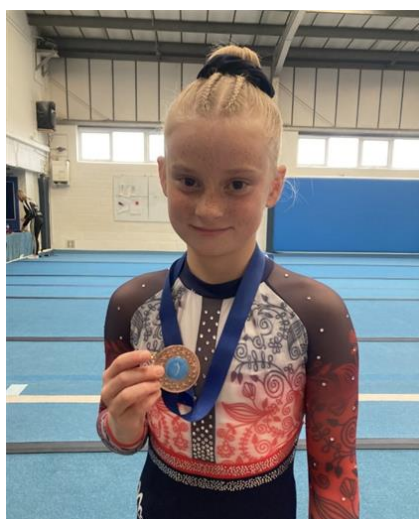
It was lovely to see so many students, supporting officiating and competing.



### Adam A (Year 9) and his brother Soliman A (Year 7)

#### Bournemouth Running festival

Well done to Adam (year 9 AB1) and his brother Soliman/Solly (year 7 Ab3) both posted impressive times in their respective age groups. Adam completed 5k run in 23:31 minutes and came 21st across the boys category, and Solly completed 2k run in 7:49 minutes and came 11th across boys.



### Olivia W (Year 7)

7AG3 competed in artistic gymnastics in September at the West County League match 2, which was a team competition. They came 2nd overall and then at the Swindon Zinc & Cooper challenge in October placed 3rd on floor.

### Zak W (year 11)

National championships - individual Gold u17 category and u17 mixed pairs Gold.

Zak started taekwondo when he was about 7, he has since gone through the training and grading process. Working his way from a white belt all the way to currently a black tag. He will be going for his black belt on Saturday 10th December, and we wish him well with this!

Zak has travelled to many locations around the country competing in various competitions. This has included poomsae (patterns) and sparring (fighting). Over the years, Zak has won medals and trophies, but the pinnacle is the latest national championships held at Worcester University, where he competed against the best from all around the country, and walking away with 2 gold medals, the u17 individual and u17 mixed pairs. The many evenings and weekends taken up with either training or competitions. Zak currently trains Monday evenings for 3 hours, Thursday evenings for 2.5 hours, Fridays for an hour and Saturdays for a further 3 hours. If successful on Saturday, Zak would like to train to be a competition judge for both sparring and poomsae competitions whilst also continuing to compete himself.

Hanmadang is a Korean festival which is a competition demonstration breaking wood, demonstration of kicking and various other taekwondo techniques, winning in several categories.

Zak first of all took up taekwondo not knowing a lot about it, now he has developed, matured and gained in confidence, showing continuous respect for the masters, coaching staff and judges at all times. We can also see the benefits of Zak doing this because he has found a group of like-minded friends of all ages. He has a strong social bond with his taekwondo family and enjoys the fun and exercise whilst training hard to achieve his goals.

(Words by Zak's Dad)



Follow us on Twitter @AvonbourneUL

Follow us on Facebook @ULavonbourneacademy

Follow us on Instagram @avonbourneacademy



### Honey Mae (Year11)

Rugby- England Rugby Development

I started playing rugby at Oakmeadians RFC in second row (Forward) over a year ago now after being introduced to it at school. My journey has been amazing, I've met tonnes of new people and played many matches, I started going to the gym to get fit for rugby and as a result when the time came to try out, I got into to an England Rugby Development Programme (ERDPP) where I train with some of the best coaches we recently volunteered in a Bath University research project for concussions where we hope to improve safety in rugby. I think more girls should get into rugby and it is a great respectable team sport.

(Words by Honey)





### Zac Twitchen (Year 9)

Zac - qualification for the BMX 2023 World Championships

Pictures attached - GB shirt @ World Championships; leading a race at the final BMX national of the year after the World Championships; on the velodrome in a black shirt.

Zac's summer started off with the BMX World Championships in France, which Zac had qualified for through finishing 9th nationally in 2021. There were 134 other riders in Zac's age category at the Worlds and he ended up 76th overall, his first event at this level. Zac also secured a qualification place for the 2023 World Championships (to be held in Glasgow) with a 7th place at the final national round of the year, leaving him placed 14th overall despite missing most of the season with a fractured collarbone (expertly fixed by the NHS and supported by AECC, back on track just in time for the World Champs).

Unfortunately, Zac crashed out at the British Champs, but was still happy with how he did, recording one of the fastest times in his age group. Zac has been selected for British Cycling's talent performance programmes in BMX and track sprint (velodrome) via a talent transfer initiative. Zac's collarbone has now fully healed; he's hoping to race in European series BMX events next year and let's see what else the 2023 season brings!

