

ISSUE 13 · APRIL 2016

# HEART NEWS

**SACRED HEART CATHOLIC HIGH SCHOOL**

"I would have founded the society for the sake of one child"  
MADELEINE SOPHIE BARAT



## HARRY POTTER BOOK NIGHT

The first of its kind at Sacred Heart



## MUSIC TRIP TO THE ROYAL OPERA HOUSE

A once-in-a-lifetime experience



A CO-PRODUCTION BETWEEN THE ROYAL SHAKESPEARE COMPANY AND AMATEUR COMPANIES ACROSS THE UK  
THIS IS AN ARRANGEMENT DEVELOPED BETWEEN THE RSC AND EQUITY.

# A MIDSUMMER NIGHT'S DREAM

WILLIAM SHAKESPEARE

A PLAY FOR THE NATION



At Sacred Heart Catholic High School our philosophy has always been that a great education has the power to transform lives and that is what we do. We want all in our care to become courageous and confident young women, ready to make their mark in the world. We see the Arts, in all their forms, as an excellent way of achieving this goal, hence the girls are given a huge array of opportunities in their time here.

We are immensely proud of our links with the RSC and truly grateful to them for giving our girls this opportunity, to rehearse and act on stage alongside their 'Midsummer Night's Dream' company in 2016...



## RISING STAR AWARDS

On Monday 7th March 2016, the Sport Newcastle annual awards dinner was held at Newcastle Civic Centre which celebrates, amongst many local sporting achievements, the identified sporting talent across the city.

Miss Evans and Miss Blissett were thrilled to attend the evening as they witnessed two of our students, Megan Douglas in Y8 and Sophie Heeny in Y9 receiving Rising Star Awards. The girls were two of 16 young people across Newcastle who received an award, all of which represent at a national level.

**As a school we are very proud of the students' achievements. It was evident from the evening that families and coaches were equally proud.**

# A MIDSUMMER NIGHT'S DREAM: A Play For The Nation



Rehearsals for the Royal Shakespeare Company's forthcoming production of A Midsummer Night's Dream: A Play for the Nation have begun. Between February - July 2016, and as part of the 400th anniversary of Shakespeare's death, the RSC is staging one of Shakespeare's best loved comedies in a production that will visit theatres in all 12 nations and regions of the UK.

**In each area local school children will play the roles of Titania's fairy train. From Sacred Heart 30 year 7 students will be split into 3 teams of 10, appearing at alternating performances at Newcastle Northern Stage from the 22nd - 26th March.**

**During the rehearsals the students will create their own very special fairy worlds, learn a fairy song and a specially devised dance routine, and explore the lines of text that they will perform in the show.**



Directed by RSC Deputy Artistic Director, Erica Whyman, A Midsummer Night's Dream: A Play for the

Nation will feature 18 professional actors, who will be joined in each area by one of 14 different local amateur companies who will play the six Mechanicals. Ayesha Dharker will take on the celebrated role of Titania, Queen of the Fairies.

To watch a video of Ayesha Dharker's monologue please go to [www.youtube.com/watch?v=XURRdGdX188](http://www.youtube.com/watch?v=XURRdGdX188)



## YEAR 7 FAIRY GROUPS

### RED GROUP

**Performing Thursday 22pm March,  
Friday 25th March, Saturday 26th  
March (Matinee only):**

Ketsia Iloki, Elaine Hutton,  
Darina Rashi, Mackenzie Jardine,  
Angela Chen, Rachel Lockhart,  
Charlize Claughan, Alice Henham,  
Megan Crossman and Ellie Gibson.

### BLUE GROUP

**Performing Wednesday 23rd March,  
Saturday 26th March (Evening only):**

Hollie Carr, Hannah Mason,  
Katie Humpreys, Maddy Anderson,  
Hannah Dixon, Thea Nicholls,  
Sharon Jones, Inis Curran,  
Millie Williams and Molly Waters.

### YELLOW GROUP

**Performing Thursday 24th March  
(Matinee and Evening Performances):**

Lauren Henderson, Francesca Hunter,  
Lucy Trainer, Anya Jwowska,  
Niamh Steadman, Anna Tevute,  
Laticia Mkwebu, Shannia Hussain,  
Natalia Kamizela and Emily Botterill.



