

News @ St Clement's

2019 Prom!

On Friday 28th June, our Year 11 held their Prom.

The students came to school in various modes of transport and once again it was quite a spectacle. Family and well wishers turned out to watch as the students walked down the red carpet on a warm and sunny evening. When all had arrived, coaches took them to the main venue; King's Lynn Town Hall.

The theme this year was 1950's American Diner. So as they entered the function room, sounds from the 50's rocked out. The 'Party Goers' swung into action and the dancing started immediately. The atmosphere was 'electric'. Many of St Clement's staff attended and were thrilled to see the students all having a wonderful time. Mrs Wood received a huge thank you for organising the event.



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canteen@stclement'shigh

Mrs Fisher (catering manager) was very proud of her team as for the third year running they have gained the full 5 star award for the cleanliness of our canteen. Inspectors arrived completely unannounced and check the following, food and hygiene safety , allergens: knowledge and control. Mrs Fisher explained that it was very important that they pass as these Environment officers have the power to shut the canteen . The certificates are displayed in the foyer's entrance.



Right: healthy choices available to our students.



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On Wednesday 17th July each year group had a day dedicated to one special topic.

Year 10 did Sports Link activity, and Drama.

Year 9 spent the day looking into careers.

Year 8 undertook 'War on Plastic', featuring several different activities.

Year 7 Some went to Lincolnshire Wildlife Park and the rest had a French cultural experience introduced by the languages department. They learnt some French songs and prepared typically French food.

Mrs Russell thanked everyone who helped collect plastic bottles and lids for the day's events and commented on how successful 'War on Plastic' had been. Four students participated in a telephone interview for BBC Norfolk's 'The Social Show' which was aired during the evening of 17th July and is also available on catch up online too. They did really well at expressing what they had learned and why it is so important.

The construction of the greenhouse made from plastic bottles, has made a great start but still requires more two litre bottles in order to complete the project. We need at least 500 more so please continue to collect them over summer so something good can come out of what would otherwise be single use plastic landfill.



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First Aid with the
Army.



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Sports Leadership with some primary school pupils.



Learning about some French Cuisine!





Above: On the 24th May these students held a bake sale and raised £33.50 for Dementia UK.

Below: Students and staff enjoy a Paint Balling Day as a reward activity.





Ryston Runners members rally for a host of medals at county track and field championships

Thirteen juniors and four senior Ryston athletes were in action at the County Championships (track and field) at the UEA Sportspark in Norwich.

Above: Liam Clare won silver in the 80 metres hurdles, a bronze in the 100m, (12.3s PB) and 200 m (25.3s PB) and achieved PB for long jump of 4.8m.

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Records Broken 2019

Year 10



Event	Name	New Record	Original
3000 m	Matthew Bocking	11 mins 53 s	12 mins 15 s
800 m	Kristen Hanks	3 mins 2.1 s	
800 m	Elizabeth Wood	2 mins 49.2 s	3 mins 02.1 s
100 m	Ollie Collison	11.76 s	
High jump	Callum Brooks	1.63 m	1.63 m
High jump	Elizabeth Wood	1.37 m	1.35 m
Hurdles	Hayden Lawrence	14.08 s	14.69 s

Year 9

Event	Name	New Record	Original
100 m	Liam Clare	11.93 s	
Long Jump	Liam Clare	5 m 12 cm	
Hurdles	Liam Clare	12.13 s	13.14 s

Year 8

Event	Name	New Record	Original
Shot	Sophie Marsh	7.49 m	7.47 m

Year 7

Event	Name	New Record	Original
3000 m	Olivia Skittrell	14 mins 53 s	15 mins 45 s
3000 m	George Munson	12 mins 23 s	12 mins 28 s
Shot	Gethyn Hunter	9.25 m	8.98 m

sportsday@stclement'shigh

On the afternoon of 20th June; years 7,8,9 &10 took part in the finale of the House Summer Games. The weather was fine and the competitors keen.



PE@stclement'shigh

Report from PE Dept.

- Another year of progress and change
- In collaboration with school council, have updated PE KT
- Revised GCSE PE Programme of study
- Increase in the activities offered on the curriculum
- And a move towards options in YRS 10-11
- Seeking new fixtures – Wisbech Grammer
- Continue to work with Trust High Schools to share expertise, good practice and collaborate on new curriculum initiatives
- Strive to develop community links and provide 'next step' opportunities for the gifted and talented; WN RUGBY, RYSTON RUNNERS, SWAFFHAM TOWN FC, Terrington CC, Lynn Fury BB and access coaching from WN Sports Academy Coaching
- Primary Links remain strong
- Primary cluster events hosted on site with high school leaders
- And Leaders going out to Primaries to support extra-curricular activities
- A number of new opportunities this year, these include:
- Active Norfolk Games have set up two new events for this year.
- The first, an Alternative Sports Day took place on 8th Feb and saw students participate in fencing, box-fit, ninja assault course & indoor climbing. Second was the COLOUR RUN – involved students completing a set course running through paint several stations.
- The event was a great success and we hope it runs again next year.

NB There will be a full report about the Sports Presentation Evening in next half term's newsletter.

winner@stclement'shigh



Above: Mr Arndt holding a small sample of the prize he won. He received his award of £1500 worth of books from Ian McMullen, representing his company BookLife. Mr Arndt donated the whole collection to our Library so all the community of St Clements will benefit. Mr Arndt was awarded the prize as he received the highest score of student votes for Teacher of the Year. Well Done and Thank you Mr Arndt.