(Words by Zac's Mum)

### Rajveer Honrao (Year 11)

#### Badminton National Championships

Firstly, I started playing badminton in India when I was 10 years of age. At this Academy, I spent roughly 2 years working hard and going through the different levels, before I moved to the UK in December 2019, as I realised, I had a greater opportunity to succeed in sport in this country than in India, and I am very fortunate and grateful to my parents for making the extreme sacrifices they made to bring me here to this country. As I improved and progressed through Dorset Badminton, I started training more and from late 2021, I started playing tournaments. My first tournaments in Devon and Swindon at the end of 2021 ended in disappointing first round knockouts. In April, I made it through the first round for the first time in Gloucestershire and winning a silver medal in Oxford later that month. Since then, I have been regularly going through the first round and have been expected to win medals in most tournaments I play.

Since July 2022, I have been attending a Performance Centre in Winchester every Tuesday and Wednesday and very recently in November, I won my first gold medal by winning the singles title in Devon, and also my first doubles medal by winning a bronze medal in the men's doubles event in the same tournament. The week after that, I played my first English National Championships. Although I got knocked out in the first round, it was an absolute honour to play the National Championships. So far, I have won 5 bronze medals, 1 silver medal and 1 gold medal, and I have risen to be ranked number 19 in the country for my age group which is Under 16. Next year, I will be looking to play international tournaments around Europe, as I look to challenge some of the best players in the European circuit. Regardless of how far I go in badminton, I am incredibly grateful and fortunate to have parents who are putting in the amount of effort they are, by sacrificing their social lives, and leaving behind a much more luxurious life in India to come here for my badminton. They have taken me around the country and are willing to take me around the world, wherever I need to go, to achieve my goals in life, and I am incredibly grateful for their commitment and efforts invested. (Words by Rajveer)

# GIRLS PE

The start of our year here at Avonbourne has been super busy being active, being out and enjoying sport in curriculum time and at extracurricular clubs. Within lessons, we have visited Basketball, Health Related Fitness, Netball and a new sport to lots of us, Handball!

From year 7, through to year 11 we have had students attending many of our afterschool clubs, utilizing their knowledge their 'fit to perform' strand from lessons into team sports. Netball and Football being the most popular both of which we have begun to create strong teams for with the help of sixth form sport students. Students have begun to further their love for the sport and have started playing for clubs outside of school. Maya H, Maddie R and Sophia M being many of the few that have been successful in their new football teams scoring goals for them on their debuts. More students have been able to display their fantastic talents within all of our clubs, Yoga, rugby, badminton, table tennis, rowing club and multisport club. Multisport as a new addition to the timetable this year has enabled students to pick their activity such as basketball, fitness or dodgeball.

Leaving our school site to venture to fixtures and sports events has been extremely positive. A day trip to Bryanston School enabled students to practice their 'fit to lead' leadership skills and had some students in a football-based workshop and are now able to lead their own clubs as captains and vice captains of their teams. All netball teams in KS3 are currently in a league with other surrounding schools where they have all experienced many successes with year 7 currently are yet to be beaten! Whilst Sports leaders have held events in the sports hall for primary school students engaging them in indoor athletics.

We, as a department are super excited to start new sports after the Christmas break and continue our after-school clubs. January sees the start of the year 10 girls Gym Programme at Littleton Leisure centre where they can experience lots of new forms of exercise as well as all other new clubs are up for offer.

(Words by Miss Slaughter)



Year 8 Football  
Participation Day



Year 9 Football



7/9's Rugby



# BOYS PE

Within lessons we have covered 4 different sports which include, badminton (Fit to Lead), Health related fitness (Fit for Life), basketball and handball (both Fit to perform). This has provided the boy's an opportunity to learn a broad range of activities and different skills which they will be able to use to lead their own active lifestyle. In addition to the lessons, we have been running a broad range of clubs here at the academy over the last term. This includes football, rugby, rowing, table tennis, multi sports, leadership/ ambassadors, racket and many more! Numbers at clubs have been amazing this term with our Friday racket club seeing more than 100 students attend!

As well as all the clubs we have been running, we have been fortunate enough to be able to send teams out to compete in the local area against other schools. We have competed in local rugby tournaments, across all years, taken students to leadership workshops at different schools like Bryanston and even had a few football fixtures. We have had a very successful start to the year with a lot of our teams coming away victorious from their opening fixtures and we look forward to the new year where these fixtures can continue, as we look to have a good cup run in the Football Town cup across all years and we send out more rugby teams to compete in the local area whose aim is also to bring back some silver wear. We would like to give a shout out to the year 7 rugby team who have had some great results in their most recent tournament at Bryanston where they came second in their group and went on to win the third place play off, this is an incredible achievement because for most of the boys this year is their first experience of contact rugby. Furthermore, a big well done to Alfred D, Alfie C, Charlie C, Josh C and Toby G who played a vital part of this team's success.

It has been an extremely exciting start to the year here in PE and we look forward to the New Year where we start four new sports with a wide range of new extra-curricular clubs coming to the afterschool program and hope to keep the numbers at clubs just as high if not higher!



