

# *Park Times*

*Issue 2*

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# House Results

Mandela	Wilberforce	GT	Owens	Scott	Frank	Cadbury
75 pts	69 pts	67 pts	66 pts	65 pts	57 pts	53 pts

## Yr 10 Bench Ball:

- 1st: GT
- 2nd: Frank
- 3rd: Cadbury
- 4th: Owens
- 5th: Scott
- 6th: Mandela

## Yr 10 House Rugby:

- 1st: Wilberforce
- 2nd: Scott
- 3rd: Mandela
- 4th: Frank
- 5th: GT
- 6th: Owens

## Staff Bake Off:

- 1st: GT
- 2nd: Mandela
- 3rd: Cadbury
- 4th: Scott
- 5th: Owens
- 6th: Wilberforce
- 7th: Frank

## Yr 9 House Rugby:

- 1st: Mandela
- 2nd: Wilberforce
- 3rd: Frank
- 4th: Owens
- 5th: GT, Scott, Cadbury

## Yr 11 House Netball:

- 1st: Scott
- 2nd: Cadbury/Frank
- 4th: Wilberforce
- 5th: Mandela/Owens
- 7th: GT

## Yr 7 House Rugby:

- 1st: Scott
- 2nd: GT
- 3rd: Wilberforce
- 4th: Mandela
- 5th: Owens
- 6th: Frank

## House Drama:

- 1st: Scott
- 2nd: Cadbury
- 3rd: Wilberforce
- 4th: Owens/GT
- 6th: Mandela
- 7th: Frank

## Yr 8 House Rugby:

- 1st: Scott
- 2nd: Frank
- 3rd: Owens
- 4th: GT
- 5th: Cadbury
- 6th: Wilberforce
- 7th: Mandela

## Yr7 House Netball:

- 1st: Wilberforce
- 2nd: Mandela
- 3rd: Scott/GT/Cadbury
- 6th: Frank
- 7th: Owens

# Owens

## *Once chance is all you need*

Owens have been very determined and have participated in all the house events and competitions so far. Our Year 7 girls put in so much effort and played with



such enthusiasm in their Netball competition. Despite not coming first, second or third, they were happy they took part. Oyinda, one of Owens house captains, was there to support and encourage them!

A big well done to the Year 7, Year 9 and Year 10 for a great deal of effort and amazing team work in the House Rugby competitions. Owens have collected a few points from each competition, but the most important achievement we have made as a team is the incredible input. Our Year 10 girls did wonderfully in bench ball coming 4th and the Year 11 girls, who come joint 5th with Mandela!



So far this term, there has been an awesome level of participation and commitment from Owens! One of our

goals set at the beginning of the year has been achieved already, which is great! Owens house captains are so pleased to see everyone so eager to be involved in all the activities.

# Mandela

*Education is the most powerful weapon which you can use to change the world*



This second half term back so far has included our charity week. Throughout this week us, house leaders, Miss Plowman and Mandela staff have helped create an amazing charity week packed pull of activities.

We started off the week by holding charity leg waxing where teachers (Mr Mercel this year!) and Year 11, 12&13 boys all got their leg waxed and raised an amazing amount of 200!

Throughout the week we held dodgeball for all years with help from the Year 12 House Leaders; Gaby, Cam and Aleena and help cake sales with help from all house leaders raising an amazing amount of money.

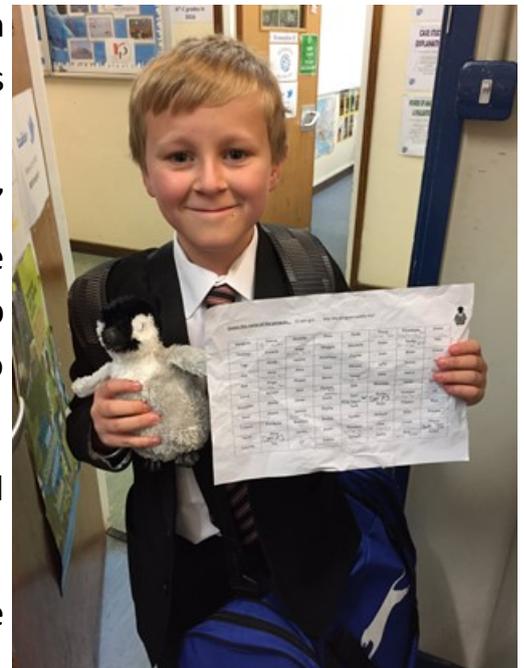
We also held little activities given to each form to run such as the Christmas Hamper, Sweets in a Jar and Guess the Penguins name.