## RSC/THEATRE ROYAL NEWCASTLE LPN

(Learning and Performance Network)

The department is also immensely proud to be a part of RSC's Learning and Performance Network (LPN), the RSC's long term partnership programme with schools, communities and theatres across the country.

**As part of this project we will be organising a summer festival joining with the Theatre Royal Newcastle and eight local primary and middle schools.**



# Sacred Heart Student Council

The Sacred Heart student council has now been elected and meetings for each year group in Key Stage 3 have begun. Students in Years 7, 8 and 9 have all elected individual form representatives who meet once every term to discuss any issues and ideas that their forms have suggested.

**To become a member of the council, students had to deliver a speech to their peers and then be elected by them. There are also two year group representatives who were chosen to represent their year group at full council meetings.**

So far, the council have already attended one meeting with Mrs Bath. The council have been discussing homework in different lessons and were instrumental in securing extra seats around school for everyone to use at break and lunchtime.

### YOUR STUDENT COUNCIL YEAR GROUP REPRESENTATIVES ARE:

**Year 7:** Ellen Johnson and Jessica Boullin

**Year 8:** Celine Easton and Elle Cleminson

**Year 9:** Sarah Orton and Mya Abdul

Year 10 also have representatives who were selected last year to form part of a student voice focus group.

### The representatives from year 10 are:

Monika Hardcastle, Millicent Mumbi, Lucy Allan, Lucy Dinning, Sophie Emson and Noori Masud.



## Lenten Fundraising

Our sixth form students have been doing a fantastic job at fundraising this half term. The money raised is going to contribute towards Kenya. Here you can see some of them selling lots of lovely handmade items. Well done girls, great job!

### 'Out with the old, in with the new!'

After Christmas, we ran a clothing collection project. We all donated clothes we no longer needed to St Cuthbert's Care for their 5p bus.



# CHAPLAINCY

## Year 10 Retreat

The Year 10 retreat that took place at the end of January was themed 'Reconnect'. The activities, prayer and reflection were all focused on the challenges of life and the things we fill our life with that stop us from being closer to God and we were encouraged to think of ways we can 'reconnect' with God and our faith. Some of the students were asked what message they would take from the retreat; here are some of their thoughts:

**"I think the Youth Village is life changing and makes you appreciate what you have a lot more"**

"It helps you answer questions about religion and life"

**"I think the Youth Village is good for people of a young age to start thinking about God and realise the importance of his love and for them to know that he is always there"**

**"I have re-connected with God"**

"I loved the retreat. It was a very spiritual experience and I feel like I am more confident in my own skin. I am beautiful, God loves ME! I am not alone and how much I am loved and I am thankful to the YMT for teaching me this."

**"Thank you soooooo much for this, I have changed me for the better and I am thankful to every single member of staff. Keep up the fantastic work"**



## Year 7 Retreat

The Year 7 retreat was themed 'Step Back'. We were encouraged to think about the gift we are to the people around us. The activities, prayer and reflection were all themed on being reminded of our identity as God's children. Some of the students thoughts were:

**"I am unique and I make a difference to the world"**

**"God loves us eternally and little things can change the world"**

**"God loves us with all his heart and we shouldn't judge or compare ourselves to others"**

**"Everyone is love!"**

**"How important life is"**

## ◀ The Source

The Source is the Youth Ministry Teams' (YMT) monthly prayer event that takes place the first Wednesday of each month at St Mary's Cathedral in Newcastle. It gathers roughly 300 young people from all corners of the Diocese from Year 9 and above. Many of our students attend this event. The next one will take place on Wednesday 4th May. This will be the last event for this academic year. Come along if you're interested!



# Primary Subject Days & Transition



**As part of the programme we run in school to aid transition from primary school to Sacred Heart, this year we have introduced three subject specific days for Years 3, 4 and 5:**

- Year 3 Performing Arts Day - Thursday 5th November 2015
- Year 4 PE Day - Tuesday 28th June 2016
- Year 5 Science Day - Thursday 3rd March 2016

## YEAR 3 PERFORMING ARTS DAY

This day was highly successful and 120 Year 3 boys and girls from our Catholic feeder primary schools took part in a carousel of four activities in Drama, Dance and Music. The day was based on the theme of Disney's Frozen.