(Words by Mr Brown)



Avonbourne Boys' & Girls' Academies  
The best in everyone™  
Part of United Learning

**Clubs** The autumn term extracurricular programme has provided the students of Avonbourne Academy with a broad range of activities for them to enjoy, with a range of individual and team sports on offer.

This has meant we have seen some excellent engagement levels from the students, with Racket Club, Year 7 Boys Football and Year 7 & 8 Girls Netball being particularly popular options.

So far, our most popular club is Racket Club. Being open to all year groups, Racket Club has a real community feel about it with students from a wide age-range enjoying the excitement that competition can bring. Our busiest session saw 122 students attending the club, which the PE department were extremely pleased with, considering this is on a Friday afternoon after a busy week at school. It has also been a fun challenge to see if any of the PE teachers can beat our year 11 student Rajveer Honrao, who is currently in the National Badminton programme.

It is really good to see so many of our older students enjoying sport and physical activity as well! After a successful mock series for the year 11's, it was excellent to see 52 of our year 10 & 11 students attending football club this Wednesday, considering the temperature drop we have had recently this is excellent commitment from both year groups and is good to see football for the older year groups thriving.

We would like to remind students and parents that extra-curricular clubs are completely free, and all students need to bring is their PE kit (gumshields/shin pads etc where required) and a positive attitude. For the PE staff, extra-curricular clubs are a time when we really get to see the students enjoying sport for sports sake, so keep coming to the sessions, we love having you there!

## Avonbourne Grammar Stream lifts off!

October saw the launch of the much-anticipated Avonbourne Grammar Stream! After the first half-term in mixed ability environments, all year 7 students went into their streams based off their MidYIS assessments, NGRTs and year 6 SATs data. Standards across year 7 were extremely high and 32 boys and 32 girls have been placed in the Grammar Stream!

The students in the Grammar Stream have greatly enjoyed their lessons and getting to know their new classmates. This half term the students have been excited by their tailored tutor time programme, particularly the Oxplore programme. With this, they are working on big questions devised by the University of Oxford- they read research and hear from professors. So far, they have looked at 'Are humans more important than plants?' and 'Can money buy happiness?' Views have always been split and their debating skills are really developing. Sessions have also taken place on critical thinking as students grapple with common year 7 questions- should homework be banned? Do sets and streams in schools benefit students? Should school uniform be abolished? Students also take part in a weekly knowledge competition- 'Knowledge is Power'. Congratulations to Enzo, Zaia, Sri and Sienna who have been the Knowledge is Power champions so far!

Students in the Grammar Stream also have access to the masterclass society. Each subject is taking it in turns to hold a session to inspire and take students beyond the curriculum. In history, Mr Kidman led a session looking at research from Valerie Hansen's book 'The Year 1000', and students mapped out the different connections across the world, including the Vikings crossings to America, Prince Vladimir's reasons for not converting the Rus to Islam, King Bluetooth and the Malayan settlements on Madagascar. Miss Morrish led an epic science session extracting DNA from kiwi fruits. With Mrs Higgins in English, students explored Gothic literature and the sublime.

Over the year, we are looking forward to developing our partnership with the University of Southampton and raising awareness of careers that the Grammar Stream students would like to find out more about. At Avonbourne we believe that all students can achieve, and we want all students to work hard. There will be opportunities to move into and out of the Grammar Stream at the end of year rank order assessments, meaning that the Grammar Stream fits firmly in our whole-school ethos.



## Mr Taylor – Head of Year 7 (Class of 2029)

With many a challenged faced and pencil case lost, we are almost at the end of the Class of 2029's first term here at the Academy and I could not be prouder of how they have embraced all aspects of life here at Avonbourne. Pupils adapted to their new streams and made new friends effortlessly and continued their hard work in lessons which has been reflected in their class REACH scores. It has been amazing to see pupils eagerness to contribute to the academy to ensure it is a positive place not only to learn but to socialise at breaktime and lunchtime with pupils receiving an impressive amount of individual REACH points weekly.

Congratulations to Yusuf A and Grace H who were successfully elected as our year reps and I look forward to them having a positive effect not only for our year group but also the whole school as I know they have some fantastic ideas. I would also like to give a massive well done to all those students who took part in the winter concert. I was blown away from the talent whether it be our dancers, singers, solo pianist, or the drama club putting on a fantastic show, it really was amazing to watch. Our year 7 rugby team continued to improve and impress in difficult conditions and against some tough teams. It is fantastic to see so many pupils in the year group make the most of what Avonbourne offers in terms of extra-curricular with hundreds participating in the variety of clubs we have to offer each night. Lastly, I would just like to say thank you for your continued support and as a year team we hope you have a fantastic Christmas, we look forward to seeing the class of 2029 on the 5th January.