Finally, one of our activities was the 'Change for Change' campaign where we encouraged all forms around the school to bring in all their loose, spare change into a cup and bring it in showing how every little can help. Due to the amazing participation we raised approximately 85.

In other news, in House Rugby we came 1st in Year 9 and 4th in Year 7. An amazing result well done!

We are also currently first in the house cup with 37 house points!

Kirsty & Hana



# Scott

*Each man in his way is a treasure*

Well done to Year 10 for coming 5th in House Bench ball and an amazing 2nd in House Rugby with Year 9 coming joint 5th in their year's rugby! Year 7 have been fantastic firstly with their great contribution to the Shoebox Appeal and now coming 1st in House Rugby, Year 11 have also come 1st in House Netball which is great! The participation from everyone has been clear to see and it is clearly paying off.



Also a mention to Robyn and Eleanor in Year 12 who organised Scott house's House Drama piece which gained us 1st place! It was a great performance to watch and everyone that took part from all the year groups should be proud of themselves.

During our last house meetings we have been discussing our charity week which is coming up in December. After finding out our chosen charities for the school everyone has been very enthusiastic about raising money and supporting our local, national and international charities.



Due to Mrs Wilkins amazing efforts we have already met our target of £1000 by organising two year 7 discos. This means our house's focus is on raising awareness about our house name, this has led to the idea of an obstacle course in the sports hall. On Wednesday the 14th of December we are running an event for Year 7 and 8 which has 4 different inflatable obstacles. Where they are queuing there will be posters educating the reader about Robert Falcon Scott, there will be two teams running (England and Norway) representing the two teams going to the North Pole and the team that gets the most through the course wins! It costs £1 to run and there will also be Christmas songs and a cake and drink sale so hopefully it will be a successful event! To finish off the week there is also a Christmas jumper day for the whole school on the Friday.

# Wilberforce

## *Break the Chains*

Our Year 7 girls had a great success in winning first place in their Netball competition, earning us a fantastic 10 points. Harriet and Will attended to watch the girls play and they were truly an unbeatable team, rotating positions to ensure fairness amongst the team. Again, our Year 7 team struck in the House Rugby competition, 3rd place! The team put in a brilliant effort and we know that the whole year group will continue to impress in their further years at Roundwood.

Year 8 won 6th place in their House Rugby competition, displaying a great level of sportsmanship and an ability to give it their all, no matter what. Another brilliant result from our Year 10 House Rugby team as they came 1st in their competition, another brilliant 10 points to the House. Finally, our Year 11 girls put in a brilliant effort, taking time away from their important mocks to gain 4th place in the House Netball competition. Brilliant commitment!

Another great turn out for House Drama. Our Year 12 Grace Claxton and Jemma Hodgson worked alongside Harriet Waller and Will Coulter to create a piece based on the theme 'ghost stories'.

There was a fantastic turn out from every year group, it was great to see everyone so eager to be involved and everyone who took part did so with such maturity, a brilliant cast. They learnt their lines in such a limited amount of time and could put on a spine-tingling show about a sleepover gone wrong.

A well-deserved 3rd place in a tough competition.

Well done, Wilberforce!



# Frank

*Despite everything, I believe that people are really good at heart*



Well done to everyone involved in the house events. Hopefully everyone had fun taking part and having a bit of friendly competition with the other houses. We encourage everyone in the house to get involved with upcoming events and hopefully win some house points for Frank house.

We have had charity nominations results, which saw Cancer Research UK elected as the school's national charity, for this academic year. Cancer Research was the national charity nominated by Frank house. We are very pleased with the outcome of the vote for the local, national and

international charities – three extremely worthy causes have been chosen.

Over the next few months, we will be looking to develop the house identity. The aim is to choose the values that best reflect the qualities of Anne Frank and also choose values that will stand the test of time.

House Results:

2nd Year 8 Rugby.

2nd Year 10 Bench-ball.

2nd Year 11 Netball.

3rd Year 9 Rugby.