We are now looking forward to our year 4 PE day on Tuesday 28th June.

**A huge thank you to all of the primary schools and children who have taken part so far, you have all been fantastic!**



## YEAR 5 SCIENCE DAY

This too was a huge success and 60 Year 5 boys and girls took part. The activities were:

- Pop, Bang, Wow, Explosive Fun in Chemistry
- Building Bridges
- Animal Adaptations
- An Eggs'traordinary Eggsperiment

# YEAR 12 NEWS

Six of our Year 12 Art students have been offered a place on the Kielder Art & Architecture's Educational Programme this Easter. They will spend one day in Kielder to enable them to appreciate the environment, one day at Newcastle University making installations and then back up to Kielder to exhibit their work.

**28 students in Year 12 are participating in an open day run by the NHS at the RVI new Education Centre. This will enable them to look at 40 different NHS careers and participate in departmental tours. The NHS is the fifth biggest employer in the world and there are over 762 careers within the NHS. This will broaden their knowledge of career opportunities within the NHS to support their career pathways after Sixth Form.**

**Our Sacred Heart Year 12 Enterprise Team consists of Amy Dixon, Chloe Bell, Maddie White, Hannah Riley and Terrin Munandi. They raised money for St Cuthbert's Care; a charity very dear to our hearts.**

They worked in enhancement each Wednesday afternoon to create a variety of events and activities which would allow them to raise money. One of the first ideas they undertook was a teacher talent show which was Halloween themed. They decided to call this event "Spooktacular". The Geography Department performed "Thriller" by Michael Jackson, The Science Department performed "The Monster Mash", The Music Department created their own performance and The P.E Department performed a Scottish Dance. The performances were outstanding but it was a good job Simon Cowell wasn't in the audience.

Another idea was to raise money by decorating mugs for Valentine's Day and Mother's Day. They bought sharpies and a crate of mugs from IKEA and set up a stall in Sixth Form. Many students decorated mugs for their lucky valentines or mothers. Overall they have raised £600 and feel the experience allowed them to develop team skills and an insight into the world of business. They hope that when they are in 13 they have the opportunity to support the new Year 12's in a venture like this.



**RAMBERT  
DANCE COMPANY**

## GCSE Rambert Trip

**On Thursday 4th February  
Year 10 and 11 GCSE  
Dance students visited the  
Theatre Royal in Newcastle  
to see a performance by  
Rambert Dance Company  
called 'The Three Dancers'.  
The performance included  
three separate dances  
choreographed by three  
different choreographers.**

As part of our studies we were asked to write a review into our journals on one of the pieces. I wrote about 'The Strange Charms of Mother Nature' by Mark Baldwin. The choreography explored the science of the cosmos and had themes of life, energy and particles of the universe.

Here is an extract from my review:

**"The choreography was full of energy with a contrast of slow and controlled movement with bursts of explosive action".**

Overall the trip was a beneficial experience as it allowed for us to see live performance and to try out some of their ideas in the studio.

**Penny Duncan - 10A**

## NORTHERN STAGE

Sacred Heart have worked with Northern Stage regularly for more than 10 years as part of the theatre's extensive learning and participation programme. This term we are in the process of organising our annual insight tours for year 10, and visits from writer and an associate director for our A Level groups.

In addition, our annual collaborative project 'Big and Small' with Year 2's is underway. This year will be the 10th anniversary of the project. We are thrilled to have actress Ruth Johnson facilitating the workshops and even more of our GCSE and A Level Theatre Studies students involved, helping to run all aspects of the production.

## THE D PROJECT

Year 9 have been offered the opportunity to work with North East based dancer and choreographer Debbie Harbin who currently works on the CAT scheme at Dance City, a government scheme supported by the DfE. Debbie also runs her own company 'The D Project' who perform and travel around the UK.