DofE@stclement'shigh

Recently, I and some of the other Year 10 students have taken part in the Duke of Edinburgh award. To complete the award you have to complete a physical activity, a skill, volunteer work and a two day expedition. For my award I took part in the Park Run every Saturday morning in the Walks; improved my skill in playing the drums as well as volunteering at a children's group every Friday evening.

The award pushes everyone out of their comfort zones, whether it is learning a new skill, challenging them self in sport or even meeting new people when volunteering. In addition to this, the challenge of completing the expedition pushes everyone to their limit.

When completing the expedition, you have to walk for at least six hours each day with all your clothes, food and group equipment on your back and camp overnight. Everyone faces a difficulty, for me it was coming back late to camp and having to cook my own food. Although this annoyed me, everyone learns to be resilient and to persevere.

When beginning the DofE, you have to decide on a physical activity you have to complete. It could be anything from Show Jumping to Rugby. Since I didn't take part in any physical activity at the time, Mrs Spurrier suggested that I should do the Park Run which takes place in the Walks every Saturday morning. I completed my first Park Run on January 19th 2019 and when I have been able to, I've done it every Saturday since. I was even inspired to take part in a Sprint Triathlon which took place in Hunstanton back in May. At the start of it I was only going to do the Park Run for the three months minimum that the DofE requires, but I'm very happy that I enjoy running and that I completed a Triathlon.

In general, although we all faced a challenge, we all enjoyed completing the Duke of Edinburgh award. I think one of the highlights for the whole group was having a campfire, but, we all enjoyed different aspects of the award.

It is an opportunity that I would definitely recommend taking because you don't know what could come out of it.

A huge thank you goes to Mrs Spurrier, Mr Reynolds, Mrs Brassett and all the other staff that have given up so much of their time for us to complete the award.

On behalf of all the Year 10 Duke of Edinburgh students,

Charlie Jones



horticulture@stclement'shigh

On Tuesday 21st May , a team of volunteers from Mars Food, King's Lynn created an allotment area from scratch. The project included: raised beds, a shed, trellis , wire supports, moving a huge amount of top soil and fencing.

The school is very excited about this new opportunity for students to experience the whole process of growing, harvesting and cooking their own seasonal produce in the school's catering department.

Mrs Clarke (Hospitality and Catering Teacher) coordinated this enterprise and is very keen to thank the following companies for their generous donations. Fleet Timber for donating all the wood and a picnic bench, Hillgate Nurseries provided top soil, Moat Road Nurseries donated a huge and varied range of vegetable plants, Marshland Stores and Splinters gave gardening tools and other essentials and Mars Food for their labour.

The work has been organised by Nicola Marray-Woods, who said, "This is the fifth year of running the School Grounds Development Project for Mars and each team works so hard to create an area that will hopefully last for years to come."

Mrs Clarke said " We were really interested in creating a school garden, we saw this project as a excellent opportunity to extend the learning of our students particularly in the production of fresh fruit and vegetables that they will have nurtured themselves."

Craig Falco (Head of Department) said "This garden has only been possible due to the volunteered labour of the Mars Food, the very kind donations from local business and the hard work from Mrs Clarke , who worked during her free time to project manage the entire venture. Thanks to all."



Dobbies, very generously , presented the school with garden forks, spades, hand tools and packets of seeds. In the autumn they will donate bulbs. This was all part of the companies community fund.

thehead@stclement'shigh

As we come to the end of the year students across the school have been involved in a wide range of activities. The Year 11 Prom was a great success. The students looked amazing and had a great time. Thank you to everyone who turned out to support, it is the cheering crowd which really makes the event special. Year 10 enjoyed their paintballing reward trip and the top one hundred students from years 7, 8 and 9 went to the cinema as a reward for all their hard work.

This term we held a Super Learning Day. Our Year 10 students hosted the now traditional Top Link Sports festival, which saw over 300 primary school students from Reception, Year 1 and Year 2 visit our school to participate in a range of sporting activities. We were very proud of the way our students interacted with the young children and they received many complements from the Primary school staff. The Science team led a trip to a Wild Life Park for Year 7, while year 9 focused on careers and first aid training. The Year 8 students spent the day looking at the use of plastic around the school; they built a greenhouse from plastic bottles and an Art piece from the bottle tops as well as learning about the environmental challenges created by our modern reliance on plastic. In the new academic year the whole school will be focused on improving our plastic recycling and reducing plastic waste.

This year we say goodbye to Mrs Carter our Maths and ASDAN teacher who is leaving us to take a promotion, she will be greatly missed by staff and students. I know she is well loved by the students from volume of cards and presents she has received as the term has come to an end. Miss Callaby one of our Teaching Assistants also leaves, having joined us to support an individual Year 11 student. She formed a great friendship with this student and we wish her well in the next phase of her career. Mrs Brockman-Smith will be away from school on maternity leave and we have recently welcomed back Miss Bird from maternity leave so the English team remains complete.

As I write this the temperature in school is extremely high, the last day of term is predicted to be the hottest day of the year and so we were not able to go ahead with our fun walk. In the new year we will look again at this event as rising temperatures in July have made this previously traditional event difficult in recent years. Many older students tell us they enjoy the walk and I know they are keen to raise money for a charity close to their hearts.

The summer break will once again be a busy period. We wave off students for the four week trek in the jungles of Borneo with Camps International supported by Mrs Brassett, I'm sure they will have an amazing time.

In school there is great excitement in the Art and Technology area as the Food Technology room has been ripped out ready for the new facilities to be installed ready for September.

August will of course be GCSE results time for our departing year 11, I know they worked extremely hard and we wish them luck for their results and their post sixteen courses. I wish everyone a happy and safe summer break and we all look forward to seeing everyone back in school in September.