6th Year 7 rugby.

6th Year 7 netball.

7th House drama.



# Cadbury

*All human beings should be treated equally and should live in peace*

We are proud that the local charity that Cadbury proposed; the Ollie Foundation, was voted as the school local charity that we are supporting for the year. This is very close to Miss Barron's heart and one that Cadbury in particular are looking forward to fundraise for.

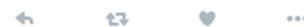
World Prematurity Day on the 17th November was a massive success and involved getting students and teachers in school to wear

purple. With lots of questions such as 'why have you got that purple ribbon in your hair' and lots of posters around school raising awareness, we are happy about the awareness raised and Cadbury's efforts to get the word out.



@RPSCadburyHouse we really appreciate and need you support thank you x

8:48 AM - 30 Nov 2016



We would also like to congratulate Cadbury in coming 2nd in House Drama which is a massive achievement! Thanks to involvement and planning they really did a good job and made Cadbury proud.

Also our year 7 netballers won a podium place and gained a massive 8 points for the House.

In the following weeks we are going to be focusing on our Charity week taking place in

January. We are holding a fashion show on the 28th January as our main event which House captains, teachers and Cadbury students will be walking in, selling raffles and refreshments as well as selling the clothes shown in the walk. This will be our main event for the week. Other events during the week are being planned and we look forward to fundraise for the important and recently elected school charities.

# Grey-Thompson

## #GreaterTogether

A few weeks ago a team of eager GT students from all years participated in House Drama, we spent the whole day planning and practicing, from acting to learning how to use the Stage Lights with the lead from Robyn Luffman and India Arkin (GT1). Some hurdles had to be passed to reach the final outcome but I am sure everyone should be very impressed with 4th Place



Charity week is just over two months away and preparations are beginning to be made to how we can make an outstanding week for not just our house, not just our school but our local

community. Inspired by Franks House phenomenal success, we endeavour to continue in their stride and make this a historic year for Roundwood's house charities.

If any GT members or any members of any house have any ideas please don't hesitate to let us know.

House Rugby has taken place this week, we have seen some very muddy students in all years, and we have also done pretty well so far Year 7 have come 7th and year 9 in 5th.

We like to take the opportunity to congratulate Mr Keenleyside for his fantastic moustache, and all the other Movember participants throughout the sixth form and staff, although this not house related we still like to see the wider support for charities in our community.

Finally, we would like to say a huge thank you to Mr Keenleyside for his amazing efforts and additionally all house captains, as without them us as house leaders could not be able to do our jobs.

Gabriel and Eleanor

# New House Captain

Francesca Bartlett — New Owens House Captain

## **Tell us something interesting about yourself?**

In Latin, Francesca means the “free one”.

## **What 3 words would your best friend use to describe you?**

Friendly, Cute and Clumsy

## **What was the interview process like and how did you prepare?**

In order to prepare I wrote a short letter explaining why I wanted to be a part of the SLG and what qualities I thought that I could bring to the group. I then had to talk briefly to the Owens house captains on why I wanted to join as a house leader for the house. The interview process was quite daunting for me as I find it difficult to talk about myself.

## **What plans do you have for the incoming year?**

I hope to work with the other house captains in order to get as many people involved in house events as I possibly can and hope to raise as much money for the chosen charities in order to help make a difference.

## **What is your favourite house event to date?**

I always enjoyed house dance as well as Cheerleading as it was a great opportunity to get a large group of people together and perform something that you had been rehearsing for a long time.

## **What is your favourite cheese & why?**

I’m not a huge fan of cheese but if I had to choose it would definitely be Marmite cheese!

## **Are you an outdoor or an indoor person and what do you enjoy about that?**

I definitely enjoy aspects of both. I like going for walks or having picnics in the summer however I do enjoy being at home with my duvet watching a film.

## **What is your favourite biscuit and why?**

Chocolate Fingers – especially the white chocolate version!

## **What was the 1st single you ever brought?**

I think the first single I brought was one of the Pop Jr CD’s I loved how there was a DVD as well which meant that I could learn the dance moves to “5,6,7,8” by Steps.

## **What is your favourite word and why?**

Wallop – I just think it sounds funny and as a child I would always use the phrase “crash, bang, wallop”.