**Pupils from year 9 will work with Debbie over the course of a month where they will meet once a week for several hours to create a performance. The pupils will be involved in the creative process and then go on to perform the piece at Northern Stage on the 19th April 2016.**

The workshops will be in our Dance Studio making the project accessible for all pupils. The aim of the project is to give our pupils opportunity to build social skills whilst promoting creativity and hopefully allowing pupils to realise their talents.

Simultaneously year 9 girls will experience working with professionals from the dance industry and perform their own work in a professional theatre, a once in a life time opportunity for some of our girls.



## ALICE

November's performance of Laura Wades 'Alice' was a huge success, we are extremely proud to have such an amazing wealth of talent at our school. Students from years 8 to 11 displayed performance skills that were truly impressive!

## DATES FOR THE DIARY

### RSC Midsummer Night's Dream

22nd - 26th March  
(tickets available from the Northern Stage box office)

### Norther Stage Dance and Music Concert

19th April 2016

### Big and Small

Workshops beginning 13th April.  
Northern Stage Performance  
21st May



# Music Trip to the Royal Opera House

On Friday 8th January the GCSE and A-Level Music students were given the opportunity to attend the Royal Opera House's performance of Puccini's opera Tosca.

**This was a once-in-a-lifetime experience for us to be able to see such a high-class performance. We thought the show was incredibly breath-taking; from the singing to the staging, every element of the opera was phenomenal.**

It was a love story full of tragedy and heartbreak which captivated the audience. One of the most interesting parts was being able to see an open set-change between Act I and Act II. Moreover the fact that we were able to go to Covent Garden in

the UK's capital city to experience this made the trip even more astonishing. This was a memorable trip to one of the world's best opera houses; we won't forget it for years to come!

**Students from the Year 11 GCSE class**

## Music and Dance Showcase at Northern Stage!



On Tuesday 19th April we are holding a Music and Dance showcase at Northern Stage. The girls have been rehearsing hard and are very much looking forward to this exciting event.

**Tickets are now available directly from the box office at Northern Stage, either in person, by telephone on 0191 230 5151 or via the website at [www.northernstage.co.uk](http://www.northernstage.co.uk)**

Tickets are priced at £5 or £15 for a family ticket (four tickets) and the performance will start at 7.00pm.

**We look forward to seeing you there for an exciting evening of Music and Dance!**



## Year 9 Dance Project

**Twenty pupils from across Year 9 have been working with Claire Dixon on an exciting dance piece for this year's Music and Dance Showcase. Claire currently works at Dance City and runs her own dance school - "Division".**

The girls and Claire meet on a Thursday to rehearse the piece and Claire has been blown away by the level of enthusiasm and talent the girls have to offer. The girls are looking forward to sharing their performance with you on the 19th April at Northern Stage.

## CAT SCHEME 2015

On the 17th December 2015 students from Years 7 to 11 took part in a workshop with a visiting artist from Dance City, Debbie Waistell. Debbie works on the CAT scheme otherwise known as the Centre for Advanced Training.

The CAT offers young talented dancers the opportunity to receive world class training. Ten of the girls who took part were invited by Debbie to audition for a place on the scheme.

**All participants did extremely well and presented themselves in a professional and mature manner, a real credit to Sacred Heart. We wish the auditionees the best of luck!**





## A-level Art Students' Foundation Diploma Interviews

A Sunderland University lecturer has visited the school to talk to AS and A2 students about the Foundation Diploma at the university. He talked through the different elements of the course, and gave advice on portfolio content to the groups of students.

Following on from this a selection of students applying for the Foundation Diploma at Sunderland University had their interview for the course here at Sacred Heart. The A level students were pleased to have the opportunity to interview on site in their own Art studios. This gave them confidence to present their portfolios and all represented the school well.

**All Art students who applied were offered places. The feedback from the lecturer about the course and our ceramic facilities was amazingly positive. This was shared with the students and across the department.**



## Year 7 - Creative Colour Wheel

**Across the Art department this year we have developed a 'Creative Colour Wheel' task, where students are challenged to create the most original and imaginative colour wheel.**

There were fantastic results ranging from melted wax crayons, photography projects, rainbow cakes, t-shirt designs and 3D structures to name but a few. Importantly, the artwork all showed the colour wheel in the correct order, helping students to learn colour theory through a different format.