## Miss Jupe – Head of Year 8 (Class of 2028)

The year 8 team continue to be extremely proud and impressed with the class of 2028. It has been delightful to witness our students contribute and partake in the cake sale and the Christmas Hamper Appeal. I would like to give a special shout out to Alyssia, who donated over 259 cans of food to our Christmas Hamper! Furthermore, it has been lovely to see, that our students have had the opportunity to participate in sporting fixtures, in addition to the extra-curricular provision in all subject areas they have continued to attend frequently. Well done to everyone who has joined clubs and/or represented the Academies. A high point of the half term was watching the students read out their applications for the position of Year Rep. It was wonderful to hear their ambitions and desires to make a greater change at the academy. Well done to Kim and Nauman for being elected as the Year Reps for our year 8 students. Finally, a reminder that next half term begins with the rank order assessment from 9<sup>th</sup>- 20<sup>th</sup> January. As mentioned in the ROA information launch, revision resources can be found in the year 8 TEAM. Wishing everyone a wonderful and restful Christmas and, a great New Year!

## Mrs Ball – Head of Year 9 (Class of 2027)

It's incredible how time can pass us without noticing, yet we always feel seven-week terms are so long and now Christmas is here! Year 9 have continued to not only impress their year team, but their teachers too. REACH points are being handed out like I have never known, and I look forward to joining students on their reward afternoon at the end of term. Students have been particularly hard working knowing that their ROAs are waiting for them once they return after Christmas. Revision packs have been issued and the students have been well-informed of the process, but the work ethic being shown is something to behold and completion rates of homework continue to be very high. The students should be very proud of themselves. We also had the exceptional courage of some of our students performing in the winter concert – what an amazing evening that was and students thoroughly enjoyed themselves.

Year 9 have some exciting events coming to them in the New Year following their ROAs with their GCSE option process. It is always a time of reflection when our young girls and boys reach this stage of their education as it is such a milestone. More information will come out nearer the time. Wishing you all a very Merry Christmas and a Happy New Year!



## Mrs Thomson – Head of Year 10 (Class of 2026)

As the year 10s settle into their new subjects and curriculum, and as we approach our two-week Christmas break, which is often a time for reflection, it's important to look back to see what has been achieved.

Each student was involved in the Tutor and Year Rep elections, allowing them to experience their first experience of democracy and having their say in what happens within the year group. Well done to all the students who put themselves forward during the elections and a particular congratulations to Micael G and Emily L for standing and for being elected Year 10 Reps. I look forward to seeing their contribution within the school committee and their development into leaders.

We have had lots of new students join the year group who have settled in so well. Thank you to all students involved in their transition into year 10, but particularly the students who have helped translate for families where English is not their first language. We couldn't have done it without you.

It has been a busy half term with regards to extracurricular events and shows. Dance students had the opportunity to go to London to Covent Garden to see a West End show and dance workshop and it was lovely to see so many year 10s involved in the Winter concert last week. They have been working so hard and it was a fantastic opportunity to showcase all their efforts and talents.

The year 10 team wish you all a relaxed and happy Christmas break and we look forward to seeing you in the new year.

## Mr Nash – Head of Year 11 (Class of 2025)

Year 11 have had another amazing half term. This half term, the year group sat the first round of their mock exams. The attitude and determination to succeed during this period was brilliant to see and made us very proud.

There have also been some amazing sporting achievements from a couple of the year 11 boys, this is outlined in the sports section of this newsletter.

I wish you all an amazing Christmas and New Year. I hope Santa brings you everything you want and that you have very relaxing time.

See you in 2023!





# Friday 16<sup>th</sup> December is Christmas Jumper Day at the Avonbourne Academies!

Thank you to all parents and carers for your continued support this term towards our charity work. Thank you for the many delicious cakes made by both parents and students for Children in Need, those who took part in the penalty shootout for Movember, and for your generous donations to our Christmas Hamper Appeal.

We are now looking forward to supporting Save the Children's Christmas Jumper Day on Friday 16<sup>th</sup> December. We will be giving students and staff, should they wish to participate, the opportunity to wear their most festive jumpers in replacement of the school jumper and to donate £2 (or more) to Save the Children. To donate, scan the QR code below with your camera phone



**We would like to wish all our Avonbourne community a magical Christmas break.**

**We look forward to welcoming back Year 11-13 on Wednesday 4<sup>th</sup> and Year 7-10 on Thursday 5<sup>th</sup> January 2023.**

**Merry Christmas,  
Avonbourne Boys' and Girls' Academies**



[www.avonbourneacademy.org.uk](http://www.avonbourneacademy.org.uk)

Call 01202 398 451 or email [office@avonbourneacademy.org.uk](mailto:office@avonbourneacademy.org.uk)

Harewood Avenue, Bournemouth, BH7 6NY