## **Final Thoughts?**

Even though my Owens isn’t my house, throughout the following year I would like to get more people involved in house events as it then makes it more enjoyable for everyone.

# Nominated Charities

## Local Charity:

### The OLLIE Foundation

The local charity that we will be supporting this year is the Ollie Foundation (One Life Lost Is Enough). This charity was set up by local parents who lost their children to suicide. They are a charity devoted to stopping teenagers from taking their lives and support the mental health and well being of young people. The OLLIE Foundation offers suicide intervention training to adults in schools and other settings to help identify young people with suicidal thoughts and develop plans to increase their safety.



The charity was set up in 2016 by three parents who had lost their teenage sons to suicide. They then vowed to do all they could to prevent other families suffering similar tragedies. There are many trustees who support this charity which includes Miss Barron. One of the founders of the charity is the father of Morgan Falconer, who committed suicide age 15 and went to Sandringham in St. Albans. It is a charity in its infancy and already completed its first teacher training programme which was completed in July 2016. Supporting this charity allows our school to help our community support those who are struggling with suicidal thoughts and aid the funding of more training programmes.

More Information on the OLLIE Foundation can be found at:

<http://theolliefoundation.org/>

## National Charity:

### Cancer Research UK

The National charity that we will be supporting this year is Cancer Research UK. They have the slogan: 'Lets beat cancer sooner'. This is a charity that funds vital research into cures for cancer and provides cancer information for the public. This vital information encouraged 3500 people last year to take part in cutting edge clinical trials. Almost everyone has been affected by cancer whether it is you, a family member or a friend – emphasising how important it is to support this charity.



RPS has already got links with this charity through Frank Houses amazing Race for Life which raised over £2500 for the charity. This charity is the biggest single independent funder of cancer research in Europe, supporting the work of more than 4,000 scientists, doctors and nurses across the UK.

More information on Cancer Research UK can be found at:

<http://www.cancerresearchuk.org>

# Nominated Charities

## International Charity:

### Alzheimer's Disease International

The international charity that RPS will be supporting this year is Alzheimer's Disease International. Alzheimer's is a progressive mental deterioration that can occur in middle or old age, due to generalised degeneration of the brain. Alzheimer's Disease International believe that the key to winning the fight against dementia lies within a unique combination of Global Solutions and local knowledge. It is the federation of Alzheimer associations around the world. Their aim is to fund research into a cure and to support those who are suffering from the disease and their families.

There are currently around 850,000 people living with dementia in the UK and the number is set to rise to 1 million by 2021. Alzheimer's hits the family of those affected the hardest and that's why support is also given to the family. This charity requires support to help fund research into cures and to help support those who are affected.

More information of Alzheimer's Disease International can be found at:

<https://www.alz.co.uk>



**Alzheimer's Disease  
International**

*The global voice on dementia*

# Aspiring Stories

It's the little things,

For me the two most important yet challenging aspire learning habits are perseverance and determination. I think that is in an amazing quality to possess to be able to identify what you want out of life and be willing to work as hard as you can to achieve your goals.

Despite not possessing either of these qualities instinctively I have this year found myself in a situation which requires me to use both of these habits constantly. This situation has been immensely difficult and has thrown many unique and unexpected obstacles at me but it has taught me that it is very important to celebrate the smaller victories.

Every time my family and I do something new which at the beginning of this year we were not sure was going to be possible or not, we celebrate it. Whether it's being able to go on holiday together or leaving the hospital to have coffee with my dad after weeks of not being outside. It is these smaller victories which allow me to try and continue working towards my much bigger goals.

As this year has been so tough it has reminded me that Aspire is not just there for us to try and achieve in an academic sense but in every way we think and try to shape ourselves as a people as we go through this time in our lives. It is just as important to have determination and the desire to complete our own goals in everyday life as it is to want to complete the targets set for us by others.

Throughout this year I have met many different people who have shown me just how much determination and perseverance can do for you. Whether it be the nurses who are almost on their knees after working the long night shift or the patients playing football in the corridors just days after life changing operations, if you motivate yourself with the desire to succeed you can do anything you set your mind to. Regardless of what it is, you can do it if you believe in yourself enough.

By Katie Ellins



# Interview with Sochi

**What subjects do you study and which is your favourite?**

I take Maths, Further Maths, Physics and Chemistry. It's hard to pick a favourite cause I love what I'm doing.