The open-ended nature of the task really appealed to the students:

**"I enjoyed this piece of work because it allowed me to be creative and individual."**

**"This project was a chance to let my creativity flow with the freedom I had."**

"I enjoyed the task because I had to keep remembering the colour wheel, because I did not always have my book with me. I managed to learn the colour wheel off by heart whilst doing this homework."



# YEAR 7 'SILVER PRINTING'

A few of us in year 7 have been attending a lunchtime club run by Miss Curran. We have been creating light sensitive paper to develop a range of silver printing techniques.

We painted paper with a fluid that is light sensitive and left it to dry. Objects were placed on the surface of the paper to plan an interesting composition. In the dark room the shapes blocked out the white light from the light box. We were then able to wash away the dried fluid to leave the silhouette outlines of the shapes.

Using this photographic method of printing and watching the images emerge from the paper was exciting.



# YEAR 7 PROGGY

Year 7 students have been producing work using recycled materials based on local heritage and traditions.

The student developed various skills of proggy and clippy mats to make their own personal cushions. They gathered old clothing representing their family to form the different coloured fabrics of the designs.

**Students were inspired by the make do and mend philosophy of previous generations and spent time considering our throw away culture.**



## Art A level Trips

Year 12 and 13 Fine art and Ceramic students have been on trips to The Biscuit Factory Gallery and Baltic Gallery. We spent a busy afternoon at the two very different venues.

The Biscuit Factory Gallery is a commercial gallery, selling contemporary arts and crafts. The range of painting and ceramics work on display was used by the students to analyse and gain inspiration for their Exam work.

The Baltic Gallery is currently hosting The Cyphers by Hajra Waheed's. The artists produces work described as 'Our Current Aerial Occupation,' highlighting the ever increasing militarisation of the sky, where the circulation of military drones and surveillance technology extends over everyday life.

The installation work by 'Theobald and Atomiks' was a new commission which explored the relationship between Art and Architecture. This provided a feast for the senses: the eerie sound; light; and performance art was a new experience for many of the students. It posed questions about the different fields within the creative industries and how areas such as Art and Architecture blur.





# British Biology Olympiad

In January there were seventeen Year 13 Biologists who took part in the British Biology Olympiad. The British Biology Olympiad challenges and stimulates students with an interest in Biology to expand and extend their talents.

**It enables students to demonstrate their knowledge and to be suitably rewarded and publicly recognised by the award of medals, certificates and other prizes.**

Nine of our girls gained recognition in this; Rose Adkin achieved a silver certificate, Laura Brown bronze, Hazel Richardson and Jordan Robson were highly commended and Claire Devlin, Hannah Gill, Cailin Sample, Dhanya Stephen and Anna Tweedy were all commended for their efforts.

**Well done ladies.**



## Sacred Heart does MasterChef

The year 11 food technologists have completed their practical exams to an extremely high standard this year. Their brief was to design and make a ready meal for a speciality range. The girls chose a speciality that was of a particular interest to them this included sustainable fish, multicultural, luxury and British classics.

The coursework requires them to choose one dish, carry out a range of developments that investigate the sensory, functional and nutritional profile and then improve this to make it suitable for their target audience. The girls came up with some truly original and innovative ideas, which were made with precision and attention to detail.

The catering girls also completed their practical exam this term and as you can see from the photographs below they have excelled themselves. The catering brief was to create a 2 course meal suitable to be served at a restaurant for international week. This brief required the girls to research their chosen country and trail a selection of dishes they could make for their final menu.

The girls then had to independently plan and organise themselves to make between 4-8 dishes in a 3 1/2 hour session.

It has been a pleasure to see the girls who at the start of year 11 didn't not believe they could complete the task be so successful and grow in confidence. Below are a selection of their restaurant worthy final menus.

**Look out for all of the girl's final pieces on the plasma screens around school.**





## HARRY POTTER BOOK NIGHT

February 4th saw the second annual Harry Potter Book Night take place right across the country and the very first of its kind at Sacred Heart. The day saw a number of activities taking place around the school and staff from several departments getting involved to help create a truly magical event.

With extracts read at the beginning of lessons, displays both inside the library and around the school, spell competitions and teachers being sorted into their Hogwarts houses, the scene was set throughout the day before 70 girls gathered after school to take part in a very special Harry Potter Quiz Night.

The girls dressed up and there were some extremely dedicated outfits - a surprising number of Slytherins, an entire Weasley clan and a Luna Lovegood were spotted, just to name a few. The girls were treated to some potions demonstrations and plenty of activities to keep them occupied whilst everyone got sorted into their groups before the quiz began.

It is a well-known thing that 'Potterheads' take their Harry Potter trivia very seriously and our quiz night was certainly no exception to this. The girls were

faced with some incredibly hard questions that only the most dedicated of fans could possibly know. It was astounding to see just how much the girls knew about Harry's wizarding world and absolutely brilliant to see the passion and enjoyment surrounding the series of books.

**The girls were then treated to drinkable potions, sorting cakes that contained their house colours (watch out for the squib cake!), edible broomsticks and a treat bag to say thank you for making the night such a success. The girls' enthusiasm, knowledge and excitement concerning all things Harry Potter ensured a brilliant event and a definite date for next year's diary!**



## Developing our Sacred Heart Goal COMMUNITY



**Students have continued to consider their role as members of a range of communities - within school, locally, nationally and internationally.**

Following the success of our Christmas appeal - Can For Christmas - in support of the local food bank, our students responded with great generosity to our next venture. Entitled Out With The Old, In With The New, we asked students to donate clothing to the 5p Bus operated by St. Cuthbert's Care.

Once again we were overwhelmed by the generosity of the girls who were lucky enough to be able to put their donations on the bus itself when it visited school.

Learning about the work of the volunteers was both interesting and thought provoking. It certainly encouraged the girls to consider the needs of our local community.

Year group fundraising continues throughout the school. Year 11's completion of the Three Peaks Challenge set the bar high but other year groups have been involved in a range of initiatives, including the sale of handmade Valentine cards. Other special occasions are also being added to the range!

**The theme of Community has continued to be at the heart of the school's prayer life. Lenten assemblies had a sharp focus on our life as members of various communities and were linked to the Year of Mercy. During Lent each student produced a link in a chain which will be used at the end of year Mass - a visual representation of interdependence.**



## BTEC Music Gig at the o2

**On the 10th of February 2016 we, the BTEC Music Technology students, organised a rock gig at the o2 Academy Newcastle.**

A selection of bands and solo artists from Sacred Heart and St Cuthbert's High Schools performed at the gig including Rhumes, Fiona Aspray, Hannah and Harriet, Sam Bennison, Planet 9, Ella Tennant, Orla Ruane, Greyden Rise, Everglow, Bombalie Hill, Skylight, Dispersion, Pheea Tenoc and Holly Noble.

**Overall the event was a great success, and we got lots of positive feedback from members of the audience. The bands had a good time performing in front of a large crowd as well.**

We sold a lot of merchandise and so many tickets that we almost sold-out. Organising the gig has been a useful experience as it helped us understand how the Music Industry works, and has shown us that it is possible to put on events which are both professional and enjoyable.

Leah Bransby, Ebonie Mills,  
Jessica Bransby, Emily McAdam (Year 10)



# U15 CRICKET COMPETITION



**On Tuesday 8th March we participated in the Lady Taverners U15 Cricket Competition. Despite never having played as a team before, we found it an extremely valuable experience.**

We learned lots of new skills whilst having fun playing good games of cricket. We faced several defeats but we didn't allow that to dampen our spirits and we kept our heads up - very resilient!

Throughout the day each of us progressed as cricket players. At the start we were apprehensive but we gradually gained confidence. Our competition was tough, but it was a great learning curve and we will continue to work at developing our cricket skills.

# FOOD AND FITNESS

Food and Fitness is fun and a great place to make new friends. We have year 7 and year 8's in our small group that meets on a Tuesday after school with Miss Fairbairn and Miss Evans. We make food and drinks for us to enjoy as well as exercising in the Fitness Room. So far, this half term, we have made pancakes and smoothies and next week we are making homemade pizzas.

Last half term we invited our families into school and we made roasted sweet potato soup and Mexican bean wraps for them to enjoy. We also took them into the Fitness Room for some exercise.