**What do you plan to do once you've left Roundwood Park?**

I hope to study Chemical Engineering at university

**What's your favourite subject that you no longer do? (i.e. which subject do you miss doing the most?)**

Economics

**What's your favourite activity outside of school?**

I play rugby for Harpenden Rugby Club.

**What first made you consider applying for Head Boy?**

I was inspired by the previous Head Boys, particularly Billy Tolhurst. I thought it was really cool how they got involved and interacted with younger students

**What's your favourite and least favourite part about the role?**

My favourite part is being able to come up with cool ideas for events and videos. My least favourite is having to embarrass myself frequently.

**Is there anything you do as Head Boy that you didn't expect to do?**

Most of it! It's surprising to see how much actually goes on with the SLG and house system behind the scenes.

**You were elected before Easter last year. How did you find the application and election process?**

The process was difficult, but in hindsight writing about the things I'm good at was really useful practice for my Personal Statement and CV.

**Do you have any advice or encouragement for younger students wishing to apply for your roles?**

Try and get involved in activities around school when you can, and become a House Leader so you get the full experience of the benefits of student leadership

**If you could instantaneously change/alter one thing about Roundwood Park, what would it be? (with no costs or restrictions)**

I'd make everything brighter and more colourful so it becomes a happier place.

# Interview with Sim

**What subjects do you study and which is your favourite?**

Biology, Chemistry and Maths – (I have 2 joint favourites but I can't say which ones they are because my chemistry teacher will get upset.....)

**What do you plan to do once you've left Roundwood Park?**

Go to university to study medicine

**What's your favourite subject that you no longer do? (i.e. which subject do you miss doing the most?)**

Food Technology, Music and Drama – all the fun ones that you do with your form

**What's your favourite activity outside of school?**

Playing netball

**What first made you consider applying for Head Girl?**

I don't exactly know why I applied; I guess I just wanted to put all my involvement in the school in the past (eg sports teams, house leader, music concerts etc.) to a reward. I'm just so glad that I did go for it and that I received all the votes that I did (thank you again!)

**What's your favourite and least favourite part about the role?**

Favourite part is getting to work with the younger pupils, least favourite is going through and sorting out all the emails!

**Is there anything you do as Head Girl that you didn't expect to do?**

Not quite unexpected but I still can't believe that I had to sing in front of a full St. Albans Arena with the lack of singing (and rapping) talent that I have!

**You were elected before Easter last year. How did you find the application and election process?**

The whole selection process was good fun. There were so many head girl applications this year that they had to be shortlisted before campaigning started and this was the worst bit. After that, the whole campaign was great, the speeches were quite nerve wracking but everyone was so supportive to one another that there was nothing to worry about.

**Do you have any advice or encouragement for younger students wishing to apply for your roles?**

If you're not sure about going for it or not, I'd say just go for it! You have nothing to lose! Honestly, the worst part about it for me was seeing my face on posters all around the school but once you get over that (after a few days) everything else is fine. Other than that, the role itself can be very stressful at times especially on top of you A-level work but I think that it's also very rewarding and so is worth the stress the majority of the time.

**If you could instantaneously change/alter one thing about Roundwood Park, what would it be? (with no costs or restrictions)**

Make the outdoor netball courts less lethal for us girls! They are unbelievably painful to fall over on and unbelievably hard not to fall over on when they are the slightest bit wet.

# Sportsman's Dinner



On Wednesday the 7<sup>th</sup> of December, the Sports and Participation Captains (E Pearson and G McNeil) ran the Sportsman's Dinner for years 8-10 with the help of the PE department. 180 Students were invited to attend for participating in all sports from Golf to Trampolining. The aim of the evening is to highlight and celebrate the effort, work and success of RPS students since this time last year. As a result of the work through the last year, RPS PE was awarded "St. Albans and district secondary sports school of the year."

## Rising Star Award:

This award recognises the incredible efforts and amazing achievements of our students who are currently in year 8. As a department we consider involvement in PE lessons and extra curricular activities. It is fair to say that these students have made a positive contribution to the school sport.



Winner (female) – S Pawlaczek

Winner (male) – B Emmins

## Captain of the Year:

This awards goes to an individual who has shown exceptional leadership and has a positive on all those around them. Who has lead their team to success and has demonstrated encouragement and determination to get the best out of their team and excel a their sport.

Winner – I Slade (trampolining)

## Most Improved:

This award was given to an individual who has shown superb improvements in their sporting ability over the last year. This development is due to exceptional focus and drive to become the best sportsperson they possibly can be. We are very proud of this award as it doesn't always go to the best athlete in the school but it goes to people that show the best attitude.

Winner – B Honnywill



## Services to Sport:

The services to sport award is designed for those students who go the extra mile and put the needs of others before everything they do. They will attend the vast majority of practices, often helping set up or clear up during training sessions. On top of this they will often step up last minute to fill a gap in a fixture, always putting the team first. Whilst they can be an excellent performer, they always show humility and selflessness in everything they do.

Winner – M Soanes

## Team of the Year:

(7 into 8) – Boys Rugby



The boys from this squad showed a superb attitude throughout the season. The team consisted of students who have played rugby from the age of 6 right through to students who had never touched a rugby ball before coming to RPS. As a team they finished second in the district. On top of success on the pitch the boys showed sportsmanship and fair play throughout and epitomised the core values of rugby.

# Sportsman's Dinner



## (8 into 9) – Boys Golf

The achievements of these three boys will have probably gone unnoticed by many of but the RPS U14 golf team fully deserve this award. Having worked extremely hard outside of school time to cut down their handicaps, improve their technique and gain valuable playing experience, they were selected to represent the school at the national championships. The boys managed to take home the trophy and be crowned the best U14 school team in the country.

## (9 into 10) – Girls Athletics

This group of talented young athletes were part of a superb athletics campaign last year. Our girls dominated the plate final day by winning both U14 and U16 trophies. Along with some undeniably great talent amongst the team, they also showed leadership skills, perseverance and teamwork throughout the year which very nearly made Mr. Keenleyside shed a tear after winning the plates.

## Recognition awards:

A recognition award is presented by each member of the PE department to a student from any year that they believe deserves recognition. This could be for being an exceptional role model to lower school students, a selfless volunteer, a talented athlete, exceptionally committed, constantly enthusiastic or for showing true sportsmanship.



DKE - A Birch

CWI - T Randall

RWA - J Thorn

MHU - J Colledge

EEL - M King

MRO - B Taylor

MRO - A Sharpe

## Sportsperson of the Year

This year, the RPS KS3 sportsperson of the year award went to a young man who combines physical strengths, with huge coach-ability. He wants to be good, really good...and doesn't ever look to take short cuts. He's prepared to make sacrifices and is prepared to graft.

Through the past year, he has performed at exceptional levels in two sports (trampolining and athletics), as well as working immensely hard in numerous others through all PE lessons and clubs.

As well as being capable, hardworking and dedicated, this young man is immensely humble. You don't hear him publicising his achievements. He allows his performances to speak for themselves and is hugely positive with all those around him.

Now all this said, it would be easy to look at him and say, yeah but he's a natural. In honesty, this does him a huge disservice. He works immensely hard, takes on and applies feedback without making excuses and pushes himself and teammates to bigger and better things.

Winner— J Woods

## Guest Speaker

The guest speaker for the evening was Petrus du Plessis, a South African professional rugby player for Saracens. The prop forward gave a very motivating speech about never giving up and the importance of perseverance and goal setting.

Enormous Thanks to the PE department for helping to host an exceptional evening. To another year of sporting excellence at Roundwood Park.

Sports and Participation Captains E Pearson and G McNeil



# Movember

During November, the Sixth Form decided to take part in Movember, it is about growing a moustache for charity in a bid to raise awareness about men's health - prostate cancer, testicular cancer and mental health issues such as depression. Like breast cancer awareness, it's a global movement. Over 20



boys and 10 teachers took part in the event with over £150 raised in total! As well as this, there was a Staff vs Students 5km race in Milton Keynes in which the students won comfortably. Thank you to Mr Mercel, Mr Garbutt, Mr Gray, Jonny Powdrell and Greg Saunders for taking part. To top the month off there were the Mo Awards with the whole school voting on the Worst and Best Mo awards. The results were as follows:

Worst Mo: Sochi Ejikeme

Best Mo: Mr Mercel

Thank you to everyone who took part and the challenge is on to raise even more money and awareness next time!