**All the girls involved really enjoy the group. We love to research and then make healthy recipes.**

Morgan Mason 7D/7Y



## The Presidential Classic FLORIDA 2016

I went to Florida for nine days, although I had an amazing time on the roller-coasters and ate loads of food, my reason for being there was for an international Gymnastics competition.

It was a successful trip as I received four medals and a trophy. I achieved these on Bars, Beam, Floor and Vault. I got the trophy for overall scoring as I came 4th overall.

In my competition I came 4th on Beam, 5th on floor, 7th on bars and 6th on vault. My trip was an amazing experience that will never be forgotten.

Sophie Heaney

### A NOTE FROM MRS BENNETT (SOPHIE'S TUTOR):

"We are all immensely proud of Sophie's achievements and her dedication and hard work in reaching this level. Thanks to everyone who helped Sophie to get to Florida, and we wish her the very best of luck in future competitions. Well done Sophie!"



# Les Menuires Ski Trip

**We arrived in Les Menuires in the late afternoon and enjoyed a warm welcome from the hotel staff. We sat down to our first meal at our hotel, 'The Skilt', and our fantastic experience began. The food was delicious and we enjoyed different delights for every meal!**

Our rooms were lovely with magnificent views of the slopes outside. We had ski lessons for two hours in the morning and two hours in the afternoon and we all progressed rapidly. I never imagined at the start of the week that we could achieve what we did. Our ski instructors were very kind and patient, always ready to help us improve our skills.

Every single day finished on a new activity, whether it was the 'snow roller-coaster' or 'bum-boarding' we never ran out of things to do. In our free time we were allowed to explore the shops, and our euro quickly ran out! There were amazing cafes and shops to appreciate.

We finished the week with an awards ceremony where we were given our ski awards and presented our ski instructors with gifts to show how grateful we were. I made new friends and enjoyed new experiences I may never have again. We learnt a lot, not only about skiing but also about ourselves, and each other.

**Ailbhe Sweeney 9C**



## INES CURRAN - CROSS COUNTRY

**Ines joined the school in September 2015 and she was quickly identified as a gifted and talented student in PE.**

Whilst enjoying all areas of the subject, her passion lies with cross country running.

Following her excellent runs at the City Championships before Christmas and also the County Championship in January, she qualified for the North East Schools Inter Counties Cross Country Championships which took place at Stockton on 6th February. Ines finished in a remarkable 3rd place out of the U13s girls for Northumberland schools and 10th overall.

**Keep on running Ines!**





## UNDER 13 FOOTBALL

The U13 Football Tournament took place on 10th February at Walker Activity Centre. The team played outstandingly well despite not having a practice until half an hour before the tournament started.

**They competed with determination, optimism and persistence. There may have been a few loses but they never frowned or gave up.**

An overall great day out and great team effort all round. Goals were scored by Emily Fife and Claire Brianx and surprisingly, every match was played with a different goal keeper (Hannah, Claire and Bethany)!

Players: Emily Fife, Hannah McGrady, Lucy Grainger, Claire -Alex Brianx, Carolina Graham, Holly Soulsby and Bethany Connell.



## Under 13 Cricket

On Wednesday 24th February, Sacred Heart Girls Ania Czaparowska, Rebecca Donohoe, Heather Hewitt, Eleanor Rowe, Harriett Gray, Evie Mason, Evelyn Stonor and Emily Fife went to the Centre for Sport for the Under 13 Ladies Taverners Cricket Competition.

**This was a thrilling experience for us all. We had the opportunity to compete against other schools from around the area and throughout we showed sportsmanship, teamwork and optimism. As a result of our excellent batting skills, some of us scored so many runs that they had to be 'retired'.**

We had the opportunity to develop skills we already possessed as well as gaining many more. We have all thoroughly enjoyed the day of cricket and are looking forward to future competitions. We tried to nominate a woman of the match however we have all showed such great effort and improvement throughout the day, so it was too difficult.

We cannot emphasise enough how much we encourage students to come along to Cricket after school club on a Wednesday from 3:30-4:30pm.

## ROWING CLUB TOURNAMENT

Dulcie Robinson from Year 10, has recently taken part in a tournament at Tyne United Rowing Club and won in her age group. This means she will be competing in the Schools Tyne & Wear Rowing Championship.

**This is a great achievement to compete at this level. We wish Dulcie good luck.**

## National Judo Champion



**History:** Started Judo aged 5yrs old. Introduced by her brother and friend.

**Most enjoys:** Throwing people!

**Interesting facts:**

Quickest fight 3 seconds.

Longest fight 9 mins 15s.

Needless to say she won both fights!

**Awards:**

Rising Star - Monday 7th March 2016

NSAA - Thursday 10th March 2016

**Training schedule:**

Mon - Judo

Tues - Gym

Wed - Football/Judo

Fri - Gym

Sat - Run or Bike ride

Sun - Football

**Favourite move:** Throw back

**Her PE teachers says:**

Megan is a very talented sportsperson but most importantly she tries really hard. She puts 100% effort into all that she does. She is also very supportive of others and is good at coaching. She is also very competitive!

### PLAYER PROFILE

**Name:** Megan Douglas

**Age:** 13

**School:** Sacred Heart High School

**Sport:** Judo (and Football)

### BIOGRAPHY:

**Current Grade:** 10th Mon

**Current Group:** Pre-Cadet

Blue Belt (4th highest)

### 2015 CAMPAIGN

**Midlands Open:** LLW Bronze

**Ultimate Open:** WWWW Gold

**Goole:** Bronze

**Schools Championships:** WWWW Gold

**BJC Nationals:** WW Gold

**Bradford:** Silver

**Motherwell:** Gold



## SOMME CENTENARY PROJECT

**Did your relative fight in the Battle of the Somme? Were they involved in the First World War?**

The Battle of the Somme began on 1st July 1916 and on its first day the British Army had the highest number of casualties on a single day. As part of the commemorations for the most infamous battle of the First World War, the History department is looking for information about World War One and our community. We are interested in the men who fought, both in this battle or others during the war, and also the impact it had on the women and families here in Newcastle and Fenham in particular. The emphasis is on understanding and remembering their contributions.

**If you have stories, photographs, letters or any other information about those involved in and affected by the First World War, including the Somme please contact Ms E Carpenter, Head of History via enquiries@shhs.org.uk.**



## International Women's Day: PARLIAMENT VISIT

**The official theme for this year's International Women's Day is 'Make it Happen' with a key focus on making a 'Pledge for Parity'. With this in mind, I was selected to represent the consistency of Newcastle Central and West in Parliament with Chi Onwurah.**

To say the day was jam-packed would be an understatement. The day started with a Women's and Equalities Select Committee. This session provided a first-hand insight into what it would be like to be a member of the Women and Equalities Select Committee. We had the opportunity to ask questions about issues which we believe the Committee should be pursuing, this ranged from the gender pay gap to pregnancy discrimination. This session also gave me the opportunity to ask Committee Members about their work and role as MPs and how they came to become MPs.

**Next, we were taken to the 50:50 Parliament workshop. This was a highly eye-opening event as we found out that in Westminster all things are not equal, fewer than 3 out of 10 MPs and Peers are women (Of the 650 seats in the House of Commons men hold 459 (71%) and women only 191 (29%).) However what I found most shocking was that there have only ever been 450 women MPs!**

In the afternoon there was another panel debate where prominent women from across parties and business have question and answer time with the students. There were various women from the House of Commons, the House of Lords, Director of Equality and Diversity of Lloyds Bank and Baroness Brown of Cambridge (Director,

Green Investment Bank plc) all of which giving inspiring advice on how to be the best you can be and to dispel all gendered myths about women not being able to take large corporate and executive roles.

Later, we were taken on a tour of the Foreign and Commonwealth Office where we were shown Richard Hammond's Office and the meeting area where many diplomats have discussed issues for many years. For the final part of the day, we were invited to watch the International Women's Day debate in the Chamber.

This eventful day was highly beneficial and showed me the importance of women in Parliament. Worldwide, women continue to contribute to social, economic, cultural and political achievement. Progress to gender parity has slowed in many places, one area is in parliament.

**Sama Ibrahim**



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