Joe McNiel

# Well Being

## Hello!

We're the well-being committee. It's our job to make sure that you feel supported emotionally, as well as academically and we are here to provide the places to go and people to speak to when things are becoming a bit of a struggle.



Our aim is to help support you with issues relating to any of the following:

**ANXIETY**

**STRESS**

**SELF ESTEEM and SELF WORTH**

**SOCIAL ISSUES**

**FEELING DEPRESSED**

**&**

**BULLYING**

(we're working alongside the Anti-Bullying team)

Dealing with everything thrown our way in life isn't always easy. With social, parental, school, exam and general life pressures, we know that things for all pupils can be really tough. Sometimes the stresses get overwhelming.

We also know that each person has their own life experiences – both positive and negative. Often our darker experiences can be really hard to stay in control of and can get in the way of our happiness.

Look out for the following indicators that all might not be as it should be in those around you:

Difficulty concentrating

Feeling tired all the time or lacking in energy

Feeling helpless or bad about yourself

Feeling negative or defeated

Feeling overwhelmed

Struggling to sleep or stay asleep Overeating or appetite loss

No matter whether you are in year 7 or year 13 - in school during the day or at home at night; If you are having a hard time, there is someone to talk to.

You just need to open up the [RM Unify](#) page from the school website or via internet explorer and hit the



There are a couple of introductory questions and then you can tell us what's bothering you. We will always aim to respond within 24 hours.

It might be that you don't want advice, but that you just need an ear to listen - that's fine too!

If talking face to face is preferred, as well as the well-being group, we now have a team of over **40 SPEAK EASY badge wearers** around school. These are teachers and support staff who are happy to listen and to help wherever and whenever they can.

If you feel like you need help with anything that is affecting your happiness, mental health or confidence at school, you can come and have a chat. We are on stand-by to help!



**SPEAK  
EASY**

# Puzzle Page

*Can you solve these tricky puzzles?*

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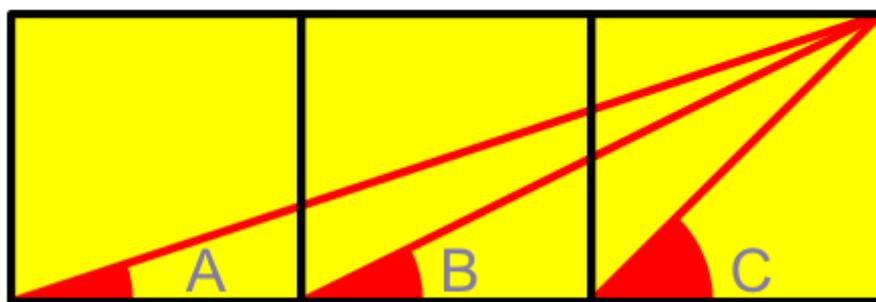
A poor woman and a rich woman are talking about music.

The poor woman says she has studied music and can name a song with any name in it.

The rich woman says "OK, if you can find a song with my son's name in it, I will give you a thousand dollars. His name is Demarcus-Jabari."

The poor woman gives her answer and is instantly \$1,000 richer.

What was her answer?



Can you prove that angle C is the sum of angles A and B?

D I S A P P E A R G L U K G S  
 G Y N B C R E F I L L F T G D  
 P R D I S I N F E C T S R T D  
 J E L I C N K E I C G L A K J  
 H T F W S R K E B R M T P J V  
 S S P I G I W Q F E K S E P U  
 D B J P L R H O D M U A D T D  
 X O S S S E G Q I A C O V X I  
 D L I R H C E K S I L C W X S  
 G D W E O Y C D O N E M C N A  
 U Y Y T R C A O B K V P A A G  
 F G F U E L L Y E M A Y G E R  
 D F V R L E P W Y E R P N C E  
 Y M G N X W E X Q X T M V O E  
 A E J P M W R F M G W A B N T

## Word List

1. dislike
2. disagree
3. disappear
4. disobey
5. disinfect
6. refill
7. recycle
8. replace
9. depart
10. travel
11. return
12. remain
13. shore
14. coast
15. ocean
16. lobster

# *We Need Your Help!*

We're looking for aspiring writers, journalists and designers to help make each issue of this magazine.

If you're interested in writing some of the articles or helping us organise the magazine, please email us!



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*Communications School Captains*

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